

AMJAMBO AFRICA!

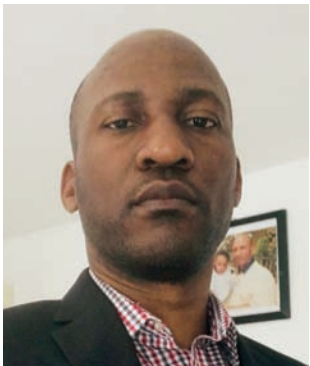


Understanding, Embracing, and Celebrating Diversity in Maine

Gratuit
Free | Yabure
Yubuntu

WELCOME | BIENVENUE | KARIBU | MURAKAZE | SOO DHOWOOW | BEM VINDO

COMMUNITY ASSOCIATIONS WELCOME ASYLUM SEEKERS **BEM VINDO, BIENVENUE, BOYEYI MALAMU**



Nsiona Nguizani Sonny
Sitting President
Angolan Community of Maine

bom ter vocês aqui no Maine!

Que honra para o estado do Maine de ter a reputação do estado acolhedor. A honra de ter a casa cheia de pessoas carentes solicitando a nossa ajuda. Meus caros recém-chegados, sejam bem-vindos! É um prazer recebê-los aqui no estado do Maine! Nós povo que vos precederam aqui no Maine faremos o possível para que se sintam o mais acolhidos possível. Muito obrigado por escolher de vir ao Maine pois é uma oportunidade para nos exercer hospitalidade!

Os seus primeiros dias aqui conosco podem parecer difíceis, mas é somente por que estamos super ansiosos para vos conhecer melhor, para ver que você ser muito feliz nessa nova jornada, e que todos nós possamos criar grandes laços de amizade.

Estão a começar uma vida nova, uma nova história com conosco aqui no estado do Maine. Morando juntos de agora em diante, o AMOR será a base para o resto de nossas vidas. Que essa sua nova jornada seja repleta de aprendizados, de frutos prósperos e de muita positividade! Conte conosco para o que precisar!

O estado do Maine deseja-los muito bem-vindos e sintam-se à vontade aqui!

English version on page 15

DE CORAÇÃO GRANDE, CONTE CONOSCO!

Sejam bem-vindos! Aqui no estado do Maine todos nós somos muito simples e humildes, más temos o coração enorme para recebê-los com muita ternura. Nosso estado do Maine é como coração de mãe, sempre cabe mais um! Sua chegada foi uma grande surpresa, mesmo assim espero que possamos aproveitar ao máximo seu tempo por esse estado. Seja bem-vindo, é muito



Papy Bongibo, President
Congolese Community of Maine (COCOMAINE)

Pour tout info voici mon numéro 207-632-5108 ou sur email papybongibo@gmail.com ou encore notre Facebook: COCOMAINE.

Merci beaucoup.

Pour ceux qui ne savent pas. Nous aimerions annoncer que la ville de Portland a accueilli avec succès l'arrivée d'environ 200 demandeurs d'asile provenant de divers pays africains, notamment le Congo Kinshasa, la Côte d'Ivoire, le Cameroun et l'Angola. Ils sont actuellement hébergés dans des logements temporaires au moment de leur nouvelle vie dans le Maine. S'il vous plaît joindre à nous pour les accueillir dans la communauté.

WELCOME TO OUR COMMUNITY.

The Congolese community of Maine is truly excited to welcome you here. We have been working very hard in the background to do what we can to make your transition easier. Our community wants to help make your integration pleasant and successful.

For those who have not heard, we would like to announce that the city of Portland has recently welcomed more than 200 asylum seekers from a variety of Africa countries, notably Democratic Republic of Congo, Ivory Coast, Cameroon, and Angola. The newcomers are staying in temporary housing at the moment. Please join us in welcoming the new arrivals into our community.



BIENVENUE DANS NOTRE COMMUNAUTÉ. Nous sommes vraiment excités de vous accueillir, nous avons travaillé dessus comme des fous dans l'arrière-plan. Nous pensons que notre nouvelle communauté fournira à tous une expérience excitante et plaisante pour votre intégration!



Vigil for Sudan in Monument Square on June 10. The vigil featured poetry, chanting, and speeches. From the Ground Sudan on page 4



The City of Portland has turned the Exposition Building into a temporary shelter for asylum seekers Asylum Seekers story - page 2/3



Dr. Ahmed of Deering High School, Councilor Pious Ali, and Gateway Community Center Director Abdullahi Ali at an Iftar Dinner at Gateway.

Ramadan in Maine - Story page 10/11



Hope House residents and mentors enjoy a barbeque at the home of Bethany Smart.

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A family of Angolan asylum seekers with Governor Mills. The picture was taken on Congress Street near Portland Adult Education and submitted to Amjambo Africa.

MAINE WELCOMES ASYLUM SEEKERS

Story by Kathreen Harrison | Photos by Laura de Does



Larissa, Elsie, Prise of Pibcintu Multicultural Chorus

THE PHENOMENON OF REFUGEES fleeing persecution and violence and rebuilding their lives in Maine is not new. However, the sheer number of people who arrived all in one week – close to 300 African-born asylum seekers in Portland between Sunday, June 9 and Tuesday, June 18 – is a first for Maine, and has galvanized public attention both within and outside the state.

The majority of the newcomers arrived in family groups, with young children in tow. Most said they are from the Democratic Republic of Congo or Angola, and that they flew to South America to escape violence and persecution and then traveled – often on foot – through many countries over a period of months, before reaching the southern border of the United

States. Portland, said that as of Tuesday, June 18, a total of 223 people, in 87 family groups, were staying at the Expo. Since their intakes, some 70 people have moved on, probably either to stay with family and friends, or to continue on to Canada.

Catholic Charities Maine Refugee and Immigration Services (RIS) reports that in the 40 years since Maine became an official resettlement site, “RIS has assisted nearly 10,000 people through its resettlement program and assisted over 20,000 with refugee and asylee support services.” According to the Immigrant Legal Advocacy Project (ILAP), Maine’s only immigration legal services organization, there are “4,000-plus individuals currently estimated to be seeking asylum in Maine.” As of February 2019, approximately 2,000 African asylum seekers in Maine were waiting to have their asylum cases heard at immigration court in Boston.

Governor Mills has responded to the arrival of the African asylum seekers by pledging the state’s support. At a meeting at Merrill Auditorium on Friday, June 14, she said, “This is not a political issue. This is a humanitarian issue.” She noted that the families housed at the Exposition Building are “People. People who need our help. People who are fleeing violence, cruelty, bloodshed.” Congresswoman Chellie Pingree, Democrat from the 1st District, was also at the meeting. In addition to encouraging a humanitarian response, she emphasized that the current arrivals present Maine with a wonderful opportunity to develop the workforce. “Maine is ageing fast,” she reminded those in attendance. “Without the alternative of Mainers having more babies really fast, we need newcomers!”

Ms. Stickney stressed the potential of these new arrivals to help Maine down the road. “These asylum seeking individuals are of working age, and can’t wait to become productive, even though federal law will prevent them from getting work permits for more than a half-year, unfortunately,” she said. “In every Maine county but two, there have been more deaths than births for several years running, and

net population loss.”

The workforce is on the minds of business leaders throughout the state. Adam D. Lee, Chairman Lee Auto Malls, said, “In a time of a declining population, Maine needs people! I know cafe owners that are considering closing because they cannot find employees. I have read about B&Bs that are not sure they can open because they cannot find enough employees. Maine needs people.”

Maine’s newest residents have received a warm welcome from both local and foreign-born Mainers. As of Tuesday, June 18, the City of Portland had received close to \$400K in donations. People from more than 30 states and over 226 Maine towns have sent donations by a text to donate program set up by the City. One thousand people have signed up to volunteer, with the help of United Way. Over 50 New Mainers have volunteered to serve as cooks or interpreters. Kristin Chase Duffy, head of marketing at United Way, said, “We’ve had such an incredible outpouring of support. We are so thankful.”

Mayor Ethan K. Strimling of Portland, opening Friday’s meeting at Merrill Auditorium said, “It takes a village ... and it is remarkable to see how our village has risen up. It’s been an incredible effort.” He was speaking of the hard work of city and state employees in meeting the immediate needs of the African asylum seekers,

as well as of the efforts of nonprofit organizations, individual citizens, and Maine’s established immigrant community.

Maine Immigrants’ Rights Coalition (MIRC), an immigrant-led coalition of 57 member organizations, stepped up to the plate, even before the first families arrived. Led by Executive Director Mufalo Chitam, MIRC coordinated donations of time by volunteer interpreters, most of whom were immigrants themselves, as well as donations of in-kind goods ranging from clothing to diapers. MIRC has formed committees to handle financial management and fundraising, supplies and donations, legal and interpretation services, food, and the special needs of women and children. Speaking of the efforts of MIRC members, Ms. Chitam said, “This is our work and our mission’s platform. We are where we are because, when we all came to Maine, someone here went out of their way to help us.”

Knowing that food tastes reflect the cultures people are raised in, and hearing that the children at the Expo were having trou-



Claude Rwaganje, center, and MIRC committee members. Photo by KGH

ble adjusting to the mac and cheese and bagels they were being served, MIRC’s food committee has been coordinating volunteers in the immigrant community to get together and cook African food for the newcomers. According to all accounts, this initiative has been a hit with the temporary residents of the Expo. In addition, MIRC has set up the Maine Immigrants’ Rights Community Plus Fund for the new arrivals. The Angolan Community of Maine and the Congolese Community of Maine have also set up GoFundMe fundraising accounts for the new arrivals. All funds raised will be used to support the recent immigrants.

At the Merrill Auditorium meeting Governor Mills emphasized that Portland was not going to be left on its own to integrate the new arrivals, though she has not yet shared what the practical response of the state will be. She said, “It’s not just an issue that Portland is going to deal with alone ... I urge other communities to step up to the plate and contribute their assis-



Children dance to music in the Expo Center.

States. The majority speaks Portuguese, French, or Lingala, and very little English. However, according to Beth Stickney, Executive Director of the Maine Business Immigration Coalition (MeBIC), the new arrivals are eager to learn. “Individuals who arrived in the U.S. less than two weeks ago are already trying to learn English and are happy to practice the words they have learned so far,” Ms. Stickney said.

Most traveled to Portland by bus. According to two family shelter employees who were at the Greyhound Station to meet and transport arrivals on the afternoon of June 12, many arrived

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“In a time of a declining population, Maine needs people! I know cafe owners that are considering closing because they cannot find employees. I have read about B&Bs that are not sure they can open because they cannot find enough employees. Maine needs people.”

— ADAM D. LEE, CHAIRMAN LEE AUTO MALLS

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so exhausted that they fell asleep almost immediately, right in the lobby of the family shelter, before being moved to the Portland Exposition Building. The City of Portland is temporarily housing people in the building as a makeshift shelter.

Jessica Grondin, Director of Communications for the City of





Pibcintu Multicultural Chorus singing at the Expo Center

Westbrook is considering whether – and how – to help. The South Portland City Council already voted on June 19 to allocate up to \$40,000 to the Immigrant Legal Advocacy Project to help the immigrants with legal fees as they apply for asylum. According to the American Immigration Council, “Immigrants with attorneys fare better at every stage of the court process.”

Portland City Manager Jon Jennings announced June 19 that the city is focused on “finding and providing more long-term



June 12 at the Expo Center

Photo by KGH

housing solutions.” Ms. Grondin noted in a June 19 news release that at an emergency meeting of the Greater Portland Council of Government’s Metro Regional Coalition (GPCOG), “mem-

“Asylum seekers, refugees, and immigrants become active and productive members of our community. They fill workforce needs in our aging state and they become customers of our businesses. Our New Mainer employees at cPort Credit Union have enriched our employee culture and helped us better serve our members. New Mainers have also been a significant source of membership and loan growth at cPort, and we have developed new products and services to meet their specific needs. We should not forget that most of us are descendants of immigrants. I am pleased that our greater Portland community has been so welcoming to refugees, asylum seekers and immigrants from around the world.”

— GENE ARDITO, cPORT

bers of (Portland’s) neighboring cities and towns agreed to work with local developers and private property owners to find vacant apartments or suitable empty facilities that could house 100 families. GPCOG will also coordinate the creation of a program that will allow families to host asylum-seekers in their homes.”

Some cities outside the Greater Portland area might also serve as future homes for the new arrivals from Africa. Augusta’s city manager, Bill Bridgeo, indicated his city might be open to re-

ceiving some asylum seekers. Mr. Bridgeo said,

“Augusta has been blessed in recent years to have the support and services of the Capital Area New Mainers Program (CANMP), a group of dedicated local volunteers whose mission is to assist immigrants who have come to the greater Augusta area. Augusta currently has a robust community of folks who have immigrated here in recent years from a number of locales, including the Middle East and Africa. Currently about 6% of our school population are ELL students. We take pride in the welcoming nature of our community and the success that we have had in helping our new Mainers acclimate and prosper. Resources permitting, I expect that will continue.”

Laura Supica, city councilor from Bangor, sees potential for expanding the workforce in Bangor, though she also notes obstacles of infrastructure. “I would absolutely discuss welcoming asylum seekers on a city level, and I absolutely believe asylum seekers and immigrants will (and do) contribute positively to our work force here in Bangor. I consistently hear from city staff and employers that we don’t have enough people to fill jobs. I continue to push the city to find solutions by examining and addressing two major workforce problems we have: a shortage of affordable housing, and a bus system with limited hours.”

Rockland’s city councilor, and former mayor, Valli Geiger, agreed with Ms. Supica that housing is a major stumbling block for towns that otherwise might like to welcome the newcomers. She was pessimistic that Rockland would work as a location at this time. Ms. Geiger said, “We have not had this discussion [about whether to welcome some of the asylum seekers as residents] and are unlikely to, until we find a way to handle our severe housing shortage and housing affordability issue. We are at a 1.6% vacancy rate, which is essentially zero. My understanding is that 200-plus people are on the waiting list, just to get into the homeless shelter in Rockport.”

One of the biggest challenges for the newcomers will be facing immigration court. Asked to weigh in with advice, Julia Brown, Esq., Advocacy and Outreach Attorney at the Immigrant Legal Advocacy Project (ILAP), said, “People seeking asylum should only have an immigration attorney help with their asylum case. The Immigrant Legal Advocacy Project will be providing legal information and resources to newly arrived families, so look out for flyers from them or check their website at www.ilapmaine.org.”



Sentia, Benia, Julie, Paulin, Caterina serving food.



Donations for the asylum seekers were collected at Gateway Community Center.

To make a donation to the City of Portland to help provide for the needs of these recent arrivals, text “EXPO” to 91999.

To make a donation to the Community Plus Fund, which is sponsored by the Maine Immigrants’ Rights Coalition, and dedicated to the new arrivals, visit <https://www.maineimmigrantrights.org/>

To make a donation to the Maine Initiatives Solidarity Fund go to: <http://bit.ly/SolidarityME> This fund will pool donations in support of the key immigrant-led organizations on the ground doing crucial work at the Portland Expo Center: the Maine Immigrants’ Rights Coalition (MIRC), the Congolese Community of Maine (Coco Maine), the Angolan Community Association-ME, and Gateway Community Services.

Portuguese and Lingala interpreters are needed. Sign up with United Way’s volunteer form on their website.



Mufalo Chitam, Executive Director of Maine Immigrants’ Rights Coalition & Georges Budagu Makoko, AmJambo Africa’s Publisher.

FROM THE GROUND

Sudan~

SUDAN'S MILITARY CRACKDOWN on opposition leaders continues, five months after demonstrations broke out that led to the ouster of President Omar al-Bashir on April 11, 2019. Killings and arbitrary arrests have been reported in different parts of Sudan and civilian demonstrations are ongoing. The African Union has suspended Sudan until leadership of the country is turned over to a civilian-led administration.

Mutasim Eltahir, the information officer of the Sudanese Community in the United States, expressed his grave concern about the current situation in Sudan. He said that the Transitional Military Council (TMC), headed by Abdel Fattah al-Burhan, scuttled all agreements with the Declaration of Freedom and Change Forces (DFCF), which is a coalition of different opposition groups and political parties fighting for freedom and change in Sudan. The initial agreements between the DFCF and TMC included stipulations that the new government should be civilian led, that freedom forces should make up 70% of Parliament's membership, that Sudan should be led by a democratic government, and that elections should be held within nine months. On June 3, the military leaders decided to back away from this agreement. Security forces attacked and killed over 100 people who were peacefully protesting. They injured 780 civilians, and dozens of rapes were reported. Opposition leaders say the killings were perpetrated by roving Rapid Support Forces - formerly known as the Janjaweed. The violence has outraged the Sudanese people, who had hoped that free and democratic elections would be organized within nine months of Bashir's ouster. Mr. Eltahir said that people in Sudan are desperate to experience real movement toward a democratic system. They are horrified by the prospect of another dictatorship headed by the military. The Sudanese Community organized peaceful demonstrations in Portland on June 10, Mr. Eltahir said. Demonstrations were also held in Washington, D.C., and in additional states. The demonstrations called for investigations into recent killings in Sudan, the release of civilians who were arbitrarily arrested, the reinstatement of internet services, and the reopening of negotiations - initiated by Prime Minister Abiy Ahmed of Ethiopia - that would lead to the eventual transition to civilian administration.



A vigil for Sudan



Mainers gather in support of Sudan on June 10



HOPE HOUSE

Sixty-five asylum seekers, primarily Central Africans from Burundi, Democratic Republic of Congo (DRC), Rwanda, and Angola have called Hope House in Portland their first American home since the renovated building opened its doors exclusively to asylum seekers in 2013. Currently, Hope House residents hail from DRC, Rwanda, and Angola. The only residential program for adult asylum seekers in Maine, Hope House accommodates

13 residents at a time.

The housing is intended to be transitional, providing community living, a warm atmosphere, and support services for single asylum seekers during the first challenging phase of their lives in Maine, while they wait for work authorization papers, acclimate to a new culture, and learn English. The average stay is one year, with residents moving out soon after they have begun working, and when they have saved enough money to live independently.

"We provide a family environment, a home," Hope House Executive Director Martha Stein explained. "We are much more than an apartment building. In fact, it's bittersweet when someone moves out. We feel proud, but we miss them when they go."

Hope House is operated by the nonprofit Hope Acts. Richard and Teresa Berman purchased the building, a former Lutheran church at 14 Sherman Street, for the purpose of providing trans-



Martha Stein,



EDITORIAL

by George Budagu Makoko



IN 1994, RIGHT AFTER THE GENOCIDE against the Tutsis in Rwanda, when conflict was about to roll over into my homeland of DR Congo, I was among the first wave of people who fled across the Rwandan border to seek safety. I stayed for two days in a makeshift shelter in an old school, along with thousands of refugees who had escaped Burundi and DR Congo. We were welcomed by the United Nations High Commission on Refugees (UNHCR), fed beans, rice, and corn, and slept on floor mats.

On June 13, when I witnessed asylum seekers arriving exhausted in Portland after traveling all the way from DR Congo and Angola, my own refugee experience came back to me. I remembered the feeling of not knowing what lay ahead, of being uncertain about what the future held, and the visceral recognition of our vulnerability as humans. All of this came back to me very vividly, and I did not sleep well that night.

Twenty-five years after my escape from DR Congo, many people in certain parts of Africa are still unsafe. As a result, people continue to flee their homes, many with nothing at all in the way of worldly possessions, or even documents, looking for safety and security. For example, Uganda received over one million refugees from South Sudan in 2016. When lives are threatened, humans do not look back - we run forward, until we feel safe enough to rest and settle down. Conflict and persecution in DR Congo and Angola continue to worsen. So many people are on the run from those countries, looking for a new and safe place to call home, and some of these brave people are now arriving in Maine. Many are housed at the Portland Exposition Center.

Local response toward the recent arrivals is enormously encouraging, with immigrant community members and local community members all offering help on many fronts. Immigrant women have cooked special African meals for the newcomers; immigrants who came to Maine before the current wave, as well as locals who are multilingual, have volunteered their services as interpreters; donations have rolled into the city to help support the asylum seekers; many agencies and organizations, including the Congolese Association of Maine and the Angolan Association of Maine, have stepped up and demonstrated their humanity and generosity to these most vulnerable people who have arrived so unexpectedly in Portland.

World Refugee Day, which is celebrated internationally each year on June 20, honors the strength, courage, and perseverance of refugees, including the several hundred who have just arrived in Portland. According to the UNHCR, there are 68.5 million displaced people worldwide. Burundi, Kenya, Uganda, and Ethiopia are favorite destinations of refugees from the Great Lakes Region of Africa. The number of refugees coming to Maine is a tiny trickle compared to the worldwide problem. Long-term solutions to this international humanitarian crisis must include the establishment of durable peace so that people don't have to move out of their homelands. Other key initiatives include improving conditions in refugee camps and opening more doors for resettlement.

New arrivals in Maine should be viewed not as burdens and drains on resources, but as resourceful individuals who bring with them many talents and skills that our state needs. Maine stands to gain from these new arrivals, while Africa is losing some of her best and brightest. We should celebrate and embrace these newcomers, and help them integrate into our aging state. Empowering and supporting the newcomers to provide for themselves and contribute to our society is the best course of action in response to the current wave of new arrivals in Maine.

sitional housing and programming for asylum seekers. The Bermans renovated the building, and in 2013 leased it to Hope Acts for a five-year period, at no cost. The lease was renewed for a second five-year period in fall of 2018. The Bermans intend for Hope House to serve as a model for an effective way to address the problems associated with homelessness among adult asylum seekers.

"We would love to have room for everyone at Hope House -- have another building, say yes to everyone who walks through the door -- but we do not have the resources," Ms. Stein said.

Hope Acts offers English classes through its Hope House English Language Program (HHELP). The classes are open to residents and non-residents alike. In 2018, 100 beginner and intermediate students attended the small classes, which focus on practical communication skills and conversation, as well as reading, writing, and comprehension.

"It is wonderful to see how much people progress in a year, how hard they study, how everyone wants to work and get a good job," said Ms. Stein.

HHELP summer classes start July 8. Beginner and advanced beginner classes are on Mondays and Wednesdays, and intermediate and advanced intermediate classes are on Tuesdays and Thursdays. All classes run from 9-11:30 a.m. This summer, Hope House residents will participate in a pilot program of Vox, a digital training program offered in partnership with the iEnglish Project of the Greater Immigrant Welcome Center.

At the end-of-semester celebration that took place June 19, Benedicte, a current resident, who was originally from DRC, shared her thoughts in English. "My hope is that, with education and English, all of us will be able to realize our dreams in America," she said.

Last fall, Hope Acts launched the Asylum Seeker Assistance Program (ASAP), in partnership with Gateway Community Services. Open to any asylum seeker, ASAP is staffed by social work interns from the University of Southern Maine, who receive clinical supervision from Gateway. Interns help asylum seekers in many ways, such as looking for housing, applying for jobs, reading mail, calling landlords, filling out work authorization papers, contacting hospitals and doctors, driving people around, picking up prescriptions, and helping people fill out forms.

ASAP has grown to include community volunteers, including a large group from the family mentoring group Welcoming the Stranger, able to assist asylum seekers complete work authorization (EAD) forms. Asylum seekers work with the volunteers and interns to help with French and Portuguese translation.

"The ASAP is such a great experience for everyone," said Ms. Stein. "We are able to do more as an organization because of the ASAP program, the social work interns get valuable experience working with immigrants, and the immigrants receive practical help. It's a win-win-win," she said. Individuals and families are welcome at ASAP, which operates from noon to 3 p.m., Mondays through Thursdays. No appointment is needed.

Eliodor Leite, originally from Angola, is the Program and Resident Assistant at Hope House.

See Hope House page 19

AMJAMBO AFRICA!

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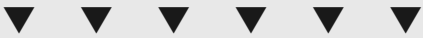
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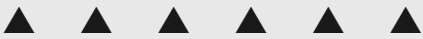
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An initiative of Ladder to the Moon Network

FRENCH TRANSLATION

RAMADAN

Le Ramadan est un mois très spirituel pour les musulmans. Cette année, le Ramadan a commencé le soir du 5 mai et a terminé le 4 juin, au déclin de la lune. Le calendrier musulman est fondé sur l’observation de la nouvelle lune, par conséquent les dates changent chaque année.

Pendant le mois du Ramadan, les Musulmans essaient de renforcer leur relation avec Allah (le nom arabe pour Dieu) et de se comporter en suivant les leçons de l’Islam. Le jeûne du Ramadan constitue l’un des cinq piliers de l’Islam- un des cinq devoirs principaux associés à la religion musulmane. L’Islam insiste sur l’importance d’être charitable envers les autres, et les Musulmans croient qu’observer le jeûne pendant le Ramadan les aide à apprendre à être charitable.

Selon Mohamed Awil, l’Assistant Exécutif des Services Gateway Community, qui a observé le Ramadan depuis l’âge de 13 ans, “Le Ramadan nous apprend à être reconnaissant, à se mettre à la place des gens qui n’ont rien à manger pendant des jours. Ceux qui ont de quoi manger chaque jour ont de la chance d’avoir ce qu’ils ont.”

Pendant le Ramadan, beaucoup de Musulmans vont plus fréquemment à la Mosquée, essaient de lire le Coran du début à la fin (parfois plus d’une fois), augmentent leurs dons de charité, et pratiquent la maîtrise de soi. L’idée est de se concentrer sur sa relation avec Dieu. Selon l’Islam, Le Ramadan commémore le mois quand le Coran, le Livre Saint de l’Islam, a été présenté pour la première fois aux Musulmans à travers l’Ange Gabriel par le Prophète Mohamed. Il est ainsi considéré comme un mois béni, et pour la plupart, c’est aussi un mois joyeux.

Ceux qui font le jeûne n’absorbent rien dans leur corps du lever au coucher du soleil pendant le mois entier parce qu’ils croient que faire l’expérience de la faim et de la soif leur enseigne à faire preuve d’empathie. Certaines personnes sont dispensées de faire le jeûne, par exemple les enfants qui n’ont pas atteint l’âge de la puberté, les adultes qui sont malades, et les personnes âgées. Au coucher du soleil, chaque jour, les Musulmans arrêtent le jeûne, d’abord en prenant un petit repas avant de faire leurs prières, et puis avec un plus grand repas- appelé Iftar -- partagé avec les amis et la famille. Les repas du soir sont toujours festifs et généreux.

Gouverneur Mills a invité les leaders musulmans locaux à La Maison Blaine le dimanche 19 mai pour la première fois dans l’histoire du Maine. Cet évènement a été applaudi par la communauté musulmane du Maine parce qu’il a signalé l’engagement de la part de Janet Mills à promouvoir l’inclusivité dans notre état.

“J’étais personnellement ravie d’avoir été invitée à la Maison Blaine. C’était un moment très touchant. J’apprécie beaucoup que Gouverneur Mills essaie de créer une communauté inclusive dans le Maine. Le dîner Iftar a fait une belle impression auprès de la communauté musulmane”, nous a dit Inza Ouattara, la Coordinatrice pour la Santé des Réfugiés au Bureau des Services pour les Réfugiés avec Catholic Charities Maine, et la Présidente de l’Association Côte d’Ivoire du Maine.

Le Maine accueille des milliers de Musulmans, dont beaucoup sont originaires de la Somalie, du Soudan, de Djibouti, de la Syrie, d’Afghanistan, d’Iran, et d’Irak. Plusieurs différentes organisations ont organisé des dîners Iftar pendant le mois du Ramadan. Par exemple, Gateway Community Services a servi un dîner Iftar pour les Musulmans et les non-Musulmans le premier juin qui présentait “nourriture, foi et culture,” selon les mots de Abdullahi Ali. Des centaines de personnes se sont rassemblées au centre Portland Expo le matin du 4 juin pour prier et célébrer. Environ 175 personnes dans la région d’Augusta ont apprécié le repas, les amis, la famille, et se sont bien amusés le 7 juin au Projet des Nouveaux Mainers à Capital Area; dans la région de Portland l’école élémentaire River-ton a organisé une fête Eid le 8 juin; et L’Organisation Arabe Américaine de la Nouvelle Angleterre (NEAAO) a organisé une fête Eid le 9 juin qui présentait de la musique live, des plats méditerranéens, et des activités amusantes pour les enfants.

La population musulmane du Maine est assez importante. Ceux qui assistent au service de prière Eid à Lewiston ont rempli le Androscoggin Bank Colisée, qui compte 4,000 places. “Pour moi, être musulman dans le Maine est comme être musulman n’importe où,” Ouattara dit. “L’Islam réunit tous les Musulmans, quel que soit le pays d’où ils viennent. L’Islam enseigne aussi que où que vous viviez, vous devez obéir aux lois de l’endroit où vous habitez, par conséquent, en tant que Musulmans, nous respectons les lois du Maine. Par exemple, ici vous devez aller dans une ferme pour abattre un bœuf pour le Ramadan,” dit Inza Ouattara.

Les Musulmans à travers le monde terminent le Ramadan chaque année avec Eid-al-Fitr, une fête joyeuse qui dure trois jours, pendant laquelle on célèbre en donnant l’aumône aux pauvres (un autre des cinq piliers de l’Islam), en priant, en s’habillant dans de beaux habits, en rendant visite aux amis et à la famille, et en faisant un grand festin.

COMMENT OCCUPER LES ENFANTS PENDANT LES GRANDES VACANCES-

L’été est enfin arrivé, et les grandes vacances viennent de commencer. Beaucoup de parents immigrants travaillent dur afin de

subvenir aux besoins de leurs familles, et il est parfois très difficile de trouver de quoi occuper les enfants pendant l’été. Les programmes de vacances sont rares dans la plupart des pays africains, par conséquent les parents ne savent pas qu’aux Etats-Unis ces programmes jouent un rôle éducatif, ou ils ne savent pas comment y avoir accès. Aux USA, les programmes de vacances font partie de l’éducation de l’enfant. Beaucoup proposent une aide financière, et même s’ils sont très chers au départ, et pas abordables pour la plupart des immigrants, ainsi que pour beaucoup d’enfants américains, certains sont gratuits ou offrent des bourses.

Ce n’est pas parce que les enfants ne vont pas à l’école pendant l’été- sauf si leur école offre un programme de vacances- qu’ils sont obligés de rester à la maison. Leurs parents peuvent chercher des programmes éducatifs auxquels leurs enfants peuvent participer dans leur communauté. Ces programmes aident à éviter le phénomène qu’on appelle “la rechute académique des grandes vacances”, pendant laquelle les enfants perdent tout le progrès académique qu’ils ont acquis pendant l’année scolaire. On considère que trouver des programmes de vacances qui soient pratiques et pas trop chers, et qui encouragent les enfants à faire des activités physiques, intellectuelles et sociales pendant l’été, est une manière très saine et responsable d’élever ses enfants aux Etats-Unis.

Mais les enfants disent parfois qu’ils ne veulent pas participer à un programme. Pour beaucoup d’enfants, l’été est l’occasion de se reposer, de regarder la télé, et de jouer à des jeux sur diverses consoles comme Xbox, Play Station, Nintendo, une tablette, ou un iPhone. Ils peuvent aussi dire qu’ils étudient beaucoup et doivent faire leurs devoirs de septembre à juin, qu’ils doivent se coucher tôt et se lever tôt tous les matins de la semaine. Quand les vacances arrivent, ils sont prêts à profiter de la pause après une longue année scolaire intense. Cependant, un été passé de telle façon peut causer un résultat négatif considérable sur le progrès académique des enfants, et ils risquent de perdre plusieurs mois de connaissances acquises pendant l’année passée. C’est pourquoi il est important que les parents cherchent des programmes de vacances amusants mais aussi instructifs dans leurs communautés, pour ne pas laisser leurs enfants passer leur été devant ces jeux vidéo.

Les colonies de vacances at autres programmes sont conçus afin de stimuler l’esprit des enfants, les aider à mieux connaître leur environnement, les faire participer à des activités en plein air, et les divertir. Les parents devraient chercher des colonies de vacances offertes par le YMCA et autres organisations telles que le Boys and Girls clubs, des stages de sports gratuits ou des colonies de vacances chrétiennes. Il y a beaucoup d’organisations comme les bibliothèques et les musées qui proposent des films gratuits en été, des activités de travaux manuels, des programmes de lecture, des heures de lecture d’histoires, des entrées gratuites. Alors que les colonies privées sont chères, certaines offrent des bourses, si les parents demandent une aide financière. Les activités en plein air, comme le base-ball et le football, ou le fait d’aller à la plage ou dans des centres de nature, plaisent beaucoup aux enfants et sont aussi bénéfiques à leur développement. Les enseignants encouragent aussi les parents à insister que leurs enfants passent quelques heures chaque jour à lire pendant les vacances afin d’empêcher la rechute académique. Les parents, les frères et soeurs aînés, et d’autres membres de la famille devraient lire à leurs jeunes enfants tous les jours. Certains éducateurs conseillent aussi de faire des maths une fois par semaine pendant les vacances afin de ne pas oublier ce qui a été appris pendant l’année. Ils poussent les parents à s’assurer que leurs enfants restent stimulés mentalement et physiquement pour qu’ils continuent à grandir, et pour qu’ils soient prêts à retourner à l’école à la rentrée bien reposés- mais aussi plus mûrs.

Si vous avez besoin d’aide pour trouver des programmes qui sont à bas prix, contactez l’école de votre enfant, ainsi que les associations locales de votre communauté.

DU TERRAIN— LE SOUDAN

L’assaut des militaires sur les leaders de l’opposition continue encore, cinq mois après les manifestations qui avaient mené à la destitution par l’armée du président Omar el-Béchir le 11 avril 2019. On a reporté de nombreuses tueries et des arrestations arbitraires dans diverses parties du Soudan et les manifestants, qui continuent de protester et de se rebeller, réclament un transfert du pouvoir aux civils.

Mutasim Eltahir, l’agent d’information de la communauté soudanaise aux Etats-Unis, a exprimé sa grande inquiétude au sujet de la situation actuelle au Soudan. Il a déclaré que le Conseil Militaire de Transition (CMT), dirigé par Abdel Fattah al-Burhan, a fait annuler tous les accords avec la Déclaration des Forces de la Liberté et du Changement (DFLC), une coalition faite de différents groupes d’opposition et de partis politiques qui se sont battus pour la liberté et le changement au Soudan. Les accords de base entre la DFLC et le CMT comprenaient comme stipulations que le nouveau gouvernement soit dirigé par des civils; que les forces de liberté doivent inclure plus de

70% de membres du Parlement; que le Soudan soit dirigé par un gouvernement démocratique et que des élections aient lieu dans les 9mois.

Le 3 juin dernier, les leaders militaires ont décidé d’annuler ces accords, ce qui a révolté le peuple soudanais, qui avait espéré que des élections libres et démocratiques seraient organisées d’ici 9 mois de la destitution d’ el-Béchir. Monsieur Eltahir a déclaré

RAMADHANI NI MWEZI KIPEKEE WA KIROHO KWA WAISLAMU

Ramadhani ni mwezi kipekee wa kiroho hasa kwa Waislamu. Mwaka huu, Ramadhani ilianza Marekani jioni ya Mei 5 na kumalizika tarehe 4 Juni, wakati wa mwezi uliopungua. Kalenda ya Kiislam niyaegemea mwezi, hivyo siku hubadilika mwaka kwa mwaka.

Wakati wa mwezi wa Ramadhani, Waislamu wanajaribu kuimarisha uhusiano wao na Allah (jina la Kiarabu kwa Mungu) na kuishi kama Uislamu unavyofundisha. Ukumbusho wa Ramadhani ni moja kati ya nguzo tano za Uislamu – Ni mojawapo ya majukumu makuu zaidi yanayohusishwa na mutu kuwa Mui-islam. Uislamu inasisitiza umuhimu wa kuwa na moyo wa usaidizi kwa wengine, na Waislamu wanaamini kuwa kufunga wakati wa Ramadhani huwasaidia kujifunza kuwa wenyewe kuwa na moyo wa usaidizi

Kwa mujibu wa Mohamed Awil, makamu wa katibu tendaji mkuu wa Gateway Community Services, ambaye amekuwa katika saumu ya Ramadhani tangu akiwa na umri wa miaka 13, "Ramadan ni kuhusu shukrani, kuwa kama katika viatu vya watu wasio na chakula chochote kwa masiku kadhaa . Wale ambao wanaokula kila siku wanabahatika kuwa na kile tulicho nacho. "

Wakati wa Ramadhani Waislamu wengi wanahudhuria msikiti mara nyingi, wakijaribu kusoma Qur'ani anzia mwanzo hadi mwisho (kwa wamoja zaidi ya mara moja), ili kukuza hali yao ya utoaji wa misaada, na kwa ujumla hujitahidi kujizuia. Wazo ni kuzingatia sana uhusiano wa mtu na Mungu. Kulingana na Uislamu, Ramadhani inaadhimisha mwezi ambapo Qur'ani, Kitabu Kitakatifu cha Uislam, ilifunuliwa mara ya kwanza kwa Waislam kupitia Malaika Gabriel kwa Mtume Muhammad. Kwa hiyo, inachukuliwa kuwa mwezi mbarikiwa, na kwa Waislamu wengi, ni mwezi wa furaha.

Wale wanaofunga hawakule chochote kwa ajili ya miili yao kutoka jua kupambazuka hadi jua kutwa kila mwezi, wakiamini kuwa njaa na kiu wanayopata wakati wa kufunga huwafundisha kuwa na huruma. Makundi fulani ya watu huruhusiwa kutofunga, Ni kama vile watoto ambao hawajafikia ujana, watu wazima ambao ni wagonjwa, na wazee. Wakati wa jua kutwa kila siku Waislamu wanafungua kwa muda, kwanza kwa chakula kidogo kabla ya sala, na baadaye kwa chakula kingi na kikubwa – kinachoitwa Iftar (Futuru) - kinachoshirikiwa na marafiki na familia. Milo ya jioni ni kama ya sherehe na yenye ukarimu

Gavana Mills alihudhuria chakula cha kwanza cha jioni cha Iftar (Futuru) kunako Blaine House ilipokuwa Jumapili, Mei 19, kwa niaba ya viongozi wa jumuiya ya Waislamu wa Maine. Tukio hili lilipata sifa kubwa kutoka kwa jumuiya ya Kiislamu huko Maine kwa sababu ilionyesha hatua ya kujitoa kwa Gavana kukuza ushirikishwaji.

Inza Ouattara, Mratibu wa Afya kwa Wakimbizi wa Maine kunako kikundi cha misaada ya ki Katoliki pa Maine akiwa pia kiongozi ya wazaliwa wa Ivory coast wanaoishi Maine, alikubaliana na bwana Ahmadov. "Mimi mwenyewe nilifurahishwa sana na mwaliko wa Blaine House," Bwana Ouattara alisema. "Tukio lilikuwa la kugusa sana. Ninashukuru sana kuwa Gavana Mills huwa anajaribu kujenga jumuiya ya umoja wa makabila katika Maine. Chakula cha jioni cha Iftar (Futari) kilikuwa na tukio/athari kubwa katika jumuiya ya Kiislamu. "

Mratibu wa Misaada ya kiKatoliki kwa Wakimbizi wa Jimbo la Maine Tarlan Ahmadov, aliye kuwa wa muhimu sana katika kupanga chakula cha jioni, alisema, "Gavana yuko anaunganisha jamii na kujenga hali imara ya jimbo kwa siku zijazo. Kiongozi wa kweli na mwenye busara daima huwaleta watu pamoja, na kuimarisha amani na maelewano. "

Idadi ya waislamu wa Maine ni ya kawaida. Reza Jalali, mwan-dishi na profesa, anafikiria kwamba Waislam kati ya 7,000 na 8,000 wanaishi Maine kwa sasa. Anasema wanatoka Somalia, Iraq, Sudan, Ghana, Afghanistan, Iran, Kenya, Bosnia, Kosovo, Bangladesh, Syria, Lebanon, India, Pakistan, Misri, Uturuki, Jamhuri ya Azerbaijan na Malaysia. Anakadiria kuwako na msikiti 10 humu Maine, na kwamba vyuo vikuu vyote vya umma na vya kibinafsi nchini huwa na vyama vya mwanafunzi wa Kiislam. Aina mbalimbali za mashirika yaliyohifadhi chakula cha Iftar (Futari) wakati wa mwezi wa Ramadhani. Kwa mfano, huduma za Jumuiya za kiHifadhi zilihudhuria chakula cha Iftar(Futari) kwa Waislamu na wasio Waislamu sawa na siku ya Juni 1 ambayo ilionyesha "chakula, imani, na utamaduni," kwa maneno yake Abdullahi Ali.

AMJAMBO AFRICA!

que que les Soudanais sont prêts à vivre un vrai mouvement vers un système démocratique. Ils sont horrifiés à l'idée du risque d'un autre régime politique autoritaire mené par l'armée. Monsieur Eltahir a ajouté que la communauté soudanaise avait organisé des manifestations pacifiques à Portland 10 juin dernier. Il y a aussi eu des manifestations à Washington, D.C. et dans d'autres états. Ce mouvement de contestation réclame que des enquêtes soient menées au sujet des récentes tueries au Soudan; que les civils qui avaient été arrêtés arbitrairement soient remis en lib-

SWAHILI TRANSLATION

"Uislam unaunganisha Waislamu wote, bila kujali wanatokea nchi gani," alisema Bwana Ouattara. "Kwa mimi, kuwa Mwislamu huko Maine ni kama kuwa Mwislamu popote pale. Uislamu hufundisha kwamba popote unapoishi, unapashwa kufuata na kutii sheria za mahali unapoishi, kwa hivyo kama Waislam tunazingatia na kutii sheria za Maine. Kwa mfano, hapa unapaswa kwenda shambani ili kuchinja kondoo mume kwa ajili ya Ramadhani. "

Waislamu duniani kote humaliza Ramadani kila mwaka na sherehe ya Eid-al-Fitr, siku kuu tatu ya sherehe, wakati ambapo wanaadhimisha utoaji wa misaada kwa watu maskini (nyingine ya nguzo tano za Uislamu), kuomba, kuvaa mavazi mazuri, kutembelea marafiki na jamaa, na kusherekea sikukuu. Mamia walikusanyika kwenye jengo la Expo la Portland asubuhi ya Juni tarehe 4 kuomba na kusherehekea. Karibu watu 175 katika eneo la Augusta walifurahia chakula, marafiki, familia, na furaha katika Mradi wa Sherehe ya Eid kwenye maeneo makuu ya Eneo Mupya ya watu wapya wa Maine tariki 7 mwezi wa Juni. Kunako Juni tarehe 8, Ushirikiano wa Vijana wa ukoo wa Somalia na Sudan walishirikiana na kuhudhuria sherehe ya Eid inayoon-gozwa na vijana . Shirika la New American Arab American (NEAAO) lilifanya sherehe ya Eid Juni 9 ambapo iliburudisha kwa muziki ulio hai, vyakula vya ki Mediterranean, na pia shughuli za kufurahisha kwa ajili ya watoto.

KUWAHUSISHA WATOTO WAKATI WA MAJIRA YA JOTO

Majira ya joto iliyi tarajiwa kwa muda mrefu mwishoni imefika hapa, na msimu wa likizo ya shule tayari umeanza. Wazazi wengi Wahamiaji hufanya kazi kwa bidii sana ili waweze kutunza familia zao, na changamoto ya kuweka watoto wao kushiriki wakati huu wa majira ya joto huonekana kuwa haiwezi kushindwa. Mipango ya wakati huu wa majira ya joto ni haba katika nchi nyingi za Afrika, kwa hivyo wazazi wanaweza kuwa hawajui nafasi yao katika shughuli za kuelimisha huko Marekani, au jinsi ya kufikilia mipango hiyo. Nchini U.S., mipango ya majira ya joto inachukuliwa kama sehemu ya elimu ya watoto. Mipango mingi hutoa misaada ya kifedha, kwa hivyo iwapo baadhi ya mipango kadhaa hugharamia, na kuwa haipatikani kwa wahamiaji wengi, ikiwa pamoja na watoto waliozaliwa Marekani, mengine ni pasipo gharama au hutoa msaa-da wa majifunzo

Wakati ambapo watoto hawaendi shuleni wakati wa majira ya joto - isipokuwa labda kama shule zao zinatoa mpango bandia wakati wa majira ya joto - hawana haja yoyote ya kukaa nyumbani. Wazazi wanaweza kutafuta wapi palipo mipango ya kielimu katika jamii zao wanapoweza kuhudhuria watoto wao. Mipango hii husaidia kuzuia uzushi wa "kurudi nyuma kitaaluma wakati wa majira ya joto", unao sababisha watoto ki-upoteza maendeleo ya kitaaluma waliyofanya kwa mwaka wa shule. Kupata mipango ya wakati wa majira ya joto ambayo ni rahisi, yenye gharama nafuu, na inayo walinda watoto kushirikishwa kimwili, kiakili, na kijamii wakati wa majira ya joto ni kuchukuliwa kuwa na afya nzuri na kuwajibika njia ya kuwalea watoto nchini Marekani

Watoto mara wanaweza kusema kama hawataki kushirikishwa katika mipangilio. Katika mawazo ya watoto wengi, wakati wa majira ya joto ni wakati wa kupumzika, kuangalia tv, na kucheza michezo wakitumia vifaa tofauti kama vile Xbox, Play Station, Nintendo, iPad, au iPhone. Wanaweza hata kusema kuwa tangu Septemba hadi Juni, wame tumika sana katika madarasa yao, kazi za kufanyia nyumbani, kulala mapema, na kuamka mapema. Ifikapo wakati wa likizo, wako tayari kufurahia mapumziko baada ya mwaka wa shule mrefu wa kazi nyingi. Lakini, matumizi ya majira ya joto kwa njia ya namna hii inaweza kuwa na vinyume vya hatari kubwa kwa mafanikio ya kitaaluma waliyofikia kwa mwaka uliopita. Na hii ndio maana ni muhimu kwa wazazi kutafuta mipango ya kufurahisha, ya elimu katika jamii kwa ajili ya watoto wao na sio kuwa ruhusu kutumia muda wao wa majira ya joto kwenye vifaa vyao

Makambi na mipango za wakati wa majira ya joto zimeundwa ili kupanua mawazo ya watoto, kuwasaidia kujifunza kuhusu mazingira yao, kuwahusisha katika shughuli za nje ya nyumba, na pia kuwafurahisha. Wazazi wangepaswa kuangalia kambi za majira ya joto zinazotolewa na Y au mashirika mengine kama vile vilabu vya wavulana na wasichana, vituo vya michezo huru,

erté; que les services d'internet soient rétablis; que les négociations- entamées par le Premier Ministre éthiopien Abiy Ahmed- conduisant à la transition éventuelle d'un gouvernement civil soient reprises.

Mutasim Eltahir a déclaré qu'il fallait que les Soudanais continuent d'espérer que les chances de liberté et de paix qui se sont ouvertes avec la destitution de el-Béchir ne seront pas abrégées par un autre régime militaire au Soudan.

shule za Biblia. Mashirika mengi kama vile maktaba na makumbusho hutoa sanaa za bure na shughuli za ufundi, mipango za kusoma majira ya joto, masaa ya hadithi, kuingia kwa bure. Wakati makambi ya majira ya kibinafsi ni ya gharama kubwa, baadhi hutoa usaidizi wa usomi, ikiwa wazazi wanauliza. Shughuli za nje, ikiwa ni pamoja na kucheza mpira wa kikapu na soka, au kwenda kwenye pwani au kwenye vituo vya asili, rufaa sana kwa watoto na ni manufaa kwa maendeleo yao.

Waalimu pia wanawahimiza wazazi kusisitiza watoto wao kutumia muda kila siku kusoma wakati wa majira ya joto. Wazazi, ndugu wakubwa wao, au wengine wowote wale wangepaswa kusoma kwa sauti kubwa kwa watoto wao wadogo. Waalimu wengine huhamasisha wakati wa majinfuzo ya hesabu kila wiki wakati wa likizo ili kusaidia kuzuia kurudi nyuma wakati wa majira ya joto. Waalimu wanawahimiza wazazi kuwalinda watoto hali wakiendelea kuhusika na kazi za kiakili na za kimwili wakati wa majira ya joto ili waweze kuendelea kuendekeza, pamoja na kuwa tayari kurudi shuleni tayari wa pepumzika - lakini pia wakiwa wamekomaa zaidi.

Ikiwa unahitaji msaa-da wa kujua zaidi kuhusu mipangilio ya wakati wa majira ya joto inayopatikana kwa gharama nafuu, wasiliana na shule la mtoto wako, pia na vyama vya jamii yako kadhalika.

KUTOKA NCHINI SUDANI

Mufarakano wa kijeshi inchini Sudani dhidi ya viongozi wa upinzani unaendelea miezi mitano baada ya maandamano yaliyo sababisha kuondolewa madarakani kwa Rais Omar Bashir tarehe 11 Aprili, 2019. Mauwaji na kushikwa kiholela kume ripotiwa sehemu mbalimbali za Sudani hadi maandamano ya kiraia yakizidi kuendelea

Mutasim Eltahir, afisa wa habari wa Jumuiya ya waSudani nchini Marekani, alieleza wasiwasi wake mkuu kuhusu hali ya sasa ilivyo nchini Sudani. Alisema kuwa Baraza la Jeshi la Mpito (TMC), linaloongozwa na Abdel Fattah al-Burhan, lilipiga marafuku mikataba yote yaliyoko na Azimio la Uhuru na nguvu za mabadiliko (DFCF), ambalo ni muungano wa makundi mbalimbali ya upinzani na vyama vya siasa vilivyokuwa vikipigania uhuru na mabadiliko nchini Sudan. Mikataba ya awali kati ya DFCF na TMC ilijumuisha sharti kwamba serikali mpya inapaswa kuwa inaongozwa na raia; kwamba vikosi vya uhuru vinapaswa kuunda asilimia 70 ya uanachama wa Bunge; Kwamba Sudan inapaswa kuongozwa na serikali ya kidemokrasia; na kuwa uchaguzi unapaswa kufanyika ndani ya miezi tisa. Mnamo Juni 3 viongozi wa kijeshi waliaumua kurudi nyuma mbali na makubaliano haya, na hii imewahuzunisha watu wa Sudani, ambao walikuwa tayari na matumaini ya uchaguzi huru na wa kidemokrasia unge andaliwa kutukia ndani ya miezi tisa ya kuondolewa kwa Bashir. Bwana Eltahir alisema kuwa watu wa Sudan wamepoteza matumaini ya kupata harakati halisi ya kuelekea mfumo wa kidemokrasia. Wanahofu kuweko kwa udikteta mwingine unaongozwa na wana jeshi. Mheshimiwa Eltahir alisema kuwa Jumuiya ya waSudani iliandaa maandamano ya amani huko Portland mnamo Juni 10. Maandamano mengine yalifanyika pia Washington, D.C., na katika majimbo mengine. Maandamano hayo yalitakiwa kuchunguza hali ya mauaji ya hivi karibuni nchini Sudani; pamoja na kuachiliwa huru raia ambao walikamatwa kiholela; kurejeshwa kwa huduma za mtandao; kufunguliwa kwa majadiliano - yaliyoanzishwa na Waziri Mkuu Abiy Ahmed wa Ethiopia – ikiongoza kwenye hatua ya mpito kuelekea kwa mwisho kwenye utawala wa kiraia

Mutasim Eltahir alisema kuwa watu wa Sudan wanaendelea kutumaini kwamba matarajio ya kufunguliwa kwa uhuru kulikotokana na kuondolewa madarakani kwa Bashir hauta fupishwa na utawala mwingine wa kijeshi nchini Sudani.



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Fact Sheet

Data on racial inequality shows need for solutions to advance racial justice

by James Myall, Policy Analyst | June 3, 2019

Everyone deserves a fair shot at success in an economy that allows all of us to thrive. But the effects of racial bias continue to harm in ways that cannot be ignored.

Publicly available data in Maine paints a picture of economic, health, education, and criminal justice systems that work better for whites than for people of color in our state. These disparities mirror those at the national level.

Research shows us that these race-based outcomes are the result of systemic barriers to success faced by people of color. Federal, state, and local policies throughout our history have created relative privilege for white Mainers while making it harder for indigenous communities, Black families, and other Mainers of color to thrive.

Racial bias has been reflected in policy throughout our history, and is inextricably linked to racial disparities today. In Maine, that history includes efforts to displace and disempower Wabanaki peoples while laying claim to their territories and natural resources. It includes the destruction of the Black and mixed-race fishing community on Malaga Island, where residents were forcibly evicted or incarcerated on specious grounds by the state's white governor in the early 20th century. It includes a 2011 law that denied Medicaid and other safety net benefits to legally present immigrants. These are just a few of the countless examples.

Because of our nation's history of discrimination, public policy that does not explicitly address and reduce racial inequality often perpetuates it.

For example, labor laws crafted in the early 20th century were meant to lift all workers with better wages and on-the-job protections. Those laws didn't mention race, but excluded occupations that were held predominantly by Black workers. As a result, white workers benefitted, and built inter-generational wealth, from a policy that limited opportunities for Black families. The legacy of that history continues to reverberate.

This fact sheet describes what available data tells us about racial inequality in Maine. The findings are evidence that racially unjust systems exist in our state. We cannot create an economy in which communities of color can get ahead without taking a systemic approach to examining the unique, discriminatory hurdles that unjust policies have put in front of some Mainers because of the color of their skin.

We must work proactively to undo the effects of policies that invest in systems that support white families while withholding resources necessary for indigenous, Black, Latinx, and other communities of color.

By focusing on the policies necessary to counter racially discriminatory outcomes and reduce barriers to success in Maine, we can create a state and economy in which each person can fully participate and fulfill their potential.

Economic Security

Due to structural and historical privileges such as greater wealth and fewer barriers to higher education, white Mainers are only half as likely as Mainers of color to experience poverty or unemployment.¹

Among those Mainers who are employed, white men and women continue to be paid more than men and women of color.

Lower wages and a greater likelihood of poverty and unemployment make it harder for Mainers of color to grow wealth or to become entrepreneurs — as evidenced by the lower rates of home and business ownership compared to whites.

Education

Data about Maine schools suggests white Mainers and Black Mainers have very different experiences with public education. Black students are 2.4 times more likely to be suspended than white students in Maine schools, while white students are 1.6 times more likely to be enrolled in AP classes.⁴ Structural challenges such as families' access to resources and the practices and policies of schools may contribute to these disparities.

Health Access

People of color in Maine are nearly twice as likely as white people in Maine to be unable to see a doctor because they cannot afford the cost.⁵ Greater economic security through higher wages and educational attainment are linked to improved access to health care. It's therefore likely that economic inequality contributes to a lack of health care access for people of color in Maine.

Criminal Justice

Few systems could match the racial inequities present in Maine's criminal justice system. Black Mainers are 6 times more likely to be incarcerated than white Mainers.⁶

There is extensive evidence showing that Black people are treated more harshly at every phase in the criminal justice system. They are more likely to be stopped by police, searched, ticketed, arrested, charged, and convicted, and when convicted, face longer sentences.

Table 1. Maine hourly wages by race and education²

	White, non-Hispanic		People of Color	
	Men	Women	Men	Women
High School	\$17.19	\$15.59	\$15.82	\$14.95
Bachelor's	\$25.93	\$20.88	\$21.07	\$18.33

Table 2. Maine home and business ownership rates by race³

Race	Home ownership rate
White, non-Hispanic	76%
People of Color	50%
Race	Business owners / residents
White, non-Hispanic	2,242 per 100,000
People of Color	1,118 per 100,000

Footnotes:

1 Unemployment figures from U.S. Census Bureau Current Population Survey, 2013-2018, pooled data. Poverty figures from U.S. Census Bureau American Community Survey, 15-year average, 2003-2017.

2 U.S. Census Bureau Current Population Survey Outgoing Rotation Group, 2008-2018 pooled data.

3 Home ownership rates from U.S. Census Bureau American Community Survey, 2013-2017, via IPUMS. Business ownership figures from U.S. Census Bureau Annual Survey of Entrepreneurs, 2016.

4 ProPublica. "Miseducation: Is there Racial Inequality at Your School?" Posted October 16, 2018. Accessed May 17, 2019.

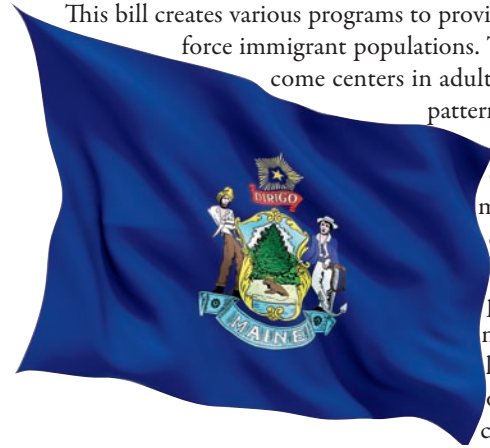
Available at: <https://projects.propublica.org/miseducation/> 5 U.S. Center for Disease Control Behavioral Risk Factor Surveillance System, 2013-2017, 5-year average.

6 State data compiled by the Sentencing Project. Accessed May 17, 2019. Available at: <https://www.sentencingproject.org/>

LEGISLATIVE UPDATE

Several bills before the Maine Legislature this session were of special interest to readers of *Amjambo Africa!* The descriptions and status reports below were current as of press time. Any updates will be posted on www.amjamboafrika.com.

LD 647, "An Act To Attract, Educate and Retain New State Residents To Strengthen the Workforce."



This bill creates various programs to provide education, services, and training for workforce immigrant populations. The Welcome Center Initiative will fund welcome centers in adult education programs, including in Lewiston, patterned after the Portland's New Mainers Resource Center. The Department of Education's office of adult education and family literacy will administer a vocation-specific English language acquisition and workforce training program for immigrants, and provide funds through a grant process to establish and implement a local community planning support program for English language acquisition, vocational training, and opportunities to integrate immigrants into the communities and local workforce.

This bill passed in both houses, but funding was so dramatically reduced that the sponsors opted to withdraw the bill and re-introduce it next year.

LD 1317, "An Act To Restore Services To Help Certain Noncitizens Meet Their Basic Needs."

This bill "removes limitations on food supplement program benefits and Temporary Assistance to Needy Families program benefits, provides MaineCare coverage and modifies language for state-funded supplemental security income to maintain consistency throughout the law for certain noncitizens who are lawfully present in the United States or pursuing a lawful process to apply for immigration relief," per the legislative summary. Maine Equal Justice says the bill "would help more Maine immigrants access the food and housing supports they may need to get on their feet, INCLUDING asylum seekers like those who have arrived in Portland recently." The Health and Human Services Committee passed the bill on a divided vote; as of press time, a final vote had not yet been held in the two chambers.

Amended versions passed both houses, but at the point of "concurrence" – which reconciles different versions so that both houses are voting on exactly the same thing – the bill was carried over to any upcoming special or regular session, or both, of the 129th Legislature (the current year).

LD 1685, "An Act To Facilitate Entry of Immigrants into the Workforce."

This bill establishes and provides funding for the Foreign Credentialing and Skills Recognition Revolving Loan Program to be administered by the Finance Authority of Maine. Under the program, the authority may provide interest-free loans to foreign-educated or foreign-trained, ex-

perienced immigrants who need assistance while awaiting federal employment authorization to pay the costs of certain actions and activities that will improve their work-readiness once they receive their work permits.

Passed both houses, subject to appropriation of funds; the result was not available by press time.

LD 1700, "Resolve, To Promote the Inclusion of African-American History and Culture in the Curricular Offerings of School Administrative Units."

This directs the Department of Education to collect, prepare, and make available information materials that promote adding African American history and culture to the public school curriculum. Helping in this effort will be the Maine Education Policy Research Institute, the Maine Human Rights Commission, and the Department of the Attorney General/Civil Rights Team Project, and a volunteer advisory group including representatives from African-American civil rights, history, and cultural organizations, and the African American Collection at the University of Southern Maine. *Passed both houses.*

LD 1772, "An Act to Secure Transitions to Economic Prosperity for Maine Families and Children (STEP)," and LD 1774, "An Act to Reduce Child Poverty by Leveraging Investments so Families can Thrive (LIFT)."

These two bills unanimously passed both houses as an Invest in Tomorrow package endorsed by a number of important groups, including Maine Community Action Association, Maine Community Foundation, Maine Equal Justice, and the Maine State Chamber of Commerce. Together, these new laws will help create additional pathways out of poverty and into stability. The bills include "a reduction in the 'benefits cliff' families face when they transition off Temporary Assistance for Needy Families (TANF) into employment, funds to support non-profits using a 'whole-family' approach to case management, increasing access to TANF supports for families living in poverty and improved access to the Parents as Scholars program," according to a summary by the Invest in Tomorrow initiative.

Both bills passed and Governor Janet Mills is expected to sign them into law.



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Tainbie: Sing for Us

My version of the American dream

It is the seed that was planted in my genes
In the genesis of my quest for inspiration
My version of the American dream embodies the spirit of the African poet
It is indeed the undulation of the Atlantic waving

It seeks to unleash the sentence of my adverbs
It seeks an oasis of legends for my narration
My version of the American dream is a room
My version of the American dream is a street

If I can just lay my papyrus to rest
If I can just walk the Presumpscot River
If I can just read in the library and write it down
My version of the American dream is life
It is not an achievement, it is an enlightenment.

I came here to live, to think, to write, to edit
I came here to converse, to pray, to spell.
My version of the American dream tells it
It is the seven last chapters of my life crusade
My version of the American dream converges
It is the opposite side of the first half of my living nightmare.

If I can have a bed to sleep on, a cup of water to refresh.
If I can have a friend to smile to. If I can be me.
If I can just swim in the cold ocean and dive

My version of the American dream,
lays on the ashes of my ancestor's inspirations.
I came here to learn from their shackles
I am decoding each sound of their rings
My version of the American dream envelops.
It conveys me by the locomotion of slow no-return,
It is boarding me in the confinement of a clay-molding.

My version of the American dream is
the calling of the toddler poet learning the recital
My version of the American dream is
the tempo of the African drummer who preceded me.
My version of the American dream is
the vocation of the African woman who breastfed in the dark corner of her master.
My version of the American dream is
the narrative of the African philosopher who wrote "I have a dream."
My version of the American dream is
rooted in the voice of the speaker who announced my departure.

My version of the American dream
connects me to the aspirant who wishes the travelers many returns

Isaac Kinzambi is an African inspirational and motivational speaker
poet and songwriter, and father of four beautiful daughters.

ART IN EXODUS AT MECA



Caroline & Papa Mendy, Balcomb (colored cabinet with 28 drawers), old wood recycled from Senegalese boats, 2010. Artist Statement: The wood is imbued with the spirit of Senegal and the stories of how the wood was used in its previous life. Our more recent work shows a coming together of wood from Senegal and Maine, and speaks to the relationship between making art in these two places we call home. For more on Arts in Exodus visit amjambofrica.com

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ALL ARE WELCOME

THE WELCOME TABLE AT INDIGO ARTS ALLIANCE



Marcia Minter, Nancy Kamaliza, Safa Ahmed, Deanna Young, Celeste Carpenter, Jeanne Disciullo, Mariella Uwinana, Mary Allen Lindemann.

Indigo Arts Alliance presented the "Welcome Table" in partnership with the Immigrant Welcome Center, on June 8 at Indigo Arts Alliance, in Portland. "The Welcome Table" was an intergenerational gathering celebrating the cultural traditions of the African Diaspora and Indigenous Peoples. The event explored the links between culture, ritual, and food through panel discussions, workshops, community discussions, a meal, and music. The mission of Indigo Arts Alliance is cultivating the artistic development of people of African descent. For more information: indigoartsalliance.me

Maine College of Art (MECA) presented the third annual Art in Exodus exhibition in its flagship Porteous Building, from May 30 - June 20, 2019. The annual project reflects MECA's historic and ongoing interests in diversity, community, and public engagement and supports the College's mission to "educate artists for life." The intent is to invite artists of color and members of underrepresented communities to exhibit at one of Portland's premier art spaces, where artists can gain greater visibility, interact within a central core of the Maine/Portland art community, and further their professional development skills. The exhibition initially started as a way to recognize World Refugee Day.

RAMADAN: a special month for Muslims in Maine by Kathreen Harrison



Iftar dinner at East End Community School hosted by Samar Ahmed and Suzan Ali of Sudanese Roots
Photo by John Ochira

RAMADAN IS AN ESPECIALLY SPIRITUAL MONTH FOR MUSLIMS. This year, Ramadan began in the U.S. on the evening of May 5 and ended on June 4, at the waning crescent moon. The Muslim calendar is lunar-based, so dates change from year to year.

During the month of Ramadan, Muslims try to strengthen their relationship with Allah (the Arabic name for God) and behave in the way Islam teaches. The observance of Ramadan is one of the five pillars of Islam – one of the five main duties associated with being Muslim. Islam emphasizes the importance of being charitable toward others, and Muslims believe that fasting during Ramadan helps them learn to be charitable.

According to Mohamed Awil, executive assistant of Gateway Community Services, who has been observing Ramadan by fasting since he was 13 years old, “Ramadan is all about being grateful, being in the shoes of people who don’t have anything to eat for days. Those who eat every day are so lucky to have what we have.”

During Ramadan many Muslims attend mosque more frequently, try to read the Qur’an

from beginning to end (some more than once), increase their charitable giving, and generally practice self-restraint. The idea is to focus on one’s relationship with God. According to Islam, Ramadan commemorates the month when the Qur’an, the Holy Book of Islam, was first revealed to Muslims through the Angel Gabriel by the Prophet Muhammad. As such, it is considered a blessed month, and for most Muslims, it is a joyous month.

Those who fast take nothing into their bodies from sunrise to sunset throughout the month, believing that the hunger and thirst they experience while fasting teaches them empathy. Certain categories of people are exempted from fasting, such as children who have not reached puberty, adults who are sick, and the elderly. At sunset each day Muslims break their fast, first with a small meal before prayers, and then with a larger meal -- called Iftar -- shared with friends and family. The evening meals are festive and generous.

Governor Mills hosted the Blaine House’s first-ever Iftar dinner on Sunday, May 19, for Maine’s Muslim leaders. The event garnered praise from the Muslim community in Maine because it signaled the Governor’s commitment to promoting inclusivity.

Inza Ouattara, Maine State Refugee Health Coordinator at Catholic Charities Maine and president of the Côte d’Ivoire Association of Maine, agreed with Mr. Ahmadov. “I was personally thrilled by the invitation to the Blaine House,” Mr. Ouattara said. “The event was very touching. I really appreciate that Governor Mills is trying to create an inclusive community in Maine. The Iftar dinner made a big impact in the Muslim community.”

Catholic Charities of Maine’s State Refugee Coordinator Tarlan Ahmadov, who was instrumental in planning the dinner, said, “The Governor is unifying communities and building a strong state for the future. A true and wise leader always brings people together, and nurtures peace and harmony.”

“It took a big heart and open mind to open the Blaine House for the Iftar ceremony,” agreed Zoe Sahloul, President and Founder of the New England Arab American Organization (NEAAO).

“For other governors, this may have been a big ‘No no.’ Not for this governor. Janet Mills is not like other governors. She is connected to her base and wants to be empathetic to their culture and their beliefs. This is, by definition, the quality of a great leader -- a leader that looks at people as human beings and does not classify them based on what religion they belong to. Thank you, Janet Mills. It is good to be home.”

Maine’s Muslim population is sizeable. Reza Jalali, a writer and professor, estimates that between 7,000 and 8,000 Muslims live in Maine now. He says they come from Somalia, Iraq, Sudan, Ghana, Afghanistan, Iran, Kenya, Bosnia, Kosovo, Bangladesh, Syria, Lebanon,



Youth from Portland and Lewiston celebrate together.

Photo by John Ochira



Adam and Diana Lee celebrate Eid with New England Arab American Organization.

Photo by Hamid Karimian @OPENVISIONSTUDIOS



Areej Shakir and Kristin McLaren at Capital Area New Mainers Project’s Eid celebration in Augusta



Zoe Sahloul, President and Founder of New England Arab American Organization and Jenn McAdoo, board member.
Photo by Hamid Karimian @OPENVISIONSTUDIOS



Hanna Tallan, Ekhlash Ahmed, and Samar Ahmed.

Photo by John Ochira

India, Pakistan, Egypt, Turkey, Republic of Azerbaijan, and Malaysia. He estimates that there are 10 mosques in Maine, and that all the major public and private universities in the state have Muslim student associations. A variety of different organizations hosted Iftar dinners during the month of Ramadan. For example, Gateway Community Services hosted an Iftar dinner for Muslims and non-Muslims alike on June 1 that featured “food, faith, and culture,” in the words of Abdullahi Ali.

“Islam connects all Muslims, no matter what country they are from,” Mr. Ouattara said. “For me, being a Muslim in Maine is like being a Muslim anywhere. Islam teaches that wherever you live, you should abide by the laws of the place you are living, so as Muslims we conform to the laws of Maine. For example, here you have to go to a farm to slaughter a ram for Ramadan.”

Muslims around the world end Ramadan each year with Eid-al-Fitr, a joyous, three-day celebration, during which they celebrate by giving alms to the poor (another of the five pillars of Islam), praying, dressing in finery, visiting friends and relatives, and feasting. Hundreds gathered at the Portland Expo building on the morning of June 4 to pray and celebrate. About 175 people in the Augusta area enjoyed food, friends, family, and fun at the Capital Area New Mainers Project's Eid celebration on June 7. On June 8, the Somali Mainers Youth Network and Sudanese Roots collaborated in hosting an Eid celebration led by youth. The New England Arab American Organization held an Eid celebration on June 9 at the Westbrook Congregational Church that was attended by 300 people and featured live music, Mediterranean food, and fun activities for kids.



Kids have fun at Eid celebration at Riverton School - Hosted by Sudanese Roots and Somali Mainer's Youth Network.



Samar Ahmed, Suzan Ali, Maryan Bashir, Ekhlash Ahmed

Photo by John Ochira



Mohamed Khalid and Yusuf Muse Yusuf at Iftar dinner at Gateway Community Service



Fun at the Capital Area New Mainers Project's Eid celebration in Augusta

Ramadan



Iftar dinner at Blaine House with Governor Janet Mills



**Every great relationship
begins with a “hello.”**

**kila uhusiano muhimu
huanza na “hujambo”**

**Toute bonne relation
commence par un “salut”.**

**Umubano unoze wose
ubimburirwa na “Muraho”.**



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Alliance Française Opens Portland Chapter

Story & Photos by Nathalie Gorey

More and more Americans are choosing to make the French language and Francophone culture part of their own intellectual and cultural identity. Already the second most widely studied language in the U.S. and around the world, French is part of our daily lives, especially here in the state of Maine. Moreover, nearly 12 million Americans claim French ancestry, and over 150,000 French live in the U.S. French is the most widely spoken language after English in four states -- Maine, Vermont, New Hampshire, and Louisiana -- reflecting our historical relationship with both France and Québec.

The Alliance Française is an important part of French language learning and cultural exchange around the world. And Maine just opened the latest chapter in downtown Portland. Founded in Paris in 1883, the Alliance Française is an international organization that promotes French language and culture. There are more than 100 Alliance Française centers in the U.S., with more than 24,000 students in 45 states. With an ambitious mission to spread the French language and culture well beyond the borders of France, it forms part of a network of 1,040 Alliances Françaises based in 136 countries all over the world. In addition to spreading language and culture, AF aims to create strong ties of friendship with surrounding American communities, while offering language classes and social and cultural activities.

In encouraging the development of French language skills and knowledge and culture of the Francophone world, the AF aspires to help students reconnect not only with their own heritage, but also with a vibrant and growing global culture. Since 2010, Africans from French-speaking countries such as the Democratic Republic of Congo, Burundi, and Rwanda have arrived and settled in Maine, either as refugees, immigrants, or asylum-seekers. People from Cameroon, Central African Republic, Chad, Djibouti, Ivory Coast, and Togo -- countries where French is a national language -- have also moved to the state. These African immigrants who have sought refuge in the Portland region in the past few years have been at the source of a French-speaking renaissance here in our own state. Most have traveled to Maine with young families. They wish for their children to continue speaking and reading French, and to preserve their own language skills. When they moved to the U.S., many were concerned that they and other Africans might lose their French skills. These hundreds of Francophone Africans did not know that they would settle in a state with almost two centuries of French heritage.

With so many new populations using French every day in Maine, a small group of Francophones and Francophiles took steps toward founding an Alliance Française chapter as a central hub for the state's diverse French community, and to celebrate the fact that the French language has been part of Maine's cultural fabric for more than 400 years. The Alliance Française du Maine (AFduME) is based in Portland. Its programs include French language classes for children, teenagers, and adults; monthly French conversation luncheons



Bastille day 2018 celebration in Portland with friends | Fête du 14 juillet 2018 à Portland avec les amis

and films; Art in French; a French library; celebrations of Francophone holidays; children's playgroups; as well as picnics, potluck parties, epicurean events, and member outings throughout Maine, New England, and Québec. Special events immerse participants in the French culture and introduce native speakers and Francophiles to each other.

Members receive regular notices about cultural events throughout the region via a newsletter, and updates of current schedules and news through various media. Situated in a superb space in the beautiful heart of Portland, the Alliance Française du Maine is proud to share its location with the Greater Portland Immigrant Center, which serves as a hub of collaboration that strengthens the immigrant community through language acquisition, economic integration, and civic engagement. The location is a perfect fit for AFduME, which strives to preserve Franco-American heritage while welcoming the heritage and cultures of our neighbors. Our Francophone history is a legacy handed to us by generations of our brave ancestors who relocated here from France, from Québec, and now from Francophone Africa.

The AFduME is an apolitical, nonprofit, language and cultural organization affiliated with the Federation of Alliances Françaises USA and Fondation Alliance Française in Paris, whose origins date back to 1883. The Alliance Française du Maine is supported by the French Consulate in Boston, the French Embassy in Washington, and the French Ministry of Foreign Affairs. It is committed to the promotion and appreciation of the Francophone and Francophile community of Maine.

Upcoming events:

- Saturday, June 22, 11:30 a.m.-1:30 p.m.: "Pique-nique et jeux." French picnic and games, Deering Oaks Park, Park Ave., Portland
- Sunday, July 14, 4-7 p.m.: "Fête de la Bastille." Bastille Day picnic celebration, 36 Kettle Cove Rd., Cape Elizabeth
- Thursday, August 29, 5:00-8:30 p.m., Fall Cocktail party. Official opening of the fall season programming, with special guest French Consul Arnaud Mentré, The Custom House, 312 Fore St., Portland

Everyone is welcome, whether a native speaker or a novice.

The AF du ME is located at 24 Preble Street, 3rd floor, in downtown Portland | www.afdume.org | AFduME@gmail.com | Facebook: L'Alliance Française du Maine

L'Alliance Française du Maine est une organisation linguistique et culturelle apolitique à but non lucratif affiliée à la Fédération des Alliances Françaises USA et à la Fondation Alliance Française à Paris, dont les origines remontent à 1883. L'Alliance Française du Maine est soutenue par le consulat de France en Boston, l'ambassade de France à Washington et le ministère français des Affaires étrangères et s'est engagé à promouvoir et à apprécier la communauté francophone et francophile du Maine.



French snack and songs downtown Portland | Goûter et chansons dans le centre ville

L'Alliance française est un élément important de l'apprentissage de la langue française et des échanges culturels dans le monde. Il existe plus de 100 centres de l'Alliance Française aux États-Unis et plus de 24 000 étudiants. En encourageant le développement des compétences en français, des connaissances et de la culture françaises, le forum AF vise à aider les étudiants à renouer les liens non seulement avec leur propre patrimoine, mais également avec une culture mondiale vivante et en pleine croissance. Depuis 2010, des Africains de pays francophones tels que la République démocratique du Congo, le Burundi et le Rwanda sont arrivés et se sont installés dans le Maine, en

tant que réfugiés, immigrants ou demandeurs d'asile. Des personnes originaires du Cameroun, de la République centrafricaine, du Tchad, de Djibouti, de la Côte d'Ivoire et du Togo, pays où le français est une langue officielle, se sont également installées dans notre état. Ces immigrants africains qui ont cherché refuge dans la région de Portland au cours des dernières années ont été à l'origine d'une renaissance francophone ici, dans notre propre État. La plupart d'entre eux ont voyagé dans le Maine avec de jeunes familles et souhaitent que leurs enfants continuent à parler et à lire le français et à préserver leurs compétences linguistiques. Lorsqu'ils se sont installés aux États-Unis, beaucoup craignaient qu'ils et d'autres Africains perdent le français. Ces centaines de francophones africains ne savaient pas qu'ils s'installeraient dans un état avec près de deux siècles d'héritage français!

L'Alliance française du Maine (AFduME) est basée à Portland, dans le Maine, et propose des programmes comprenant des cours de français pour enfants à adultes, des déjeuners-causeries mensuels, Art in French, une bibliothèque française, des fêtes en français, des groupes de jeux ainsi que des pique-niques, des soirées potluck, des événements épicuriens et des sorties pour les membres dans le Maine, la Nouvelle-Angleterre et le Québec.

Les membres reçoivent régulièrement des notifications sur les événements culturels dans la région via un bulletin d'information, ainsi que des mises à jour des horaires et des actualités par le biais de divers médias. Située dans un superbe espace au cœur de la belle ville de Portland, l'Alliance française du Maine est fière de partager son emplacement avec le centre d'immigration du grand Portland, qui sert de plaque tournante de la collaboration qui renforce la communauté immigrée grâce à intégration et engagement civique. La solution idéale pour AFduME, qui s'efforce de préserver le patrimoine franco-américain tout en accueillant le patrimoine et les cultures de nos voisins. Notre histoire francophone est un héritage qui nous est légué par des générations de nos courageux ancêtres venus de France, de Belgique ou de Suisse, du Québec et d'Afrique francophone!

Evènements à venir!

- Le Samedi 22 juin, de 11h30 à 13h30, retrouvons-nous en famille à Deering Oaks Park, après le marché hebdomadaire, pour un pique-nique et des jeux traditionnels. S'il pleut, cet événement sera annulé, car à moins d'avoir 3 ans, jouer sous la pluie n'est pas drôle !
- Le Dimanche 14 juillet, de 16h00 à 19 heures, Pique-nique de la fête de la Bastille, jeux et musique, activités pour les enfants, Kettle Cove Rd, 36 Kettle Cove Rd, Cape Elizabeth-
- Le Jeudi 29 août, de 17h00 à 20h30, Cocktail de la Rentrée. Ouverture officielle de la nouvelle année pour l'AFduME, avec la présence de M. Arnaud Mentré, Consul de France, et d'autres personnalités surprises. Nous nous retrouverons dans le très bel immeuble du 19ème siècle, The Custom House, 312 Fore Street. Un bel événement à ne pas manquer!

Un nouveau programme de classes de langues et d'évènements culturels sera annoncé à la rentrée. L'adresse de l'AF du ME est 24 Preble street, au troisième étage, dans le centre ville de Portland.

www.afdume.org | Pour plus d'information, écrire à AFduME@gmail.com Notre page FB: L'Alliance Française du Maine



Monsieur Arnaud Mentré, Consul General of France in Boston, and Alain Nahimana, Executive Director of the Greater Portland Immigrant Welcome Center

CULTURE: Engaging Children In Summertime

by Georges Budagu Makoko

LONG AWAITED SUMMER IS FINALLY HERE, and the school vacation season has begun. Many immigrant parents work incredibly hard to provide for their families, and the challenge of keeping their children engaged during the summer can seem insurmountable. Summer programs are rare in most African countries, so parents may be unaware of the role they play in the United States or how to access such programs. In the U.S., summer programs are considered part of a child's education by many parents. Some programs offer financial assistance, so although some are extremely expensive and inaccessible for most immigrants, as well as most American-born kids, others are free or offer scholarships.



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While children don't attend school in summer – except in the cases of summer programs or summer school to make up for work that they may have missed during the school year unless their school offers a summer program – they do not need to stay home. Parents can look for educational programs in their community for their children to attend. These programs help prevent the phenomenon of “summer academic backslide,” during which children lose the academic progress they made over the school year. Finding summer programs that keep children engaged physically, in-

tellectually, and socially during summer is considered a very healthy and responsible way to raise children in the United States.

Children may say they don't want to be involved in any sort of program. In the minds of many children, summer is the time to relax, watch TV, and play games on devices like Xbox, Play Station, Nintendo, iPad, or iPhone. They may say that from September through June, they work hard in their classes, complete homework, go to bed early, and get up early. When vacation arrives, they are ready to enjoy a break after the long, intense school year. However, a summer spent this way can have a significant negative impact on children's academic performance, and they can lose as much as several months of the academic gains they made the previous year. This is one reason it is important for parents to look for fun, educational programs in the community for their children and not allow them to spend the summer on their devices.

Summer camps and programs are designed to expand children's minds, help them learn about their environment, involve them in outdoor activities, and also to entertain them. Parents should look for summer camps offered by the Y or other organizations such as Boys and Girls Clubs, free sports clinics, vacation Bible schools. Many organizations such as libraries and museums offer free summer movies, free arts and crafts activities, summer reading programs, story hours, and free admission. While private summer camps can be expensive, some offer scholarship help, if parents ask. Outdoor activities, including playing basketball and soccer, or going to the beach or nature centers, appeal strongly to children and are beneficial for their development.

Educators also encourage parents to insist their children spend some time every day reading during the summer. Parents, older siblings, or others should read aloud to their young children every day. Some educators also encourage a weekly math time during vacation to help avoid summer backslide. Educators urge parents to keep children engaged mentally and physically during the summer so that they continue to develop.

If you need help finding out about summer programming that is available at low cost, contact your child's school, as well as your community associations.



RIS EMPLOYMENT CASE MANAGEMENT SERVICES

THE CATHOLIC CHARITIES MAINE, Refugee and Immigration Services (RIS) is the only resettlement agency in Maine. The RIS is dedicated to helping those seeking a new life in America become independent, productive members of the community. Among the programs, the Employment Case Management team is fully focused on helping refugees, asylees and secondary migrants who are eligible to find jobs that fit their skills set.

RIS has a very talented and diverse multilingual team that includes former refugees who are familiar with the everyday challenges that the newly arrived refugees go through. Whether it is preparing the job prospectors to be ready for employment or to connecting and engaging potential employers in Maine, the Employment team is fully prepared to tackle the challenges and barriers to employment of new Mainers.

Maine is a place known to be safe and friendly for families and those who want to start a prosperous life. With a very low unemployment rate of 3.4% the job offer is high and very favorable to those who are seeking job security, however, this doesn't mean it's easy for those who just arrived to the country with little to no English speaking skills to take advantage of the low unemployment rate in Maine. Whether they were medical doctors, engineers, entrepreneurs, or business owners back home, having an expert to help them navigate the complex Maine job market is key to their success.

All refugees qualify for our Employment Services within the first five years following the date of their entry to the United States. The asylum granted individuals are also eligible to receive the services within five years after the date they have been granted asylum. The team can also serve victims of human trafficking once they have been approved to stay and work in the United States.

The RIS employment services include orientation about workplaces in the U.S., resume building, job search, job application assistance, interview preparation, interpreting services if needed, and personalized follow up on job site.

The RIS Employment Case Management team is led by Baba Ly, who also is the Assistant Director of the RIS. Mr. Ly and his dedicated team – Ria Butera, Fatuma Ismael and Hasan Al Khafaji — serve all clients living in Maine and the staff members can assist in the following places:

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Lewiston Area: Fatuma Ismael Cell: 207-317-9109
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For more information please visit our website:
www.ccmaine.org/refugee-immigration-services

PROGRAMME D'EMPLOI DE CATHOLIC CHARITIES, SERVICES DES IMMIGRÉS ET DES RÉFUGIÉS.

CATHOLIC CHARITIES MAINE, Services des Immigrés et des Réfugiés (SIR) est la seule agence de réinstallation des réfugiés à Maine. Le SIR est dédié à aider ceux qui cherchent une nouvelle vie en Amérique à devenir des membres indépendants et productifs de la communauté. Parmi les programmes, l'équipe de gestion d'emploi est entièrement centrée sur l'aide aux réfugiés, aux admis d'asile et aux migrants secondaires éligibles pour trouver un emploi correspondant à leurs compétences.

Le SIR dispose d'une équipe multilingue très talentueuse et diversifiée, qui comprend d'anciens réfugiés qui connaissent bien les défis quotidiens auxquels sont confrontés les réfugiés nouvellement arrivés. Que ce soit pour préparer les candidats à l'emploi ou pour mettre en relation des employeurs potentiels à Maine, l'équipe est pleinement préparée à relever les défis et à surmonter les obstacles à l'emploi des nouveaux arrivants à Maine.

Maine est un endroit connu pour être sûr et convivial pour les familles et ceux qui veulent commencer une vie prospère. Avec un taux de chômage très faible de 3,4%, l'offre d'emploi est élevée et très favorable pour ceux qui recherchent la sécurité de l'emploi. Toutefois, cela ne signifie pas que c'est facile pour ceux qui viennent d'arriver dans le pays avec peu ou pas de compétences en Anglais de profiter du faible taux de chômage à Maine. Qu'ils soient médecins, ingénieurs, entrepreneurs ou chefs d'entreprise, disposer d'un expert pour les aider à naviguer le marché du travail complexe de Maine est la clé de leur succès.

Tous les réfugiés qui remplissent les conditions requises pour bénéficier de nos services d'emploi dans les cinq premières années suivant leur entrée aux États-Unis. Les personnes ayant obtenu l'asile ont également le droit de recevoir les services dans les cinq ans suivant la date à laquelle elles ont obtenu l'asile. L'équipe peut également servir les victimes de la traite des êtres humains une fois qu'elles ont été autorisées à rester et à travailler aux États-Unis.

Les services d'emploi de SIR comprennent une orientation sur les lieux de travail aux États-Unis, la création de CV, la recherche d'emploi, une assistance pour demande d'emploi, la préparation des entretiens, des services d'interprétation si nécessaire et un suivi personnalisé sur le lieu de travail.

L'équipe de gestion d'emploi du SIR est dirigée par Baba Ly, qui est également le Directeur Adjoint du programme de SIR. M. Ly et son équipe dévoué, Ria Butera, Fatuma Ismael et Hasan Al Khafaji servent toutes les clientes et tous les clients résidant à Maine. Les membres du personnel peuvent apporter leur aide dans les endroits suivants :

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Pour plus d'information visitez le site:
www.ccmaine.org/refugee-immigration-services

HUDUMA ZA UDHIBITI WA HALI YA AJIRA ZA RIS

MASHIRIKA YA KATOLIKI YA KUTOA Misaada Maine, Huduma za Wakimbizi na Uhamiaji (almaarufu RIS)ndilo shirika pekee la uhamisho katika Maine. RIS imejitolea katika kusaidia wale wanaonua kuanzisha maisha mapya nchini Marekani ili kuwa washirika wa kutijigemea, na wenye manufaa kwa jamii. Miongoni mwa mipango, timu ya Udhibiti wa Hali ya Ajira inazingatia kikamilifu katika kutoa usaidizi wa wakimbizi, wanaotafuta kimbilio, na wakimbizi katika nchi ya pili ambao wanastahiki kupata kazi zinazofaa kulingana na ujuzi wao.

RIS ina timu yenye ustadi inayotumia lugha nyingi na inajumuisha wakimbizi wa zamani ambao wanafahamu changamoto za kila siku ambazo wakimbizi wapya hupitia. Iwe ni kuhusu kutayarisha wanaotafuta ajira ili wawe tayari kufanya kazi au kunganisha na kushirikisha waajiri wanaowezekana katika Maine, Timu ya Ajira imejitayarisha kikamilifu ili kukabiliana na changamoto na vikwazo vya ajira kwa wakaazi wapya katika Maine. Maine ni mahali maarufu kwa kutoa usalama na kujali familia na wale ambao wanataka kuanza maisha yenye mafanikio. Ikiwa na kiwango cha chini sana cha ukosefu wa ajira cha asilimia 3.4, utoaji wa kazi ni wa kiwango cha juu na mzuri sana kwa wale wanaotafuta usalama wa kazi, hata hivyo, hii haimaanishi itakuwa rahisi kwa wale ambao wamefika tu nchini bila ujuzi wa kuzungumza Kiingereza ili kuchukua fursa ya kiwango cha chini cha ukosefu wa ajira katika Maine. Ikiwa wao ni madaktari, wahandisi, wajasiriamali, au wamiliki wa biashara, kuwa na mtaalam wa kuwasaidia katika soko tata la kazi katika Maine ni muhimu kwa mafanikio yao.

Wakimbizi wote wanastahiki Huduma zetu za Ajira ndani ya miaka mitano kwanza tarehe walipoingia Marekani. Watu waliofaulu kupata kimbilio pia wanastahiki kupokea huduma ndani ya miaka mitano baada ya tarehe walipopata kimbilio.

Timu pia inaweza kutoa huduma kwa waathiriwa wa Biashara ya Usafirishaji wa Binadamu mara baada ya kuidhinishwa kuishi na kufanya kazi nchini Marekani.

Huduma za ajira za RIS zinajumuisha, maelekezo kuhusu mahali pa kazi nchini Marekani, kuunda wasifu wa kazi, kutafuta kazi, usaidizi katika kutuma maombi ya kazi, maandalizi ya mahojiano, huduma za kutafsiri ikiwa zinahitajika, na ufuatiliaji binafsi kwenye tovuti ya kazi.

Timu ya Udhibiti wa Hali ya Ajira ya RIS inaongozwa na Baba Ly, ambaye pia ni Mkurugenzi Msaidizi wa RIS. Bw. Ly na timu yake inayojitolea, Ria Butera, Fatuma Ismael na Hasan Al Khafaji wanahudumia wateja wote wanaoishi Maine na wafanyakazi wanaweza kusaidia katika maeneo yafuatayo:

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Kwa maelezo zaidi tafadhali tembelea tovuti yetu:
www.ccmaine.org/refugee-immigration-services

Ramadan waa bil cibaado oo muhiim u ah dadka Muslimiinta
ah. Sannadkan, Ramadaan ku wuxuu ka bilowday dalka
Maraykanka habeeynkii 5-tii bisha May wuxuuna dhamaaday
June 4-keedii, Dayaxa oo siidhacaa. Waqtiga ramadaan ka waa
mid is bad badala oo sanadba uu kuduwan yahay sannadkii kale.

Inta lagu jiro bisha Ramadaan, Muslimiintu waxay isku dayaan inay xoojiyaan xidhiidhkooda ay la leeyihiin ilaahay oo u dhacmaan habka Islaamku uu farayo. In la soomo bisha Ramadaan waa mid ka mid ah shanta tiir ee Islaamka – waana mid kamid ah shanta camal ee ugu waawayn ee cadaynaya in qofku yahay muslim. Islaamku wuxuu xooga saarayaa muhiimada ay leedahay samafalka loosameeyo dadka kale, Muslimiintuna waxay aaminsanyihiin in soonka bisha Ramadaan ay ka caawineyso in ay bartaan inay samafalaan.

Maxamed Cawil, Caawiyaha madaxa Gateway Community Services, oo aan ramadaanka wax ka waydiinay ayaa sheegay in “Ramadaanka muhiimadiisu ay tahay inaad ku mahadnaqdo nimcada aad hasato adigoo is bar bardhigaya dadka aanan haysan wax ay cunaan. Dadka haysta wax ay cunaan maalin walba waa dad aad u nasiib badan” Cawill wuxuu soomayay ilaa iyo markuu jiray 13 saxde iyo toban sano.

Inta lagu jiro bisha Ramadaan, Muslimiin badan ayaa si joogto ah u yimaada masaajidka, isku daya inay Quraanka akhriyaan bilawga ilaa dhamaadka (qaar waxay khatimaan inkabadan hal mar). muslimiintu waxay kordhiyaan deeqda ay bixiyaan, iyo guud ahaan waxay baraan naftooda isxakamaynta. muhiimaduna waa in la xoojiyo xidhiidhka ay la leeyihiin Ilaahay. Sida laga soo xigtay diinta Islaamka, Ramadanku waa bishii Quraanka, Kitaabka muqadaska ah ee Islaamka, waana bishii uu jibriil kusoo dajiyay quraanka nabiyyulaahi Muhammad. Sidaa daraadeed, waxay u arkaan inta badan Muslimiintu in ay tahay bil barakaysan iyo bil farxad.

Dadka sooman waxba macunaan lagabilaabo intaanay qoraxdu soo bixin ilaa iyo qoraxda inta ay ka dhacayso bisha Ramadaan intay ka dhamaanayso. waxay aaminsan yihiin in gaajada iyo harraadka ay dareemayaan marka ay sooman yihiin in ay barayso in ay unaxariistaan dadka aan haysan wax ay cunaan. Qeybo gaar ah oo kamid ah dadka ayaa laga cafiyay soonka, sida carruurta aan qaana gaarin, dadka waaweyn ee jirran, iyo waayeelka. Muslimiinta waxay bilaabaan inay wax cunaan marka ay dhacdo qoraxdu iyaga oo kubiilaaba cunto yar kahor intaanay tukanin. Kadibna waxay cunaan afur kaasoo ah mid ay lawadaagaan asxaabta iyo qoyasaska. Kadibna waxaa lacunaa cashada fiidkii taasoo ah mid badan laguna farxo.

Guddoomiye Mills ayaa u qabatay xafad afur oo ah kii ugu horeeyay kaasoo ka dhacay Blaine House maalin axad ah, May 19-keedii, taasoo ay ka qayb galeen hoggaamiyayaasha Muslimiinta ee Maine. Munaasabadda ayaa waxaa ammaanay bulshada Muslimiinta ee Maine sababtoo ah waxay muujisay ballanqaadkii guddoomiyaha ee ahaa horumarinta iyo isdhexgalka dadka Maine.

Inza Ouattara, oo ah iskuduwaha Caafimaadka ee Qaxootiga Maine, Xafiiska Adeegyada Qaxootiga ee Maine oo layiraahdo Kaatolik Jaariti ee kuyaala Maine waxayna sidoo kale madax utahay hay'ada la dhoho Côte d'Ivoire Association of Maine ayaa waxay tiri "Waxaan si shakhsi ahaan ah ugu farxay martiqaadkii Blaine House. xafladu waxay ahayd mid aad qadarin u mudan. Waxaan runtii u mahad celinayaa in Mills oo ah gofernarka gobolka Maine ay isku dayayso inay abuurto bulsho loo dhan yahay. Xaflada afurka waxay saamayn balaaran ku yeelatay bulshada muslimiinta ah ee ku nool Maine. Maine waxay hoy' utahay kumanaan muslimiin ah, kuwaas oo intooda badani asal ahaan ka yimid Soomaaliya, Suudaan, Jabuuti, Suuriya, Afgaanistaan, Iran, iyo Ciraaq. Hay'ado kaladuwan ayaa sidoo kale abaabulay xaflad Afur. Tusaale ahaan, Adeegyada Bulshada ee Gateway waxay martigeliyeen xaflad Afur oo loogu talagalay dadka Muslimiinta ah iyo kuwa aan Muslimka ahayn. Xafladaas oo dhacday 1-dii bishii Jun. Abdullahi Ali ayaa sheegay in xaflada loogu talagalay in lagu wadaago "Cunto, iimaan, iyo dhaqan" Ilaa iyo 175 qof ayaa u dabaaldagay munaasabada ciida oo ay soo abaabuleen New Mainers Project taasoo kadhacday Augusta taariikhdu markay ahayd Jun 7. Xafladaas oo lawadaagay cunto saaxiibtinimo iyo waqti qoysasku kulmaan. Qayta Portland Waxaa sidoo sidoo kale lagu dhigay munaasabad ciideed Dugsiga Hoose ee Riverton taariikhdu markay ahayd Jun 8. Ururka New American Arab (NEAAO) ayaa isaguna qabtay xaflad dabbaaldeeg kaasoo dhacay 9-kii Jun kaas oo lagusoo bandhigay Muusik, cunto wadamo badan lagacuno iyo waxyaalo kale oo xiiso leh oo loogu talagalay carruurta

Bulshada Muslimiinta ah ee kunool Maine waa mid weyn. Bulshada kunool Lewiston salaadii ciida waxay buuxiyeen goobta uu leeyahay Bangiga Androscoggin Bank, kaasoo qaada 4,000 oo qof. Ouattara aya dhahday "inaan joogo Maine aniga oo Muslim ah waxay lamid tahay aniga oo muslim nimadayda kujooga meel walba. Islaamku wuxuu isku xiraa dhammaan Muslimiinta, isaga oon la eegayn dalka ay ka yimaadeen. Islaamku sidoo kale wuxuu baraa in meel kasta oo aad ku nooshahay inaad tixgaliso

sharciyada uyaalla Meesha aad kunooshahay. Ouattara waxay kaloo raacisay in iyada oo ah qof Muslim ah hadana inay u hogaansan tahay sharciyada u yaalla Maine.

QORSHE USAMAYNTA CARUURTA INTA LAGU JIRO XILLIGA XAGAAGA

Xilliga xagaaga oo waqti badan lasugayay ayaa ugu dambeyn-
tii soogalay , fasax dugsiyeedkiina wuu bilaabmay. Waalidiin
badan oo qaxooti ah ayaa si adag u shaqeeya si ay ucaawiyaan
qoysaskooda, waxayna u e'gtrahay mid'aan suurtagal ahayn inay
ka gudbaan caqabada qorshe usamaynta caruurtooda xilliga ku-
laylaha. Barnaamijyada caruurta qaataan waqtiga xagaaga waa
kuwo aad ugu yar inta badan wadamada Afrika, sidaas darteed
waalidiinta waxaa laga yaabaa inaanay ogayn doorka
waxbarashadeed ee ay leeyihiin barnaamijta noocaas ah amaba
sida loohelo maraykanka dhexdiissa. Waddanka Maraykanka,
barnaamijyada xagaaga waxaa loo tixgeliyaa sidii qayb ka mid ah
waxbarashada ilmaha ay qaataan sanad dugsiyeedka. Barnaami-
jyo badan ayaa bixiya kaalmo lacageed. inkastoo qaar ka mid ah
ay yihiin kuwo aad qaalii u'ah, oo aan ufunayn qaxootiga in-
tooda badan iyo sidoo kale badanka caruurta ku dhashay
maraykanka, hadana waxaa lahelaa kuwo bilaash ah ama kuwo
loo bixiyo sidii deeq waxbarasho.

n kasta oo aanay carruurta iskuul dhigan xiliga xagaaga – in iskuulkoodu kuqoro ma'ahee hadana looma baahna inay guriga iska joogaan. Waalidiintu waxay raadsan karaan barnaamijyo waxbarasho oo bulshadooda loogu talagalay kuwaasoo carruurtooda ka qayb gali karaan. Barnaamijyadani waxay caawiyaan in laga hortago in uu kudhoco carrurta dib udhac waxbarashadeed kaasoo ilmuha ay khasaaraan horumarkii waxbarashadeed ee ay sameeyeen sanad dugsiyeedka. Helitaanka barnaamijyada kulaylaha kuwaas oo ah kuwo ku habboon caruurta, waalidiintuna ay awoodaan sidoo kalana dhiiri galiya ilmaha inay ka qayb qaataan barnaamij ufiican jidhka, maskaxda, iyo bulshadooda. Barnaamijtaas oo caruurta laqoro wa'a qaabka ugu wanaagsan oo ay ku jirto masuul nimo oo lagu korin karo caruurta kusugan marykanka.

Carruurta waxaa lagayaabaa inay dhahaan marabno inaan ka qayb galno barnaamijtaas. In badan oo carruurta ka mid ah waxay aaminsan yihiin in xagaagu uu yahay waqti nasasho, oo la daawado tv-ga, iyo ciyaaraha kaladuwan ee lagu ciyaaro Play Station, Xbox, Nintendo, iPad, ama iPhone. Caruurta waxaa laga yaabaa inay dhahaan laga bilaabo Sebtembar ilaa iyo Juun, waxay si wanaagsan udhigteen fasalada, waxay dhamaystireen casharada larabo in guriga lagu sameeyo, waxay seexan jireen soona kici jireen goor hore. Marka fasax yimaado, waxay diyaar u yihiin inay ku raaxaystaan fasaxa kadib markii ay soo dhameeyeen sanad dugsiiyeedka dheer oo adag. Si kastaba ha noqotee, hadii caruurta ayna ka faa'iidsaysan barnaamijta xagaaga wuxuu saameyn xun ku yeelan karaa wixii ay soobarteen sanadka oo dhan. Waxay si fudud ku iloobi karaan waxbarasho bilal badan kuqaadatay inay bartaan. Tani waa sababta ay muhiim u tahay in waalidiintu ay uraadiyaan caruurtooda barnaamijyo xiiso leh, barnaamijyo waxbarasheed oo bulshada kuwaas oo loogu talagalay caruurta. Waalidiintu ma'aha inay u ogolaadaan in

Barnaamijyada xagaaga iyo meelaha la isugu geeyo ilamaha waxaa loogu talagalay inay kor u qaadaan maskaxda carruurta, kana caawiyaan inay bartaan Meesha ay kunool yihiin, kana qayb galaan waxyaalo xiisa leh oo banaanka lagusameeyo. Waalidiintu waa inay raadiyaan Barnaamijta xagaaga ee ay bixiyaan YMCA ama ururo kale sida naadiyada “Wiilasha iyo Gabdhaha”, xarumaha isboortiga lacag la'aanta ah, dugsiyada loogu talagalay waqtiyada fasaxa. Ururo badan sida maktabadaha iyo matxafiyada ayaa bixiya filimaan xagaaga loogu talagalay oo bilaash ah, farshaxanno bilaash ah iyo barashada sida wax loo sawiro, barnaamijyada akhriska xagaaga, saacadaha sheekooyinka caruurta looga sheekeeyo. In kastoo meelaha qaaska ah ee ilamaha la isugu geeyo xagaaga ay yihiin qaalli laakiin waxaa la helaa qaar ka mid ah oo bixiya caawimaad waxbarasho hadii waalidiintu ay waydiistaan. Caruurta horumarkooda waxaa faa'iido u leh inay ku ciyaaraan banaanada, inay ciyaaraan kubada kolayga, kubada cagta ama ay tagaan meelaha xeebaha ah ama meelaha dhirtu kubadan tahay.

Barayaashu waxay sidoo kale ku dhiirigeliyaan waalidiinta in ay caruurtooda ku qasbaan inay maalin walba u gooyaan waqti wax lagu akhriyo inta lagu jiro fasaxa xagaaga.

Caruurata waa in waalidiintoota ama walaalaha kawaawayn ay cod kor ah ugu akhriyaan buugaagta. Barayaasha qaar ayaa sidoo kale ku dhiirigeliya waalidiinta in ay caruurtooda todobaadkiiba mar ay ka caawiyaan xisaabta inta lagu jiro fasaxa si looga hortagidda dib udhac ku yimaada caruurta. Barayaashu waxay ku booriyaan waalidiinta in ay caruurtu kaqayb qaataan bar-naamijta dhisaysa maskax ahaan iyo jir ahaan inta lagu jiro xagaaga si ay u sii wadaan horumarkooda isla markaana dib ugu noqdaan iskuulka iyagoo koray oo nastay.

Haddii aad u baahantahay inaa hesho caawimaad ku saabsan barnaamijka xagaaga kaasoo ah lacag yar, la xiriir iskuulka ilma-haaga, iyo sidoo kale ururrada bushada.

LAGA SOO BILAABO DHULKA SUUDAAN

Hawlalka ciidamada Sudan ee ku wajahan hogaamiyayaasha mucaaradka ayaa socda muddo shan bilood ah ka dib markii uu bilaabmay dibad-baxyo kuwaasoo sababay in lagu dilay xilka madaxweynihii Cumar Bashir bishii Abriil 11, 2019. Waxaa lagu soo waramayaa inay kasocdaan dilal iyo xiritaan aan lakala soocayn cidna kaasoo kasdhacaya qaybo kala duwan oo ka mid ah Sudan. Waxaa sidoo kale isaguna socda bannaan-bixii dadka reer Sudan.

Mutasim Eltahir, oo ah xoghayaha macluumaadka ee bulshada Suudaan ee kunool Maraykanka, ayaa muujiyay sida uu uga walaalsan yahay xaaladda hadda jirta ee Suudaan. Mutasim Eltahir wuxuu sheegay in Cabdul Fattah al-Burhan, oo ah madaxa gud-diga Ciidamada ku meel gaarka ah ee (TMC), uu fashiliyay oo uu kanoqday dhammaan heshiisyadii ay la galeen “Baaqa Xor-riyadda iyo Isbeddelka” (DFCF), oo ah isbahaysiga kooxo mu-caarad ah oo kala duwan iyo xisbiyo siyaasadeed oo u dagaalamayay xorriyadda iyo isbedelka Suudaan. Heshiiskii bilowga ahaa ee ka dhexeeyay DFCF iyo TMC waxaa ku jiray shuruudaha in xukuumadda cusub ay noqoto mid rapid ah; in ci-idamada “xoriyadda” ladhoho ay noqdaan 70% xubnaha baarla-maanka; in ay tahay in Sudan ay hoggaamiso dowlad dimuquraadi ah; doorashooyinkana waa in lagu qabtaa sagaal bilood gudahood.

Bishii Juun 3 sadexdeedii hoggaamiyeyaa sha ciidamada waxay go'aansadeen inay ka laabtaan heshiiskii, tani waxay ka careysiisey dadka Suudaan, kuwaas oo rajeeynayay in doorashooyin xor ah oo dimuqraadi ah lagu qaban doono muddo sagaal bilood ah. Kadib markii lariday Cumar Bashir. Mr. Eltahir ayaa sheegay in dadka Suudaan ay aad ugu baahan yihiin inay helaan dhaqdhaqaaq dhab ah oo keena nidaam dimuqraadi ah. Waxay ka baqayaan in uu yimaado nidaam kaligii-talis kale ah oo uu hoggaaminayo ciidamadu. Mr. Eltahir wuxuu sheegay in Bulshada Suudaan ay abaabuleen banaanbax nabadeed oo ka dhacay Portland bishii Jun 10-tobandkeedii. Banaanbaxyo kale ayaa sidoo kale lagu qabtay Washington, D.C., iyo gobolo kale oo maraykanka ah. Banaanbaxan ayaa ku baaqay in baaritaan lagu sameeyo dilalkii dhawaan ka dhacay Suudaan; in la sii daayo dadka rayidka ah ee loo qabtay si aan habboonayn; dib u soo celinta adeegyada internetka; dib u furista wada-xaajoodyadii - uu bilaabay Raisul Wasaaraha itoobiya Abi Axmed taasoo larabdo inay keento marxalad ku-meel-gaadhka ah taasoo ay maamulka hayaan dad rayid ah.

Mutasim Eltahir ayaa sheegay in dadka reer Suudaan ay sii wadi doonaan himilada ah in la helo xoriyad taasoo uu keenay riditaankii Bashiir aanuunan joojin doonin nidaam kale oo ah militari.

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OF GREAT HEART, COUNT WITH US!

Be welcome! Here in the state of Maine we are all very simple and humble, but we have the huge heart to receive you with much tenderness. Our state of Maine is like mother's heart, it always fits one more! Your arrival was a great surprise, even so we hope we can make the most of your time in this state. Welcome, it's great to have you here in Maine!

What an honor for the state of Maine to have the reputation of a welcoming state. An honor to have the house full of needy people requesting our help. My dear Newcomers be welcome! It is a pleasure to welcome you here in the state of Maine! We the people who preceded you here in Maine will do our best to make you feel as welcome as possible. Thank you so much for choosing to come to Maine as it is an opportunity for us to practice our hospitality!

Your first days here with us may seem difficult but it's just because we are very anxious to get to know you better, to see that you are very happy on this new journey, and that all of us can create great bonds of friendship.

You are starting a new life, a new story with us here in the state of Maine. Living together from now on, LOVE will be the basis for the rest of our lives. May this new journey be filled with learning, prosperous fruits and great positivity! Count on us for whatever you need!

The state of Maine wishes you all a very welcome and feel at ease here!

RAMADAN

Ramadan ni ukwezi gutagatifu ku bakurikira idini ya Islam. Uyu mwaka Ramadan yatangiye tariki 5 Gicurasi isoza tariki 4 Kamena; umunsi imboneko z’ukwezi zabonekeye. Ingengaminsi y’abayisilamu igendera ku mboneko z’ukwezi bityo amatariki agahindagurika.

Mu kwezi kwa Ramadan, abayisilamu bagerageza gukomeza imibanire yabo n’Imana ndetse bakitwararika ku mahame y’idini ya Islam. Kubahiriza igisibo cy’Ramadani ni imwe mu nkingi eshanu za Islam. Islam yigisha ko abantu bagomba kugirira neza abandi bityo rero mu gusiba muri Ramadani bakaba barushaho kwiga gusangira n’abandi.

Mohamed Awil, umuyobozi w’ikigo Gateway Community Services, akaba anubahiriza Ramadani kuva afite imyaka 13 avuga ko Ramadan ari ukugirira neza abandi ukishyira mu mwanya wabatangira namba ukumva ukuntu ababona ifunguro rya buri muni ari abanyamahirwe.

Muri Ramadan abayisilamu benshi bajya gusenga mu musigiti bakanasoma korowani kenshi. Batanga impano ndetse bakiga no kwimenya. Aha ikiba kigambiriwe ni ukunagura imibanire n’Imana. Abayisilamu bakaba bemera ko ukwezi kwa Ramadani ariho igitabo gitagatifu Korowani Cyahishuriye abacyizera binyuriye kuri Marayika Gabriel wabihishuriye Intumwa y’Imana Mohamad. Bityo kukaba kwitwa ukwezi gutagatifu.

Abiyiriza muri uku kwezi ntakintu bafata kuva izuba rirashe kugeza rirenze bakaba bizera ko inzara n’inyota bagira bituma bagirira impuhwe abandi badafite icyo barya. Hari abemerewe kutiyiriza nk’abana batarabura ingimbi cg abangavu, abakuru barwaye ndetse n’abasaza. Uko izuba rirenze abayisilamu barafungura bakarya igaburo ryorohye mbere y’uko basenga. Nyuma bakaza gufata ifunguro riremerye bita Iftar. Iri funguro bakunze kurisangira n’abavandimwe n’inshuti bakarisabaniraho.

Guverineri Mills yasangiye n’abantu ifunguro rya Iftar ku nshuro ya mbere muri Blaine House tariki 19 Gicurasi asangira n’abayobozi ba Islam muri Maine. Uyu musangiro wateye abayisilamu akanyamuneza kuko bawubonyemo ubushake bwa Guverineri Mills mu guhuriza hamwe abatuye Maine.

Inza Ouattara, umukozi ushinze ubuzima bw’impunzi mu kigo cy’abagiraneza gaturika, akaba anahagarariye abava muri Côte d’Ivoire baba muri Maine, yemeranya na bwana Ahmadov ku byiza byo kuba baratumiwe gusangira Iftar na Guverineri Mills. Agira ati “Biranzeje kubona umuhate wa Guverineri Mills mu guhuza abatuye Maine”. Iki gikorwa cyanejeje abagize umuryango w’abayisilamu muri Maine.

Tarlan Ahmadov, umukozi mu mushinga w’abagiraneza gaturika ari mu bafashije mu gutegura uyu musangiro. Avuga ko igikorwa nk’iki cya Guverineri ari intambwe ikomeye ku muyobozi ufite ubunaribonye mu guhuriza abantu hamwe bakabana mu mahoro n’ituze.

Abayisilamu batuye muri Maine ni benshi. Umwarimu akaba n’umwanditsi Reza Jalali, avuga ko bari hagati ya 7000 na 8,000. Avuga ko bakomoka mu bihugu nka Somalia, Iraq, Sudan, Ghana, Afghanistan, Iran, Kenya, Bosnia, Kosovo, Bangladesh, Syria, Lebanon, India, Pakistan, Egypt, Turkey, Republic of Azerbaijan, na Malaysia. Avuga ko kandi hari imisigiti igera ku icumi muri Maine ndetse ibigo hafi ya byinshi bikaba bifite ihuriro ry’abanyesuri b’abayisilamu. Imiryano itandukanye yakiriye abantu ku Iftar muri Maine. Urugero ni Gateway Community Services yakiriye abayisilamu n’abatari abayisilamu tariki 1 Kamena mu cyiswe ifunguro, ukwizera ndetse n’umuco nkuko Abdullahi Ali uwuyobora abitungaza.

“Islam ihuza abayisilamu aho bava hose, kuri jye kuba umuyisilamu muri Maine ni kimwe nuko namuba aho najya hose, tugomba nk’abayisilamu kubaha amategeko y’aho tugiye. Urugero hano tujya mu ruhongore tukabaga inyama za Ramadan.

Abayisilamu ku isi yose basaza igisibo bakora iminsi mikuru izwi nka Eid-al-Fitr. Ni iminsi yo kunezerwa aho basura abantu bakabaha imikindo kikaba ikindi kimenyetso cyo mu nkingi eshanu za Islam. Amajana akaba yarahuriye mu kibuga cya Portland bambaye neza tariki 4 Kamena barasenga ndetse baranasabana. Abagera ku 175 mu gace ka Augusta nabo bijihije uyu muni hamwe n’inshuti nabavandimwe tariki 7 Kamena. Tariki 8 Kamena kandi urubiruko rw’abava muri Somaliya n’abava muri Sudani bahuriye hamwe bizihiza uyu muni. Naho ihuriro ry’abarabababa muri New England ryo ryijihije uyu muni tariki 9 Kamena bumva umuziki barya ibiryo bikomoka mu gace ka Mediterane ndetse banishimana n’abana bato.

DUTEKEREZE KU BANA MU GIHE CY’IKIRUHUKO CY’IMPESHYI.

Impeshyi yari itegerejwe irageze aho abana bajya mu biruhuko by’amashuri. Bamwe mu babyeyi b’abimukira ntibazi neza uko bazabyifatamo mu mpeshyi cyane ko basanzwe bakora amanywa n’ijoro ngo batunge ingo ndetse kandi bakaba batamenyereye ko habaho gahunda zo kwita ku bana mu mpeshyi cyane ko muri Afurika ntazibayo. Gahunda yo kwita ku bana mu mpeshyi kuba itaba muri Afurika bishobora gutuma ababyeyi batamenya ko hano zihaba. Muri Amerika haba gahunda zita ku bana mu biruhuko kabone nubwo ziba zihenze ariko kandi zigira

n’uburyo zifashamo abatishoboye. Ubusanzwe abana ntibajya kwiga mu mpeshyi ariko kandi baba bakeneye gukomeza kwitwaho kugirango badasubira inyuma mubyo bize nkuko byagiye bigaragara. Ababyeyi bakwiye kureba niba amashuri afite gahunda zo kugumya kubitaho cg niba hari ahandi hantu bita ku bana bityo bakabandikisha. Ubushakashatsi bwerekanye ko ari ibyagaciro ko umwana akomeza kwiga no mu biruhuko.

Abana bashobora kutagaragaza ubushake muri gahunda zabafasha mu biruhuko. Aha bazakubwira ko umwaka wose bakoze cyane bakeneye kuruhuka bityo badukire imikino ya mudasobwa, gukinisha za terefoni, za IPAD, kureba TV n’ibindi bahugiramo. Nyamara ariko bishobora kubaviramo gusubira inyuma bagata ibyo bagezeho biga. Niyo mpamvu ababyeyi bagomba kurebera hamwe icyo bakorera abana gikomeza kubateza imbere mu bumenyi ariko banidagaduraho aho kumara Impeshyi bari muri Televiziyo.

Ingando zo mu mpeshyi zakorewe kugirango zifashe abanyeshuri kubaruhura mu mutwe baniga ibibakikije bakajya mu bikorwa bitandukanye hanze y’urugo. Ababyeyi bagomba kureba ingando zitegurwa n’ibigo nka Y, amahuriro y’abakobwa cg abahungu, amahuriro y’imikino, amashuri yigisha bibiliya mu biruhuko.

Imiryango myinshi nk’amasomero, inzu ndangamurage batanga amasomo y’ubuntu, gusoma, kwigisha abana ubuvanganzo, ndetse no kureba amashusho atandukanye mu biruhuko. Nubwo ibyateguwe n’abigenga usanga biba bihenze hari abatanga ubufasha iyo ababyeyi babegereye bakabaza. Gusohoka gukinira hanzu nka Basket n’umupira cg kujya ku mucanga n’ahantu nyaburanga bikurura abana benshi kandi bibafasha gutera imbere.

Abarimu barakangurira ababyeyi kujya basaba abana babo gufata igihe bagasoma mu biruhuko. Ababyeyi cg n’abana bakuru mu rugo basabwa kujya basomera cyane abana. Abarimu kandi basaba ko umwana yajya asubiramo nibura imibare rimwe mu cyumweru kugirango adasubira inyuma. Abarimu basaba ababyeyi guhoza abana ku mukoro wo kwiga kugirango badata umurongo ariko kandi bagasubira ku ishuri banaruhutse. By’umwihariko bagasubiraye bakuze mu mutwe kurushaho. Ukeneye ubufasha mu kumenya aho wajyana umwana wawe mu mpeshyi kandi hahendutse wabaza ku ishuri ry’umwana wawe ndeste no mu gace utuyemo.

KU IVUKO: SUDAN

Igisirikare gikomeje kwica abatavuye rumwe na cyo nyuma y’amezi atanu imyigaragambyo y’abatuye Sudani ikuyeho Perezida Omar Bashir. Iyi myiyereko ikaba yaratangiye tariki 11 Mata 2019. Kwica ndetse no gufunga byavuzwe mu duce twinshi twa Sudani kandi imyigaragambyo irakomeje.

Mutasim Eltahir, ushinze amakuru mu ihuriro ry’abanyasudani baba muri Amerika avuga ko ahangayikishijwe n’ibiri kubera muri Sudani. Avuga ko itsinda ry’abasirikare bari kuyobora inzibacyuho bayobowe na Abdel Fattah al-Burhan, birengagije amasezerano ayari yo yose bagiranye n’ihuriro ry’abashyigikiye impinduka (Declaration of Freedom and Change Forces-DFCF) rihuriwemo n’amahyaka yaharaniye ubwigenge no kwishyira ukizana muri Sudani. Aya masezerano akaba avuga ko Guverinoma igomba kuyoborwa n’abasivile ndetse ko 70% byabari mu nteko bagomba kuba abasivile. Avuga kandi ko Sudani igomba kuyoborwa na guverinoma ikorera muri demukarasi ndetse ko amatara agomba kuba yabaye mu gihe cy’amezi icyenda.

Tariki 3 Kamena, abasirikare bahisemo kwirengagiza aya masezerano ibi birakaza abanyasudani bikabije dore ko bari bizeye ko bagiye kwinjira muri demukarasi ndetse n’amatara akaba mu mezi icyenda nyuma ya Bashir. Eltahir avuga ko abatwaga ba Sudani banyotewe no kubona bayobowe muri demukarasi. Batewe ubwoba cyane n’uko bashobora kongera gusubira ku gitugu cy’abasirikare nkuko biri ubu. Eltahir avuga kandi ko abanyasudani baba muri Portland bateguye imyiyereko yo mu mahoro tariki 10 Kamena ndetse inabera mu murwa mukuru wa USA, iWashington DC hamwe no mu tundi duce. Iyi myigaragambyo yasabaga ko habaho kurekura abafungirwe akamama ndetse hakaba n’amaperereza ku bantu bari kwicwa umunsi ku muni. Basabaga kandi ko habaho igaruka rya interineti. Imishyikirano hagati y’abanyasudani iherutse kongera kuyoborwa na Minsitiri w’intebe wa Etiyopiya Abiy Ahmed aho asaba ko habaho ihererekanya bubasha riha ubutegetsi abasivile. Mutasim Eltahir avuga ko abatwaga ba Sudani bakomeje kugira icyizere ko uburenganzira bwo kwishyira ukizana buzaboneka nyuma yo gukuraho Bashir ndetse ko butazabangamirwa n’abasirikare.



To the Editor

Sometimes it feels like Maine is at the end of the world, or maybe just a world unto itself. It is easy to get lost in the issues and concerns from a very local perspective. But, Maine is not the end of the world and not a world unto itself.

The arrival of immigrants from other parts of the world will be what defines us - how we adapt, how we use new ideas, energy, and relationships will make our history. We need labor, we have extra land, and our weather is generally wonderful. The struggling faith communities are working to do what they can, groups in various communities are banding together to do what they can.

But the dialogues on race, the underlying fears of change, the uncertainty of resources, and the making of room for transformation is sometimes hard to embrace. In the Christian tradition, there is always the call to forgive when we fall short, the presence of a God who will bless and provide, and a love that will be able to cast out all fear. Whether we have the strength and courage to embrace such blessings is up to us, and that is always a challenge.

It is very exciting to have **Amjambo Africa** as one of the newspapers in our state. As a northern, rocky, coastal state it sometimes feels cold and uninviting. Sometimes we get caught up in who is “from” Maine and who is from “away”. But we are all here, and we all belong. The new voices coming to the state are exciting and will be part of those who will be making our history together with those already here. Soon enough even these new voices will be joining with those who have been here and speaking as part of those from here.

We need new voices, we need new tastes, colors, and traditions in order to continue on in a healthy and vibrant way. If you scratch the history just a bit, one will find that most of us have roots from other places, and this is important to remind us that we are not alone here, but part of the larger whole.

Just as a new baby will forever change the dynamics of a family, or new neighbors affect the surrounding households, new people bring change that is often a deep blessing and sometimes a challenge. But we always celebrate the arrival of a new baby, as it means our family continues on. And without new neighbors, houses next door will deteriorate and cause change for the worse by not having anyone to maintain them. The signs at our border, “the way life should be” or “open for business” has at least claimed our stake as saying in our own unique way, Welcome.

The Rev. Peter Jenks
Thomaston, Maine

To the Editor,

Life seeks survival and opportunity. It always has. It always will. This is why we have a planet covered with all manner of life forms, including humans in our many manifestations. Throughout our history as a species, we have done better at some times than at others at recognizing and honoring our commonalities and our differences.

Throughout this history we have also clustered around various “great thinkers” who brought people together and led great movements. Usually these movements would subsequently dissipate as the next generation of thinkers responded to the ever changing dynamics of human creation, conflict and exploration. The members of Williston-Immanuel United Church in Portland claim Jesus Christ as our unifying teacher and spiritual guide. Following his example, we reach out to the marginalized and those in need. It has been an absolute pleasure to find in recent years that many who have responded to our invitation came to Portland from Africa, seeking safety and opportunity.

We have been multiply blessed as our Community Assistance Program has grown with and responded to the area’s asylum-seeking population. It has been wondrous and inspiring to be invited into the lives of so many brave people who felt confident enough to come, admit their need and allow us strangers to attempt to assist. How humbling it has been to serve the courageous women and men of Africa.

We would like to take this opportunity to thank and celebrate the hard-working people behind **Amjambo Africa!** for their foresight, faith and perseverance in helping Maine and Africa to get to know each other. You have done a great service for this state and we wish you continued success.

Alison Barker, Community Liaison
Williston-Immanuel United Church

WORKING TOWARD MY DREAMS By Maria Mohamed

IT HAS BEEN EIGHT YEARS SINCE FEBRUARY 2011, when I landed at Boston International Airport and started my new life – the next chapter in my 11 year-old book - in Maine! I was excited and amazed at the amount of snow on the ground when I arrived. I was also annoyed at how cold it was.

That day was the beginning of a life I would later have a love-hate relationship with. Several months after moving to Maine and getting settled in, my parents enrolled me in a school with kids who were all white, and wealthy. I was extremely anxious. After all, I was a black Muslim girl who was, well, living in a white town. I was unaccustomed to white people, and to wealth, and I was absolutely terrified of how the other students would react to me. I became the cat in the crowd of dogs. I felt I always had to justify myself, prove what I was capable of.



Now it's 2019, and I still have to justify myself and prove what I can do. Living in Maine meant I had to leave fear behind. I had to get rid of any fear I had. Stepping it up any time I knew someone was belittling me became my habit.

Looking back over the past several years, now that I am a senior, I can say proudly that I have grown and used the challenges thrown my way to my advantage. This year I got the chance to work with the Scarborough Police, with Patrol and the EMTs. As I was growing up, when people asked me what I was planning to study, and I said Criminal Justice and EMT, they were confused. The first thing they would say was, "But you wouldn't be able to fit in," or "You're so small, and you are black. I don't think that's a job for you, hun."

While I was growing up, I wanted to become a police officer, and I still want to today. When I came to the U.S., I had to bury my dream deep down because everyone always portrayed black people as unable to earn the honor of getting a job like an EMT or a police officer. Every time I said what I wanted to do, it was flat out rejected by everyone. Today I am moving toward putting aside the expectations others have for me, so that I can live my life the way I see fit, which means working toward my dreams.

Maria is a senior at Scarborough High School

TESTING YOUR CHILD'S HEARING

By Hilary Maxim



Audiologists are the ear doctors of the medical world. Through various tests, they can diagnose and treat hearing loss as well as identify other issues that might arise along the auditory pathway. With a special set of skills and techniques these assessments can even be performed on pediatric patients. However, pediatric audiology is a specialty that not every practice is equipped for, so it's important to ask your audiologist, or the doctor referring you, if the provider is comfortable and capable of evaluating a child's hearing.

Every baby born in the United States receives a newborn hearing screening. So why might a child need an audiological evaluation? Here are a few reasons:

- If a baby has any of several risk factors associated with hearing loss, they will receive a diagnostic evaluation with a pediatric audiologist. This testing looks more closely at the specific hearing level of each baby, and results can typically diagnose the degree and type of hearing loss if one is present.
- If a child experiences multiple ear infections and antibiotics do not correct the issue, that child should be referred for an audiological evaluation and likely a visit to the Ear, Nose, and Throat (otolaryngologist) doctor as well.
- If a child is behind in his/her speech and language development, a hearing test may be performed to rule out or identify any hearing issues contributing to this delay.
- Children ages 7 and older who have normal hearing and struggle to follow directions or are behind their peers in school may receive an evaluation to determine if they have an Auditory Processing Disorder.

One of the questions parents ask most about audiological testing is, "How are you going to test my 2-month, 18 month, 2 ½, or 4-year old's hearing?" This is a great question and one with many answers. The age of a child as well as his or her ability to participate in a task determines the type of audiological evaluation most appropriate for them. Here is a list of some of the ways a child's hearing may be evaluated:

- A newborn's hearing is assessed through what is called an Auditory Brainstem Response (ABR) Evaluation. This testing is done while the baby is asleep. The audiologist places noninvasive electrodes on the baby's forehead and ears and plays a series of sounds through ear buds. The electrodes measure the brain waves in response to the sounds played. If abnormal hearing is identified on the initial test, a repeat evaluation is usually recommended to confirm the results.
- After a child reaches about 5-6 months of age they typically do not sleep long enough to complete an ABR evaluation, therefore behavioral testing is attempted. There are several ways to evaluate a child's hearing level through their behaviors and reactions to certain sounds. Audiologists use special techniques known as behavioral observational audiometry (BOA) and visual reinforcement audiometry (VRA) to assess children from about 6 months to 3 years of age. With BOA the audiologist looks for certain reactions or movements as various sounds are presented. With VRA the child is "trained" to look at a special toy/screen that lights up when a sound is played. This technique may also be used on older children and adult populations with special needs.
- By the time a child reaches 3-4 years of age they are ready to participate in an audiological game with an evaluation known as conditioned play audiometry (CPA). During this evaluation the child is trained to respond by participating in a game whenever he/she hears the sound.

Parents often have a lot of questions about their child's hearing. If you'd like to learn more about pediatric audiological services, we are here to help. Give us a call anytime at 207-535-1150.

Hilary A. Maxim, Au.D., CCC-A, FAAA, is a Doctor of Audiology at Northern Light Mercy Ear, Nose, and Throat Care.

WELCOME, NEW MAINERS By Hamdia Ahmed

In Maine, we take care of each other - no matter who you are or where you're from.

I remember moving to the United States. Our sponsoring agency brought my family to our house, and left us there. We stayed inside for three days, without any food. We didn't know anyone in our neighborhood. We felt very hopeless.

Finally, my mom went outside and encountered an Ethiopian man who spoke a little bit of Somali. He notified the entire neighborhood that a new family had arrived. Our new community brought us food, clothes, money, you name it. We found out that some of our neighbors had lived in the same refugee camp as us in the past. It is so important to check in on your new neighbors!

I remember being a new Mainer 14 years ago, and I still remember those who helped my family when we arrived in this cold state. We didn't have a jacket or anything to protect us - it was Mainers who helped make sure we had everything we needed to get through the cold winter.

A few years ago, my mother and I helped a woman who had just arrived from Angola. This woman was waiting outside of the Maine Mall with her two young children. She looked really distressed, so I asked how I could help. She was heavily pregnant, and both of her children were very young. Her daughter translated for me when I asked, "What can I do to help you? Are you okay?" With the help of her daughter, the woman told me that they were looking for a bus to take to get home, but they didn't know how to find one. My mother and I waited with them for an hour outside the mall until the right bus arrived. That's when I finally saw her smile after a long, stressful day in her new city.

I came across this same woman last year in downtown Portland. She ran to me, and gave me a big hug. She told me that her family is now doing well, and that she will never forget how my mother and I helped her.

People will remember how you help these new arrivals, no matter how small or big your action. I ask all of you to join me in welcoming our newest Mainers. Let's take care of each other.

Hamdia Ahmed lives in Portland



Each month, **Let's Talk** will focus on sayings that might sound funny or confusing to a new language learner. So if you have ever thought "What did they mean by that?" or "What are they trying to say?" this column is for you.

Summer is here and so is the nice weather. It is time for friends and family to gather for outdoor picnics and barbeques. July 4th or Independence Day is America's birthday, and people come together for outdoor gatherings to celebrate with all things red, white, and blue. To help you celebrate, here is some American flag trivia: the red in the flag represents bravery, the white is for purity, and the blue stands for justice and perseverance. The 50 stars on the flag represent all the states in the U.S., and the 13 stripes represent the original colonies.

Here are five idioms -- expressions in which the meanings of the words are not the same as the meaning of the saying. All of these idioms contain red, white, blue, stars, or stripes.

See red - To become angry *The woman's rude comments made Maria see red.*

Turn as white as a sheet - To become extremely or unnaturally pale due to illness or fear *Jennifer turned as white as a sheet when she saw the burglar in her house.*

Blue - Sad *I was very blue when I learned of the death of my aunt.*

Change one's stripes - To fundamentally change one's ideology or beliefs. *The politician has changed his stripes regarding healthcare policies since he left office last year.*

Reach for the stars - To set one's goals very high *Qaadir is reaching for the stars as he tries to finish college in three years.*

If you have questions about sayings you have heard Americans use that you don't understand, or questions about American culture, please email your questions to Claudia at amjambofrica3@gmail.com and "Let's Talk" will be happy to help.

Claudia Jakubowski has her Masters Degree in TESOL (Teaching English to Speakers of Other Languages).



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Hope House from page 4

He was a teacher and coordinator at Instituto Médio Agrário do Kwanza-Norte in Angola. He is involved in every aspect of Hope House, including working with teachers, translating, and interviewing prospective tenants. He also coordinates some of the cultural programming.

Hope House's educational and cultural events are intended to strengthen relationships and celebrate the cultures of people from around the world. Events range from hosting meals to monthly French-English exchanges, which offer games and conversation and are open to the public. These exchanges are popular with language teachers and asylum seekers alike. The Greater Portland Com-



Hope House residents, staff, and friends enjoyed ProsperityME's annual community block party at Ocean Gateway this spring.

munity has been very welcoming to asylum seekers, and Hope House residents have benefited from the generosity of local theaters, music groups, museums, and sports teams, all of which have invited residents as guests to their venues.

Hope House welcomes volunteers as mentors, translators, and English teachers, or to help residents who are moving into their own apartments. For information about volunteering, or about summer English classes, please contact Carolyn Graney, the Hope Acts Program Manager, at carolyn@hopeacts.org or 207-274-6005.

To make a donation to Hope Acts, mail a check to Hope Acts, P.O. Box 7615, Portland, ME 04112, or donate online at www.hopeacts.org/give.

PREBLE STREET SOUP KITCHEN - JUNE 18

By Firdaws Hakizimana

SO, MY MOM VOLUNTEERS AT PREBLE STREET SOUP KITCHEN on Thursdays. On that day, the Soup Kitchen is transformed into a food bank. Usually, when she comes home, tired but satisfied, she has a bunch of stories to tell us: arguments between people, weird things Whole Foods sent that no one knew existed.

Lately, the stories have been about the recent surge of refugees arriving, how they're getting here, and just how bad the journey is. One story was of a mother and her two children landing in South America and trekking up to the U.S.-Mexico border. While en route, during a rainstorm, the mother got swept away, and died. Since there wasn't any way to verify the story, I set out to investigate. Were the refugees really going through what had been described in the news, and how was Portland dealing with the influx of people?

On June 18th, my mom, her friend Doris, and I went to volunteer at Preble Street to cook lunch and dinner. It was almost like cooking at home, only this time for more than 250 people. It was hard, but rewarding. While I was there, I interviewed the food programs director, Joe Conroy.

"Feeding them has been my responsibility. Preble Street is providing 18 out of 21 meals during the week. We started on Thursday, so we've been doing this for a few days now, and each day we learn a lot more," Mr. Conroy told me. "At first, we started by providing the food we usually make here, but I immediately got some feedback that a lot of people weren't eating it, because it wasn't familiar to them. So we pulled in some community partners. MIRC (Maine Immigrants' Rights Coalition) has been wonderful, and has helped us get people originally from Central Africa -- who now live here -- to show us how to cook food that people would eat. I've been scrambling to find ingredients. Some of them I can get from my regular supplier, but some I can't, like whole tilapia fish, and special palm oil and cassava leaves, which local distributors don't carry. You have to know where to buy these things. But it really helps to make the food something that people recognize, and want to eat." Hearing Mr. Conroy talk about the effort that Preble Street is making fills me with hope.

After dinner had been prepared, we went to the Expo. There, I spoke to one of the volunteers outside who was serving as an interpreter. He told me that the new people are settling in, and that they are patient. This sentiment was echoed by two siblings, Naomi, 15, and her brother, 17, who came here from Angola. They took a plane to South America and have spent the past four months walking through mountains and wilderness, watching people go through unimaginable situations, all to get to America. They are both happy to be here safe, with their parents, and they hope to finish school, and then get jobs.

My hope for the future is that there will no longer be a reason for people to take such risks, just so they can live another day. I plan on helping out at Preble Street again soon, and I hope others will volunteer as well.



Firdaws Hakizimana is a student at Cape Elizabeth High School. She loves terrible puns, writing, and is one of a kind.

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