



TEACHING LEADERSHIP SKILLS TO HMONG LADIES

# Mission and Education

Foundation for Highlanders  
Education Development  
(FHD)

Chiang Mai, Thailand

JANUARY 2018

## Xov Xum Txog Dej Num

by Kalia Sayaovong Lo

Rau lub xyoo tshiab 2018 no, muaj ntau yam ua peb xav npaj: Qhia kev coj rau cov niam tsev. Pab kev kawm ntaub ntawv rau cov hluas. Nrhiav kev pab rau cov txomnyem. Txais tos cov neeg yuav tauj ua dej num nyob rau Thaibteb.

For 2018, there are many things that we would like to do: Offer leadership training for the Hmong women. Support Hmong students to continue in their studies. Support those who are in need of help. Welcome new workers who are willing to come and serve in Thailand.

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## Dej Num Rau Lub Hlis No

Mrs. Wan Moua Hang

Nyob rau lub 12 hlis ntuj no kuv tau mus kawm lus English. Tsis tas li ntawd, kuv tau mus qhia cov menyuam nyob rau Klong Huai Klai rau lub caij ua koob tsheej nco txog hnub Yexus yug.

Kuv tau mus xyuas cov menyuam thiab mus ntsib cov Hmoob thiab Korean ua dej num nyob rau Nplogteb.

Kuv mus pom thiab kawm tau txog Vajtsv txoj kev hlub rau neeg ntiajteb. Peb yog kwvtij neej tsa ntawm Tswv Yexus lub npe thiab peb yog kwvtij neej tsa ntawm peb haiv Hmoob. Vim txoj kev ntseeg, pub lub caij nyoo rau peb sib ntsib thiab sib pom, muaj kev sib raug zoo.

Kuv tau mus pom kev vam meej, kev kawm ntaub ntawv, kev ua noj ua haus, kev coj, thiab kev sib raug zoo nyob rau Nplogteb uas tsis zoo li peb Hmoob nyob Thaibteb. Tej kev npaj zaub mov noj, kev lag kev luam, kev noj kev haus tsis zoo li yam. Kev kawm ntaub thiab kev pab cov menyuam kev kawm ntaub ntawv tsis zoo sib thooj. Ib lub teb chaws, muaj kev sib hlub sib pab uas tsis zoo ib yam; tej nom tswv nyais muaj nyais kev pab rau cov pej xeem, nyais muaj nyais kev hlub rau cov pej xeem.

Kuv tau mus pom cov niam tsev thiab cov ntshais, nyais muaj nyais kev khwv thiab kev coj tsis zoo li Thaibteb.

**Thov Sawvdaws Pab Thov Vajtsv Rau:**

# Foods for a Healthy Body

- Tej kev pab rau tej pej xeem thiab hlub cov pej xeem.
- Kom tej menyuam muaj kev kawm ntaub ntawv.
- Peb cov niam tsev thiab cov menyuam ntshais kom lawv npaj siab ua lawv lub neej, paub hlub niam thiab hlub txiv.
- Pab thov Vajtswv rau cov niam tsev kom sawvdaws ua niam zoo rau cov menyuam thiab ua niam tsev zoo.
- Cov txiv tsev kom muaj kev hlub kev coj zoo rau cov menyuam thiab cov niam tsev.
- Cov ntseeg kom sawvdaws muaj kev sib hlub thiab sib pab rau lub xyoo tshiab no.



Women's health issues are big concerns in Thailand, Laos, and Vietnam. Recently, we had an opportunity to speak with

Hmong ladies about the issue of eating well to prevent health problems such as high blood pressure, diabetes, and anemia. Some good sources of fiber, iron, and vitamins are mustard greens, pumpkin, and fruits, which includes papaya, bananas, and pineapples were discussed with the Hmong ladies. These foods are often grown in the villages and can supply good nutrition to Hmong ladies and their families.

We also discussed about reducing the in-take of beer and alcohol, especially for Hmong women who are breastfeeding young children. The side effects of drugs and alcohol on children included changes in the brain, depression, paranoia, anxiety, aggression, and physical problem; diarrhea, headaches, vision problem, hearing distortion, breathing difficulties, and upset stomach.

We need more workers to come and help educate our Hmong ladies in the villages about healthy living. If you have knowledge about women's health or interest in helping Hmong women in Thailand, Laos, and Vietnam to learn about reducing health risks need.



Mai Vue teaching English to Hmong ladies at Ban Hmong.

## New Year Resolution:

- 1-Be a role modeling for someone.
- 2-Teach a new concept to someone.
- 3-Give hope to someone.
- 4-Give encouragements to someone.
- 5-Be obedient to my vocation.
- 6-Be faithful to my work.
- 7-Be open mind to changes in life.

To support the work in Thailand, your tax-deductible donations can be sent to:

Mission of Christ Network  
P.O. Box 533  
Concordia, MO 64020

Earmark: Lo Family

To donate on-line visit:

<https://missionofchrist.org/service/lo-fung/>

*Thank you for your dedication to serving the Hmong People and in helping them to live life to the fullest.*