



Since 2006

THUPUAK

informing people, transforming lives

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...hongpai un, mapang khawm ni. Nehemiah 2:17-18

04 January 2015

BEST COMMUNITY-BASED ORGANIZATION LOPNA LEH LUNG DAMNA OM DING

Cikmah a apiak ngei nailoh UNHCR-CDU panin a khat veina Best Community-Based Organization (kipawlina hoihipen) pahtawina ZAM in hong ngahna hangin Malaysia gamsung a om Zomi akua mapeuh in ki lungdamin ki angtang mahmah hi. Tua tawh ki zui-in January 5 ni zingsang nai 11am in ZAM Hall a lopna leh hih bang a UNHCR te maipha, pahtak hong ngah sak anungta Pasion tungah lungdamkohna nasia takin ki nei nuam ahiah manin Zomi akua mapeuh nong kihel kim ciatna dingun zahtakna lianpi tawh kong sam uhi. ZAM in biakna pawlpi teng leh khua kipawlina teng tawh kilam kipawlina picing khat ahiah mah bangin adiakin pawlpi pan leh khua kipawlina pan ahiah thei zahzah nong kihelna dingun hong zawn phapha uh hi.

2014 Kum sung Sanglam nasep pulakna (ZEC-Talalla & Maharajalela)

Thupatna

ZEC-Talalla leh Maharajalela sang nasep na 2007 pan 2014 kum bei dong hong tonpih a thupha hong pia i biak Pasion in minphatna khempueh tang tawntung ta hen. 2014 kum khat sung sang nasep-nate atom in a nuaia bangin hong pulak ing.

I. Sangsia (Teaching Staff)

Sang	Gammi	Zomi	Gawm
ZEC - Talalla (Kindergarten, Elementary, Grade1, Grade2)	15	4	19
ZEC - Maharajalela (Grade 3, Grade 4, Grade 5)	8	5	13
Gawm	23	9	32

Theiding: Tu kum sinu Thang Ngaih Dim leh Francis Dal lam Thang in DCF pan Lower Primary Teacher Certificate ong ngah hi.

II. Sang Naupang (Students)

Sang ki- ap buppi	Gam 3 na pai	Sang tawp	Kumbei dong om	Boarder om	Inn pan sangkah
104	14	12	78	67	11

Theihding: ZEC sang pan sang manin laizo te Ruth Education Center (REC) ah sang kizom sak a 2011 pan 2014(kum 3) sungin mi 12 kipuak in tu laitak numei 2 leh pasal 5 a kigawm 7 in REC ah pilna sang a sin laitak uh ahi hi. 2015 ah 2 kipuak beh ding hi.

III. ZEC ah bang teng kisin (Subjects)

- English
- Mathematics
- Science
- Computer
- Zolai leh Zo Ngeina
- Lai Siangtho
- Art (Khut siamna tuamtum)

IV. Laivuan (Examination)

2014 laisin kum khat sungin lai vuanna 4 vei kinei a a khatna, a nihna leh a thumna ngahte pahtawina lai leh letsong ki pia hi. Test khat vei man simin Report Card tung Nu/Pa letmat kithuhsak hi.

V. Pahtawina

Kimawlina lam ah:

Faisal Cup 2014 ah ZEC Talalla min tawh pasal U12-Football team 1 leh Numei U12-Netball & Football team khat kihel na pan pasal U12- football team te quarter ciang kahin, Numei U12-Net netball team ten "Champion" leh football ah a "Thumna" ong ngah uh hi.

Drama (Limlahna):

ICMC Drama Competition 2014 ah ZEC-Maharajalela min tawh kihelna ah a "Thumna" kingah hi.

VI. Activity tuamtum

2014 kum khat sungin a nuaia bangin activity tuamtum naupangte kipaiph hi.

- ▷ Sunway Lagoon (2 vei pai)
- ▷ Ipoh Excursion Trip
- ▷ Science Center
- ▷ Batu Cave
- ▷ Planetarium Museum
- ▷ National Museum,
- ▷ Islamic Art Museum
- ▷ Lake Garden
- ▷ Water Fall
- ▷ Aquarium KLCC
- ▷ Discovery
- ▷ Bank Negara
- ▷ Taman Tun Park
- ▷ GIS Sport
- ▷ GIS Football Game
- ▷ GIS Day Trip
- ▷ GIS School Based Programme
- ▷ National Record Coloring
- ▷ MCKL Carnival (3 vei pai)
- ▷ CCA Out Reach (6 days in 6 weeks)
- ▷ REC Third Anniversary (naupang ten ngeina laam lak)
- ▷ ICMC Drama Competition (a thumna ngah)

- ▷ Faisal Cup (Team 2 kihel-U12 boys & girls; Girls netball Champion, girls football 2nd runner up)
- ▷ World Refugee Day- (ni 2 group 2 in ngeina laam khat tuak lak)
- ▷ Zomi Namni (naupang ten ngeina laam lak)
- ▷ Sialsawm (naupang ten ngeina laam lak)
- ▷ Zomi Khuado
- ▷ GIS Year End Party
- ▷ Refugee Day at ZCCM (Kawlgam ai tang in naupang ten Zomi Ngeina Laam lak)
- ▷ Christmas Party tuamtuam cih bangin kipai hi.

VII. Atuumtuam (Others)

- ◆ IAD ten cidamna lam tentan 1 vei ong pia
- ◆ ICMC ten ah 1 vei tentan ong pia
- ◆ Singapore pan Mr Lyon kal 1 sung lai ong hilh
- ◆ Mrs Garvin–Jenks Public High School USA pan ZEC ong hawh in naupangte lai ong hilhsak, siate tentan ong pia
- ◆ Teacher Day sangnaupangte makaihna tawh kibawl
- ◆ Miss Shahirah in Kha khat bit naupangte lai ong hilhsak
- ◆ Tzu Chi te khat vei sang ong hawh in activity tuam2 ong neih pih.
- ◆ Sang tuah paw leh sangnaupangte pahtawina ZAM Hall ah kibawl.
- ◆ KLIFF, GIS leh Living Hope pan Lungdam bawl letsong tuam2 sang naupangte ong piaksak.
- ◆ Gam thumna a leng ding siate leh sang naupangte Certificate kipia hi.

VIII. 2015 sangkah kum ading min sanna

2015 kum a ding sang naupang min sanna December 22-23, 2014 sung ZAM Hall ah a nuaia bangin kinei hi.

Sang ki-ap vekpi		
Numei	Pasal	Gawm
48	48	96
Boarder om ding		
Numei	Pasal	Gawm
41	40	81
Inn pan kah ding		
Numei	Pasal	Gawm
7	8	15

Theihding

Boarder lut ni : January 7, 2015 (Wed)

Sang hon ni : January 8, 2015 (Thu)

Sang vai kizop na ding leh dotnop a om leh

Sia Tuang : 011 1076 3234, 016 913 7121

Sia Khoi Tuang : 010-286 6189

Doarder vai dotnop a om leh

Sia Tuang : 011 1076 3234, 016 913 7121

Thukhupna

A beisa kum 7 val i biak Pasion in ZEC hong tonpih mah bangin mai lam ah zong a beisa kumte sang

Zomi naupangte a muibun zaw a pilna i guat zawh na dingin thungetna tawh ahi zongin i hih theihna ciat tawh Zomi a kua mapeuh khut kilen in ma pang khawm ding hi hang. ZEC sang nasepna ah sum leh paai, pilna siamna, thu leh la, thagui thatang leh thungetna tawh ong panpih a tha ong pia mimal kim tungah i biak Pasion in thupha hongpia kim ciatta hen.

**United States Ngeina le Dan Thusinna
Khutzat Laibu : ZOMI (Azom)**

Na tun zawh kha khat sungin

Zingtung

- Vanleng tualah hong dawn ding
- Na inn ding ah motor tawh hong kha ding
- Nektheih tuamtuam abaihsa in om ding

Nai 24 sung

- Inn hawhna (Navai saite na inn ah hongpai ding
Ni 5 sung

- Zum ah paina
 - Thudotna
 - Lungnuambit nang tenna hong pia ding
- Na kisapte hong vaihawmsak theih nanging munpiakkikna agency te khat le khat kikal thukimna lai abawl uh ahi hi. Tua ahih manin khat le khat hong vaihawmsakdan a ki batlohna thei in. A citak leh aman thu leh late hong kaihhawp nangun a hoih pen ahi. Hih munpiakkikna agency te tung muang ngiat in.

Ni 7 sung

- Tawlkhat sung zat ding sum tawm
- Akilawm a kituak sum huhna siauh sak
- Neek le dawnte lei nang card siauh sak
- Cidamna lam huhna siauh sak

Ni 10 sung

- Security vai siauh sak
- Tawlkhat sung bek ding ahi zong, hun sau ding ahi zong nasep nang vaihawmsak
- Nasep nang min hong piaksak
- Manglai (ESL) sinna kah nang min hong piaksak

Ni 30 sung

- Cidamnang lam kisitna (thuakzawhna leh TB lam)
- Adang inn nih ah hawh
- Anuaiate tawh kisai thusinna piakna
- Mitawh kizopna/Vengta hihna
- Gamdang pemna lam
- Vaksuk/vaktohna lam
- Pilna sinna lam
- Inn le lo tawh kisai
- Deihteel septheihna lam

Adang ni 30 sung hong sepsaknate khua hun zui-in a kisam niiklepuan, nasep zonna-ah thudotna tuamtuamte, tintan kahnate ah hong dawn hong kha.

Zopzop lai ding...

Tukal Palaai te buaipih diak teng

- ◆ Kham Lian Mung (Khampat) December 29 ni-in Tung Shin/HUKM ah ki buaipih.
- ◆ Thang Za Tuang (Vangteh) leh Man Sial Mang (Dimlo) December 30 ni-in Ampang zatopi ah ki veh.
- ◆ Sing Gin Hau (Kapteel) December 31 ni-in Sungai Buloh Zatopi ah ki buaipih.
- ◆ Dal Sian Gin (Saizang) January 2 ni-in ACTS ah vai ki buaipih.
- ◆ Cin Khan Kim (Singunau) Jinjang lockup panin ki buaipih in hong suakta.

Kal Khat Khit Kal Khat

Kal khat suanna in kalsang tampi hong tungsak hi. Kal khat suanna tawh na lungtup na tung ding hi. Banghang hiam cih leh na kal khat suanna in maban nawt na hi cih hong lak hi.

Kum simin vanleng tawh khualzin mite in Singapore vanlengtual ah sumnen lak kik taak a sakloh uh a kikhol pen USD 500,000 bang pha zo hi kici hi. Sumnen pia khat pia nih a kinusia pen vanlentual ah nasemte in na kholkhol uh a, kum tawp ciang tampi pha mawk hi. Cihtaak i sakloh nangawn a kikholkhol ciangin a tawpna ah tampi pha in manpha mahmah ahi hi.

Tupna leh ngimna zong tua bang mah ahi hi. Tupna tun nadingin kal khat suan leng a tawpna ah tupna hong tun ding ahi hi. Tupna tawp dong hong tonpih in hong mualsuah ding na himawh hi. Tua ahih

manin 'kal khat khit kal khat' suan den ding a thupi mahmah hi a, khawl ngeilo ding, tawpsan ngeilo ding hi hang.

1. Kal khat suan ding thupisak ding

Tupna lianpi nangawn a tangtun nadingin kal neucik khat suanna tawh kipat kul hi. Tua kal khat suanna pen a ciil in cihtaklo tawh kibang hi; ahi zongin kal khat suan phot pongpong ding kismah hi. Kal khat suan khith ciang a ban ah, 'tun kal khat suan kik leng bang a citam' ciin ei leh ei kidong dingin suan takpi ding hi hang; tua hileh i tup i sawmna lam hong manawh sak ding ahi hi.

Zan na lup ma in nang leh nang kidong in: 'tuni bang kal suan ka hiam' ci-in. Zingsang na thawh ciangin: 'tuni bang kal suan ding ka hi hiam' ciin kidong leuleu in. Nisim, zansim in tua bangin kidong lecin na kalsuan ding na ngaihsun khia thei ding hi. Kal tampi kismah lo a, kal khat bek suanna tawh zong hun phot hi. Sumnen pen a kigawm ciangin cihtham mahmah a, a nen in en leng bel cihtham hetlo hi cih i gen khin hi. Kal khat suanna zong tua tawh a kibang ahi hi.

Tua ahih manin thakhat thu a lawhcin pah sangin damdama kalsuanna tawh lawhcinna pen kip in kho zaw hi cih hong phawksak hi.

2. Tup khat, ngim khat bek nei phot in

Tupna a tangtunna dingin a thupi masa penpen ah tup khat, ngim khat nei phot ding ahi hi. Tua tup leh ngim bang hiam cih khentat masak ding ahi hi. Tua

Zomi Cup 28 December 2014 Result genkhiatna

No.	DATE	TIME	GROUND	GROUP	MATCH			
7	28/12/2014	08:00-09:10	THANGHO	F	MUALBEEM	4	0	TUISAU
8	28/12/2014	08:00-09:10	LIANDO	E	NGENTE	2	2	HAUPI
9	28/12/2014	09:20-10:30	THANGHO	C	HIANGZING	0	5	HEILEI
10	28/12/2014	09:20-10:30	LIANDO	A	VALVUM	0	0	LIMKHAI
11	28/12/2014	04:00-05:10	THANGHO	D	SINGGIAL ZANG	1	4	KAHGEN
12	28/12/2014	04:00-05:10	LIANDO	B	PIMPIH	0	0	CHANTAGYI
13	28/12/2014	05:20-06:30	THANGHO	G	TUIMANG	4	0	BUAN
14	28/12/2014	05:20-06:30	LIANDO	H	LAILO	0	0	SAIZANG

Theihding: Tualpi a pai kimawl te hita leh a ente hihta leh akua mahpeuhin tui, avot, nektheih tuam nekding a neite in na nekkhit, na dawnkhit ciangin ninbung sungah na paihsak pahpah un. Na nekna, na dawnna ciang nangawn nin bung sungah napaih zawh kei ding a leh neksawm, dawn sawm kei zawin nin kitawm kei leh tampi kiliau kha hi.

Zomi Cup 11 January 2015 ni kimawl ding khuate

No.	DATE	TIME	GROUND	GROUP	MATCH			
23	11/01/2015	08:00-09:10	THANGHO	D	VANGTEH			KAHGEN
24	11/01/2015	08:00-09:10	LIANDO	F	TUNGZANG			PANGSAK
25	11/01/2015	09:20-10:30	THANGHO	E	TUIPI			HAUPI
26	11/01/2015	09:20-10:30	LIANDO	C	SINGUNAU			HIANGZING
27	11/01/2015	04:00-05:10	THANGHO	G	LAAITUI			BUAN
28	11/01/2015	04:00-05:10	LIANDO	H	DIMLO			SAIZANG
29	11/01/2015	05:20-06:30	THANGHO	A	PHAIZA			LIMKHAI
30	11/01/2015	05:20-06:30	LIANDO	A	TUIMUI			VALVUM

tup leh ngim a tangtunna dingin lungduai taka kalsuan ngitngat kisam lai hi. Tua tup leh ngim a tangtunna dingin 'hithei kenteh' 'tangtung zo kenteh' ciin nang leh nang kithanemsak kei in. Banghangin hih bang sawmna nei ka hiam? Bang hangin hih tup leh ngim in nei mawk ka hiam; hih bang tup leh ngim zong a kizatna ding om takpi ding hiam, hizo takpi ding hiam ciin zong kidong kik vet ngei kei in. Ahih theih ding na ngaihsut khit ciang na tup, na ngim hi khin ahih manin tua thului te ah sulhei kik nawnkei in. Ahih theih ding na theihsa na kalsuanpih khitsa hita ahih manin na maban zomin kal khat khit kal khat suan lel in.

3. Na kalsuannate ciamteh toto in

Na kalsuan khitsa teng simsim lel inla, na maban ah kal bangzah suan ding omlai cihte ngaihsut masak in nei vet kei in. Mi pawlkhat in a tup a sawmna uh tangtungsak dingin kal saupi suan khin napi amau thanem khat ciang 'hih zo takpi ding ka hiam' ciin amau leh amau kingaihsun kik in dinkhawl thei uh hi. Ahihsa uh thupi ahih lam phawklo in a hih nailoh uh tawh kithanemsak sawm uh hi. A taktak in i etkik ding, i sutsut ding pen i kalsuanna sate hi a, i maban hilo hi. I mailam pen i muhkholh hilo a, i phut ding ahi hi. I nunglam pen i zawhsa hi a lungdama nuihnuih mai ding ahi hi. Tua ahih manin nuihna ding ah nui in maban phut ding ah kalsuanna tawh mainawt ding hihang. Luidunga suangpi zong tui luang in a nawknawk ciangin a sawtna ciang bei mang hi. Banghang hiam cih leh tui luangin suangpi pen tawngalo in nawk den a, sun tawh zan tawh a nawk tawpsan ngeilo hi. Lungduaina leh cih teiteina tawh a kalsuante in a tup a sawm tangtun uh hi.

Tu in kumthak 2015 sungah zong a thupi, vai thupi, tup leh ngim thupi nei tek ding hi hang. Lungkialo in mainawt in ni khat kal khat khit kal khat suan ciat ding hi hang. Tua hi leh kum tawp ciang i tup i ngim tangtung pelmawh ding hi.

Laisim khempeuh kumthak 2015 deihsakna kong khak a, i biak Topa in a kicing thupha note khempeuh hong pia kim ciatta hen. **By Hau Za Cin**

ZSM lutna kipia ziahziah ta

2015 kum Zomi Genvai (ZSM) member lutna pen Pawlpi tuamtuum leh Khua makai te tungah ki lut theita hi. Azenzen in Khua makai (hausa) te leh Pawlpi te panin laibu la nailo omkhak leh sia/ma, Upa makai te in Zomi zumpi ah kila thei den hi. Ei let laibu sung aa honglut member te khatpeuh in tuahsiatna hong tuakkha zenzen leh zumvai nasepna nawngkai na tampi omthei ding ahih manin Khua makai (hausa), Pawlpi sia/ma, Upa makai laibu len khempeuh in no let laibu te adim hunhun in zum ah

ZAM Thupuak pen leitung muntuamtuum aom Zomi khempeuh in asimtheih dingin www.zomidaily.com website ah ki koihden hi.

nongap kik pahpah nangun zong zahtakna lianpi tawh ih ki theisak beh nuam hi.

ZAM Hall ki kawmthei

ZAM Hall pen Session khat (nai 4 sung) RM200 ki lading a, nai 4 khitciang azatbehtoh nopleh naikhat RM50 ki lading hi. Aki zangthei vanteng: Air con, Tutphah 150, Sound System, Drum Set 1, Wired Mic 2, Wireless Mic 2, Usher Counter leh adang tuamtuum...

Tune Insurance te hong paikik ding

January 10 ni 9am-5pm kikal Tune Insurance te ZAM hall ah hong paikik leuleu ding ahih manin a leinuam khempeuh in ZAM hall ah nai 9am lapin hong pai un. Nong pai ciangin na UN card number, na UN man (photo) gei a number, suah ni, suah kha leh suah kum cihte kisam mahmah hi. Mi dang na vaikhak ding leh zong tuate lo tawh kingah vetlo hi.

ZAM ah Ngeina puan leh vante kingah

ZAM zumpi ah ih ngeina Zopuan leh vante ki leithei hi. Aki ngahthei van te: Zopuan: a bantawng leh a bansau (pasal), Zoniik nam tuamtuum (numei), Puandum, Zodial, Zodial naikhau (silk), Puanlaisan, Tanghciin, Khephiau, Zokhi, Zolukhu, Zothungkuah atuamtuum...

Theihhuai Phone Number Pawlkhat

Resettlement Support Center (RSC)

RSC Phone Number (1) : 03-2144 8105
 RSC Phone Number (2) : 03-2144 7994
 RSC Post Tam Phone Number (1) : 03-2141 1943
 RSC Post Tam Phone Number (2) : 03-9222 0529
 RSC Inquiry Phone Number : 03-2141 5846
 IRC-CO Class Phone Number (1) : 03-9222 0041
 IRC-CO Class Phone Number (1) : 03-9222 0042

International Organization of Migration (IOM)

IOM Medical Phone Number (1) : 03-9235 5422
 IOM Medical Phone Number (2) : 03-2144 2043
 IOM Operation Departure : 03-9235 5430
 IOM Medical (Sputum) : 03-4021 4314

UNHCR

UNHCR General Line (1) : 03-2141 1322
 UNHCR General Line (2) : 03-2117 1400
 UNHCR General Line (3) : 03-2118 4800
 Fraud Case asap theih zelna : 012 209 6397
 UNHCR Hotline : 012 630 5060
 UNHCR Hand Phone No. atawpna malthum : 824

Hih atung a phone nambat teng na phone : 966
 sungah ciapteh sawm hamtangin nang : 011
 adingin manpha mahmah ding hi. : 724

Lungdam takin hong kisang ding hi

♦ Gamsung gampua leitung muntuamtuum pan ZAM nasepna te tha napiak nopleh lungdamtak in hongkisang ding hi.