



Bright Light

of Post-Ten 2nd Year

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Students help Pone Pone with Border Health Initiatives Program

by Aein Roi

There are many kinds of activities from Pone Pone. She can help the children who have bad behavior because she can talk to children with a persuasive voice, and also she can make children interested about her activities. All of her activities are very useful for me and also for children.

Her activities are how to make children improve and how to protect themselves during their life. Every child has to choose by themselves the things that are dangerous for people or useful for people (ex: book, knife, plastic, rice). And then also how to take care about themselves to have good health. For example before they eat something and after they do something, they have to wash their hands seven steps with soap, so it is good way to reject



Second Year students help with BHI's children training

diseases for their health. She also teaches the way to brush teeth. She lets students think about what is important for their life, and after that every student has to share with each other about what is important for them, so they can identify what they need to be more successful in life. Therefore most students are better than before when they join with her activities.

As for me, when I joined with her activities, I was very happy because it was useful and helpful for me. Every teacher should have all of her activities because they are useful for students in the future to take better care of themselves. Therefore I am interested in her activities because I can use this experience for my whole life.

Biography of Mi Pone Pone

by Khon Lawar Mon

Mi Pone Pone is a current leader of Border Health Initiatives program. She was born in Burma and moved to Three Bagola part of the border of Burma-Thailand. She is Mon-Buddhist. There were six people in her family but now there are only four.

Her organization provides health care and social work. They help everyone who is in trouble, like orphans, children who cannot attend school, who are sick and without money to go to hospital. They do not discriminate between religions and nationalities although they are mostly one religion at that organization.

Mi Pone Pone passed Ten Standard in Burma government school. After that she could not continue attending school

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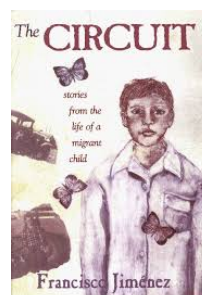
The Circuit Book Review

by Seik Sorn

I want you to read the book called *The Circuit*. It is a non-fiction book of Francisco Jimenez's autobiography. It describes about Mexican migrant workers who cross the border from Mexico to California for a better life. Do you know migrant workers? Francisco's father is a

migrant worker and his family migrates to America.

In the book, Francisco Jimenez is my favorite person because he is the main character in the book. When Francisco attends his first class in American school he does not succeed because he doesn't understand English. I



Francisco's Autobiography

used to be like him when I attended my first Burmese school. This story made me guess a lot about what will happen next between one chapter and others.

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Biography of Mi Pone Pone continued from page-1



Mi Pon Pon

because of problems with the government and her family background. However she attended a lot of trainings and workshops over the next 20 years. Trainings such as project management, critical reading and writing, and critical thinking.

She taught around 8 years in her village. She has many reasons why she became a teacher. The first reason was the

leader in her village did not care about education and also had more corruption; for example, if they want to be a teacher even though they don't have enough skills to be a teacher, they can give money to the leader and they are allowed to teach. So it was very harmful for students.

The second reason was the education system that she had been taught in her village was very different. In her village, the children just learned from the text book and did what the teacher said. It was just a knowledge level of thinking. The children could not apply what they learned, so they could not do anything by themselves.

The last important reason was the children's perspectives. They were very pretending. They did what they saw and heard from their parents, teachers and old people. Most children were going to believe that education is not useful so they did not

understand education. They just knew that if they attended school, they got money to buy cake. Mi Pone Pone saw all of these situations and she wanted to change the perspective of children and education methods as much as she can.

She also helped the children who really wanted to attend school but they did not have any money. Some were orphan children. She taught them at her home. After this time passed, she started working for the program of Border Health Initiatives. This program was founded at Three Pagodas Pass and helped local people, especially for children who were sick and had no money. BHI tells them how to use medicine, how to take care of themselves while they are sick. Some children leave while they are learning because their parents move to another place to find jobs. Therefore people who work in

this program have to follow and find where the children live because they have to prevent them from trafficking, take care for their health and teach them how to protect themselves from getting sick easily.

Her future plan is to develop the communities, so she hopes to help to solve the problem in the communities. Such as within local communities, they do not have a lot of education and they don't know much about social behavior, so they spank their children a lot and let children work even they are too young.

According to her quote "Try to sympathize with others' feelings. Do the best about what you can do to make little changes." And "Somebody who cannot read and write is like a blind person." Therefore, she wishes to make changes, even small changes, to help communities, like so everybody can read and write.

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The chapter called "Inside Out" is my favorite part of the book. In it, Francisco can show his classmates how a caterpillar can become a butterfly. I was really amazed to learn about Francisco's knowledge and to see him share it.

I got a suggestion from this

book in the chapter "To Have and to Hold," which means although your note is disappeared you will remember it in your memory. I really believe this, because I can see in my real life when my village's market was burned, all of the shopkeepers cried, but one of

the doctors didn't cry,. She knew that although her medicine and her notes were gone, her ideas to cure or give medicine to the patient was still in her mind. I chose to have to hold to my education.

I am sure you will enjoy reading this book because it is a

real story. Although Francesco is a migrant, he tries to become successful in his life, and you will know how life is difficult for migrant worker.

Why Praise Is Important

by Jamon Sorn

Praise is very useful for everyone and helpful for children. I believe that praise can be very powerful for our minds. It is very important for people, especially children. There are many reasons why we should praise people.

There are many kinds of praise we have done in our training. Therefore we are happy to join that training because we get more experience about how to praise people. So it is significant



Attending Training with Teacher Ken

for new generations to understand about praise.

Many of us used to find out things that we had done wrong, if something was wrong we need to fix it. Before it was wrong we can say to ourselves a compliment such as *good job* and *perfect* to help our minds. Additionally, some children find to get praise from teachers and parents about what they had done.

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Why Praise Is Important continued from page-2

Sometimes children are so silent in the class after they tell teachers correct answers so we should give them praise. Thus we need to be active to praise them, like touching student's shoulders, back and saying *good job*. For instance when a student feels uncomfortable, teacher must praise them to be satisfied or for doing an activity in class confidently and actively. Especially, a weak student should be cared for more than the other students. If a teacher

always praises the students during the activity or with homework, the teacher will see more improvement from students because they are happier after hearing praise from their teacher. Whatever they do, we can praise as much as we can praise by showing hand gestures to them. Moreover when we praise a student, we don't need to look at their age, even if they are young or old, because every student loves praise.

We did that training two

months ago. After that, we applied the emotions of praise in Children of the Forest school. While we were teaching, students were correctly writing vocabulary words about insects and different kinds of insects (for example. fly, mosquito). Even though they could not write these vocabulary words correctly; we praise them because we wanted students to feel like the student could write, so they would try hard to write these words correctly like the

others. If the children are doing something on their own (like playing a puzzle game) we should not stop them and let them go on what they are doing. Praise them to do it correctly and this will help them reach their goal.

In conclusion, praise is really important for children to get encouragement from parents or teachers. Praise is the reflection of goodness.

International Language: About English

by Htaw Ah

English is the first international language in the world. It is the most important language nowadays. Many people believe that it is helpful, useful and important through many people's lives. Everyone in the world should learn English language as a second language.

Nowadays international language is useful in many careers and helpful for people in their work because English is the target language for most businesses around the world. Some people cannot speak in English yet they should learn speaking and reading. Many people in many countries are

using English language now.

Therefore, people who cannot speak and read have a difficult time when they travel around the world because most signboards and directions are written in English words, even in Burma. People in most communities have to use English language for their responsibilities because communities are communicating with abroad countries.

Therefore, people should learn English even if it is hard to learn. Everyone knows that whatever people start to learn is really difficult, surely because no one is perfect before they know anything. For example,



Learning English in a language class

writing alphabets in English or Burmese is difficult to draw to get one word, but they try to be an expert, after that they are getting better and at the end they aren't afraid to write because

they have overcome that trouble. Thus, sometimes people who can speak English do not need to worry with a meeting to talk in English.

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"Time and Tide Wait For No Man"

by Lahoin Bloy

A proverb is very famous and popular short saying that gives advice. As there are many languages in the world, there are also many proverbs. But some of them are similar to one another. For example, "time and tide wait for no man" is the same as "make hay while the sun shines." This proverb is in our country.

This is a proverb accepted by all and it points out the

importance of time which is the most precious thing in your life. We have to struggle with all our lives, so the main purpose of this proverb is not to waste time and while we have time, we have to try and use it. According to our belief, there are three stages in a person's life.

In the first stage, we must seek education and, for example, we can think about bad or good ideas. In the second stage, we must try to thrive; for example



we can feed our baby and

parents. In the third stage, we must be religious so our life has good luck to the next life.

As for us, we should study our lessons regularly several hours a day. Then we may pass the examinations easily and reach our goal. We should not waste time and finish our work as well as study in time. According to General Bogyoke Aung San of our country when we got independence.

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**International Language:
About English continued
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They can use English language with other people from different nationalities because they can't speak other languages but they can speak English as a second language.

Also when we learn about computers, we can just see English directions, so if we can't speak and read, how can we learn it? Therefore, English language is really important for everyone nowadays and with technology.

To summarize, English is important for everyone in the world as a target language and also as a second language without thinking about our native language first because we already can speak and remember it easily when we want to use it.

English is important, useful and helpful for businesses in the world so it will continue to be useful in the future too so people in Burma should learn English as a second language for their future to be successful. English language is an essential language nowadays.

Banyae Barue King Ceases Strict in Rules and Laws

by Tala Nyan Ong



Banyae Barue King

Banyae Barue King was Rajadhiraj's grandson, and the son of Banyae Htao Queen. In 821 he became a king, and governed Hongsawato which

was a kingdom in Bago. After becoming a king, he was always thinking with a good intention.

The king became king of being safe in the wall of a city, who dictated rules and laws. All of the citizens in Hongsawato were not safe due to Banyae Barue King's control because his rules are very strict. The king said, "Now I am becoming a king, not praying for citizens' property, even my property not to be able to be prayed by citizens".

He called young and old princes, noblemen, commandants and captains, and negotiated to issue commands. "Commencing from today, in

front of everyone who lived in the palace, demonstrate your slaves, companions by your own. If someone takes by violence, defrauds other peoples' things, I will cut off three pieces of your body", said the king. He made a rule by announcement to every country and village.

The king every day brought a sword with his right hand. "Whether someone opposes my rules and laws, I'll cut off their bodies into three pieces," spoke while lifting the sword silently.

In a day, one person stole others' thing, called away to nobleman. The nobleman examined and the thief told him politely what he did. At the same time, the nobleman replied to the thief, "If you gave me one pound of gold, I would free you." Then the thief brought one pound of gold to him.

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Teaching in Children of the Forest School

by Krak Sortshi Non & Aein Roi Mon

Post- Ten students teach the children in Children of the Forest School (CoF) every week on Friday. Their age is under 12 years.

As for us, we get a lot of knowledge and experience because we make lesson plans and we also think if the lessons are easy to understand for students. We are happy to get a chance to teach students because we know different ways how to teach them to be interested in the lesson. For example we show actions, give examples, use hand gestures, use body language and show pictures to them. So, they can easily understand the



While Teaching at Children of the Forest

lesson,

When we make a warm-up with students, we sing a song and also show actions. So, they are happy to be in the class.

They are friendly with the teacher when teacher teaches them the lesson.

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Banyae Barue King Ceases Strict in Rules and Laws

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After getting the gold, the nobleman and robbers, were sent to the king, and they narrated to their sire about both of them and their experiences. Banyae Barue King heard that then cut off their bodies, which fell into three pieces, and put their corpses between the four main streets at the place that everyone was going almost every day.

On another day, a lady walked out of the street to sell vegetables. A worker from the palace who worked in the king's presence, bought the vegetable then spoiled a lot of vegetables

from the seller. "She spoils my vegetables," shouted the seller. The king heard her thunder voice, called his worker, etched her off into three pieces with his sword and put her corpse into the same four main streets. Everyone seemed to see his rules, became frightened, and wanted to do nothing above the rules and the laws. They started teaching their own generations, and children to do those things that are evil and savage.

By that time, there were surely no thieves and profiteers in the kingdom of Hongsawato. Even in the homes people didn't

need to close the doors, so no one or nothing could be taken by violence and stealth.

By that time, Banyar Barue King pretended to be a citizen, wanted to know about his citizens' behaviors, rode a horse and went out by only himself. He couldn't see anyone who was harsh and was using bad behavior, so all people in Hongsawastoi were safe without violence and stealth about others' things.

The king felt very comfortable to see all of those views and would be a great king and ceased strict rules and laws for

all of the citizens to obey perfectly underneath the rules and laws.

Hongsawato. He became a great empire in Bago. Banyae Barue died in 911, in Hongsawato, in his palace.

Teaching in Children of the Forest School

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Although they are young, they have some confidence to speak with teachers and ask questions when they work with teachers. They are active and also listen carefully to the lesson when teacher teaches them.

After we teach them the lesson, we use activities and also play games to increase understanding the lesson. For example, we use vocabulary and also speaking. It is connected to the lesson what we teach them. The students have played role plays very well and they understand the lesson more than before and they are interested to attend the class.

by Lyah Hongsar

Many people believe that domestic violence is a pattern of behavior which involves violence or other abuse by one person against another. I believe that physical abuse is abuse involving contact intended to cause pain, injury, or other physical suffering or bodily harm, so men shouldn't beat women because it is very terrible for a family.

Domestic violence should not happen to women. Women are physically weaker than men. Women couldn't defend themselves. Women can become disabled or seriously injured,

for example their eyes can be blinded, they can't walk or can't see if they had been hit by their husband.

It also affects women reproductive health. Injury caused by domestic violence could affect pregnant women. Women couldn't get their next baby. According to the hospital emergency department about violence related injuries, as many as 324,000 females each year experience intimate partner violence during their pregnancy.

Male anger could affect the women psychologically. As a result of abuse, women become afraid or ashamed of their neighbors and friends. The men who seek power and control over their wives use verbal and emotional abuse such as kicking materials at home, the women who were scared of it are afraid of their husband. They don't want to communicate with people in the community.

When men drink they can beat their wives. I used to see this next to my house, the man always hit and yelled at his wife.

Victims of domestic violence affect all people in the family and also income for home. As for boys, they will act like their dad and become an abuser. As

for girls, they become the wife of abusers, they can't avoid it. Men might not get more income so they might steal the things from home such as gold and money. Men might drink so they couldn't make more money. In my experience I used to see that a few men in my village just drink and beg money from their wives and they don't care about their daughters and sons. That's why the men should attend gender training to educate about domestic violence so as to not happen at home.

Domestic violence can happen regardless of race, age, sexual orientation, religion or gender. I have given some reasons that men shouldn't beat women, so I hope that now those of you who beat your wife are able to think a little bit to make better decisions. Domestic violence not only has effects on family members, but also friends, co-workers, other witnesses and the community. So we should stop beating women at home right now. This violence increases the risk of creating society's next generation of victims and abusers

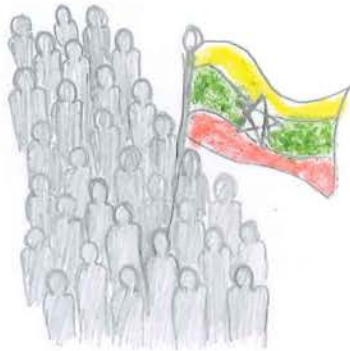
Men Should Not Beat Women



Physical Abuse Steals Our Human Rights



By: Taw Pakow



Hay! My friend, which groups are you going to vote for 2015

I'm going to vote Shwe Mann. He is the best leader in parliament

Ha! Ha! "are u going to vote parisoldierment?" He just wear national clothes in the front.

Why do you say like that? "I'm not clear!"

He keeps his soldier seat to the box in his house!

You must know before you vote for Shwe Mann. He is currently the number three man in the military and holds the title of Joint Chief of Staff. If Shwe Mann will become the president in Myanmar / Burma, it will be military president again. Although he is parliament now, you must know that in the past, he used to be military.