What is Cinco de Mayo?

Cinco de Mayo is a Mexican holiday full of rich history and Mexican pride. This day commemora-
tes the Mexican Army's astonishing triumph over the French that took place on May 5, 1862. The Mexican Army was greatly outnumbered by the French, who had also not lost a battle in over fifty years!

In hopes of slowing the French’s advancement toward Mexico City, General Ignacio Zaragoza and his troops attacked the French Army in the small village of Puebla. This attack resulted in the unlikely victory for the Mexican Army. On September 16, 1862, President Juarez declared that the date of the Battle of Puebla would be made an annual holiday. Hence, Cinco de Mayo became a popular holiday in Mexico and in areas where there is a large Mexican population.

How Do People Celebrate Cinco de Mayo?

There are various Cinco de Mayo traditions that are celebrated around the world. In Mexico, most of the Cinco de Mayo celebrations that take place occur in the town of Puebla (where the battle took place). There are large parades that feature people dressed up as Mexican and French soldiers. Vendors sell traditional Mexican foods as well as patriotic clothing and accessories for people to wear during the celebration. There is also sometimes a reenactment of the Mexican’s victory over the French troops that takes place in Puebla for visitors and residents to attend.

In the United States and some parts of Canada, people often host Cinco de Mayo parties with their friends and family. The colors of the Mexican flag (red, white, and green) often appear in costumes and party decorations. People decorate for Cinco de Mayo with balloons, streamers, and flowers. Mariachi bands or other Mexican folk music is also played at these celebrations and there is often traditional Mexican dancing. Another common Cinco de Mayo tradition that takes place is a feast of traditional Mexican dishes such as tacos, enchiladas, and salsa and tortilla chips.

Other parts of the world also have their own Cinco de Mayo traditions, though they are not as notable as the traditions in Mexico and the United States. In Vancouver, Canada there is an annual skydiving event and in the Cayman Islands there is an air guitar competition that takes each year on May 5. Furthermore, residents of the island of Malta in the Mediterranean Sea are encouraged to drink Mexican beer on Cinco de Mayo.

https://www.punchbowl.com/p/cinco-de-mayo-traditions

MAY 2016 CALENDAR

ASIAN AMERICAN & PACIFIC ISLANDER HERITAGE MONTH

ASTHMA AWARENESS MONTH

JEWISH AMERICAN HERITAGE MONTH

1- Easter (Orthodox Christian)
1- Beltane-Samhain (Wicca/Pagan)
2-6- Teacher Appreciation Week (International)
3- Saints Philip & James (Christian)
4- National Day of Prayer (USA, Interfaith)
5- Cinco de Mayo Day (International)
6-12- National Nurses’ Day and Week (US)
8- Mother’s Day (International)
12- Yom Ha’Atzmaut (Jewish)
13- Friday the 13th (International)
15- Visakha Puja (Buddhist)
16-20- National Bike to Work Week (National)
21- Lailat al Bara’ah (Islam)
22-28- Hurricane Preparedness Week (International)
23- Declaration of the Bab (Baha’i)
26- Corpus Christi (Catholic Christian)
29- Ascension of Baha’u’llah (Baha’i)
30- Memorial Day (US)
Tips for Working with a Healthcare Interpreter

- Greet the patient first, then greet the interpreter.
- Focus on and speak to the patient, not the interpreter.
- Speak at an even pace and pause often to allow the interpreter to interpret.
- Pay attention to the patient’s body language.
- Use plain English, avoid slang, jargon, technical terms, idioms and acronyms. These can be difficult to interpret.
- Remember that humor is very difficult to interpret!
- Pay attention to cultural issues.
- Assume that everything you say and everything that the patient says will be interpreted.
- If you need to talk directly to the interpreter about an issue of communication or culture, tell the patient first what you’re going to be addressing with the interpreter.
- Do not hold interpreter responsible for what the patient does or does not say; the interpreter is the medium of the message, not the source.
- Understand that in some languages the interpreter may need to “paint word pictures” of some of the terms you may use; this may take longer than your original speech.
- Many concepts you express have no linguistic or conceptual equivalent in other languages.
- If your patient is focusing excessively on the interpreter, you can use the following techniques to get the patient to focus on you:
  - Use the patient’s name;
  - Move your chair closer to the patient;
  - Make eye contact as often as possible;
  - Use facial expressions and body language that communicate interest and attentiveness.
* Maintain your role in managing the session.
* The interpreter does not conduct the session.
* Interpreters can also assist by putting their heads down, avoiding eye contact to assist with facilitating communication between both parties.
- Make no assumptions about the patient’s education level. A patient’s inability to speak English does not necessarily equate with a lack of education.
- When working with the telephonic interpreter, remember that the interpreter is “blind” to whatever is happening in the room. Narrate for him/her what is necessary about what’s happening in the room.

New Staff Translator Profile: Mai Tran

Mai Tran is a professional written translator in medical, legal, educational fields and others since 2006. In 2016, she joined Medical Interpreting Services (MIS) at UC Davis Medical Center as a written translator. She finds translation to be intellectually rewarding. Accurate and succinct translation is very much needed to pave the way to smooth and clear communication between people from all walks of life and around the world, to provide useful resources to target audiences, such as informing them of their rights, benefits and opportunities available to them, so they can make informed decisions and improve their quality of life. This is all the more important in the age of globalization.

Mai received her MSc (1982) in Microbiology from the University of Minnesota and her BSc in Chemistry (1977) from Macalester College in Minnesota.

Her lifetime work experience, other than translation, includes more than 23 years as a scientist in molecular and cell biology and staff supervisor in the biotechnology and pharmaceutical industries, mainly at Bayer Corp., California.

Mai Tran is also the Development Director of the Vietnamese Heritage Institute. Founded in 1987, the Vietnamese Heritage Institute (VHI) is a 501(c)3 tax-deductible non-profit non-governmental organization (www.thevhi.org). Its mission is to promote sustainable development that benefits the people and the environment of Viet Nam. VHI partners with entities based in Vietnam, North America, Europe, and Asia to provide valuable opportunities for the less fortunate in Vietnam to improve their quality of life. VHI contributes directly to poverty alleviation through its microfinance program and student scholarship program, and supports modernization and development of the local education system through its science & technology exchange program (VHI Newsletters).

In her spare time, Mai loves gardening, reading and hiking.

Joining the Medical Interpreting Services (MIS) at UC Davis Medical Center has been one of the highlights of her translation career, and she hopes to be able to contribute effectively in enhancing healthcare access to the culturally diverse patient populations serviced by the UC Health system.