



# ILV NEWSLETTER

## August 2009 NEWS

### Life goes on....

☺ Even though at first glance it may appear that certain areas of Ho Chi Minh city have become deserted over the summer months, there are still a large number of members enjoying all the city has to offer.

ILV has not closed down for summer, all the usual activities are still on, and the monthly Outing and Mystery Walk were booked out.

The Sunset Cocktails at the Deck were well patronised with about 40 members enjoying the evening.

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#### **Position Vacant**

We are looking for a Volunteer to Coordinate the Reception roster. For anyone interested the Job Description follows. If you feel you would like to assist, speak to any member of the committee.

**Reception Coordinator** (2) Coordinates the Reception Desk Roster, usually 2-3 months in advance. She maintains supplies of stationery for the desk. Is on hand each coffee morning (with 2 rostered helpers) to welcome guests and members and collect entrance fees and to make the ladies aware of any sign up lists for outings, lunches etc that are kept at the desk. At the end of the morning she counts the numbers in the sign in book and balances the money against this figure which is then handed over to the Treasurer. Time requirements – 15 – 20 minutes before

start of coffee morning to set up Reception Desk, 20 minutes per week to organize the roster, buy stationery, write report for, and attend monthly committee meetings.

\* \* \* \* \*

#### **Mark these dates in your Calendar!**

**August 26th** Outing is to Mega Star Movies. Contact Esmira for details

**September 9th** Newcomers coffee morning is being held at the Sherwood Residence. Contact Roni Conrad for details.

**September 10th** Members Bazaar. If you are a member, and you have a hobby or cottage industry and would like to take part, please contact Leonie Sands ( refer to membership list for details)

**September 12th** Welcome Back Cocktail Evening. Tickets will be available at coffee Thursday 6th August. Cost 250,00 VND Beer is being sponsored by SAB Miller.

### ILV August'09

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#### **Updating the Recipe Book**

ILV is currently updating the recipe book. If you have any favourites that you would like to share, forward them on to Sherry .

*"The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment"*

## Mystery Walk

Juli Notman

July 13<sup>th</sup> Mystery Tour.

We started at a very old market called Dan Sinh Market, on Ky Con street, between Ben Thanh market and the Bach Ben Nghe river. This market is mainly a Man's market where you can buy any type of pipe fitting, to air compressors, bug blowers, fan belts and gardening equipment not to mention the war... all the army supplies are here. There are also clothing shops for the little lycra dresses great for the smaller ladies and teens, also bras and evening gowns.

The temple next to the market is worth a look and if you want to buy the coiled incense, they sell the large ones for 40,000 vnd.

Then went to the Warehouse furniture shed on 6 Ben Van Don street, this shop has lots of "old" wooden furniture, they will restore and deliver to your homes... watch out for wood worm!.

We headed out of town to Thanh Da Island for lunch at Song Trang restaurant 233A Binh Quoi p.28 Q Binh Thanh. It is a very pretty place on the side of the river, with very good prices and delicious food . The sign of the street says moon café and you walk down a plant lined entrance to the river. At night it is all lightened up with fairy lights.

After lunch we followed the road down to Binh Quoi Park, this is where the local Vietnamese go for there wedding photos, beautiful gardens and photo areas. You can also eat there, or take your own picnic.

Well worth a visit.

Keep exploring this great City

Cheers Jules ☺

### Don't forget the 17<sup>th</sup> August

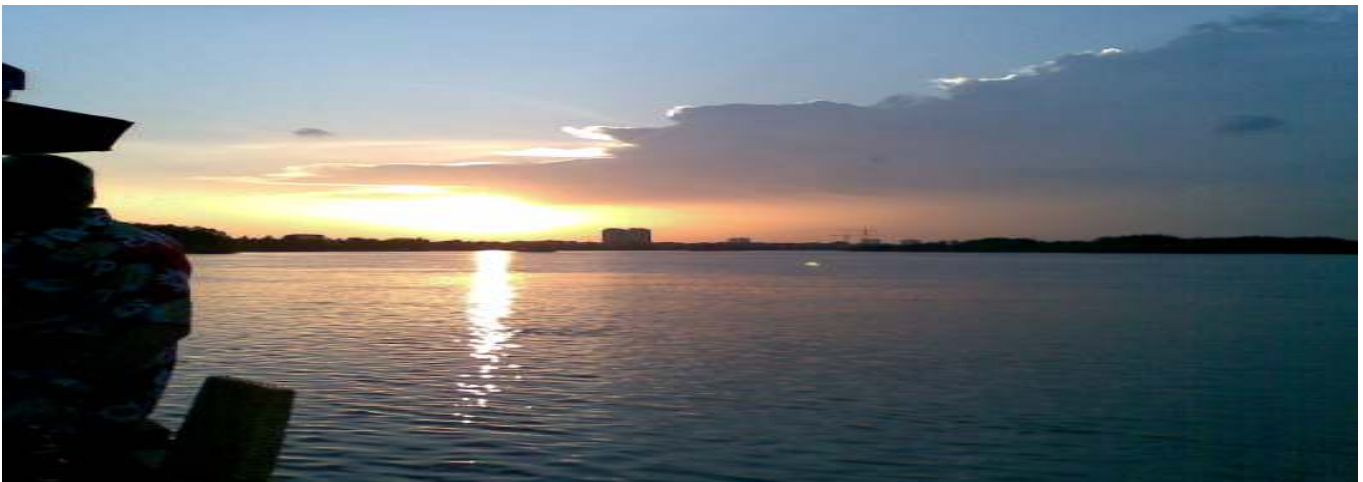
I am planning a Mystery Jungle walk and BYO Picnic lunch, the walk will be about 4km easy walk under trees. Lunch will be by a creek. The date will be August 17<sup>th</sup> Monday. Leaving Somerset HCMC 10am

Taking names and mobile numbers at the ILV meetings, we will need to travel by private cars so any one who can use their car for the day would be great, arriving back HCMC by 3pm

Don't miss out...



## Sunset Cocktails and Dinner



A great night was had by all who attended the Sun Set Drinks and Dinner get together at The Deck on 25<sup>th</sup> July 2009 .

As the river flowed past us , the sun set slowly in the distance. The wine was flowing, and the food kept coming

At 7: 30pm table were rearranged, and dinner was served, giving all the ones staying an opportunity to enjoying more of each others company and lovely food. Many thanks to Laura and The Deck for all their hard work and yummy food. ,

Thanks for your support and It was great seeing you all there.



## Evening ILV

Due to the Summer Break, there will be no Evening ILV for the months of July & August.

**ILV Outings - Exploring Markets in Districts 5 & 10** Esmira Hackenberg

We had a good time visiting markets in d.5 and d.10. First, we went to Cho Vai Soai Kinh Lam market in d.5. The market is located along the busy road which was a little bit inconvenient for us but we managed to do our shopping well. Some ladies bought fabrics for making shirts, quilts etc. Personally, I was hoping that Cho Vai Soai Kinh Lam market would have more of silk fabric. Never mind - after spending one hour shopping and browsing there we headed to An Dong market in d.5. An Dong market has got a mixture of fabric, shoes, food, clothing, fake bags, fake sunglasses to offer. It is a big market and we had to go to different directions to explore. After exploring An Dong market, our fun bus took us to Ho Thi Ky (flower) market in d.10. Wow, there was a great variety of beautiful flowers: orchids, roses, lilies, carnations. A few ladies bought some roses and other flowers. Trish and I bought absolutely wonderful bouquets of fresh roses for a very cheap price - 40000dong for 40 roses. Where else can we buy a big bouquet of roses for less than 3USD? - Only in Vietnam!



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We left the flower market at 11.15 and went back to the Central Post Office. I really hope that the ladies had a good time. I am open to suggestions for future outings. Please feel free to contact me if you have anything interesting to see or visit for our next outings.

Thank you ladies for participating!

\* \* \* \* \*

**August Book Club**



The book club will only meet once a month over summer.

August 10 th 12 noon @ Hideaway Café we will be discussing "The Ginger Tree" by Oswald Wynd.

We are also trying to update our book club email list, if you would like to join or remain part of the book club please reply to : Cathy Taylor (taylor\_riversdale@yahoo.co.uk)

## Local Lunch

Camilla Leigh

Local Lunch for July happened after the second meeting in July as I was away the first week – but I hope that you are all experimenting with the suggestions in the Local Lunch section of the ILV Eating Guide. All of these restaurants have been tried and tested and the staff can help you with ordering. Generally, anywhere that has a number of Vietnamese eating is going to be good – just remember that the Vietnamese tend to take their meals about 1-2 hours earlier than you may be used to. Lunch runs from 11am and the rush is usually over by 12.30pm.

First of all, many apologies to those who came for banh xeo – we broke the 50,000 dong mark! I will try harder next time but unfortunately food costs have risen considerably since we had the local lunch group before. It is still possible to find the com trua van phong (rice-based business lunch) for about 20,000 dong but many popular speciality restaurants have raised their prices so by the time you add in a drink other than iced tea and a cool wipe, 50,000 dong per person is probably now the norm. I hope enough of you can still afford to join us!

We were back in double figures for Local Lunch in July with many first-timers who, I hope, were pleasantly surprised. Banh Xeo 46A (46A Dinh Cong Trang) has been serving the large crispy Saigon pancakes for many years – I was first taken there in 1991 – and has recently seen off the competition which opened up opposite at 49A Dinh Cong Trang. It is busiest in the evening but now also has a healthy lunchtime trade with many Viet Kieu (overseas Vietnamese) as well as local Vietnamese and intrepid travellers who are prepared to venture outside of District 1.

The owners here are now used to taking custom orders for those who do not want to eat pork or shrimps and an egg can be added to supplement vegetarian orders. The pancakes are made with wheat flour and mung beans and include onions and beansprouts. Although they are fried, this can be a healthy meal as you wrap pieces of pancake inside different salad leaves and flavour the roll with the various herbs which come with the salad. The roll is dipped in fish sauce (with or without chilli to taste). If you are not sure how to do it, watch your neighbours or ask one of the staff.

We ordered one pancake each but you can share one between two or three and also order another speciality of this restaurant bo nhung dam (beef fondued in vinegar) which you eat wrapped in rice paper with rice noodles, vegetables and herbs. (Personally, I do not recommend the cha gio (fried spring rolls) here as they are rather hard but those of us who arrived first had fresh spring rolls goi cuon while we were waiting for the stragglers!) The adventurous amongst us rounded off their meal with Vietnamese jelly (rau cau) which has a very delicate flavour and is made with agar and flavoured with coconut, coffee or mung bean – the alternative dessert is crème caramel, banh flan. A pancake costs 37,000 dong and dessert is 3,000 dong.

Hope to see you at the next Local Lunch on 6 August.

\* \* \* \* \*

## New Activity—Uno

Uno is a card game some of you may remember you played with your children. It's an easy game to play, so come along and enjoy in the laughs..... Uno at the Mekong Merchant on Wednesday mornings at 10:00am—1:00pm. If you are interested please contact Irene McKinnell so she knows how many will be attending.

## ILV REGULAR MONTHLY ACTIVITIES

### Golf

Song Be Golf Club offers special rates for ILV members. Monday to Friday, 07:00 to 09:30am, USD\$40 per 18 holes inclusive of green and caddy fees. Tee times can be arranged by calling Song Be directly at 0650-755802/803 or email [golf@songbegolf.com](mailto:golf@songbegolf.com)

### Parent-Baby Groups

Babies born Sept 2006– Sept 2007 contact Lauren Scott [laurenscott2000@hotmail.com](mailto:laurenscott2000@hotmail.com)

District 7 baby group. For more info contact Aditi Kumar on 0913400760 or [sk.aditi@gmail.com](mailto:sk.aditi@gmail.com)

### Monday

#### Badminton

Mondays and Fridays at 8:30am. Contact Carmen on 0937518299 after 1st sept.

#### Duplicate Bridge

At Carmargue, 191 Hai Ba Trung, 6.30pm. Open to all: husbands, partners, visitors etc. A light supper is eaten half way through the evening. Contact Alexander Egert: 0903909111.

### Tuesday

#### Mahjong

10am-12pm, Norfolk Mansion, 2nd floor. All levels of player (including beginners) welcome. Contact Irene McKinnell 0908311218

#### Improvers' Bridge

Improvers' bridge, 10am-12pm. If you would like to play, con-

tact Keiko on 0903332081

#### Beginner's & Improver's Bridge

Beginnings and improvers at Norfolk Mansion at 10am Tuesday contact Keiko on 0903332081

### Wednesday

**Uno** - Yes, that's right, the game you used to play with the kids. Come along and join the fun...put your name down with Irene now! 10:00am-1:00pm Mekong Merchant Contact: Irene McKinnell 0908311218

### Thursday

#### Duplicate Bridge

Players with experience, 1:15 pm, Vasco's.

### Friday

#### Line Dancing

From May 8th dancing will be at Pacific Garden, 594 Ba Thang Hai St. Ward 14, District 10. Contact Keiko on 0903332081 for more details or to arrange transport.

### Swedish

#### Gin Rummy

1.30pm until approx 4.30pm, by the pool in Norfolk Mansion, 2nd floor. We collect VND 20,000 from each player and the winner receives a voucher worth VND 100,000 to spend locally. No experience necessary. Contact Doreen Stanbury on 090 944 3079.

#### Scrabble

1:30pm, Norfolk Mansion, 2<sup>nd</sup> floor, poolside. Numbers are increasing and the competition is hotting up.

## ILV Committee 2009

### Executive Committee

Chairlady

**Juliana Notman**

Vice Chairs

**Sherry Groen / Leonie Sands**

Secretary

**Colleen Miller**

Treasurer

**Susan Wilson**

Vice Treasurer

**Eileen Sonnack**

### Coordinators

Discounts Coordinators

**Maria del Pilar Pollitzer**

Library Coordinator

**Maha Itum**

Link Ladies Coordinator

**Kerstin Hartmann**

Newcomer's Coordinator

**Ronnie Conrad**

Newsletter Editor

**Gayle Brophy**

Reception Coordinator

**Susan Wilson**

Outings Coordinator

**Angela Nicholson Do / Esmira Hackenberg**

Website Editors

**Moray Banfield**

Evening ILV Coordinator

**Rachel Greig**

Newcomers' Coffee Coordinator

**Rena Bradshaw**

Lucky Draws Coordinator

**Julie Tarne**

Notice Board

**Sue Corns**

### GENERAL MEMBERS

**Nina Farrer**

**Keiko Imai**

**Alison Mc Ghie**

**Cathy Taylor**

## What's on this Month

### ILV EVENTS

#### Mystery Walk

For information about this month's Walk, contact Juliana Notman . Refer to Membership List for details.

#### Newcomers' coffee

Newcomer's coffee will not be held during July & August. A combined coffee morning will be on September 9th at the Sherwood Residence. Notification will be sent by SMS..

#### Evening ILV

There will be no Evening ILV for the months of July & August due to the Summer break.

#### Outing for August:

Will be to the Mega Star Movies. If you are interested in the outings, please contact:

Angela Nicholson Do,  
[angelanicholson\\_hk@yahoo.com](mailto:angelanicholson_hk@yahoo.com)  
 or Esmira Hackenberg,  
[esikyle@yahoo.com](mailto:esikyle@yahoo.com)

### OTHER EVENTS



### **ILV LIBRARY INFORMATION**

The Library, located on level 2 of the Parklands Country Club (formerly Saigon Country Club), An Phu, operates on an honour system.

Borrowers can take books from the shelves and re-shelve them on return. Questions, concerns or ideas can be addressed to Maha Itum: 0938 250289.

Contributions to books are welcome. No photocopied books please. Give books for donation to a staff member at the country club and they will place them in the library for you.

Map to Parklands



# AUGUST 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
					<b>1</b>	<b>2</b>
<b>3</b> Badminton 8:30am Duplicate bridge 6:30pm	<b>4</b> Mahjong 10:00am Improvers' bridge 10:00am Beginners' bridge 1:30pm	<b>5</b> Uno 10:00am	<b>5</b> ILV coffee, Rex Hotel Tea Room 10:00am  Experienced Bridge 1:15pm Vasco's	<b>7</b> Badminton 8:30am Scrabble 1:30pm Swedish gin rummy 1:30pm Line dancing 10:30am	<b>8</b>	<b>9</b>
<b>10</b> Badminton 8.30am Duplicate bridge 6.30pm	<b>11</b> Mahjong 10:00am Improvers' bridge 10:00am Beginners' bridge 1:30pm	<b>12</b> Uno 10:00am	<b>13</b> ILV coffee, Rex Hotel Tea Room 10:00am  Experienced Bridge 1:15pm Vasco's	<b>14</b> Badminton 8:30am Scrabble 1:30pm Swedish gin rummy 1:30pm Line dancing 10:30am	<b>15</b>	<b>16</b>
<b>17</b> Badminton 8:30am Duplicate bridge 6:30pm Mystery Walk	<b>18</b> Mahjong 10:00am Improvers' bridge 10:00am Beginners' bridge 1:30pm	<b>19</b> Uno 10:00am	<b>20</b> ILV coffee, Rex Hotel Tea Room 10:00am  Experienced Bridge 1:15pm Vasco's	<b>21</b> Badminton 8:30am Scrabble 1:30pm Swedish gin rummy 1:30pm Line dancing 10:30am	<b>22</b>	<b>23</b>
<b>24</b> Badminton 8:30am Duplicate bridge 6:30pm	<b>25</b> Mahjong 10:00am Improvers' bridge 10:00am Beginners' bridge 1:30pm	<b>26</b> Uno 10:00am	<b>27</b> ILV coffee, Rex Hotel Tea Room 10:00am  Experienced Bridge 1:15pm Vasco's	<b>28</b> Badminton 8:30am Scrabble 1:30pm Swedish gin rummy 1:30pm Line dancing 10:30am	<b>29</b>	<b>30</b>