



ILV NEWSLETTER

JANUARY 2009

Happy New Year !!

"2009"



"Happy New Year" to all our Members.

Whether you celebrate the New Year according to the Gregorian Calendar, or you celebrate the New Year according to the Lunar Calendar, in most customs it is a time for celebration, casting aside the old and the resolution of better to come.

* * * * *

Sir James George Scott wrote: "The especial great season for every one, rich and poor, is the new year, the Tet."

Tet starts in January or February at the time of the full moon before spring planting. Officially it lasts three days, but since advance preparations are important, it often requires a week or more away from everyday activities like school and work. Houses are cleaned (so that the Kitchen God can give an approving report to the Jade Emperor)

and decorated with gold banners, red ribbons, and coloured lights. Food and wine are placed at the family altar to please the spirits of dead ancestors. The community celebration can include a parade with elaborate floats, and fireworks, song and dance. It is said that the first visitor on the first day of Tet brings luck, good or bad, so many people take care to invite the right person to make that visit. Whatever happens that first day is said to set the pattern for the whole year.

* * * * *

Editor's Note :

The New Year has begun, and ILV has many interesting and informative Guest Speakers and Outings planned for the forthcoming months.

It is also time for the Annual General Meeting and the election of the Executive Committee.

The AGM will be held in March, so if you have ever wanted to help out and get involved, now is the time to start thinking about which position your talents would best serve, and think about nominating!

To help you understand the responsibilities of each position, there are details of each Job Descriptions on Page 5. Only the Executive Committee are elected positions. The Coordinator's and the General Members positions are Voluntary.

Don't be shy!, Serving on the committee can be a wonderful way to meet new friends and face new challenges. So put your hand up, and get involved!

ILV JAN'09

Volume 1

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Future points of Interest

- Jan 8th Coffee resumes
- Jan 15th Malaysia Talk
- Jan 29th TET No ILV
- Feb 5th Coffee
- Feb 12th Valentine's ILV

Christmas Lunch 2008

Eileen Sonnack

There were cheerful Snow Ladies, a delicate Snowflake, and a table of suspiciously coiffed Asian Snow Queens among the 164 attendees at ILV's annual Christmas Luncheon "Snowflakes in Saigon" on December 4 at the New World Hotel.

Guests were treated to specially created *Blue Frostini's* at the cocktail reception sponsored by Exotissimo whilst mingling and admiring one another's festive blue and white outfits. Santa (aka Steve Notman) greeted the ladies, smiled for innumerable photos, heard their Christmas wishes and distributed traditional candy canes



A delicious lunch was served in a festive ballroom charmingly decorated to reflect the frigid theme with icy centrepieces of

snowball flower arrangements spiked with sparkling snowflakes. One happy winner at each table carried a centrepiece home with them. Everyone was entertained, hopefully, with a humorous rendition of the 12 Days of Christmas - Saigon Style, Angela's jazzy performance of Winter Wonderland, a carol sing along and 'Juram and the Gaveros' rocking good music sponsored by Uni-Group Worldwide UTS Asia. The dance floor was packed!!!

Thanks to Audrey's successful efforts contacting local businesses, Lucky Draw winners were very excited with their prizes from our generous donors.

Table gifts included reusable shopping bags provided by HSBC, along with stress balls from Malaysia Airlines and vouchers from YKCBeauty Spa & Hair Salon. Dancenter contributed dance lessons for the most fashionably dressed table.

Donations collected for the ILV Giving Tree will be used to fulfil the wish lists submitted by: Duc Duc (bicycles for 10 students so they can continue their education and sets of children's clothing for Tet), SoZo (a digital cash register for accountability and training at the café), Paul's Kids (get well gifts for children recovering in hospital) and wheel chairs to be purchased from Kids First Wheelchair Factory and distributed through Paul's Kids.

As you already know, this is the ONLY direct fund raising activity sponsored by ILV and our members responded generously. Combined with ILV's matching funds, we will be able spend over \$4,000 to purchase the requested items.

Please join me in thanking the Christmas Lunch Committee for their commitment to the planning and superb execution of this terrific event - Sherry Groen, Jules Notman, Linda Ledl, Debbie Pearson, Leone Sands, Sheila Sheldon, Debbie Smart, Audrey Swampillai, Julie Max Tarne, Cathy Taylor and the elves who helped with pre-event set-up. See you again next year!!!

Thank You for Your Donations

American Chiropractic Clinic
 Annam Gourmet
 Austin Homes
 Beads & Baubles
 Boniva Chocolatier
 Bonsai River Cruise
 Caravelle Hotel
 Gecko Boxes
 Intercontinental Hanoi Westlake
 Jewellery by Huong Kivette
 La Cochinchine Luxury Spa & Fitness
 Legend Hotel Saigon
 Life Resorts
 Martine Aepli
 Megastar Cineplex
 Nam Lien Boutique
 New World Hotel
 Nga
 Park Hyatt Saigon
 Rex Hotel
 SKOPA Ice Cream
 Sofitel Plaza Saigon
 Starlight Dental Clinic - Dr Philippe
 Windsor Plaza Hotel
 Xu



Evening ILV

EILV for Wednesday 14th January 2009

7:30pm—9:30pm

Come along and have a glass of wine, a cup of coffee and meet some people.

Take this opportunity to socialize, expand your network, and learn about all ILV has to offer.

11/9 Nguyen U Di Street,

Thao Dien Ward, D2

An Phu

Contact: Rachael 0918730889

Admission:

100,000 VND

Refreshments served



Something to do with the Kids.....

Lac Canh Dai Nam Van Hien Amusement Park.

Looking for something different to do with the Kids? Big and small, there is something for everyone!

Situated about 2 miles further out than Song Be Golf course on the left hand side of the road.

Lac Canh Dai Nam Van Hien Amusement Park. Phuong Hiep An, thi ox Thu Dau Mot, tinh Binh Duong.

This is a new "walled" Theme Park , Zoo, Golden Temple, Water Park.

Set out like the forbidden City in

Beijing, the most amazing Golden Temple and Peaceful mountain and water fountains are the first areas you see. There are beautiful gardens and reflection areas and Carp filled lakes.

You catch buses to the Zoo, water park or theme park. This is an on going development and will eventually have camping areas also.

The rides are amazing, a great roller coaster, mad mouse, Log Flue (water slide) with a 70 foot spray wave, a double decker carou-

sel, and a wonderful chair swing.

Yes, there are also the bumper boats, haunted house, the hell tour, and 3-4 D picture cinema, fantastic.

The cost to enter is 40,000vnd for the none ride pass and you pay for your rides as you go, or 150,000vnd for an all ride pass.

The Zoo and shooting type galleries are extra cost. Food stall and toilets are very clean.



Committee members**Job Descriptions**

Chair Lady - Executive Position The Chair Lady is the official face of the International Ladies of Vietnam. As the name implies she chairs any meeting of the committee and is our representative at meetings and functions outside ILV. During coffee mornings she is often the first person members approach with questions or problems. Time requirements – It is important to be at as many coffee mornings as possible and monthly committee meetings and up to 1 hour per week on phone calls, emails, etc.

Vice Chair – Executive Position The Vice Chair assists the Chair Lady and acts in the Chair Lady's place if she cannot attend. Time requirements – Attendance at coffee mornings, 30 minutes per week outside of meeting times and attendance at monthly committee meetings.

Treasurer – Executive Position The Treasurer is responsible for the finances of the ILV. She keeps detailed records of incoming and outgoing monies and balances them against the cash on hand which she keeps in her possession. She makes payments on behalf of ILV. She delivers the Financial Report at Committee meetings and at the Annual General Meeting. She liaises with the coffee morning venue re numbers and payment. Time requirements – attendance at coffee mornings to receive invoices, supply Reception with change etc, 30 minutes per week to balance the books and 1 hour at end of month to balance the books, write a report for the monthly committee meeting and attend monthly committee meeting.

Treasurer – Executive Position - performs treasurer's responsibilities in her absence

Secretary – Executive Position The Secretary takes minutes of each Committee meeting, writes them up and distributes them (via email) to the Committee members. She collates and redistributes Committee Member Reports (via email) before each Committee Meeting. She is also responsible for any incoming or outgoing correspondence.

Membership and Link Lady Coordinator The Membership Coordinator is responsible for keeping track of new and existing memberships. She collects the paperwork from the Newcomers Table each week in order to update the membership records. She is also responsible for maintaining a group of existing members who she "links" with new members to help them with their transition to life in Vietnam. Time requirements – Membership takes about 45 minutes per week and Link Ladies about 30 minutes per week, plus writing a report for and attending the monthly committee meetings.

Newcomers Table Coordinator (2) The Newcomers Table Coordinator is responsible for maintaining a roster of members to staff the newcomers table, to fill out the paperwork associated with joining ILV. She is in charge of the Black Book, which is the record of the ILV Membership Numbers. Time requirements – 15 minutes before and after coffee mornings to set up and pack up, 1 hour per month printing forms and updating membership information, writing report for, and attending monthly committee meetings.

Guide Book Editor (2) The Guide Book Editor collates, edits and is responsible for the printing of the Guide Book on an as needs basis.

Discount Coordinators (Two Positions) Maintains the validity of current discount vendors in the Guide Book and signs up new vendors, either through ILV member recommendation or their own initiative. Time requirements – 1 day per month physically checking to see if shops are still at addresses and getting paper work signed, 1 hour per

week collating paperwork and emailing changes to Guide Book Coordinator, write report for and attend monthly committee meetings.

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.

Library Coordinator (2) Coordinates the Library Roster for each week's coffee morning. She is responsible for maintaining the numbering system of the ILV library. She allocates new books numbers and is also responsible for physically maintaining the books and purging their numbers when necessary. Time requirements – write report for, and attend monthly committee meetings.

Newsletter Coordinator (2 positions) She is responsible for collating, editing and publishing the monthly newsletter. Time requirements – 1 hour per month doing calendar and layout.

Web Site Coordinator Is responsible for updating information on the web site and liaising with the web site designer. Also replies to mail sent to ILV via the links on the web site. Time requirements – 1 hour per week on site and write report for and attend monthly committee meetings.

Guest Speaker Coordinator Finds and coordinates speakers on a variety of topics of interest to members on a regular basis (currently twice per month). She arranges for a small gift for any speaker who is not representing a business or organization, the cost of which is reimbursed by ILV. She is responsible for making arrangements with the speaker, looking after the speaker on the day of the talk and liaising with the venue staff if any equipment is needed (e.g. Microphones). She is also responsible, as necessary, for keeping the venue informed of any speakers who are not ILV members.

Notice Board Coordinator Is responsible for deciding what is eligible for the notice board and tables and stamps eligible notices. Set up and packs up the Notice Board and tables and makes sure that the information displayed is of the correct size and is current. Also sets out the trays of business cards and flyers. Time requirements – 15 minutes before and after each coffee morning, write report for and attend monthly committee meeting.

Outings Coordinator Plans and coordinates monthly outings, e.g. Pottery trip, art gallery tour. Time Requirements 2 hours per month on planning, plus attending the outing, writing a report for and attending the monthly committee meeting.

Special Functions Coordinator Is liaison for subcommittees formed to coordinate special functions e.g. a cocktail party or the Christmas lunch.

Activities coordinator –maintains communication w/ individual activity hostesses and advises web and newsletter of venue, date, contact information changes

Vietnam Adventures

Margaret Brampton

I recently visited Hoi An, an east coast town described by everyone you'll ask as the most beautiful spot in the country, the most ancient, the one place in Vietnam not-to-miss.

Having been there, there are a few things I'd like to have missed, such as the hawkers (grabby and noisy), the mobs of tourists in uncool joggers-n-sox, and the litter dirtying any beach front not claimed and cleaned by resorts.

Also, I could've done without the nine inches of rain that flooded the town and kept us to our hotel balcony where we looked at the soggy beach while getting soggy on Long Island Teas.

So I'll blame the rain for the fact I was disappointed in Hoi An. At times, when walking under the wooden arches of a restored building or past mus-

tard-yellow colonial terraces, I glimpsed a past not seen in the concrete and steel sprawl of modern Vietnam.

Too often, however, that sense of history came not from the beauty of the buildings but from their mildewed state. OK, here, a generation ago everything bigger than a blade of grass got bombed but that should not mean that a town full of buildings with green slime on their roofs and walls crumbling into the street be romanticised as an "ancient beauty".

I went to Hoi An thinking I'd see something like the wooden buildings of Narita, Japan, but I left thinking I'd been to rundown Paddo, Sydney, before it'd been redeveloped.

On a positive note, Hoi An's waterscapes (river and coast) are unique, not-to-be-missed (after all, that's why the place

has been inhabited so long, just ask the pirates). If, in the early morning, you walk down Cua Dai Beach to where the Thu Bon River empties into the East Sea you might see, as I did, a fleet of fishing boats coming home with its catch. I watched basket boats, like so many bowls of fruit, spin round in the surf as they made for in-shore. With my husband, Ray, I helped haul them above the water line. They were so heavy, lifting the basket boats nearly killed us both but the fishermen, used to carrying the weight alone, just smoked cigarettes and smiled when we bent over our knees, puffing. You could almost see their thought bubbles: *Foreigners, sometimes you've just got to luv 'em.*



Famous Japanese Bridge



Fishing on way to Cua Dai Beach



Fishing Net at Cua Dai Beach

Got your own adventure?
Write it up for Newsletter!
Contact the editor at
ilvnews@hotmail.com

January Book Club

This month's Books for discussion are:

12th January

"Death and the Penguin" by Andrey Kurkov, on the at 12.00 noon at Hideaway Cafe, 41/1 Pham Ngoc Thach, District 3



21st January

"A Good Turn" by Kate Atkinson, on the at 4.00pm at Cafe Evita, 230 Nguyen Van Huong, An Phu.

Member to Member

This is a new section created to allow members the opportunity to share information they feel may be of interest to other members.

For anyone visiting Hanoi

It is always difficult finding somewhere to go out to in a new city. The following have been recommended:

AU Lac Club

Bar - Restaurant

3A Nguyen Khac Can Street , Hanoi Tel: 3936 9009

also

The Green Tangerine, 48 Hang Be Hoan Kiem District, Hanoi

Notice Board

The privilege of displaying advertisements/brochures/name cards on the ILV Notice Board Table is reserved for businesses offering discounts to ILV members. The only exceptions to this are

informational materials from medical, educational and charitable establishments and flyers for community events of appeal to the general membership. ILV members may post personal announcements pro-

vided they are pre-stamped by the NB Coordinator and include an ILV membership number. Notices not meeting these criteria will be removed. Your cooperation, as always, is appreciated.

Welcome New Members

Australia

Fiona Henderson
Carolyn Moore
Jacqui Frowen
Sally Cross

Belgium

Fabienne Vanderpoel
Florence Junes

Britain

Clare Nevin
Judie Chun-Chun Freeman
Karis Cooper

Canada

Collen Miller

Czech

Andrea Tochackova

Colombia

Carolina Kiger

Denmark

Randi Toft

France

Caroline Leo

Germany

Angelika von Eicke-Ruehl

Hong Kong

Darleen Chan

India

Sheela Girish
Sandhya Elizabeth Manual

Japan

Yukiko Kaneko

Malaysia

Irene Lee
Elaine Lee
Fay Fay Choo

Sweden

Ase Lind

Thailand

Sornwanee Snanwai

USA

Minh Hoang-Catrell
Sharon Brown
Rena Bradshaw
Pamela Osterland
Elizabeth Luu

Vietnam

Giang Van Kerkwitk

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

Parent-Baby Groups

For parents with babies born since August 2005. We rotate around to each other's homes once per week. For information, please contact Carol: c_croy@yahoo.com.

Baby group for babies between 2 and 3 years old. Contact Melody on robmelo-scar@gmail.com as the venue changes each week.

District 7 baby group. For more info contact Aditi Kumar on 0913400760 or sk.aditi@gmail.com.

Monday

Badminton

Mondays and Fridays at 8:30am. Contact Daisy on 0909608800 or 930020 #1613.

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.

Bunco

Second and fourth Mondays of each month .

Tuesday

Mahjong

10am-12pm, Norfolk Mansion, 2nd floor. All levels of player (including beginners) welcome. Improvers' Bridge

Improvers' bridge, 10am-12pm. If you would like to play, contact Sandrine on sandrine.duc@hotmail.com or 0935125261.

Beginners' Bridge

1.30pm. Contact Juliana on 0906782990 to find out location as it varies from week to week.

Thursday

Duplicate Bridge
Players with experience, 1:15 pm, Cafe Evita, An Phu. Con-

tact Loeke on 0902464643.

Friday

Line Dancing

10.30am at Vasco's in D1. Contact Keiko on 0903332081 for more details.

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, 2nd floor, pool-side. Numbers are increasing and the competition is hotting up.

ILV Committee 2008

Executive Committee

Chairperson

Sherry Groen

Vice Chair

Juliana Notman

Secretary

Hillary Reinsch

Treasurer

Audrey Swampillai

Vice Treasurer

Special Events Coordinator

Eileen Sonnack

Coordinators

Discounts Coordinators

Maria del Pilar Pollitzer

Library Coordinator

Publications Coordinator

Maha Itum

Link Ladies Coordinator

Anh Vo

Newcomer's Coordinator

Outings Coordinator

Esmira Hackenberg

Assistant Newcomers Coordinator

Rayna Bone

Newsletter Editor

Gayle Brophy

Reception Coordinator

Mille Bindslev

Outings Coordinator

Angela Nicholson Do

Website Editors

Cathy Taylor

Julie Tarne

Evening ILV Coordinator

Rachael Greig

Newcomers' Coffee Coordinator

Debbie Pearson

Gift Coordinator

Leonie Sands

"The Guide" Coordinator

Vicky Harvey

GENERAL MEMBERS

Ida Knudsen

Maida Ahrens

What's on this Month

ILV EVENTS

ILV Coffee

January 15th is " Malaysia Day " at the ILV Coffee Morning.

Newcomers' coffee

A combined December / January Newcomer's coffee will be held at Debbie's on Wednesday 14th January. at 10:00 am . Debbie's address is on your invitation. Please send an SMS to confirm your attendance.

Evening ILV

Will be held at Rachel's on Wednesday 14th January 7.30pm. Details, address and map can be found on the website.

Book Club

On the 12th January at 12.00 noon at Hideaway Cafe, 41/1 Pham Ngoc Thach, District 3 and the 21st January at 4.00pm at Cafe Evita, 230 Nguyen Van Huong, An Phu.

OTHER EVENTS

AusCham HCMC

Combined Chamber Drinks

Time: 6pm-9pm, Wednesday 14th January 2009

Venue: The Cage, 3A Ton Duc Thang, District 1, HCMC

Cost: Free entry, complementary canapés and reduced drink prices

This year's [Big Day Out](#) event in **HCMC** will be held on Saturday 4th April at Van Thanh Park. This is a fantastic family day out with plenty of activities for children and adults, culminating in lots of great live music. If you are interested in being involved with the day or would like to volunteer to help please contact Anna Norriss at marketingmgr@auschamvn.org.

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.

Health Awareness

Family Medical Practice Hi Chi Minh City

Dr. Jonathan

Dengue Fever is a viral infection passed by mosquito's. It is endemic in South East Asia.

Dengue is manifested by a sudden onset of fever, with severe headaches, joint and muscular pains. The fever may resolve after a few days but can reappear; usually together with a rash that appears first on the lower limbs and the chest, sometimes spreading all over the body.

The diagnosis is usually made on a clinical and laboratory basis. Most cases are mild, and healing is completed within a few days.

To help prevent Dengue Fever, use a mosquito repellent and wear clothing that will cover your body. Mosquitoes dwell in damp and wet places, so try to limit these types of areas around your home.

Map to Parklands



January '09 at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
			1 ILV coffee, Rex Hotel Tea 10:00am Room Experienced Bridge 1:15pm	2 Badminton 8:30am Scrabble 1:30pm Swedish gin rummy 1:30pm Line dancing 10:30am	3	4
5 Badminton 8:30am Duplicate bridge 6:30pm	6 Mahjong 10:00am Improvers' bridge 10:00am Beginners' bridge 1:30pm	7	8 ILV coffee, Rex Hotel Tea 10:00am Room Experienced Bridge 1:15pm	9 Badminton 8:30am Scrabble 1:30pm Swedish gin rummy 1:30pm Line dancing 10:30am	10	11
12 Badminton 8.30am Duplicate bridge 6.30pm Bunco 1:00pm Book Club Hide-away Cafe 12:00	13 Mahjong 10:00am Improvers' bridge 10:00am Beginners' bridge 1:30pm	14 Newcomers Coffee Morning 10:00am Evening ILV 7:30pm	15 ILV coffee, Rex Hotel Tea Room 10:00am "Malaysia Day" Experienced Bridge 1:15pm	16 Badminton 8:30am Scrabble 1:30pm Swedish gin rummy 1:30pm Line dancing 10:30am	17	18
19 Badminton 8:30am Duplicate bridge 6:30pm	20 Mahjong 10:00am Improvers' bridge 10:00am Beginners' bridge 1:30pm	21 Book Club Café Evita 4:00pm	22 ILV coffee, Rex Hotel Tea Room 10:00am Experienced Bridge 1:15pm	23 Badminton 8:30am Scrabble 1:30pm Swedish gin rummy 1:30pm Line dancing 10:30am	24	25
26 TET NO ILV	27 TET NO ILV	28 TET NO ILV	29 TET NO ILV	30 TET NO ILV	31	