



Ho Chi Minh City
Since 1992

ILV NEWSLETTER

MAY 2009 NEWS

The busy month of April

April has been another busy month with Easter, The Agent Orange talk by Paul from Bobby Brewers, trip to Vung Tau enjoyed by 15 ladies and the Mystery tour, not to mention the on going club activities, Mah-jong, Bridge, Scrabble and Gin rummy, not forgetting Line dancing at Vascos.

Sherry, Pam and my self went to Mai Tam, a women's shelter for aids victims. We delivered the bags full of your kindly donated hotel products and watched the children play while hugging the babies. It was lovely to see such a clean and well run place with happy kids of all ages playing on the floor together.



Sonia is a volunteer who, twice a week, takes her own toys to the shelter and plays with the children, this way the children have something to look forward to each week.

The children at the shelter, some are orphans, others have mothers who go out to work in the shelters shop doing flower selling or sewing while they are well enough.



All the children have aids, but to watch them play and smile they are like any

kids any where.

The nuns school the children and Father Jon looks after the



day to day running. There are many sad stories about how some of the children have come to be at the shelter, one little girl who is the size of a 7 year old, she is actually 14, comes from near Hanoi, she knew her name, her parents names and phone numbers, but when the shelter tried to make contact with her parents they were told that no one by that name live there or ever lived there. She some times goes and stands on the balcony watching and waiting for her family to come... they never will.

There was also the healthiest, heavy, about 9 month old baby boy who was left at a pagoda because his family thought he had aids, he hasn't and is up for adoption.

If any one has some free time and would like to play with the kids on a Tuesday or Friday morning I can put you in contact with Sonia.

Remember the 16th May Summer send off Dance at ALIBI 11 Thai Van Lung street next to Vegies. 200,000vnd beer and soft drinks free flow, nibbles 8pm start dance to

ILV MAY'09

Volume 5

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Future points of Interest

May7
Denmark presentation

May14
Habitat for Humanity

May28
Vietnam—New Tax Law

June4
Headmaster ISHCMC

June11
Special presentation from a Bangkok Clinic on Surgical and Non Surgical enhancements for women

Mystery Walk

This month we took a leaf out of Asia Life book and headed off to District 5, taking in the Pagoda's . On the way we stopped in at Le Pub in Pham Ngu Lao for a look at Trung's photographic exhibition of out and about Vietnam, Trung runs I Travel, the company who took Top Gear, the British TV program, from HCMC to Ha Long Bay, the photos were amazing.

The fist Pagoda was Quan Am Pagao (hoi Quan On Lang Pagoda), It is most impressive, with its gilded and ornate carvings, it was built in 1763 by a Fujian congregation in honour of the goddess of mercy Quan Am.

Thien Hau Pagoda, was built in the 18 century it is a very large and open Pagoda with brightly coloured robed figures of the temples namesake the goddess of the sea and patron saint of sailors and fisherman. Large coils of incense hang from the rafters, each burning for up to a month. It cost 10,000vnd to buy one, you write you message and a chap hangs it up in the rafters.

Then off to the Yellow Church of Cha Tam also called Phanxico Xavie Church it has a interesting past, in 1963 President Ngo Dinh Diem was the victim of a coup, he and his brother fled to the church to hide, he surrendered and was handed over the military, only to be executed in the car taking him to the joint General Staff headquarters. If you walk straight out of the church gates and down the road, you will come across the material sellers, most sellers are happy to see you, they don't speak English and some therefore wont sell to you. We headed up the little alleyways and came across beads and bow street, so many beads and buttons, zips, every thing and anything.

We continued our tour by heading to Binh Tay Market this amazing whole-sale market is housed in a old Chinese style building with a lovely peaceful courtyard in the middle with a fountain, bronze lions and dragons. At Binh Tay you can buy anything from cloths to shoes, hair accessories to household items.

Hot, tired and hungry we headed back into district 1 for a late lunch. Thanks ladies you all helped to make it another great tour.



Me Fruit Triathlon 2009 The 8th edition will be held at *Suoi Nuoc Beach*, the Phan Thiet region

Saturday 30 May (Opening at 3:00 p.m.) Departure from Suoi Nuoc Beach at the Jibe's Beach Club II, in Mui Ne organized by Viet Adventure

STAMINA Triathlon
Over 16yrs 2:20 pm

SPRINT Triathlon
Any age 2:40 pm

GECKO Triathlon – Kids event
6 to 12 yr 5:30 pm

750 m sea swimming
40 km mountain biking
8 km off road running

350 m sea swimming
20 km mountain biking
4 km off road running

100 m sea swimming
3 km mountain biking
1000 m off road running

For Entry forms and fee information contact: trophy@vergersmekong.com

Newcomer's Coffee Morning

The April Welcome morning tea was held at Helen Daviglus home in An Phu.

Seven new ladies attended as well as some of our longer standing members, this was lovely as it give a wider information base for the new ladies and we are able to answer most questions the lady have to ask.

Thank you Helen and welcome New Members.



Summer Farewell Dance

The "spring" social function for the ILV members and friends (spouses) will be held on Saturday May 16th

International Ladies in Vietnam Summer Send- Off Cocktail Nibbles / Free Flow Beer

Dance to "The Ten Dollar Bill Band" at [ALIBI 11 Thai Van Lung District 1](#) from 8pm- Midnight

First ladies through the door Free glass of WINE

Special wine/ cocktail prices all night

NO ticket sales at the door- Ticket price of 200,000 VND

Tickets available at ILV Coffee mornings OR by e-mail request from Leone Sands (vice Chair) colinandleone@hotmail.com

Family Medical Practise

Walking Blood Bank.

Due to the climate in which we live, and facilities available, many medical practises here do not have the capability to store blood. The Walking Blood bank is a way of ensuring a supply of this most precious resource.

Please see the last page of the newsletter for more information.

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According to the Centre for Disease Control, the everyday actions listed below can help prevent the spread of germs that cause respiratory illnesses.

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- If possible stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often will help prevent germs

## Happy Mother's Day

Before I was a Mom I never tripped over toys or forgot words to a lullaby.

I didn't worry whether or not my plants were poisonous.

I never thought about immunizations.

Before I was a Mom - I had never been puked on.

Pooped on. Chewed on. Peed on.

I had complete control of my mind and my thoughts.

I slept all night.

Before I was a Mom I never held down a screaming child so doctors could do tests. Or give shots.

I never looked into teary eyes and cried.

I never got gloriously happy over a simple grin.

I never sat up late hours at night watching a baby sleep.

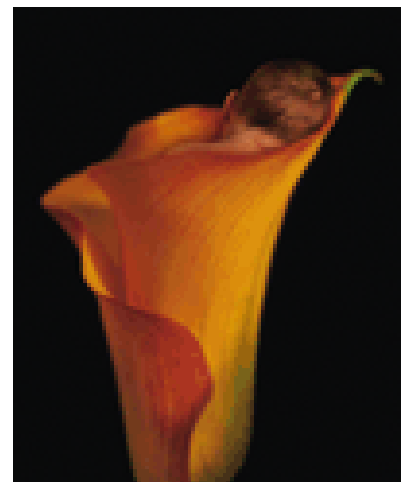
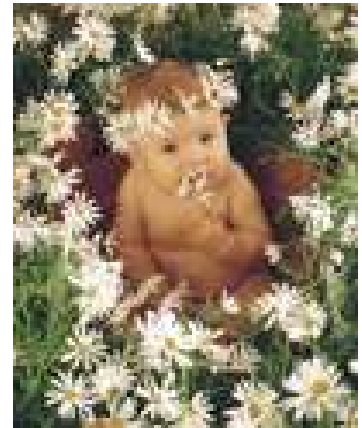
Before I was a Mom I never held a sleeping baby just because I didn't want to put them down.

I never felt my heart break into a million pieces when I couldn't stop the hurt. !!!

I never knew that something so small could affect my life so much.

I never knew that I could love someone so much.

I never knew I would love being a Mom .



## MOM - Job Description

If it had been presented this way, none of us would have done it!!!!

POSITION: Mother, Mom, Mama, Mommy, Ma

JOB DESCRIPTION: Long term, team players needed, for challenging permanent work in an, often chaotic environment. Candidates must possess excellent communication and organizational skills and be willing to work variable hours, which will include evenings and weekends and frequent 24 hour shifts on call. Some overnight travel required, including trips to primitive camping sites on rainy weekends and endless sports tournaments in far away cities. Travel expenses not reimbursed. Extensive courier duties also required.

RESPONSIBILITIES: The rest of your life. Must be willing to be hated, at least temporarily, until

(Continued on page 5)

*(Continued from page 4)*

someone needs \$5. Must be willing to bite tongue repeatedly. Also, must possess the physical stamina of a pack mule and be able to go from zero to 60 mph in three seconds flat in case, this time, the screams from the backyard are not someone just crying wolf. Must be willing to face stimulating technical challenges, such as small gadget repair, mysteriously sluggish toilets and stuck zippers. Must screen phone calls, maintain calendars and coordinate production of multiple homework projects. Must have ability to plan and organize social gatherings for clients of all ages and mental outlooks. Must be willing to be indispensable one minute, an embarrassment the next. Must handle assembly and product safety testing of a half million cheap, plastic toys, and battery operated devices. Must always hope for the best but be prepared for the worst. Must assume final, complete accountability for the quality of the end product. Responsibilities also include floor maintenance and janitorial work throughout the facility.

**POSSIBILITY FOR ADVANCEMENT & PROMOTION:** Virtually none. Your job is to remain in the same position for years, without complaining, constantly retraining and updating your skills, so that those in your charge can ultimately surpass you

**PREVIOUS EXPERIENCE:** None required unfortunately. On-the-job training offered on a continually exhausting basis.

**WAGES AND COMPENSATION:** Get this! You pay them! Offering frequent raises and bonuses. A balloon payment is due when they turn 18 because of the assumption that college will help them become financially independent. When you die, you give them whatever is left. The oddest thing about this reverse-salary scheme is that you actually enjoy it and wish you could only do more.

**BENEFITS:** While no health or dental insurance, no pension, no tuition reimbursement, no paid holidays and no stock options are offered; this job supplies limitless opportunities for personal growth and free hugs for life if you play your cards right.



"To the world you might just be one person,  
but to one person you might just be the world."

**May Book Club**

The novels for discussion this month are;

"Blessings" by Anna Quindlen on Monday the 11th May at 12.00 noon at Hideaway Cafe, 41/1 Pham Ngoc Thach, District 3

"The House at Sugar Beach" by Helene Cooper at 4.00pm on Wednesday 20th May, venue to be confirmed.



**Welcome New Members**

**Argentina**  
Lorena Condori

**Australia**  
Diana Winter

**Belguim**  
Mieke Van Helstrand

**Britain**  
Nara Ringrose  
Melissa Lee  
Ruth Cavanagh

**France**  
Veronique Manzano

**New Zealand**  
Trea Kenny  
Libby Sims  
Sandy Boyle

**USA**  
Janell Wright  
Michele Baigrie  
Mai Anh Tran

**Evening ILV**

**EILV for Wednesday 13th May 2009**

**7:30pm—9:30pm**

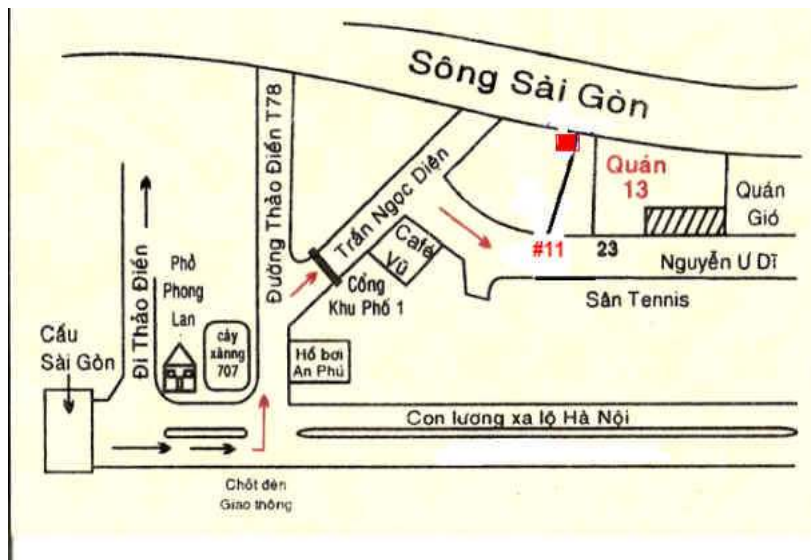
**Come along and have a glass of wine, a cup of coffee and meet some people. Take this opportunity to socialize, expand your network, and learn all about ILV .**

**11/9 Nguyen U Di Street, Thao Dien Ward, D2, An Phu**

**Contact: Rachael 0918730889**

**Admission: 100,000 VND**

**Refreshments served**



A real friend is hard to find,  
difficult to leave,  
and impossible to forget



**Local News**

**Vietnam Quilts Looking for volunteers**

Vietnam Quilts is searching for volunteers to help in and outside of our shop in District 1. Perhaps you can spare one day a month, can offer occasional help for specific events or would like to be more regularly involved? We are currently looking for people who can: *Help with a photo exhibition*. Tasks – sponsorship, locating a space, promotion, etc.



**Time requirement** – one day a week;

*Flyer drop.* Tasks – deliver flyers to cafes/ restaurants, serviced apartments, local businesses, etc, in District 1, District 3 or Phu My Hung/D7, locate more suitable venues, update the information sheet provided (excel) and email back to VQ.

**Time requirement** – half to one day per month;

*Assist in product design and with production processes.* Tasks – work with our Production Manager to develop new quilts, baby products and accessories; undertake product research, produce design ideas, assist with preparing customer and shop orders.

**Time requirement** – 1 to 3 days a week.

Vietnam Quilts employs over 180 women from poor rural areas in Vietnam to hand-make high quality bed covers, baby products, gift items and accessories.

If you would like to find out more or put your hand up to volunteer, please call Lisa Owen on (08) 3825 1441 or email [vietnam-quilts@hcm.fpt.vn](mailto:vietnam-quilts@hcm.fpt.vn).

Vietnam Quilts is located at 26/1 Le Thanh Ton (up the lane beside Pho 2000), District 1. We are open from 9am to 6pm, Monday to Saturday.

**Saigon Children's Charity**

Saigon Summer Ball will take place at the Sheraton ball-room on June 5th.

All proceeds will go to the Saigon Children's Charity.

Tickets USD \$120 pp

Formal Attire

For further information or to book tickets email Lisa Tobin at

[saigonsummerball@saigonchildren.com](mailto:saigonsummerball@saigonchildren.com)

\* \* \* \* \*

**Saigon Choir**

Hayden and Mozart

Conservatory of music

June 5-6-7<sup>th</sup>

For further information contact : [Ally-son keane@rmit.edu.com](mailto:Ally-son_keane@rmit.edu.com)  
[.vn](http://www.rmit.edu.com)

\* \* \* \* \*

**Operation Smile Vietnam's Annual Gala Dinner & Charity Art Auction**

Operation Smile Vietnam is hosting its 11th Annual Gala Dinner and Charity Art Auction in HCMC on Saturday, May 23rd at the [Park Hyatt Saigon](http://www.parkhyatt.com). This event raises funds for Vietnamese children and young adults needing corrective facial surgery for cleft lip or palate deformities.

Ticket : USD \$100.00 per person      Black Tie attire

Tickets include free flow of drinks all night, cocktail reception, silent auction, 5 course gala dinner, main auction with auctioneer rob blain, and dancing to live music.

For booking call Julie on 0913966131 or Trang on 0909516185 for further information

## 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 [laurencott2000@hotmail.com](mailto:laurencott2000@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 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

Ladies Night once a month, Couples Night once a month. 7-10pm Contact Carol Stuart 01227140638 for details.

### 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](mailto:sandrine.duc@hotmail.com) or 0935125261.

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

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

### 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

**Maida Ahrens**

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

**Rachael Greig**

Newcomers' Coffee Coordinator

**Rena Bradshaw**

Lucky Draws Coordinator

**Julie Tarne**

Notice Board

**Sue Corns**

### GENERAL MEMBERS

**Christine Branch**

**Nina Farrer**

**Keiko Imai**

**Alison Mc Ghie**

**Cathy Taylor**

## What's on this Month

### ILV EVENTS

#### ILV Coffee Guest Speakers

May 7 - Presentation on Denmark

May 14— Habitat for Humanity

May 28—Vietnam New Tax Law

#### Mystery Walk

This month's walk has been changed to the 18th May

#### Newcomers' coffee

Newcomer's coffee will be held on Wednesday 6th May at 10:00 am . The host's address is on your invitation. Please send an SMS to confirm your attendance.

#### Evening ILV

Evening ILV this month will be on Wednesday 13th May.

#### Outing for May:

The next ILV outing is going to be to Cu Chi Animal Rescue Centre on 20 May. Departure will be at 8.30 am from the Central Post Office and return by 1pm. Costs TBA

If you are interested in the above 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

May 8th Vinacapital Cancham Open Golf Tournament

May 9<sup>th</sup> Ceilidh New World Hotel contact Ceri Roche 0907709998

May 23<sup>rd</sup> Operation Smile Ball Hyatt

May 30th Kid's Triathlon The 8<sup>th</sup> edition will be held at *Suoi Nuoc Beach*, the Phan Thiet region.

June 5<sup>th</sup> Saigon Children's Saigon Summer Ball

June 5-6-7<sup>th</sup> Saigon Choir Hayden and Mozart Conservatory of music contact

[Allyson\\_keane@rmit.edu.com.vn](mailto:Allyson_keane@rmit.edu.com.vn)

### **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



## May '09 at a Glance

| Monday                                                                   | Tuesday                                                                               | Wednesday                                    | Thursday                                                                                    | Friday                                                                                                                                                     | Sat                                      | Sun                      |
|--------------------------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|--------------------------|
|                                                                          |                                                                                       |                                              |                                                                                             | <b>1</b><br>Public Holiday                                                                                                                                 | <b>2</b>                                 | <b>3</b>                 |
| <b>4</b><br>Badminton 8:30am<br>Duplicate bridge 6:30pm                  | <b>5</b><br>Mahjong 10:00am<br>Improvers' bridge 10:00am<br>Beginners' bridge 1:30pm  | <b>6</b><br>Newcomers Coffee Morning 10:00am | <b>7</b><br>ILV coffee, Rex Hotel Tea Room 10:00am<br><br>Experienced Bridge 1:15pm Vasco's | <b>8</b><br>Badminton 8:30am<br>Scrabble 1:30pm<br>Swedish gin rummy 1:30pm<br>Line dancing 10:30am<br>Bunco 7-10pm<br>VinaCapital Cancham Open Golf 10:30 | <b>9</b><br>Ceilidh New World Hotel      | <b>10</b><br>Mothers Day |
| <b>11</b><br>Badminton 8.30am<br>Duplicate bridge 6.30pm                 | <b>12</b><br>Mahjong 10:00am<br>Improvers' bridge 10:00am<br>Beginners' bridge 1:30pm | <b>13</b><br>Evening ILV 7:30pm              | <b>14</b><br>ILV coffee, Rex Hotel Tea Room 10:00am<br>Experienced Bridge 1:15pm Vasco's    | <b>15</b><br>Badminton 8:30am<br>Scrabble 1:30pm<br>Swedish gin rummy 1:30pm<br>Line dancing 10:30am                                                       | <b>16</b>                                | <b>17</b>                |
| <b>18</b><br>Badminton 8:30am<br>Duplicate bridge 6:30pm<br>Mystery Walk | <b>19</b><br>Mahjong 10:00am<br>Improvers' bridge 10:00am<br>Beginners' bridge 1:30pm | <b>20</b><br>Cu Chi Animal Rescue Centre     | <b>21</b><br>ILV coffee, Rex Hotel Tea Room 10:00am<br>Experienced Bridge 1:15pm Vasco's    | <b>22</b><br>Badminton 8:30am<br>Scrabble 1:30pm<br>Swedish gin rummy 1:30pm<br>Line dancing 10:30am<br>Bunco 7-10pm                                       | <b>23</b><br>Operation Smile Gala Dinner | <b>24</b>                |
| <b>25</b><br>Badminton 8:30am<br>Duplicate bridge 6:30pm                 | <b>26</b><br>Mahjong 10:00am<br>Improvers' bridge 10:00am<br>Beginners' bridge 1:30pm | <b>27</b>                                    | <b>28</b><br>ILV coffee, Rex Hotel Tea Room 10:00am<br>Experienced Bridge 1:15pm Vasco's    | <b>29</b><br>Badminton 8:30am<br>Scrabble 1:30pm<br>Swedish gin rummy 1:30pm<br>Line dancing 10:30am                                                       | <b>30</b><br>Triathlon 2009              | <b>31</b>                |



34 Le Duan Street, District 1  
Ho Chi Minh City, Vietnam  
24-hour Tel: (84 8) 802 7848 - Fax: (84 8) 802 7859  
Email: home@vietnammedicalpractice.com  
www.vietnammedicalpractice.com

**FAMILY MEDICAL  
PRACTICE**  
HO CHI MINH CITY

## WALKING BLOOD BANK

In an emergency, access to safe, matching blood can mean the difference between life and death. To help ensure that our Family Medical Practice clinics have access to appropriate blood, we have established a nationwide "walking donor blood bank".

Sign up to our walking donor blood bank list and, should a transfusion of your blood type be urgently needed, we will ask you to come to our clinic and donate blood.

After establishing this system in Hanoi in 1995, we have now expanded the program to Da Nang and HCM City. The walking donor blood bank is a safe and secure way to "store" blood. Without ready access to clean blood, in critical cases our hands are tied.

We regularly update our list of donors to make sure that when blood is needed, it is no more than a phone call away. Registering is quick and simple. If you are able and willing to donate blood, please fill out the form on the back and return it to us.

If you don't know your blood type, please arrange for a free test at one of our clinics. This will take around 15 minutes.

Almost anybody can register to help.

If you have any further questions, please contact one of our clinics.

**Thanks for your help!**

## FACTORS THAT EXCLUDE BLOOD DONORS

1. Under 17 years of age
2. A history of chronic hepatitis
3. Receiving treatment for proven or suspected malaria in the month prior to donation
4. A history of recent (within one month) onset of any illness
5. Taking antibiotics or medicine for any infectious
6. Having received a transfusion of whole blood or blood fractions not including gamma globulin since 1977
7. Taking insulin
8. Pregnancy
9. Coronary artery disease with a history of myocardial infarction or angina pectoris
10. Confirmed diagnosis of cancer (not including excised and cured skin cancers), leukemia or an established bleeding disorder such as hemophilia
11. Being at increased risk of HIV infection (the virus that causes AIDS)  
These risks include:
  - Males who have had sex with another male since 1977
  - People who have taken illegal drugs by needle at any stage in their life
  - Hemophiliacs
  - People who have tested positive for HIV injection
  - Sexual partners of the above individuals, including prostitutes, are at increased risk.

**INDIVIDUALS WHO HAVE HAD SEXUAL CONTACT WITH ANY OF THE ABOVE GROUPS SHOULD NOT DONATE BLOOD.**

**Note:** These factors will be reviewed again at any time you are called upon in an emergency to donate blood, and your blood will be screened immediately upon its donation.

## PLEASE FILL IN THE FOLLOWING AND RETURN TO US

PLEASE KEEP MY NAME ON THE BLOOD DONOR LIST

First Name

Middle Name

Last Name

Gender  Male  Female

Work Tel.

Mobile Tel.

Address

Resident

My blood type is:

|                          |                          |                          |                          |    |    |
|--------------------------|--------------------------|--------------------------|--------------------------|----|----|
| O                        | A                        | B                        | AB                       | RH | RH |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | +  | -  |

OR

I WOULD LIKE TO BE ON YOUR BLOOD DONOR LIST BUT I AM NOT SURE WHAT MY BLOOD TYPE IS.  
(Should you wish to have your blood group immediately tested, please contact the receptionist. It will take only 15 minutes and free of charge).

Signature : \_\_\_\_\_ Date: \_\_\_\_\_

dd/mm/yy