



ILV NEWSLETTER

September 2009 NEWS

Welcome Back

The summer break has come to an end, and many members are returning to Ho Chi Minh City.

Don't miss the chance to catch up with old friends and meet new ones.

Come along to one of the ILV events being held this month.

Member's Bazaar

10th September

Many of our members are talented industrious ladies. Some have hobbies they are passionate about, and others have established themselves in a niche market via a cottage industry.

The Member's Bazaar is for those ladies that do some sort of craft or have some product to sell, and do not sell directly through a shop. The Bazaar gives them the opportunity to showcase their talents to other members.

Some of the Ladies participating are donating a percentage, if not all, of their profits to charity

Rex Hotel Ballroom

10:00am—12:00

Newcomers Coffee Morning 9th September

A combined July / August Newcomers coffee morning is being held at the Sherwood apartments on 9th September. All new members are welcome, if you have not yet received your invitation, please contact Roni Conrad. (Refer to membership list for details)



Welcome Back Drinks

12th September

Come along and enjoy a glass of wine, finger food and the chance to catch up with friends old and new.

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

Contact: Leone Sands for ticket information

0918730889 or email
colinandleone@hotmail.com

(Refer page 7 for map to Venue)

ILV Sept'09

Volume 9

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Evening ILV

EILV will re-sume the second Wednesday in October -

Wednesday 14th October

Hope to see you there!

"Friendship is born at that moment when one person says to another, 'What! You too? I thought I was the only one.'" ~ C.S. Lewis

To receive the newsletter by email contact: ilvnews@hotmail.com

ILV MYSTERY WALK

The Mystery tour on the 17th August started off at the Post Office, we car pooled, 23 ladies between 5 cars, and heading out to District 6.

Passing roasted pigs, dog street and many little local market places, also some road works, we came to the little lane way which opened out into a lovely quiet forest.

Following along in "sheep track" style all carrying our own lunches we headed out. The rain had come down so heavy and in such amounts the previous night that the monkey bridges and tree bridge which were sent to try us were under water.

The planned 3.7km amble turned into a more serious 5km hike!! The photos were from a few days before. It was also Sandra's birthday and she provided some yummy treats. Many thanks to the ladies who provided their cars to Steve, Mike and Dannie for all your help setting it up.



Local Lunch

Camilla Leigh

Banh Mi Nam Son, 200 bis Nguyen Thi Minh Khai

This month Local Lunch went to another Saigon institution – Banh Mi Nam Son. The speciality here is beefsteak (bit-tet) eaten with bread (banh mi) with a side order of french fries (khoai tay chien), reflecting the French influence on food. This can be a protein-packed lunch or supper and, in Hanoi especially, is often eaten for breakfast.

The beefsteak comes sizzling on cow-shaped metal platters (many apologies to those ladies who did not escape oil drops – I should have warned you in advance). Alternatives include fried egg and locally reared ostrich. Most of us opted for the ostrich which tasted like a slightly sweeter and more tender version of beefsteak. You can also augment your protein intake with the addition of a fried egg, pate and meat ball (xa xiu). Side dishes of french fries, pickles and salad are also provided with your steak. Knives, forks and spoons are provided as utensils – you cut up the steak and then you break up the bread and dip it in the juices (and egg if you have opted for that too) and scoop up pieces of steak using the spoon.



I was taken to the original BMNS in 1994 when it was in a small one storey house-cum-room close to what is now the Indochine Park Tower, opposite the road running between the Reunification Palace and Tao Dan Park. Some years ago BMNS moved to its present location at 200 bis Nguyen Thi Minh Khai and, a little later, opened another branch at 188 Nam Ky Khoi Nghia. The main difference between the two locations is whether you prefer to sit on a plastic or metal stool! The menu is the same and so are the prices but the atmosphere is more local at Nguyen Thi Minh Khai, which is reached down a short alley.

This is a good place to take non-vegetarian visitors as an alternative to Banh Xeo 46A. It has plenty of local colour but also serves familiar food! Also, the manageress at Nguyen Thi Minh Khai seems very accustomed to foreigners and the menu comes in English. A basic beefsteak with or without egg costs 35,000d and the ostrich is 45,000d. As Keiko pointed out to me, it is the drinks that push the cost above 50,000d! BMNS offers the usual drinks options including beer and milkshakes – remember to ask for “it duong” (a little sugar only) if you don’t like your soda chanh very sweet.

Next month (3 September) as there are many new members, we will be going for pho (but not to Pho 24!) Hope to see you all then.

Camilla

September Book Club

The novels for discussion this month are:

Monday Sept.14 at 12noon at The Hideaway Café 41 Pham Ngoc Thach, we will be discussing "The Outcast" by Sadie Jones

Wednesday Sept. 23 at 4pm in An Phu (venue to be advised) we will discuss "The Wednesday Letters" by Jason F. Wright.

MEMBERS PLEASE RESPOND TO YOU INVITE TO ORDER YOUR BOOKS AND ADVISE ATTENDANCE FOR DISCUSSIONS.

To join or update your membership details please contact Cathy Taylor the membership coordinator.

For information about book club please speak to Sue Hunter, Sheila MacDon or Colleen Miller.



New Activities

OIL PAINTING

Starting from September 11th

Every Friday from 8 to 12am

Sharing the experience of oil painting together at Karen's house in D2.

Welcome for all levels.

For beginner who has no painting kits will be collected VND200,000 each time.

Please contact Karen at 0938200920.

BOWLING

After a long hiatus, the Bowling Beauties will get rolling again (yes, pun intended) on Friday mornings, 10 o'clock, at the SuperBowl, level 4, Diamond Plaza. Bring your own socks. Shoes can be rented.

We play 2-3 strings and then go to the food court for lunch. Call Eileen 090 800 8841 or email info@ilvietnam.com if you plan to join us, please.

PLAYGROUP

If anyone is interested in joining a playgroup please contact Sarah Barnett. (Contact Details on Membership List)

"Hi....I am a member of ILV and joined one of your playgroups when I first arrived in HCM. I am looking for a playgroup for my youngest (15 months) and notice that you don't have any playgroup set up for that age range at the moment. I would be more than happy to set up and co-ordinate one through ILV. I live in D2. Let me know if you would be interested."

Thanks Sarah Barnett



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

Babies born Sept 2006– Sept 2007 contact Lauren Scott laurencott2000@hotmail.com

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 Carmen on 0937518299

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. Improvers' Bridge Contact Irene McKinnell 0908311218

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

tact Sandrine on [san-drine.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

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

10.30am at Pacific Garden, 594 Ba Thang Hai ,Ward 14, District 10. 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

Scrabble resumes at Norfolk Mansion on Fridays at 1:30. All levels welcome - we bend lots of the rules :-)
Contact Eileen 090 800 8841 or email info@ilvietnam.com if you plan to join us, please. Bring a board if you have one.

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

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

Keiko Imai

Cathy Taylor

Pam Osterland

What's on this Month

ILV EVENTS

Sept 9th

Newcomers' coffee Morning

A combined July/August New-comer's coffee will be held on Wednesday 9th May at Sherwood Apartments 10:00 am . The address is on your invitation. Please send an SMS to confirm your attendance.

Sept 10th

Member Bazaar

A Member Bazaar is being held at the Rex hotel, in lieu of the regular coffee morning, from 10:00am—12:00am.

Sept 12th

Welcome back Cocktails

11/9 Nguyen U Di Street, Thao Dien Ward, D2, An Phu
Contact Leone Sands for tickets

Evening ILV

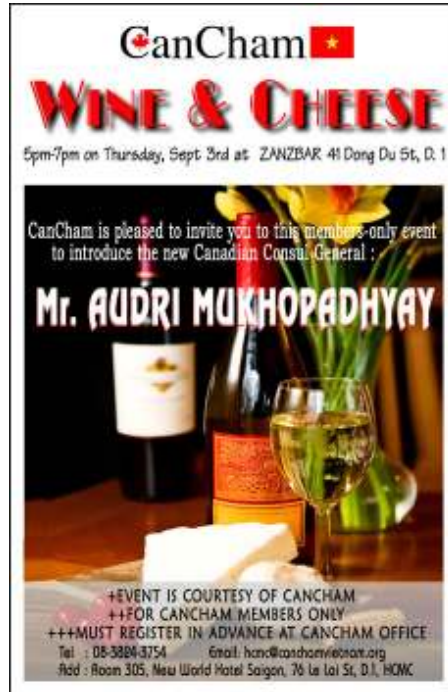
Due to the Welcome Back Drinks Night (Saturday 12/09) - **Evening ILV resumes** the second Wednesday in October - **Wednesday 14th October**

Updating the Recipe Book

ILV is currently updating the recipe book. If you have an favourites that you would like to share, forward them on to Sherry .(Refer Membership List for details)

OTHER EVENTS

September 3rd



BBGV 10th Annual Fun Run for Charity – Sunday 27th September. For more information please call the BBGV: 3829 8430.

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.

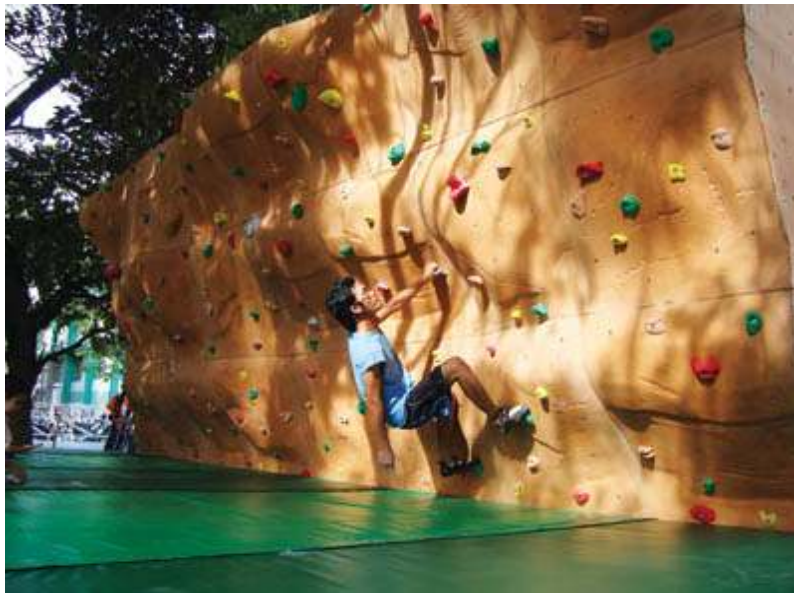
Borrowers can take books from the shelves and re-shelve them on return. Questions, concerns or ideas can be addressed to Maha Itum: 0938 250289.

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



Looking for something different to do?

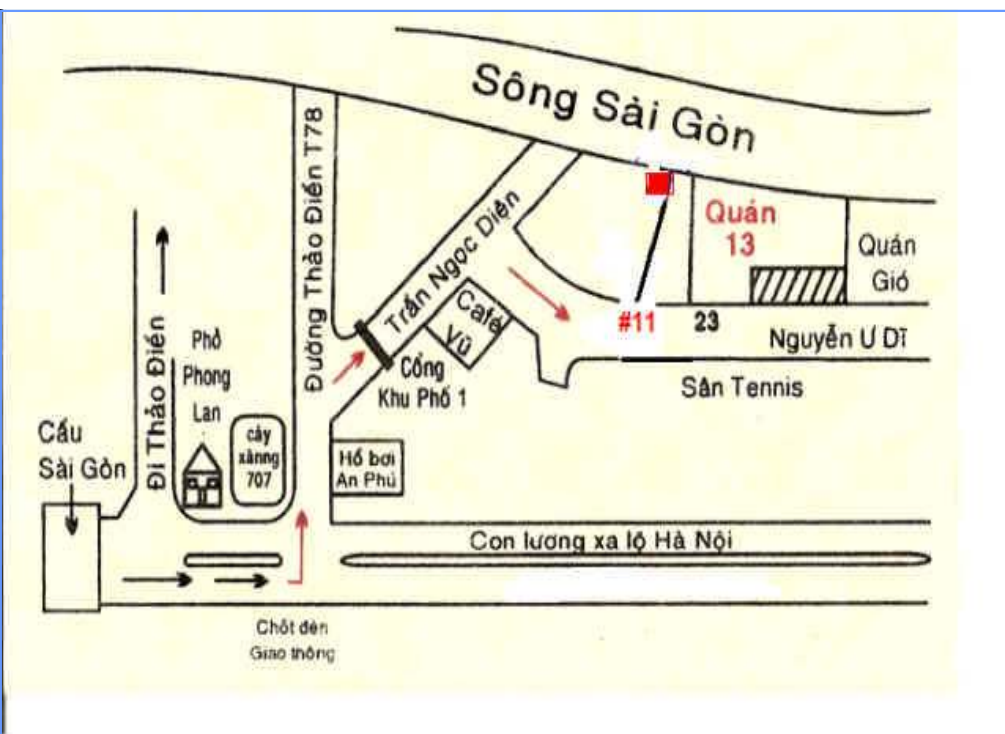


The new location is inside the Phan Dinh Phung Sport Centre, 75 Nguyen Dinh Chieu, Q3, Ho Chi Minh City.

For more information contact : ken@xrockclimbing.com or Tel: 0913045365

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Directions for Venue—Welcome Back Drinks



Welcome Newcomers

Australia
Elizabeth Antonia
Amy Sanda

British
Margie Wagemakers

Canada
Karen Randall
Helen Taylor
Raedel Bagley
Sharon King

China
Victoria Dowd

Denmark
Debre Hernanz

France
Jennifer Scheller

Germany
Ann Maasbol
Aylin Brimo

India
Tina Haugbro

Netherlands
Jane Vann
Lori Hardin Wall

New Zealand
Rachella Simon
Sigin Taoli
Lena Hagberg
Linden Hughes

South Africa
Ingrid Ploem

Sweden
Lisa Dyer

Turkey
Christine Archambeaud

USA
Mariette Shelver
Dana McNaim
Brigette Hudson
Karen Spencer-Harty
Hurmagozel Chariveva
Kate Glazebrook
Julia Parker

September '09 at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
	1 Mahjong 10:00am Improvers' bridge 10:00am Beginners' bridge 1:30pm	2 Uno 10:00am	3 ILV coffee, Rex Hotel Tea Room 10:00am Experienced Bridge 1:15pm Vasco's CanCham Wine & Cheese	4 Badminton 8:30am Scrabble 1:30pm Swedish gin rummy 1:30pm Line dancing 10:30am	5	6 Phu My Bridge Fun Run
7 Badminton 8.30am Duplicate bridge 6.30pm	8 Mahjong 10:00am Improvers' bridge 10:00am Beginners' bridge 1:30pm	9 Newcomers Coffee Morning 10:00am Uno 10:00am	10 ILV Member Bazaar Rex Hotel 10:00am Experienced Bridge 1:15pm Vasco's	11 Badminton 8:30am Scrabble 1:30pm Swedish gin rummy 1:30pm Line dancing 10:30am	12 Welcome Back Drinks	13
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