

UPDATE

Bi-monthly Membership Newsletter Reporting on US - Vietnamese Current Events and Culture
Issue 2 March/April 2000



Mission Statement: GSVA is committed to promoting positive relationships and mutual understanding between the people of Greater Seattle and the people of Viet Nam. We will accomplish this by promoting contact and cooperation in the areas of education, humanitarian work, trade and the arts.

THE GREATER SEATTLE VIET NAM ASSOCIATION

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US Ambassador Peterson

As the 25th anniversary of the fall of South Viet Nam nears, it is a time to reflect on this growing country and its future. Who better to express the healing and changing face of this nation than US Ambassador Pete Peterson.

In October of 1999, Beth Whitman and Son Michael Pham (GSVA Board Members), accompanied by Seattle King 5 Evening Magazine's Mimi Gan, held a ribbon cutting ceremony for the building of a playground at the Hoa Phuong Orphanage in Hai Phong. In attendance was US Ambassador Douglas "Pete" Peterson. Following are excerpts from an interview between Mimi and Ambassador Peterson.



Ambassador Peterson (left), Son Michael Pham (third from left) at ribbon cutting ceremony for the new playground at Hoa Phuong Orphanage, October 1999.

Q: What does it mean to you when you see something like this happen between Seattle and Hai Phong?

A: This is exactly what we've all been working for. It's the exchange, this demonstration of compassion, and the hand being extended in friendship between two nations that previously were belligerents and it makes me feel very very good. I'm very happy for what Seattle has done to extend this hand of friendship to Hai Phong and all the Vietnamese people.

Q: There are a lot of kids who are very happy.

A: You've seen it today. It maybe a snapshot, however, this is an example of

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CORPORATE MEMBERS' CORNER

I'd like to introduce you to:

PROSTHETICS OUTREACH FOUNDATION

The mission of Prosthetics Outreach Foundation (POF) is to respond to the great need of amputees in developing nations. War, land mine explosions, natural disasters and accidents have taken the limbs of vast numbers of people living in countries with few resources to alleviate their suffering.

POF was established in 1988. We officially opened the first automated clinic three years later in Ha Noi Vietnam. Automated Fabrication of Mobility Aids (AFMA) has allowed increased production of comfortable, durable and cosmetic limbs in an effort to supply a staggering demand.

Prosthetic limbs in these countries need to be durable, affordable and designed for the regional conditions. In 1998, POF helped to renovate a prosthetic component-manufacturing center in Ba Vi, Viet Nam. They are now producing a variety of locally made prosthetic components, including the "EB-1" rubber foot.

Our goal is to enable the people we help to help themselves and to assist each country we serve in becoming self reliant in meeting the needs of its amputee population. The vision of our founder, Dr. Ernest Burgess, is to extend the model of amputee care initiated in Viet Nam to other places of great need around the world.

Prosthetics Outreach Foundation is a nonprofit charity and welcomes your tax-deductible contribution. www.pofsea.org (206) 726-1636.

CORPORATE MEMBERSHIP LEVELS & BENEFITS:

\$100 Level: Receive a bimonthly issue of The Update, and have a biography of your organization included in our Corporate Members' Corner.

\$500 Level: In addition to the benefits cited above, you will receive two free seats at any exclusive GSVa function. This includes our business breakfast series, special membership functions, and two seats at our Annual Dinner & Benefit Auction.

\$1000 Level: In addition to the above benefits, your organization will be given a Corporate Table, seating 10 guests of your choice, at our Annual Dinner and Benefit Auction.

MOVIE NIGHT

As we enter a new decade, the GSVa Board would like to start a new tradition: Dinner & Movie Night. This is a free social event, sponsored by GSVa.

Our first feature will be "Three Seasons". Its director, Tony Bui, presents the new face of Viet Nam, providing a resonant and fascinating window into the last moments of an irrevocably changing culture. Told from the perspective of four characters passed over by the "improvements" of Western progress, the film is a touching portrayal of characters who lead very different lives, but share a remarkably common experience.

Please bring a friend and a favorite dish to share. Due to limited space, we ask that you RSVP by April 20th. We look forward to sharing this new tradition with you. See "Up & Coming Events" for details.

*** UP & COMING EVENTS ***

Saturday, April 8th:

Olympia, WA.

Voices for Humanity.

Come celebrate 25 years of Vietnamese-American achievements in America, and honor those who sponsored the Vietnamese people in their time of need.

1pm.- 4:30pm: Grand Cultural Show @ at the Washington Center for the Performing Arts;

6pm-8 p.m.: Reception with Gov. & Mrs. Gary Locke at the State Capitol Legislative Bldg;

9pm-1am: Dance at Capital High School.

Website: www.come.to/vya

Saturday, April 15th:

Support group for families who have adopted, or are in the process of adopting, a child from Viet Nam. Betty Tisdale will be the guest speaker.

4p.m. RSVP Lea Ann at leaannk@nwlinc.com or call 425-489-2828 by April 8th.

Thursday, April 20th:

The World Trade Club will present a luncheon on "Emerging Markets Important to the Northwest."

Call 206-283-9400 for more information.

Friday, April 28th:

Movie Night:

"The Three Seasons."

Potluck: 6:30 to 7:30 pm

Movie: starts at 7:30 p.m., followed by discussion.

RSVP: tyler.dulam@mailcity.com or call 206-568-6717.

Please let us know number of attendees and the type of food you are bringing.

Jim Kerns will be our host.

Directions will sent upon receipt of RSVP. Free.

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NEW MEMBERS:

We'd like to welcome:

- Don & Carolyn Funk
- The Port of Seattle,
corporate member
- Joseph Waytine

We look forward to getting to know each of you in the coming year.

ACKNOWLEDGEMENTS:

A SPECIAL WORD OF THANKS FOR THEIR FINANCIAL SUPPORT TO:

- Don & Carolyn Funk for contributing to The Microsoft Gift Matching Program
- Frank and Hideko Albin

US Ambassador Peterson

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the kids all over this nation. This is a very young nation as you know, and the future of Viet Nam lives in the hearts and minds of these children, and if we can help them to understand the world better, this is going to be a better world to live in.

Q: What have you learned since becoming Ambassador, about the people here?

A: They are very warm, very friendly. In fact they want all the same things that people in the United States want. They want peace, they want stability, they want a better quality of life. They want to have access to education. They want to have access to the world community. This is brand new. The people of Viet Nam have never had the opportunity, and so this kind of exchange between Greater Seattle and Hai Phong moves us forward to the fulfillment, essentially, to that aspiration of the Vietnamese people. And we're trying to replicate this throughout the entire nation.

Q: Given your history, how have you reconciled your feelings about Viet Nam?

A: It's just a matter of putting the past behind you and focusing on the future. What happens to any of us in our lives, we're just on a voyage and if we allow ourselves to be detracted by the negatives in our lives, then we can't work on the positives. I reconciled that some years ago. What I've tried to do, frankly, is use those negatives to enhance my view into the future vision of what people can do together. When one does that, they discover that regardless of the backgrounds, all people on the planet have very similar attributes, and certainly aspirations, and I think it's just a matter of an individual grasping that. In my case, it wasn't difficult. It took some years but it's over a process of learning as to how to deliver, how to be constructive. I hope that I can leave the planet better than I arrived, which is the only yardstick I've ever used.

Q: What does it mean to you to personally to be the Ambassador over here?

A: I am very honored to have been the first postwar Ambassador to Viet Nam. I take the challenge very seriously. I work as hard as I can to improve the relationship between our two nations. We have so much to benefit between the peaceful and constructive relationships between the two countries and I'm starting to see the benefits of that evolve and one of them is your being here. Having represented Greater Seattle in the friendship committee with Hai Phong and to come back here and enliven the relationship in bringing the kind of joy to the youngsters in Hai Phong is part of that.

Q: What would you like to tell Americans about this country and about these people?

A: All of us have worked very hard to change the image of Viet Nam from one of 1975 to one of 1999. Your snapshots, your film, will demonstrate that, I hope, in real time. And to recognize that we're working on the future and that we have something very beautiful to attain if we work together in a matter of friendship and a constructive engagement, and obviously if we move forward in some sort of peaceful atmosphere.

Being American

by Son Michael Pham

The spirit of caring, helping and giving is what makes America into one of the world's most successful nations. As thousands of refugees arrived in the United States at the end of the Viet Nam war in 1975, millions of helping hands extended to these future citizens of the land known as the melting pot.

Without the caring and helping from numerous Americans, many whose names I never knew, my family and I would have had a much harder time getting ourselves back on our feet in our new home and country.

Leaving Viet Nam, with only the clothes that we wore, our journey for freedom started on April 30, 1975. Our family of seven, my parents and five children, left abruptly on an old under-repaired cargo ship when Sai Gon fell. After almost two weeks on the Pacific Ocean, with little food and barely any fresh drinking water, a US Navy aircraft near the Philippines spotted our ship. We then followed the similar path many other refugees went through: Subic Bay in the Philippines, Clark Air Force Base, Guam Orote Point Camp, Fort Chaffee Camp in Arkansas, and eventually settled in Chicago.

From our first moment of freedom, when we were transferred aboard a US Navy ship off the water of the US Naval Base in Subic Bay, we were clothed, fed, and cared for by the members of the US Armed Forces, who for so many years fought along our sides to preserve our freedom. Living in Orote Point Camp in Guam (also known as Tent City), I witnessed the unheralded works carried out by both the American Red Cross and the International Red Cross. These service volunteers worked day and night trying to reunite separated family members and friends, as streams of refugees continued pouring in and out of the camp, one of many refugee processing centers throughout southeast Asia. Their tireless efforts were occasionally rewarded with loud cries of joy when news was delivered about found missing family members.

My family was sponsored by the Catholic Charities of Chicago, one of numerous social service agencies represented at the refugee camps (camps were in Fort Chaffee in Arkansas, Pendleton in California, and Indiantown Gap in Pennsylvania). The day before we left Fort Chaffee, I went around to bid goodbye and give thanks to the friends that took care of us during our short stay in the camp. I shared the news that my family was heading to Chicago with the fellows running the mess hall, coworkers in the communication center where I worked as a volunteer, and many others - all served in their uniforms with the genuine pride and compassion for all of us.

In Chicago, I further learned what America was all about. My family was part of the very first group of refugees arriving in the city through Catholic Charities, and I was the first one in the group to get a paid job. I was hired by Catholic Charities as one of the social workers for the resettlement program. My first true American friends were Patrick, Terry and Mark. They were seminarians at Niles

College of Loyola University (where the refugees stayed when they first arrived). They worked for minimum wage in the summer, running the refugee resettlement center. To them Viet Nam was the sad evening news they watched on television growing up. Soon, however, the Vietnamese refugee families became their new adopted families. All four of us worked 14 hours every day and we could not stop laughing until bedtime. At night as we laid exhausted in our own bunk beds in our shared living quarters, and we retold stories, in the dark, about the happiness and the sorrow of the refugees we witnessed during the course of our workday.

During the evenings and weekends, crowds of families from surrounding churches came to the center with bags of clothes and toys. From children to grandparents, our visitors made us feel welcomed and wanted. They gave us the feeling that things were going to be fine in our new country. They took us to their churches, had special mass celebrations in our honor, and even had us sing songs in our own language during the masses.

Our family sponsor, St Athanasius Catholic Parish in Evanston, helped us find an apartment and jobs. Here we were in a new and unfamiliar place, and we made hundreds of friends overnight. Again, our new American friends took us into their homes on weekends and holidays. They shared with us our first July 4th, Thanksgiving, and Christmas. Our sponsors, the O'Keefes, took the

Continued on next page

Being American

Continued

place of our grandparents who were still in Viet Nam, and my godmother, Kerry, a devout Catholic who still remembers all of our birthdays after 25 years.

Two years ago, I had the good fortune of meeting Betty Tisdale. One month ago, Betty loaned me the book, Deliver Us From Evil by Dr. Tom Dooley. As much as Dr. Dooley inspired Betty with his work in Hai Phong in 1954, running refugee camps and saving thousands of lives, Betty continues to inspire so many of us for her love and devotion to the children of Viet Nam. Hundreds of the An Lac orphans are scattered around the world, including hundreds of them still in Viet Nam. They are all adults now with their own families. And to this day, Betty always calls them "my kids."

Last year, I had the good fortune of meeting with Ambassador Peterson three times in Ha Noi, when I traveled to Viet Nam on GSVa related business. As I listened to him talk, and observed how much compassion he has for the people of Viet Nam, I felt certain that he is the perfect American for the job. Ambassador "Pete" shows the Vietnamese people the true example of an American through his spirit of genuine caring, helping, and giving.

Today, I humbly try to spend as much of my time duplicating the same spirit of helping and caring that I learned from all of my fellow citizens. I am quite proud to be a volunteer with the area American Red Cross chapter. I am privileged to be involved with the non-profit Boyer Children's Clinic. I

am honored to be a Rotarian, dedicated to "Service Above Self." I am committed to the mission of the Greater Seattle Viet Nam Association.

To all of the US Armed Forces men and women that brought us to freedom 25 years ago, to the volunteers of so many social service agencies throughout the country, to all the communities, small and large everywhere in this great nation, please accept our thanks for sharing with us this land of opportunity. To the Culhannes and Zonsiuses of St. John Breboeuf, Father John of St. Julinana, our extended family at St. Athanatius, the late O'Keefes, the Hubatas, Kerry my godmother, Patrick, Terry, Mark, and so many others - we can never repay you our gratitude. However, I will keep on in your spirit of being American.

PS: Thank you, Betty. I still have a lot to learn from you.

For more information on:

Boyer's Children Clinic: www.boyercc.org

American Red Cross: www.seattleredcross.org

Rotary International: www.rotary.org

Looking Back

by Betty Tisdale

April 30 brings back so many memories for me. After evacuating An Lac and 219 babies and toddlers, it was heartbreaking for me to leave the older children (over 10 years old) which was stipulated by the Vietnamese government and Madame Vu Thi Ngai (head of An Lac orphanage) behind. I had promised I would take all of them and sadly watched them as my two planes lifted into the air. As soon as I got the children safely to Fort Benning, Georgia, I was able to call Ambassador Martin one last time to see if he could get Madame Ngai and some of the others out - he promised me he would, and he did. I was on a plane back to Viet Nam to get them, when news came that Sai Gon had fallen, and I knew I could not get in. I landed instead in Guam - and as miracles would have it, I checked the lists and found that indeed Madame Ngai, Miss Thuc and Mr. Tin and two babies had gotten out the last moment. I found them and brought them to live with me in Columbus, Georgia. When I see the children today - and their families and lives - and then when I think of the ones I left behind - I will never forget April 30, 1975.

Betty Tisdale, known as the Angel of Saigon, is a board member of GSVa.

Vietnamese Beef Noodle Soup (Pho)

by Claire Difrances

Pho (pronounced "fuh" — say foot without the "t") is beef soup with a difference. It's usually found in specialty restaurants that offer little else besides elaborate iced coffees and dessert drinks.

Pho has been famous for its taste and at the same time, appreciated as a wholesome, nutritious meal. It has all the qualities a health-conscious eater would look for: fresh, natural and ... always delicious! To appreciate Pho requires more than just loving to eat it; one would need to "know" everything about its preparation. What makes authentic Pho so stimulating is quite simple. Long hours of simmering the choicest beef produces a broth that maintains its full and rich flavor, which is delicately seasoned with seven different types of natural spices, giving an aroma and taste that can only be described as irresistible!

Pho begins with the boiling of beef shinbones in a huge cauldron until the rich gelatinous consommé is concentrated — this takes about 24 hours. It is then spiced up with a delicate balance of herbs, spices and salts. When you place your order, the cook adds slices of raw or cooked beef (depending on the order) to a bowl of the broth, on top of rice noodles, then sprinkles it all with sliced onion, chopped green onion and fresh coriander.

The soup comes with a side plate of garnishes that you can squeeze, sprinkle and otherwise use to jazz up your own Pho. When the steaming soup arrives, take a chopstick and push the slice of raw steak. (which you'll usually find just under the noodles), into the broth, allowing it to cook in the hot soup, and add what you like from the garnish plate. This varies with place and season, but typically includes a slice of lime, crunchy bean sprouts,

oriental basil and Vietnamese mint. A dash of the red pepper and garlic sauce or fish sauce found at every table really brings out the flavor of the coriander (You'll probably want to avoid the tiny, green peppers though. They're very, very hot.) Then grab a spoon and plunge in!

Beef Noodle Soup (Pho Bo):

Yield: 5 Servings

Ingredients:

1 1/2 lbs. beef sirloin (sliced thin)
4 quarts beef broth (or chicken broth)
3 large onions, (2 unpeeled - halved, 1 peeled - sliced thin)
3 shallots (unpeeled)
7 star anise
2 tsps. salt
2 scallions (sliced thin)
1 tablespoon shredded coriander
1/4 cup hot chili sauce
1 package of Vietnamese pho rice noodles
1/2-cup Vietnamese fish sauce
Freshly ground black pepper
2 cups fresh bean sprouts
2 fresh red chili peppers (sliced thin)
2 limes (cut into wedges)
1 bunch fresh mint

Preparation:

1. In a large pot, combine the beef broth with 2 quarts of water. Bring to a boil. Add onion half, parsnips, and salt. Simmer for 15 minutes.
2. Soak the rice sticks in warm water for 30 minutes. Drain and set aside. Meanwhile, slice beef sirloin against grain into slices; set aside. In a small bowl, combine the scallions, coriander and half of the sliced onions.
3. When broth is ready, strain it through a strainer into a clean pot. Add the fish sauce and bring the broth to a boil. Reduce the heat and keep the broth at a bare simmer.
4. When ready to serve, put the rice noodles in a bowl and microwave for 30 seconds. Top the noodles with the sliced meats. Bring the broth to a rolling boil. Ladle the broth directly over the meat to cook the raw beef. Garnish with the scallion mixture and freshly ground black pepper.
5. Serve the onions in hot chili sauce and the accompaniments on the side. Each diner will add these ingredients as desired.

All rights reserved.

Recipe supplied by Bites of Asia. For more tantalizing recipes, check their website at: www.bitesofasia.com.

Ideas for articles may be submitted to Teri Conti at P.O. Box 27545, Seattle, WA 98125 or at: angelheart2@earthlink.net

ADVERTISING RATES:

NUMBER OF ISSUES	RATE
1	\$ 60
2	\$ 120
3	\$ 171
4	\$ 219
5	\$ 259
6	\$ 287

DEADLINES FOR ARTWORK ARE AS FOLLOWS:

Jan/Feb	January 17
Mar/Apr	March 17
May/June	May 17
July/Aug	July 14
Sept/Oct	September 16
Nov/Dec	November 16

Artwork must be black and white and camera ready. Original artwork, laser copies, a diskette or business card can be submitted.

Questions: Call Teri at (206) 525-3650 or email her at: angelheart2@earthlink.net

Space for Rent? Helping Link is a grassroots community organization focused on empowering the Vietnamese community in King County. Our programs center around the needs of the community, including English as a Second Language classes, computer training, youth homework tutoring and activities for at-risk youth. We are currently seeking office space in the Rainier Beach/Beacon Hill/International District area. Please contact Minh-Duc, Director, at 206.781.4246 or email at hlmd@yahoo.com.

GSVA Planning Annual Benefit

by Beth Whitman

Its nearly April. The time when we feel the warm breezes returning. As the days are getting longer and we all slowly emerge from our winter cocoons, we realize it's that time of year again. No, not SPRING. It's the time when we start thinking about our annual GSVA fundraiser!

Last year was another banner success for our organization. We all have fond memories of our September fundraiser as we honored Seattle's Betty Tisdale for her work in saving hundreds of children from An Lac Orphanage in Sai Gon. We had unprecedented support from our members, the media, and, of course, the children from An Lac who joined us from around the country.

Our Board members are quietly preparing for this year's function: our 3rd annual event, scheduled for September. While details are still being ironed out, we encourage you to help out during these early planning stages.

Last year's event was such a huge success because of the input from so many local businesses and community leaders. We had direct support from the following companies:

- drugstore.com
- Glasshouse Studio
- Asia Travel
- Asiana AirlinesBell Harbor
- Northwest International Bank
- Cascadia College
- Respecte La Vie
- Port of Seattle
- Prolab
- International Conference Center
- University District Rotary Club
- Minuteman Press

We expect to have an equally successful event this year, and are busily procuring items for the function. Please let us know if you would like to help contribute or attain the following items:

- Gift certificates
- Weekend getaways
- Airline mileage
- Vietnamese crafts/gifts
- Framing services
- Artwork
- Theater tickets
- Cash donations

The success of our event, and ultimately our organization, depends on the support of people like you. Please think creatively, and let us know how you might help make this year's event be a huge success! You can contact us via email at gsvawausa@aol.com. And remember, your donation is tax deductible.

Beth Whitman
 Son Michael Pham
 Co-fundraising Chairs

THE GREATER SEATTLE VIET NAM ASSOCIATION



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<p>MEMBERSHIP DUES:</p> <p><i>Individual member:</i> Student/low income...\$10 Friend of the Association...\$25 Philanthropist...\$100 <i>Corporate member:</i> Associate partner...\$100 Senior Partner...\$500 Executive partner...\$1,000</p> <p>MEMBERSHIP FORM</p> <p>Name _____</p> <p>Address _____ Apt. _____</p> <p>City _____ State _____ Zip _____ Phone _____</p> <p>E-mail _____</p> <p>Type of Membership _____ Amount Enclosed _____</p> <p><i>Your membership contributes to GSVA projects AND is tax deductible.</i></p>	<p>Membership Benefits:</p> <ul style="list-style-type: none"> • Receive our bimonthly newsletter to stay informed about happenings here, and abroad, regarding issues pertaining to Viet Nam. • Attend our popular Business Breakfast Series, where guest speakers share their experiences of working with, and in, Viet Nam. • Attend events like barbecues with people interested in Viet Nam. • Learn how you can contribute and participate in GSVA projects.
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