



Việt Nam
Health,
Education &
Literature
Projects

VNHELP Newsletter

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Y tế
Giáo dục
Văn hoá
VNHELP

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Founded in 1991, VNHELP is a project-oriented, nonprofit, tax-exempt, non-governmental organization providing direct humanitarian assistance through Vietnamese grassroots self-help projects. These projects assist individuals, families and communities to overcome poverty and underdevelopment.

VNHELP also promotes and facilitates educational, medical, and cultural exchange between Việt Nam and the United States.

VNHELP

1212 Broadway, Suite 830
Oakland, CA 94612
Tel: (510) 832-4715
Fax: (510) 834-3741
Internet: vnhelp@mcimail.com

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A Successful 4th Anniversary Celebration

Musician Vân Anh playing the Trống instrument. (Photo by Nguyễn Ngọc Thịnh)

More than 220 people attended this year's VNHELP's October 7th Fourth Anniversary celebration. VNHELP guests almost filled the Oakland Museum's James Moore Theater to capacity. In addition, there were many supporters who made generous donations but could not attend the celebration. This year's anniversary theme focused on Vietnamese women and children, with Anne Firth Murray, President of the Global Fund For Women, as keynote speaker. The Global Fund For Women is an international non-governmental organization that provides assistance and monetary aid to projects that benefit and empower women. Ms. Murray delivered a timely and interesting presentation on the International Women's Conference in Beijing, what needs to be done to improve the status of women and women's issues that affect all people everywhere.

The celebration program also included a slide presentation narrated by

Sonny L. Images and pictures from the presentation came together during the narration to chronicle past and present VNHELP activities and projects. This year's highlights included the much needed Nguyễn Trùng Kỵ Scholarship program, and VNHELP's newest project, the Street Children Program. Sonny also briefly reported on VNHELP's progress over the past four years.

While Ms. Murray's speech was not to be missed, this year's program high point was a long awaited performance by the renowned Thăng Long Water Puppet Theatre Troupe from Hà Nội, Việt Nam. The Troupe's musical performance at VNHELP's Fourth Anniversary, marked the musicians' first performance in the United States. The water puppeteers and musicians are in the United States on cultural exchange under the auspices of Võ Sĩ Cảnh, who helped arrange the group's North American tour.

During the performance, the audience

Continued on page 6

Chả cá và Quan họ

chung môc fi'xh l,,i g' n nhau fi0 cũ ng lưm vi0c. Nh÷ng c' u chuy0n th> 0ng xoay quanh c, c ch> < ng tr÷nh gi0p fi sinh vi"n, hác sinh, ho" c c, c tæch l c y t0, x0 h0i phi ch'xh phæ 0 Vi0t Nam cæa VNHELP. Nh÷ng fi0 tui ngh0 thu, t cætruy0n Vi0t Nam c'a l' fi> i c n'a fi0n nhi0u nh"t trong buai hãp m"t l' n nưy. Qu" h> < ng quan hã vư ca trũ 0 chç nư0? Cm thanh cæa fiưm fi0c huy0n ph, t ra tı fi' u? Ti0ng fiưm nhp r-o r'3/4 lưm ng> 0i nghe say m" vư h0nh di0n. Vư nh" t lư s0 n, o n l c fi'an xem móa rli n> i c cæa fiưm Th'ng Long vư vưi nưy s'p tí i 0 San Francisco. C, c ngh0 sũ trong fiưm tÆ ý lo l'ng buai di0n cæa hã h<m nay ch> a fi> i c vi a ý, trong khi kh, n gi' v' y quanh vãn t" m t'3/4 khen lưm hã cưng th"m, y n, y. C, c c, u trai vư c, c c< g, i ræ nhau ch0p h'nh chung ví i V' n fnh. C< li0n tho, ng tr' l0i m0t anh, rai quay sang c> 0i r0 r> i i ví i c< b,,n mí i quen cũ ng h a tuai lư kh, n gi' h<m nay, lưm gi, t m'nh m0t nh'am kh, c fiang n'a i v0 nhu c' u gi' i thi0u c, c lo,,i h'nh v' n ho, cæa d' n t0c fi0n th0 gi' i vư nh" t lư t,,i Mũ.

Tiếng đàn réo rắt làm người nghe say mê và hạnh diện. (Ảnh: Đỗ Bá Khiêm)

-- Các cô các chú xem cháu có vip không này? Cả đoàn hai mươi mấy người chỉ có chú Đoàn và cháu là đi máy bay lên thì lên trước, xuống thì xuống trước rồi mọi người mới được đi.

V' n fnh l-m l'nh khoe. Mãi ng> 0i nh>n c< thi0u n ÷ fiang fi0 xu' n th>cæa fiưm móa rli n> i c Th'ng Long, c< b-fi• chinh ph0c fi> i c s0 , i m0 cæa kh, n gi' trong buai k'ni0m bLn n'm thưnh l, p VNHELP t,,i Oakland qua c, c mưn bi0u di0n fiæ lo,,i nh,,c cô kh, c nhau cæa c<, tı b0 gã cæa fiưm T'r> ng, fi0n b0 g' y cæa fiưm fi0c huy0n vư fiưm tranh. Anh S0m l>ng th> ÷ng tr' l0i tr> i c khi mãi ng> 0i k'p tÆ ý ng,,c nhi"n:

-- Báu gì! Tôi phải đi chung với nó để vác hai cây đàn tranh và đàn Trưng của nó đẩy các anh chị ơi.

Mãi ng> 0i c> 0i ph, l"n, trong khi c< g, i mư c' fiưm xem nh> con ch, u fiang thĩ m th0p fi" m vưo l> ng chó S0m, tr> 0ng ban nh,,c cæa fiưm vư nh' n vi"n khu' n v, c cæa c< ch, u c> ng. Kh<ng kh' cæa su l't buai k'p

ni0m bLn n'm VNHELP l0c nưo c0ng fi' y ti0ng c> 0i fi' a nh> nưy h0i quan hã nh> th0. N< i g'a c bưn tri0n l'm c, c ch> < ng tr÷nh ho,,t fi0ng cæa VNHELP trong h< n bLn n'm qua, mãi ng> 0i n'a i nh> h-t vưo tai nhau fi0 h'fi vư tr' l0i c, c c' u h'fi v0 C' u l,,c b0 Tr, em S> 0ng phl C' n Th<, v0 hác bang Nguy0n Tr> 0ng T0, v0 ch> < ng tr÷nh gi0p tr> 0ng ti0u hác 0 qu" h> < ng C, i B l... T,,i chç tr> ng bưy c, c s' n ph" m thæ c<ng b>ng gç c> a l0ng th, t kh-o cæa hác sinh Tr> 0ng D,,y tr. Khuy0t t, t C' n Th<, kh, ch h'ng t'x t' y mua fi0 g' y quũ gi0p tr> 0ng c' i thi0n sinh ho,,t cho c, c em hác sinh khuy0t t, t n0i tró. T,,i bưn th0c ph" m, t<i nghe ai fi'a tr" n an c< tr> 0ng ban " m th0c, vư cho bi0t ch'p V' n H,,nh, m0t æng h0 vi"n t'xh c0c tı thu 0 ban fi' u cæa VNHELP, fi• m0t l' n n ÷ a xu" t ti0n t0i ch,,y fi' i mua th"m th l c ÷n ti0p t0 v> s l kh, ch fi0n fi<ng g' p r> ì i s l ng> 0i c'a b, o tr> i c theo thi0p m0i.

T<i th" y mãi ng> 0i h'nh nh> th' n nhau r" t d0 d'ng, ho" c fi• lư b,,n ví i nhau tı l' u. C'a l' vi0c lưm cæa VNHELP fi• lư ch" t x0c t, c fiem mãi ng> 0i cũ ng

Trên quê hương Quan họ ... i. Một làn nắng...i, cũng mang điệu dân ca.

(Phó Đức Phương)

B' u tr' Oakland h<m nay nh> d' y fi' c ti0ng d' n ca fi0n tı Th'ng Long. Buai k'p ni0m bLn n'm thưnh l, p VNHELP thưnh c<ng kh<ng nh> ÷ng v> s l kh, ch fi0n th, t fi<ng fi0 xem vư nghe n'a i v0 c, c ch> < ng tr÷nh gi0p tr, em vư sinh vi"n 0 Vi0t Nam, hay v> ch> < ng tr÷nh cæa fiưm Th'ng Long fi> i c s0 h> 0ng l' ng nàng nhi0t cæa kh, n gi', mư c' n v> fi• m0t l' n ÷ a t,,o fi' i0u ki0n hi0u bi0t vư c' m th<ng gi' ÷ a ng> 0i Vi0t trong vư ngoi n> i c.

T<i nghe mãi ng> 0i h'nh g' p nhau l,,i t,,i Hư N0i fi0 xem móa rli n> i c, fi0 nghe ca trũ, vư fi0 ch'p di0n vi"n vai Th'p M' u m0i anh kh, n gi' xin fi'a ng vai chó ti0u fi' ÷n ch' c, L'ng Vãng. H'nh nh> Vi0t Nam fi• kh<ng c' n lư t" n cæa m0t cu0c chi0n tranh, mư lư c, i g' th0c t0 nh> ch' c, vư quy0n r0 nh> quan hã B' c Ninh.

Thư từ Việt Nam

Bữa cơm trưa ngày thi tiểu học

Cái Bè, ngày 18 tháng 9, 1995

Thân gửi các bác, các anh chị trong VNHELP,

Từ ngày nhận được sự giúp đỡ của VNHELP trong năm học 1994-95, nhà trường đã thực hiện được những mặt cơ bản về cơ sở vật chất như sau.

Trước tiên, sơn mới lại 10 phòng học; xây lại con đường bằng xi-măng từ cổng trường đến các lớp học; sửa lại cổng trường; làm mới bảng tên trường; đổ cát nâng sân trường lên cao, cho học sinh trồng hoa để trang trí sân trường; làm lại con đường thoát nước bằng xi-măng, dài khoảng 80 mét, bậc thêm này làm để chuẩn bị mùa mưa nước không bị ứ đọng trong sân; sửa lại toàn bộ các cánh cửa bị hư của các phòng học, mỗi phòng có trang bị ống khoá đầy đủ, trong mỗi lớp có trang bị hai bức tranh, với chủ đề phục vụ cho giảng dạy.

Nhà trường còn trang bị lại toàn bộ thư viện, đóng lại kệ bị hư, mua thêm khoảng 150 cuốn sách tham khảo, 30 quyển sách nghiệp vụ, một số sách nhi đồng, và một số tạp chí có giá trị nội dung cao, dành để phục vụ cho giáo viên đọc mở mang thêm kiến thức, và học sinh đọc phát triển tư duy.

Nổi bật nhất là trong mùa thi tiểu học năm học này, nhà trường kết hợp với hội cha mẹ học sinh, trích một số tiền VNHELP đã cho dùng để phục vụ một bữa ăn cơm trưa miễn phí cho 50 học sinh nhà ở xa trường dự thi tiểu học ngày 20-5-95. Các em học sinh nhà ở xa trường từ 5 km hoặc 6 km, vì ở nông thôn nhà nghèo không có tiền mua xe đạp, đa số học sinh đi bằng đường bộ.

Trong bầu không khí nóng nực nhưng rạng rỡ những khuôn mặt ngây thơ bên những tờ canh nóng bỏng; phục vụ gấp vội vã nhưng trên gương mặt phụ huynh nào cũng vui tươi cõi mở. Nhờ bữa cơm trưa các em học sinh có được sức khoẻ tốt, các em phấn khởi bước vào thi buổi chiều, phụ huynh của các em học sinh nhà ở xa cũng an tâm trong ngày thi của con em mình. Kết quả sau những ngày chờ đợi, thật bất ngờ!...Học sinh thi tiểu học năm học 1994-95 đã đậu 100%.

Kết quả này mang đến niềm vui cho các em học sinh và cho cả nhà trường. Những thành tựu đạt được là do sự giúp đỡ của VNHELP, tập thể giáo viên và học sinh luôn nhớ ơn các bác, các anh chị mặc dù ở nước ngoài nhưng vẫn còn nhớ giáo viên và học sinh Việt Nam và đã có lòng hảo tâm giúp đỡ cho nhà trường về cơ sở vật chất và chuyên môn. Một lần nữa tập thể giáo viên xin chân thành chúc sức khoẻ các bác, các anh chị trong Quỹ từ thiện VNHELP được vạn sự như ý.

Trần Thị Thoi, Phó Hiệu trưởng
Trường Tiểu học Đông Hòa Hiệp B

A Message from the Board of Directors

Four years is but a short period in the life of a charitable organization. In that time, the lives of many individuals -- young and old -- are touched, in ways, sometimes wonderfully unexpected, that nudge their lives, health or education forward. In one example, with the assistance from VNHELP the parent-teacher association at an elementary school in a Mekong Delta village organized a free lunch for students who were about to trek for hours into town to take their middle school entrance examination.

Scholarship recipients of the past four years are about to complete their undergraduate education, to pursue further studies or to earn their own living. Though the college scholarship program remains the primary one for which VNHELP is well-regarded throughout Việt Nam, VNHELP has expanded its focus to include services for street children, publication and dissemination of personal health care booklets and assistance to handicapped children's schools, just to name a few.

The first four years have certainly brought about a greater maturity in the organization, through its increasing workload and responsibilities as well as the needs of supporters. To properly manage the increased activities of outreach in the United States

and of coordination with counterpart organizations in Việt Nam, VNHELP has finally moved into a small office in Oakland, California and retained an Executive Director to help manage the organization.

As we move into the fifth year, VNHELP welcomes two new members of the Board: Ng« Sĩ c Thụnh, an attorney at Asian Law Caucus in San Francisco, and Nguyễn Nam, an environmental engineer and project manager at SECOR International, Inc. in Oakland. Thụnh and Nam will bring additional breadth and depth of knowledge of the Vietnamese-American community to the organization as well as their professional experience to enhance VNHELP's fundraising activities. We specially thank Nguyễn H[ị B]ng, who served as a Board member in the past year, for his time and valuable support. We are pleased to introduce VNHELP's Executive Director, L" Minh S< n (Sonny), who will concentrate on fundraising activities for the new year. Sonny served on the Board in the past two years.

On behalf of the Board of Directors and especially the beneficiaries in Việt Nam of your precious donations, we thank each and every one of our contributors in the past, present and future.

Trần Kim Ánh

Visiting VNHELP Projects

VNHELP's Board Chair, Tr'n Kim fnh, and volunteers, Vô Kim Vinh, Nguyễn Quố Lam and Nguyễn T' m spent an active month in July 95 visiting the project sites in Hà ChÝ Minh City, Hµ NØi, and C' n Th< . As usual, fnh and the volunteers paid for their own travel expenses, spending time and resources to oversee the various projects and programs. For instance, it was trying to travel through Hà ChÝ Minh City's poorest communities, walking through muddy roads, using flashlights to locate houses of volunteers, eating dinner in the rain, but witnessing the loving care between volunteers, locals and the students (young adults ages 10-16 from impoverished families) provided them with increased motivation throughout the trip. A synopsis of highlights and activities from each program site follows.

Trung Tâm Sức Khỏe Cộng Đồng (TTSKCD) (Community Health Center)

fnh met with Ms. Tr' n ThĐHàng S> < ng and doctors Diöp Kiõm Nghã and Tr' n Kim Dung, all staff at TTSKCD, to discuss translation of the book, "Where There is No Dentist" and updating of the book, "Where There is No Doctor," both by David Werner. Dr. Nghã previously expressed the need of such books for preventative health education, the Center's primary focus.

Local community leaders and university processors also gathered at TTSKCD to talk about the positive impact of VNHELP's projects on their various professions, academic and the community as a whole.

fnh donated on behalf of VNHELP, two boxes of medical supplies and three boxes of English language medical books and journals to TTSKCD.

*Woodworking class at Cần Thơ School for Handicapped Children.
(Photo by Trần Bích Ngọc)*

Hướng Dẫn Sức Khỏe (Health Care Booklet)

Over 800 booklets have already been distributed to various health care centers, libraries and schools in the C' n Th< and S^ac Trøng provinces. The Department of Education in C' n Th< is planning to use five chapters from *Hướng Dẫn Sức Khỏe* in the coming school year, to teach health education to secondary level students.

Học Bổng Nguyễn Trường Tộ (Scholarship Program)

Project representatives of the Nguyễn Tr> Ớng TØ Scholarship program met with fnh to report on the June award ceremonies. They are pleased with the selection process and are happy to help again with next year's selection.

Quố Lam, T' m and fnh met with professors Tr' n Th> ã ng Tu' n and L' V^an Løc on July 4th, to visit the *Trung Tâm Ngoại Ngữ (Foreign Language Center)* and donate curricula and books for teaching English as a second language. Quố Lam and T' m inter-

viewed and videotaped several scholarship recipients.

Later in C' n Th< , fnh got a chance to meet four scholarship recipients: Thu, T' m, Nga and Th[õ. The students expressed their thanks to VNHELP for the scholarships, but more importantly, provided poignant justification for the need of programs such as Nguyễn Tr> Ớng TØ. Students from the poorer families of Minh H[ã, Cµ Mau or Sàng Th, p M> Ới eat only one meal of plain rice and fish sauce a day. The scholarship recipients used part of their award money to help these students through the school year, especially during the latest flood season, by sharing food and books. Without

the NTT scholarship, many students will experience the same hardship. Fortunately, when Ms. Tr' n ThĐ S> < ng and fnh shared these same stories with other people at a gathering of university professors on July 20th, an extra \$200 dollars were raised for the project. Because VNHELP has become aware of the need for emergency financial aid, the *Quỹ Trợ Giúp Sinh Viên Gặp Khó Khăn* fund was established that very day.

fnh and L' m Tr> Ớng Hy, who has been volunteering as a conversational English teacher for C' n Th< university staffs and teachers, presented a workshop on teaching methods and activities for young children. The workshop was attended by 15 C' n Th< high school teachers and professors from the Foreign Language Center. Books and tapes on teaching ESL, child development and the environment were donated by VNHELP's Stateside supporters, Mrs. Lucie Smith, Dr. Tr> < ng ThĐ B.,ch and BANANAS, specifically for this workshop. Also donated was \$500 worth of tape duplication and book reproduction for dispersal to work-

shop participants.

Kim Loan, a high school teacher who attended the workshop and was impressed by the books on environmental issues, plans to introduce the topic to young children via a regular column in C' n Th<'s newspaper.

Quô Lam and T' m were so impressed by the NTT Scholarship, that they donated a computer and printer to the program, valued at \$2,300, before they left Viô Nam.

Câu Lạc Bộ (CLB) Trẻ Em Đường Phố (Street Children Program)

With VNHELP's support, CLB has outreached to over 30 youths by providing nutritional meals and reading/writing instruction. The Center has turned into a sanctuary of sorts for these children whose world is encompassed by the streets. The children either wander to the center on their own, or are referred by a variety of sources ranging from market vendors to friends.

When asked by a volunteer during a dinner time interview what they do when not at the center, "*lượm bọc nylon*" (collect plastic bags), "*ăn cắp*" (steal), and "*bán vé số*" (sell raffle tickets) were among their answers. The children take to the streets for any number of reasons, but particu-

larly because they did not have a safe venue to go to prior to arriving at the Center.

The Program Director, Ms. L' Thu Trang, and Program Coordinator, Ms. Tr' n B.,ch Yôn, have plans to buy a candy machine that will generate income so that the children will not have to make money selling other things or perhaps even themselves, on the streets.

Cần Thơ School for the Handicapped

The school made an approximate profit of \$600 from the sale of two initial lots of pigs, from its pig farm in *Hầm Ủ*, where the bio-gas produced saves the school \$40 monthly and provides enough energy to run the school kitchen.

The first group of seven sight challenged children have been successfully trained in traditional medicine. These students are currently working at *Phòng Y Học Dân Tộc* (Traditional Medicine Center), located in front of the school, under the supervision of Dr. Nguyễn ThPNga.

While visiting the woodworking class for the hearing challenged children, VNHELP bought \$100 of wood products that were displayed and sold at the Fourth Anniversary event. The proceeds from VNHELP's sale is being returned to the school as a donation.

Children's Radio Program

Ph.,m Ngắc Lanh and Hoạng Ngắc Anh met with fnh to work on a needs assessment of the program and plan next year's program content.

The same workshop attended by the C' n Th< high school teachers was presented to a group of 35 teachers from various preschools and elementary schools in Hà ChÝ Minh City. This time, fnh gave the workshop with Mr. Ph.,m and was quite impressed by the participants' eagerness to adapt to the teaching techniques. They were also very cooperative about implementing the new activities for children. In the end, the teachers expressed that teaching and implementing the educational materials not only affect the quality of their work, but also enhanced their professional future.

Đông Hòa Hiệp Elementary School

Five hundred dollars was given to the school after VNHELP met with its *Hội Phụ huynh Học sinh* (Parents of Students Association), teachers, Principal and Vice Principal. The school site was toured. It was suggested that the money be used to rebuild the restrooms, some of the classrooms and add more books to the library.

Trần Nhã Uyên



Yes, *I would like to support VNHELP.*

Enclosed is my tax-deductible contribution of:

- \$200 \$100 \$50 \$20 other \$ _____

for VNHELP Project(s) in:

- Health Education any Project.

Please make your check payable to: VNHELP
1212 Broadway, Suite 830, Oakland CA 94612.

Name _____ Telephone _____

Address _____

VNHELP Projects:

- **Health**
Community Health Education Center
- **Education**
Nguyễn Trường Tộ Scholarship
Children Educational Radio Program
Schools for Handicapped Children,
Đà Nẵng & Cần Thơ
Can Lộc Junior High school, Hà Tĩnh
Cái Bè Elementary School, Tiền Giang
Cần Thơ Street Children Program

*Contributions are tax-deductible as permitted by law.
VNHELP is classified as 501(c)3 by the Internal Revenue Service.*

A Successful 4th Anniversary Celebration

Continued from page 1

was treated to a variety of songs and musical instruments unique to Vietnamese culture. Beautiful folk songs were sung by the traditionally garbed singers, accompanied by one-stringed zithers and other such instruments. A famous "chèo" skit about a monk and his temptress was also included. The was creative rendered story gave the audience a good laugh. The overall haunting and soulful performance was beautifully executed by the musicians: Bì i S.,i Sọm, L" Quang S.,t, Nguyễn H÷u H.,u, Nguyễn ThĐTuyỐt, Nguyễn ThĐV' n HuyỐn, Ph.,m Quang Th> Ớng, and Vả ThĐV' n fnh.

For many of the guests, this was their first exposure to authentic, traditional Vietnamese music. For others who were fortunate to catch a performance in Viet Nam, the show was remarkable due to its diversity. At the end of each musical piece, the musicians and singers drew loud and lengthy applause from a mesmerized crowd. Little did they know that since troupe's arrival in the United States one day earlier, the group had little time to rest and prepare for the show. Nor could the audience have guessed that the musicians had only two hours to fix, assemble and tune instruments that had been damaged on their way

across the Pacific!

At the end of the event, many VNHELP supporters and volunteers remained to discuss on-going projects in ViỐt Nam with VNHELP project coordinators. Many people also stayed to meet the musicians and ask for autographs.

During arduous months of preparation for this event, Sonny L", the event chair, shuttled to and from the VNHELP office, doing much of the "grunt work" required to successfully arrange such an event as the Fourth Anniversary celebration. Meanwhile, several

VNHELP volunteer staff went on a special assignment while visiting ViỐt Nam, photographing and monitoring VNHELP's programs. Other volunteers were involved in creating and distributing flyers and invitation cards, editing the program book, selling advertisement and the like. VNHELP would like to thank all patrons, supporters and volunteers who have expended time and money to this event. VNHELP also gratefully acknowledges Ms. Anne Firth Murray, Ms. T.T. Nh> and the Th>ng Long Water Puppet Theatre Troupe from Hù NỒi for make this event a success.

Huỳnh Thụ Lương

Happy Lunar New Year

☺ Tết Bính Tý ☺

Chúc Mừng Năm Mới



VNHELP
1212 Broadway, Suite 830
Oakland, CA 94612