

Subject: Re: Dad's

From: Thanh Huynh <thanhxhuynh2003@yahoo.com>

Date: 1/13/2024, 12:04 PM

To: Mark Cao <mark.cao@gmail.com>, HANG Lucy Hoang <hanglhoang@gmail.com>, Hanh Cao Yu <hanhcaoyu@gmail.com>

CC: My-long Tran <nhumy23@icloud.com>

[Sent from Yahoo Mail for iPhone](#)

On Sunday, January 14, 2024, 2:09 AM, Thanh

Hi Hanh HangHuy,

I have been feeding very healthy and special foods by di My such as heart of palm salads, duck. Chicken, charcoal grilled shrimp and barbecue pork, fine pandan rice noodle and varieties of tropical fruits, vu sua, sa bo che, papaya, dua gang , mang cau xiêm thanh long...and grapefruits from her farm .i learned from her and a good MD that even though i use cholesterol meds, it still ok to. eat grapefruits 4-8 hours away from my meals.

I had spent a lot of time recording my zumba exercise sessions in my City Sport club classes , but i could not play them on the tivi without converting to video form

If Jackie has time please put them in video link and send them to me

I have walked about 30' in the morning on country roads, about 30' after dinner then do zumba dance Besame Mouchu with the Golden Zumba dance group . Di My could play video episodes on Tivi for me

She insisted mixing warm water for my night shower Otherwise i love city water for my shower . It is well sterilized, as clear and clean as our water

She sometimes took me on her Honda to Bentre and Mytho markets to buy or fix things

I mostly spent my time at her country home

She has an air conditioner in my room

I turn it on in the afternoon or when i dance zumba. Mostly i use fans. She has fan everywhere in her house, just like mine!

I really enjoyed the warm love and care of her family. Long, her husband always helps me with heavy lifting, Khuong and Be Nhu help me with computer things . Khuong and Tuyen always find some very special fruits and foods for me

I feel very welcome in these loving and caring relatives

Be Nhu is now a very charming and pretty young lady, still she is a traditional reserved Vietnamese girl . She is good in English and Japanese languages and having 2 jobs in Saigon, one in Human relation department for a company and a gym instructor as a second job

Khuong and Tuyen have 2 children about 10 and 5 years old

Khuong is a lawyer . He is Vice President of a government agency and having a part

time teaching job at Tien Giang public university

I showed to di My the picture of the keepsake for ashes of dad and me that she will keep in her family cemetery

i will plan a five day trip on a trans-Vietnam modern train for sight seeing with Be Nhu
That is all for now!

Hope that Dad is still fighting for his life until i come back

I will bring heart of palm salads and pandan fine rice noodle and fresh bamboo shoots fir you

[Sent from Yahoo Mail for iPhone](#)

On Saturday, January 13, 2024, 11:47 PM, Mark Cao <mark.cao@gmail.com> wrote:

Hope you are enjoying your trip.

Dad seems a bit weaker to me, but I believe he'll survive. :-) Please enjoy your time traveling and do not worry so much about Dad.

Nice photos!

Huy

On Sat, Jan 13, 2024 at 1:13 AM Thanh Huynh
<thanhxhuynh2003@yahoo.com> wrote:

I have this picture print in 5x7. And 8x10

[Sent from Yahoo Mail for iPhone](#)

Begin forwarded message:

On Saturday, January 13, 2024, 4:08 PM, Trần Thị Như Mỹ <nhumy23@icloud.com> wrote:

Được gửi từ iPhone của tôi