

Subject: Re: Dad's

From: Thanh Huynh <thanhxhuynh2003@yahoo.com>

Date: 1/13/2024, 11:09 AM

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>

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 variety tropical fruits such as, so 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, I still OK to eat grapefruits 4-8 hours away from my meals.

I spent a lot of time recording my zumba exercise in class, but I could not play it on the TV. If Jackie has time please put them in video link and send them to me.

I walked about 30' in the morning on country road about 30' after dinner then do zumba dance Besame Mouchu with the Golden Zumba. Di My. My could play video on TV for me. She insisted mixing warm water for my night shower. Otherwise I love city water for my shower. It is as clear and clean as our water.

She sometimes took me on her Honda to Bentre and My Tho market to buy or fix something.

I mostly spent my time a slow life 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 fans everywhere in her house, just like mine!

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

I feel very welcome in this love and care relative.

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 language and having 2 jobs in Saigon, 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 Du My thi picture of the keepsake for ashes of dad and me that she will keep in her family cemetery.

Will plan a five day trip on a trans Vietnam modern train for sight seeing.

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 for 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