



Program Summary

Date	Section & Activity	Meeting Place	Time	Registration Contact
Saturday 6 Dec	Lecture: Shamanism in the Northern Mountains of Việt Nam English	54 Traditions Gallery, 30 Hàng Bún St	10:00 AM (1.5 hrs)	Maureen Maureen.lewis2013@gmail.com
Wednesday 10 Dec	City Walks: Văn Miếu Japanese	In front of St Văn Miếu Gate, on Quốc Tử Giám St	9:30 AM (2 hrs)	Fusaka Nakamura herijapan@yahoo.co.jp
Thursday 11 Dec	Music&Performance: Ca Trù – a UNESCO intangible culture heritage English	Ca Trù Hanoi Club, 28 Hàng Buồm St, Hoàn Kiếm District	7:50 PM (1 hr)	Helen helenshuntley@yahoo.com
Saturday 13 Dec	Excursion: Chuông conical hat village and Quan Sơn lake English	Outside of the Sofitel Plaza Hotel on Yên Phụ Rd, at the corner of Thanh Niên Road	8:30 AM (8.5 hrs)	Susan susanrenwick@gmail.com
Sunday 14 Dec	City Walks: The Evolution of Colonial Style Architecture English	Lý Thái Tổ Park – corner of Lê Thạch and Đinh Tiên Hoàng	9:00 AM (2 hrs)	Katie Jacobs katielaurenjacobs@gmail.com
Tuesday 16 Dec	City Walk: Bach Mã temple & the Old Quarter English	In front of Bạch Mã temple, 76 Hàng Buồm St.	9:00 AM (2.5 hrs)	Jura jura.cullen@cantab.net
Sunday 21 Dec	City Walk: Back Alleys of Hàng Da Market area English	Hồng Hà Theatre, 51 Đường Thành St	9:30 AM (2.5 hours)	Loan phuongloan2704@gmail.com

Friends of Vietnam Heritage (FVH) is a non-formal group of mainly Hà Nội residents from many countries who work voluntarily to promote and preserve Vietnamese cultural and historical heritage. With a cadre of dedicated volunteers and limited financial resources, FVH is proud to offer an array events like those listed above and detailed on the following pages.

Due to financial obligations incurred by FVH while planning events, please register for events in advance as space is limited. If you must cancel fewer than 24 hours before the event, or if you do not show up, you are kindly requested to pay the event fee.



Program Details

Lecture:

A Talk by Dr. Mark Rapoport: Shamanism in the Northern Mountains of Vietnam
Saturday, 6 December, 10:00 AM – 11:30 AM
(English)

Shamanism - the backbone of Tribal Culture. Join us as Mark Rapoport will discuss the tribal groups of Northern Việt Nam and the persistence of their shamanic traditions. These traditions are composed of strong elements of Taoism, as well as of Buddhism, Confucianism and animism. The talk will focus on the importance of the old and new artifacts, paintings and ceremonial tools used by the shamans. Mark will also discuss the practice and ethics of being a collector of these fascinating objects.



We have a lot of expertise here. Mark is an avid collector of the tribal art of Việt Nam (and Africa). His own substantial collection includes many paintings and tools used by tribal groups residing from Thái Nguyên (Central Highlands) to the mountains at the China border. Mark, along with business partner Nguyễn Thị Nhung and the 54 Traditions Gallery staff, have assembled and prepared exhibits at two major museums in Hanoi, as well as at the East-West Center in Honolulu, Hawaii, USA. The gallery numbers among its clientele numerous museums in Asia, Europe, and the US.

Place: 54 Traditions Gallery, 30 Hàng Bún St

Cost: 120,000 VND

Limit: 20 people

Contact: Maureen, Maureen.lewis2013@gmail.com

Please leave your mobile number so you can be contact in case of any last minute changes.

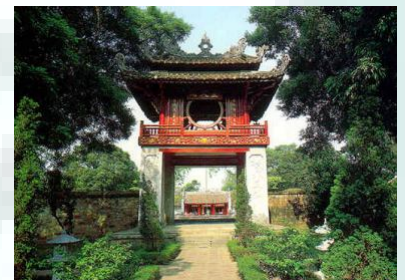
Discover Hanoi City Walk:

Văn Miếu

Wednesday, 10 December, 9:30 AM - 11:30 AM

(Japanese)

Văn Miếu, which is 70m wide and 350 long, is surrounded by Nguyễn Thái Học, Tôn Đức Thắng, Văn Miếu and Quốc Tử Giám Streets. We'll visit Văn Miếu looking at it with 3 themes in mind: Confucius, Confucianism, and the Royal Examination systems of long ago in China and in Vietnam. We'll show you some gates, statues, Confucius' shrine, and the first university in Vietnam with historical instruction.



Place: In front of the main gate of Văn Miếu, Quốc Tử Giám Street

Cost: 70,000 VND

Limit: 8 people

Registration: Fusaka Nakamura, herijapan@yahoo.co.jp;

Please leave your mobile phone number so we can contact you in case of any last minute changes.



Music & Performance:

Ca Trù – Traditional performance

Thursday, 11 December, 7:50 PM – 9:00 PM

(English)

Join us for a concert of Ca Trù music at 7:50 pm on Thursday, December 11, at 28 Hàng Buồm Street in the Old Quarter. The concert will feature several Ca Trù performers, an introduction to the history of Ca Trù, and opportunities to interact with the performers and try out their instruments.

Ca Trù is a form of traditional Vietnamese music which features three performers. A female singer provides the vocals whilst playing small wooden sticks beaten on a small bamboo bar. She is accompanied by a man who plays a long-necked, 3-string bottom guitar. The third performer is a 'spectator' who strikes a praise drum in reaction to the singer's performance.



Ca Trù started off as a form of entertainment for the royal court, later branching out into being performed at small inns for scholars and other members of the elite. In the 15th century, Ca Trù spread through northern Vietnam, celebrating special events, such as the birth of a son or the signing of a contract. In the 20th century, however, Ca Trù almost died out. In recent years, with the recognition of Ca Trù as a UNESCO intangible cultural heritage, considerable efforts have been made to re-invigorate the genre, including holding festivals and events where several types of ca trù are performed.

Youtube link: <http://www.youtube.com/watch?v=Mq1753AeL9w>

Place: Ca Trù Hanoi Club, 28 Hàng Buồm St

Cost: US\$ 10 / 220,000 VND

Limit: 20 people

Registration: Helen Huntley, helenshuntley@yahoo.com

Please leave your mobile number so you can be contacted in case of any last minute changes.

Excursion:

Chuông conical hat village and Quan Sơn lake

Saturday, 13 December, 8:30 AM – 5:00 PM

(English)

8.30am: Start from the Sofitel Plaza and drive via Hà Đông District to Highway 21B to the south-west of Hanoi.

9.30am-11am: Arrive at Chuông Village in Thanh Oai district. Visit Chuông market and the conical hat traditional village on the side of Đáy River. Walk around Chuông market, which is one of the Red River Delta's busiest country markets, selling country products and materials for making Vietnam conical hats. The market will be busy as it is market day and the morning meeting time. Continue walking to visit a family making conical hats and learn how to make them.

11.10am: Continue by private car to Te Tieu Town.

11.45am: Arrive in Te Tieu Town for lunch.

11.45am-1.00pm: Lunch – bring your own boxed lunch or enjoy lunch at local restaurant in Te Tieu Town with famous Roasted Duck.

1.00pm-1.30pm: Drive to Quan Sơn Lake in Mỹ Đức District, which is considered the Hạ Long Bay of Hanoi





1.30pm-3.30pm: Enjoy the landscape of Lotus Lake, rock formations, and local nature. Take a rowing boat through the lotus pond and limestone rocks surrounding the lake and climb on rocks on the lake side to take photos and enjoy the fresh air and peaceful nature.

3.30pm: Get on the bus and drive back to Hanoi

5.00pm: Back to Hanoi

Place: Outside of the Sofitel Plaza Hotel on Yên Phụ Rd, at the corner of Thanh Niên Road

Cost: 600.000 VND per person including private group transport, entrance ticket if any, rowing boat fee, 2 bottles of water and travel insurance.

Limit: 22 people

Registration: Susan at : susanrenwick@gmail.com

Please leave your mobile number so you can be contacted in case of any last minute changes.

Notes: Lunch is not included; you can bring a picnic lunch from home OR you can enjoy lunch at local restaurants in Te Tieu Town with its famous Roasted Duck

Late registration on Friday, 12 Dec 2014 will not be available for insurance, but other benefits of the excursion will be kept unchanged

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Discover Hanoi City Walk:

The Evolution of Colonial Style Architecture

Sunday, 14 December, 9:00 AM - 11:00 AM

(English)

Our walk starts in Lý Thái Tổ Park next to the old post office - the heart of the French colony during the first decades of the 20th Century. From there we will walk towards the Opera House and down towards the School of Pharmacy, originally the University of Hanoi, designed by French architect Ernest Hebrard. Following the wide, tree-lined boulevards of Lý Thường Kiệt and Trần Hưng Đạo we will trace the evolution of French colonial style architecture from the turn of the century to the end of the French era in the 1940's.



Place: Meet in Lý Thái Tổ Park on the corner of Lê Thạch and Đinh Tiên Hoàng

Cost: 70,000 VND

Limit: 20 people

Registration: Katie Jacobs: katielaurenjacobs@gmail.com

Please leave your mobile number so you can be contact in case of any last minute changes.

Notes: This is not a loop walk. We will finish at Thiên Quang Lake on Nguyễn Du Street. Wear comfortable shoes and clothes as it may be hot or rainy, and bring plenty of water to drink.



Discover Hanoi City Walk:

Bạch Mã temple and the Old Quarter

Tuesday, 16 December, 9:00 AM – 11:30 AM

(English)



This walk commences at Bạch Mã Temple and travels through some of the streets of the Old Quarter, highlighting the concept of the "36 trade streets" where each street is named after the original product or service of the individual trade guilds. We will visit the famous Bạch Mã Temple, the last remaining city wall gate, Đồng Xuân Market, and Huyền Thiên Temple, and a jewelry communal house.

Place: In front of Bạch Mã temple, 76 Hàng Buồm

Cost: 70,000 VND

Limit: 8 people

Contact: Jura, jura.cullen@cantab.net

Please leave your mobile phone number so we can contact you in case of any last minute changes.

Discover Hanoi City Walk:

Back Alleys of Hàng Da Market Area

Sunday, 21 December, 9:30 AM – 12:00 PM

(English)

Hidden pagodas, small communal houses dedicated to patrons of craft guilds, narrow streets full of local life, Chinese merchant mansions, legends you haven't heard before, bits of the old citadel, and more characterize this charming walk through the small streets and alleys surrounding the old leather market.

Place: 51 Đường Thành St, in front of the Hồng Hà Theatre

Cost: 70,000 VND

Limit: 10 people

To Register: Loan Nguyen (Loan), phuongloan2704@gmail.com

Please leave your mobile phone number so we can contact you in case of any last minute changes

Notes: Dress appropriately for the weather. Please bring comfortable walking shoes, and plenty of water. There will not be many places to sit or toilets.

Insurance is not covered in the cost but can be provided upon a minimum 4-day prior notice.



Get Involved, Volunteer!

Walking Guide

Have you ever been on one of FVH's fabulous walks and thought to yourself: "Wow! I want to be a guide just like that!?" Well, now you too have the chance – we have a very limited number of walks that need guiding, and you could be the lucky person to guide one of these walks!

Main duties once every 3-6 months:

- Schedule the walk by sending in a pre-written template to the FVH newsletter publisher
- Register and keep track of attendees
- Send out a reminder e-mail before the walk
- Guide the walk, check-in attendees, and collect the event fee
- Submit a follow-up report



Expected output: One activity every 3-6 months (except during summer months)

Estimated time: 3 hrs per month

For more information: Please email fvh.citywalks.english@gmail.com

Museum Spotlight

Vietnam Museum of Ethnology

Bảo Tàng Dân Tộc Học Việt Nam

Nguyễn Văn Huyền Road, Cầu Giấy, Hà Nội

Tel: (84-4) 3756-2193

Email: vme18@vme.org.vn

www.vme.org.vn

Bus Routes: 7, 14, 27, 28, 30, 38, 45

Hours: 8:30 AM - 5:30 PM daily except Mondays

Ticket Price: 25,000 VND for regular admission

5,000 VND for children and students

Free for children under 6 years of age and people of Việt Nam ethnic minorities

Tour Prices: 30,000 VND for tours in Vietnamese, 50,000 VND in French and English

Water Puppets: Performances every Saturday and Sunday at 10:00 AM, 11:30 AM, 2:30 PM and 4:00 PM. Show tickets are 40,000 VND for adults, 10,000 VND for children, children under six are free, 15,000 VND for student. This fee is in addition to the regular museum entrance fee and goes directly to the puppet troupe. After the performances there are opportunities to talk to the artisans about traditional puppetry in Việt Nam. The performance is held in the outdoor exhibition space. Special performance for private parties and events can be arranged.



"Central Highlands in the 1950s, 20th century", a photography exhibition

Date: 11 Jul 2014 – 11 Jan 2015

Location: Vietnam Museum of Ethnology, Nguyễn Văn Huyền Rd, Hanoi

Time: 8:30am-5:30pm (closed on Mondays)

Price: 40,000 VND /ticket

Titled 'Central Highlands in the 1950s of the 20th century', the exhibition showcases a collection of ethnographic documentary photos taken by French photographer Jean-Marie Duchange, from 1952 to 1955. The Viet Nam Museum of Ethnology organised the event in the hope of sharing the photographer's values of art and science with the public, showing gratitude toward the photographer, and to celebrate the 40th anniversary of Viet Nam – France diplomatic relations, according to director Vo Quang Trong.

The exhibition displays 34 large square-shaped images (reproductions of the original negative films from the collection of 200) which were printed in France on transparent material that allows viewers to see the images from both sides.



Hanoi Museum

Bảo Tàng Hà Nội

Phạm Hùng Street, Từ Liêm

The first two floors of the Vietnam National Museum of History house a permanent collection of bronzes, photos, plants, pottery and miscellaneous artifacts, along with a small cafe and shop. At the entrance to the second floor exhibits there is magnificent silk embroidery. The third and fourth floors are still under development but currently display an extensive temporary collection of ceramic pieces from 1000BC to the 20th Century, Đông Sơn drums and both metal and stone tools.

This new museum is completely wheelchair accessible. There is a ramp on the left of the stairs leading to the front door and a circular ramp spirals to each of the four floors. There is also an elevator.



Items are labeled in both Vietnamese and English and are well lit and displayed. Groups are welcome.

- Location:** Next to the Conference Center near the Mỹ Đình National Stadium
Hours: 8:30-11:30 AM, 2:00-4:30 PM. Closed on Mondays.
Admission: Free until further notice. English Translator available, donation requested
Bus Routes: 5, 29, 33, 39, 44, 50

The Vietnamese Women's Museum

Bảo Tàng Phụ Nữ

36 Lý Thường Kiệt, Tel: (84-4) 3825-9936

www.baotangphunu.org.vn

- Bus Routes:** Any bus that runs on Lê Duẩn,
Hai Bà Trưng, or Trần Hưng Đạo
Hours: Daily from 8:00 AM - 4:30 PM
Ticket Price: 30,000 VND for Expats





Vietnam Museum of Fine Arts

Bảo Tàng Mỹ Thuật

66 Nguyễn Thái Học, Tel: (84-4) 3823-3084

www.baotangmythuat.vn

Bus Routes: 2, 18, 23, 25, 27, 32, 34, 38, 39, 41, 45, 50

Hours: 8:30 AM – 5:00 PM daily

Ticket Price: 20,000 VND for adults
7,000 VND for students and children under 12

FVH Liaison: John Reilly, lefthanded2hanoi@yahoo.com

The Vietnam Museum of Fine Arts has an excellent collection of the following:

- Fine arts in the early historic times, pre-11th century
- Religious art
- Fine arts from 11th to 19th century
- Paintings and sculptures from the 20th century
- Lacquer paintings
- Paintings on silk
- Applied decorative arts
- Vietnamese ceramics from 11th to 20th century



The National Museum of Vietnamese History

Bảo Tàng Lịch Sử

1 Tràng Tiền Street,

Tel: (84-4) 3824-1384 / 3825-7753

Email: banbientap@nmvnh.org.vn

www.baotanglichsu.vn

Bus Routes: 2, 3, 4, 9, 11, 23, 34, 36, 40, 45

Hours: 8:30 AM – 11.30 AM & 1.30 PM - 4:30 PM
(daily except Monday)

Guided tours: Available on request

Guide Contact: Mrs Nguyen Thu Hoan, Deputy of Exhibition and Education Department, office: (84-4) 824-1384, mobile: (84) 094-536-8086

tuyentruyenbt@baotanglichsu.vn

Ticket Price: 20,000 VND for adults
10,000 VND for students
2,000 VND for children

Photo/Video Charges:

Video: 800,000 VND per day if showcases are opened; 400,000 VND per day if showcases are not opened

Research photographs: 20,000-600,000 VND per day (depending on needs)

Personal video: 30,000 VND

Personal camera: 15,000 VND



"Đông Sơn Culture" Exhibition

Open: 18 Nov 2014

Location: The National Museum of Vietnamese History



Publications

Friends of Vietnam Heritage produce a number of publications. All publications are **60,000 VND**. If you would like to purchase any of these books just contact FVH at fvheritage@gmail.com. Books are also sold at all FVH events or at Bookworm.

1. Bạch Mã Temple Guidebook (White Horse Temple)

Learn about King Lý Thái Tổ's dream and why the temple honors the White Horse Deity. This guidebook offers detailed information on the history of Bạch Mã Temple on Hàng Buồm Street, including temple layout, translation of panels written in Chinese characters, as well as information about the symbolism used in the temple. The guided walk contained at the end of this guidebook provides an opportunity to explore and experience some of the same streets where the craft guilds and merchants set-up within the third enclosure of the citadel.

Published 2001

2. Quán Thánh Temple Guidebook

This publication details the legends of Huyền Thiên Trấn Vũ, also known as the 'genie who guards the Dark Heaven.' This guidebook contains detailed information on the history of Quán Thánh Temple, as well as translations of the many parallel sentences and poems on the walls and columns of this magnificent Taoist Temple. A walking tour of the bronze-casting village of Ngũ Xã, with its Chùa and Đình and the enjoyable atmosphere around Trúc Bạch Lake is included.

Published 2002, reprinted 2008

3. Trấn Quốc Pagoda Guidebook

The Trấn Quốc Pagoda on Thanh Niên Road was founded some 1400 years ago, and it is one of the most ancient Buddhist pagodas in Hà Nội. Nestled between West Lake and Trúc Bạch Lake, the pagoda is considered a magnificent symbol of Buddhism in Việt Nam, and is one of the most visited sites in the capital. This guidebook covers the history of Buddhism, the temple layout, and describes in detail the different areas of the pagoda. A fascinating publication, which includes especially commissioned drawings and photographs.

Published 2003, reprinted 2006

4. Phủ Tây Hồ Guidebook (West Lake Palace)

Have you ever wondered who these doll-like statues in glass cabinets, in blue, white, red or green attire may be? Phủ Tây Hồ at the far end of the Tây Hồ peninsula is the most impressive pagoda dedicated to the cult of the Mother goddesses in Hà Nội, an indigenous cult that seems to permeate the lives of all Vietnamese women in varying degrees. The guidebook describes in detail the complex itself, then discusses the religion of the Mother goddesses, including its philosophy, pantheon and rituals.

Published 2004

5. Lãn Ông Street Guidebook (Traditional Medicine Street)

Traditional medicine is very much alive on this particular street of the Old Quarter. This guidebook not only describes the area in its historical context and current set-up, but also offers information on a variety of Vietnamese herbal teas for the health conscious as well as a comprehensive pictorial of Lãn Ông Street.

Published 2005, reprinted 2005



6. Bát Tràng Traditional Pottery Village: A Self-Guided Walk

This guidebook focuses on the old section of the pottery commune of Bát Tràng, a village with a long history hitherto unknown to many outsiders. The guidebook is based on a self-guided walk. There are three different circuits lasting from 45 minutes to two hours, all shown on a map.

Published 2006, reprinted 2009

7. Hoàn Kiếm Lake, its Legends and Temples: A Self-Guided Walk

The area around Hồ Hoàn Kiếm represents the physical heart and spiritual soul of Hà Nội. Continuing the tradition of FVH to promote the understanding of Việt Nam's history and culture, this guidebook focuses on the history and legends, the temples and pagodas surrounding the lake. Also included is information on the large Báo Ân Pagoda complex, which was razed between 1886-1889 and left only the Hòa Phong tower still standing today.

Published 2007

8. Vignettes of French Culture in Hà Nội

This guidebook provides an insight and appreciation of the influence on Hà Nội of the French colonial period from 1873 until 1954. The three guided walks contained in this guidebook provide an opportunity for the reader to explore and experience aspects of what the people of Hà Nội have absorbed and made their own as a result of eighty years of French presence in their city.

Published 2008

9. Hồ Tây – Walks Around West Lake

Hồ Tây continues to inspired writers, artists and photographers with its beauty, history, culture and religious aspects, but it also provides for its local residents a source of fish, water and a rich soil to cultivate a variety of plants and vegetables. This guidebook covers the legends of the lake, as well as its history and future plans for this rapidly expanding part of Hà Nội. Included are five self-guided walks identifying those places of interest both old and new around the entire West Lake shore.

Published 2009

10. Văn Miếu Walking Tour (Temple of Literature)

This guidebook introduces visitors to the Văn Miếu, or the Temple of Literature, one of the foremost architectural treasures of Việt Nam and its capital city Hà Nội. The Văn Miếu - Quốc Tử Giám ranks third in Việt Nam's register of national historic sites. A leafy oasis in the centre of the bustling city, it is a magnet for the citizens of Hà Nội and for visitors to the city who wish to spend a quiet moment contemplating its rich past. This guidebook contains a history of the school and the temple, a description of each courtyard and its meaning as expressed through its architecture, translations of all the plaques, as well as quick guides to Confucianism and the Royal Examinations

Published 2010



Resource Center

Hanoi City Library

Thư Viện Hà Nội

47 Bà Triệu, 4th floor
Hà Nội, Việt Nam

The Friends of Vietnam Heritage's Resource Center is on the 4th floor of the Hanoi City Library (Thư Viện Hà Nội), located on the corner of Trần Hưng Đạo and Bà Triệu streets. The FVH collection includes books and journals that focus on Vietnamese art, history and culture.

In order to access the collection you need to get a Reader's Card. Go to the office (just inside the main entrance of the library), fill out a simple form, and attach one photograph. You'll also need to show your passport and pay an annual fee of 22,000 VND. After becoming a member, show your card whenever you go in.



The FVH collection is for reference only. You cannot remove the books from the library. Please note that the Reader's Card does not authorize the holder to borrow other books from the main library. If you want a Borrower's Card for checking out non-FVH books, you will need to fill out another form to receive one.

Library Opening Times: Every day Monday to Friday except Thursday morning of the first and third week of the month. Daily times: 8:00 AM – 12:00 PM and 1:30 – 5:00 PM. Closed on weekends and national holidays.

Moving?

Say goodbye to FVH by leaving us your gently-used books about Việt Nam. Your donation will be added to our reference collection, housed inside the FVH Resource Centre, Hanoi City Library. Contact John Reilly (left-handed2hanoi@yahoo.com) to arrange donation. Your books will be enjoyed by many people for years to come—thank you!



The Last Page

Friends of Vietnam Heritage (FVH) is a non-formal group of mainly Hà Nội residents from many countries, including Việt Nam. FVH's purpose is to enjoy, enhance and deepen the understanding of Việt Nam's cultural and historical heritage and thereby help with its preservation. There is no membership fee to join.

- Website:** www.fvheritage.org
Bookmark the Friends of Vietnam Heritage website where you will find the monthly program and further information about FVH, including a photo page and links.
- Email:** fvheritage@gmail.com
Address all correspondence to the Friends of Vietnam Heritage email address.
- Program:** To receive our free monthly program, please send an email to fvheritage@gmail.com.
- Participation:** Our programs are open to all people. FVH programs and events are in English or translated into English, unless noted otherwise.
- Volunteering:** If you are interested in serving on the FVH Governing Council or in volunteering for a specific section, please send an email to fvheritage@gmail.com. Also visit the "Get Involved" section of our website for current volunteer openings. FVH does not have an office, so all volunteers work from home.
- Council Meetings:** The FVH Council usually meets every first Tuesday of the month at the Fine Arts Museum. However, times and dates may change. Everyone who receives this program is welcome to attend the meetings as an observer. If you are interested in attending, please email fvheritage@gmail.com to verify date and time.
- Executive Committee:** John Reilly - Chair; Yuko - Treasurer
Helen Huntley - Vice Chair;

Student Invitation

FVH would like to invite Vietnamese students to join our events for half of the activity cost. Please contact the event coordinator to reserve a place (subject to availability, as determined by the coordinator). Students are required to present their current student identification card.

Off the Record, Disclaimer

All FVH activities, especially the lectures and discussions, are considered "off the record" and as such, may not be quoted in the press or other format. Exceptions will only be considered when proper requests for permissions and arrangements have been made beforehand with FVH and the individual speaker. In addition, all statements made during FVH programs belong to the individual presenter(s) and as such do not reflect the views or opinions of the organization, council or members of FVH.

HOPE TO SEE YOU AT OUR EVENTS!

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with "UNSUBSCRIBE" in the subject line.

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