



THE E-HEARTBEAT OCTOBER 2014

FAMILY CONNECTIONS CHRISTIAN ADOPTIONS

My Thanksgiving in Vietnam

By: Amy Bryant



Amy Bryant on the 59th floor of a building in Vietnam

I was born in Vietnam and last year I decided that I wanted to see my birth country. In November, I traveled with my mom and aunt across the world to Vietnam. We took a tour that went to Ho Chi Minh City, Hoi Ann, Hue, Halong Bay, and Hanoi, where I would meet my birth family. I was so excited that I could not wait.

We arrived in Ho Chi Minh City in the morning. I could hardly believe that we were finally there. We got settled in our hotel room and then headed out to explore. Our first adventure came as soon as we stepped outside of the hotel and tried to go somewhere. At this time, we were not yet experts at crossing the street. That day we took a boat ride that went around the city. Later in the day, we had dinner in our hotel at the Lemongrass restaurant. My first bowl of pho in Vietnam was delicious! The next day we had our tour of the city with our group. We went into the old post office and Ben Than Market. One of the other great things was going up to the 59th floor of the Bitexco building and having ice cream.

As much as we all enjoyed Ho Chi Minh City, we loved going to a rural part in central Vietnam. The countryside made Vietnam feel much more like what I expected to see. On the bus we counted water buffalo and other animals. Our tour of the city included a temple, a boat ride to a woodworking town, and an old house. I loved seeing the bright lanterns that were hung in the streets. Hoi Ann was our favorite place, and we all could have stayed another day.

I was sad to leave Hoi Ann, but Hue was another great place to go. Our adventures in Hue were: a boat ride on the Perfume River, lunch in a monastery that was made by Buddhist nuns, the citadel, some kings'



A street in downtown Hanoi



Amy on a cyclo ride

mausoleums, a cyclo ride, and a royal feast! However, two things about Hue that made it special were the hotel and the pho. The name of the hotel we stayed at was "Huong Giang" and Giang is my middle name. The second day, I had special Hue pho for breakfast, which was our favorite. In Halong Bay, we went on a wonderful cruise. We spent most of the time on top of the boat while we enjoyed the beautiful view. I really liked the cave we walked through and said that it was hue pho (way fun)!

Lastly, we headed to Hanoi and stayed there for three days. The city tour was great,

especially because I was finally able to see the places that my mom talked about and where she first held me. In the afternoon, we went to a water puppet show and then got ready to meet my birth family. We had dinner with my birth mom, brother, and cousin at a traditional Vietnamese restaurant. This day happened to be



Amy and her Mom, Margie Bryant, at the old Post Office in Ho Chi Minh City

Thanksgiving Day. Most of the time, my Thanksgiving includes a turkey dinner, but this one was a bit different and very good. The next morning my birth family came to the lobby in our hotel. This meeting was much more relaxing than the night before. I found out some things that I was curious about. As hard as it was, I was very glad I decided to meet my birth family.

I have been on multiple trips in my life and I think I can say that this one was the most special. I loved everything about it, especially the food. Every place that we went was also wonderful. That Thanksgiving I realized all the things I was thankful for.



Amy and her Mom visit with the Giant Turtle in Ho Chi Minh City

Adoption Finalizations in Sacramento



The Finkelman-Mateev Family: Sanford, Stephanie and C.J.



The Brunton Family: Joy, Aaron, Scarlett, Morgan, Emmitt and Liam



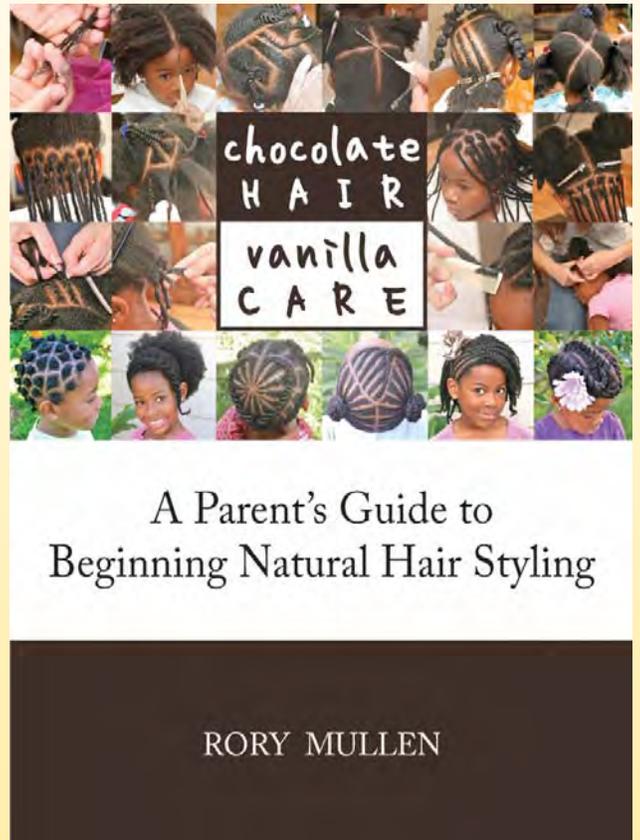
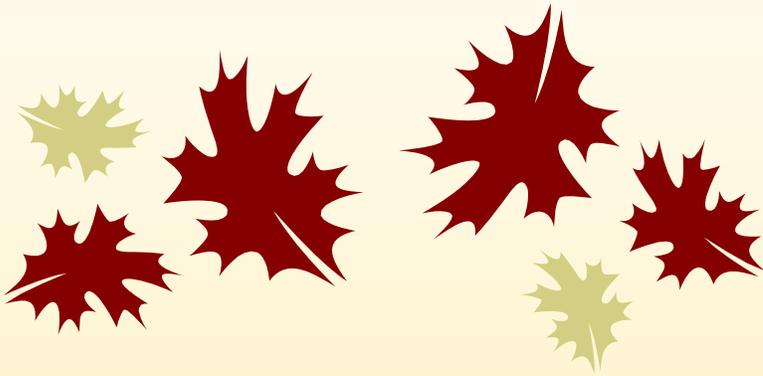
The Predmore-Miyata Family: Robin, Amy, Mia and Miles



The Sandvos Family: Joel and Adrienne

A New Book!

Rory Mullen, an FCCA adoptive Mom from our Carlsbad branch, has written a book, Chocolate Hair Vanilla Care: A Parents' Guide to Beginning Natural Hair Styling. Released on September 16, 2014, the book is available from Amazon.com in print or in Kindle ebook. With almost 500 lively, full color photos, the book also features tutorials for several hairstyles, instructions on hair maintenance and troubleshooting, and even tips for entertaining your child during styling. Congratulations, Rory, on a job well done!



If you make any purchases through Amazon, you can use the link below to enroll in Amazon Smile and then .5 percent (that is one fifth of one percent) will be donated to FCCA.

<http://smile.amazon.com/ch/77-0315220>

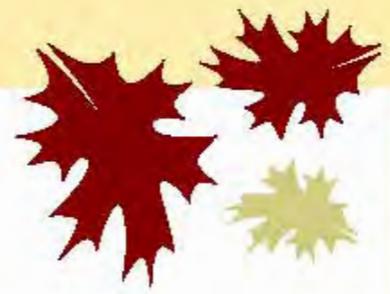


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**FCCA Announces an Exciting
New Training Program**

**TRUST BASED RELATIONAL
INTERVENTION**

(TBRI)

Starting In September

TBRI teaches adoptive families how to create strong attachments. Learn how to build bonds of affection and trust with your adopted child, effectively deal with any learning or behavioral disorders, and discipline with love without making him or her feel threatened.

All families having an intake after September 1, 2014 will be required to read **The Connected Child**, complete a written book review and attend an **AP 4 class on Trust Based Parenting**

