



December Newsletter

Volume 1 | Issue 5 | ETHOS – Spirit of the Community

Announcement

As 2019 draws to a close, this issue offers some updates to ongoing projects. We also want to thank everyone who has joined us in 2019. It has been wonderful meeting people from all around the world

Inside This Issue

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Learn about red cardamom and we share our secret ETHOS tea recipe.

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Hear about Cha's trip to Hoi An, our award as a social impact business, and current filmmaking projects.

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Looking for new challenges? ETHOS need you! We currently have a vacancy for a skilled Vietnamese national, supporting our office team with international guests and supporting with our portfolio of projects.



ETHOS

Spirit of the Community

Red Cardamom



At this time of year, many Hmong and Dao in the Sapa area venture up into the forest to harvest and dry their Red Cardamom - also known as Cau Guo or Chinese Black Cardamom.

It has an earthy and gently smoky aroma and is the world's third-most expensive spice, surpassed in price per weight only by vanilla and saffron.

Cardamom pods contain a number of seeds, but the entire cardamom pod can be used whole or ground.

Cardamom is used mainly in Indian cooking as well as Middle Eastern cuisine although the ancient Egyptians chewed cardamom seeds as a tooth cleaner while the Greeks and Romans used it as a perfume.

A stimulant and carminative, cardamom is not used in Western medicine for its own properties but forms a flavouring and basis for medicinal preparations for indigestion and flatulence. The Arabs attributed aphrodisiac qualities to it (it features regularly in the Arabian Nights) and the ancient Indians regarded it as a cure for obesity. It has been used as a digestive since ancient times. A medicinal (perhaps aphrodisiac) cordial can be made by macerating seeds in hot water.



ETHOS Christmas Tea Recipe



As guests of ETHOS some of you might have tried our special tea. As a small Christmas gift, we will share the recipe with you so you can make it at home. Enjoy!

Ingredients (serves 3 people)

- 4 cinnamon sticks
- 3 cardamom pods
- 1 big piece of fresh ginger
- 1 piece of star anise
- 1.5 tablespoon honey (or add to personal preference)
- 1 black tea bags
- Two litres of water

Directions

- 1) Wash the cardamom pods, cinnamon and ginger in water and crush to extract the flavour.
- 2) Put all the ingredients and water in a pot and boil for one hour.





Comings and goings

2019 has seen us welcome a number of new guides to our team. May Lai is a 34 year old Red Dao lady with a great deal of cultural knowledge and an infectious smile. We also have three new Hmong guides, Thao, Chinh and Chu who joined our existing guides in offering treks, embroidery workshops, food tours, motorcycle adventures as well as cycling, Kayaking and of course homestays.

We also we to say huge thank you to Malene who has spent the last six months with the ETHOS team in Sapa. Your hard work and enthusiasm has been invaluable in helping to keep things ticking over as well as supporting in establishing some exciting new partnerships and projects.

We wish her all the best in her future endeavours.

In the last week of November, we also welcomed four new puppies to the ETHOS community centre.



Update on Chu

Chu is back with us in the ETHOS Community Centre having had a forth operation, this time in Hanoi’s Viet Phap hospital. Chu’s femur is still infected, so the decision was made to remove the pins and external fixator holding the break together. More bone fragments were removed and further cleaning was done to treat the infected bone tissue. Chu is now in a plaster cast and our team are frequently cleaning her wound as well as assuring that Chu is getting good food and is warm and comfortable.

None of this would have been possible without the ongoing support of Doctor Ton van der Velden and his family based in Hanoi. Ton has been advising throughout and has been able to network with infectious disease specialists and orthopaedic surgeons in Harvard university.

Osteomyelitis is a challenging disease to treat and there is still a long road ahead for Chu as we work together to try and save her leg.



Vietnam Social Impact Business 2019

Social impact businesses thrive on ingenuity. We use our heads, hearts and creativity to come up with ideas that have the most positive social and environmental impacts.

ETHOS projects align with the Sustainable Development Goals - an international blueprint to achieve a better and more sustainable future for all. They address the global challenges we face, including those related to poverty, inequality, climate change, environmental degradation, peace and justice. The 17 Goals are all interconnected. Achieving every goal can be very challenging, but as social entrepreneurs, we keep driving forwards.

It is therefore wonderful for ETHOS to be recognised by Imap Vietnam for their Choice 2019 award "Vietnam Social Impact Businesses". This was organised by the Embassy of Ireland in Vietnam & National Economics University and implemented by NEU Center for Social Innovation and Entrepreneurship.



Story of the Month

Josh is a talented British filmmaker who is currently living in Sapa working on a documentary that features rice and its importance for the Hmong.

Over the past few months, Josh has been collaborating with ETHOS to produce a range of short documentary style videos that showcases the different ethnic groups around Sapa and their unique way of life. From documenting remie harvesting and its use in fabric by the Dao Tuyen, to the role rattan plays in the daily lives of the Red Dao, our collaborative films hope to record aspects of life steeped in history and integral to the culture of the various ethnic minority groups we work with.

The mini stories will ongoing be released on our Facebook page <https://www.facebook.com/ethosspirit/>

Cha's Trip to Hoi An

Phil and Hoa recently took Cha on a working trip to Hoi An in central Vietnam. The trip involved a lot of firsts. From flying for the first time, to visiting Rehahn's Precious Heritage museum, it was a trip of valuable learning. The aim of this trip was to discuss plans for the future and instil a sense of wonder that will foster dreams and Cha her plan for her next stages in life.

"Travel opens your heart, broadens your mind and fills your life with stories to tell"





ETHOS Need YOU!

ETHOS need the right people to help us move forward and grow. We have two vacancies available for interested candidates with a competent grasp of Vietnamese.

If you feel you have the right mentality to deal with emotional challenges while living in a place of exceptional beauty, then Sapa might be calling. If you are dynamic, self-motivated, honest and driven to help others, Sapa needs you. If you see yourself as a change-maker willing to work as part of a richly diverse team, ETHOS need you.

- Project manager / Office manager.
- Guest Relations Manager

If you would like more information or know someone who would be interested? Please get in touch.



<https://www.facebook.com/ethosspirit/>



Ethosspiritsapa



https://www.tripadvisor.com/Attraction_Review-g311304-d4976142-Reviews-Ethos_Spirit_of_the_Community-Sapa_Lao_Cai_Province.html



From all of us to all of you...

MERRY CHRISTMAS

THANK YOU!

We would like to thank our guests for their generous donations this month:

Luu Huyen Trang
Simon Andrew
Mark Webb
Rob Nicolson
Michael Swinton
Hannah Budd
Laura Hainque
Thorsten Hellwig
Be Be Tailot Hoi An

Dang Huong
Ton van der Velden
Sarah Garner
Julien Dulau & Charlotte
Fergal John Butler
Marco Van Baalen & Susanne
Tim and Julia Morgan
Lynne Tablewski

It is because of your kindness and generosity that ETHOS are able to help those in need. Thank you and merry Christmas.

