



Ban Phan

December 23, 1916 - November 16, 2012

The Life of Mr. Ban Phan (1916 - 2012)

Mr. Ban Phan was born on December 23, 1916 in Ben Tre, Southern Viet Nam, when the French had colonized Indochina. Since attending French school he was fluent in French. When he had grown up he had helped in getting back Viêt Nam's independence from the French. With a love for "Cai Luong", a traditional opera, he formed a musical company named "Kich Doan Thu Do", later became its producer too. This company had produced many top performers that the fans had adored so much in South Viet Nam.

Around the Black April of 1975, when South Viet Nam fell to the Communist, he had opened his arms to welcome the refugees from Central. He fed, clothed, and housed them. Whoever came to ask for help, he eagerly opened his heart to give to all.

In 1985 he resettled in Paris, France for a few years but later moved to San Diego, California to be closer to his youngest daughter.

He devoted all his later years to promote his ideal self-healing: "One meal a day regime." He said it would heal all illness and live longevity. He wanted to write and print a book about this in French as well as in Vietnamese for his descendants but somehow his physical would not allow him to fulfill this

dream. Since he started living in the nursing home, his physical was limited but his mind was sharp, filled with happiness and optimism. He always told us to love and help each other like he did. Live happy and follow his regime . . . This regime may be true as he said, he had live up to 95 years old.

On early morning of November 16, 2012, at 5:25 am, God had peacefully brought Mr. Ban Phan to be with Him. May he always be with God.

Previous Events

Funeral and Celebration of Life

NOV **21**. 9:00 AM - 1:00 PM (PT)

Southern California Crematory
601 Crane Street, Ste. D
Lake Elsinore, CA 92530

Tribute Wall



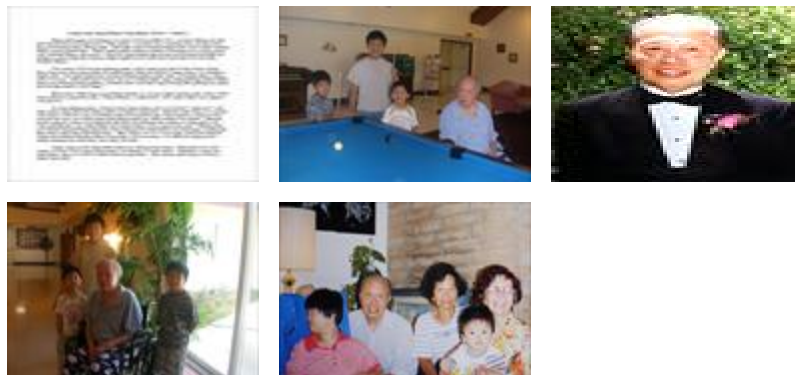
“ *Reflecting on Memories created a Tribute Video in memory of Ban Phan*



Reflecting on Memories - November 20, 2012 at 08:13 AM



“ *9 files added to the album Memories Album*



Reflecting on Memories - November 20, 2012 at 09:16 AM