

# Jeffrey Kingmano Pangnavong

## CheffreyCLT & Bonsai Kitchen, Owner & Chef

### **AGE:**

28

### **WHERE WERE YOU BORN?**

Concord, NC

### **HOW LONG HAVE YOU LIVED IN CHARLOTTE AREA?**

8 years

### **TELL US A LITTLE BIT MORE ABOUT YOU?**

Growing up I always enjoyed cooking and experimenting with my parents. I always enjoyed playing soccer and would say those 2 things are my passion. I owned my business for 4 years and enjoy every moment of it even the bad. I love spending time with my family and friends and going out to new restaurants to try new foods. If I had to choose I would go to the beach over the mountains as it seems more relaxing to me. I enjoy all kinds of music and can't do anything without it.

### **DURING YOUR TIME VOLUNTEERING FOR A COMMUNITY ACTIVITY OR PROJECT, WHAT IS YOUR MOST MEMORABLE MOMENT?**

While coaching soccer at the middle school level the kids always appreciated my guidance and would always tell me (then & later) that I was their favorite coach.

### **IN YOUR OPINION, HOW DO YOU CONTRIBUTE TO THE COMMUNITY? PLEASE BE AS DETAILED AS YOU CAN.**

I support the Check-In Movement non-profit organization which helps create and maintain interpersonal relationships by building a community through total wellness and accountability. The first year we had a 3K for "Thompson Youth and Family Focus" and raised 9K for them and continued to do more which led us to raise 27K for the UNCC Food Pantry. They basically throw quarterly events for everyone to meet up and connect while holding a fundraiser to help the community.

### **PLEASE LET US KNOW ANY AWARDS OR RECOGNITIONS YOU'VE RECEIVED IN YOUR PROFESSIONAL CAREER:**

3x BBQ wings champion (Jiggy with the Piggy Fest.)

### **WHAT ARE YOUR HOBBIES OR INTEREST?**

Some of my hobbies include playing soccer, thrifting, social/sporting events, and traveling.

### **WHAT IS YOUR FAVORITE QUOTE THAT YOU STAND BY?**

Networking and relationships will get you into places a degree can't.

**WHERE DO YOU SEE YOURSELF IN 5 YEARS? 10 YEARS?**

In 5-10 years I hope that I can have passive income on my current & upcoming businesses and grow my real estate portfolio. Having a family and continue building with everyone around me.

**CAN YOU SHARE ONE THING THAT IS ON YOUR BUCKET LIST?**

Stay in an Ice Hotel

**WHEN WAS THE LAST TIME YOU USED YOUR PASSPORT?**

2014- exploring Southeast Asia

**WHAT IS A FUN FACT ABOUT YOURSELF THAT NO ONE KNOWS?**

I get very nervous and anxious around people but you can't ever tell.

**WHO IS YOUR HERO?**

My Mom

**WHAT WAS THE LAST BOOK YOU READ?**

The Four Agreements

**WHAT WAS THE LAST MOVIE YOU SAW?**

Batman

**WHAT WAS THE LAST CONCERT YOU SAW?**

Mike. Not My First Rodeo Tour

**HOW DID THE COVID PANDEMIC AFFECT YOUR PERSONAL OR PROFESSIONAL LIFE?**

It actually helps me grow as a person going through the pandemic by finding ways how to keep going. Our business actually grew during that time as we had to think of creative ways to dish food out through takeout only. It taught me how to adapt to any of the circumstances that are thrown my way.

**INSTAGRAM**