



Samutprakarn International Ladies Club

Monthly Newsletter - February 2002

A MESSAGE FROM OUR CO-PRESIDENTS New Year 2002 and Happy 10th Anniversary to SILC!

A very warm welcome to all SILC members. We trust you all enjoyed the Christmas and New Year festivities -we got off to a great start at the SILC Christmas party!

This is an extra special year for SILC, being our 10th Anniversary year. Your committee is off to a flying start in organising a party to celebrate the occasion. We are planning a catered event to take place in May, for the whole family, so watch out for future announcements in your newsletter over the next couple of months.

We've also decided to launch a new cookbook this year. "Let's Celebrate!" is the theme, and we ask each and every one of you to send us your favourite party food recipes, so we can collate as many as possible for planned production in May. Full details are inside this newsletter.

In our welfare campaign, 'New Year, New Shoes,' we need help in providing shoes for area children who don't possess a pair (as seen on the welfare trip to the Crocodile Farm). And don't forget, we are still collecting "pre-loved" clothes and toys. Check our welfare pages to see how your whole family can get involved with these projects.

During the last ten years, SILC has provided a club for women of all nationalities. Through coffee mornings, lunches, tours, evening meetings, welfare activities and special events, SILC offers an invaluable opportunity of making contact with new friends, which can often be a lifeline when you move to a new country. This would not be possible without the work of the SILC committee, who organise the wide range of events that our members suggest. Your club offers a lot, and needs your enthusiasm and ideas to continue SILC's aims. We ask all of you to consider what you get from SILC and to think about joining the next committee. You may be pleasantly surprised at just how much you get back in doing so! Rather than step back for another year saying, 'I'm not sure how much longer we'll be here,' or 'I can't commit to doing it every month', realise that, if we can do it, you can too! Our activities are geared around the school schedule to accommodate busy mothers. We also have general committee members who can step in to help if you will be away, offering a 'buddy system'. Make it your New Year's Resolution to stop procrastinating and talk to a committee member soon about what it is - and isn't! - like to serve on the SILC committee.

This month, you can choose to sign up for a variety of activities. By moving our coffee mornings up to the first meeting of the month, we hope to make it easier for you to sign up for events, so take time to read about all of our special activities, as well as the regular get togethers on offer this month. Finally, as always, if you have any suggestions or skills that you'd like to share, let us know at the next SILC event.

See you around,

Audrey and Kate

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ALISON TYRRELL
SILC EDITOR

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TOURS

Vacant

GENERAL COMMITTEE MEMBERS

1. **Diane Rossiter** Tel: 02 751-9878
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2. **Linda Meyer** Tel: 02 312-5591
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3. **Vacant**

ORGANISATION OF THE CLUB

SILC creates an opportunity for women of all nationalities living in the Samut Prakarn area to meet socially and participate in a variety of activities without travelling into Bangkok. We invite members to join monthly meetings, tours and interest groups. Members pay an annual fee of 500 Baht to cover costs and receive a monthly newsletter and club directory.

NEWSLETTER

The newsletter is published once a month with articles and information on club activities. Contributions are welcome and can be sent directly to the newsletter editor.

COMMITTEE MEETINGS

These are held once a month and are open to everyone. Please inform the hostess of the meeting if you wish to attend.


SILC POLICY ON CHILDREN

As the main purpose of SILC is to provide a network and support for its members, it is our policy that children do not attend functions and tours, except in the case of very young babies who are being breastfed and/or cannot be left with a carer.

DIARY DATES

FEBRUARY 2002


Thai Cooking
Demonstration
Coffee Morning
Tuesday 6th February
10.00-12.00
Helen Isaac's
754 Lakeside Villa 1



RSVP Colleen 02 751 9880 or
Ros 02 751 9859
By Friday 1st February
Limited to 20

Lunch
Italian Bistro
No. 43.
Friday 15th February
12.00 noon

RSVP Karen 02 751 9863
or Sue 02 751 9876
by Monday 11th February

**Carlsberg
Brewery
Tour**

Saturday February 16th
depart Patana School
9.15 am sharp
Booking deadline: Tuesday 12th at
5 pm.
Cost 200 Baht payable in advance
when booking.

Evening Meeting
Talk by Janet Dymott
on Skin Care

Thursday 21st February
7.30 p.m.
at Nellie Holm's
759 Lakeside Villa 1
Bangna Trad 5.5km
RSVP Melanie 02 385 8016
by 18th February

General Committee
Meeting

Friday 1st February

9.00 am
Whatsits, Seri Villa 4,
behind Seri Centre
Srinakarin Road
All members are welcome
to attend
RSVP Kate 02 336 0780

Welfare Activities

Next Welfare Committee
Meeting will be held on
Tuesday 5th February
9.30 a.m.
Lyn Bradley's
156 Lakeside Villa 2
Bangna Trad Km 7.5

All members are welcome to attend
Please call Lyn on 02 516 4343

LOOKING AHEAD

**SILC's 10th
Anniversary
Celebration**



Taking place in May your committee are planning A Family Party to celebrate our 10th Anniversary
Watch out for more details in the coming months

**SILC ANNUAL
GENERAL MEETING**

TUESDAY 30TH APRIL
AT 10.00 A.M
BANGKAEW ROOM
BANGNA TOWERS B

**WE HOPE TO HAVE A GOOD
TURN OUT SO SEE YOU ALL
THERE.**

*SILC's New
Party
Cookbook*

*We are planning a new
edition of the SILC
cookbook.*

See inside for more details.

In addition to these diary dates, don't forget to check out our regular activities!

REGULAR ACTIVITIES

MAH-JONG

Wednesdays, in various players' homes. Join us for this addictive Chinese game of skill! We are a very informal group, so don't be shy. All welcome - especially beginners!

Contact Julie 02-385-8133 or Kathryn 02-392-4352.

ANYONE FOR TENNIS?

Lakeside 1, Thursday

07.30-09.30 a.m.

Contact:

Lynda Cooke

02-3166276



Meeting in the Park. Recently a group of mothers and their children (aged from tots to teens) on Moobaan Ladawan have started meeting up informally in the park area (near the big play ship etc) between the times of approximately 4pm to 6pm on Thursday afternoons. This is an ideal time for mothers and their children to meet up and get to know others they may not probably come across on this large Moobaan.

MOTHER & TODDLER GROUPS

Monday mornings

LADAWAN

10.00 am to around 12 noon

Contact Julia Tel: 02 385-7655

Wednesday mornings

THANA CITY

Contact Lorina Swindley

Tel: 02 336-1010

Thursday mornings

LAKESIDE 1 & 2/GARDEN TOWERS

Contact Tracey Magee

Tel: 02 316-8152

BOOK DISCUSSION GROUP

Our book group gets together once a month, normally towards the end of the month on a Friday. If you love to read and are interested in joining this informal group please contact:

Renee Ritterling: 02 336-1141 Julia Galliker d'Aliberfi: 02-385 7655

Our next discussion will be about books by Toni Morrison. If you've read any of her works, or would like to hear something about them, please join us!

Date/Time: Friday 22nd February at 10 a.m.

Venue: Linda Fullerton
92/47 Prestige Housing
Thana City, Bangna Trail Road 14 km
Tel: 02-336-0965



REGULAR ACTIVITIES



SILC - GOLF - SECTION

On Wednesday 10th January 2002 the SILC Golf Section had its inauguration round on Thana City Golf and Country Club. Nine members were present and during a quick cup of coffee we created three groups with a good mixture of newcomers and experienced golfers. In spite of the usual nervousness on the first tee everyone got off to a good start, and I think it is fair to say that

we had nice and enjoyable day on the golf course finishing off with a well deserved lunch in the clubhouse.

We decided on Thursday as the preferred day of play and here are the venues for the coming rounds in January and February:

- 24.01.02 Thana City, Tee-off 7.30, meeting time 7.15
- 31.01.02 Green Valley, Tee-off 7.30, meeting time 7.15
- 07.02.02 Thana City, Tee-off 7.30, meeting time 7.15
- 14.02.02 Green Valley, Tee-off 7.30, meeting time 7.15
- 21.02.02 Thana City, Tee-off 7.30, meeting time 7.15
- 28.02.02 Green Valley, Tee off 7.30, meeting time 7.15

For the next game on 24. January we are already 14 players. A very nice growth rate. For all of you who have not yet experienced the joy and frustration of golf, give me a call. For all of you existing members of the Golf Section, please give me a call or a mail if you CANNOT play no later than Tuesday evening.

Looking forward to see you all on the course. May the golf gods be with you.

Your Captain

Annette

023360895

018460702

gerlach@loxinfo.co.th

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NEWSLETTER ADVERTISING RATES

Quarter page	250 Baht
Half page	500 Baht
Full page	1000 Baht
Flyer insert	500 Baht

Personal advertisements for SILC members are free of charge.

Advertising requests must be received by the editor prior to the monthly newsletter deadline (date printed in each issue).

REVIEWS

Coffee Morning "The Easy Life" – 20th November 2001

Approx. thirty SILC members gathered at Terri Pavolich's lovely home for the November Coffee morning - quite a turnout! I would suspect the topic of the morning was the added attraction. Yearning for "The Easy Life" it would seem, is a common thread among us all. Following the usual announcements and details of upcoming events, Pauline Dalton (one of his biggest advocates) gave a very enthusiastic introduction of our speaker that morning - Energy Healer, Anup. He planned to share with us how we can benefit by recognizing and rebalancing positive and negative aspects of our lives, thus living the "The Easy Life". Hey, that's something we all want right! For those of you that missed this event, you missed a very interesting and thought-provoking coffee morning. It may not have been for everyone, but certainly worth checking out.

Following some coffee/tea and delicious morning goodies from the wonderful spread laid out on Terri's dining table, it was time to get started. We all gathered in the living room, finding a spot where we could, around Anup, who sat in a chair in the middle (poor guy it must've been quite intimidating for him, surrounded by all of us). Anup was a very softly spoken guy from Northern England who seemed to have a very gentle and kind demeanour (quite befitting of his chosen profession, I would say). Firstly, he shared with us how he came to be an Energy Healer. It was clear that Anup had a very unique and positive outlook on life. He explained how he recovered from drug and alcohol addiction through adopting and putting into practice some seemingly unorthodox methods and concepts that he now teaches and lives by. Since turning his life around he has gone on to become a very successful Energy Healer, with his very own Clinic here in Bangkok. Listening to how others overcome such adversities, and hearing their success stories can sometimes be quite inspirational in itself. It certainly, got me curious about what Anup had to share with us.

He went on to explain how we too can improve our lives; find peace and happiness within ourselves by applying some simple concepts everyday. But I must say he had a rather unusual way of conveying his message, remember the "naked guy" story (you had to be there!). He mentioned, as most of us already know, that stress is one of the biggest factors in affecting our well being and preventing us from being happy. Without stress and negativity, our lives would be much easier - we can enjoy life more, be more relaxed and positive and hence be happy (no surprises there - but how do we do it?). Before going on, he remarked on his observation of our body language, and how some of us seemed pretty "closed" to some of the concepts and information he had shared with us, thus far. Although, we were still very much interested in what he had to say, most of us were pretty skeptical. Gill S, curled up in the fetal position did not go unnoticed (don't mean to pick on you Gill), nor did the many others who had arms and/or legs crossed. He said such body language could unintentionally give off negative vibes/energies.

Which can affect the emotions of others around us and then in turn affect us. He said that the main factor in causing stress is how we as individuals react to our emotions (in a given situation). Frequently, many of us will suppress our emotions instead of embracing them. Since our bodies are basically a series of chemical reactions that produce energy (be it positive or negative), by doing so (i.e. suppressing our emotions) we produce negative energies, thus causing stress. He advocates that what we should do is the opposite - *embrace* our emotions. And very importantly, strive to recognize and avoid situations that we know will make us feel uneasy/stressed and potentially have negative consequences. His advice in avoiding stress/releasing negative energies, when dealing with emotions is to follow 3 steps. Which are; 1. *Acknowledge* the emotion (yes, I do feel sad) 2. *Own* the emotion (yep it's really me, it's mine, I feel sad and it's nobody else's fault) 3. Then, *Let It Flow*, go with it, let it out...and the positive energies will result (I'm going to ball my eyes out and I don't care who's looking - ah now I feel better...). He also went on to say how mothers especially, should separate themselves from their children's emotions, and not feel responsible for their emotions or project their own emotions on to them.

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In other words if your child is struggling with acceptance, for example and they are very sad and upset, and we've done everything we can to help them, to no avail – we shouldn't feel guilty or hurt on their behalf, as this will result in negative energy and hence stress for both you and your child. We should let them own/deal with their emotions themselves, when we've already done everything we can to help. Trying to impart this to many of us, who are mothers ourselves, was quite a task. Most of us seemed rather skeptical about this approach. As a "neurotic" mother myself, I find it near to impossible to emotionally separate myself from my child if he/she is hurting, angry or sad. I don't know about you, but I *do* feel responsible in some way (if not totally at times). I always feel I have to do something to change it/fix it/make it better for them. Somehow, I don't think I'll ever change – so I guess I'm in for a lot of negative energy. After, a while the discussion/talk became a little "deep", when the direction moved toward the subconscious mind and, "living in the moment", all that matters is "the moment" and nothing else exists but "this moment", etc. etc (again you had to be there). And occasionally, Anup lost us – some of us for good! Personally, I found a lot of what he had to say about this quite intriguing, but couldn't quite get a handle on some of it. I guess if I was a psychologist I might make sense of it all, but since I'm definitely not, I shall continue to deal with my life as a whole - the past, present and future... Given the scope of the subject, Anup was unlikely to cover everything there is to know, in the time that he had to talk to us. It was just the tip of the iceberg it seems. Of course, since he operates here in Bangkok, if you want to learn more you can. All in all Anup's talk was very positive and thought provoking. Something definitely worthwhile devoting more time to – how to live life the easy way, be stress free and ultimately very happy. He certainly inspired me to be more positive and if nothing else, I came away intending to try to balance my life a little more by "embracing my emotions" - Acknowledge, Own, Let it Flow! (I can tell you the prospects of that scared my husband a little). Well, that lasted for a day or so anyway... after that it was back to the usual stressed mother of three. But hey! I still remember the 3 steps rule, and maybe occasionally when I'm having a really stressful day, I can put it into practice.

On a lighter note, I also learned that I should refrain from asking so many questions (next time I will have to zip-it – not easy for an Irish woman!). Apparently, this gave the impression that "I was into it" - Hmm... So a word of warning - don't ask too many questions or you may be asked *that* infamous question, "Can you please do the write-up?" Only kidding, it was a pleasure to do it!

A very big thank you to all the SILC members who were responsible for arranging this coffee morning, and to Terri for opening up her wonderful home to us. A special thank you to Anup for taking time out of his schedule to share his insights with us and to Pauline for setting it up.

Tracey Magee

PART OF NEW BEGINNINGS PRESS RELEASE, 19th NOVEMBER 2001

New Beginnings is an exciting new concept in natural health care developed by Pauline Dalton and Anup Karlsson. Pauline found her way into natural health care and self healing when she needed to understand where the "stress" in her life came from and how she could control or cure it without the use of drugs.

She started her journey trying reflexology, chiropraxy, yoga and meditation. On her way, she became exposed to Reiki healing. Pauline practiced Reiki for 2 years and that eventually led her to Ascension Energy and her associate Anup.

Anup Karlsson has been travelling, learning and teaching for the past 12 years, reading tarot cards, teaching Reiki and facilitating workshops on many self help topics. Anup's life's work developed into Ascension Energy, promoting this amazing 'loads on' energy and Pauline became his student, friend and biggest fan.

Anup and Pauline are now working together, bringing this amazing transformative energy, health and fulfillment to the world. Anup has many tools at his disposal and will be inviting fellow speakers and healers to facilitate workshops at the new centre. "There are many different types of people in the world and they all have different issues," he said, "Our aim is to bring in the widest range of healers to help everyone with their issues."

If you would like to know more about New Beginnings telephone Pauline on 02 713 2557, 01 862 7146 or e-mail paulinex@loxinfo.co.uk

REVIEWS

SILC Christmas Party-24th November 2001.

Well, the time for another S.I.L.C Christmas party had arrived. What would be in store this year? We enjoyed beer and punch in the foyer on arrival, waiting for the time to enter the room to get the real party underway.

The meal was enjoyable with either soup or salmon for starters and then either pasta or turkey for main. The dessert was apple and raisin strudel, although I think maybe it should have been raisin strudel with a little apple. Anyway, it tasted good.

The beer was being consumed at a rate of knots and those who were drinking wine appeared to be consuming quite a bit as well. Everyone was having a really good time dancing to some great music.

It was then time for the raffle draw. First prize had kindly been donated by Land Rover and consisted of the loan of a Freelander car for a week, a 4-wheel drive weekend and other goodies such as jackets, caps and towels. The lucky winner of this great prize was Lisa Waller and I'm sure the majority of men in the room were very jealous. There were numerous other prizes raffled thanks to the generosity of businesses and individual members.

Everyone was having a great time dancing when all of a sudden 4 strangely dressed men entered the room. I can only describe them as looking like an Hawaiian version of the Blues Brothers(I did not quite see the relationship with Christmas but never mind). Brightly coloured shirts, shorts, bandannas and sunglasses. They joined the others on the dance floor. After dancing for a while the DJ's decided that they should do an impromptu floor show for everyone. They then proceeded to dance to "leave your hat on" while relieving themselves of items of clothing. Some ladies even put money down their shorts! (Which all went to charity of course).



You might be wondering, "Who were these mystery men?" well if you were there I'm sure you recognised them, if you weren't my lips are sealed in order to protect the innocent (the wives). You'll just have to find out from someone else.

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For me personally, the evening was very entertaining and a very big 'WELL DONE' goes out to the ladies who organised the event, Gill Symons, Melanie Newton and Alison Tyrrell. Our utmost thanks go out to them for all the hard work they put in to ensure the event went smoothly. It takes many months to organise such an event.

Also thank you to the Royal Princess Srinakarin Hotel for allowing us to have our party there again, the DJ's from 95.5 FMX, who, as usual, rocked our socks off, and the many supporters, sponsors and individuals who do so much to make this event such a very enjoyable one.

Look forward to seeing you all again, next year.

Diane Rossiter.

Warning. Be very careful when buying SILC raffle tickets as there may be an outside chance that you'll win the main prize then it will be certain that you'll be asked (after having a few drinks) to do the write up!!!!!! As per usual I've left it to the last minute but what a night the SILC Christmas do was !!!!! The fun started even before we got there when various husbands made their excuses about going. Bad back – bouncing bomb stair tester for a certain pub down town, "I've got flu" – runny nose and not in the country.

Anyway should have known that the evening was going to be a scream what with Isabella Henderson in full length sparkly glad rags, striding across Srinakarin Road to get a taxi on the other side to the bemused expressions of our Thai countrymen. Angie and myself were trailing behind in her wake clanking our combined bags of booze.

The party itself was brilliant, the venue was decorated beautifully, the staff at the hotel were very attentive and the food was a bit rubbery but tasted OK. By the way, the Chippendales have got nothing to fear from the Garden Towers crew but my sides were aching from laughing so much – thanks guys. The music also hit the spot as the dance floor did not seem to empty except for the raffle draw. Thank you to all the people who gave raffle prizes especially Land Rover (Thailand), sorry but they are the only one who I can remember but then again I did win the star prize... Thank you to everybody (especially Gill) who worked so hard making the evening such great fun, us three were the last ones to leave, that is another story but highly amusing.

Lisa Waller

SILC would like to thank all the companies and individual members of SILC who donated raffle prizes for the Christmas party. The money raised from the raffle will go towards our welfare projects.

Thank you Land Rover (Thailand), Boots, Asia Books, The Royal Princess Hotel, Whatsits, Sunita, Khun Preeda, Raja's Fashion, Nestle, Abdul and individual members of SILC.

REVIEWS

NOVEMBER CHRISTMAS TOUR FRIDAY 30TH NOVEMBER 2001

Our Christmas tour was a full day on 30th November with two school vans setting off from Patana School bound for several destinations. Our first port of call was the Silver Rain Decorate Co Ltd, a factory warehouse where we found hand-made silk flowers, tree trim, ribbon, tassels, pottery and the like. This was definitely a warehouse situation where we were able to fossick through the boxes and take out the bits and pieces that took our fancy, then trundle downstairs and pay a very reasonable amount for our finds. Some of the treasures purchased made for interesting banter on the way to the next venue.

Our next stop was the Candlelight Shop, which on arrival boasted an array of wonderful gift ideas and a feeling of "lets spend some money" only to be told that the shop was for display only and we would have to go to Chatuchak Market to purchase. After some serious discussions from both Audrey and other SILC members, the Manager was not to be moved and we reluctantly left empty-handed. Not a good decision for our Candlelight Shop Manager as the hands in the purses were poised and ready!

Onward we motored to the Jim Thompson Factory Shop on Sukhumvit Soi 93. The shop is situated on several floors with many rolls of mostly furnishing fabrics, but there are some clothing fabrics available for sale as well. The material is at cost price and in bulk with ends of runs and off-cuts for purchase. This shop is worth a visit, especially if you are doing a recovering job, or buying up curtain fabric for your house at home etc.

After these three stops, that were fairly distanced apart, there was a definite feeling of need to eat" developing, so "Whatsits" seemed the obvious next choice of destination. Bea was somewhat surprised to have two van loads descend upon her but coped very well with our thirst and hunger demands. Time was running out fast so for those who did not have to dash to meet school children, we continued on to the Xmas Tree Factory, 18/12 Soi Sanyo - Sukhumvit Soi 103. This was a mecca of Christmas decorations and large artificial trees. There was a big tree order here from our SILC group for lovely easy to assemble Christmas trees which I was reliably informed were at very reasonable prices, and delivered to our doors a few days later. What more could one ask for?

This was a full tour and a wonderful day organised under the watchful eye of our Audrey. Thank you.
Marie Wilson



TRANSPORT DIFFICULTIES?

Hi everyone,
If you ever have a problem arranging transport to attend a SILC event please do not hesitate to contact the host of the event or your local reply representative (listed in the newsletter) and we will try and put you in contact with someone close to you who is attending the event who may be able to offer you a lift.

REVIEWS

Carols by Candlelight – Thursday 6th December 2001

On a warm December's evening a large number of families, with children of all ages, from babes in arms to teenagers, gathered at Gill Symon's home. It was particularly generous of Gill to host the event as the contents of her house were in the midst of being packed up in preparation for her imminent departure to Malaysia. Packing boxes were disguised with Christmas ribbons and hidden behind the Christmas tree.

Mulled wine and mince pies supplied by SILC were served in the garden and whilst the adults drank and chatted, hordes of children burnt off excess energy playing football. Kate Thomas organized the children making luminary candles, paper bags filled with sand holding a small candle. The candles lined the driveway welcoming any late comers and lit up the garden. Steve Cooke then did a great job of leading the 'al fresco' singing of popular carols and Christmas songs. All in all it was a lovely family evening and a great start to the festive season – I discovered it was possible to feel 'Christmassy' in Bangkok after all.

Lesley Browning.



Festive Farewell Pot Luck Lunch

Tuesday 11 December 2001



On Tuesday 11 December twenty-three ladies gathered at Angela Boner's lovely home on Ladawan to usher in the festive season and say a fond farewell to two SILC stalwarts, Isabella Henderson and Gill Symons. As usual at SILC events, the food was fabulous. Angela had produced a huge roast leg of lamb as well as the trimmings to go with it and members had brought along a cornucopia of scrumptious dishes. I, for one, couldn't leave that wonderful cheese ball alone! Who made that and can I have the recipe please?

One of our members, Diana Dixon, did not let a trifle like a broken leg deter her from attending, and not to be outdone, Gill provided a broken limb of her own - her son Tim back from the UK was sporting a broken arm. Hope you are both recovering well.

There was a huge display of books and magazines for sale outside and inside Aloha was there selling her beautiful pearls. For those of you who have not met her, Aloha sells the most wonderful pearls and is very happy to share her considerable knowledge on the subject. Several husbands bought Christmas gifts for their wives that morning without the bother of having to go shopping or even know anything about it, mine included.

When everyone had eaten as much as they could, and drunk large quantities of Angela's yummy Pims concoction, Audrey called us all to order and thanked both Gill and Isabella, on behalf of all the SILC members, for all they have done for the club in their time here. They have both given so much to SILC, both in terms of time and effort and many club events would either not have happened or would have been diminished without them. They are both ladies who are full of good ideas, and more importantly, prepared to follow them through sensibly and for the benefit of all. They will be sorely missed and we wish them both well in their new postings. On behalf of the club, Audrey presented them both with a gift and SILC's gratitude for all they have done and our best wishes for the future. Huge thanks to Angela for hosting the lunch.

Sue Davies

"Cooking Class"

Easy-to-do dishes

Garden Towers 

**Don't stop yourself from showing off to your friends
Mouthwatering recipes**

- *Phad Thai*
- *Kaeng Liang (Herbal vegetable soup)*
- *Khao Phad Phou (Crab fried rice)*

Date: Wednesday, January 30, 2002

Time 09.00 - 12.00 hours

Venue: Garden Towers, South Tower, Unit S-9B

Cost: Garden Towers Tenants Free Of Charge

**Outside Guests: 399 Baht/person all inclusive
(Coffee Morning and Lunch)**

Register now at Marketing Department, Garden Towers

Tel. 02 751 9990-3 Fax. 02 751 9990

e-mail: garden@teohong.com



REVIEWS



The first SILC Coffee Morning of the New Year

Tuesday 8th January 2002

It was great to catch up with friends after the holidays at the wonderful little coffee shop called *Whatsits*. I had seen the advert for *Whatsits* quite often in the various newsletters, but had never visited. The place was decorated with blue and pink walls with wood and chrome furniture to balance it off. It had a warm inviting feeling and what made it great, was that the coffee tasted delicious too. About 15 of us invaded and took over Bea's shop; we rearranged the furniture and had the staff very busy making an assortment of cappuccinos, lattes & espressos. Some ordered delicious looking baguettes while others headed straight for the lemon tart. (It was very tasty, wasn't it Karen?!)
Colleen

We all caught up with each other, swapped Christmas and New Year stories and met a few SILC newcomers. After hearing about the forthcoming attractions, we had yet another coffee and made our way home. Thank you Bea for letting us hold the morning there and hope we didn't scare off too many patrons with our noise!

A note from Ros & Colleen

As the new coffee morning representatives, we are planning an assortment of exciting, relaxing, entertaining, interesting & sometimes alternative coffee mornings. We hope you will join us and look forward to seeing you all there.

Inspiration By Kannikar

Your new shop just around the corner!

After many years of export, now we are ready to bring our beautiful handcraft products to your homes and offices.

Wooden TV cabinet, computer desk, home furniture's, silk, white celadon, wide ranges of sa paper products, burl wood, trays, lamps, frames, memo boards (you have never seen before!), candles, place mats, bamboo ware, pot pourri.....etc

Ideal place for festive gifts

Open Monday-Friday 9.00-19.00 hours

Weekend & holiday by appointment only

24/312-3 corner Soi Lasalle 71, Sukumvit 105 Bang-na, Bangkok 10260

Tel: 02 748 6765-7 or Fax 02 399 2793

Email: sabaidee@loxinfo.co.th

SILC EVENTS FOR FEBRUARY



FEBRUARY COFFEE MORNING

Thai cooking demonstration

Tuesday 6th February 2002

10.00-12.00

Helen Isaac's

754 Lakeside Villa 1

Do you enjoy eating Thai food? Have you ever wondered how it is cooked? Come and join us for this months coffee morning at Helen's house where she will show us how to prepare and cook some Thai dishes. Then stay on to enjoy tasting them!!

Please let us know if you are planning to come as numbers are limited to 20.

RSVP your coffee morning reps, Colleen Ritson 02-751-9880 or Ros Jones 02-751-9859
by Friday 1st February

Saving the Tiger

Our December book sale raised 2,650 baht for the Asian Tiger Action Fund. Our book sales keep getting bigger and better! Thanks to all who support the sales by donating or purchasing books. We are always happy to have your donations of paperbacks, hardback books, magazines and videos. Give them to your local area representative or bring them along on the day of the sale. The next book sale will be at the March coffee morning, with proceeds going to the "New Year, New Shoes" campaign (see details elsewhere in this newsletter). Come along and browse our bargain books - only 20 baht each or 3 for 50 baht.



February Lunch

Friday 15th February 2002, 12.00 noon

This month we will be sampling a Thai/Italian buffet lunch at the Italian bistro called No.43. The bistro is easy to find in Cape House which is just a little way down Soi Langsuan on the left hand side. Soi Langsuan is directly opposite Central Chidlom.

So, come and join us for what promises to be a fun, relaxing lunch with friends in this comfortable bistro. Lunch will cost Bt 230++ per head and we have tables booked for noon. Please call either Karen on 02-751 9863 or Sue on 02-751 9876 to reserve your space by Monday 11th February.

Committee Meeting

The next committee meeting will be on Friday 1st February at 9.00 a.m. at Whatsits, Seri Villa 4, Behind Seri Centre, Srinakarin Road.

RSVP Kate Tel: 02 336 0780 Email: becbymp@loxinfo.co.th

SILC EVENTS FOR FEBRUARY

February Tour

~~CANCELLED~~

Venue: Carlsberg Brewery

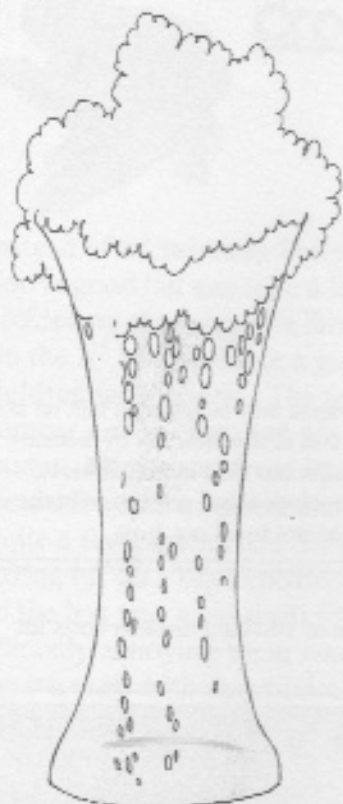
Date: Saturday February 16th, Patana school, leaving 9.15 am sharp!

Booking Deadline: Tuesday 12th February at 5 pm

Cost: Baht 200 *(30 seater coach)

(*payable in advance when booking)

This tour is for SILC members and their husbands/partners. We have a limit of 30 people for this fun tour, so please make sure to go along to the coffee morning and sign up, or give your money to your local representative with a note of your / your partner's names or phone Diane Rossiter on 02 751-9878 or 017928677. After being met at the Brewery, we'll firstly see a short film about the company, exploring the processes involved in the making of this wonderfully cool, frothy, amber-gold nectar in a tall, frosted glass (oops, sorry, got carried away there) that is Carlsberg. We will then go on a guided tour of the factory, which lasts about an hour. After the tour, we will have lunch and refreshments, generously provided by Carlsberg with their compliments. We'll depart around 1.30 pm, if we can drag ourselves away, that is..... So sign up and pay soon for this one!



SILC Tour Policy

Please make sure that when you sign up for any SILC tour, if you are unable to attend, you give notice of your cancellation at least 3 days before the event. Due to late notice of cancellations (within 3 days of the tour) and no-show members on the actual morning of tours, we have had to introduce a policy of 'no refund', asking for payment in advance in order to compensate for costs involved. This is regrettable, however, we are sure that you will appreciate that it is unfair to ask those members on the tour to pay an additional amount to subsidise other members who sign up, then do not attend. We take every step to try to maintain a waiting list, however, as you will understand, it is not always possible to fill a place at very short notice. Please make it your responsibility to check your name is on the list if you are unsure you've signed up. You can either pay for a tour when you sign up at a SILC coffee morning or lunch, or give your name and payment to your local SILC representative. For cancellations, please inform either your tour contact, or a SILC committee member, to make sure we receive the message.

Effective from February 2002.



Spread the word!

Let others know about SILC. Our new wallet-sized cards have contact information and a brief description of SILC aims and activities. Perfect for introducing SILC to newcomers. Pick up a few at any SILC function, and pass them on!

SILC EVENTS FOR FEBRUARY

FEBRUARY EVENING OUT SKIN CARE

Where: Nellie Holm's house
759 Lakeside Villa 1
Bangna Trad 5.5km

When: Thursday 21st February

Time: 7:30 PM

What: **Talk by Janet Dymott on Skin Care**

RSVP by 18th February to Melanie 02385 8016

On Thursday 21st February, Janet Dymott, a state registered nurse and beauty therapist will be giving a talk on skin care, covering a variety of topics such as aging, sun protection, skin pigmentation and skin cancer. With melanomas in the western world on the increase, and with many of us unused to looking after our skin in hot climates, Janet will be trying to help us to care for our skin better, and help us to educate ourselves about protection in the sun. This promises to be a very informative and useful talk about a subject very relevant to all our lives.

Bring your friends.

Guest and non-members are welcome at SILC functions, but we ask for a donation of 100 baht towards costs for coffee mornings and evening meetings.

SILC FUNCTIONS, REPLY POLICY

If you are planning on attending any of the SILC functions advertised in this newsletter, please make sure that you let someone know you are coming as it makes it so much easier for the hostess to plan. Please call one of the names listed below, any committee member or the hostess direct.

Representatives for replies

Lakeside Villa 1	Gill Sheffield	Tel: 02 316 8157
Lakeside Villa 2	Maria Thompson	Tel: 02 316 3984
Ladawan	Jeanette Dobbs	Tel: 02 385 7882
Garden Towers	Alison Tyrrell	Tel: 02 751 9942
"Others"	Kate Thomas	Tel: 02 336 0780

All e-mail addresses and fax numbers can be found inside the front cover of your newsletter, or in the telephone directory.

Thank you

The committee would like to say welcome and a big thank you to Angela Boner and Roseli Dudman who have volunteered to deliver the newsletter to our Ladawan SILC members.

Party Time?

Are you having a party, luncheon or morning tea? Remember, SILC has coffee cups, electric urns, wine glasses and plates available for borrowing. Contact Kate Thomas at 02 336-0780. We would appreciate it if you could transport the items yourself, and please be sure to return them promptly!

WELFARE ACTIVITIES



Crocodile farm – an outing paid for by SILC

Instead of a Christmas Party we planned an outing for the children of SKIP. Where to go? The Zoo is good but can take a long time to get there and there is lots of walking for little legs. We decided on the crocodile farm, as it was fairly close and compact.

On the 3rd of December a group of ladies met at SKIP in Sukhumvit Soi 70/2, to pick up the children for the visit. The teachers had carefully labelled all the children and given a phone number just in case; and yes the little boy whose name sounds like donut is actually called Donut. Mini buses from Patana were arranged to transport us all. 29 children, 3 teachers, 6 ladies, a few extra helpers and some family.

Quite a few parents had come along to wave goodbye to their children and it felt like we were setting off on a big expedition. The children were so excited about going out; even the journey on the bus was a big thrill for many of them.

The only annoying thing was that despite a phone call and assurance that if we had a letter stating we were with the children we would be let in at Thai prices, on arrival they still insisted on charging the six foreign ladies 100 Baht each.

We started off looking at all the weird shaped crocodiles, then walked across the crocodile pond, continually counting all the children to make sure we lost none. A few tourists stopped to take pictures of the children. Then it was off to see the crocodile show. The children watched with fascination though some of them, and one of the ladies, were convinced the crocodiles were really going to eat someone.

Next it was off to see the elephant show. After the show the children all walked under the elephant for good luck. By then they were starting to get hungry, the teachers had brought along lunch and drinks for everyone. After lunch we were just getting ready to go and see more animals when it started to rain. The children had a look at the Dinosaur Museum and then we headed back to SKIP. Apart from the rain our only problem was a little girl falling over and getting wet feet.

On behalf of the children thank you to the ladies from SILC whose money paid for the buses and admittance fee. The children were all extremely well behaved and we all had a great day out.

However a sobering thought was that many of the children did not even have shoes that fitted them properly. So our next Welfare project is titled "New Year, New Shoes".

The next **WELFARE COMMITTEE MEETING**

will be held on Tuesday 5th February

at

Lyn Bradley's, 156 Lakeside Villa 2, Bangna Trad (Km 7.5), Bangplee, Samutprakarn 10540

All SILC members are welcome to attend. Please call Lyn on 02 316 4343

WELFARE ACTIVITIES



Thank you, thank you

Thanks to all those who donated generously at the SILC Christmas Party.

The children's toothbrushes and toothpaste were taken to the children at Wat Damrong Rd preschool. Some were given to Siam-Care for the children and the rest were given to FORDEC who run an extensive lunch program in Thai primary schools along the Thai/Cambodian border.

The paper will be used for craft projects at the preschools that SILC members visit and gifts will be sent to the SILC sponsored students. Powder, soaps and shampoo were sent to Phyathai babies home and the old peoples home.

While on the subject of thank you, Phyathai babies home an orphanage for young children, were very grateful to receive several boxes of young children's clothes and a stroller donated by SILC members. The home operates on a limited state budget and with their major expense being food plus staff salaries and the electricity bill they are also in

constant need of clothing and washing products. The many HIV-infected toddlers also need medical products.

Was Santa good to you?

We hope so! If he brought lots of shiny new toys to your house for Christmas, please take a moment to pass a few of the older, unused toys on to SILC. We will distribute toys to underprivileged children during the April Songkran holiday. You can leave your donations with your local representative (listed in this newsletter), or call Julie 02 385 8133 or Kate 02 336 0780 to arrange pick-up. Thanks!



Wanted: Your used greeting cards

Don't throw away your Christmas and New Year's cards from friends and family. Bring them to any SILC function or drop them off with your local representative. We will use them for Craft projects with children from area slums. Thank You!

Charity begins with our members

SILC is lucky to have generous members who support our welfare projects so whole-heartedly. Time and again we have had overwhelming responses to raffles and to requests for donations of items or money. Some members also make private donations to our welfare fund.

We'd like to say a sincere thank you to all members for this support, and to encourage you to let us know of special organisations or charities which you'd particularly like SILC to support. We are happy to make a donation to charities recommended by our members. Please contact Julie at 02 385 8133 or Lyn at 02 316 4343 with your suggestions.

WELFARE ACTIVITIES

"New Year, New Shoes"

Join SILC's 2002 drive to provide shoes for poor children in our area.

**YOU CAN HELP BY COLLECTING
1 BAHT COINS AND SATANGS
FROM NOW THRU MARCH 5TH
2002.**

This is a fun and easy project for families. Children may especially enjoy collecting the coins in used "Smarties" candy tubes!

You can also donate used child-sized shoes in *any* condition.

Bring your donations to the SILC coffee morning in March, or give them to your local area representative.

Help SILC to help area children!

Newsletter Deadline!!!!

The deadline for the March Newsletter is Friday 15th February. Please forward all contributions to Alison before this date. Email: tyrrell@cscoms.com or Fax 02 751 9942.



BANGNA TOWERS

Club House Restaurant

Buffet lunch

At Club House Restaurant

2nd Floor,

Bangna Towers B

Open Monday-Friday

11.00-14.00 hours

200 Baht + 7% VAT / Person

Tel : 312-0140-9 Ext : 1878

SOMETHING TO MAKE YOU LAUGH

Mid-life madness

- Mid-life is when the growth of hair on our legs slows down. This gives us plenty of time to care for our newly acquired moustache
- In mid-life women no longer have upper arms, we have wingspans. We are no longer women in sleeveless shirts; we are flying squirrels in drag.
- Mid-life is when you can stand naked in front of a mirror and you can see your rear end without turning around.
- Mid-life is when you go for a mammogram and realize that it is the only time someone will ask you to appear topless on film.
- Mid-life is when you want to grab every firm young lovely in a tube top and scream "Listen honey, even the Roman Empire fell, and those will, too!"
- Mid-life brings with it the wisdom to know that life throws us curves and we're sitting on our biggest ones.
- Mid-life is when you look at your know-it-all, beeper-wearing teenager and think: "For this I have stretch marks?"
- In mid-life your memory starts to go. In fact, the only thing we can still retain is water.
- Mid-life means that your Body By Jake now includes Legs By Rand McNally...more red and blue lines than an accurately scaled map of Wisconsin.
- Mid-life means that you become more reflective. You start pondering the "big" questions. What is life? Why am I here? How much Healthy Choice ice cream can I eat before it's no longer a healthy choice?
- But, mid-life also brings with it an appreciation for what is important. We realize that breasts sag, hips expand, and chins double, but our loved ones make the journey worthwhile. Would any of you trade the knowledge that you have now for the body you had back then? Maybe our bodies simply have to expand to hold all of the wisdom and love we've acquired ... that's my philosophy and I'm sticking to it!

REMEMBER: "Stressed" spelled backward is "desserts."

Things you will never hear a Dad say.

1. Well, how about that?... I'm lost! Looks like we'll have to stop and ask for directions.
2. Here's a credit card and the keys to my new car. GO CRAZY.
3. What do you mean you want to play football? Figure skating not good enough for you, son?
4. Your Mother and I are going away for the weekend ... you might want to consider throwing a party.
5. Well, I don't know what's wrong with your car. Probably one of those doo-hickey things... you know ... that makes it run or something. Just have it towed to a mechanic and pay whatever he asks.
6. Father's Day? aahh don't worry about that it's no big deal.

SILC MEMBERSHIP

Welcome to the following new members:

Lesley Moore
S 28 B Garden Towers
Bangna Trad Road Km 6.5
Bangplee, Samut Prakarn 10540
Tel: 02 751 9909
Email: lesleymoore40@hotmail.com
Nationality: British
Partner: Stephen
Children: Rebecca, Feb 10 1992

Sarah Spensley
93/43 (PC.1-11-C2) Prestige Condo
Bangna Trad Road Km 14
Bangplee, Samut Prakarn 10540
Tel: 02 336 1083
Email: armstax@loxinfo.co.th
Nationality: British
Partner: Axel
Children: Alana, April 17 1998
Finn, March 9 2000

Please note the following change of addresses:

Lyn Bradley
156 Lakeside Villa 2 Km 7.5
Bangna Trad Road
Bangplee, Prakanong 10540
Tel: 02 316 4343
Tel: 01 907 6291
Fax: 02 316 2977
Email: bradley@loxinfo.co.th
Nationality: South African
Partner: Alan
Children: Ian, Sep 8 1987
Ashley, Jan 26 1990

The committee would like to say farewell to Marie Wilson. We wish you and your family all the best back in New Zealand. Thank you for your time and support on the committee.

Ngoc Richt
25/12, Soi 1/1 Moobaan Ladawan
Srinakarin Road
Bangplee, Samutprakarn 10540
Tel: 02 758 7484
Tel: 01 828 8793
Fax: 02 758 7482
Email: ngoc@loxinfo.co.th
Nationality: Vietnamese
Partner: Wolfgang
Children: Julia, June 11 1995
Stephanie, June 6 1999

Sonja Viljajarju
35/140, Soi 7/12 Soi 6/2,
Mooban Ladawan
Srinakarin Road
Bangplee, Samutprakarn 10540
Tel: 02 385 7817
Tel: 01 988 0485
Fax: 02 758 6618
Email: sonja@inet.co.th
Nationality: Finnish
Partner: Jarmo
Children: Pinja, July 11 1994
Elias, April 4 1996
Minttu, July 8 1998

Anne Vitry-Baissas
33/32 Soi 2/2 Mooban Ladawan
Srinakarin Road, Bangplee
Samutprakarn 10540
Tel: 02 758 5171
Tel: 09 807 02 83
Nationality: French
Partner: Marc
Children: Charles, March 9 1995
Diane, July 14 1996
William, June 12 1998

ARE YOU CHANGING ADDRESS OR LEAVING BANGKOK?

Don't forget to let us know! Please ring Laura McCann on 02 316 8788 or 01 644 9024 or Email: lauram@loxinfo.co.th

"FROM THE SILC MAILBOX"



A NOTE OF THANKS

Just a brief note...especially as you all thought we had gone....to thank all my friends in SILC for the absolutely delightful gift which was presented to me at the pot luck lunch recently. Thanks also to Angela for opening up her house to us and serving such a scrumptious lunch....and Pimms as well!

The serving dish and forks are really beautiful and they will always remind me of my many happy times in SILC. Far too many to mention, but suffice to say I've had a good time and thank you all for being such a great bunch of people. I will miss you all but you are welcome to keep in touch and visit us anytime you are in KL.

We are keeping our usual Email address for the time being so we look forward to hearing from you.

With best wishes for a happy and prosperous New Year from us all,

Gill Graham, Timothy, Jennifer and Eleanor Symons

Our fondest wishes go to SILC member Shuna John and her husband Jim as they return to Australia after many years abroad. Shuna was one of the first members of SILC when the club formed 10 years ago. She has made a remarkable physical recovery since suffering a brain aneurysm last May. It is hoped that her return to an English-language environment, with family members nearby, will speed her speech and cognition development. SILC presented Shuna with a farewell gift and card, offering her and Jim our best wishes and sincere thanks for their many years with our club. They will forward their new contact details to a future edition of the SILC newsletter.

BITS & PIECES

A pale green men's Marks & Spenser jacket was left at the Christmas party. If this belongs to you, please phone Colleen on 02 751-9880

Are you missing a silver bookmark?

A silver bookmark was found amongst the many books donated for the last SILC book sale. It is shaped like a hand and is engraved with the initials "K.L." If you are missing this special bookmark, please contact Kate at 02 336-0780.

Items for Sale

3 pc Cream Sofa (3 seater, 2 seater, 1 armchair) 35,000 Baht

also for Sale

Black Ash Dining Table and Chairs, Black Ash Video and T.V Cabinet, Cream Entertainment Centre

2 Metal Coffee tables with Glass tops

Tel: 02 751-9909

GREAT GET-AWAYS



Pattaya Get-Away



The weekend before Christmas, we went away with a couple of other families for a break. We wanted to go somewhere not too far away, somewhere with facilities for both kids and adults, and somewhere where we could play a lot of golf. After much debate and research we decided to try somewhere new and ended up at The Horseshoe Point Resort and Country Club, which is about 7 km inland from Pattaya town. Well, what a find!!

Horseshoe Point has only been open since November so everything is fresh and new. It is essentially an equestrian centre with a large indoor riding arena, trails for trekking, show jumping, dressage and polo facilities, and riding lessons are available for all levels. We, however, wanted to make use of the golfing opportunities in the area and were able to play both the Siam Country Club course (only 5 minutes away and at specially-reduced rates negotiated for us by the resort) and also the Pattaya Country Club. Both courses were superb to play, and the standard of golf we played is absolutely no reflection on the state of the courses, which were lovely!!

We found the Horseshoe Point to have everything we wanted for a weekend break. The rooms were airy, spacious, very comfortable, and obviously designed for an international clientele, there was a lovely pool, several bars, outdoor restaurant serving an international menu (this is also where you take breakfast which is included in the price of the room), and lovely gardens. Two of the kids in our party took bikes and had a great time riding safely around the grounds. Obviously, horses are a major focus and the owners of the resort, the Srifuengfung brothers, who are much in evidence around the place and who make you feel very welcome, are both accomplished riders. On Saturday evenings they present a show called "Dancing with Horses" which is spectacular. They both star in the show which is based on the Spanish Riding School in Vienna, and includes complicated dressage movements performed by specially-bred and trained Lipizzaner and Lusitano horses. After the show, you get the chance to meet the performers, both human and equine. Not something you'd expect to come across in Thailand, and therefore very interesting, even if you are not particularly "horsey".

Next door to the resort, the owners have built what they refer to as a "theme park". In fact it is a very elaborate commemorative garden called The Three Pagodas Chinese Garden, which is a celebration of the life of their father in whose honour it has been built. It wasn't open to the public when we were there, but there were vague plans to do so. We had a guided tour in a golf cart from one of the resort's employees. Just don't go with small children expecting rides at a "theme park" - they will be disappointed.

On our last evening, we drove the fifteen minutes into Pattaya for dinner in Shenanigans, having exhausted the menu at the Horseshoe Point, proving that a day on the beach at Pattaya would be an option if you wanted to. All in all, we'd recommend a weekend stay at this resort, it's different, reasonably-priced, away from the seazc of Pattaya itself, and has plenty to offer. A word of warning though - take your sunglasses. As you round the bend and get your first sight of the main building you won't believe the colour it has been painted.

Sue Davies

The Horseshoe Point Resort & Country Club, 100 Moo9, Tambon Pong, Amphur Banglamung, Chonburi 20150. Tel: (+66) 3873-5050, Fax: (+66) 3873-5051, Email: jostetten@thehorseshoepoint.com or see web site <http://www.thehorseshoepoint.com>

Are you planning a trip down under? Did you know that Marie Wilson's sister works for Holiday Shoppe in New Zealand. She is a very experienced travel agent, knows all the right places to go and things to see and do. If you are planning a trip, not just in New Zealand but anywhere in the South Pacific, Leigh would be very able to help you plan it, do bookings etc.

Her details are:-

Leigh Morris, Travel Consultant

Karl Taucher Holiday Shoppe, 12 Perry Street, P.O. Box 608, Masterton, New Zealand.

Telephone 06-378-2454 or Fax 06-378-2455, After Hours 06-370-8955

E-mail: ктаucher@holidayshoppe.co.nz

Marie says, give her a call, she is a lovely person just like her!

WHAT'S ON IN BANGKOK?

Local blood donation drive



The Thai Red Cross Society has scheduled a blood donation drive for Thursday, 14 March. If you'd like to be a part of this life-saving effort, you can donate blood at a special centre which will be set up at Thai Nakin Hospital. The activity will take place from 9 a.m. until noon, and again from 1 p.m. until 2 p.m. on the hospital's Lobby Floor. All healthy donors are very welcome! Contact the hospital information desk at 02-361-2727 for more details.

BRAZIL

Carnival without frontier

Come and spend the evening with friends

Venue: Ballroom Sukothai Hotel

Date: 08, February 2002

Ticket: 1000 Baht/per person for the buffet and soft drink

Dress: Carnival Costumes

From 18.30 to 19.30 Welcome, with "Caipirinha" Cocktail, the famous Brazilian drink, to get into the swing of things, and the last chance to buy carnival costumes and headdress.

19.30 Dance show with Aparecida, who will come specially from Sri Lanka to make you dance. Followed by costume contest and raffle prizes.

Our collection of costumes and accessories has grown, with now more than 60 garments. Come to see the disguises on January 25 from 10 a.m. to 5 p.m. on the premises of the L'Alliance Francaise, Sathorn Road. Inscriptions and purchase of Carnival tickets there, or via the following: Mobile 01 617 5495 or Fax 02 758 6891 Aparecida Terlon, until February 1st.

Although we the editors of SILC Newsletter take care to provide informative information to our readers, we take no responsibility for any services offered.

SOMETHING TO MAKE YOU LAUGH

With the miracle of fertility treatment, a woman was able to have a baby at the age of 65. When she was discharged from hospital, her relatives came to visit.

"Can we see the baby?" they asked. "Not yet," said the 65 year old mother.

Twenty minutes later, they asked again. "Can we see the baby?" "Not yet," said the mother..

Another twenty minutes later, they asked again. "Can we see the baby?" "Not yet," said the mother.....

Growing very impatient, they said. "Well, when can we see the baby then?" "When it cries," she said.

Why do we have to wait until the baby cries?" "Because I forgot where I put it."

LOOKING AHEAD

SILC Celebration Newsflash!!

SILC's 10th Anniversary

To celebrate our 10th Anniversary, your committee is planning a Family Party you won't want to miss! Taking place in May, watch out for more details in the coming months!



SILC's New Party Cookbook!

We're also planning a new edition of the SILC cookbook to commemorate our Anniversary. To follow our celebration theme this year, we'd like to make it an extra special one you won't want to miss if you're planning a drinks or dinner party. We already know there are some great cooks out there, so look out your favourite party food recipes now!

Continued over page

LOOKING AHEAD

Continued from previous page

We're looking for cocktails, hors d'oeuvres, appetizers, dips, celebration roasts and main courses, not forgetting, of course, any kind of yummy desserts that you (or your maid), have tried and tested in Bangkok. (So that we can find all the ingredients here!)

With so many nationalities in our group, we look forward to experimenting.

Please e-mail your recipes to wattbkk@loxinfo.co.th if possible, or simply pass to your local representative before 5th April.

If you could please title your recipe and mark with asterisk either,

*Easy

**Not too difficult or

*** Takes extra care but worth it.

We'd really appreciate it!

SILC Annual General Meeting-Tuesday 30th April

Nominations are now being accepted (please see nomination form)

Come join the SILC committee!!

*Meet people
Share your ideas
Work with a good team
Most of all have fun!!!*

Talk with any committee member

And join us in 2002!

SILC ANNUAL GENERAL MEETING
TUESDAY 30th APRIL 2002
at 10.00 A.M.

Venue: Bangkaew Room, Bangna Towers B

All SILC members are invited to attend the Annual General Meeting, where we will thank our outgoing committee and welcome in our new committee members.

Please forward any items for inclusion on the agenda, in writing to the Secretary, Maria Thompson,
by Tuesday 9th April.

All members are eligible to attend, however, ***you are only eligible to vote if you have paid up your subscriptions for the current year.*** These are due by April 1st so please pay them now to obtain your voting rights.

Please complete the renewal form opposite and send it with the money to the treasurer, Annette Gerlach

AGENDA

1. President's Report
2. Treasurer's Report
3. Amendments to the constitution
4. Vote of thanks to outgoing committee
5. Nominations from the floor
6. Election of new committee
7. Any other business

Refreshments will be available but could you please bring a dish/plate of food. If you wish to attend please let your local SILC representative know or any committee member.

We hope to have a good turnout so see you all there!

S.I.L.C.
Samutprakarn International Ladies Club
Annual General Meeting

Nominations are invited from the members for all positions on the 2002-2003 committee. Please nominate yourself or anyone you feel would be suitable and come to the A.G.M. to vote. Those nominated should indicate that they are willing by signing this form, which should be returned to any present committee or activities member.

If no written nomination for a particular post is received, nomination from the floor may be accepted. In the event of only one candidate being nominated for each office, election shall take place by oral acclamation. In the event there are two nominees for office, election shall take place by secret ballot.

Position	Nominee	Nominee's Signature	Nominator	Seconder
President				
Vice President				
Secretary				
Treasurer				
Welfare				
Newsletter				
Membership & Newcomers				
Coffee Mornings				
Lunches				
Tours				
General Committee				
General Committee				
General Committee				

Please fax completed form to Kate Thomas on 02 336-0780 or Audrey Watt on 02 316-5899 or send to P.O. Box 10, Bangna Towers Post Office, Samut Prakarn 10541 before Tuesday 23rd April 2002.

Committee Members Duties

PRESIDENT

Preside at all meetings, affix signature to all official contracts entered into by SILC. To serve as the official representative of SILC. She will chair the committee meetings as well as other club events at which she presides.

VICE PRESIDENT

Shall assume duties of the president in her absence, will assume any responsibilities delegated by the President from time to time and is responsible for all matters concerning the Monthly Meetings, including arranging guest speakers or social focus, venue and purchasing wine and beer and gift for guest speaker.

SECRETARY

Shall record and keep the minutes of all official meetings and give them to Committee members before the next meeting. She will have charge of all documents not specifically under the charge of any other Officer and will handle all correspondence for the club. She will keep a newsletter for each month on file.

TREASURER

She will be custodial of all funds and will be responsible for or will give authority to others to collect monies for annual subscriptions and receipt of all monies. She will make payments necessary, keep accurate accounts, present monthly statements at the Committee meeting and submit a yearly account at the AGM after submitting financial records for audit. She will, along with other committee members, open a bank account for the clubs funds. She will also keep a backup data base of each member's name and address in case of absence of the membership officer.

NEWSLETTER EDITOR

Will be responsible for producing a monthly newsletter to inform members of the activities of the club and accept contributions by members of the appropriate material to be published. She will edit all information. Liaison with officers for information and decisions concerning appropriate advertising. She shall appoint a sub-editor if necessary and will also be responsible for collation, labelling and distribution of the newsletter.

MEMBERSHIP SECRETARY /NEWCOMERS

Will be responsible for keeping accurate records of each member based on the club's application form via a data base, to liaise with the Treasurer to hand over annual dues and keep the Treasurer informed of addresses of each member. Also print labels for the newsletter editor for each month's newsletter. She will keep a stock of membership directories and will develop a new directory twice yearly, (in April and October) and be responsible for distribution of these to members. She will make personal contact with each new member and provide them with a directory and a helping hand. She will maintain a package of information about living in the Samut Prakam area and distribute to each new member.

LUNCHES

Will provide a venue and a time each month for the club's lunch and will make all arrangements there as well as being the contact person for the reservation.

COFFEE MORNINGS

Will make all arrangements including venue and theme or arrangement of guest speaker, food and beverage arrangements and be the contact person for this (normally) monthly event and purchase a gift for the guest speaker if appropriate.

WELFARE

Will be responsible for the investigation of and contact with charities based on the club's goals for welfare and will make a monthly report on the progress of this at the committee meeting each month. Also to make suggestions for the fundraising for welfare monies and help in the implementation of these projects.

TOURS

Suggest and develop tours around Bangkok and Samut Prakam area, including co-ordinating travel arrangements, time, venue and dates and be the contact person for them.

GENERAL COMMITTEE MEMBERS

To give support and aid to all other committee members when asked. To stand/fill in for all members unable to carry out their duties and cover members duties in the event of them leaving. To undertake separate tasks when asked by the president.

SILC MEMBERSHIP RENEWAL FORM
2002/2003

ALL subscriptions are due by **APRIL 1st 2002**. Please complete this form and return with your subscription of 500 Baht to:

Annette Gerlach
92/8, Thana City
Prestige Housing 1
Bangna-Trad Road 14 km
Samutprakarn 10540

OR hand to any committee member at our upcoming functions
OR hand in your renewal form and pay your subscription at the AGM.

- Please **DO NOT** send cash in the post
- Please ensure you are issued with a receipt (*please keep hold of this receipt for reference purposes*).

NAME:

ADDRESS:

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Tel:

E-mail:

Receipt No: .. Issued by:

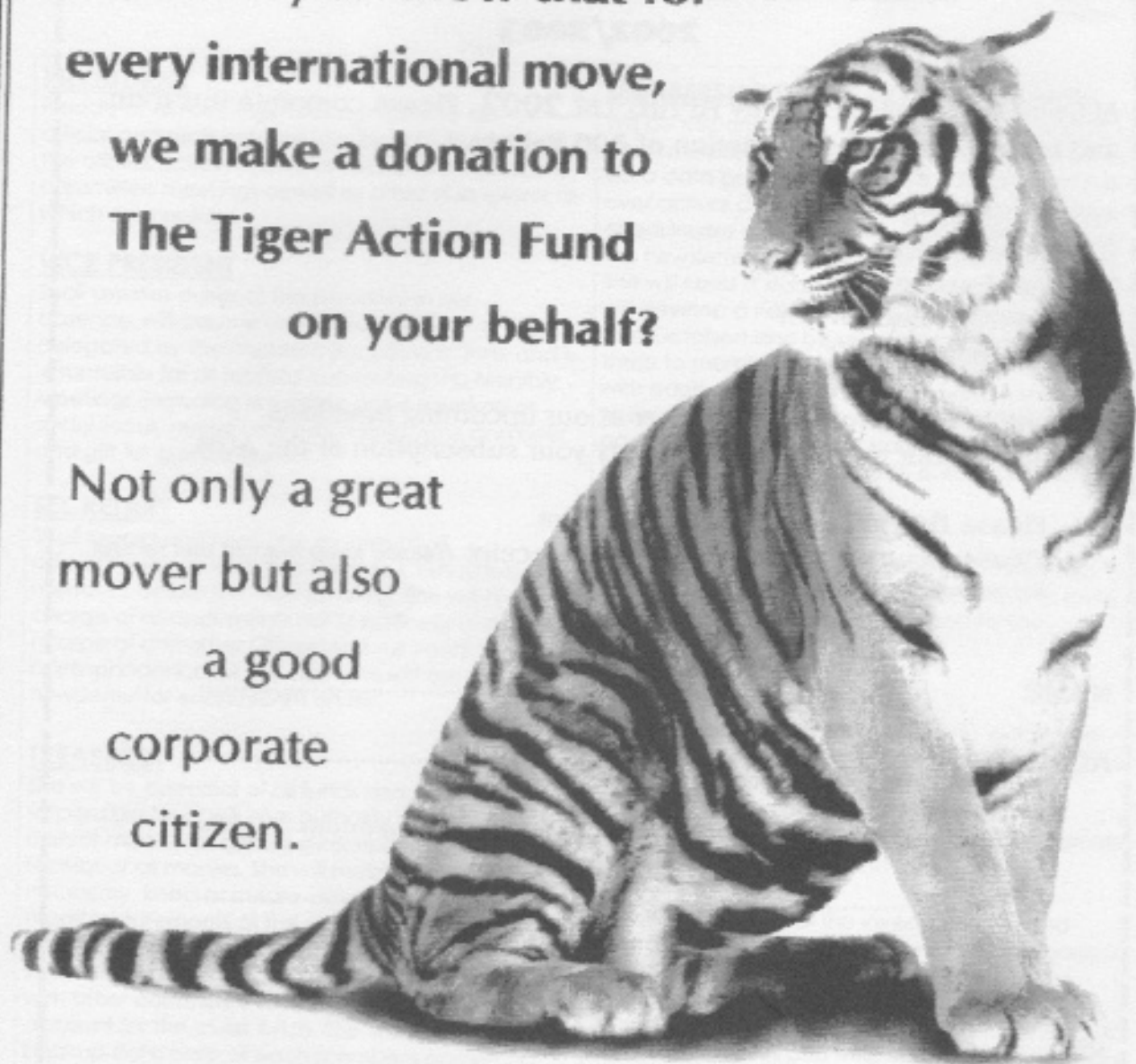
Would you be interested in joining the committee? Yes/No

Please renew your subscriptions **promptly** to ensure
you continue to receive the newsletter

(Please note you are only eligible to vote at the upcoming SILC Annual General Meeting if you
have paid up your subscriptions for the current year 2002/2003)

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