

June 2017

SILC NEWS

A publication by the Samutprakarn International Ladies' Club

Meet the new
Committee

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events

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about SILC
community
projects



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Thank you ladies!

On behalf of all SILC members we would like to express our gratitude to the outgoing Committee. Thank you ladies for everything you have done for SILC!



We must also say farewell to some dear friends from last year's committee who are leaving Bangkok. All the very best for your exciting new beginnings!



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Meet your new Committee

Chair: Tracey Hewison



I'm British but have spent all my adult life living and working overseas. Thailand is my 8th country to call 'home' and we've been here for almost 3 years.

Outside of spending time with my family, school runs (I have 2 boys at Patana, Y5 & Y8) and SILC, my interests are animal welfare, the environment and travel.

I look forward to my new role and working together with all the wonderful Committee members!

Vice-Chair: Sue Williams



I have lived in Bangkok for nearly 7 years. Where that time has gone, goodness only knows, it seems like only yesterday that I was the "new girl"!

I have 2 children - a son who has just left Patana for university in the UK and a daughter who will be starting in Senior Studies in August.

I have loved being part of SILC and am looking forward to the year ahead with the new committee.

Secretary: Sally Dicken



I am from the UK and have been living in Bangkok for almost 2 years. We are here with my husband's job and previously lived in Switzerland & the Netherlands. We have 2 sons who are at NIST in years 11 and 9.

This is my 2nd year as Secretary and I am looking forward to continuing with this great group of international women.

Treasurer: Liliya Andreeva



I moved to BKK with three kids almost a year ago. Thailand is our fourth country in our 16 years of an expat's life

I'm a Russian teacher. I was a treasurer at a woman's club in Japan.

I hope that with the new committee, new ideas and new members SILC will become even more lively and cheerful!

Treasurer: Janna van Duyn



I am Dutch, a child psychologist, 58 years old and married.

We have two sons, one lives and works in London and the other studies in Holland.

We have lived in South East Asia for more than 17 years and love living in Bangkok.

I am excited to be part of the SILC team and hope we can offer everybody wonderful experiences.

Online Media: Jan Briggs



I am from England and have been in Bangkok almost 9 years. I am married to Kevin, who works at Triumph Motorcycles in Chonburi.

We have a son who is at uni in the UK, and a daughter who graduates from Patana this month and will also be returning to the UK to study.

I am really looking forward to getting even more SILC stories and our events online.

Meet your new Committee

Community: Marianne Metzelaar



I am Dutch, 55 years old and married. My daughter Fleur is in Y8 at Patana. We've been in Bangkok for 7 years and I've been a member of SILC for 6.

After a year's break I'm back on the Committee and ready for action - excited about the challenges ahead and having fun with all my SILC friends.

Community: Herma Vos



I'm a proud Dutch mum of 5 (aged 11 to 22) at St. Andrews 107.

We came to Bangkok in 2015 for my husband's work at Foremost. It's our first expat experience, and SILC has played a big role in helping me meet people and try new things.

I'm delighted to co-lead the Community Projects team - it's great to give back to the Thai people as we get so much from being here.

Newsletter: Charlotte Wawrzyniak



I come from a small island in the English Channel where there are no cars (Sark), and arrived here 2 years ago with my Polish husband & 2 kids (Y2 & 4 @ Patana).

I work in PR, and love to write and experiment with graphic design - I hope you'll indulge me as I have fun with the newsletter and look forward to hearing your feedback!

Membership: Chris Rajakarier



I am British, married, with a son doing his IGCSE. We have lived in Bangkok for 9+ years and been part of SILC for 8.

Having, as welfare Coordinator, helped build our Welfare arm to what it is today, I am thrilled with the new challenge I'll be sharing with Debbie: growing membership.

It's a privilege to promote SILC and welcome both newbies and Bangkok old timers to the SILC family!

Membership: Debbie Morton



I am from the UK, married with a 15-year-old daughter in Y10 at Patana.

We have been in Bangkok for 4.5 years, having previously lived in Kuwait & Dubai.

I joined SILC to make friends and haven't looked back!

This is my 2nd year on the Committee & I am looking forward to seeing new faces as I help with membership this year!

Coffees: Dominique Perry



I am British and my husband is Australian/Italian. We have two daughters (12 & 14), who go to international schools here and both speak fluent Thai - making life very easy! I founded Dyslexia Thailand, based at St Andrew's International School, and also manage iCamp Thailand.

I've been in Thailand nearly 15 years, mostly juggling between being a mom and a business-woman. I look forward to meeting you at the next SILC events.

Meet your new Committee

Tours: Lek Burrell



I come from the north-eastern part of Thailand and have been living in Bangkok for 18 years. My husband is British and we have a daughter in Patana Y6. I work for Unilever.

I joined SILC to make new friends and to get involved in community projects. I love working with children and seeing them smile - it reminds me of when I was a kid!

Tours: Shirley Tan



I come from the Malaysian island of Penang AKA The Pearl of the Orient.

I have 3 daughters and have been in Thailand for 16+ years - a member of SILC for all this time. I like meeting people, making new friends, travelling and tennis.

I look forward to exploring many wonderful places with you in the near future!

General Committee: Jo Thomas



I am British and have been living in Thailand for 15 years. I have 2 daughters: Amy, 21, at university in the UK, and Olivia, 18, who has just finished her IB at Patana.

I have been a member of SILC for 15 years and found it so helpful and welcoming when I first arrived.

I have been part of the Committee on the events side for 10+ years.

General Committee: Jimmy Jones




I am Thai and my husband is British. I have travelled and lived abroad, love to meet people and make new friends. I teach Thai cooking, and fruit & vegetable carving.

Since I joined SILC 4 years ago, I have really enjoyed organizing tours for SILC members. I love taking people to visit places that are not too well known. Whilst I don't do the tours any more, I look forward to introducing you to Thai culture and special events.

Coming up in June



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 Jim Thomson sale, BITEC	3	4
5 <u>English @ Prakkasam.</u> <u>Potluck lunch</u>	6	7 <u>Mahjong</u>	8 <u>English @ Mahawong</u>	9 <u>Craft at Mahawong</u> <u>Book Club</u>	10 <u>Family mural painting at Mahawong</u>	11
12 Committee meeting <u>English @ Prakkasam.</u>	13 <u>Visit to Royal Barge museum</u>	14 <u>Craft at Prakkasam.</u>	15 <u>English @ Mahawong</u> <u>Crochet workshop</u>	16	17	18
19 <u>English @ Prakkasam.</u>	20 Copy deadline for newsletter	21	22	23	24	25
26 <u>English @ Prakkasam.</u>	27	28	29 <u>English @ Mahawong</u>	30		

**SILC News Copy Deadline for July/August e-Newsletter:
20th June**

**If you have any activities, events, book reviews, recommendations for
holidays or items for our bulletin board please forward them to the
Newsletter Editor: silcmagazine@gmail.com**



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SILC OUT & ABOUT: Tour of the month

SIGN-UP FOR THIS MONTH'S TOUR TO:

The Royal Barge Museum, Tuesday 13th June



There was a time in Bangkok when boats were the main mode of transport for all, even royalty. This museum boasts eight of the country's most unique and stunning vessels: the Royal Barges.

Each is carved from huge pieces of teak, engraved with mythical creatures, gilded in gold and intricately decorated with tiny pieces of glass. Rowed by up to 50 specially trained oarsmen, the boats are only used at the most important festivals and state occasions.

The group will meet at 9am at Saphan Taksin BTS station, from where we will hire a boat to the museum. We will then head to the flower market for early lunch, finishing at 1/1:30.

To sign-up, please email Shirley by 9th June -

forget.me.not.1688@gmail.com.

The team plan for tours to take place on the 2nd Tuesday each month. Get in touch with any ideas!



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SILC OUT & ABOUT: Crafty ladies

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JUNE
15



CROCHET WORKSHOP **10^{AM}-12**

Crochet is no longer the kitsch retro craft that saw the endless crocheted bikinis and shawls of the seventies. Crochet is back and is more popular than ever!

In this beginners' crochet workshop you will learn the basic techniques and terminology; including how to hold the hook and yarn, basic stitches, how to crochet in rows and to make crochet flowers. Under our tutor Vera's guidance even those who have never picked up a crochet hook before will soon be making gorgeous projects. For those that can already crochet come anyway and enjoy good company whilst creating something amazing.

Come along and learn to crochet....you'll be hooked!

Please RSVP silccrafts@gmail.com aby 10th June. Crochet hooks and yarn will be supplied at a cost of 100 baht. Vera's address which is close to BTS Prakanong will be sent to you after you have signed up

SILC OUT & ABOUT: Get together

SILC News June 2017

**PLEASE JOIN US FOR SILC'S
ANNUAL THANK YOU +
FAREWELL POTLUCK LUNCH!**



On 5th June from 11:30 at Chris' house
(near Thonglor BTS)

Contact Chris & Shirley asap -
crajakarier@googlemail.com /
forget.me.not1688@gmail.com - to RSVP and for
address details

Please bring a dish if you have time!

SILC OUT & ABOUT: Page turners

JOIN US FOR

Book Club



Friday 9th June

12noon-2pm

at

Papa's Fish n Chips

Sukhumvit Soi 23

This will be Sara's farewell Book Club and so we will be going for a lunch as well as discussing the book.

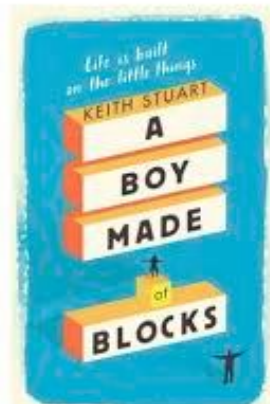
Please RSVP to

clare.nevin@gmail.com

Book to Read

**A Boy Made of
Blocks**

By Keith Stuart

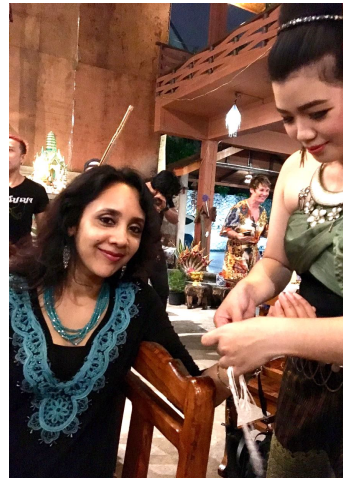


SILC OUT & ABOUT: Summer party time!

Last weekend saw many of our lovely ladies gather for the Summer Party - this year a traditional Thai evening, organised by our fabulous Jimmy James. At Vientiane Kitchen, members and their partners enjoyed traditional Isaan/Thai food and a fantastic cultural experience, including a live floor show with traditional dance, Isaan music and much more!



It was the perfect setting for us to say goodbye to some of our favourite faces.



There was also a traditional Isaan blessing to wish them luck



The authentic music got the bravest among us up and dancing! Who knew we'd have quite so many talented 'pole dancers'...?



The dance-off between Chairs 'new' and 'old' was a sight to behold...!



SILC OUT & ABOUT: Summer party time!

SILC News June 2017



Selfie time! Spot the difference...



Team Book Club and Team Mahjong were not to be outdone!



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SILC OUT & ABOUT: Summer party time!



The food was delicious, but of course it goes without saying that the company was the best thing about the evening!



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COMMUNITY PROJECTS

Brighten-up your month!

In June we're going to be getting doubly 'arty' at one of our fabulous SILC-supported schools!



SILC has been working with the Mahawong day care centre for more than 18 years. Based in Samutprakan, it provides pre-school care to kids aged 3-6 who otherwise would have nowhere to go. We provide monthly food deliveries, English language lessons and regular craft activities, as well as seasonal events and educational campaigns.

On the morning of Friday 9th we will be at Mahawong sharing a fun craft activity with the younger children, as well as helping the older ones paint murals on their classroom walls. **Can you help?**



And on **Saturday 10th**, we'll be back at Mahawong **between 09:30 and 14:30** helping 3 professional artists and the kids with a mural outside. It will be a great day for families, with lunch provided. **Are you and your kids free?**

Please contact Marianne & Herma at silc.community@gmail.com to volunteer, or for more information on our Community projects.



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COMMUNITY PROJECTS

What's on this month?

English programme: We will teach at Prakkasamai **every Monday** (1 group of 18) and at Mahawong **every Thursday** - except 22nd (2 groups). Both 9.30-10.30. Our June focus will be **Colours** and **Fruit & Vegetables**.

- Anyone is welcome to volunteer as a teaching assistant for the day - contact [Saskia](#)
- Good quality English books for ages 5-6 (numbers, colours etc) greatly appreciated!



Craft activities: This month's craft day at Mahawong will be 9th June, and 14th June at Prakkasamai, when the kids will make these cute **watermelon fans**.

- To volunteer contact silc.community@gmail.com



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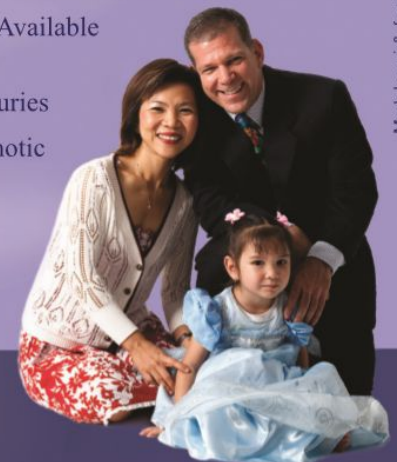
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COMMUNITY PROJECTS

Chaiyaphum sponsorship

This newsletter is a great way to bring you monthly updates on the main SILC community projects.

The June focus will be our sponsorship of two female high-school students - **Toey and Ple** - from a very poor, rural village (Bong Nok) in the Chaiyaphum province of northeastern Thailand.



Three years ago, we talked to our partners at the children's charity **FORDEC Thailand** about working together. We came up with a proposal to support the education of two teenage girls from struggling families. As a result, SILC pledged 38,400 THB/year for a 3-year sponsorship - now in its final year.

A few weeks ago, Marianne and Lek from our Community team went to visit and were humbled by the girls' progress and ambition.

"What attracted us was the opportunity to really make a difference by complementing FORDEC's existing support for 12 of the poorest families in the village. This was about providing educational funding (school fees, transportation and lunch) for two girls who - given the right support and outlook - would in turn be able to support their families and village in the future" says Community Project Team Lead Marianne.

Read on to find out how's SILC finding has made such a tangible difference in the lives of Toey and Ple and their families. The girls also wanted to share a personal message of thanks.



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COMMUNITY PROJECTS

Chaiyaphum sponsorship



Meet Toey!

Toey is now 17 and the open, optimistic smile you see here is a real reflection of her outlook on life. Her family has experienced significant hardships - forcing her labourer parents and 3 brothers to lose their home. As a result they were unable to pay for Toey (the only daughter) to go to school.

With her sick father earning only 200 THB a day on a cassava farm - seasonal work, this family has no steady income. However, with the help of FORDEC - supplementing the family income - they have been able to get back on the road towards self-sufficiency.

Their family prospects now are so much brighter, with one son recently graduating and finding work in a clinic, and Toey a fantastic student. She really impressed the SILC team with her pure determination, and the leadership role she is already starting to assume - in her school, family and indeed community.

Top of her class and intent on winning a scholarship for her higher education, Toey wants a career that will enable her to help people - an army nurse.

"I want to thank SILC for helping me and my family. I am going to keep working hard so I can look after my parents and help them build a new home. Nobody will look down on us for being poor anymore." Toey, 17



Toey and her parents



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COMMUNITY PROJECTS

Chaiyaphum sponsorship



Meet Ple!

Ple, 16, is Toey's great friend - just as studious, but a little more reserved. They travel 40 minutes by motorbike to school from their village every day, and do their homework together in the evenings.

With her father a construction labourer and her mother a seasonal worker on a cassava farm, Ple's family's income is just as unsteady as that of her friend's. But thanks to the support of FORDEC and SILC they also have reason to be optimistic.

Ple too is an A-grade student who has really grown in confidence during the course of her studies. Like Toey, she also aims for a nursing career and her objective is to secure a scholarship.



"I always try my hardest to be patient and strong. I want to thank SILC for helping me find a way to follow my dream to be a nurse."

Ple, 16

Ple and her mother



Fordec helps 130 children in 3 different schools in the Chaiyaphum province. They also help 12 poor families in the Bong Nok Village where Toey and Ple live. It is very poor, with drug dependency and delinquency a growing problem amongst teenagers.



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SILC MEMBERS

BBQ inspiration!

SILC News June 2017

Tired of the same old sausages and burgers? Why not try this delicious Bulgogi Sandwich recipe from SILC's very own Bilingual Bites cookbook?



Ingredients

Meat Filling

400 g Shabu Shabu beef or pork
2 Tbsp sesame oil
1 Tbsp oyster sauce
1 Tbsp dark soy sauce
1 Tbsp soy sauce
1 tsp fish sauce
1 stalk green onions
5 cloves garlic, chopped
Gojuchang (to taste)
1 tsp rice vinegar

Toppings

onion fried with sesame oil & seasoned
spinach fried with sesame oil & seasoned
Kewpie Mayo mixed with spicy gojuchang
1 Tbsp sesame seeds
2 Tbsp apple sauce
fried egg, sunny side up

Burger

Sour dough loaf (sliced)

Method

Mix the meat with all the filling ingredients and marinate for 30 mins.

Heat up a griddle or frying pan to a high temperature and fry the meat quickly until just cooked (do not let it dry out). Transfer to a plate.

Toast pieces of bread and spread with spicy mayo.

Load up one slice of the toasted bread with meat and top with onions, spinach and the fried egg. Top it off with another piece of toast and serve.

**You can still buy our bilingual cookbook by emailing silccookbook@gmail.com.
All proceeds go towards SILC-supported community projects**

SILC MEMBERS

Committe contacts

SILC News June 2017

<u>ROLE</u>	<u>NAME</u>	<u>EMAIL</u>
Chairman	Tracey Hewison	silcchair@gmail.com
Vice Chairman	Sue Williams	silcvice@gmail.com
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General Committee	Jo Thomas & Jimmy James	



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Advertisements for non-profit community events are welcome and free of charge.

Personal advertisements for SILC members are free of charge.

Email reminders for SILC and non-profit community events will be sent out free of charge; other events must be advertised in our magazine.

RATES		DISCOUNTS
Full Page	1 500 Baht	Member - 25%
Half Page	800 Baht	
Quarter Page	400 Baht	Annual contract (10 ads/year) - 10%
Flyer Insert	800 Baht	
Website	3000 Baht per year	Only one discount may be applied.

Advertising requests and payment *must* be received prior to the published deadline.

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To advertise on the SILC Website, please contact: Jan Briggs - silcwebsites@gmail.com

To arrange payment, please contact: Janna and Liliya - silctreasurer@gmail.com

SILC News Copy Deadline for July/August e-Newsletter: 20th June

If you have any activities, events, book reviews, recommendations for holidays or items for our bulletin board please forward them to the Newsletter Editor: silcmagazine@gmail.com



Aims & policies

Organisation of the Club

SILC creates an opportunity for women of all nationalities living in the Samutprakarn area (& beyond) to meet socially and participate in a variety of activities. We invite members to join monthly meetings, tours and interest groups. Members pay an annual fee of 1000 Baht.

Privacy

The membership list is for the sole use of SILC members in a social setting and may not be used for commercial purposes.

E-Newsletter

The e-newsletter is published ten times a year with articles and information on club activities. Contributions are welcome and can be sent to the newsletter editor.

Committee Meetings

These are held monthly and are open to all members. Please inform the meeting host if you wish to attend.

All SILC events are subject to change. Please confirm your attendance with the relevant contact. Please advise of your cancellation as soon as possible so that another member may take your place.

