

March 2004



SILC News

*A publication of the
Samutprakarn International Ladies Club*

From the Presidents.....

Diary Dates

It's hard to believe another month has passed and it's time to write our report for the newsletter. We only have a few more months to go before it's time to pass the reins on to a new committee at the AGM on Tuesday 11th May. Please put the date in your diary as we need as many members in attendance as possible. This year we are holding the AGM at the Novotel Bangna over morning coffee.

As you attend SILC events over the next month please remember to renew your membership. Fees are due by the 1st April and there is a renewal form inside this newsletter.

The welfare team has given us a list of items needed for their work at the local schools. Mahawong School needs towels and basic first aid supplies. Perhaps when you are shopping you could pop a box of band aids in your trolley or donate some old towels.

Mahawong School also needs volunteers to help teach English. If you can spare an hour or two a week to help, please contact Julie Heather on 02 385 8133.

At the last committee meeting we decided to make a donation to ISG for wheelchairs. This has the double benefit of helping people requiring wheelchairs and also the people who make them. Some of our SILC Members are starting a library at Pakkred Home for Boys. We also decided

to fund this project. Thanks to the SILC members, Elaine Blocher, Michele Haugh, Judi Blackhurst and Jo O'Kane who initiated this project. We also agreed to provide funds to THEP-Thailand Hilltribe Education Projects when a suitable project is identified.

Finally, we have started including information in the newsletter about the various committee positions. Please consider taking on one of these roles at the AGM. Annette and I have thoroughly enjoyed our time on the committee and would recommend the experience to anyone.

Hope to see you soon.

Best Regards,
Annette & Ingrid

Deadline for next issue:

Friday 19 March

Send contributions to:
silcnews@hotmail.com

Friday 27 February
Dolphin Tour
Bangkok Patana School
8:30 am

Wednesday 3 March
Coffee Morning
Breast Cancer
Karen Cohen's home
10:00 am

Tuesday 9 March
Lunch
Green Field
12:00 pm

Wednesday 17 March
St Patrick's Evening
The Irish Exchange Pub
from 7:30 pm

Tuesday 23 March
Tour
Pranda Jewelry Factory
9:45 am

Tuesday 30th March
Coffee Morning
FORDEC
Lyn Bradley's home
10:00 am

Tuesday 11 May
AGM
Novotel Bangna
10:00 am

Further details on p4 & 5...

Committee Members

Presidents	Annette Gerlach	02 336 0895	gerlach@lox1.loxinfo.co.th
	Ingrid Leese	02 751 9781	igleese@hotmail.com
Vice President	Lorina Swindley	02 336 1010	lorina@samart.co.th
Newcomers & Membership			
	Kelly Phelps	02 751 9891	kelly@loxinfo.co.th
Secretary	Elaine Blocher	02 316 8152	eblocher@yahoo.com
Treasurer	Lyn Bradley	02 316 4343	bradleya@loxinfo.co.th
Newsletter Editor	Linda Fullerton	02 336 0965	lindaful@loxinfo.co.th
Welfare	Julie Heather	02 385 8133	rodheath@ksc.th.com
Coffee Mornings	Sharlini Colin-Thome	02 398 9196	skd@loxinfo.co.th
Lunches	Lesley Moore	02 751 9909	moores@loxinfo.co.th
Tours	Terry O'Donnell Parsons	02 316 4051	bangkokterry@aol.com
	Jo O'Kane	02 740 2509	jo@okanes.net
General Committee Members			
	Laurie Burns	02 399 3709	lburns@netvigator.com
	Michelle Paul	02 316 6177	malcolm@loxinfo.co.th
	Olivia Hardie	02 651 1000/1509	hardieolivia@hotmail.com

Organisation of the Club

SILC creates an opportunity for women of all nationalities living in the Samutprakam 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 newsletter and club directory.

Newsletter

The 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 once a month and are open to all members. Please inform the meeting hostess 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. Members with babies, toddlers and children are invited to join regular playgroups advertised in the SILC newsletter and special family activities. Details of contact names and numbers can be found in the newsletter.

Committee Meeting Highlights

Wednesday, February 3rd

8:30am

Lesley Moore's home

11 members present

Treasurers report

31st January, 2003

Savings Account 182,731.43

Petty Cash 16,498.00

Total Balance 199,229.43 Baht

Major expenses were 60,000 Baht to FORDEC to cover the lunches.

Welfare Report

Mahawong School

Julie took soap, and shampoo for the children. Preschool is in need of towels as well as first aid supplies.

FORDEC appreciated the donation for lunches. Volunteers needed once a week to speak English to the children.

Membership & Newcomers

116 members

Renewal are due by April 1st. If members do not pay by the AGM they will not receive the June issue.

Coffee mornings

SILC will cover costs incurred in hosting a coffee morning as long as the expenses are below 500 baht. This would cover expenses for renting extra chairs, table or anything of that nature. Any amount above 500 baht will have to be discussed with the Coffee morning committee member.

Charities

The committee agreed to give the following to charity.

50, 000 Baht to ISG charity to purchase eleven wheelchairs.

30, 000 Baht to the Pakkred Boys Orphanage to provide a new library.

Funds will be given to Susan Race for her projects when she reports back to SILC with her needs.

SILC promised FORDEC that we would provide playground equipment. This amount still needs to be determined.

AGM

Require pictures from all the SILC organizations to post at the AGM.

Items wanted

Welfare projects supported by SILC need:

towels (in any condition)
basic first aid supplies

Please bring to any SILC function
or contact:

Julie Heather

02 385 8133 rodheath@ksc.th.com

Correction to Directory Information

If you have tried to follow the directions to the crocodile farm given in the directory you may have never found it! It should read take Srinakarin south to Sukhumvit, turn **left**.... and not *turn right*

It's Membership Renewal Time!!!

You should find a membership renewal form inside this newsletter...

Please return it to any SILC committee member before 1 April.

We look forward to your continued support.

Your SILC Committee

SILC AGM
Tuesday 11 May
10:00 am
Novotel Bangna

Please mark this date on your calendar to make sure you will be free to come to vote in the new committee.

March Events

Coffee morning

Breast Cancer

Wednesday March 3rd
10:00 am



Karen Cohens' home
755 Lakeside Villa 1,
Bangna Trad km. 5.5.
Tel: 02 740 3031 / 33

Crystal Caddyre

chairperson of

Bangkok Breast Cancer society (BBCs)

will give a talk on breast cancer

This will be an informative but informal talk where you can ask questions and join in the discussion if you wish to.

BBCs is a non profit volunteer organization, first started by a few expat women. Over the years it has evolved into a support system for cancer patients and a resource center.

Projects include supporting slum women with breast cancer, screening and treatment.

BBCs works in close connection with the Thai medical community.

SILC will donate some funds to this charity.

Anyone wishing to make a personal contribution in funds or by volunteering time are welcome to do so.

Hope to see you then.

You are welcome to bring a plate of refreshments to share.

Sharlini

02 398 91 96
skd@loxinfo.co.th

SILC Committee Meeting

Wednesday 3 March
8:30 am

Karen Cohen's Home

All welcome

Lunch

Green Field Steak House

Tuesday 9th March
12 o'clock

The Green Field Steak House is the next venue for SILC Lunch.

Again we are near to home and this has been requested by several members.

Set just off the Bangna Trad Road at Km 11:

Take the next U turn past Tesco Lotus, the restaurant is past Palauner Beer House and Bangplee Golf Course.

A large airy room, it looks like it is set in the rolling 'green fields' of England.

It has an extensive menu offering European as well as Thai dishes.

Although I haven't eaten there myself it is highly recommended so I am looking forward to giving it a try.

Please come and join us.

For directions or lifts contact:

Lesley

02 751 9909 or 01 875 5336

Mahawong School Tour

Tuesday 9 March
9:00 am

Meet at Nichada Car Park Patana School (in front of Whatsits)

SILC supports Mahawong Preschool both financially and by classroom help.

If you would like to have a look at the school in operation join us this morning.

Please confirm attendance with:

Julie Heather

03 385 8133 rodheath@ksc.th.com

All events are subject to change.

Please confirm your attendance

March Events

A very Irish Evening Event **ST PATRICKS DAY**



The Irish Exchange Pub
(formerly Shenanigans)
Soi Convent, Silom (near Sala Daeng)
Wednesday 17th March
from 7.30 pm.

All members and partners invited.

Tables reserved upstairs under name of SILC.
Everyone will receive a 10% discount card to use on all
food and drinks.

Due to the large numbers expected on that night,
Irish Exchange requires definite numbers in advance.

Please contact:

Lorina 01 701 2390 lorina@samart.co.th
by Thursday 11 March latest.

April Coffee Morning

The April coffee morning will be held
at the end of March due to the
Songkran holiday.

Tuesday 30th March

10:00

Lyn Bradley's home
156A Lakeside II
Tel: 02 316 4343

Dr Amporn from FORDEC

*(Foundation for Rehabilitation and
Development of Children
and Family)*

will speak to us about his organisation's
work, which includes the setting up
and running of the Mahawong school
supported by SILC.

Refreshments appreciated.

RSVP to : Sharlini: 02 398 91 96
skd@loxinfo.co.th

Tour

Pranda Jewelry Factory

Tuesday 23 March
9:45 a.m.

333 Soi Rungsang (between Soi Lasalle and Bangna Trad)

Cost: free (shopping & lunch extra!)

What's the most important criteria for a tour in March? Air conditioning! Where to find it? When a SILC old-timer suggested touring Pranda, Terry said, "Perfect! The first SILC tour I ever went on was this jewelry factory tour, three years ago. I still remember how interesting it was!" We're delighted to offer this chance to everyone who missed the last one. We will get to view all the work that goes into crafting fabulous gems and gold jewelry, which they export. The tour will end in the showroom. You'll have a new appreciation for their beautiful pieces, in all price ranges.

30% discount to SILC members on the day of the tour!

After the tour and shopping, join us for lunch around the corner at Faicam (in an aircon rooms).

Directions:

From Patana: head towards Srinakarin, the soi is on your left—look for a gate, guard & a small nursery.

From Bangna Trad (towards town): pass Central, the soi has a gate, guard & a large Pranda sign. The guard will just wave you past, but you need a photo id to tour the factory. The factory is a big building with multiple gates - the guards will wave you towards the correct one.
(Tell them you want to go shopping. You can visit for shopping anytime - nice when you have guests.)

Sign-up Deadline 16 March (maximum 30 people)

Jo O'Kane: 01 752 5801 jo@okanes.net

Terry O'Donnell Parsons: 01 700 9032 bangkokterry@aol.com

Regular Events

Golf

Every Thursday morning; alternating Samutprakarn courses. Newcomers welcome. Contact:
Annette Gerlach: 02 336 0895

Tennis

Fridays at 7:30 am. Contact:
Lynda Cooke: 02 316 6276

Mah-jong

Mah-jong takes place on Wednesdays from approx 9 am until 12 noon in members' homes. Contact:
Julie Heather: 02 385 8133
rodheath@ksc.th.com

Playgroups

SILC lists local playgroups as a service to our moms and their young children. If you belong to another neighborhood group that is looking for new members, please advise the newsletter editor.

Thursday Playgroup

A casual group of moms & kids (baby — preschool) who meet weekly in each other's homes (along Bangna Trad & Srinakarin). Newcomers Welcome! Contact:

Elaine Blocher:
02 316 8152 eblocher@yahoo.com
Terry O'Donnell Parsons;
01 700 9032 bangkokterry@aol.com

Scrapbooking

Do your photos of Thailand accumulate faster than you can put them into albums? If you'd like to join a very informal group of ladies who regularly meet to scrapbook, contact:

Michelle Haugh:
02 336 0822 michhaugh@hotmail.com
Terry O'Donnell Parsons:
01 770 9032 bangkokterry@aol.com

Membership Information

New Member

Khun Duddow Pinchaleaw
Garden Towers
2/4-5 Moo 14
Bangna-Trad Rd. km 6.5
Bangkaew, Bangplee
Samutprakarn 10540

Changes

Cheryl Lamb
17/98 Windmill Park
Bangna Trad (10.5km)
Bangplee
Samut Prakarn 10540

Total Members: 116

Golf Section

To get some of those long forgotten New Year's Resolutions working (more exercise, more fun..) why not joining us for Golf?

We meet every Thursday morning on alternating Courses in this area followed by lunch.



Twice a year we go "up country" for a family weekend.

Everyone is welcome: regular players or beginners, doesn't matter.

We can't promise you will always have a good game, but we can promise you a nice day with a lot of fun.

If you are interested, please contact:

Annette Gerlach

02 - 336 08 95; 01 - 846 07 02; gerlach@loxinfo.co.th



Reviews of Previous Events....continued

February Coffee Morning

Eighteen ladies gathered at Lesley Moore's apartment for a flower arranging demonstration. Khun Kwan kindly showed us how to make a fantastic display.

Of course he made it look very easy! At the end of the demonstration, the arrangement plus two smaller valentine bouquets were given to the people whose names were pulled from the hat. Lyn Bradley was one of the lucky winners.

Many of us were so impressed, we expressed interest in attending a flower arranging course, which are taught in English. They also range from basic courses to advanced.

If you are interested in attending a course, please contact Khun Kwan or Khun Kamolwan tel: 02 743 4116-8 website: www.great-hana.com.

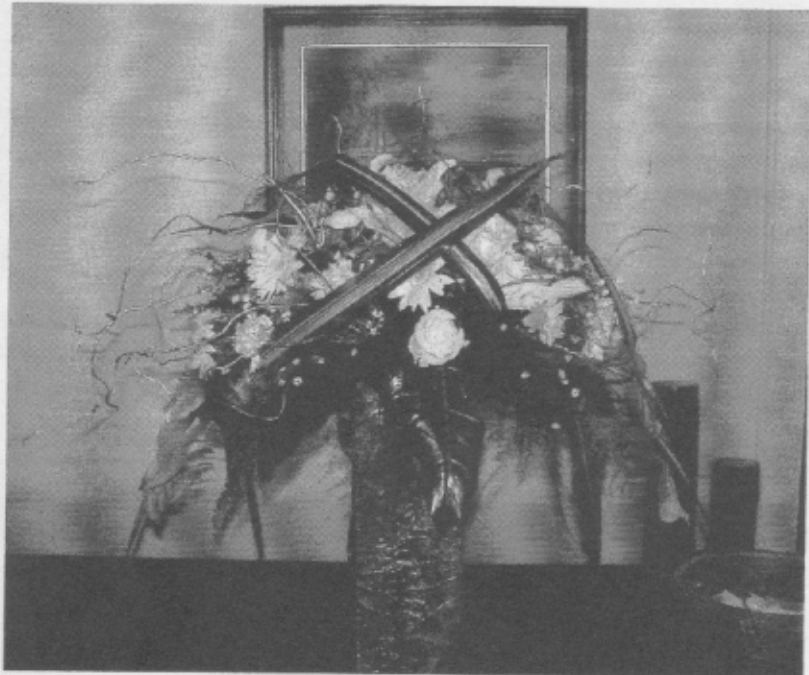


Photo by Lesley Moore

Julia Garside

January Sangria Evening

On a pleasantly cool Wednesday evening, approximately fifteen ladies attended the Sangria evening at Jenny Dibbayawn's home. Linda had sent out an email to let us know that partners were welcome to join us (*under instruction!... ed*) and for once Chris was home in good time. As we were about to set out, he said "there will be other husbands

there?" With this doubt in his mind, it was decided that he would stay at home and I would text him. Text message sent - "not a man in sight."

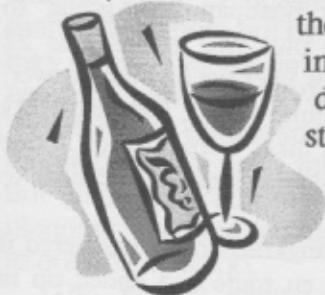
Jenny had made

jugs of delicious sangria which we all enjoyed 'al fresco', as Jenny has a beautiful garden with superb decking. As usual there was a great selection of snacks too.

When Gerry returned home later his first words were "Where are all the blokes?" I duly rang Chris who was more than happy to keep Gerry company!

At the end of a very enjoyable evening, I was merry enough to travel home on the back of Chris's bike. Thanks Jenny for hosting a lovely evening.

Lesley Browning



Reviews of Previous Events....continued

Cycling Tour

At eight thirty one sunny but pleasantly cool late January day, our mini-bus arrived at the hotel meeting point for the tour with Amazing Bangkok Cyclist. We were all equipped with hats, sun block, sensible shoes and even a couple of cycling helmets. One far sighted participant brought along a comfy saddle cover, which led the rest of us to reflect on the likely state of our rear ends by the end of the morning. According to the info, breakfast was provided and because of the early start, most of us had eaten either nothing or just a nibble or two of toast. All twenty of us sat expectantly at a long table while our guide introduced himself. Over a glass of water he outlined the tour, told us our breakfast would be pad Thai (but with no chicken...) and explained that it was all quite safe, once across the river we would be on paths at least as wide as the table but a bit of care would be needed turning corners not in filled with



Photo by Lesley Moore

concrete. He passed out his name card and helpfully pointed out his e-mail address in case we got lost.

We trooped down to the basement to collect our bikes, which turned out to be not exactly state-of-the-art mountain bikes but silver painted gearless bikes of uncertain age. I carefully selected one with a low seat height and we all set off.

After a few minutes we were in Sukhumvit along with the peak hour traffic. When I found myself sandwiched between a high kerb and a large black-exhaust belching bus, I began to question the wisdom of the venture.... but thinking it couldn't get any worse endeavoured to keep up with everyone else. I discovered that in choosing a bike with a low seat I had inadvertently chosen one with smaller wheels and this was the reason my legs had to whiz round like a boat propeller. I got the hang of the best

way to resolve this, by pedalling furiously for a few moments then free-wheeling for a while. Starting to think things were getting better, we then had to make a right turn at a major road somewhere. By this time I had lost all the limited sense of direction I am endowed with, so I cannot say exactly where... The way to make the right turns was to go en masse and it really was amazing to see that everyone simply stopped and waited for us to pass. I wondered if this provided the explanation for the first word of the company's name.

Soon we were all brought to a stop and our collective tummies decided that pad Thai for breakfast wasn't quite such a daunting prospect any more. But the stop turned out to be a kind of pit stop for those who, despite having managed quite well up to this point might have wanted some adjustments. Our guide produced bottles of water and a bag of rose

apples - which I have to say that even those who don't usually eat them decided they were delicious.

We meandered through the mud and piles of chillies in Klong Toey market and finally ended up at the boat pier where a long tail boat was waiting. Wondering if another one was going to appear, we waited to see how the boatman was going to accommodate 20 women plus two guides plus 22 bikes. A few short minutes later we had the answer: with a bit of know-how, quite easily. The seat backs were folded down and the bikes were piled on at one end crosswise, leaving enough seats on the boat to take us all.

Across the river at Bangkrachao we wondered if we had all fallen asleep en route and ended up in some distant rural province. This, after all, had to explain the 'Amazing' in the company's title - just a

Reviews of Previous Events....continued

short boat ride away from the steaming metropolis and into another, all green world. We collected our bikes and set off down the country lane hoping at last for 'breakfast' but soon realised there were no restaurants in sight. Undaunted, we pedalled along and prepared to follow our guide as he turned off the road onto a walkway - one like those narrow walkways that run alongside the klongs, one person wide. Because I was so busy concentrating on where I was going, I can't say for sure whether or not the walkway ran by a klong, I think it was more a kind of marshy area. It probably wasn't very deep but I don't think I've ever before experienced so much silence in the company of nineteen other women. All eyes were glued to the ground, and we all adhered to an unspoken agreement to push the bikes around those concrete-less corners our guide warned us about earlier.

At about eleven o'clock, like an oasis shimmering in the sun, a restaurant appeared. As

with the rose apples earlier, pad Thai never tasted so good! Fed, watered and rested we hopped back on our bikes for the return journey wondering how we could possibly make it back to the hotel by twelve o'clock. The route turned out to be different and much shorter than the one there and we did in fact return soon after midday. No hazardous route along Sukhumvit this time, just a docile easy trek along the multi-laned Rama IV plus a couple of major junctions; through which at least we only had to go either straight ahead or turn left.

Warm and weary but not too saddle-sore, we tumbled on to the mini-bus to head first for a caffeine stop at Starbucks then home. We all had a novel and most enjoyable morning and appreciated the opportunity for a 'trip to the country'. Thanks to Jo and Terry for organising it.

Linda Fullerton.

Welfare Report

In response to Mahawong School's request for help teaching English, Lesley Moore and I set off with Julie on one of her regular Tuesday morning sessions with the pre-schoolers. We were ushered into the room where our four students sat waiting and hunted the bookshelves for suitable text books. A glance at a few of the books suggested they might be a bit advanced for our students so we pulled out a counting book and decided to start on numbers. The book was of course English and one of our first problems was to try to convey what such items as peaches and cherries were. Our students were undeterred though and manfully struggled with pronouncing the unaccustomed words.

It took most of the morning and a little help from Julie's driver, to convey to our students that we wanted them to answer the questions rather than repeat them but by the end we actually had mini conversations going, with responses such as 'Six bananas', 'Yes, I have a brother', 'Tomorrow is Wednesday' etc. By the end of the morning Lesley and I felt we had made a small but important achievement and came away planning our next lessons and looking forward to our next session.

The school itself, although in a location seemingly tucked away from the world, is in

good condition and kept clean. The children, whilst not exactly dressed in 'persil-white' clothing were well presented too.

The school is one of the projects of the FORDEC foundation (Foundation for Rehabilitation and Development of Children and Family) and whose name is also derived from 'for' plus *dec* or children in Thai. The foundation was created by Dr Amporn Wathanavongs

The effects of the 1997 economic downfall had serious repercussions for many workers and their families who suddenly became unemployed. Dr Amporn postponed his retirement and joined with some like-minded friends to create the foundation, which was launched on February 14th, 1998. The day was chosen because of the love symbolised by St Valentine.

This month SILC is offering two opportunities for you, and any interested friends, to learn more of the Mahawong project, and others carried out by FORDEC: a tour on Tuesday 9 March and a coffee morning on Tuesday 30 March - more details on pages 4 & 5. Further information on FORDEC is also available on: <http://www.fordec.th.org/>

Linda Fullerton

Committee Notes



WE NEED YOU!

Vacancies:

The Samutprakarn International Ladies Club has vacancies on their committee, with effect from May 2004.

Positions available:

Many - at least 10

Requirements:

Any skills, a few hours of your time, a sense of humour, enthusiasm, ability to work independently or as a team.

Location:

Anywhere in the Bangna Area.

Remuneration: Well, actually none apart from some fun.

Applications:

Are accepted at any time and can be made to any committee member.

Job Descriptions:

On following page with some personal accounts below.

President

Taking over the presidency together with Ingrid gave me the opportunity to pay back some of the many nice things SILC gave me when I arrived as a newcomer in Thailand. Every member enjoys the many activities like excursions, evening events, parties, coffee mornings, etc, and I am sure that many good friendships would not have seen the light without SILC. It would have been a great shame if the Club activities would have been discontinued because nobody would accept the Presidency.

The team spirit in the Committee makes the work easy and good fun, and it is a great experience to see how creative and open minded everybody can be. Making the right decisions spending SILC's money for charity I consider a big challenge and responsibility on behalf of the members.

I would not miss out the time I have spent in the SILC committee; it has given me a lot. Do not have any worries taking on the challenge as President. It all sounds a lot more difficult than it really is.

Annette Gerlach

Co-President

I have thoroughly enjoyed sharing the President's position over the last ten months. Annette talked me into sharing the role with her at the AGM last year and I have no regrets whatsoever. I've met some great people, who I wouldn't have otherwise, and attended some fantastic functions. I'd like to thank all the committee members for their hard work. I've enjoyed being part of such a great team.

Ingrid Leese

Treasurer

Having had several attempts at writing this piece on my portfolio, not so sound as if I am preaching, but encouraging enough for everyone to be queuing to

join the committee, is difficult.

The job as treasurer is a cinch, nothing to it, an Excel worksheet, savings book and a blue petty cash box. There are aspects I don't like - going to the bank with all the coins! But there again there are many things in life we all hate doing. I believe that SILC helps newcomers to Samutprakarn ease into a very different environment and the "long termers" a way of keeping in touch through the various activities that are organised. Imagine what it would be like if you had to constantly beat the traffic and justify the trip for a coffee and chat. The times you need some help with a problem - there is always someone to phone for advice. So the short and tall of my say is there are many more justifications for SILC continuing and if there are no volunteers for the committee there is no club.

Lyn Bradley

Newsletter Editor

I have enjoyed producing SILC News. It takes a full couple of days to edit and produce it and much of another one to collate, label and mail or deliver it to the distributors. But the time spent is repaid by the sense of achievement with the finished product (as long as it doesn't have too many mistakes!). I have been helped by Michele Haugh for proof reading and the distribution team: Karen Cohen, Sue Davies, Maria Thompson and Sabine Benke, all of whom I would like to take the opportunity to thank.

Ideally the editor would enlist some help with the assembling and packaging which would remove most of the tedium. For anyone who likes playing around with words and trying to get things to fit this is just the job for you! No previous experience necessary and I'd be happy to give any help or advice if needed.

Linda Fullerton

Committee Members' Duties

President

Shall preside at all meetings, affix signature to all official contracts entered into by SILC. Serve as the official representative of SILC. Chair the committee meetings as well as other club events at which she presides. Write lead article for the newsletter.

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 Evening Meetings including arranging guest speakers or social focus, venue, purchasing drinks as necessary and gift for guest speaker and preparation of an advertisement for the newsletter.

Secretary

Shall record and keep the minutes of all official meetings and give them to the Committee members before the next meeting. Has charge of all documents not specifically under the charge of any other Officer and will handle all correspondence for the club.

Treasurer

Shall be the custodian 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. Shall make payments, keep accurate accounts, present monthly statements at the Committee meetings and submit a yearly account at the AGM after submitting financial records for audit. Shall keep a backup data base of each member's name and address in case of absence of the membership officer.

Members and Newcomers

Shall keep a data base of each member. Shall print labels for each month's newsletter and update the SILC name badges. Produce an annual directory for member use and an intermediate update if required. Shall make personal contact with each new member and provide each with a directory and newcomers package.

Newsletter Editor

Shall be responsible for producing a monthly newsletter to inform members of the activities of the club and accept contributions by members of appropriate material to be published. Shall edit all information. Shall liaise with officers for information

and decisions concerning appropriate content and advertising. Shall appoint a sub-editor if necessary. Shall be responsible for collation, labelling and distribution of the newsletter.

Welfare

Shall be responsible for the investigation of and contact with charities based on the club's goals for welfare. Shall prepare a monthly progress report for the Committee meetings and for the newsletter as appropriate. Shall make suggestions for fundraising for welfare monies and help in the implementation of these projects.

Coffee Mornings

Shall make all arrangements each month, including: venue, food, beverages and theme. Shall arrange for a guest speaker and purchase a gift if applicable. Shall be the contact person. Shall prepare an advertisement for the newsletter.

Lunches

Shall organise a suitable venue and date each month and make all arrangements. Shall be the contact person for reservations. Shall prepare an advertisement for the newsletter.

Tours

Shall make all arrangements each month for suitable tours in the Samutprakarn and Bangkok area, including setting dates, arranging transport, all necessary reservations and calculation of cost. Shall be the contact person and shall prepare an advertisement for the newsletter.

General Committee Members

Shall give support and aid to all other committee members when requested. Shall assume duties of officers temporarily unable to carry out their duties or in the event of their departure.

*If any of these positions appeal to you
contact a committee member near you!
Job sharing is permissible.*

Further personal accounts next month....

Monthly Activity
" Thai Spicy Cooking Class "

Experience cooking delight of Thai cuisine by our Executive Chef
from Club house, Bangna Towers



**Green Papaya Salad (Som Tum) and
Spicy Crispy Serphen Salad (Yum Pla Chorn Foo)**
(Spicy Salad of crisped fish flakes with sour green mango)

Thursday, February 26, 2004

10.30 - 12.00 a.m.

At Unit # N-17B

Morning Coffee start at 10.00 a.m.

Outside guest will be charge at 500 Baht per person

Reservation please call Khun Jan at Garden Towers before February 24, 2004

Tel. 0-2751-9990-3 Fax. 0-2751-9990

e-mail: garden@teohong.com website: www.gardentowers.com

Notice from Central Blood Register

What a Wonderful Gift to Give....

Life's blood

You never know when you, a friend or a loved one may need a pint or two of that very special fluid. Not a problem what blood type you have if you live in many countries.

It is not quite the same story here in Thailand, where genetically the Thai population does NOT have Rhesus negative blood. Only 0.03% of the Thai population has Rhesus negative blood types, compared to 20% of the population in the UK.

The Thai Red Cross have a mere 3,000 Rhesus negative donors on their register throughout the country. Many of these donors are not contactable by telephone. In a city with an estimated population of 10,000,000 people this is not many.

So what happens when an expatriate, be they residents or tourist is involved in an accident or requires hospital admission and Rhesus negative blood is needed in a hurry? The hospital contacts the Thai Red Cross, if they don't have any in stock then the family of the patient is often told to find the blood themselves!

It was after such an event that the Central Blood Register or CBR as it is known locally was created. A British lady had been delivered naturally of her second child and then began to hemorrhage profusely. All the hospital and the Thai Red Cross blood had been used. "Find some more," her husband was told. He finally contacted the chairman of the British Women's Group where members indicate their blood group and type on joining and whether they are willing to donate in an emergency. The Australian and New Zealand Women's Group and American Women's Group follow similar procedures. Between the groups they managed to obtain 20 units of 'O' Rh negative blood for the patient in question, who eventually made a full recovery.

It was after this incident that the CBR was created, by banding together the lists of donors from various groups, clubs and loyal societies. We also have the assistance of the duty officers at the British, Australian and New Zealand Embassies who take over the task of the CBR coordinators in the event that we are not available. The Embassies are often the first port of contact for tourists who may require our services. However with the help of our mobile phones we are 'on call' 24 hours a day, seven days a week.

SILC News

The CBR has been able to find all four of the negative groups when requested. We've had patients undergoing cardiac bypass surgery, orthopedic reconstruction, abdominal surgery and caesarian sections, we also ask donors to be on 'standby' when women with negative blood types are due to give birth.

We have donors from all walks of life who very generously 'down tools' or change plans at the drop of a hat and drive through the Bangkok traffic to the designated hospital to give a unit of that very precious fluid. Our donors are affectionately known as our 'walking blood bank' they go when and where they are requested. Donors are very aware of the lack of negative blood groups in Thailand and hope that it is never one of them that are on the receiving end.

We have traced blood as far away as Pattaya to the south and had a courier bring it to Bangkok as well as organizing the collection of blood in Bangkok and having it flown to a patient in the northern city of Chiang Mai.

The CBR is a totally voluntary arrangement, run by coordinators with the help of the mentioned Embassies. The CBR is known to most hospitals in the city and many now call us direct if a negative blood group required is not available through the Thai Red Cross, this alleviates the responsibility of the relatives and friends having the added upset of finding blood.

It is very satisfying to know we have been able to help save the life of a total stranger with the aid of some totally unselfish people and a few phone calls. We cannot thank our donors enough.

What a wonderful gift to give, it cost nothing but a little time

For further information or to register as a Rhesus negative blood donor please contact the current coordinator.

Central Blood Register Coordinator:

Mobile: 09 068 8533

Email: centralbloodregister@hotmail.com

Thai Festivals

This is a new column that will give background information on forthcoming Thai festivals.

Makha Bucha Day: Friday 5 March



Makha Bucha is the second most important Buddhist event of the year. It is celebrated on night of the full moon of the third lunar month, which falls in late February or early March.

Makha is the name of the star that shone at its brightest when the event that the day commemorates took place and is given to the third lunar month. *Bucha* is a Pali word (the language in which the Buddhist texts were written) meaning devotional service. Makha Bucha, also known as *the Gathering of the Lord Buddha's Disciples*, commemorates the spontaneous gathering of 1250 disciples of the Buddha who came to hear him teach. Each was personally ordained by the Buddha. This took place seven months after the Buddha began teaching, following his attainment of enlightenment circa 500 BCE.

On the same day, 44 years later, at age 80, the Buddha delivered his last sermon and predicted his death three months later. A new version of this sermon, written by King Rama IV, king Monkut (1851—1868) is delivered at dusk on Makha Bucha Day.

Linda Fullerton

What's on in Bangkok...

Bangkok Netball League

TRAINING SESSIONS SOCIAL GAMES

Promoting the enjoyment and development of netball in Bangkok

The Bangkok Netball League are introducing training sessions open to both BNL and Non BNL members, for all players....

- * Who want to improve their game
- * Who have just come back to the game
- * Who want to learn more about playing netball
- * Who want to play some extra netball without the pressure of a league match
- * Who want to practice umpiring
- * Who want to begin umpiring
- * If you just want to have fun

Bangkok Patana School, Sukhumvit 105
(Soi Lasalle)

6.30 pm — 8.30 pm

Every Tuesday (excluding term breaks)
Until end of season

200 Baht per session

You can join in either the 6.30 -7.30 session or 7.30 to 8.30 session or both, It's up to you!

Schedule -

6.30pm to 7.30pm

20 min warm session

20 min Dominant Defending Drills

20 min Assertive Attacking Drills

7.30pm to 8.30pm social games

60 mins divided into 10 min games to

Incorporating the above and including umpiring skills

For further information contact:

Janet Williams: janetmwilliams1@yahoo.com
mobile 07 078 0823

Lorina Swindley: lorina@smart.co.th

Jennie Jones: neiljen@ksc.th.com

What's on in Bangkok...

ThaiCraft Sale

**Saturday, 28 February 2004
Saturday 3 April**

10 am to 1 pm
Tower Wing, Third Floor
The Ambassador Hotel, Sukhumvit Soi 11,
Bangkok

ThaiCraft is a registered non-profit association working with groups of village artisans and handicapped persons throughout the country. Our goal is to help economically poor artisans to achieve self-reliance by providing them with guided training and experience in marketing as well as preserving and promoting their traditional craft skills. A wide range of handmade products are represented. All products come directly from the craftspeople themselves at reasonable prices that reflect out fair trade principles. If you are interested in becoming a volunteer or need additional information please call Stephen on 02 676 0636 x 105 or email at stephen@thaicraft.org

National Book Fair

Queen Sirikit Convention Center (F1, I3-J3)

26 March 2004 to 6 April 2004

While there are only a few English language exhibitors at this book fair, other activities and exhibits might make a visit worth it. Activities include demonstrations and a long list of talks on literary subjects.
Organized by
the Publishers Association of Thailand.

Thailand International Furniture Fair

Open to the public: March 7— 9

BITEC (J3)

10am — 9pm

Wood, rattan and other furniture, largely for export only, with a design hall featuring authentic Thai designs.
(go on the last day for the best bargains).

At the Rotunda....

Uninhibited by the Obvious
Elsie Evans

Tuesday 24th February – Sunday 14th March 2004

Here as in earlier works Elsie has explored the prototypical Asian scene. The work in this exhibition explores the relations between the particular and the universal - social vignettes are juxtaposed with a sense of the cultural whole they are parts of.

Destination Undetermined
Scott Malthouse

An Exhibition of Sculpture

16th March – 4th April 2004

This exhibition of past and recent work features a variety of sculptures initially created in wax then cast in bronze. Scott's sculptures draw on elements from his environment and explore both the object and the space around it.

Neilson Hays Library
195 Suriwongse Road, Bangkok
(Next door to The British Club)

For further information contact:
Maria Atkins 02 233 1731 or 01 820 6381
www.neilsonhayslibrary.com

Opening Hours:
Tuesday–Sunday: 9:30 am–4:00 pm
Closed Monday

Bangkok Symphony Orchestra

Mostly Baroque

**Tuesday 9th March 2004
8:00 pm.**

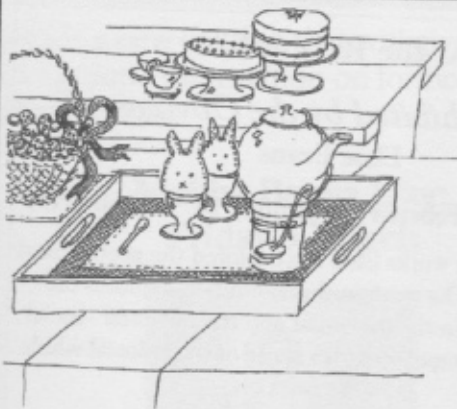
The Ballroom, Four Seasons Hotel (formerly the Regent) Ratchadamri.

The programme include works by:
Bach, Handel, Telemann, Tartini and
Boccherini.

Tickets: 300 Baht. (students 50% discount)
and 500 Baht.

Available at: BSO office Tel: 02 256 9935-7

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Easter Spring Bazaar

March 24 and 25

- o **Featuring: Desert Diamonds & Millie's Pearls for fine jewellery** From 10:00 am till 5:00 pm
 - o Easter Goodies for children (and adults alike)
 - o Easter Delicacies
 - o Easter Decorations
 - o Gift Items
 - o Table Ware
 - o Charity Raffle
 - o And more
- Coffee will be ready

Location: Whatsits
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(next to Bangkok Patana School)
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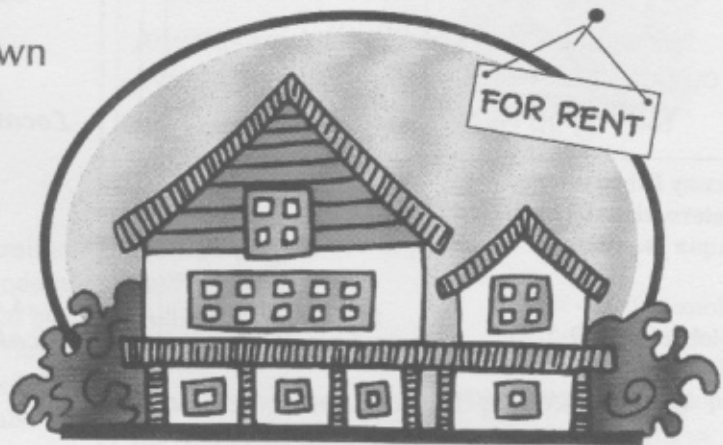
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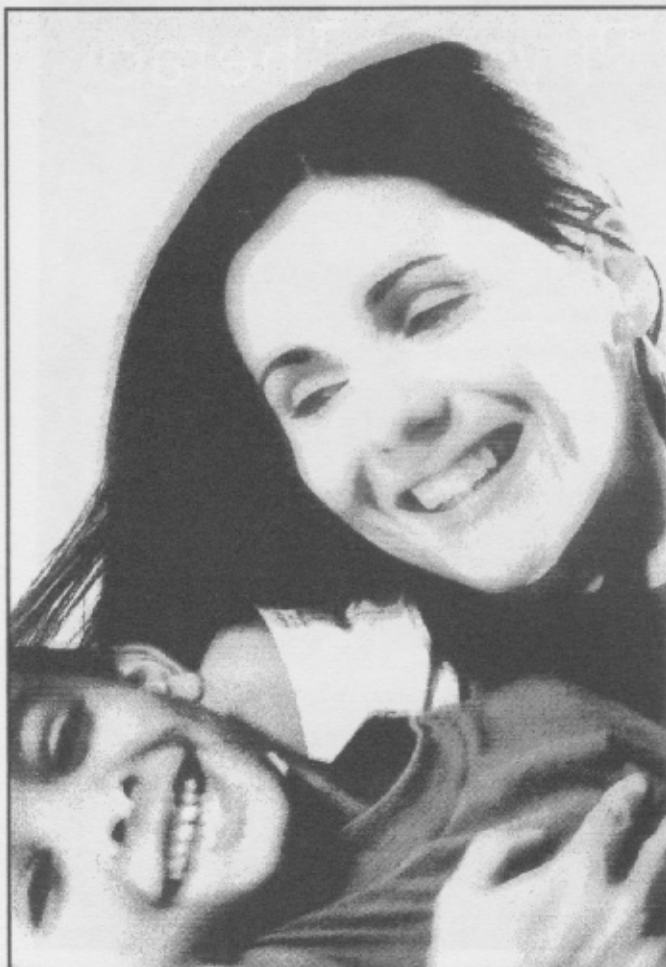
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Thonglor Soi 25

If you haven't yet been there, you
have to come and visit!

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Tel: 02-712-9832/3, Fax: 02-712-9834

Email address: bliving@budjibangkok.com

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Flyer insert 600 Baht

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(or contact : 02 336 0965)

To arrange payment contact :

The Treasurer:

bradleya@loxinfo.co.th

or 02 316 4343

Time for a Laugh

Spotted in a toilet of an office:
TOILET OUT OF ORDER.
PLEASE USE FLOOR BELOW

In a Laundromat:
AUTOMATIC WASHING
MACHINES: PLEASE
REMOVE ALL YOUR
CLOTHES WHEN THE LIGHT
GOES OUT

In a department store:
BARGAIN BASEMENT
UPSTAIRS

In an office:
WILL THE PERSON WHO
TOOK THE STEPLADDER
YESTERDAY PLEASE BRING
IT BACK OR FURTHER
STEPS WILL BE TAKEN

In an office lunchroom:
AFTER TEA BREAK STAFF
SHOULD EMPTY THE
TEAPOT AND STAND UPSIDE
DOWN ON THE DRAINING
BOARD

Outside a second hand shop:
WE EXCHANGE ANYTHING -
BICYCLES, WASHING
MACHINES, ETC. WHY NOT
BRING YOUR WIFE ALONG
AND GET A WONDERFUL
BARGAIN?

Notice in health food shop
window:
CLOSED DUE TO ILLNESS

Spotted in a safari park:
ELEPHANTS PLEASE STAY IN
YOUR CAR

Seen during a conference:
FOR ANYONE WHO HAS
CHILDREN AND DOESN'T
KNOW IT, THERE IS A DAY
CARE ON THE FIRST FLOOR

Notice in a field:
THE FARMER ALLOWS
WALKERS TO CROSS THE
FIELD FOR FREE, BUT THE
BULL CHARGES

Message on a leaflet:
IF YOU CANNOT READ, THIS
LEAFLET WILL TELL YOU
HOW TO GET LESSONS.

On a repair shop door:
WE CAN REPAIR ANYTHING.
(PLEASE KNOCK HARD ON
THE DOOR; THE BELL
DOESN'T WORK.



WE CAN SEE
YOU'RE LOOKING
FORWARD TO
PACKING AGAIN

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Hong Kong
Indonesia
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