



A publication of the Samutprakarn International Ladies Club

March 2016

March Events:

Aranyik Village Tour

Thur. 10th March – Pg 5



TSU Japanese Lunch

Fri. 11th March - Pg 6



Irish Coffee

Thur. 17th March - Pg 7



Paintbar Evening

Thur. 24th March – Pg 8



SILC AGM

Fri 29 April

SAVE THE DATE!



Committee Members



<u>Responsibility</u>	<u>Name</u>	<u>Email</u>
Chairman	Jane Campton	silcchair@gmail.com
Vice Chairman	Marit van den Oetelaar & Dianne Darke	silcvice@gmail.com
Secretary	Angelique Leijdekker	silcsecretary@gmail.com
Treasurer	Rocelyn Keilnhofer	silctreasurer@gmail.com
Coffee Mornings	Kay Hickey & Sunita Kulisra	silccoffees@gmail.com
Tours	Jimmy James & Carla Rijnders	silctour@gmail.com
Lunches	Jo Thomas & Sue Williams	silclunch@gmail.com
Membership	Sara Carr-Legg & Jeannette Rademaker	silcthai@gmail.com
Welfare Coordinator	Chris Rajakarier	silcwelfare1@gmail.com
Newsletter Editor	Jan Briggs	silcmagazine@gmail.com
Advertising	Jane Campton	silcadverts@gmail.com
Bazaar	Dianne Darke	silcbazaar@gmail.com
Mahjong	Sue Bailey	susanjane.bailey@yahoo.co.uk
Evening Events	Marit van den Oetelaar	silcvice@gmail.com
Craft Club	Jane Campton	silcchair@gmail.com
Book Club	Sara Carr-Legg	silcthai@gmail.com
General Committee	Cathy O'Neill, Marianne Metzelaar & Shirley Tan	



Link Ladies



<u>Area</u>	<u>Name</u>
Garden Towers	Jan Briggs
Ladawan	Shirley Tan
Lakeside 1	Vani Sharma
Lakeside 2	Sunita Kulisra
Thana City	Irene Gray
Bangkok Area	Chris Rajakarier

SILC News Copy Deadline

Mon. 21st Mar. 2016 is the deadline for any articles for the April Newsletter.

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



Chairman's Message



Hello Ladies,

It's that time of year again! We will be holding our Annual General Meeting in April (further details in the newsletter, pages 14-17, so you can save the date) and we are looking for new recruits to join the committee. This year we have quite a few vacancies, what with relocations and job fatigue from having done it for 272 years, so please have a think about joining us. It's a great chance to have a voice in how we run things for the benefit of all our members on the social side and to contribute to the larger community through our welfare fundraising and work.

I would encourage anyone who might be interested to come to our next Committee Meeting on March 7th, 10am for 10.30am start, at Dianne's house, to get a feel for what we do and the various roles. The jobs are open to anyone - we are an international group and give each other lots of support and encouragement so don't worry if English isn't your first language. Everyone is most welcome to join us, regardless of experience, so don't be shy or concerned that you won't fit in - help will always be on hand and we will make sure you feel welcomed. Most jobs are suitable for sharing so why not ask your friend to sign up with you?

If you would like to stand for a role or would like to discuss what it involves before you commit your time, get in touch either with me or anyone of our other Committee lovelies. We will be taking nominations from the floor at the AGM so you have plenty of time to think about it.

I look forward to seeing you soon!

Jane



Advertising



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

Personal Advertisements for SILC members are free of charge.

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

Rates (per issue)

Full Page **1300 Baht**

Half Page **700 Baht**

Quarter Page **400 Baht**

Flyer Insert **700 Baht**

Discounts

Member **25%**

Annual Contract (10 adverts/year) **10%**

(Only one discount may be applied)

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

Further details on advertising contact: Jane Campton: silcadverts@gmail.com

Please send advertisement to: The Editor: Jan Briggs: silcmagazine@gmail.com

To arrange payment contact: The Treasurer: Rocelyn Keilnhofer

silctreasurer@gmail.com



Aims & Policies



Organisation of the Club

SILC creates an opportunity for women of all nationalities living in the Samutprakarn area 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 to cover costs and receive a newsletter and club directory.

Privacy

The Members Directory and addresses sourced from our legitimate club business such as Lunches or Coffee Mornings are for the sole use of members in a social setting and must not be used for commercial purposes.

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 Mahjong Group

Takes place on Wednesdays

From approx. 10.00am to 2.30pm

In members homes

Donations are appreciated towards our Welfare Charities.


Guests very welcome, 200b/session


Contact: Sue Bailey for more details:
susanjane.bailey@yahoo.co.uk






Been in
ASIA



Book online

Hotels

Tours

Tickets





www.beeninASIA.com
Your personal travel agent with Dutch expat roots



March Tour



Aranyik – a Thai Craft village where we see how high-quality stainless steel tableware is made (previous planned trip here had to be cancelled)

This day tour to Ayutthaya Province, north of Nonthaburi, takes us a day's march away from the ruins of the former Siamese capital to a small rural village on the banks of the winding Pa Sak River. Here, in a workshop, a community-centred enterprise makes high-quality stainless steel tableware. Production of steel and iron artefacts is centuries old in this village and this local group has adapted their skills for a wider, contemporary marketplace. We will visit this production group and also explore the tradition of steel making from agricultural tools to domestic knives and even ceremonial swords, all using hand-skills inherited from the ancient days of hand-weaponry and elephant chains.

During our tour, you will observe how the fine tableware is crafted and finished as you can see it displayed at the popular ThaiCraft Fairs. Stephen Salmon, a co-founder of ThaiCraft, will join the trip and introduce us to the community leaders. Plenty of time will also be available for shopping!

If we have time, we will make a short stop on the way back at the temple ruin of Prasart Nakhorn Luang. It is quite a small ruin, similar in style to those you see in Ayutthaya city but in a much more off-the-beaten-track. We will decide after lunch if we have enough time.

Date: Thursday March 10th

Time: 7:30 am at Patana School

Finish: around 4:30 at Patana School

Costs: This is an organized tour with guide, total THB 800-1000 (depending on numbers)

Lunch: at own expenses

Minimum number: 6 participants **Maximum number:** 16 participants

If you would like to join, please respond before Friday 4 March to: silctour@gmail.com

Jimmy & Carla



Cooking Class Review



Cooking with Jimmy was a fantastic class. First she introduced us to all the herbs in her garden that are used in Thai cooking. Some of them are the different basil, mint, coriander, kaffir lime leaves and green & red chillies.

At Jimmy's first cooking class we learned to make from scratch a green curry paste for chicken green curry. The group was divided in 3 smaller groups and we made a vegetarian version, and 2 regular versions which one we made in a mortar and pestle and the other one in a blender to see if it tasted different. And it did!! I think we all agreed that the one with more hard work by pounding and pounding the fresh herbs and chillies tasted much better. So ladies you can take a shortcut and put all ingredients in the blender but it is not as divine as the one which has much more love put into it.. Just so you know if you ever make your own green curry paste!



We also made Morning glory with bean sauce and minced pork fried with basil. Although all of us were newcomers and some not that familiar with Thai cooking yet we made some delicious dishes, really winners in this group and we are looking forward to more classes from Jimmy!! So hopefully she will continue giving these classes and not only to the newcomers because we want more!

Thank you Jimmy as well for the herbs we were able to take home!

Mireille Vogelsang



March Lunch



TSU JAPANESE RESTAURANT at JW MARRIOTT HOTEL

ON FRIDAY 11TH MARCH 2016 at 12 NOON

Come and join us for a Japanese lunch at Tsu restaurant JW Marriott Sukumvit Soi 2. They offer an array of fresh and expertly prepared sushi plus much more, choose from a Bento box or the "All you can eat" menu...see below.

You can choose from a selection of 4 Bento boxes or opt for the All You Can Eat menu, choices can be made on the day.

Prices for the lunch depends on what you order, any drinks will be additional.

If you would like to join this lunch please **RSVP** to Jo or Sue to silclunch@gmail.com by **Tuesday 8th March**.

Nearest BTS station is Phloenchit and parking is available at the hotel.

TSU Bento Box Lunch

SALMON IN THE BOX

Grilled fresh salmon teriyaki or shioyaki
Appetizer and potato salad, assorted tempura
2 types of sashimi and steamed rice

THB 420

TSU IN THE BOX

Daily fresh nigiri sushi, cucumber roll
Appetizer, potato salad, chicken teriyaki
Assorted tempura,

THB 420

SUSHI IN THE BOX

Daily fresh nigiri sushi, sushi roll
Assorted tempura, shirauo salad, salmon teriyaki,
cold soba or cold udon noodles and appetizer

THB 480

SUSHI AND SASHIMI IN THE BOX

Daily fresh nigiri sushi, 3 types sashimi
Assorted tempura, grilled cod saikyo-miso,
cold soba or noodles and appetizer

THB 630

Served with chawanmushi, miso soup and fresh fruits

These are promotional items. No discounts are applicable.

All prices are in Thai Baht and subject to 10% service charge and applicable government tax.

TSU "All You Can Eat" menu

Sushi and Sashimi

Salmon, tuna, shrimp
Crab stick, sea bass
Sweet egg omelet, squid

Salad

Green salad
Potato salad
Seaweed salad

Soup

Miso soup
Shiitake consommé

Signature Rolls

Crunchy roll
California roll
Spicy tuna roll
Spicy salmon roll
Vegetable roll

Rice

Steamed rice
Garlic fried rice

Noodles

Hot or cold soba
Hot or cold udon

Tempura

Pork tonkatsu, fish, shrimp, vegetable

From the Grill

Mackerel, Australian beef
Norwegian salmon
Chicken teriyaki

Dessert

Red bean ice cream
Green tea ice cream, hot red bean

THB 990 net per person

This is a special promotion – no discount is applicable.



March Coffee



Where: Kay Hickey's
Address:
10th Floor Charan Mansion,
15 Sukhumvit Soi 29,
Bangkok 10110.

When: Thursday 17th March
Time: 10.30am

Its that time of the year again, so please come and join us for our annual St. Patrick's Day coffee morning. Come along to celebrate all things Irish, have an Irish Coffee (or two) and as we say in Ireland, enjoy the "Craic"

If you are organised please bring a plate to share and if you can, wear something green for the occasion.

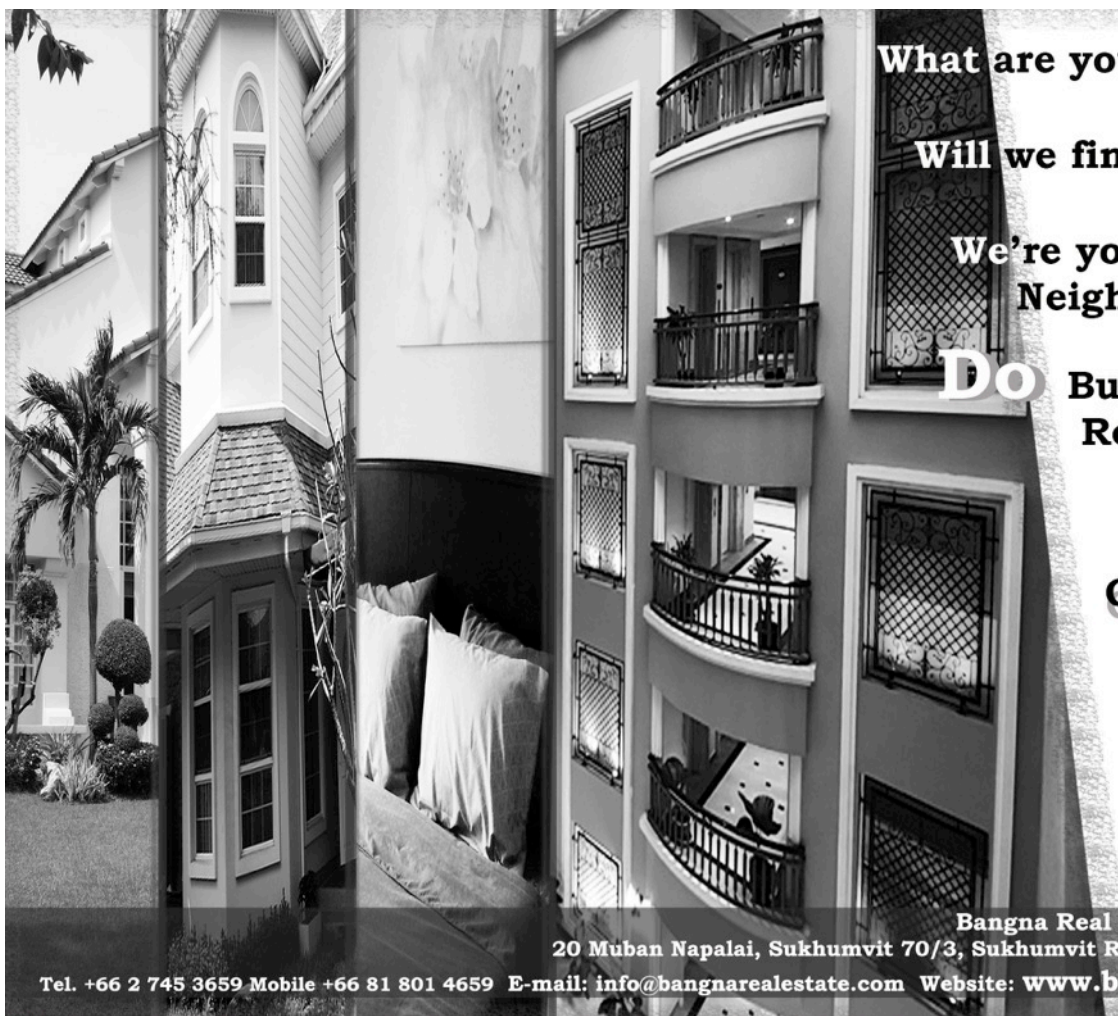
Look forward to seeing many of you there!

Please RSVP to Kay by Tuesday 15th March to silccoffees@gmail.com



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.



What are you looking for..?
Will we find for you..?
We're your...
Neighborhood expert
Do **Buying / Selling /**
Renting...
Houses
Apartments
Condominiums
@
BANGNA
Real Estate
Bangna Real Estate Company Limited
20 Muban Napalai, Sukhumvit 70/3, Sukhumvit Rd., Bangna, Bangkok 10260
Tel. +66 2 745 3659 Mobile +66 81 801 4659 E-mail: info@bangnarealestate.com Website: www.bangnarealestate.com



March Evening



Bring out your creative side, no art background needed!
Join us at Paintbar Bangkok, the only bar where anyone can create a masterpiece in 3 hours!

19 seats are already taken, only 9 left!

Join us for a fantastic creative SILC evening on Thursday 24 March at Paintbar Bangkok (6th floor Piman 49, 46/4 Sukhumvit soi 49).

The cost for painting is 649 baht per person, including materials and full tuition. Doors open at 7PM for a chat and drink, painting from 7.30PM-11PM. Drinks and refreshments can be purchased throughout the evening. Please check out their website: paintbarbangkok.com.

For those also interested in dinner, I will make a 6PM reservation at a restaurant close to Paintbar (these details will be send closer to date).

If you want to join, remember there are only 9 places left!
I will take reservations on a "first come, first served" basis.
Please RSVP by 20 March, at silcvice@gmail.com

How creative are you?

Marit



SILC Book Club

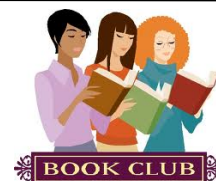


Date: Thurs. 31 March 2016

Time: 12:00 – 2:00

Venue: Jane's home, Thompson Residence, Bangna Trad Soi 4.

Could you please bring a dish along to share if you have time and also some more book choices for our 'to read' list.



Books for Discussion:



The Ice Twins by **S.K. Tremayne** 3.72 · **Goodreads**

A year after one of their identical twin daughters, Lydia, dies in an accident, Angus and Sarah Moorcraft move to the tiny Scottish island Angus inherited from his grandmother, hoping to put together the pieces of their shattered lives. But when their surviving daughter, Kirstie, claims they have mistaken her identity—that she, in fact, is Lydia—their world comes crashing down.



Touch by **Claire North** 3.78 **Goodreads**

Kepler had never meant to die this way — viciously beaten to death by a stinking vagrant in a dark back alley. But when reaching out to the murderer for salvation in those last dying moments, a sudden switch takes place. Now Kepler is looking out through the eyes of the killer himself, staring down at a broken and ruined body lying in the dirt of the alley.

More Details: Contact Sara at saracarrlegg@hotmail.com or 0870 881815

Please come even if you haven't read the books. We will discuss books in general and future books.

Hope to see you there!

Fulfilling Potential Since 1957



Residential visits form an integral part of our curriculum for all students from Year 3 upwards.

These enrich learning, bolster personal and social development and promote the important attributes of open-mindedness, inquiry and informed risk-taking in our students.



Bangkok Patana School

*The British International School in Thailand
Established 1957*

643 Lasalle Road,
Bangna, Bangkok
www.patana.ac.th
admissions@patana.ac.th
+66 (0) 2785 2200

Bangkok Patana School is an IB World School, accredited by CIS and NEASC



January Lunch Review



Our January lunch saw us at Carla's lovely home at Lakeside and it really was a lovely home- bright, light, airy and filled with super artwork which reflected Carla's previous ex-pat experiences. I was particularly taken with the pieces by Irene Hoff, a Dutch artist whose work uses iconic images and peeks of ex-pat life in South East Asia in a bright and punchy street art style. Carla had a couple of bespoke pieces, which have definitely inspired me.

As usual, there was a glam crowd for our poolside lunch though, as the weather had reverted from

Arctic earlier in the week to Bangkok steamy, most of us had a moist upper lip. Reflecting our international membership, we were as random a crew as ever- lots of Dutch (word had got out that there was to be cheese obviously); ex- Vietnam postings; a raft of rarely seen in town local ladies and of course, the ladies who never turn down the offer of lunch. (We know who we are!)

The theme was pot luck so we all brought a dish to share. Taking the January diet ethos, there were lots of yummy salads including a particularly delish beetroot number and equally, lots of beautiful puds, presumably brought in by the bugger-the-diet gang. The Charlotte Russe and lemon meringue were particularly stunning. I brought griddled asparagus with shaved parmesan which sounds a lot grander than it actually was. The asparagus was not only easy to cook one-handed but also just about the only thing not wilting in the salad drawer. I had intended to take passion fruit but they had gone over and I decided not to risk taking slightly rotten fruit again after I was busted at Eunice's. I remember the shame of owning up to a whatsapp pic like it was yesterday...

Our latest guest, Aunty Cam, was most scathing about it. Even though it was only his first day, I nearly sent him home but I decided to invite him for lunch instead. Terrified, he decided to stay home alone where he drank all of the beer in the fridge and all of the wine in the cupboard a bit like the tiger who came to tea except he didn't have any water. He even drank a bottle of Siamsato someone had left. This is a local delicacy which tastes like something you would brew in a homemade still under the bed as my friend Jeremy did at boarding school. He blew up the dorm but it's alright, he eventually got a first at Cambridge and now earns enormous amounts in the City.

Many thanks to Carla for her hospitality and being a great host, and to all the lovelies who brought such wonderful dishes. Sorry about the asparagus, I promise I will make something more suitable next time!

PS Aunty Cam (so called because that was what a 2 year old Dan shouted to alert us that his favourite uncle had rolled out of the car on a farm track. He wasn't 100% sober.) actually turned out to be a great guest - generous, interested in everywhere we took him and, unlike a previous visitor, he didn't vomit in the spare room either. And he was even brave enough to come to Book Club the following week even if he did need a quantity of gin to get through it!

Jane.



Examples of Irene Hoff's work



February Evening Review



What else can I say about dinner at Charcoal on the 4th of February, other than:

AMAZING, SCRUMPTIOUS DELICIOUS, MOUTHWATERING FOOD!

I have never tasted Indian food like this before!

The murg malai kabab was to die for and so was the tandoori malai broccoli!

That's probably why they served us seconds and thirds.

The breads, kayak chicken sheekh kabab, paneer tikka, dal charcoal and gosht dum biryani were all equally delicious.

Dear ladies, all I can say is that if you have not been to this restaurant before, you missed out!

This is a definite "must go to" restaurant for all the reasons above, their impeccable service and ... their mint scented hand towels ;-) according Tone and Fine!

Nice note: ladies present on the night were from 10 different countries :-)



Eat-In • Take Away • Delivery • Catering Service • Cooking Classes • Kids Parties



Greek-Mediterranean Food at its best

Natural - Home-style - Authentic | Many Vegetarian Choices | NO MSG



Olive locations

Ekamai Branch, 37/1 Soi Chareonjai
(Ekamai 12)

Fifth Food Avenue, 5th Fl., MBK

Olive Take Home

Gourmet Market, Emporium (5F), Sukhumvit 24, **NEW!!** Gourmet Market, Terminal 21 (LG/F), Sukhumvit 21
Food Hall, Central Chidlom (G/F), Ploenchit Rd, **NEW!!** Tops Market, Central Bangna, Bangna-Trad Rd
Villa Market K Village, Villa Market Nichada Plaza, Villa Sukhumvit 11, Sukhumvit 49,
Villa J Avenue Thonglor, Villa Langsuan.

For more information call **02 713 1112, 02 713 1133**

f /olivebangkok

www.olivebangkok.com



Garden Towers



PENTHOUSE APARTMENT

AVAILABLE FOR RENT

3 BED & 4 BED

Beautiful Living Room with large terrace
TRULY A HOME AWAY FROM HOME

Tel: 087 561 1010



www.gardentowers.com



AQUABIKING

BANGKOK

www.AQUABIKING-BANGKOK.com

- Strengthens the body, buttocks, thighs, calves and abs.
- Refines the silhouette and helps weight loss.
- Weightless sport, soft on the joints.
- Stimulates venous return, against heavy legs and edema.
- Fights cellulite and the orange peel effect.
- Reduces hypertension.
- Lymphatic drainage, massage effect.
- Ideal for the recovery, improves the cardiovascular system.

Recommended for all by medical professionals, including for pregnant women.

OFFER well-being and results to your body, by yourself, or with family and friends.

A moment of pleasure and relaxation in a friendly atmosphere.

Online Reservations.

OPEN

199/9 Sukhumvit soi 16 - BANGKOK

CONTACT: 0880532644 / 0910838229

email: aquabikingbangkok@gmail.com



Aquabiking - Bangkok



Members Page



New Members this month:

Janna van Duyn
Saskia Leeuwangh
Sian Seamer
Zhidan Chou

Welcome to SILC!

Visit us
at:
[www.SILC
Bangkok.
com](http://www.SILC Bangkok.com)



If you know anyone who may be interested
in joining SILC please ask them to contact:

Sara/Jeanette: silcthai@gmail.com

Put a face to the name.

New members, please send in a short blurb to introduce yourself to other members, along with a photograph if possible (with or without the family).

Send to the editor: silcmagazine@gmail.com

Aqua Aerobics Classes

A few places are available at our Aqua Aerobics sessions. All you need is a swim noodle and a sense of fun, so please come and join us. The classes are a good workout (as well as a good chance to natter with friends). You don't really have to be able to swim as most exercises are done in chest deep water or with a noodle when in deeper water. Classes are every week during Patana school term time.



The 2 classes use the same Thai instructor but are run independently, so please get in touch with the organiser depending on which location/day suits you best. Prices differ according to numbers in the class as the cost is split equally, but are usually around 250/300b per class.

For Garden Towers on Monday mornings 8:15-9:15am
contact Jan Briggs: jan.briggs22@gmail.com

For Lakeside 1 on Thursday mornings contact Nicky Hobson-Grobler: 091 838 3170 or
jaco_gro@mweb.co.za



Chiropractic and Physical Therapy

The best of both worlds under one roof

Get relief from

- ✓ Lower Back Pain
- ✓ Neck Pain
- ✓ Herniated Disc Pain
- ✓ Headaches
- ✓ Tingling and Numbness in the Arms and Legs
- ✓ Shoulder, Arm and Wrist Pain
- ✓ Hip, Knee, Ankle and Foot Pain
- ✓ Poor Posture

By appointment only.

8:00 am to 7:00 pm Daily
Except Saturday and the
First Friday of the Month

- Chiropractic Treatment
- Physical Therapy Performed by Licensed Physical Therapists
- Gentle Techniques for Delicate Patients
- Traditional Adjusting Techniques
- Therapeutic Massage Techniques
- Medical Referrals Available When Necessary
- Care for Sports Injuries
- Custom Made Orthotic Arch Supports
- Diet Modification for Pain Control
- Fitness Consulting



Mark Leoni & family, Doctor of Chiropractic (USA)

Holistic Health Systems Ltd.

322 Soi Sukhumvit 79 (Soi Niyom), Bangkok 10260,
Tel: (02) 716-2998 Mobile: (081) 627-0312, (089) 455-3915
Email: leoni@loxinfo.co.th, leonibones@gmail.com
www.thailandchiropractor.com



On Nut
Easy Parking



Official SILC Committee Roles



Chairman

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 SILC Newsletter.

Vice Chairman

Shall assume duties of the Chairman in her absence, will assume any responsibilities delegated by the Chairman from time to time. Shall be responsible for all matters concerning the Evening Meetings including arranging guest speakers or social focus, venue, purchasing drink as necessary and gift for guest speaker. Shall prepare an advertisement for the SILC 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 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 yearly accounts at the AGM after submitting financial records for final approval.

Shall keep a back up database of each members name and address in case of absence of membership officer.

Membership and Newcomers

Shall keep a database of each member. Shall print labels for each month's newsletter. Produce an annual directory for member use and an intermediate update if required. Shall make personal email contact with each new member, inform them of the SILC website and provide each with a SILC Members directory. Shall be responsible for sending out emails to all membership as required by the committee.

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 regarding 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 the fundraising for welfare monies and help in the implementation of these projects.

Coffee Mornings

Shall make all the 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. Shall create an 'event' on the SILC Facebook page to advertise the coffee morning each month.

Lunches

Shall organise a suitable venue and date each month and make all the arrangements. Shall be the contact person for reservation. Shall prepare an advertisement for the newsletter. Shall create an 'event' on the SILC Facebook page to advertise the lunch each month.

Tours

Shall make all the arrangements each month for suitable tours in the Samutprakarn and Bangkok area, including setting dates, arranging transport, all necessary reservations and calculations of cost. Shall be the contact person and shall prepare an advertisement for the newsletter. Shall create an 'event' on the SILC Facebook page to advertise the tour each month.

Bazaar

Shall organise the Annual SILC Bazaar. Shall prepare an advertisement for the newsletter. Shall create an 'event' on the SILC Facebook page to advertise the bazaar.

General Committee Member

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.

SILC AGM – Friday 29th April 2016 – 10:00 am

Conference Centre, Bangkok Patana School

The SILC committee is in need of your attendance at the AGM, to help make up the quorum of 25% of members needed to vote. There are several committee positions that need filling this year due to ladies standing down and leaving. Please consider one of the above positions. All jobs are available, many as job share if you don't feel you would want to work alone. Being part of the SILC committee is fun, friendly and a great way to see behind the scenes of this dynamic social ladies group who are also raising considerable funds each year for our welfare charities. More personal accounts of each position are given on the following pages. Feel free to contact the appropriate committee member to discuss the position – no obligation!

**Join us on 29th April for coffee and
catering by I'm Tasty Food Company**



How about joining the SILC Committee?



It's that time of year again where we try to encourage you to become part of a young (cough, cough) dynamic and fun team of ladies in BKK. We do lots of good stuff – like improving the life of people living in the slums, or paying towards the education of children – and while we are doing it we have a ball, whether it's playing mahjong, eating, bowling, discussing, crafting, etc., you name it we MIGHT have tried it or are more than willing to give it a shot! Please consider one of the following positions and help SILC continue the good work we are renowned for.

Chairman – Jane Campton

The main task in my role is to chair the monthly committee meetings and to oversee the smooth running of all things connected with SILC, although our dedicated team make sure I have to do very little of the latter. In addition to chairing the AGM, the Chair represents the club in the wider Community. While the job does involve some public speaking, it is usually in an informal setting such as hosting the Newcomers Coffee Morning. I have enjoyed my year as Chair; it has been a pleasure to work with such a lovely bunch and has proved to be nowhere near as scary a job as I first anticipated!

The position is vacant although I would consider standing for a further year if the job remains vacant.

Vice Chair - Marit van den Oetelaar

The Vice Chair's role is a combined role and can be easily shared between two people. On one hand it is supporting the Chair, filling in if she is not able to attend events and meetings, and being a good sounding-board.

On the other hand it involves organising SILC evening events. This last part has always been my favourite job. Helping on the SILC Committee is enjoyable and I can thoroughly recommend it!

This position is vacant.

Secretary - Angelique Leijdekker

My name is Angelique and I have been secretary for SILC for the last 4 years.

It has been a fun job and I have truly enjoyed getting to know the committee members and become acquainted with all it is what SILC members get involved with.

My job consists of putting the agenda together before and writing the minutes after every meeting as well as for the AGM. The role as a secretary is not very difficult or time consuming.

Unfortunately we will be leaving Bangkok as of June 2016 so I'm desperately looking for someone to take over my role. Get in touch with me if you need more info. I can assure you it's the best way of staying involved and I have truly enjoyed every moment of it.

This position is vacant.

Treasurer – Rocelyn Keilnhofer

No special skills needed but simple Numbers, Ideas and Social Network sums up to a GREAT FUN of equation. Counting and recording to keep track of what SILC SUPPORTS. To spend or not to spend are absolutely fun & easy. Update the SILC Bank Books and keep the Ledger up to date along with the Financial Statements. On top of that enjoying social events with or without money involved.

This position is vacant.

Membership Database/Daily Management of emails

Sara Carr-Legg/Jeanette Rademaker

Running the Membership for SILC has been shared by 2 people over the last years but it can of course be managed by one person as well. The Admin & Communications include monitoring the daily email traffic and forwarding necessary emails. Communications with our 117 members is usually daily as well to keep everyone up to date. We maintain the database, print labels for the newsletter and welcoming new members. Also a SILC directory is produced every year. This is a fun role and an ideal way to meet and get to know most members.

Both Jeanette and myself will not be available next year to take on the Membership role but of course we are very happy to help out in any way. Come on and give it a go.

This position is vacant.

Newsletter Editor – Jan Briggs

The Editor's role consists of setting the copy deadline and chasing up the various adverts and features to go in the newsletter. Liaising with the Advertisers and the Treasurer to ensure that adverts have been paid for before publishing. Producing the newsletter on the computer with a publishing type program then taking it to the printer, collecting and distributing it via the post and link ladies.

This position is vacant. I will be around next year to help/advise if needed. If you think this may be the job for you, please do get in touch and I can answer your questions.

Coffee Mornings – Kay Hickey & Sunita Kulira

The role of the coffee Co-ordinator is to arrange a coffee each month. This involves finding a venue and liaising with the venue on catering, numbers and payment. (Some of these coffee mornings are held at members' homes) Submitting an advert to the magazine editor each month. This is a fun job and a great way to meet new people and other SILC members. This position is an easy manageable task for one person but can also be shared. Kay and Sunita shared the roll in the year past.

This position is vacant.

Lunches – Jo Thomas & Sue Williams

The role consists of finding a suitable place for lunch and making the reservation with the restaurant, choosing the menu's in some cases, not all I may add as most restaurants offer set lunches. Submitting the advert for the newsletter and confirming numbers with the restaurant.

This role can easily be shared with a friend. We are happy to continue unless someone is keen to take over.

Tour committee – Jimmy James & Carla Rijnders

Jimmy has organized SILC tours for 3 years now, Carla for 2 years. Together we are a good duo, as Carla loves exploring new places (also her job to organize tours for expats) and Jimmy is our Thai guide and our essential source of Thai information. Together we try to find different corners of Bangkok and beyond, although it's always a challenge to find the off the beaten track. We loved to organize our first- ever 2 day tour this year to Northeast Thailand and most tours were very well attended. This encourages us to find new places again next year, so if you want us to organize more of these tours next year, we are happy to do so 😊.

Welfare Coordinator - Chris Rajakarier

This job clearly involves team work and we have a great group of ladies who are committed to welfare and without their support we cannot accomplish what we do. This job is anything but boring, with the 2 preschools that SILC continue to support Mahawong (210Kids) and Prakasamai (120 kids). The fruits and groceries are delivered weekly, bimonthly oil run, the English program is run weekly, activities are organized on a monthly basis. Monthly accounts and reports to produce, coordinating and managing projects in Bangkok area, Mae Sot, slums projects and various other projects.

It is always a pleasure to work with the team on big projects or on the monthly activities. I am happy to continue in my role for another year with the support of the welfare team who take ownership of each project. There are a few posts available within the welfare group if anyone is interested. We are really keen to encourage anyone new or old to SILC to join the welfare team as we always have a lot of fun. Come join the monthly activities as it is extremely rewarding and you do truly make a difference.

SILC Bazaar – Cathy O'Neill & Dianne Darke

There is a lot of collective experience and teamwork involved running the SILC bazaar, which has been an important and enjoyable fundraiser for SILC for the last 21 years. The majority of the effort is required in the 3 months before the event, which typically takes place at the end of October. Best as a 2 person job.

Essentially there are four main aspects of the event to manage;

- Liaising with the venue (Bangkok Patana School) to agree the event date, room layout and logistics of the day
- Co-ordinating the event vendors and charity organisations who sell their goods at the event
- Marketing the event to SILC members and other potential visitors
- Working with the SILC members who organise specific aspects of the event, eg, tombola, cakes, refreshments, volunteers, etc.

This position is vacant.



We thought it would be a good idea to catch up with some 'old' SILC ladies who have moved on to pastures new and see how life is treating them in their new country. Perhaps see a view of their surroundings and hear different tales of shopping trials and tribulations that first time you hit the local supermarket in a new country! After emailing 26 past SILC members with the request - guess who was in first with tales of her new life? Of course, Betty! We do miss you Betty and thank you very much for the great insight into life in Mumbai.

Namaste Mumbai [Welcome Mumbai] Sawadee ka Thailand

Sadly have completed our stay in sunny Thailand, and happily are now in sunny Mumbai. Great opportunity for my husband and I but we will miss Thailand LOADS. It was a brilliant country, met loads of great people, did loads and saw a culture which otherwise wouldn't have been open to us (that's Thailand and the ExPat community- very surreal but great).

First Impressions

Wish I'd done my first impressions of sunny BKK but didn't so this will be a first! Maybe some reflections will bring back memories of your own . . . or maybe not? Either way, hope you enjoy my musings.

Images/first impressions of India. People, bribes, paperwork, paperwork, traffic, noise, crowded, slums, rubbish, cows, dogs, beggars, chaos and birds, birds, birds . . .



Betty John Ellie & Cam at Taj Mahal – November 2015

First experience of bribing was on arrival at airport customs, 40kg of baggage plus 20kg excess for 3 of us, so loads of stuff. We were pulled over by customs officer, wanting to know what was in all our boxes and bags. Are we were going to sell them? Are they new? Why did we have so much stuff? "It is not allowed". With only Thai Baht (no USD or Indian Rupees) and had no idea how much bribe I plead stupidity (easily done) and he eventually gave up. My next experience was the FRRO – getting our Foreigner Registration Letter. India does not do minimalism! About 50 hours of preparation resulting in a folder full of photocopies of this and that and this again and another one of that, and the statutory 4 hour experience in the FRRO office the lady officer kept saying "Are you happy with what I've done today? Just put it inside your passport and give it to me". Eventually I twigged and realised that the folder she kept on thrusting in my hand needed a note of two so with no idea what to do gave her the equivalent of a fiver. I've written it of as a Diwali gift!



School Run in Auto Rickshaw

Re traffic – there's loads of it. Cars and trucks have a sign HORN OK or HORN PLEASE, which means they want you to sound your horn so they know you are there. In the dark they honk AND flash their lights. You can be stuck in unmoving traffic and they still sound their horns – as if they think you can move any faster or suddenly find a gap! Then there are the black and yellow 3 wheeler taxi, the auto rickshaw, which have replaced the old style cycle rickshaw – think of them as Dr Who Daleks – which, like the motorbikes of Thailand, zip in and out of the traffic regardless of if there is room. Driving here seems to be on a wing and a prayer – fortunately we are not allowed to drive here and not sure we'd want to.



HORN PLEASE – common on vehicles!

Rubbish and slums – there's loads of it/them. Rubbish/slums everywhere. In the towns the rubbish is shifted through by the locals – in the villages this is being routed through by free range pigs, chickens, cows, water buffalos etc.. (Daughter was in tears when she saw the dead dog - legs out stiff in the early stages of rigour mortis and a crow cautiously hopping towards the carcass – where? Middle of the street in Agra).

Slums weren't as I'd expected – they appear to be mostly solid structures, though there are tents, with corrugated roofs usually covered by a blue plastic sheet (mostly blue) – and there are loads of them. Seen a few beggars but the annoying ones are while you are stuck in traffic, they will tap on the windows persistently; I've tried ignoring them, mouthing "no" etc., however they only stop when the car moves away.



Slum area with insert showing typical facade

Birds – there's loads of them to the extent that for some species there are just toooooo many - pigeons, house crows (similar to jackdaw), black kites, but I do like the green parrot (think it is a rose-ringed parakeet).

Oddly enough one thing I haven't really noticed – but maybe should have – is pollution. Perhaps there was too much else to observe? Or perchance it wasn't as bad as I'd expected? Who knows?

My daughter commented – and once pointed out I also noticed – that many men go around holding hands. And from Wikipedia there are more men around than women (2011 census statistics 3,085,411 of which male and female were 1,684,608 and 1,400,803 - 55% and 45% respectively)

Other Experiences

Cinema - cheap but different. Standing for the national anthem at the start of a film is also done in Thailand so nothing new there but the interlude halfway through had me giggling.

At the moment we are living overlooking the beautiful Powai Lake and surrounding green land. The exciting news is that we have real live crocodiles in our lake! It's scary 'cos the locals (usually looks like young kids) fish there in the little round coracles (but on closer inspection think they are just car inner tubes!). Understand that last year a buffalo was killed but *Times of India, Aug 2010* reported that a local fisherman "ended up as breakfast for three hungry crocodiles when he had gone fishing to Vihar lake . . . he was sitting on an inflated rubber tube with his feet dangling in water when, according to witnesses, he was dragged inside by a crocodile. Two more crocodiles followed the first and dragged him from the shore.", Scary eh!?

Shopping – no big chains and the supermarkets are local in the extreme, (milk bought in plastic bags and hens eggs are white), local street markets are GREAT but not eaten street food yet (and probably won't ever). Beer cheap and lovely – wine not cheap but also lovely!

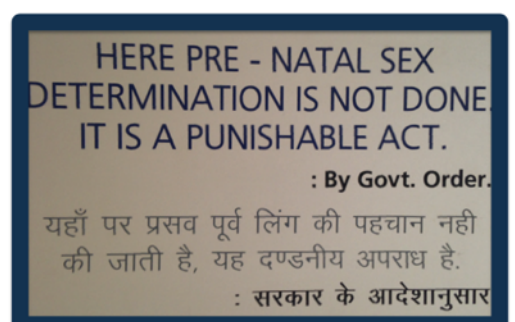
Golf – great fun, score rubbish but does it matter? Notable differences are that here all the caddies are male and they walk and carry your bag. (For those non-golfers - in most countries you don't have caddies; in Thailand caddies are predominantly women; where there are caddies they usually pull your bag on a trolley or you use a golf cart). Significantly I was warned that the caddies are light fingered – unfortunately I didn't do the ball count at the end and I'VE LOST MY LOVELY ORANGE BALL!

Finally, CHALLENGES TO GOLF PLAY – rule number 548C, subsection 45A, para 85F of the PGA Rule Book can be applied to at least 2 differences to golf hazards - the enormous kites (rather than the lapwings in Thailand) dive bomb you to protect their young, plus the kites and the crows LOVE trying to make off with your ball – luckily the kite's beaks are not the right shape so they just push it around but the canny crows have been known to waltz off with your ball - and you can bet your bottom dollar it will be the brand new one!

Security – most places have walk in body scanners, x-ray machines, hand-held scanners, not sure how effective any of them are. Alarms go off as you go into the shops, everybody searched, bags get sealed, and I LOVE the really sweet sniffer dogs – would love to test out if they actually would detect explosives but probably not prudent to try (and I wouldn't have the foggiest where to get some – whew, that's my alibi covered . . .).

Anyway enough of that. Let's see how I feel in 3 years time . . .

Betty





February Lunch Review



February's Lunch brought us all the way to Pattaya.

Why so far some would say while others jumped to the opportunity to have a day at the beach for a treat.

It sure was an early morning start as we left at 7:30 am but I do guess most of us are up at that hour anyway to wave off hub and rascals. I definitely am!

So 7 of us embarked on the journey to Pattaya. Sue and Jo kindly arranged their drivers. Surprisingly enough it only took us 1 ½ hour to get there and seeing the smog hanging over Bangkok whilst on the expressway, it sure felt good knowing we would have some kind of "fresh" breeze on the seaside.

Upon arrival at the CENTARA GRAND MIRAGE BEACH RESORT PATTAYA, we were greeted by the Hotel manager AND the F&B manager making sure all was OK. And let me tell you: OK it was!

(Note to self: Should travel more often with the wife of a hotel hotshot).

We were greeted at VISTAS, the outdoor lobby bar, with delicious coffees and an array of Danish, whilst the staff made sure our chairs were reserved by the poolside. Never knew those chairs come with "complementary" fresh coconuts, water and refreshment towels. What a hard ship posting!

The option was there to have a spa treatment of massage but with the hotel fully booked we did understand the schedule was tight and to be honest; massage opportunities all around my apartment anyway. Beach and Pool time it was.

Even though we only had a couple of hours, it sure felt like a mini holiday

Lunch (after all that's why we went) was organized at their newly refurbished COAST Beachside open-air restaurant. Again we were treated like royals.

White wine (of course we usually don't drink a lunch time but to stay in tune with the Holiday feel, we couldn't resist) and a Mocktail for the Pre-Birthday girl with a most adorable rubber ducky in it. (Yes a mocktail, as Madonna the night before apparently made a bit too much of an impression on our Pre-birthday girl).

The food served was to die for..... Crispy soft shell crab & papaya salad, Dukkah crusted lamb loin, warm smoked salmon pasta, pineapple & prawn fried rice, just to name a few and to get you wishing you were there.

Reluctant to leave we did so at around 2; 30 pm, leaving Nathalia there to enjoy a couple more hours of sun. By 4-ish we were home again and to be honest: kiddo's and hubby never really understood how I got a bit of a suntan that day as it seemed we hadn't even gone.

DEFENITLY NEED TO DO THIS MORE OFTEN.

(Any more SILC ladies with husbands that work in the hotel business and can get us the same treatment? I'm in!)

THANKS SUE & JO for arranging this FAB day.

Angelique.





January Tour Review



What a wonderful day we picked for our day trip to Khao Yai Winery approx. 2- 2.5 hours Northeast of Bangkok. We were a group of 22 women, which included (Carla's parents) and we were all very excited to be travelling to the hills of PB vineyard on the edge of Khao Yai National Park. All our prayers were answered winter had finally arrived in Bangkok with the lovely low temperature that morning. We departed True Coffee approximately 7.45 and arrived three hours later (a little later than planned) shortly after 11am.



We received a very warm welcome from the staff at the Great Hornbill Grill (restaurant on the PB site) with a hot coffee/tea, most welcoming on this cool morning with temperatures we were not use to and some of us not properly equipped for.

The Vineyard manger then accompanied us on a guided tour of the vineyard on their open top bus. On board we were given a terrific insight into the grape varieties and other fruits grown alongside. The landscape was a welcoming sight from the high rises of Bangkok. From there we continued into the winery where we saw first-hand the production of wine. Following on with wine tasting Rose, Shiraz and Chenin Blanc. I preferred the white quite palatable, some preferred the rose and smaller numbers on the red. Needless to say we were quite chatty after this and had to be dragged out of the area.

By 1pm we more than ready for our lunch and were served a selection of Thai dishes Pork salad, vegetables stir fry, chicken wings, soup and assorted seasonal fruit in the Great Hornbill Grill which was accompanied by a nice glass of Chenin Blanc. We ended the trip with some shopping at the Wine & Souvenir shop where I purchased scrumptious Passion Fruit jam.

All in all a terrific day our with my SILC buddies. Thanks to Carla and Jimmy for arranging another memorable day out.

Ger.

FYI: www.facebook.com/pbvalleykhaoyai



Welfare Requests



The welfare team would be most grateful for any donations of **children's toothbrushes** suitable for ages 2-6. (either in the set with a small tube of toothpaste or without), available at most supermarkets.

Also 1 litre bottles of the cheaper **cooking oil** for the oil run.

These items can be passed onto our welfare team members:

Kay Hickey, Shirley Tan, Dianne Darke,

Debbie Morton, Marianne Metzelaar, Chris Rajakarier

OR any SILC Committee Member or Link Lady. *Thank you*



Welfare



Impressions of Thailand and the SILC Welfare by 'Grandad Vos' (father of Herma and grandfather of Annelien, Ingeborg, Bastiaan, Kjell and Nills Netjes)

Through the help of modern communications, I already got some impressions about how life of the 'Netjes Family' in Bangkok would be like. Even from the SILC visits to Mahawong and Prakkasamai. However, I was looking forward to experience the daily life here myself by being able to be here in person and experience it with all 5 senses.

I arrived in Bangkok on Tuesday morning February 2nd after a long, but comfortable non-stop flight from Amsterdam. Unfortunately, it was a rainy day with a grey coloured sky, so I had no sight on Thailand from my window-seat. After I went through the customs and picked up my luggage, Herma was already waiting for me at the exit. On our way home I already got a lot of impressions of the Thai traffic: the vehicles riding on the left lane, the enormous numbers of cars on the road and the sounds of the motorbikes passing the cars so easily. Even on the highways (where one on the Netherlands would only expect cars) there was a large variety in vehicles driving along.

I have visited St Andrews International School (the school my grandchildren attend) a few times. After being here for a few times, to me it seems like a very comfortable school with great facilities.

Moreover, I joined Herma twice visiting small local schools. Unfortunately, they are way less equipped when it comes to modern facilities. It was incredible how the SILC ladies could help these children from disadvantaged environments: the kids at Mahawong (5/2) seemed to be so happy with a simple handcrafted 'instrument', consisting out of two cups, filled with some beads, decorated with some stickers and tied together with tape. The children could perform on the sound of 'Jingle Bells' using these instruments. At the second school, Prakkasamai (12/2) we made yellow chicks out of folded paper, which the kids decorated with feathers and craft-eyes. It was worlds apart I have experienced here: children who have literally everything, contradicted by the children who have barely anything but are very happy with any small gesture.

A thing I have noticed here in the Thai traffic is that everyone respects each other, something that is not the case in the Netherlands! These days have been an informative experience to me. However, it always took a while to go from one place to the other.

It was nice to meet a lot of you!

See you maybe next time....

By Hendrik Jan Vos from Kampen (the Netherlands). Was in Bangkok from February 2nd until February 16th.



Sponsor a teenager for only 1000B a month.

Please contact Chris if you are interested.

Student's name has been changed to protect his identity.

Student sponsorship details

Student 1

Name (nickname): Saw Gaw Lee (quite literally the Goalie)
Age: 15
Grade: 6
Attended Noh Bo since: 2014

Gaw Lee is one of 6 children. While his older sister and one of his older brothers (who is now married) completed grade 8 in Burmese school, Gaw Lee and his other brothers were forced to leave school at a young age when his mother died in childbirth with his youngest brother. He completed grade 2, but after his mother's death, he went to live with an aunt in Mae La refugee camp where he started again from kindergarten to grade 2. Having completed grade 2 again, he moved to Maw Kwee where he completed grade 3 and 4. During this time, he lived with a teacher who recommended that he apply for NBA and he is now about to complete his second year here. He lives in the school boarding house.



Gaw Lee says that he likes NBA because he enjoys meeting the native english-speaking volunteers and he feels that there are more opportunities here than in Burma. He also enjoys the fact that he doesn't have to bring his own rice to school as food is provided. He loves to play football and he would love to learn the guitar, drums and piano, although his access to all of these is extremely limited.

In the future, Gaw Lee would like to become a medic. Once trained, he wants to go back to his village and train other students to become medics, specialising in children's health.



Mahawong Christmas



Hello SILC ladies,

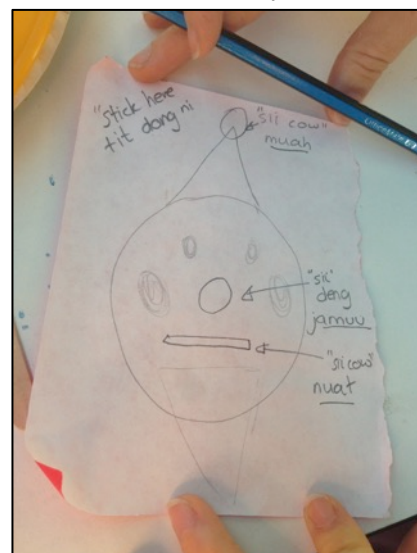
The 9th of December I joined the SILC for the first time; It was a very nice experience I never experienced something like this before. I was allowed from my school to join this because I can use this experience for CAS that is a project for a whole year long where you have to achieve new goals or new experience in life on the area of Creative, Action and Service. If I join SILC welfare occasionally, I can get point/hours for the area of Service.



So we went to the Mahawong Day care and celebrated Christmas with the kids, a few people were packing the presents for the kids and the rest were helping the kids with making a Santa head. There were four stations; at the first station the children got a paper plate and the SILC ladies helped the children write their names on it. At the second station the children made eyes and cheeks on the plate. At the third station the children got a beard and a Santa cap stuck on it. I was helping at the fourth station we had to stick the "muah" the white fluffy poof on the Santa cap, the jamuu (nose) and the "nuat" (moustache) on the santa head. I learned how to pronounce

a few new thai words, sometimes the children had to laugh when I tried to say "nuat" or "muah" because my pronounce is unfortunately not good enough haha. But I really really liked it when I saw the happy faces when they finished their Santa head.

Everyone had a Santa head so we were ready to give the Christmas presents to the kids. We lay the presents all down under the Christmas tree of course. Every child went to one of three beautiful SILC Santa's to get their present. I was really amazed by the fact that the children got their present and didn't open it directly because if we would do something like that in Holland the children would directly open the presents, but the children here were so respectful waiting for it. That was a moment when I realized some differences in cultures again. When we finished the presents the children had prepared a very cute Christmas dance for us. I really liked it, it was so cute!! The children surprised us as well with a present; self-made Christmas card and a pearl chain.



I really enjoyed my first SILC experience and it was nice to meet you SILC ladies as well, now I really understand why my mum likes it so much.

I hope to join the SILC again soon, Thank you everyone for joining.

Kind regards,

Ingeborg Netjes





March 2016

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2 Mahjong Kay's	3 <i>The Respectables Art Exhibition</i> Neilson Hayes	4	5 <i>Bambi Yard Sale</i> St. Andrews Int. Sch
6	7 SILC Committee Meeting Dianne's	8	9 Mahjong Ger's	10 SILC Tour Aranyik Village	11 SILC Lunch TSU	12
13 <i>Zumba Charity Event – Bambi & Bumrungrad Hospital</i>	14	15	16 Mahjong Debbie's	17 St. Patricks Day Coffee Kays	18	19 <i>Bambi & Bumrungrad Hospital</i> Bringing Up Baby Event
20	21 SILC News Copy Deadline	22	23 Mahjong Dianne's	24 SILC Evening Paintbar	25	26 <i>Club Canada Thailand Snowball 2016</i> Anantara Siam Bangkok Hotel
27	28	29	30 Mahjong Lisa's	31 Book Club Jane's	Save the date: SILC AGM: Fri 29th April 2016	