



SILCNEWS



A publication of the Samutprakarn International Ladies Club

Oct 2008

This Month

7th -Lunch at Harvey

10th-Indian Delights Evening

15th—Neilson Hayes Library

31st- EFT Coffee Morning

...and our major fundraiser

The SILC BAZAAR on the 29th.

Committee Members

Responsibility	Name	Telephone	Email
Chairman	Jane Wise	087 050 0950	wiseinbk@truemail.co.th
Vice Chairman & Evening Events	Lizzy West	086 033 8914	ea_west@yahoo.co.uk
	Marit van den Oetelaar	087 936 7656	gertonmarit@yahoo.com
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Treasurer	Lorraine Gough	084 467 1265	lgough1054@aol.com
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Bazaar	Denise Paul	085 217 1215	deniseinbkk@yahoo.com
	Dominique Perry	081 866 6710	dom@sjsthailand.com
New Year Party	***** VACANT *****		

Link Ladies

Area	Name	Telephone
Fantasia	Priya Thomson	085 139 7284
Garden Towers	Jo Thomas	087 024 8256
Ladawan	Shirley Tan	089 497 8318
Lakeside 1	Kay Hickey	086 511 2442
Lakeside 2	Jaque Kirkham	082 316 5899
Nantawan	Dominique Perry	081 866 6710
Narasiri	Sarah Chaplin	089 205 1528
Panya	Neena Luetz	081 810 0803
Thana City	Irene Gray	081 806 9240

Ngoc Richt and Sarah Chaplin are responsible for the newsletter distribution with the help of the Link Ladies who are also the SILC contact person for their area.

Dear All



This month I am trying hard to learn some new things so I will share some of what I have learnt with you. I have often wondered how much, if any, of Thailand is below sea level. Flooding seems a constant problem and I wanted to find out if this was due to low lying land or just lots of water! Bangkok itself lies approximately 2 metres above sea level. However according to varying figures it is sinking somewhere between 5 and 10cm every year – not so good if you plan to be here more than 10 years! I did some research into other low lying countries and was quite surprised to see where the really low lying areas are. I had presumed that Bangladesh which always seems to be having problems with floods was below sea level but the problem there is that about 80 percent of the land is made of lowland area called the Bangladesh Plain. The plain is part of the larger Plain of Bengal. Some parts of this plain are as high as 105 metres above sea level but most areas are less than 10 metres above sea level and in the southern coastal areas the land is mainly at sea level. With such low lying land, coupled with so many rivers, flooding is a predominant physical feature.

However, the lowest lying land areas in the World are in Israel around the Dead Sea where the land is 418m below sea level. Other low lying land areas include the Sea of Galilee, Israel (208 m) Turfan Depression, China (154 m) Lac Assal, Djibouti (153 m) Qattara Depression, Egypt (133 m) Caspian Depression, Karagiye, Kazakhstan (132 m) Afar Depression, Ethiopia (125 m) Many of these areas have very low annual rainfall so that is probably why we do not hear about them flooding!

I had always thought of Holland as low lying and indeed it does have some low lying areas including Amsterdam Schiphol Airport which is 4m below sea level but like Thailand has a little more rainfall than those places listed above.

Anyway, that is quite enough knowledge for one month so back to SILC business. This month we have our **Annual Charity Bazaar on Wednesday 29th October**. This is once again being held at Bangkok Patana school and we look forward to seeing you there – see inside for more details about how you can help!

It is normally a fantastic day and a brilliant way to start your Christmas shopping.

We will have our normal coffee mornings and lunches etc which we would love to see you at too. If you bump into any ladies new to Bangkok please feel free to invite them along. Although we do like people to join SILC we also appreciate that when you are new it is sometimes difficult to decide which groups you want to join and which you don't and we are more than happy to greet some new faces even if they decide SILC is not for them. The same always goes for any visitors you may have, Mums, Grans, Sisters, friends and even male relatives are all welcome so bring them along, the more the merrier. If you are new to Bangkok and are reading this whilst sitting waiting somewhere don't hesitate to give us a call and we can fill you in on the details of our next event so you can come along and see what we are all about without being expected to join

Take care

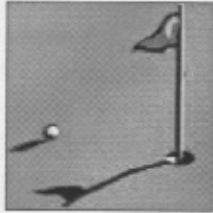
Jane

Regular Events

Golf on Thursday Morning

Alternating Samut Prakarn Courses
Newcomers Welcome
homes.

Contact Annette Gerlach
02 7503099
gerlachbkk@gmail.com



Thursday Playgroup

Playgroup every Thursday
Ages 0-4 years at members

Contact Denise Paul
085 217 1215
deniseinbkk@yahoo.com

Mahjong

Mahjong Takes place
On Wednesdays from
Approx 9am until 12 noon
In members homes.

Contact Shirley Tan
02 758 7304
089 497 8318



Advertising

Advertising Information

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

Personal Advertisements for SILC members are free of charge

Rates

Full Page	1200 Baht
Half Page	600 Baht
Quarter Page	300 Baht
Flyer Insert	600 Baht

Discounts

Member	25%
Annual Contract	10%
(Contracts run May to June)	

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

Please send advertisement to: The Editor: nluetz@gmail.com

To arrange payment contact: The Treasurer: Lorraine

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 without travelling into Bangkok. We invite members to join monthly meetings, tours and interest groups. Members pay an annual fee of 600 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.

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

Emma Shah
089 446 0741
emma_shah@yahoo.co.uk

If you have any interesting articles for the SILC newsletter please send them to:

Neena Luetz
nluetz@gmail.com

SILC BAZAAR

Calling all SILC Ladies – we need you!!!

As you may be aware we will be holding the 14th Annual SILC Bazaar on Wednesday 29th October at Bangkok Patana School.

This is our biggest fundraiser of the year and all monies which we make are donated to charities in the Samutprakarn area.

As well as organising and looking after the vendors, SILC also run stalls selling cakes, 2nd hand toys and 2nd hand books.

In order to help the day run as smoothly as possible we need as many volunteers as we can get. If you can spare any time to help out on the day of the bazaar (it can be as little as an hour), please send an email to silc-bazaar@hotmail.co.uk.

Thank You

Dominique and Denise



Spring cleaning? Moving on?

Please donate your unwanted books and toys
To the SILC Bazaar 2nd hand stall.

They will be sold with the profits going to local Thai charities.

For books please pass on to
Pam Manning
5B Garden Towers km 5 Bangna Trad
0859659595



For toys please pass on to
Irene Gray
92/46 Prestige Housing 1Thana City km
14 Bangna Trad 0818069240



We can collect if required.

*Samutprakarn International
Ladies Club (SILC)*

14th ANNUAL

CHARITY BAZAAR

29 October 2008

10:00 AM to 04:00 PM

Bangkok Patana School,

Soi LaSalle Sukhumvit Soi 105

*Don't miss this great opportunity for some
early Christmas shopping and find some
unique gifts for your family, friends
and yourself*

All proceeds raised will be donated to local
charities in the Samutprakarn area

Any vendors interesting in supporting this event should
contact silc-bazaar@hotmail.co.uk for more information

Photo ID. will be required for entrance to the patana school campus

SILC BAZAAR

CAKE STALL 29TH OCTOBER 2008

Ladies, October 29th 2008 brings us yet again the SILC bazaar and with it the famous 'cake stall'. We need you to don your aprons and get baking!!! Please donate your lovely scrumptious cakes to the SILC cake stall; they can be large sponge cakes, gateaux's, tray bakes, muffins, brownies, cup cakes either home made or shop bought.



Please bring your cakes to Jo Thomas on the morning of the bazaar (Elementary Hall) or send them into school with your children, all will be provided with a cake box with this edition of the SILC newsletter.

So come on Ladies let get baking, all proceeds go to a worthy cause!!!

**CAKES TO BE SENT OR BROUGHT TO THE ELEMENTARY HALL
ON THE MORNING OF THE 29TH OCTOBER.**

If you have any queries please do not hesitate to contact myself..Jo Thomas on 0870 248256 or davejo@loxinfo.co.th

Regular Events

MAHJONG

Mahjong is an Ancient Chinese game which started about 2000 years ago. It is a game that requires much concentration, skill and lots of luck. There are many rules that one has to observe and it makes the game all the more challenging and interesting.

Mahjong ladies meet every Wednesday from 930am onwards in a member's home. We are very sociable, friendly and fun loving group. We are truly very international and the best part was to have the chance to sample amazing delicacies from many places. Believe me the food is always finger licking good! We can be very loud sometimes, especially when one got too excited when going Mahjong.

We are efficient, we concentrate during play, chat, laugh, and giggle, scream, and snack all at the same time. I must say that the ladies are becoming very competitive now, each strive harder to outplay the other and ultimately becoming the highest scorer of the day or the top scorer of the season. But we never forget to enjoy ourselves and have great fun!

So if you like games and like to give this Ancient Chinese game a go, then get in touch with Shirley (089) 497 8318.

All are welcome!



September Reviews

Lunch at "ISO".

As my husband would say "the ladies that lunch are at it again!". And so it was that a group of 10 of us found ourselves at the restaurant "ISO" at the Nai Lert Park hotel on a Friday lunchtime. For once the Bangkok traffic had been clear so almost all of us arrived either too early or on time. It was good to catch up with friends again, some of which I haven't seen since before the summer holidays.

The lunch was buffet style, with a variety of starters, main courses including Indian and Asian food to name but a few, desserts and cheese and biscuits. (Perhaps I'm not the right person to be doing this write up as I was so busy talking that I didn't take a great deal of notice of the choice of food, but I can say that what I did have was very good!!).

All too soon it was time to leave....some to go either home or to school, and some I know for a fact via the beautiful jewelry shop in the hotel!

Thanks again to Jo for organizing another successful event. I'm looking forward to the next one already.

Kim Boyd

DESERT DIAMONDS®



what women want

Visit our Showroom!

Open Day on the **last Wednesday** of each month offering great specials on every purchase.

Join us for a coffee and see our **NEW Collection**.

Enter our Christmas Raffle Draw!

(just visit our showroom)



Host a Sparkler Party

Experience the **DESERT DIAMONDS** what women want® jewelry collection in a relaxed setting with your friends and family by hosting your own **Sparkler Party**. Invite us to your next coffee morning or get together.

Contact your nearest Distributor for a booking and more information about hostess rewards....

Your nearest Distributor:

Sally Cowley

Bangkok

Mobile: **081 806 3501**

ddglobal@desertdiamondsco.com

Susan Warner

Nichada

Mobile: **081 362 2219**

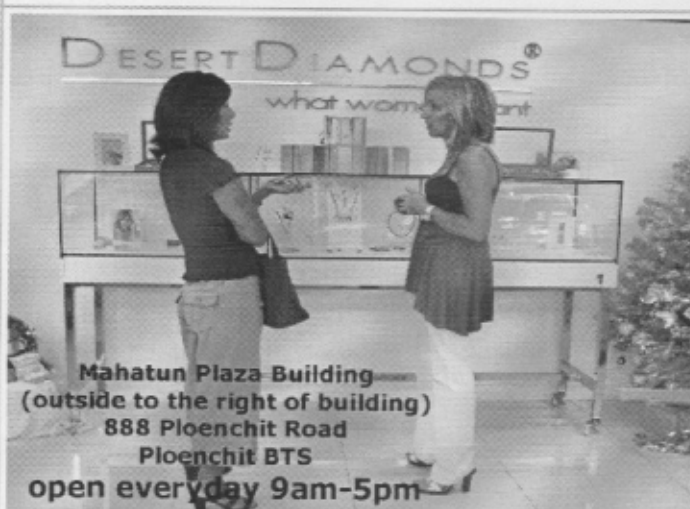
nichada@desertdiamondsco.com

Pat Burbridge

Pattaya/Chonburi

Mobile: **089 772 9091**

pbridge@loxinfo.co.th



Ploenchit
BTS

DESERT DIAMONDS

www.desertdiamondsco.com

Mahatun Plaza Building
(outside to the right of building)
888 Ploenchit Road
Ploenchit BTS
open every day 9am-5pm

Change of Address / Telephone Nr.

Please Correct your SILC Directory

Jane Wise

Mobile Number 087 050 0950

Margit Chen

Mobile Number - 081 8498798

If you have moved, or changed your telephone number and would like it to be included in the newsletter. Please send an email to nluetz@gmail.com

A Reminder

If you have recently moved house please inform us of your new address so that we can make sure your monthly newsletter reaches you.

Please reply to this email with any change in your details or email our membership coordinator, Emma at emma_shah@yahoo.co.uk

Thanks

Treasure Sensation

Indulge Yourself With Sensational Jewelry
Your most luxurious dream can be fulfilled now!

1ct size Diamond - B 75000 (Fancy Yellow Emerald Cut)

South Sea Pearl Pendant - B 3000

Diamond Ring Starting from B 5000 up

ALSO we have precious and semi-precious gemstones such as Blue Sapphire, Ruby, Emerald, Spinel, Garnet, Citrine, fancy color Diamond, Jade, Moonstone and many more, you name it, we find it!

We **have in house designer** or **custom made** for any jewels from **necklace, ring, pendant, bracelet, earring, and brooches**. With **9K, 10K, 14K, 18K, or Platinum**, for **wholesale and retail**.

You can visit our website at [HTTP://WWW.TREASURESSENSATION.COM](http://www.treasuresensation.com)
Or E-mail me at annalai1689@gmail.com , michael0519@gmail.com

Or visit us at our office at
2121/1 New Petchburi Road, Bangkapi, Huaykwang, Bangkok 10310, Thailand.

Please call to make appointment before you come over, thank you.
Contact Number: Anna (081)6101928, (081)3518028, Michael (084)4669261

October Events

OCTOBER LUNCH

AT

HARVEY

129 SUKUMVIT 55 (THONGLOR)

SOI 9 SUKUMVIT ROAD

02 712 9911

ON

TUESDAY OCTOBER 7TH

AT

12 NOON

Harvey is a Californian restaurant that has won the Thailand tattler best restaurant award for 2008.

The cuisine is to die for, and the setting very relaxing, come along and enjoy 2 course with pasta for 390 baht++ or 3 course with main and desert for 450++ including tea or coffee, drinks will be extra.

The menu is very extensive especially with it being a set lunch menu, at such good value come along and enjoy this lunch and tantalise your taste buds!!! Copy of menu included.

Please email Jo Thomas on davejo@loxinfo.co.th or telephone

087 0248 256

By

Friday October 3rd



Set Lunch

Appetizer

Soupe Au Pistou or Seafood soup
Tuna Nicoise with Capsicum, Tomato, Black Olives, Egg & Balsamic Dressing
Salmon Carpaccio with Lemon-Herb Vinaigrette
Beef Carpaccio with Rocket, Shaved Parmesan & Truffle Aioli
Seared Ahi Tuna with Avocado Salsa
Grilled U.S. Scallops with Grilled Asparagus & Garlic Chilli Butter
Torchon Foie Gras with Date Paste

Pasta

Clams Sautéed in Garlic & White Wine over Linguini
Beef Tenderloin Ragout over Fettuccini
Prawns with Lobster Reduction & Fresh Tomato over Spaghetti
Salmon with Black Olives & Tomato-Basil in Rigatoni
Spicy Italian Sausage with Shiitake Mushrooms, White Wine & Angel Hair

Main

Grilled Salmon with Roasted Potato, Asparagus & Lobster Reduction
Pan Seared Sole with Sautéed Spinach, Tomato Confit & Lemon-Caper Butter
Italian Sausage with Potato Puree, Sautéed Vegetables & Red Wine Reduction
Beef Cheeks Braised in Red Wine with Baby Carrots & Crispy Polenta Cake
Crumbed Chicken Parmesan with Fried Eggplant & Tomato-Basil
Grilled Lamb Chop with Potato Puree, Ratatouille & Lamb Jus

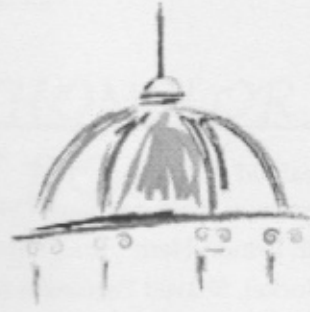
Dessert

Homemade Strawberry Cheesecake
Apple-Chocolate Soufflé with Vanilla Ice Cream
Classic Tiramisu
Mango Crème Brûlée
Ice Cream or Sherbet

Coffee or Tea

Two Course (with Pasta) 390++ (with Main) 450++
Three Course (with Pasta) 450++ (with Main) 499++

October Tour



SLC-tour to Neilson Hays library

The October tour will go to Neilson Hays library.

The library is a beautiful old building surrounded by a nice garden.

First we will have a 30-minutes tour in which the history of the library is told.

After the tour we can browse through the thousands of books and visit the exhibition in the Rotunda and Garden gallery.

We will meet again in the library's café for a lunch.

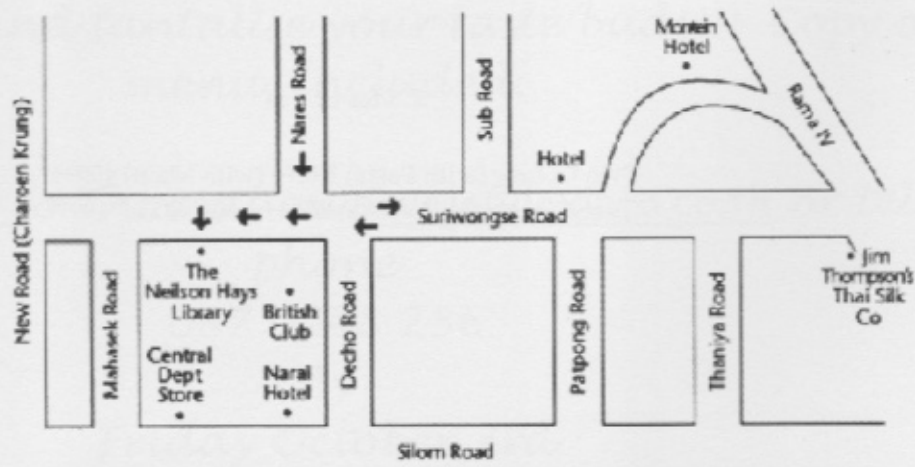
Date: Wednesday October 15th

Time: 09.00 a.m. at entrance Bangkok Patana School. Return approx. at 02.00 p.m.

Costs: Baht 300 p.p. which includes transport and entrance fee. Lunch is not included.

Please give the exact amount in cash on the day.

R.s.v.p. before October 10th by email to Sarah Chaplin: wwchapsins@hotmail.com or by mobile phone: 089-2051528



October Events

OCTOBER COFFEE MORNING

31st October 2008

10am to 12pm

AT Anita Donald's home
33/256 Soi 6/4 Ladawan, Srinakarin Road

Please come and join us to hear from Jaz on EFT....

Diets Don't Work – End Emotional Eating NOW!

WHY? Because all they do is keep us focused on food – or lack of it! Diets don't address the real reason why we over indulge, binge, comfort eat and sabotage ourselves. We lose weight only to gain it back and, it's a proven fact, that yoyo dieting can be more damaging to your health than actually being overweight.

If you have struggled with extra kilos and tried just about everything then come and meet Jaz, EFT Practitioner and Trainer. Jaz will talk about and demonstrate how you can bring balance and harmony into your life and your eating habits and get rid of those self sabotaging cravings, the results of which will allow you to lose weight easily and naturally and keep it off. And, more importantly, you will feel lighter and brighter than you have in years.

You will also be introduced to Jaz' ground breaking **4 Step End Emotional Eating Programme** which is helping many women in Bangkok to feel great while losing weight.

What is EFT and how does it work?

EFT is a form of psychological acupressure, based on the same energy meridians used in traditional acupuncture but without the invasiveness of needles. Instead tapping with the fingertips on specific meridians on the head, face body and hands, along with voicing affirmations, helps to clear out emotional blockages from your system, thus restoring your mind and body's balance.

Please bring a dish to share if you are organized but most of all please come along.

If you have been thinking about joining SILC and weren't sure if it was right for you come along and try before you join!

Please RSVP before 24th October to irenemgray@gmail.com

All SILC events are subject to change.

Please confirm your attendance with the relevant contact.

INDIAN DELIGHTS



Come and enjoy an evening of Indian delights.

There will be:

Sari demonstrations

Henna hand painting

Diwali Sweets

Indian music and no doubt some dancing!

.....and delicious food to try with recipes to take home and recreate yourself.

Date and Time: Friday 10th October, 8p.m.

*Where: Neena's House,
41/2 Soi 7 Moobaan Panya
Pattanakran Road 30*

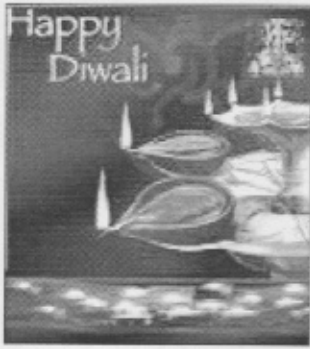
BYO your own favourite drink and please RSVP by Wednesday 8th October

Cheers

fizzy ea west@yahoo.co.uk 0860338914

Marit gertonmarit@yahoo.com 0879367656

Happy Diwali



Diwali, the popular festival of Indians, celebrates the return of Lord Rama and Sita from exile. Diwali is also called as the festival of lights. It usually falls between 15th October and 15th November. This year it is on 28th October.

It is celebrated because on that day hundreds of years ago lord Ram returned home to Ayodhya after 14 years of being into exile.

It also celebrates the day Mother Goddess destroyed a demon called 'Mahisha' & Victory of Good over evil.

The day is celebrated by lighting lamps, diyas, visiting relatives, feasting, and displaying fireworks.

Diwali is celebrated with a variety of rituals, which depend in large part on one's location, but they center on the lighting of candles, electric lights and fireworks.

The "row of lights" for which the festival is named are lit on the new-moon night to welcome Lakshmi, the goddess of wealth.

Throughout the five-day festival, small earthenware lamps filled with oil are lighted and placed in rows along the tops of temples and houses and set adrift on rivers and streams.

Gambling is encouraged during the Diwali season as a way of ensuring good luck for the coming year and in remembrance of the games of dice played by the Lord Shiva and Parvati on Mount Kailasa or between Radha and Krishna. In honour of Lakshmi, the female player always wins during Diwali.

The fourth day — the **main day of Diwali** and the beginning of the lunar month of Karttika — marks the beginning of the new year according to the Vikrama calendar. On this day, merchants perform religious ceremonies and open new account books. It is generally a time for visiting, exchanging gifts, cleaning and decorating houses, feasting, setting off fireworks displays, and wearing new clothes.



DID YOU KNOW ?

There were no plastic bags in India before 1985.

Over 1000 elephants were used during the construction of the Taj Mahal which is made entirely of marble.

The mobile users of India grows every month with about 2.5 million people.

The number of births that occur in India each year is higher than the entire population of Australia.

About 50% of the residents in India are under 25 years old.

Indian Railways transport about five billion passengers annually and is the largest employer in the world, about 1.6 million people.

The only country in the world that has a Bill of Rights for Cows is India.

India is home to about 200 million cows.

India produces more movies than any other country in the world and Bollywood is the largest film industry in the world.

Indians go out to the cinema about 3 billion times a year.

India has about 800 dialects and 15 major Languages.

Algebra, Calculus, and Trigonometry comes from India.

4 major religions has India as birthplace Hinduism, Buddhism, Jainism and Sikhism.

India buys more gold than any other country.

The number system and decimal system was invented in India.

India is said to be the largest democracy in the world.

India is the second most populated country in the world.

November Events

'SNEAK PREVIEW NOVEMBER LUNCH'

Ladies, November lunch will be the 'Melbourne Cup' on Tuesday November 4th at the Amari Watergate hotel.

It's a great fun day out, a chance to dress up and sample champagne and delicious food as well as a flutter on the horses.

If you are interested in this lunch, as I already have one full table, please let me know ASAP, the deadline will be FRIDAY OCTOBER 3rd.

Price for this great day out is 2,300 Baht, which you can either give to myself or leave at the front office at Patana in a sealed envelope for my attention.

Any queries please call me on 087 0248 256 or email on davejo@loxinfo.co.th

Looking For An Energetic, Enthusiastic,
Fun Loving Person

Who likes to Party !

To Organize the SILC New Year Party

Interested ? Get in touch with Jane Wise.

wiseinbkk@treumail.co.th

Wanted !

VOLUNTEER EDUCATOR / RESOURCE CENTRE ASSISTANT

For SCAD Bangkok ? a stray animal welfare organization in Bangkok

Commitment: Half day in week, half day Saturday, but role is flexible or can be a job share

Where: SCAD Head Office, Sukhumvit Soi 71, sub soi 42

What: To run programmes out of the Resource Centre aimed at 8 ? 16 year olds. Two half days per week (or more depending on availability). Many materials already provided.

Would suit: Someone enthusiastic, who loves working with children, preferably with teaching experience but not essential. A self starter with a passion for animals.

Working with: SCAD Head Office staff and other volunteers.

Email: sheridan@scadbangkok.org or
call Claire or Annelize for a chat: 02 713 2635 (office hours)



Help Save a Life Foster a Cat

Foster parents provide temporary homes for cats prior to adoption and for cats needing time to recover from an illness or injury. It's a wonderful and rewarding way to contribute to saving homeless pets and a fun and flexible way to volunteer some of your free time. Best of all it's a great way to enjoy a pet if you are unable right now to make a lifetime commitment to adopting one.

Skills needed... It's good to have knowledge about companion animal behaviors and health, but at SCAD we provide basic cat-care training. Most cats adjust quickly and just need some TLC and time in a home environment to learn to trust.

What else is required? A spare bedroom or bathroom — or for anyone wishing to help longer term, a garden or balcony closed-in area. Cat fostering is suitable for apartment or house dwellers, but to better facilitate easy viewing for potential adopters, a central Bangkok location is preferred. Foster parents have to be prepared to visit the vet for vaccinations and other health issues, and be willing to set aside time for play and interaction, and regular updates to SCAD.

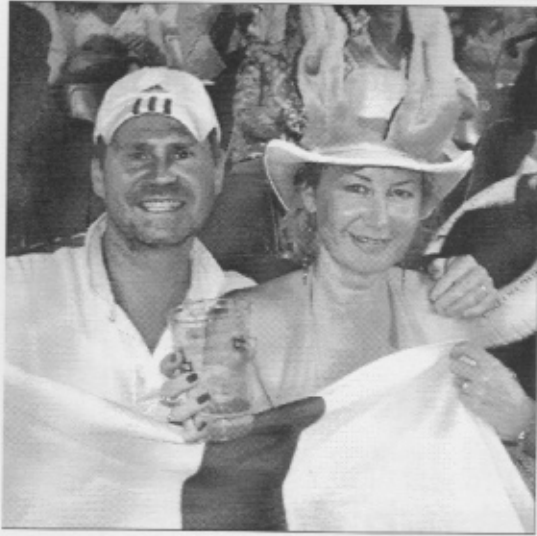
Taking a cat into your home, loving it and then letting it go requires a special kind of person. A cat foster parent role is to prepare the kitty for adoption into a loving home.

**Become a Cat
Foster Parent!**

To apply, email
carol@SCADbangkok.org

SCAD
เพื่อนสุนัขและแมวจรจัด
www.SCADbangkok.org

New Members !



Julie King

Julie moved to Bangkok in August 2008 having spent the previous 3 years in Hong Kong. She lives in Lakeside with husband Peter and three children, Alex (16), Jamie (14) and Laura (11). Also 2 pet dogs who had to make the traumatic journey over from Hong Kong, but who now seemed to have recovered.

Julie enjoys eating out and socialising. To balance this out, she also 'enjoys' going to the gym and keeping fit. Other hobbies include shopping, travelling and reading.

The attached photo is of me and my husband (I hate having my photo taken) at one of the infamous Hong Kong Rugby 7s weekends.....

Lyn Hine

We're new to Thailand and to the ex pat life ...suprisingly here our kids have got to the ages of 14,11 and 8 living in the same house in Guildford Surey UK where they were born and bred !!.....where a lot of our life was taken up by sport and mud !! We're all looking forward to our Thai adventure.

Jasmine Rowe

My name is Jasmina Rowe, my husband is Andrew and we have 5 year old daughter Katarina (born June 2003). We came to Bangkok in January 2008 from Perth, Australia. I am a medical doctor by profession with 12 years experience in psychiatry. Andrew is industrial designer.

As a family we like travelling, bike riding, swimming, catching up with friends. I am looking forward to meet you and other SILC members soon.

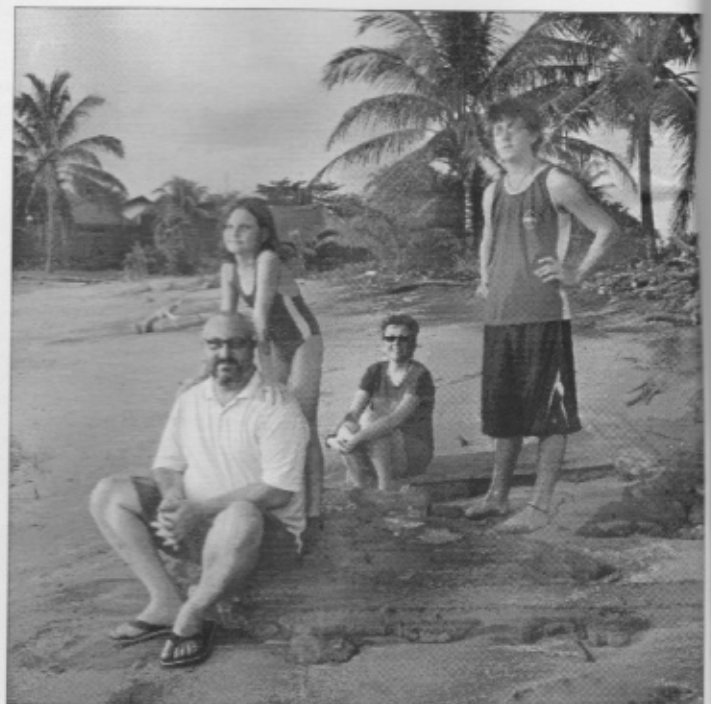
Kate MacDonald

My name is Kate and our family has just moved to Bangkok. So far we are loving it. Until recently we were living in Jakarta, so we are really impressed by the fresh, clean air and uncongested roads here! Our family, myself, David, Callum, 16 and Mara, 8, have been travelling the globe for quite some time.

David and I began our nomadic lives in Nigeria, then moved with our son to Kenya. We enjoyed life in the South Pacific, Solomon Islands and Vanuatu, before moving to Indonesia.

We are originally from the UK and have a home in Somerset. I am a keen traveler (luckily), and enjoy reading and music.

I have no talent whatsoever at bowling, I really look forward to getting to know you all over the next few years.





Fresh from the success of their critically-acclaimed "Xpat Blue", a dramatic cabaret for adults, **Caravan Theatre** announces its exciting new season of workshops for the last quarter of 2008, offering something for theatre enthusiasts of all ages, from toddlers to adults.

CHILDREN AND TEENS

For teens craving a challenging theatre experience, **Caravan Theatre** is running a Master Class workshop in **Commedia del-Arte**, an ancient theatre form originating in Italy that combines slapstick comedy, masks, wicked satire and acrobatics. Improvisation and stock characters are also part of this unique theatre form. Participants will prepare scenes for public performance. The 22-hour workshop is spread out over 2 weekends: November 1-2 and Nov. 8-9 from 1:00-6:00pm, plus Nov. 5 from 6:00-8:00pm. Cost: 5,000B. For early bird registration (ends Oct. 15) and previous Caravan workshop attendees: 4,700B. Venue TBA in the Sukhumvit area.

Caravan Theatre drama instructors join with **Kreative Kidz Academy** to offer theatre classes to youth, aged 5-7, 8-11, and 12-15 years. Don't miss this opportunity to enroll your child in an exciting theatre class. Watch their creativity, self-confidence, self-presentation and acting skills blossom under the guidance of our trained theatre instructors. Classes commence Sept. 6 and are held on Saturdays through to early December at a location near Chong Nongsi BTS station. To register, please contact Binita Shah at 0816992038 or kreativekidzz@gmail.com or kreativekidzz@hotmail.com. Kidz Planet is an affiliated educational toys and books lending library.

Caravan Theatre teams up with the Neilson Hayes library to offer the very young, 2-5 years, and their parents a unique library-drama experience. Their "**Spice Up Your Story-Telling**" workshop aims to entertain young children, while at the same time providing parents with practice in creative and fun story-reading techniques. Make sharing story books the favorite part of your child's day. November 8 from 10:30-11:30am at the Neilson Hayes library. Cost: 200B library members, 250B non-members. Final date for registration is Nov. 1st.

Adults

Caravan Theatre again partners with the Neilson Hayes library and continues its popular series of **Theatre Fun & Games Nights** for adults. Whether one's interest in theatre extends from the acting or audience side of the stage, all will enjoy stretching their imaginations and flexing their funny bones through playing theatre games. No prior stage experience necessary; all levels can be accommodated. October 29, and November 26 from 7:00-9:00pm. Cost: 400B/session. Venue TBA in the Sukhumvit area.

For additional information, please email caravantheatrethailand@yahoo.com. Pre-registration and payment is required for all workshops.

Something to make you smile !

THE MAN RULES

AT LAST A GUY HAS TAKEN THE TIME TO WRITE THIS ALL DOWN.....

FINALLY, THE GUYS SIDE OF THE STORY.

WE ALWAYS HEAR THE RULES FROM THE FEMALE SIDE

NOW HERE ARE THE RULES FROM THE MALE SIDE.....

PLEASE NOTE.. THESE ARE ALL NUMBERED 1 ON PURPOSE!

1. men are NOT mind readers.

2. Learn to work the toilet seat.

You're a big girl, if it's up, put it down. we need it up, you need it down. You don't hear us complaining about you leaving it down.

1. sunday sports it's like the full moon
or the changing of the tides let it be.

1. crying is blackmail.

1. ask for what you want.

LET US BE CLEAR ON THIS ONE:

subtle hints do not work!

strong hints do not work!

obvious hints do not work!

JUST SAY IT!

1. yes and no are perfectly acceptable answers
to almost every question.

1. come to us with a problem only if you want
help solving it. that's what we do
sympathy is what your girlfriends are for.

1. anything we said six months ago is inadmissible
in an argument.
in fact, all comments become Null and void after 7 days.

1. if you think you are fat, you probably are. don't ask us.

1. if something we said can be interpreted two
ways and one of the ways makes you sad or
angry, we meant the other one

1. you can either ask us to do something
or tell us how you want, not both.

1. you have too many shoes.

1. i am in shape. ROUND is a shape!

1. thankyou for reading this.

yes i know, i have to sleep on the couch tonight;

But did you know men really don't mind that ? it's like camping.

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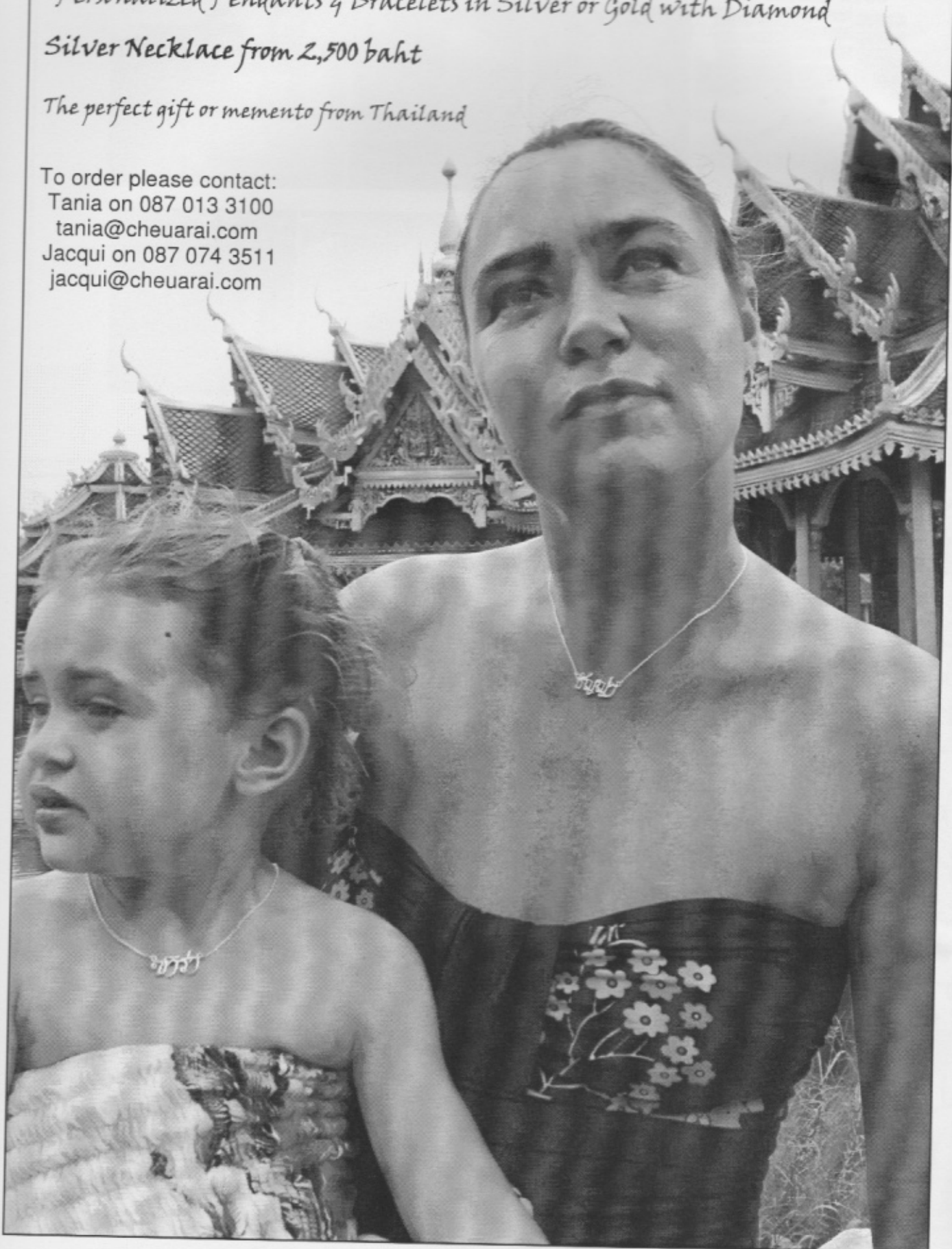
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Sudoku

The Earliest Version: Magic Squares

Sudoku as we know it was not created until 1976. Other numbers games have existed since as early as 2800 BC, however. The earliest puzzles, known as "magic squares," featured a set of integers whose rows, columns, and diagonals all add to the same sum, usually a number with a value of significance to a particular culture. For example, the rows, columns, and diagonal in an ancient Chinese magic square always totaled fifteen, the number of days in each of the twenty-four cycles of the Chinese solar year. A magic square carved on the Sagrada Familia church in Barcelona adds to thirty-three, the age of Jesus at the time of his crucifixion.

One Step Closer: Latin Squares

In medieval times, a new rule transformed Magic Squares to Latin Squares. While Magic Squares could repeat a number in any given row or column, Latin Squares prohibit such repetition. In a Latin Square, a certain set of numbers or symbols appear once in each column and once in each row.

The Creation of Sudoku

While the name Sudoku is Japanese, the modern version of the logic-driven number game actually originated in the United States. Howard Garnes, a seventy-four-year-old retired architect and freelance puzzle constructor, added the nine 3x3 subgroups to a standard 9x9 Latin Square. He submitted the first known Sudoku puzzle to Dell Magazines, a specialist puzzle publisher, in New York for publication. Not yet labeled as Sudoku, however, the game debuted in Dell Pencil Puzzles and Word Games as "Number Place."

Going Global

Five years after its creation, the puzzle drifted across the Pacific Ocean to Japan, where Nikoli, Japan's leading puzzle company, picked it up and published it as Suuji Wa Dokushin Ni Kagiru, which means "the numbers must be single," or "the numbers must occur only once."

The Japanese puzzle fans loved the game. The president of Nikoli realized that the game's success was hindered only by its long, unwieldy name, and shortened the title to Sudoku, or "single digit." Nikoli also reduced the amount of given clues, and made those given appear symmetrically in the grid. Sudoku's popularity grew, and today, Japan alone publishes over 600,000 copies of Sudoku magazines every month.

	1		2		7		6	
8								4
		6	3		4	2		
	6		4	7	5		2	
	9						8	
	7		8	9	2		3	
		7	6		1	9		
6								3
	2		5		9		7	

**PLOENCHIT FAIR BY THE RIVER
29TH NOVEMBER 2008**

BRITISH COMMUNITY IN THAILAND FOUNDATION FOR THE NEEDY



Following the resounding success of its 50th anniversary event last year, Bangkok's much loved Ploenchit Fair will be staged at the delightful riverside location of Shrewsbury International School again in 2008, according to Carolyn Tarrant, president of the British Community in Thailand Foundation for the Needy (BCTFN). The popular fund-raising event will be held on Saturday, 29th November, from 10.00am – 8.00pm.

Having raised over five million Baht for Thai charities in 2007, this year's Fair will again aim to provide an entertaining day out for the whole family, with the theme of a typical British fairground. Over 150 stalls will offer activities and games such as the giant Ferris Wheel, Climbing Wall, Carousel, Bingo, Coconut Shy, Football Shoot and Grand Raffle to name but a few, with a welcome back for the British Airways/Qantas Travel Game. There are plenty of opportunities for all the family to win major prizes and gifts while enjoying a huge variety of inexpensive goods and produce for sale, international food and drinks, and afternoon entertainment by popular musicians.

Shrewsbury School proved to be a perfect location for the Fair in 2007, with its green and breezy campus setting along the south bank of the Chao Phraya River. With ample parking and easy access by car, shuttle bus, and river ferry, the organizers expect an even higher turnout this year and encourage sponsors and prospective stallholders to make early arrangements.

About Ploenchit Fair

Ploenchit Fair, celebrating its 51st Birthday this year, is a traditional fun day for all and has been one of the biggest events of the social calendar in Bangkok since it was first held in 1957. Proceeds from the Fair are administered by the BCTFN and distributed to charitable organizations throughout the country. Since the year 2000 over 40 million Baht has been raised and distributed.

About the BCTFN

The British Community in Thailand Foundation for the Needy (BCTFN) was formed in 1999 under the patronage of the British Ambassador, replacing the United Kingdom Committee for Thai Charities (UKCTC) which had been established in 1956. By tradition, the wife of the British Ambassador is the Honorary President of the Foundation, and this year the position has been gracefully accepted by Mrs. Alison Quayle, spouse of H.E. Mr. Quinton Quayle. More information is available at <http://www.bctfn.org/>

For More Information

To obtain information regarding participation in Ploenchit Fair 2008, please contact the BCTFN on 02 204 1587-8 or email bctfn@loxinfo.co.th. Visit the official web site at <http://www.ploenchitfair.org/>

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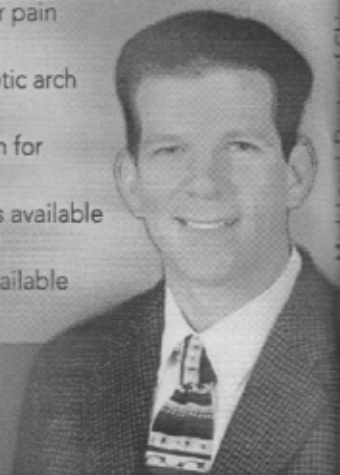
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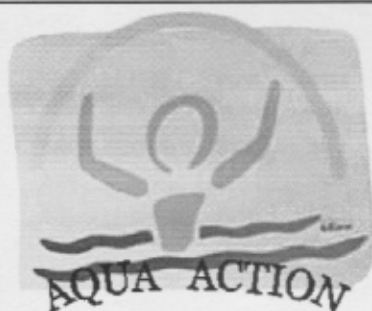
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DAY ONE

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TOILET ROLLS- DO THEY GROW ON THE HOLDERS?

Roundtable discussion

DIFFERENCES BETWEEN LAUNDRY BASKET & FLOOR

Practicing with hamper (Pictures and graphics)

DISHES & SILVERWARE; DO THEY LEVITATE/FLY TO KITCHEN SINK OR DISHWASHER BY THEMSELVES?

Debate among a panel of experts.

LOSS OF VIRILITY

Losing the remote control to your significant other - Help line and support groups

LEARNING HOW TO FIND THINGS

Starting with looking in the right place instead of turning the house upside down while shouting

It's not there!”, You’ve moved it!” or “We’ve run out!” – Open forum

DAY TWO

EMPTY MILK CARTONS; DO THEY BELONG IN THE FRIDGE OR THE BIN?

Group discussion and role-play

HEALTH WATCH; BRINGING HER FLOWERS IS NOT HARMFUL TO YOUR HEALTH

PowerPoint presentation

REAL MEN ASK FOR DIRECTIONS WHEN LOST

Real life testimonial from the one man who did

IS IT GENETICALLY IMPOSSIBLE TO SIT QUIETLY AS SHE PARALLEL PARKS?

Driving simulation

LIVING WITH ADULTS; BASIC DIFFERENCES BETWEEN YOUR MOTHER AND YOUR PARTNER

Online class and role playing

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Relaxation exercises, meditation and breathing techniques

REMEMBERING IMPORTANT DATES & CALLING WHEN YOU’RE GOING TO BE LATE

Bring your calendar or PDA to class

GETTING OVER IT; LEARNING HOW TO LIVE WITH BEING WRONG ALL THE TIME

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A Must Read for educating kids !

EVERYONE NEEDS TO READ ALL OF THIS and HAVE YOUR CHILDREN READ IT TOO!

After tossing her books on the sofa, she decided to grab a snack and get on-line. She logged on under her screen name ByAngel213. She checked her Buddy List and saw GoTo123 was on. She sent him an instant message:

ByAngel213: Hi. I'm glad you are on! I thought someone was following me home today. It was really weird!

GoTo123: LOL You watch too much TV. Why would someone be following you? Don't you live in a safe neighborhood?

ByAngel213: Of course I do. LOL I guess it was my imagination cuz' I didn't see anybody when I looked out.

GoTo123: Unless you gave your name out on-line. You haven't done that have you?

ByAngel213: Of course not. I'm not stupid you know.

GoTo123: Did you have a softball game after school today?

ByAngel213: Yes and we won!!

GoTo123: That's great! Who did you play?

ByAngel213: We played the Hornets. LOL. Their uniforms are so gross! They look like bees. LOL

GoTo123: What is your team called?

ByAngel213: We are the Canton Cats. We have tiger paws on our uniforms. They are really cool.

GoTo123: Did you pitch?

ByAngel213: No I play second base. I got to go. My homework has to be done before my parents get home. I don't want them mad at me. Bye!

GoTo123: Catch you later. Bye

Meanwhile.....GoTo123 went to the member menu and began to search for her profile. When it came up, he highlighted it and printed it out. He took out a pen and began to write down what he knew about Angel so far.

Her name: Shannon
Birthday: Jan. 3, 1985
Age: 13

State where she lived: North Carolina

Hobbies: softball, chorus, skating and going to the mall. Besides this information, he knew she lived in Canton because she had just told him. He knew she stayed by herself until 6:30 p.m. every afternoon until her parents came home from work. He knew she played softball on Thursday afternoons on the school team, and the team was named the Canton Cats. Her favorite number 7 was printed on her jersey. He knew she was in the eighth grade at the Canton Junior High School. She had told him all this in the conversations they had on-line. He had enough information to find her now.

Shannon didn't tell her parents about the incident on the way home from the ballpark that day. She didn't want them to make a scene and stop her from walking home from the softball games. Parents were always overreacting and hers were the worst.

By Thursday, Shannon had forgotten about the footsteps following her.

Her game was in full swing when suddenly she felt someone staring at her. It was then that the memory came back. She glanced up from her second base position to see a man watching her closely. He was leaning against the fence behind first base and he smiled when she looked at him. He didn't look scary and she quickly dismissed the sudden fear she had felt.

After the game, he sat on a bleacher while she talked to the coach. She noticed his smile once again as she walked past him. He nodded and she smiled back. He noticed her name on the back of her shirt. He knew he had found her.

Quietly, he walked a safe distance behind her. It was only a few blocks to Shannon's home, and once he saw where she lived he quickly returned to the park to get his car. Now he had to wait.

Shannon was in her room later that evening when she heard voices in the living room. 'Shannon, come here,' her father called. He sounded upset and she couldn't imagine why. She went into the room to see the man from the ballpark sitting on the sofa.

'Sit down,' her father began, 'this man has just told us a most interesting story about you.' Shannon sat back. How could he tell her parents anything? She had never seen him before today! 'Do you know who I am, Shannon?' the man asked. 'No,' Shannon answered. 'I am a police officer and your online friend, GoTo123.'

Shannon was stunned. 'That's impossible! GoTo is a kid my age! He's 14. And he lives in Michigan!'

The man smiled. 'I know I told you all that, but it wasn't true. You see, Shannon, there are people on-line who pretend to be kids; I was one of them. But while others do it to injure kids and hurt them, I belong to a group of parents who do it to protect kids from predators. I came here to find you to teach you how dangerous it is to talk to people on-line. You told me enough about yourself to make it easy for me to find you. You named the school you went to, the name of your ball team and the position you played. The number and name on your jersey just made finding you a breeze.'

Shannon was stunned. 'You mean you don't live in Michigan?'

He laughed. 'No, I live in Raleigh. It made you feel safe to think I was so far away, didn't it?' She nodded. 'I had a friend whose daughter was like you. Only she wasn't as lucky. The guy found her and murdered her while she was home alone. Kids are taught not to tell anyone when they are alone, yet they do it all the time on-line. The wrong people trick you into giving out information a little here and there on-line. Before you know it, you have told them enough for them to find you without even realizing you have done it.'

'I hope you've learned a lesson from this and won't do it again. Tell others about this so they will be safe too?'

'It's a promise!'

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