



SILC NEWS



A publication of the Samutprakarn International Ladies Club

May 2016

May Events:



Museum of Siam Tour

Tues. May 10th – Pg.5

Film Evening

Thurs. May 12th – Pg.6



Royal Coffee Morning

Tues. May 17th – Pg.8

Vietnamese Lunch

Fri. May 27th – Pg.10





Committee Members



<u>Responsibility</u>	<u>Name</u>	<u>Email</u>
Chairman	Jane Campton	silcchair@gmail.com
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Lunches	Jo Thomas & Sue Williams	silclunch@gmail.com
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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

Fri. 20th May 2016 is the deadline for any articles for the June 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



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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



**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.**

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**



May Tour



Tuesday May 10th

Museum of Siam



While the Museum of Siam is set inside a very large neoclassical house, it is definitely not the usual display of historical artifacts and dusty mannequins you would expect to find in such an antique building.

Modern art and advanced technology are blend with great harmony as designers use every possible way to challenge the traditional expectations you might have of a museum. The entire museum is dedicated to 'Thainess', the history of Thai people and the evolution of their culture and traditions. The first movie will immerse you through artistic and sometimes provocative images into the Thai spirit. From room to room, 'The Roong' transports you through all things Thai, from the very beginning of Ayutthaya to the daily life and highlights of Thai history, wars, Buddhism and finally the rapid entry into the modern world. Every room is superbly decorated and time will pass faster than you expect, with many interactive displays.

If the first part of the Museum of Siam exhibit appears to be a bit 'classic' things start to change when Thailand started adopting Western ideas. From there on, the exposition becomes even more surprising: walk through spirals or TV screens broadcasting the evolution of Thai TV programs through the years, then step into a fancy 'Bangkok Café' from the sixties where you can actually sit or get behind the counter. Once outside, don't go yet; take a walk over to that strange small shop near the souvenir boutique. At first it looks like some entrepreneur has managed to sneak his local shop into the museum and it's a bit awkward to walk around looking at pickles and fish sauce bottles. But the girl shopkeeper will solve the mystery for you; it's all part of the exhibit. Here are all the daily ingredients made in Thailand yesterday and still today, how they were made and why they were made. And suddenly you start looking at fermented beans with a new mindset.



Date: Tuesday, May 10th

Time: 10:00 am – at entrance of museum: Sanam Chai Rd, Phra Borom Maha Ratchawang, Phra Nakhon, Bangkok (South of Wat Pho)

After the museum we will have lunch

Finish: around 1:00 pm

Costs: Museum: > 5 pax THB 100 (take driving licence, we might be charges as 'Thai').
Lunch at own expense.

If you would like to join, please respond before Sunday May 8th to:
silctour@gmail.com

Jimmy & Carla





May Evening



It's Film Night!!!



Sophie has just one wish to make her wedding perfect: to have her father walk her down the aisle. Now she just has to find out who he is... Join the music, laughter and fun of the irresistibly charming Mamma Mia! The Movie. Academy Award-winner Meryl Streep leads an all-star cast, including Pierce Brosnan and Colin Firth - as well as up-and-coming Amanda Seyfried and Dominic Cooper, in this musical celebration of mothers, daughters and fathers, and true loves lost and new ones found. Based on the Broadway smash-hit and filled with the ABBA songs you know and love, it's the feel-good experience that will have you singing and dancing over and over again.

- **Thursday 12th May 2016**
- Doors open 7.00pm / Film starts 8.00pm
- **Venue: The Friese-Greene Club.** This is a small private film club located on Sukhumvit 22 (map will be sent to you on booking as it's quite hard to find) www.fgc.in.th
- Charity donation of 200thb payable on the night.
- There's a small bar at the venue or you can bring your own wine (100thb corkage payable).
- **Numbers limited to 30 people so please e-mail Dianne to reserve your place: dianne_darke@hotmail.com**
- Fancy dress optional ☺ ☺ ☺



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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**

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Email: leoni@loxinfo.co.th, leonibones@gmail.com
www.thailandchiropractor.com

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May Coffee Morning



Where: Jan's Apartment

Address:
19B Garden Towers
Bangna Trad Road KM. 6.5
Bang-Plee Samutprakarn 10540

When: Tuesday 17th May

Time: 10.30am

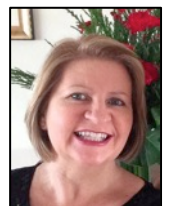
Please come and join us at Jan's to help celebrate the 90th birthday of Queen Elizabeth II.

The Queen's real birthday is 21st April but is officially celebrated in June with Trooping the Colour. As she turns 90 this year and is now officially Great Britain's longest reigning monarch, we decided it would make a good theme for our May coffee morning.

As it's a special occasion, it would be nice if you could wear something red, white or blue, but not compulsory, having you there is more important!

Hope to see many of you there and if you are organised, please bring a plate to share!

Please **RSVP** to Kay by Sunday 15th May to silccoffees@gmail.com





Garden Towers

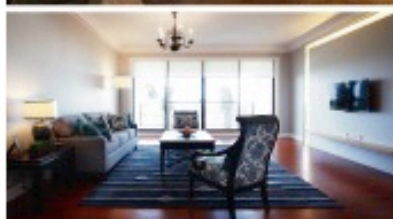
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May Lunch



THIEN DUONG VIETNAMESE RESTAURANT at DUSIT THANI HOTEL

FRIDAY 27th MAY AT 12 NOON

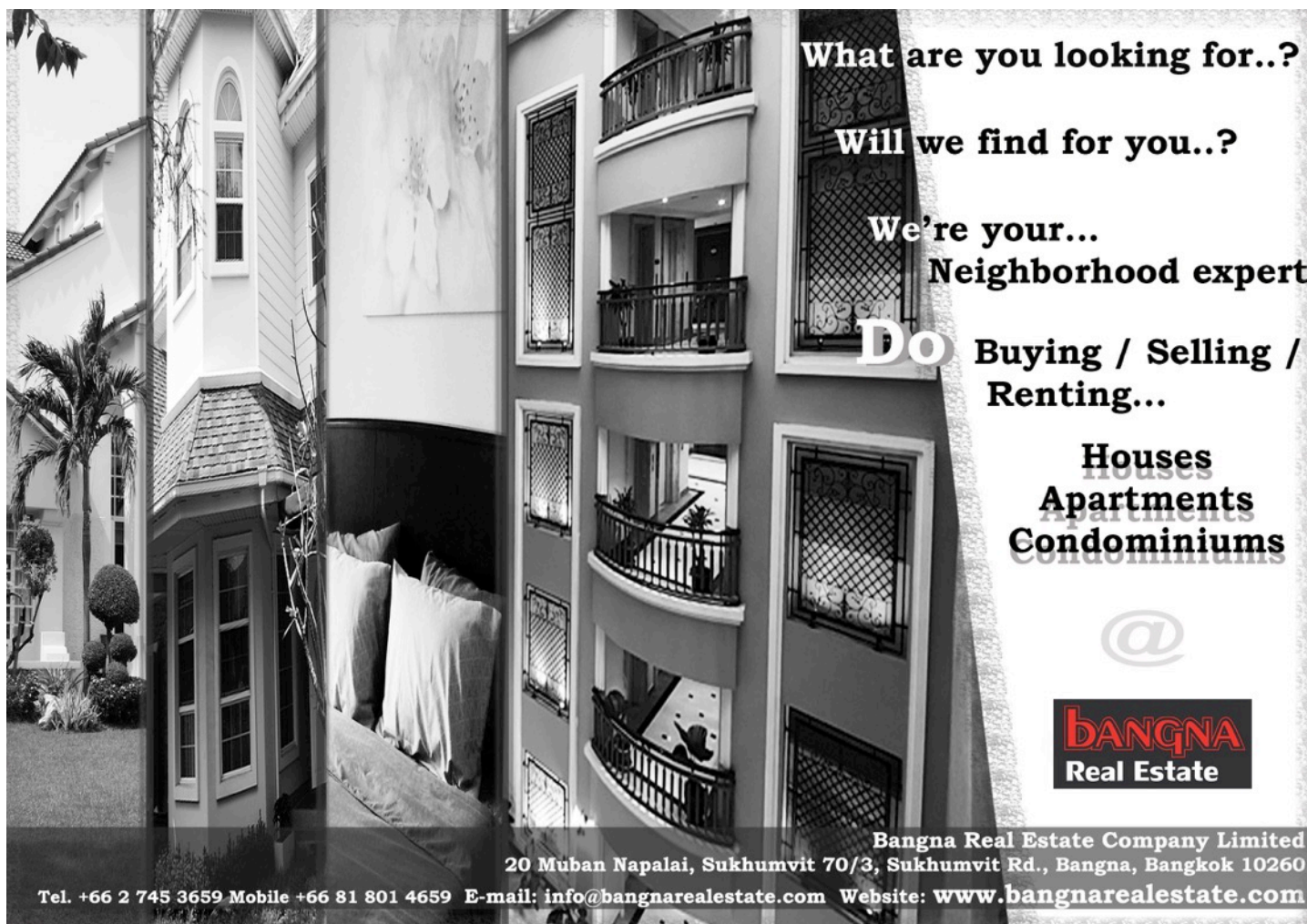
Come and join us for a Vietnamese lunch in the elegant surroundings of the Thien Duong restaurant at the Dusit Thani Hotel on the corner of Silom Road. You can choose from one of 4 set lunches, which feature the authentic flavours of Vietnam. The restaurant have requested that you make your choice of menu prior to the lunch to avoid any unnecessary delays on the day and we would therefore be grateful if you could confirm your choice of menu when you reserve your space. See menu choices on opposite page →

If you would like to join us please RSVP to Jo or Sue to Silclunch@gmail.com by Tuesday 24th May.

The Dusit Thani Hotel is very easy to get to using either the BTS - Sala Daeng or MRT - Lumpini and parking is available at the hotel.

We look forward to seeing you there.

Jo and Sue



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Special Set Lunch 'Set A'
4-course THB 590++

ปอเปี๊ยะสดสอดไส้ปูนึ่งทอดกรอบ
Crispy soft shell crab in fresh spring rolls

ยำหมูยอ
Spicy Vietnamese pork sausage salad

ก๋วยเตี๋ยวเส้นเล็กน้ำปลา
Rice noodles soup with fish

พุดดิ้งลำไย
Logan pudding

กาแฟหรือชา
Coffee or Tea

Special Set Lunch 'Set C'
4-course THB 590++

สลัดปูนึ่งทอดกรอบ
Crispy soft shell crab salad with herb dressing

ข้าวเกรียบปากหม้อญวนสอดไส้หมู และกุ้ง
Steamed Vietnamese ravioli filled with minced pork
and shrimp

ไก่ย่างข้าวเหนียวทอด
Charcoal grilled chicken served with deep-fried glutinous rice

กล้วยหอมทอดเสิร์ฟพร้อมไอศกรีมวานิลลา
Banana fritter served with vanilla ice cream

กาแฟหรือชา
Coffee or Tea

Special Set Lunch 'Set B'
4-course THB 590++

สลัดปลาแซลมอนรมควันกับอะโวคาโด
Smoked salmon salad with avocado and herb dressing

ปอเปี๊ยะทอด
Deep-fried spring rolls stuffed with crabmeat, shrimp and pork

ปลาทอดตะไคร้
Deep-fried whole flounder fish with toasted peanut served
with lemongrass sauce

สาหร่ายแคนตาลูป
Sweet sago with cantaloupe, flavored with coconut milk

กาแฟหรือชา
Coffee or Tea

Special Set Lunch 'Set D'
4-course THB 590++

สลัดเป็ดรมควันราดซอสลูกพรุน
Smoked duck breast salad served with organic lettuce
and prune sauce

กุ้งพันอ้อย
Fried sugarcane skewered minced shrimp

ข้าวผัดเจียนดอง
Thien Duong style fried rice with king crab and shrimp roe

บัวลอยงาดำ
Black sesame seed dumpling in ginger syrup

กาแฟหรือชา
Coffee or Tea

Price is subject to 10% service charge and applicable government tax.



Book Club



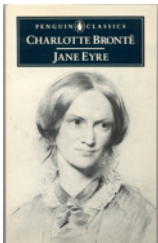
Come along even if you haven't read the books, we always have a laugh and a discussion about more than just books. If you can please bring a plate to share. Clare Nevin will be hosting this month in Mooban Panya.



Thursday May 12th 12:00-14:00
Clare Nevin
473/2 Soi 33 Mooban Panya
Sukhumvit Road Soi 77 - Onut Soi 17
(or Pattanakarn Road Soi 30)

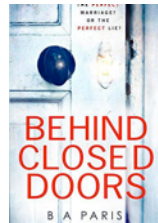
Please let Clare know if you can make it clare.nevin@gmail.com

Here's our choice for the May Book Group:



Jane Eyre - Charlotte Bronte

An absolute classic, it does take a bit of getting into but a lovely story. This year is the 200th anniversary of Charlotte Bronte's birth.



B. A. Paris - Behind Closed Doors

A thriller and a bit of a page turner. A normal couple maybe aren't as normal as they seem.....

A member of our Book Group, Barbara Kitsco, will be leaving for Canada soon. We wish Barbara and her husband all the best in Halifax, best get your winter woollies ready. Barbara sent me a lovely poem to share:

I Opened a Book

"I opened a book and in I strode.
Now nobody can find me.
I've left my chair, my house, my road,
My town and my world behind me.
I'm wearing the cloak, I've slipped on the ring,
I've swallowed the magic potion.
I've fought with a dragon, dined with a king
And dived in a bottomless ocean.
I opened a book and made some friends,
I shared their tears and laughter
And followed their road with its bumps and bends
To the happily ever after.
I finished my book and out I came.
The clock can no longer hide me.
My chair and my house are just the same,
But I have a book inside me"

- Julia Donaldson



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Do you have any storage room available?

Ladies, does anyone have a storage area available where SILC can store a few boxes and a Christmas tree?

There are five storage boxes of crockery & glasses that are used by members holding events a couple of times a year plus two storage boxes and a Christmas tree used annually at the SILC bazaar.

If you can help, please e-mail Dianne at dianne_darke@hotmail.com

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Hotels

Tours

Tickets

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A Guide for House Guests



Having hosted 42 visitors over the last 3 and half years, I feel I am now an experienced hostess. With that in mind, here is a handy cut out and keep guide for visitors. You could stick it on the fridge where they can read whilst opening a beer/ getting a glass of the expensive crisp white they brought for you.

Before you set off -

Do give plenty of notice of your visit, preferably asking if you may come; don't- leave it until the last minute or you may find yourself going to Book Club, Mahjong, Coffee and Lunch. Or worse, having to get the key out of the mailbox.

On arrival -

Do follow your instructions for meeting at the airport and wait there until your hosts find you. Don't- bobble off outside with your phone switched off and expect them to find you; Suvarnabhumi is a big place.

Do bring a gift for your hostess; don't drink it on the way here. A half-drunk bottle of Smirnoff is worse than none at all.



At home -

Do make yourself comfortable; don't feel any obligation to drink all the alcohol in the house just because you are on your holidays, especially not before the 6pm National Anthem signal that the bar is now open.

Do offer to help out; don't just wash up your own cup as this will p*ss the maid or your hostess off equally and they might be tempted to spit in your tea next time they make you a cuppa.

Do make time to ask your hostess about Thailand; don't attempt this at 6am on a school day, even questions on the sacking of Ayutthaya by the Burmese or the price of Marmite could result in an embarrassing incident of frostiness/ physical violence.



Dress -

Bangkok has 3 seasons- hot, very hot and hotter than hell in a heatwave. Do expect to be warm; don't bring a jumper 'just in case'. You will only have a 1:365 chance of wearing it.

Gentlemen, do wear shorts and sandals; don't wear them with socks, mosquito bites and a Singha vest as people will make all sorts of assumptions about you, especially if you get off the BTS at Nana.

Do try elephant pants, they are comfy in the heat. Don't for a minute think you look cool in them.

Local customs -

Do take your shoes off when entering buildings. Don't wear sturdy lace ups that take hours to get on and off.



Local customs cont'd -

Do use local style toilets if you feel the urge; don't wee in the scoopy thing you find in the water trough, this is for flushing/ washing and the next occupant wont to too pleased.

Do dress appropriately for temples; don't be offended when the guards at the Grand Palace make you wear sweaty one-size-fits-all polyester jog bottoms, they make a great photo opportunity.

Do expect Bangkok traffic to be a little different; don't get on a motorbike or sit in the front seat of a taxi if you are of an even vaguely nervous disposition.



Eating -

Do try the local delicacies; don't tell the waiter you like it really spicy, the chef will take it as a challenge. Also don't eat all the bits in tom yam just to show how cosmopolitan you are, they are for flavour only and you will get bits stuck in your teeth for hours.

Do order several dishes at dinner; don't expect them to all arrive at the same time.



Trips -

Do go on a river tour, it's a great way to explore the hidden backwaters; don't attempt it if your mobility isn't what it was as you will have to be rolled out of the longtail by the boat driver and your grandchildren using mainly your bottom as leverage.



Do go on a bike ride on Bang Krachao, Bangkok's green lung; don't go in April. Ditto Chatuchak Market. (See previous ref to hotter than hell on a hot day.)

Do go to MBK; don't expect your hostess to come with you willingly as she has been there 50 hundred times already. And if she does come, expect her to be huffing and puffing and looking at her watch the whole time you are there.

Mr C's Darkside Tour -

Do go, this is something Bangkok is famous for but do remember there are quite a lot of don'ts in this section.

Don't go on a bucking bronco unless you want everyone to know about it, particularly your tutor group if you are a teacher.

Don't think your bar girl really loves you despite her telling you so, particularly if you have just been sick on her shoulder.

Don't automatically assume your bar girl is actually a girl.

And two never ever evers- never ever bring your bar girl/ lady boy home* and never ever fill your hostesses spare room with sick then tell your mum it wasn't the tequila, it was food poisoning.

And finally - Do tell your hostess what a fab time you have had; don't expect her to be sobbing for long at your departure. Soon she will be running round in her pants whooping at her new found freedom.

* This is the only one that hasn't actually happened. Yet...



Preschool Songkran Fun



The **Songkran festival** is the Thai New Year festival. The word "Songkran" comes from the Sanskrit word "*Samkrānti*" the "astrological passage", meaning transformation or change. The term was borrowed from "*Makar Sankranti*", the name of a Hindu harvest festival, celebrated in India in January to mark the arrival of spring.

For the past few years, SILC has been hosting the Songkran festival and party at Mahawong and Prakkasamai Pre school. This Songkran was no exception, we had the swimming pools set up and (believe it or not ☺) the fire service called to fill the pools with water. The SILC ladies turned up in multi coloured floral tops true to Thai tradition and some even managed to put on some colourful wigs. Having been caught out by the children who always mercilessly soak every one of us each year, we had our swimwear

under our clothes and even packed up a change of clothes ☺. We were well and truly prepared for the fearless children who always enjoyed a water fight.

The children from Mahawong School performed a Thai dance to entertain us and then we had our chance to join in and show our dance skills (our hands were shamefully less flexible). After that we were treated to the traditional hand washing ceremony and then the children presenting us with a handmade garland. In the Thai culture, pouring water is a way to show respect, younger people often practice water pouring over the palms of elders' hands. Paying reverence to ancestors is also an important part of Songkran tradition.

Water pouring also represents purification and the washing away of one's sins and bad luck. Therefore every Songkran party must have a water fight, and Mahawong and Prakkasamai school were no exception. The teacher, the SILC volunteers and the children all had plenty of fun splashing water on each other. True to our expectation, we were all well and truly soaking wet as we escaped to our dry change of clothes. As we made our escape, we could not miss hearing the laughter of the happy children from the Songkran party. Thank you for all who volunteered. It was a truly fun filled festival!!!



As part of our Healthy Teeth Campaign, we are collecting children's toothbrushes and toothpaste, we need to collect over 400 sets and would be most grateful for your donation.

Please hand your donation to one of these welfare ladies: Chris, Shirley, Debbie, Fiona, Dianne or Kay.

Many Thanks, SILC Welfare Team





What's On in Bangkok?



BANGKOK COMMUNITY THEATRE PRESENTS

A Movie Musical Interactive Event

at The DoubleTree by Hilton Sukhumvit Soi 26

Saturday, May 14, 2016

Grease is the word! BCT has held hugely successful "Wizard of Oz," "Sound of Music," and "Hairspray" audience participation events in the past, so don't miss this year's film:



Don't worry if you aren't familiar with the film; we'll provide the lyrics and have you singing along and heckling the characters in no time! The event features a buffet supper, charismatic hosts who will explain how the evening works including how to use the props in your individual goody bags, lots of audience participation, costume prizes and more!

For more fun, dress up as characters or trivia from the movie - let your imagination go wild: think T-Birds and Pink Ladies, poodle skirts and greaser hairstyles, cheerleaders and pom poms!

Don't miss this opportunity to hand jive along with Sandy, Danny, Rizzo, Kenickie, Frenchy, Eugene and the rest of the gang!

B650 per person includes pre-show supper and goody bag.

Costume prizes to be won; cash bar available.

Pre-show supper from 7:00pm; movie commences at approximately 7:30pm.

Tickets available now!

For tickets please email: tickets@bangkokcommunitytheatre.com

call: 081-741-0703 or visit www.bangkokcommunitytheatre.com. For more information, please visit Facebook/Bangkok Community Theatre or our website.

Places are limited for this one-night-only event so book now to avoid disappointment.

Note: suggested age 12+ due to swearing and some sexual content.

It is innovative, interactive inclusive, celebratory, uplifting and simply irresistible fun!

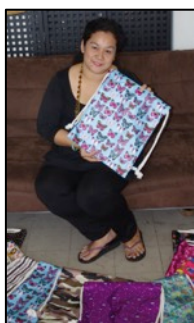


Welfare Update



SILC Provides A Helping Hand in Klong Tuey

SILC has recently been able to help several families and organisations living in the Klong Tuey slums. Through our ongoing association with Urban Neighbours of Hope (www.unoh.org) whose workers live alongside the Klong Tuey residents, our donations gave a helping hand to the following families and projects:



Khun Rak – Help with her small business

This lady produces swim bags which are proving very popular. The money donated will fund several marketing initiatives to help improve sales such as producing a banner and some leaflets. It also funded some extra fabric so she can produce more bags as she currently has very little stock as she cannot afford to have money tied up in this way. With her business, Khun Rak is trying hard to break out from the cycle of poverty for her family. Sum donated: 8,500thb

Pa Ying- Help with specialist medical costs

Pa Ying is an older lady and in recent months her eyesight has drastically deteriorated. This has been additionally hard as she makes her living by making jewellery and it has become increasingly difficult for her to focus for long amounts of times on the intricate beading skills needed for her job due to her sight difficulties. Pa Ying is the breadwinner for her household and her family are reliant upon her income. She has very basic hospital care cover but this does not cover the specialist care needed and so SILC is funding her consultations with an eye specialist and providing the appropriate glasses and initial medication. Sum donated: 10,000thb



Bart - Respite care

Bart is a young boy (8 years old) with significant disabilities. He has severe epilepsy and autism that affects all aspects of his life. UNOH and some of its donors have been supporting him with educational costs to enable him to access a special educational setting school where he is thriving. His mother is a single carer and as Bart requires constant supervision this donation will provide a few days of respite care or a supported holiday. Sum donated: 10,000thb

The RoyRak Creative- Updating the workshop

This Fairtrade jewellery project has been running for several years now. It employs, trains and supports 9 women from the Klong Toey community and runs as a not-for-profit project. The workshop that the ladies work in is in desperate need of some renovation and the SILC donation will buy new chairs, work station equipment and floor coverings/cushions for the women to work in comfort. Sum donated: 7,000thb





Welfare Requests



The preschool children have been cleaning their teeth regularly and we need to replace their toothbrushes! So, 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.

Toothbrushes 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

Visit us at:
www.SILCBangkok.com



Welfare request for Jsquare International School

Second-hand reading books and school items required.

We kindly request our SILC Members to collect second-hand reading books and small items, which are used in school. All of these students come from poor families who already find it difficult to pay the school fee (1000 BHT each month). The school is low profile and they can't provide for all things they would need. It makes a big difference if we can help them with this.



All the below items can be sent to Chris Rajakarier or Marianne Metzelaar

Reading books: We really need second hand reading books & dictionaries from Nursery level to Grade 8.

School items: All 138 children could use second hand scissors, pens, pen cases, pencils, erasers, rulers. Anything that goes in a classroom! For art classes they could use paper, sketching books, coloring pens, paint, brushes, glue, paper, art books etc...

We can use EVERYTHING, because they have nothing!!

The Welfare Team thanks you for your effort.





May 2016

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4 Mahjong Jane's	5	6	7 <i>Neilson Hayes</i> <i>Exhibition</i> <i>'Clay – Shaping</i> <i>our Happiness'</i>
8	9	10 SILC Tour Museum of Siam	11 Mahjong Sunita's	12 Book Club Clare's SILC Evening Mamma Mia!	13	14 <i>Bangkok</i> <i>Community</i> <i>Theatre</i> <i>'Grease'</i>
15	16	17 SILC Coffee Jan's	18 Mahjong Host needed	19	20 SILC News Copy Deadline	21
22	23	24	25 Mahjong Jenny's	26	27 SILC Lunch Dusit Thani Hotel	28
29	30	31			Notes:	



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