



A publication of the Samutprakarn International Ladies Club

October 2009

This Month

Centara Grand—Back of House Tour
Fri 2 October

Greek Lunch at Souvlaki Restaurant
Thurs 8 October

Coffee Morning at TenTen & Olive
Tues 13 October

Mexican Salsa Evening
Wed 28 October

Open House at Sunita's
Thurs 29 October

Committee Members

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Thana City	Irene Gray	081 806 9240

From Lian's Desk



Well I know that news travels fast in the ex-pat world, but for those of you who haven't heard, it's with bitter sweet sadness that I am resigning as chairperson. I have only been in the role for five months, but I am three and half months pregnant with triplets. Which as you can imagine has its many complications and in fact I'm writing this article from my hospital bed in Bumrungrad.

In the short period that I have been chairperson I have thoroughly enjoyed the role, but accept that it requires my 100% attention, which I am no longer able to provide. However, there is now room for someone with plenty of enthusiasm to take on the role. It's not a difficult role as you have such a great committee to work with, and each one of those members are very capable of running their areas of responsibilities. You are expected to chair the monthly committee meeting, write a monthly newsletter and sometimes make a decision when required. Last but not least, which I think is one of the main reasons people are put off by the role, is that you are required to stand up and make a speech at the annual SILC ball. I wouldn't let this put you off as you only need to thank everyone for coming and for their support through the year, nobody is there to criticise the speech.

Therefore, if you are interested in taking on this role, please let one of the committee members know as soon as possible, you will be accepted with open arms!!

During September there were the usual monthly events which all went well. The monthly coffee morning was at Sunita's house, where she effortlessly pulled together some Indian cuisine. For the monthly lunch, Michela took over Kay Hickey's house and produced some wonderful Italian food for everyone to try. I was quite disappointed that I wasn't at either event as I have experienced both their wonderful cooking on many occasions. The newcomers' coffee morning was very successful and as a result ten new members joined SILC, so a warm welcome to all of them. I would like to personally thank Jo Thomas for organising and taking full responsibility for this event.

October sees more of the usual with the exception of the tour, as there are school holidays. I may be able to make an appearance at one of them (fingers crossed)!

Please don't forget to bring any spare coins to any of the SILC events so that we can raise some extra money for our charities and to ease the burden of clutter from your homes!!!!

My October quote is:-

"Life is like a box of chocolates you never know which one you're going to get".

Hope to see you soon
Lian x

Regular Events

Golf on Thursday Morning

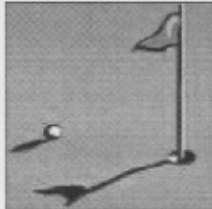
Alternating Samut Prakarn Courses
Newcomers Welcome

Contact Annette Gerlach
02 7503099
gerlachbkk@gmail.com

Thursday Playgroup

Playgroup every Thursday
Ages 0-4 years at members
homes.

Contact Tania Pederson
0870 133 100
taniadonoghue111@hotmail.com



Mahjong

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

Contact Marit van den Oetelaar
087 936 7656
gertonmarit@yahoo.com



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: kajmb@aol.com

To arrange payment contact: The Treasurer: Lorraine Gough

084 467 1265 /jgough1054@aol.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 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.

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michael0519@gmail.com for item details/estimation

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

By appointment.

Contact Number: Anna (081)6101928, (081)
3518028, Michael (084)4669261

Deadline

Tuesday 20 October 2009 is the deadline for any articles for the November Newsletter.

If you have any recipes, details for our 'Whats on in Bangkok' page, or recommendations for holidays please forward them to the Newsletter Editor:
kajmb@aol.com

Reminder

There is crockery and cutlery available for members to borrow when hosting a SILC event.

For details contact Jo:
davejo@loxinfo.co.th



DRINKS CAN RINGPULLS

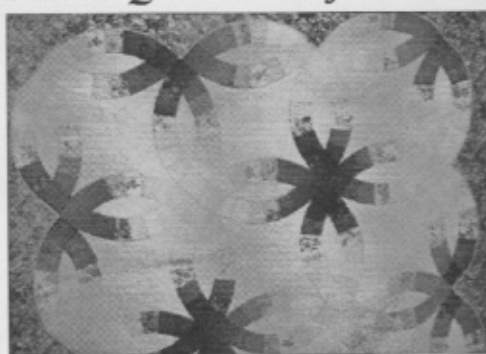


SILC are collecting these to donate to The Prosthesis Foundation Thailand who create artificial limbs from them for amputees who would otherwise struggle to afford a prosthesis.

They are melted down first at over 660 °C and the aluminium is cast into nuts, bolts, sockets etc. The final limb is about 10-20% aluminium and the rest is different types of plastic. Each limb uses about 3,000 of these ringpulls as the strong but lightweight parts so **PLEASE KEEP ON COLLECTING THEM!** They can also be used for crutches and walking frames.

Please give your collection to Lyn Hine (087 093 7887) or pass on to any member of the SILC committee at one of our events.

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**Christmas orders are being taken
now until early October!**

Please contact Khun Tiew on 081-6444432
or email phuluang@loxinfo.co.th for more info.

Please also visit us at the SILC Bazaar, November 6!

October Events

OCTOBER 2009 TOUR

What:

'Back of house' tour of Centara Grand at CentralWorld.

When:

Friday 2nd October at 10 am

We'll meet in the Hotel Lobby (ground floor) for a welcome drink and introductory talk followed by a behind the scenes tour of the restaurants including tasters to whet our appetites and a relaxing spa experience. To round off our visit we will enjoy a lite lunch overlooking Bangkok.

Please sign up for this months' tour by Monday 28th Sept with Sarah - wwchaplins@hotmail.com or 089 205 1528.

The menu options will be circulated so that we can save time and choose our mains in advance. The cost will be confirmed after this.

(maximum 15 people – so first come first served so to speak!)

OCTOBER LUNCH

JOIN US FOR A GREEK LUNCH AT

SOUVLAKI RESTAURANT

114/14 SILOM SOI 4

8TH OF OCTOBER FROM 12 AM

HOPE TO SEE YOU THERE

RSVP TO MICHELA 0846813052 OR
m.pianesi@tiscali.it BEFORE 5TH OF OCTOBER

October Events

OCTOBER COFFEE MORNING
ON
TUESDAY 13TH OCTOBER
AT
TENTEN HAIR & NAILS SPA AND OLIVE KEBAB & CAFE

593/2 SUKUMVIT ROAD (CAN PARK AT VILLA SUPERMARKET PAST
SOI 33, OLIVE AND SPA IS NEXT DOOR TO SUBWAY)
(02 261 3832)

WITH
BREAKFAST BY OLIVE (MENU OPPOSITE)
FROM 10AM ONWARDS

October's coffee morning takes us for a morning at a very luxurious nail spa and salon with breakfast by Olive Cafe, both opened only 2 – 3 months ago. TenTen has a team of very highly trained staff, whose goal it is to make you feel pampered, renewed and beautiful. The owner of TenTen Nail spa and salon Bussara has very kindly offered a 20% discount on all treatments **except** for hair care to SILC ladies be it on the day (subject to availability) or for an appointment made that day.

The salon itself is decorated in Balinese style with the latest pedicure chairs which massage your back whilst having a foot spa and being served delicious coffee and teas, other treatments include nail care, nail art, massage, facials and body treatments plus waxing, eyelash perms and eyelash extensions.

Breakfast will be served before the tour of TenTen by Olive Kebab and Café which is on the ground floor @ 150 Baht per person, menu attached.

If you would like to attend this event, please RSVP to Jo Thomas at davejo@loxinfo.co.th or call on 087 0248 256 by **Friday 9th October**.

All SILC events are subject to change.

Please confirm your attendance with the relevant contact



Breakfast Menu

for SILC group

**Tuesday October 13th, 2009
at Ten Ten**

232

Assortment of Muffins:

*Blueberry-Banana
Raspberry-Strawberry
Chocolate*

232

Selection of Pastries:

*Butter Croissant
Chocolate Croissant
Almond Croissant
Apricot Danish
Sugared Brioche*

232

Ham & Mozzarella Cheese Panini Finger Sandwiches

232

*Coffee/Tea
or
Fresh Orange Juice*

Baht 150+ per person

**** We serve pastries by Lenôte & Coffee by Lavazza***

October Events

SILC EVENING - OUT ABOUT TOWN WEDNESDAY OCTOBER 28TH @ 19.30



Senor Pico

For some great food and FREE SALSA dance lesson

Mexican restaurants in Bangkok are not as plentiful as some cuisine categories but that doesn't mean that there isn't some quality Mexican food here.

One of the oldest Mexican restaurants in Bangkok is Senor Pico's it offers diners a wide variety of casual Mexican food.

Live music performed by a Cuban band "Fascination." similar to the famous Mexican mariachi bands but they also combine salsa (the dance) with their guitar and drum sound encouraging people to get up and dance the night away as well.

Senor Pico's has selected some of their best food from their menu in a 3 course meal for Baht 770.00 ++ with great offer on drinks as well.

Please RSVP to saracarrlegg@hotmail.com before 26th October.

Senor Pico – Rembrandt Hotel Sukhumvit soi 18 – 02 2617100



Where the Tequila Sunrise Never Sets....

Open House at Sunita Kulisra
Thursday, October 29
From 11 am onwards

Sunita is one of our founding members and every year she opens her home to give us the opportunity to eat her delicious Indian food and also buy some crafts.

This is a great opportunity to do some early Christmas shopping!
All proceeds from the Open House go to charity so do come along!

The address is: Sunita Kulisra
145B Lakeside Villa 2
Bangna Trad Road km 7.5

If you plan to attend please RSVP to
Aleid Rijks at aleid_dirk@hotmail.com or
085-3420432

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Fitness

Pre school
Gymnastics

Grade school
Gymnastics

School break
Camp

Seasonal
Parties

Birthday &
Private Party

MAHAWONG PRESCHOOL

When SILC started the project at Mahawong Preschool a few years back, all they had was one room with 40-50 kids of all ages and just 2 teachers. Julie Heather and Lynn Bradley with Julie's driver, who was a great story teller used to visit them every week. I was glad I had the opportunity to tag along on some occasions. Various activities were organized include arts & crafts, singing, games, story telling, reading etc. Mahawong Preschool is like a baby to SILC. SILC has helped them in so many ways like a mum would to her child. With lots of patience, kindness and support; it has become a respectable preschool for the less fortunate kids. All SILC members should be proud to know what your contributions over the years have done for Mahawong.



Mahawong has 150 kids at the moment and they are split into four age groups, below three, 4 years old, 5 and 6 years old. There are 4 classrooms and 8 teachers in total. They are very grateful with the fruits that Kay brought in on behalf of SILC every other week. About 1000 baht is spent on supplying fruits but with 150 kids, those fruits can only last for 2-3 days. A huge thank you to the Mahjong Ladies and Ladies from the Playgroup who helped make this possible. In order to continue doing that, the welfare team would appreciate your continuing support and generosity. If we have sufficient funds we can supply fruits to them on a weekly basis.



Children gathered outside for their meals.

Just to update you on the roof that SILC helped built. It looked outstanding and amazing! The kids and staff made full use of the area outside. With 150 kids, they can now have their assembly and do most of their activities especially singing and games, as well as having their meals outside. One more thumb's up for SILC.



SILC fruits ladies busy at work!

Welfare Team

2nd hand English books wanted especially for children ages 3 to 6. The books will be used in the library at Mahawong for reading time. For books donation, please contact Shirley (089) 497 8318 or Chris (081)136 4186

Update from the latest CCD project supported by SILC.

Many of you will remember the water pump we provided for CCD last spring. They are now growing a wide variety of crops, which is great news.

The latest project is in the CCD rehabilitation centre, Rainbow House.

Rainbow House was opened in 1990 and is a small residential home for disabled children from Pakkred orphanage run by the charity CCD. Recently a roof top balcony area has been enclosed to make an attractive circular room that has been decorated by Australian artists with a jungle theme.

Thanks to the money from the SILC sponsored swim and a donation from Bangkok Patana School the process of transforming this room into a jungle themed soft play area for these special children has begun. A group of CAS students from Patana have helped in the design of the room. We met with manufacturers and have ordered the soft matting floor and lower half of the walls. This will hopefully be installed by the end of the month. We are now working on the design for the equipment to fill it taking into consideration the needs of these children. There will be tunnels for the autistic kids to retreat to, ball pits to play in, and slopes for the more physically able kids to climb and a wealth of visual stimuli for the less physically able plus tactile toys for the blind kids etc. The CAS group from BPS are planning more fund raising to finance their plans. They will be holding a Bake Sale at BSL on Sunday 11th October.

At all times we work in conjunction with the charities' Director Khun Wassan and his staff. They're very excited now the project is beginning to take shape. A visitor last week donated an AC unit which will make the room more pleasant for all!!

The ideal would be to complete the project by the end of 2009.....

We will keep you posted..... Welfare Committee



The circular room that will be transformed into a softplay area. Lyn and CAS students from patana met with the Director Khun Wassan and supplier to finalise details.



These are some of the children living at Rainbow House. The soft play room will provide some fun time and help with their rehabilitation.

The Playful Colours of Opal - The birthstone for October

by Gemma Gibson

Party, party, party!! The colours play, dance, bewitch, shine and sparkle ... like the fireworks at New Year's Eve, only opal has the magic to show all the colours of the most beautiful gemstones together!



Full of fun and full of value, it is thought that the name 'opal' comes from the Sanskrit word 'upala' meaning 'valuable stone'. This name was then taken up by the Ancient Romans as 'opalus' yes, even in ancient times, there was a type of opal mined in Eastern Europe and sold to the Romans. In fact, there is a story where Marc Antony had his eye on a remarkable opal ring owned by another Roman senator, desiring it as a gift for Cleopatra ... my goodness, this woman knew how to party! And the senator?... he had other ideas and possibly another party to go to, as he chose exile rather than live without his opal!

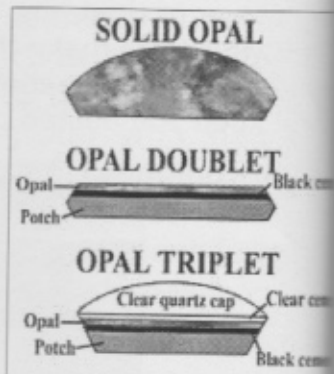
From a gemmological point of view, opal is simply solidified silica gel (SiO₂) with lots of water, even up to 10% water! From this simple silica-and-water combination, opal's beauty is quite complex ... black and white opals refer to the dark or light body tone of the gem; some opals are transparent: crystal, milky, jelly, water, fire, even lemon opals! Some opals are cut with the mother rock ironstone: boulder opal, opal matrix and Yowah Nuts! If any of these show the magical 'play of colour', they are called 'precious' ... if not, the stone is called 'common' or 'potch' - it must have been some party to think of names like these! But there's more: potch comes in an assortment of colours: green, pink, red, yellow, orange, brown, grey as well as black or white ... it's like being in a boiled lolly store!

But lollies they ain't ... opals are not very hard at all (about 5½ - 6 on the hardness scale), and precious opal is often very thin. So, opals are often glued to a stronger backing such as black glass, onyx or even potch itself, creating a 'doublet'. If a layer of glass or rock crystal is placed on top, it

is called a 'triplet'. Both of these are very acceptable as they offer the opal some protection. Even so, opals can still easily lose their water content, and their play of colour with it, or even worse, cracks appear that cannot be repaired! The best way to avoid this is to wear your opals, as opals love the moisture from your skin and the air. Otherwise, make sure that your opals are stored with a moist cotton ball in a zip-lock bag, and cleaned only with mild soapy water. And as we all know, always handle your gems with care.



Yowah Nut and Fire opal



Fascinating 'Facets' of Opal

October birthstone

Protection, faithfulness, truth

'Play of colour'

Types: black, white, crystal, Fire, Boulder, Yowah Nuts

Hardness 5.5 - 6

Almost all are doublets or triplets to protect the opal

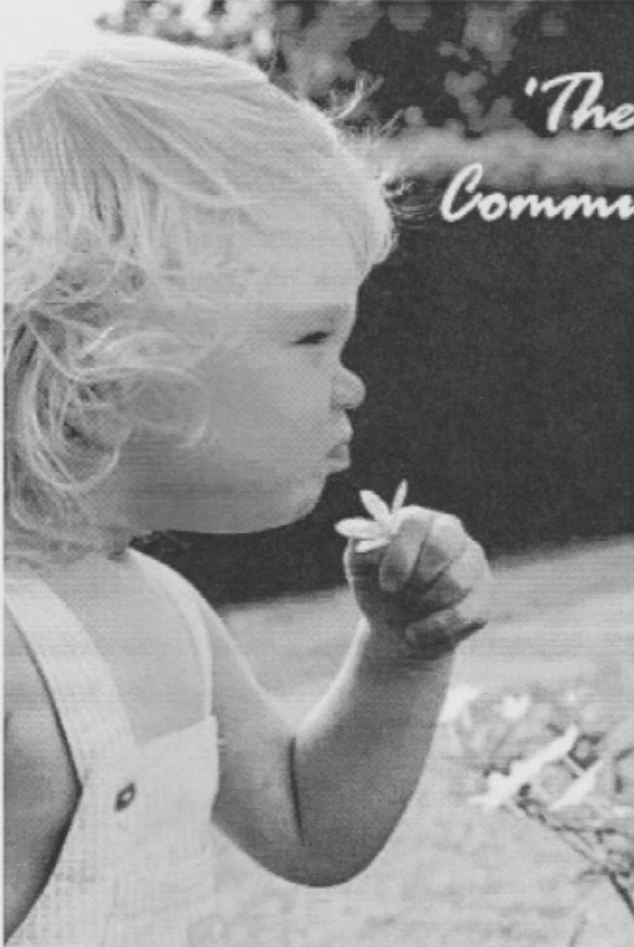
Oiling and plastic to hide cracks

Many synthetic opals!

Found mainly in Australia, plus Mexico for 'Fire Opals'

So ... how does this play of colour happen? In precious opal, the silica is made of tiny tiny spheres, perfectly layered in a lattice-like pattern - splitting white light perfectly into the separate colours you see. But if the spheres are too big or too small or all different sizes and stacked higgledy-piggledy, light is scattered in all sorts of directions, giving the stone a milky look - this is potch. From this discovery in the 1960's, many started playing around with making opals... and succeeded in 1974 - unfortunately it is no party to identify these synthetics from natural opal. And like a party trick, there are opal lookalikes made from plastic or glass with tiny bits of tinsel inside!

Tricks aside, the real fun and value of a natural opal comes from its play of colour: which colours are seen, how much colour and what patterns they make. If you see red, you will notice all the other colours too as the gem is tilted this way and that - so red has the highest value. These colours are seen to full advantage on black opals, so black opals are more valuable. And the patterns the colours make are given fun, imaginative names: harlequin, pinfire, flash, ribbon, church windows, peacock's tail and many more ... With such a party going on in every opal, how can anyone not fall in love with this playful gem?



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Community in Bangna area'*



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From 10:00 am to 4:00 pm

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Items for sale include loads of furniture, TVs and appliances, bikes and sporting goods, electric piano, the entire CD music collection, lots of toys and games and loads more! For a preview, please email me at the below address. Items will be sold on a first come, first serve basis.

For a detailed list with prices and photos, please email me at:

susan.piralli@hotmail.com

Indian Cooking and lots of chatting at Sunita's

by Gemma Gibson

There must be something wonderful about Sunita's home ... when I walked through her front door on Tuesday morning (8th September), I could smell those tantalising aromas of spices and vegetables chopping, so I couldn't help myself but exclaim 'Something smells good!' Then Sunita walks into the foyer area and claims that she hasn't even started cooking yet! I must have been *really* looking forward to this cooking coffee morning.

And I wasn't disappointed ... after a cooling refreshing drink while we waited for more ladies to arrive, we moved into Sunita's 'small' kitchen (well, it's bigger than mine anyway), and found ourselves a comfy bench to lean against. I truly believe that the best parties are always in the kitchen, and as we all cosied up together, the excitement built up it was clear that we all simply love Indian food.

We were given 3 pages of recipes, so we could take notes as Sunita effortlessly talked, demonstrated, and poured heaped spoonfuls of spices over almost everything with the occasional green chilli Wow, it looks so easy! I feel a few of us were wondering how we were going to manage the heat at lunch

We started off with 'Shake n Bake Chicken', and it really is throw the chicken in a bowl, throw the spices over it, mix, mix, mix, throw into the ovenmmmmmmmm. Spicy Potatoes were my favourite, so yummy, but took a bit more fiddling and cooking for my lazy kitchen habits, so I'm hoping Sunita will bring some more at the next mahjong. 2 cutlet-style dishes were demonstrated: one with chicken and one with fish, both crumbed and eaten with relish sorry, chutney, which reminds me that 3 chutney recipes were also shown - if you have a blender, you have a chutney in no time at all the coriander one was so enticing, it was even recommended as a garnish for pumpkin soup - fantastic! All the ideas, all the questions, where can we get the spices, but most important, where can we get that spice condiment container?

Before long, we are all helping ourselves to these deliciously cooked foods ... now the aromas were real, and the tastebuds were singing, and possibly singing for some, but never fear - Sunita is prepared with lassi yogurt drinks for all, as well as packets of spices to take home. All this with great company, catching up with holiday news, catching up with some latest diet tricks, and meeting some new ladies - what a fabulous morning! Thank you, Sunita - you are a wonderful hostess!





Lasalle Suites & Spa

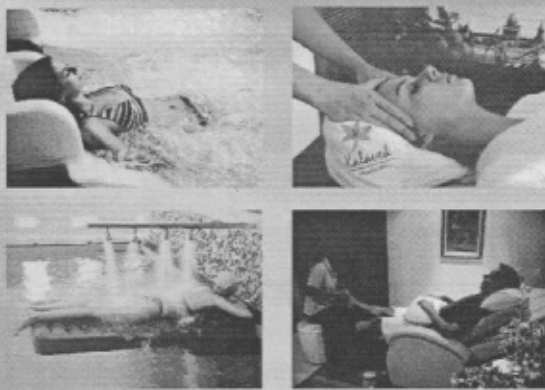
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 email: lasallesuite@gmail.com
 website: www.lasallesuite.com



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Tel: 02 763-6970-5; Fax: 02 763-6930
 email: kalavekspa@gmail.com
 website: www.kalavekwellnessspa.com

19 Soi Lasalle 33, Sukhumvit 105, Bangna, Bangkok 10260 Thailand

Special Rates
 for
Bangkok Patana
Community.

The Perfect Italian Lunch

On Thursday, Sept 17 some 20 ladies enjoyed a lunch that will not be forgotten for a long time.

Michela got up that morning and decided to spoil us all ! From 7:30 am onwards she cooked the most fantastic Italian dishes and at 12 noon we were treated to the following: Fried mozzarella sticks – Bruschetta – Gnocchi with blue cheese and bacon – Lasagne – Carbonara – Crespelle with porcine mushroom or salmon. Then there was an announcement that we were not allowed to leave the house until we all had tasted her homemade Tiramisu – ice cream and Panna cotta.

To end it all in Italian style, we had a glass of Lemon liqueur. By this time we all had to sit down for a while!!

It was a perfect Italian Lunch! Michela, once again thanks for your bellissimo lunch. Also a big thank you to Kay who so generously opened her house to us and served some delicious wines!



Until the next treat! Aleid



Recipes

Prawn and Couscous Salad with Lemon Dressing

For the salad:

- 200g (6.1/2 oz) couscous
- 3tbsp olive oil
- 75g (2.1/2oz) pine nuts
- 2 cloves garlic crushed or finely chopped
- 2 courgettes, thinly sliced
- 1 green pepper, diced
- 4 spring onions, sliced diagonally
- 1 long red chilli, finely chopped
- 2tbsp chopped flat leaf parsley
- 1tbsp chopped basil
- 1tbsp chopped mint
- 500g (1 lb) cooked prawns

For the dressing:

- 1tsp grated lemon rind
- 2tbsp olive oil
- 3tbsp lemon juice
- 1tbsp Thai fish sauce
- 2 cloves garlic crushed
- 2tbsp chopped fresh coriander

1. Place the couscous in a large heatproof bowl. Pour over 400ml (13 fl oz) boiling water, cover tightly with Cling-film and set aside for 7-10 minutes.
2. Meanwhile, heat the oil in a large frying pan over a medium heat and cook the pine nuts stirring, until they are golden. Add the garlic, courgettes, pepper, spring onions and chilli, and cook stirring for about 5 minutes or until the vegetables are just tender. Stir the mixture through the couscous, then add the herbs, tossing well to fluff up the couscous. Season to taste with salt and pepper and set aside to cool.
3. To make the dressing combine all of the ingredients in a small jar and shake well.
4. Just before serving fluff up the couscous and toss through the prawns. Serve the dressing on the side.

Enjoy
Jo Thomas

Peanut Butter & Jelly Bars

Ingredients

- 1/2 pound (2 sticks) unsalted butter, at room temperature
- 1 1/2 cups sugar
- 1 teaspoon pure vanilla extract
- 2 extra-large eggs, at room temperature
- 2 cups (18 ounces) creamy peanut butter (recommended: Skippy)
- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1 1/2 teaspoons kosher salt
- 1 1/2 cups (18 ounces) raspberry jam or other jam
- 2/3 cups salted peanuts, coarsely chopped

Directions

Preheat the oven to 350 degrees F / 180 degrees C

Grease a 9 by 13 by 2-inch cake pan. Line it with parchment paper, then grease and flour the pan.

In the bowl of an electric mixer fitted with the paddle attachment, cream the butter and sugar on medium speed until light yellow, about 2 minutes. With the mixer on low speed, add the vanilla, eggs, and peanut butter and mix until all ingredients are combined.

In a small bowl, sift together the flour, baking powder, and salt. With the mixer on low speed, slowly add the flour mixture to the peanut butter mixture. Mix just until combined.

Spread 2/3 of the dough into the prepared cake pan and spread over the bottom with a knife or offset spatula.

Spread the jam evenly over the dough. Drop small globs of the remaining dough evenly over the jam. Don't worry if all the jam isn't covered; it will spread in the oven. Sprinkle with chopped peanuts and bake for 45 minutes, until golden brown. Cool and cut into squares.

SILC PLAYGROUP

THE SILC PLAYGROUP HAS BEEN GOING STRONG FOR MANY YEARS NOW.

IT IS A WONDERFUL PLACE FOR THE MUMS TO MEET UP WITH FRIENDS AND TO MEET NEW PEOPLE TOO - FOR THE CHILDREN TO ENJOY PLAYING AND SHARING WITH FRIENDS.

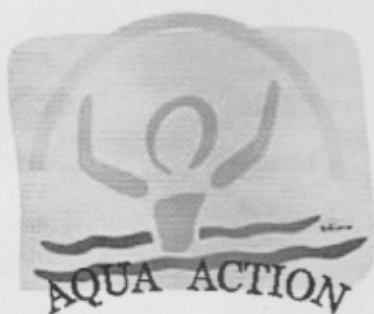
WE TAKE IT IN TURNS HOSTING THE PLAYGROUP AT OUR HOUSES AND PROVIDE SOME SNACKS FOR THE CHILDREN AND MUMS.

SO IF YOU HAVE CHILDREN FROM NEWBORN TO AGED 4 PLEASE COME AND SEE US SOON!

FOR ANYMORE INFORMATION CALL:

TANIA PEDERSON ON 0870 133 100

TANIADONOGHUE111@HOTMAIL.COM



WATER AEROBICS CLASSES

Mon 8.00am @ Lakeside 1

Wed 9.30 @ Narasiri

Thur 8.00am @ Ladawan

Contact Jenny Dibbayawan
Internationally trained Instructor

Mob: 081-349 5727

Email: aqua_action@hotmail.com

Totally Social Netball



At Bangkok Patana School
Wednesday nights 5.30-7.30pm

If it's been a while since you've
played....

We will help you get back into the
game!

Please email Jenni Jones to register

jennikjones@hotmail.com

SILC 15th Annual Charity Bazaar

We're happy to announce that the SILC 15th Annual Charity Bazaar will take place on Friday 6th November 2009 at Bangkok Patana School.

- For this event we're looking for volunteers to help us run the SILC tables from approximately 8.00 am until 4.30PM. If you can spare an hour or more :-), please contact the SILC Bazaar Team, we'd be delighted to hear from you.



- We'd also like to make a call for donations to be sold at the SILC tables: it could be books, toys or any bric-a-brac. All items can be either deposited on the day at the Bazaar or at the following collection points **after Oct 26th:**

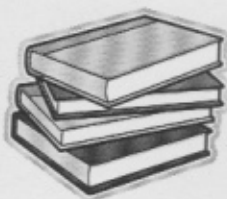
Fantasia Villa 1 - Priya Thomson 3212/2 Fantasia Villa 1 Soi Bearing 26, Sukhumvit 107
chiuboyz02@yahoo.ca

Garden Towers - Jo Hobbs, Tower 1, Apt 19A, 2/4-5 Moo 14 Bangna Trad KM 6.5 hobbsling@gmail.com

Ladawan - Jane Wise 25/10 Soi 1/1 Ladawan Srinakarin wiseinbk@truemail.co.th

Mooban Panya - Aleid Rijks 493 Soi 35 Mooban Panya Pattanakarn Soi 30 aleid_dirk@hotmail.com

Mansion in the Park - Michela Prada Apt 5B, 26/9 Soi Prasert Issaram Samakkee rd, Pakkred, Nonthanburi
m.pianesi@tiscali.it



Last but not least it's time to recognize our SILC members' talents! Potentially as part of the bazaar and as an on-going part of the SILC services, we'd like you to advertise any skills you'd like to share with other members whether it'd be on a barter basis for a fee or on a purely voluntary basis. Please drop us a line if you're a Lia Smith in disguise, a little fairy with a needle etc.

Thank you in advance for your generosity,

The SILC Bazaar Team
silc-bazaar@hotmail.co.uk

Priya Thomson
Stephine Hobbs
Annette Smits

Try out these brain teasing puzzles - the solutions will be in next month's newsletter!

She-goat, Wolf and Cabbage

A farmer returns from the market, where he bought a she-goat, a cabbage and a wolf (what a crazy market :-). On the way home he must cross a river. His boat is small and won't fit more than one of his purchases. He cannot leave the she-goat alone with the cabbage (because the she-goat would eat it), nor he can leave the she-goat alone with the wolf (because the she-goat would be eaten).

How can the farmer get everything on the other side?

Darkness Phobia

One family wants to get through a tunnel. Dad can make it in 1 minute, mama in 2 minutes, son in 4 and daughter in 5 minutes. Unfortunately, not more than two persons can go through the narrow tunnel at one time, moving at the speed of the slower one.

Can they all make it to the other side if they have a torch that lasts only 12 minutes and they are afraid of the dark?

The Barbershop Puzzle

A traveler arrives in a small town and decides he wants to get a haircut. There are only two barbershops in town - one on East Street and one on West Street. The East Street barbershop is a mess, and the barber has the worst haircut the traveler has ever seen. The West Street barbershop is neat and clean, its barber's hair looks as good as a movie star's.

Which barbershop does the traveler go to for his haircut, and why?

Erawan Museum Tour

Well, Tuesday the 1st of September saw our first SILC tour of the new school year. About 9 ladies joined in for a fascinating tour of the Erawan Museum, otherwise known as the "Three Headed Elephant Museum". When we arrived there at about 9.30am we met up with a nice English speaking lady who was going to be our guide for the morning. Mind you there was about 200 Thai school kids taking the tour also but that didn't really interrupt much. A bit nosier then you would expect but I guess if they weren't there it would just have been us!

We started on the 1st of the three floors that makes up this amazing museum. It was designed by a man called Khun Lek Viriyapant, who also designed the Sanctuary of Truth in Pattaya and the Ancient City. Unfortunately he died before it was completed but his family saw it through to the end.

Khun Lek's imagination and ideas were inspired by his wish to preserve his collection of antiques to Thai cultural heritage. Many of these were priceless objects of art, most of which were on display on the first floor. A lot of the interior was made up of broken pieces of these antiques such as bowls and spoons. It is quite hard to explain this; you would really have to see it for yourself to understand.

Then we continued on to the 2nd floor this was also amazing. This was called the Hall of Human World on Earth! Here there was a spectacular stained-glass ceiling featuring the world map and the zodiac.

Then it was on to the 3rd and final floor. Here we had a choice; we could take the lift or climb the 66 steps.

Well, of course you know what we choose?? Yes you got it the steps, NOT!! But we did walk back down them and bumped into all the school kids going up!

Well, here we were on the top floor otherwise known as the Elephant's Belly or Tavatimsa Heaven. And we all thought there were only 3 steps to Heaven!! That's what Shwaddy Waddy led us to believe! Sorry just kidding! This was a wonderful place. The colour blue seemed to dominate this floor and there was a great display of Buddha images. Here we were able to make an offering and have some time to reflect.



After all that we went back down to the gardens for a look around and to make more offerings and a make wish while floating a flower on the pond. This is really a great Museum to visit. If you have not already done so you should take a trip there. It's so close to the Samut Prakan area, I'm sure many of you have seen this from the expressway.

The height of the elephant is 29 metres; the height including the building is 43.60 meters. The width of the elephant is 12 meters, the length is 39 meters. The weight of the elephant's body is 150 tons and the weight of the head is 100 tons. So as you can imagine it's pretty big!!

This was a great start to the SILC touring season. Many thanks to Sarah for organizing it and we look forward to many more in the coming months!

Kay.

New Members

NEWCOMERS COFFEE MORNING – MONDAY 14 SEPTEMBER OAKWOOD BANGNA RESIDENCE

This was the first newcomers coffee morning SILC has hosted and what a success it was too. (Good idea Lian!) Over 20 newcomers either new to Thailand or new to the Bangna area turned out to enjoy the coffee, teas, soft drinks, pastries, muffins and fresh fruit (all provided by Oakwood) as well as to meet other new ladies and find out more about this amazing city we live in.

There were 6 committee members present all doing a great job introducing themselves to the newcomers telling them all about SILC, giving advice of where to shop, schools, drivers, maids etc and generally finding out about each other.

Lorraine and Aleid, treasurer and membership were also kept busy as 10 of the ladies joined SILC on the day! We hope to see them all at some of the impending events that we have coming up in the months ahead.

A big thank you goes to Mr Bjorn Richardson, the General Manager of Oakwood residence who arranged the coffee morning for SILC, also to Khun Suwanna for her excellent tour of the new Oakwood apartments and facilities and to Khun Duddow from Garden Towers.

Jo Thomas

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

**Aleid Rijks
085 342 0432 / aleid_dirk@hotmail.com**

SILC Members Directory Update

Don't forget to let us know if you know about new places, bad places and 'same old same old places' around Bangna to go in our updated SILC 'yellow pages' directory.

Please forward any information to Aleid Rijks: aleid_dirk@hotmail.com

My name is Maria Mellblom, I am 34 years old and I come from Sweden. We have been in Bangkok for 2 years now and we just love it. I am here together with my husband Martin and our two sons, Melvin 5 years old and Milton 20 month old. My husband and his brother have a garment factory together so we don't know how long we will stay, maybe forever.



New SILC Members—put a face to the name.

Write a short blurb about yourself and your family, include a picture and send to:

Jan Briggs
kajmb@aol.com

New Members this month:

Aya Hong
Bets Doidge
Cheryl Rego
Fiona McKeever
Lena (Helene) van Es
Lucy Schlaepfi
Maria Mellblom
Sibel Esder
Vicky van Keuren

Welcome to SILC

What's on in Bangkok

The Punchline Comedy Club: visit www.punchlinecomedy.com/bangkok

This month Live Stand-up comedy from UK comedians Bob Mills, Barry Castagnola & Andre Vincent Performing at The Bulls Head, 595/10-11 Sukhumvit Soi 33/1 on 16/17th October 2009.

Films:

Coco before Chanel - Summary: This is the story of Gabrielle "Coco" Chanel, who begins her life as a headstrong orphan, and through an extraordinary journey becomes the legendary couturier who embodied the modern woman and became a timeless symbol of success, freedom and style.

The Proposal - Summary: When high-powered book editor Margaret (Sandra Bullock) faces deportation to her native Canada, the quick-thinking exec declares that she's actually engaged to her unsuspecting put-upon assistant Andrew (Ryan Reynolds),

Streets of Blood - Summary: A police officer's partner has died during Hurricane Katrina, but he later discovers that his partner may have been murdered. An investigation follows, taking the officer and his new partner into the depths of the criminal underworld.

For showing times see local press or visit www.movieseer.com

Dining:

For a special celebration: Enjoy a meal whilst floating along the Chao Phraya River in an antique Rice Barge. You can enjoy constantly changing scenery as you dine on first class traditional Thai cuisine. There are 2 cruises per night : The Sunset Cruise at 6pm and the Bangkok at Night Cruise at 8.10pm For more details visit www.loynava.com

Helping Hands Cookery School.....

Having now been to the Grand Palace 5 times in my first year in Bangkok with various visitors I was delighted to follow Marit's recommendation and take my recent ones to the Helping Hands Cookery School based in the Klong Toey slums.

Khun Pooh started the school with the help of the charity UNOH when the price of rice increased so significantly she was not able to continue to sell her delicious food to her neighbours viably.

The experience starts with a fascinating trip around the Klong Toey market to buy fresh ingredients with Khun Pooh, and learn about what's available including the eels, frogs, crickets etc ?! As the only Farangs we caused some entertainment as well as being enthralled ourselves. Then after a short Tuk Tuk ride it's back to the slums to watch her demonstrate the dishes before you cook and eat them yourselves, we left completely full after lunch with goodie bags and no need for dinner that evening !

Depending on your taste you can pick your menu from the choice of five groups each with about 4 dishes. On leaving Khun Pooh provides you with your set of recipes.....

Now her business is established she puts some of her profits back to the charity to help others start out, including her friend who offers excellent massages(I'm told by my visitors) next door.

My visitors were all well travelled keen cooks and rated this experience as one of the highlights of their Bangkok visit..you can find out more from Pooh (Thai) on 087 686 3714, or Anji (English) on 084 901 8717.

Khun Pooh's neighbours are hoping to bring their handicrafts including cards, bags, jewellery to the SILC bazaarand there will be more details of the cookery school available so please pop along and support these enterprising ladies

Lyn Hine

And finally...

Lie detector

John was a salesman's delight when it came to any kind of unusual gimmicks. His wife Marsha had long ago given up trying to get him to change. One day John came home with another one of his unusual purchases. It was a robot that John claimed was actually a lie detector.

It was about 5:30 that afternoon when Tommy, their 11 year old son, returned home from school. Tommy was over 2 hours late.

"Where have you been? Why are you over 2 hours late getting home?" asked John.
"Several of us went to the library to work on an extra credit project," said Tommy.

The robot walked around the table and slapped Tommy, knocking him completely out of his chair.
"Son," said John, "this robot is a lie detector, now tell us where you really were after school."

"We went to Bobby's house and watched a movie." said Tommy.

"What did you watch?" asked Marsha. "The Ten Commandments." answered Tommy.

The robot went around to Tommy and once again slapped him, knocking him off his chair. With his lip quivering, Tommy got up, sat down and said, "I am sorry I lied. We really watched a tape called Sex Queen."

"I am ashamed of you son," said John. "When I was your age, I never lied to my parents." The robot walked around to John and delivered a whack that nearly knocked him out of his chair.

Marsha doubled over in laughter, almost in tears and said, "Boy, did you ever ask for that one! You can't be too mad with Tommy. After all, he is your son!"

The robot walked around to Marsha and knocked her out of her chair.

Chiropractic and Physical Therapy

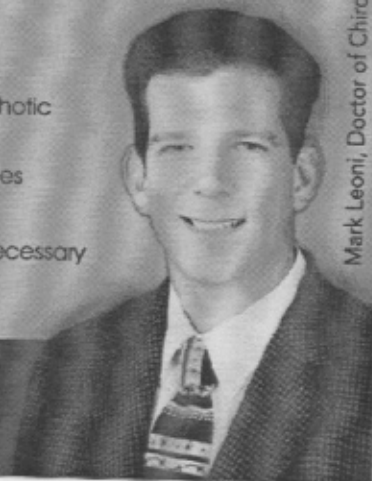
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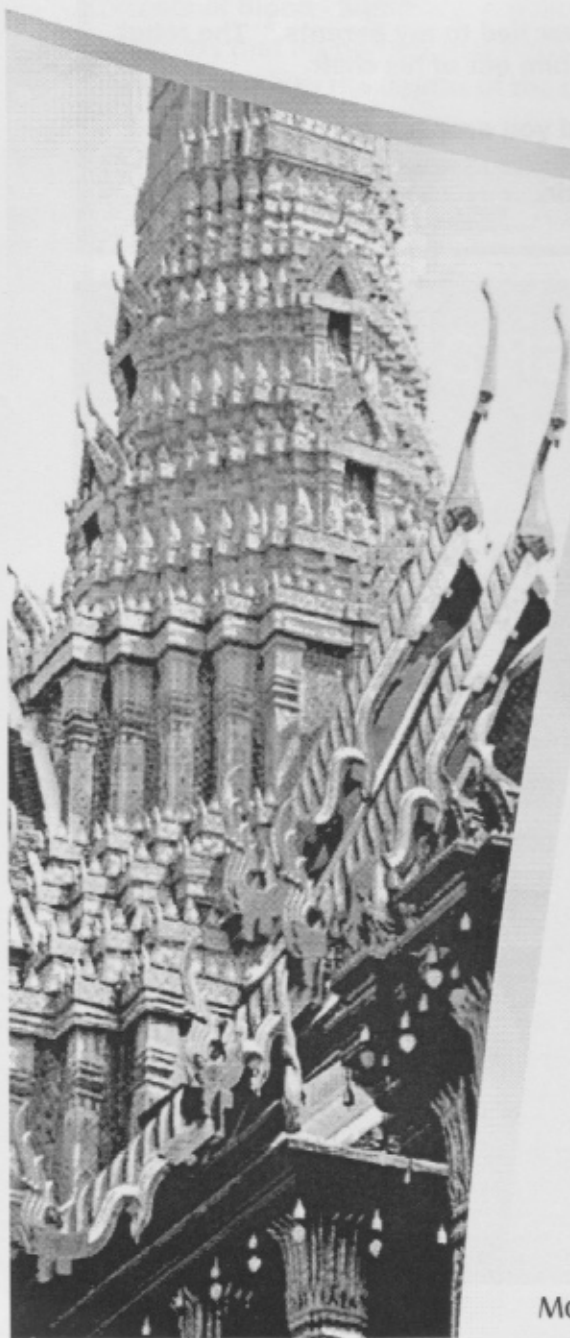
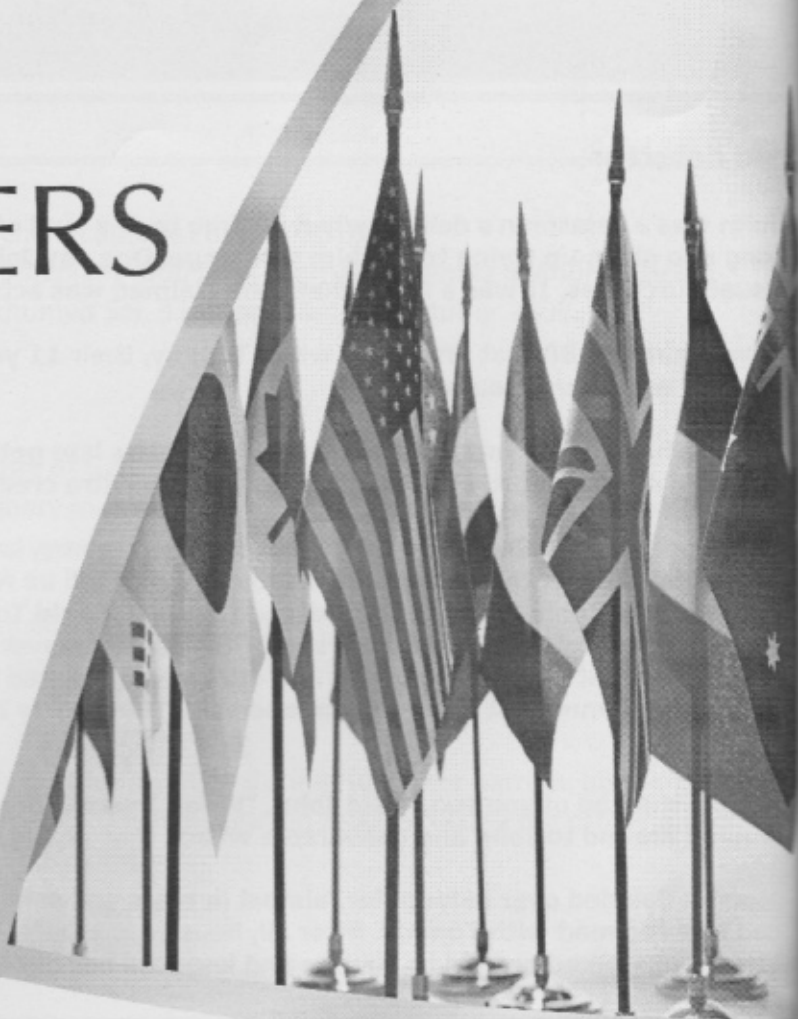


Mark Leoni, Doctor of Chiropractic (USA)

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