



October 2017

SILC NEWS





A publication by the Samutprakarn International Ladies' Club

Bazaar
countdown
begins

How to get
involved

Who we
help

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A word from our Chair

In a little over a month we will be hosting the SILC Bazaar. As there are many newbies to SILC I thought I would take this opportunity to tell you about it.

From humble beginnings - with a few vendors in a founding member's garden 25 years ago - the SILC Bazaar is now a well-known and well-loved event. It generally happens in early November and is one of the first of the season.

The Bazaar is our one and only regular fundraiser. SILC is able to generate income for our Community Projects by selling table space, as well as cakes, crafts, beverages, pre-loved books and bric-a-brac on the day. We are kindly hosted each year by Bangkok Patana School.

Vendors are hand-picked to ensure a good selection of products at affordable prices including: handicrafts, jewellery, homeware, food, personal care, kids' products and Christmas-themed items.

For it to be a success we need you to **tell people** (in your building / at your kids' school), **come along** and **bring your friends!** We also need help in other ways:



Empty out your closets and bookcases. This is the perfect opportunity for you to have a really good clear out! Your pre-loved stuff will be snapped up quickly. You will be able to drop all your items off at the school the week leading up to the Bazaar.



Put your baking skills to good use. There really is nothing better than home baked goods, and our cake table is the only one at the Bazaar, so business will be brisk. Please consider baking for us. It doesn't have to be anything fancy, just yummy!



Volunteer your time. As you are coming to the bazaar anyway, please volunteer for an hour or two (or more) to help on the SILC tables. We need a team to man the following tables: Entrance tables, Lucky Dip, Beverages, Home baked goods, Bric-a-Brac, Pre-loved books, SILC Cookbook sales and Crafts.

Please contact silcbazaar@gmail.com and let us know how you want to be involved. Thank you.

Tracey H



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SILC BAZAAR

Brought to you by the Samutprakarn International Ladies' Club



10th November
08:00-16:00
Bangkok Patana School

A whole host of fantastic Bangkok-based vendors to tempt you - from gorgeous homeware, to stunning jewellery to indulgent treats.

100 THB entry fee, in aid of SILC community projects.

Please bring photo ID.



Last year's bazaar

2016

A RECORD YEAR!

\$255,985



VENDOR TABLES

We welcomed 60 vendors of which 10 were charities, and 40% were new to the bazaar.



TICKET SALES

We received over 350 visitors, with the majority of them paying 100 THB at the door (excl. Patana Kids and staff).



CAKE STALL

SILC ladies did a wonderful job baking and selling at one of the most popular stalls at the bazaar!



COOKBOOK SALES

It was a great opportunity to snap-up one of our bilingual cookbooks in the run-up to Christmas.



CHRISTMAS CRAFTS

The SILC craft group (aka 'The Crafty Ladies') burned the midnight oil to put together a range of gorgeous Christmassy items..



BEVERAGE STALL

SILC is the only drinks vendor at the bazaar, making this a very busy stall!



PRE-LOVED BOOKS & BRIC-A-BRAC

We all had a good clear-out and donated piles of books and bric-a-brac

Who we helped

Thanks to the hard work of the SILC volunteers and the generosity of our visitors, we were able to help a huge number of great causes following the 2016 bazaar, including:



Klong Toey Slum kids' football team – transport for 1 year: 50k (see article on page 25)



Home of Grace - refuge for unmarried mothers: 5k towards roof repairs

Dog spaying, neutering and vaccinating in areas around SILC supported pre-schools: 25k



Sponsoring 4 teenagers at Noh Bo Academy: 48k (education, board & lodgings - 1 year)



Place of Grace: 35k for teenagers' trip



J Square International school: sponsorship of 2 kids: 24k plus 4k for books

THANK YOU

Mahwong & Prakkasamai pre-schools - child-sponsorship and ongoing supply of food stuffs: 38,400



Heavenly Homes orphanage in Mae Sot (85 kids): sponsoring teacher at 35k for the year plus 6k dry goods



Volunteers needed



The Bazaar can't happen without our lovely volunteers, so please do let silcbazaar@gmail.com know if you can spare any time to give us a hand:

In the run-up to the event:

- Support in promotion (on social media etc.)

On November 9th (3pm-6pm):

- Supervising preparation of the hall
- Putting up signage around school
- Showing vendors to their tables
- Distributing name tags
- Organising pre-loved books & bric-a-brac stalls

On November 10th (in slots from 8am through to 4pm):

- Collecting entrance fees
- Selling cookbooks and crafts
- Manning SILC beverage, cake & lucky-dip tables
- Selling Bric-a-brac & pre-loved books
- Manning the SILC membership table

CAN YOU HELP?

Donations needed:

- Cakes
- Bric-a-brac
- Second hand books

Contacts needed for sponsorship of:

- Fresh ground coffee / coffee beans
- Soft drinks



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Coming up in October


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3 Zumba	4	5 Handbag workshop 2 Olive meal	6 Craft @ Mahawong Book Club	7	8
9 Committee meeting	10	11 Chatuchak tour Craft @ Prakasamai Mahjong	12 Zumba	13	14	15
16 Muay Thai taster	17	18 Coffee Morning & Make Up Mahjong	19 Zumba	20	21	22
23	24 Copy deadline for newsletter	25 Mahjong	26 Zumba	27	28	29
30 Aqua(tbc) Halloween cupcake decorating	31					

SILC News Copy Deadline for November e-Newsletter: 24th October
 If you have any activities, events, book reviews, recommendations for holidays or items for our bulletin board please forward them to the Editor:
silcmagazine@gmail.com



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SILC OUT & ABOUT: Mediterranean feast time!



We're going to be heading to Ekkamai for a Mediterranean feast at one of our favourite Bangkok eateries - Olive, **on Thursday 5th Oct. from 7pm**

Join us for a casual get together over fabulous food!

@OLIVEBANGKOK.COM

37/1 Soi Chareonjai (Ekamai 12)

700 THB/pp for food (drinks extra)

Email silctour@gmail.com to RSVP



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SILC OUT & ABOUT: Tour of the month



CHATUCHAK PLANT & FLOWER MARKET

Whilst Chatuchak is better known for the weekend stalls selling everything from clothes to crockery, many do not know that the internal road that goes around the market is transformed into a huge plant nursery / garden center on Wednesdays and Thursdays.

Join us on **Wednesday, October 11th** to explore this street lined with stalls selling a huge variety of exotic flowers and plants, browse through bonsai trees, cacti, succulents and many more.....or just take in the gorgeous array of flora and snap some photos.

Don't miss this opportunity to visit with our lovely tour team - who know their way around AND speak Thai!

To sign-up, please email Lek and Shirley at silctour@gmail.com.

Meeting point: Mo Chit BTS

Oh, and don't forget to get collected if you want to buy something big!



SILC OUT & ABOUT: Muay Thai taster



Ever felt like
giving Muay Thai
a go? Join us for
a taster session in
Bangna on 16th
October at 10am.
Cost 400thb

Email silc.community@gmail.com for details and pricing



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SILC OUT & ABOUT: Make-Up Coffee Morning

Celebrated Bangkok-based make-up artist - Ambika - invites you to a tutorial on applying make up based on your face shape, skin, age & colouring.

Weds 18th Oct, 10am - 12 @ Dominique's house (Srinakarin Road)

You are welcome to bring your own make-up and brushes to practice and ask any questions.

Please bring a plate of something to share if you can. **RSVP:** silccoffees@gmail.com

SILC OUT & ABOUT: Spooky decorations


**Would you like to
impress your kids with
some designer
Halloween cupcakes
this year?**

**SILC's very-own star baker, Aakrati, has
offered to share her cake decorating
skills in a Halloween-themed workshop.**

**On 30th October, 10 - 12.30 in Bangna.
600 THB/pp incl. materials & tuition.
Please RSVP to silcchair@gmail.com**



SILC OUT & ABOUT: Indian charity brunch



**Sunita, the founder of
SILC, would like to
invite you to a
sumptuous Indian
brunch
on Friday 3rd
November from 11:30,
at Lakeside Villa 2.**

**Non-members welcome
Charitable contribution: 100 THB
Please RSVP to silcchair@gmail.com**

SILC OUT & ABOUT: Naga Fireball Festival



It is reported that a remarkable phenomenon occurs each year in the full moon in the 11th month of the lunar year. In the Mekhong river, fireballs rise from the water into the sky, ascending a few hundred meters before they evaporate into the night. They vary in size from small balls up to the size of an egg. The fireballs are smokeless and soundless. Known as *Bang Fai Phaya Nark*, or Naga fireballs. People living along the Mekhong River believe the fireballs come from the breath of Nagas that live in the depths of Mekhong River. The story of the Nagas in the Mekhong River is similar to the Loch Ness monster in Scotland.



SILC OUT & ABOUT: Looking for a project?



SILC OUT & ABOUT: In September we Zumba'd...



WHAT a work-out we enjoyed at our first SILC Zumba lesson! Thanks so much to our teacher Karine, who is brilliant fun and - more importantly - has EXCELLENT taste in music!

We will be organising regular sessions (mostly) on Thursday mornings in the Bangna area (Srinakarin near Foodland). For the first week in October we are meeting on Tuesday at 08:30 am!

Please contact silcmagazine@gmail.com if you would like to join in.



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SILC OUT & ABOUT: ...we sampled truffles...



Well done to the lucky few who were quick to sign-up for this exclusive chocolate workshop with Paul from O Chocolah!

It's safe to say that their faces tell the story...

With thanks to Paul who donated his fee to SILC's 'Smalls for All' campaign.

For more information on O Chocolah visit

www.facebook.com/ochocolah/



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SILC OUT & ABOUT: we dined out in BangNa...



Big thanks to Tracey for organising a lovely night-out at Prosecco. Members new, 'less new', and positively fresh out of the oven (!) had a really fun evening getting to know each other.

The authentic Italian food went down a treat, as did the vino and limoncello!

Do check-out Prosecco for yourselves - it's a real hidden gem (02 316 3924), and don't miss the next meet-up, this time in Ekkamai - Olive on 5th October



SILC OUT & ABOUT: ...we even carved veg!



Thank you so much to Jimmy for hosting a potluck brunch and showing us around her lovely garden. Not to mention teaching us about the ancient Thai art of fruit and vegetable carving!



SILC OUT & ABOUT: Anyone for Mahjong?

Pungs and Kongs, Winds and Dragons, Chows and Wiggly Snakes r - ever wondered what Mahjong is all about?? Come along and give it a go!

No experience needed - we have members who have played for years and those some who have only recently started - help and advice readily available. We meet each Wednesday, taking it in turns to host - it's social, fun, keeps the grey matter active plus there's a yummy lunch !

Contact Sally on silcsecretary@gmail.com



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SILC OUT & ABOUT: Aqua / Playgroup

**JOIN
US!**

Please contact Jan. Classes (Mondays 8-9:15am at Bangna Pride, Bangna Trad) start after October mid-term break for a minimum group of 6.



The classes are a great workout (as well as a chance to chat with friends) and all you need is a swim noodle. Contact jan.briggs22@gmail.com



On a separate note, we are delighted to announce that one of our members has volunteered to set-up a baby and toddler group, here in Bangna. If you would like to get involved, please contact Sara at silcplaygroup@gmail.com. We will share further information so we can spread the word in due course.

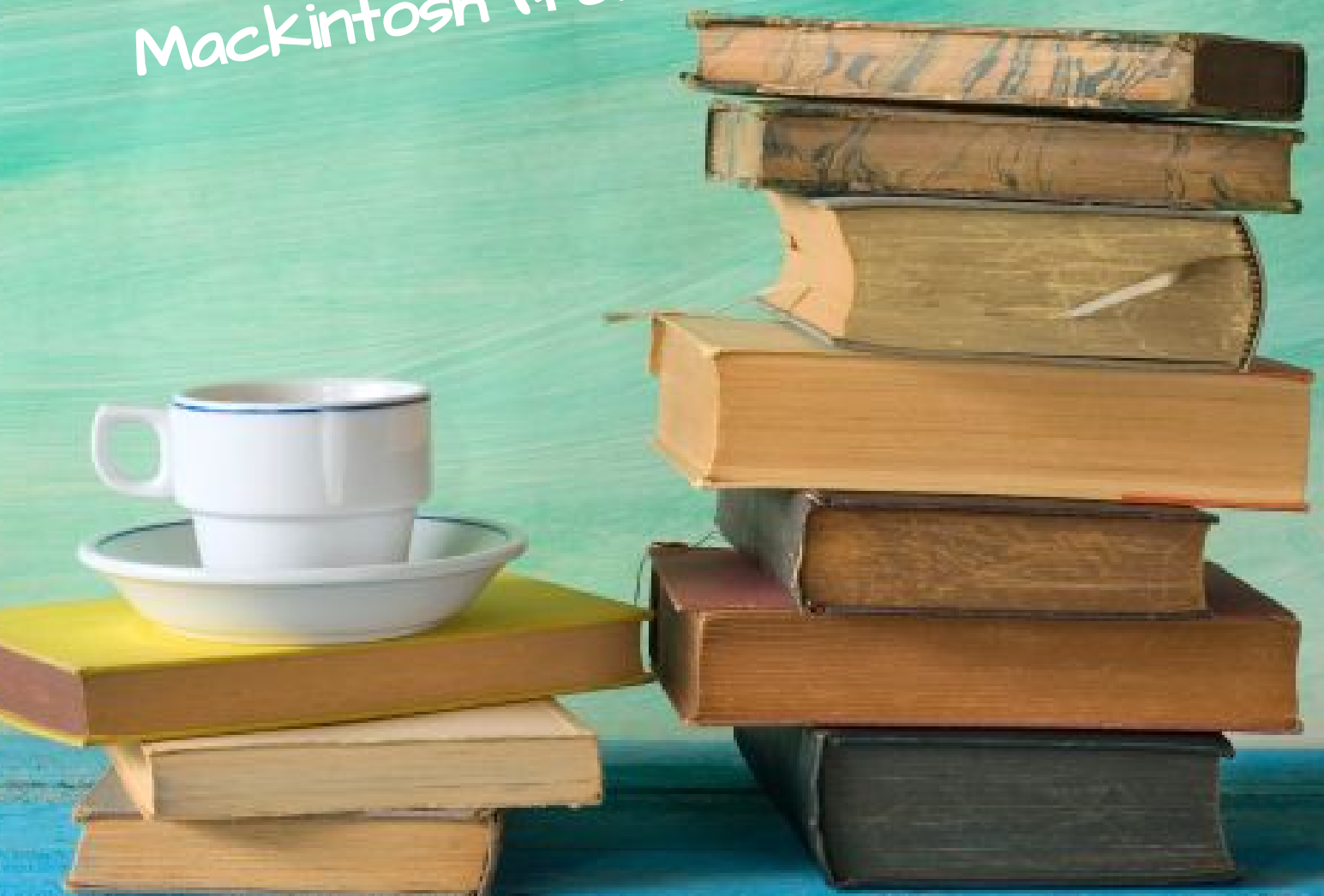


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SILC OUT & ABOUT: Book Club

Like to join us for book club
over lunch on 6th October?

Email silcbookgroup@gmail.com
Next book: 'I see you' by Clare
Mackintosh (for November)



SILC OUT & ABOUT: Good sports!

Are you a total novice wanting to take up a new hobby, or a budding Annika Sorenstam looking for a partner?

Contact Irene
(irenemgray@hotmail.com)



If tennis is your game and you're on the hunt for a worthy opponent, contact Shirley
(forget.me.not1688@gmail.com)



COMMUNITY PROJECTS: Khlung Toei Football Club

By Kay Hickey

One of the projects we have been able to support as a result of the success of last year's bazaar is one very close to my heart. As a regular visitor to the Khlung Toei slums I was often struck by how carefree the youngsters seem whilst playing football, so when I heard SILC could make a real difference with a financial contribution to their Club, I really wanted to make it happen.

The team wanted to say a personal thank you to all the ladies at SILC. Read their story on the next page.



The under 10's (the youngest in the club) are still coming down from the height of excitement in their latest competition which saw them walk away as overall champs. The buzz of the team could be felt by all involved as they celebrated the joy of teamwork, hours of skills training, fun, healthy choices and hard-work culminate into success.



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COMMUNITY PROJECTS:

Khlong Toei Football Club

Every afternoon (Mon-Fri) the Klong Toey Community Centre in Lok 6, between the hours of 4pm-8pm is a haven to 110 males (on average) throughout the course of the evening, from 6 years old and up. While it is predominantly male, there are a handful of girls who have begun to take an interest of late.

The Klong Toey Football Club creates healthy options for particularly male youth to spend their time, creating a safe space to belong instead of losing them to gaming, drugs, or seeing them drop out of school too young as is seen all too often in our community. The coaches of the club are young adult males from our community who volunteer their time to give back to the next generation as most of them have grown up in the club themselves.

Currently the football program has teams in the following age groups: Under 8's, Under 10's, Under 12's, Under 14's, Under 16's , Under 18's, Mens.

We are very grateful for your kind and very generous donation of 50,000B which has been used to assist the club with many things including: providing transport to and from competitions around the city, food for all participants during competitions, snacks and drinks for training sessions, nomination fees for events, new jerseys for the teams to compete in, sports equipment (socks, footballs, shin guards, futsal boots), holiday programs during the Thai school summer holidays and special support for one of the boys.



COMMUNITY PROJECTS:

Khlong Toei Football Club

Here is a story of one boy in our football club to show a glimpse of the impact your donation has had on lives in Klong Toey.

“Ice” is a 12 year old boy, currently in grade 5 who is involved in the football program at the Community Centre. He was also a student of the Kindergarten at the Community Centre many years ago. He is being raised by his Grandma and has one younger sibling. His mother suffers from drug addiction which sees her in and out of jail frequently.



“Ice” was attending a school in the community but was really struggling with his attendance. He began to skip school frequently due to embarrassment at his inability to read and write adequately for his age.

He lives for football and it was through his afternoon attendance at the program that some of our staff became aware of his struggle with education. His grandma chatted with the coaches and staff at the Community Centre about feeling overwhelmed and worried about his spiraling behaviour. Offering respite to Grandma, he came to stay at the Community Centre for a while.

One of the Centre staff helped him enroll in a better school and arrange transport every day, for extra help from the teachers, tutors and local leaders. Football has helped him stay in school and have purpose, offering incentive to learn, especially now he is in the school football team as well as continuing in the football program at our Centre.

We have seen him flourish in the last few months, from a child who barely attended school and was at high risk of joining in drug related activities to a child who loves learning, is improving in his football skills every day and full of life. His grandma has been overjoyed with his improved behaviour and encouraged by his new found enthusiasm for learning.

Thanks for being a part of helping make a positive difference in the lives of young people like Ice affected by poverty. Keep up the good work!

COMMUNITY PROJECTS: Bright smiles all round!



A big thank you to everyone who donated their time to come and join in with our healthy teeth days at Mahawong and Prakkasamai pre-schools. We're happy to report that the dentists who were visiting noticed a marked improvement in the children's dental hygiene!

COMMUNITY PROJECTS:

Oil run



SILC donates 80,000 THB a year to help feed elderly and disabled people in the Khlong Toei slums by providing nearly 200 bottles of soybean oil each month.

The Western Australian Congregation of Presentation Sisters support in providing rice, fish and sauce.

A handful of hardworking SILC volunteers and other ladies (and one gentleman!) buy and deliver the food each fortnight. New volunteers are always welcome!



**Do you have time
on Friday
afternoon?**

Email
silc.community@gmail.com
if you would like to know
more or get involved in this
or any of our SILC-supported
Community projects.



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COMMUNITY PROJECTS:

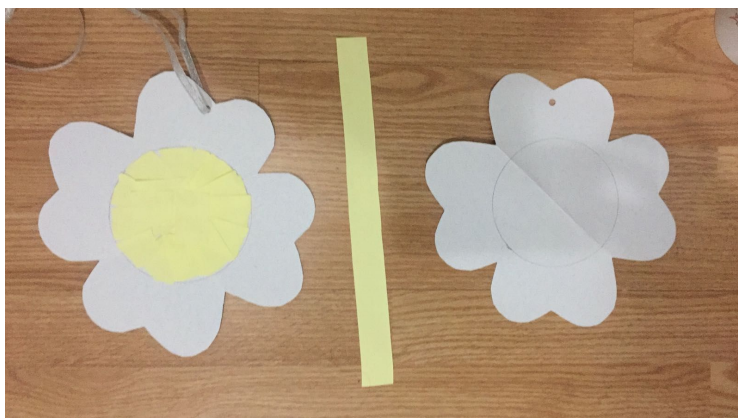
English and craft

English programme: Currently on-hold until November (due to Thai school break).

Whilst we have a waiting list of people interested in volunteering as teachers, anyone is welcome to come along and watch - contact <mailto:alexrogan4@gmail.com> to enquire.

Additionally, if you know of other pre-schools or places that may benefit from an English programme, please let us know.

Good quality English books for ages 5-6 (numbers, colours etc) greatly appreciated!



Craft activities: In October we will be helping the children make a floral tribute to Thailand's beloved late king Bhumibol - at Mahawong on **Friday 6th October** and at Prakkasamai on **Wednesday 11th October**,

To volunteer contact silc.community@gmail.com



SILC MEMBERS:

Khao Soi spaghetti



Ingredients

Khao Soi

500g spaghetti
1 jar Yellow Curry Paste
250 ml coconut cream
750 ml coconut milk
250 ml chicken stock (low sodium)
3 Tbsp vegetable oil
3-4 Tbsp fish sauce (to taste)
2-3 Tbsp palm sugar (to taste)

Chicken Gai Yang

5 boneless chicken thighs, cut in half
2-3 Tbsp fish sauce
1.5 Tbsp coconut or palm sugar
3 cloves garlic, crushed
2 Tbsp coriander stems, minced
1 tsp white Pepper
4 Tbsp soya sauce
1 Tbsp vegetable Oil

Prawns

20 prawns, head/shell removed & deveined
1 tsp oil
1 tsp paprika
salt & pepper to season

Condiments (serve in separate bowls)

1 head Chinese cabbage, shredded
200-300 g bean sprouts cleaned
4 pcs red chillies, sliced and marinated in white vinegar 30 mins before serving
1 pkg pickled ginger
1 bunch coriander leaves (left from marinade)
4-5 limes cut into wedges

See next page for method.

You can still buy our bilingual cookbook by emailing silccookbook@gmail.com. All proceeds go towards SILC-supported community projects



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SILC MEMBERS:

Khao Soi spaghetti

Method: Pound the chicken to flatten slightly and season with black pepper. Combine remaining ingredients in bowl and whisk. Let it stand for 10-15 minutes and whisk again to ensure the sugar is dissolved. Taste it and adjust the seasoning to suit. Add some lime if it is a bit salty. Add the chicken and mix well with your hands. Cover and place in the fridge. Mix one more time and remove from fridge 1 hour before cooking. It should marinate for at least 2-4 hours in advance.

Pre-heat a wok and add oil, yellow curry paste and 75 ml of coconut cream. Cook until flavours start to release. Add remaining coconut cream and coconut milk. Bring to boil and then reduce heat to medium and let simmer to reduce and thicken for 15 minutes. Add sugar and fish sauce to taste. You can add chicken stock as required so the sauce does not get too thick. Keep warm.

Preheat Gas BBQ to 350F/175C. If you do not have a BBQ then preheat oven and place chicken on a baking rack and tray. Prepare all condiments and keep in fridge. Set large pot with salted water and 1 Tbsp of oil to boil.

Place cleaned prawns in a bowl, combine with all remaining ingredients.

Grill chicken on BBQ on low heat, skin side up for 10-15 minutes with the lid closed. Turn, brush with marinade and cook for another 10-15 minutes, lid closed. The key here is cooking low and slow. Remove from BBQ and cover with tin foil.

Once chicken is cooked, clean lower grill, increase heat to medium and cook the prawns turning once. Remove, squeeze half a lime and set aside covered with foil.

Add spaghetti to boiling water and cook 5-6 minutes maximum as they should be extra al-dente. This will allow them to soak up more of the Khao Soi sauce. Before draining noodles, reserve a cup of the water.

Drain noodles (do not rinse) and immediately add back to the pot. Pour half the cup of water into the noodles and add most of the Khao Soi sauce. Mix gently so the noodles are thoroughly coated. Add water and remaining sauce to desired texture.

Cut chicken into strips and add to one half of serving plate. Add prawns to other side of plate. Serve the pasta, condiments and chicken and prawns.

To serve, add desired amount of Khao Soi noodles, chicken, prawns, cabbage, sprouts, chillies, cilantro and lime to your plate. Add some black pepper or dry chilli flakes if you like it spicier. Mix well and enjoy!



Congratulations...



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Half day cooking/carving classes: 1,500 THB/person.

Special price for SILC members who book and pay before 31.12.2017 : 1,200/person.

Location : 33/134 Bangna villa soi 2, Bangna Trad RD soi 39 (km5)

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On site visit please contact Khun Wilai
Tel. No. 02 385-7994-5 ext. 335
(09:00–18:00 hrs. on Mon-Fri)



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hasenpfeffer

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Book by

WILLIAM FINN

Rachel Sheinkin

Conceived by

origami

vug

Rebecca Feldman

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Saturday, 30 September - 7:30 PM

Friday, 6 October - 7:30 PM

Saturday, 7 October - 2 PM

acouchi

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on Phetchaburi Road

dinosaur

syzygy

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Facebook: Spelling Bee - BCT

Email: info@bangkokcommunitytheatre.com

tittup



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The Bangkok St Andrew's Society
in association with The British Club Bangkok presents

FAMILY FAIR WITH A SCOTTISH FLAIR

Join us for a fun-filled day with a bouncy castle, face painting, Scottish Country dancing and exciting games, including the tug-of-war, caber tossing and haggis races. Enjoy scrumptious food and drinks against the backdrop of Scottish music performed by the British Club Pipe Band!

Saturday, 7th October 2017

At The British Club Bangkok

From 11:00 am to 4:00 pm



<http://www.bangkokscot.org>



[Facebook.com/BangkokStAndrewsSociety](https://www.facebook.com/BangkokStAndrewsSociety)



[@BangkokStAndrew](https://twitter.com/BangkokStAndrew)



SILC MEMBERS:

Committee contacts

<u>ROLE</u>	<u>NAME</u>	<u>EMAIL</u>
Chair	Tracey Hewison	silcchair@gmail.com
Vice Chair	Sue Williams	silcvice@gmail.com
Secretary	Sally Dicken	silcsecretary@gmail.com
Treasury Team	Janna van Duyn & Liliya Andreeva	silctreasurer@gmail.com
Coffee Mornings	Dominique Perry	silccoffees@gmail.com
Tours Team	Lek Burrell & Shirley Tan	silctour@gmail.com
Membership Team	Chris Rajakarier & Debbie Morton	silcthai@gmail.com
Community Projects	Marianne Metzelaar & Herma Vos	silc.community@gmail.com
E-newsletter & Ads	Charlotte Wawrzyniak	silcmagazine@gmail.com
Online Media & Ads	Jan Briggs	silcwebsites@gmail.com
General Committee	Jo Thomas & Jimmy James	



Advertise here!

SILC News goes every month to over 120 SILC members throughout Bangkok.

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

Personal advertisements for SILC members are free of charge.

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

RATES

Full Page	1500 Baht
Half Page	800 Baht
Quarter Page	400 Baht

Website 3000 Baht per year

DISCOUNTS

Member - 25%

Annual contract (10 ads/year) - 10%

Only one discount may be applied.

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

To advertise in the Newsletter, please contact: Charlotte - silcmagazine@gmail.com

To advertise on the SILC Website, please contact: Jan Briggs - silcwebsites@gmail.com

To arrange payment, please contact: Janna and Liliya - silctreasurer@gmail.com

**SILC News Copy Deadline for November e-Newsletter:
24th October**

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



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

Aims & policies

Organisation of the Club

SILC creates an opportunity for women of all nationalities living in the Samutprakarn area (& beyond) 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.

Privacy

The membership list is for the sole use of SILC members in a social setting and may not be used for commercial purposes.

E-Newsletter

The e-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 monthly and are open to all members. Please inform the meeting host if you wish to attend.

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.

