# SILC News

A publication of the Samutprakarn International Ladies Club

# From the Vice-Presidents.....

This month Jane asked us to write something to you. That may look simple but where do you start ...

For those of us that have school going children the colds and bugs are back and homework has begun! Great fun!

September SILC events had an amazing turn up every time:

A delicious pot luck lunch and and a lot of catching up to do just after the summer break; great fun, lots of laughter and more noise at the German Bierhaus; and informative talks about making us more beautiful at Samitivej Hospital (you know the one down .... indeed: Srinakarin). I'll bet a lot of us will bump into each other there!

On Wednesday 11<sup>th</sup> October we have our 12<sup>th</sup> SILC CHARITY BAZAAR from 10.30am to 4.00pm at the Auditorium of Bangkok Patana School.

This is one of SILC's most popular and most important annual event. We have many new vendors, a nice tea room, our famous cake stall and book and toys sale. SILC organizes the first Christmas bazaar for the season, so start your shopping here!

This charity sale is our major fund-raiser for welfare projects. We earn money from stall rental fee, admission charge and sales of raffle tickets, cakes, toys and books. All the proceeds will go to local Thai charities.

Sharlini and Jo put in a lot of effort to organize this great and important yearly event. What we now need is your help! Please contact Thalindra at 01-7523724 to volunteer, 1 hour or so at the entrance, with the decoration and set-up on Tuesday 10, or with the tidying up after the bazaar.

We look forward to seeing you there!

Irene and Marit



# Diary Dates

Tuesday 3 October
Evening
Pub night @ Lizzie's
house
8pm

Thursday 5 October Lunch No. 43 Italian Bistro 11.30am - 12 noon

Wednesday 11 October SILC Bazaar Patana School 10.30am - 4pm

Monday 30 October
Coffee Morning
Photography with Penny
10am

Deadline for next issue: 19th October Send contributions to: silcnews@hotmail.com

# Committee Members

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	Marit Van den Oetelaar Irene Gray Priya Thomson Emma Shah Penny Fournel Pamela Manning Lizzy West Jo Thomas Pen Brown Suriawati Ibrahim Sharlini Colin Thome Jo O'Kane Jenny Dibbayawan Denise Paul	Marit Van den Oetelaar       07 936 7656         Irene Gray       01 806 9240         Priya Thomson       05 139 7284         Emma Shah       09 446 0741         Penny Fournel       09 066 6453         Pamela Manning       09 666 8136         Lizzy West       06 033 8914         Jo Thomas       09 011 0031         Pen Brown       01 300 0965         Suriawati Ibrahim       09 811 9819         Jenny Dibbayawan       01 349 5727         Denise Paul       05 217 1215         10 217 1215       05 217 1215

#### 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 500 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.

# Membership Update

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

Penny Fournel 089 066 6453

cdngeese@truemail.co.th

# No new members this month

# SILC News Advertising Information

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

#### Commercial Advertisement rates Discounts

Quarter page: 300 Baht Member: 25%

Full page: 1200 Baht Annual contract (May to June): 10%

Half page: 600 Baht Flyer insert: 600 Baht

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

Please send advertisement to: To arrange payment contact:

# Not receiving SILC e-mail?

During every month, reminders are sent to SILC members about SILC events. If you are not receiving these then please e-mail Penny with your correct e-mail address cdngeese@truemail.co.th.

Thank you.



Samitivej proudly presents new check-up programs

Health check-ups are a worthwhile investment for your life...

Each and every day people follow or change their path in life, however life is a continuous journey. Comprehensive health check-ups help us to tell how strong our health is. If weaknesses are found, appropriate treatments can be selected. Retirement can be an extended period of happiness, as long as we pay close attention to and take good care of our health.

For more information or to make an appointment,

#### please contact:

WELLNESS CENTER SAMITIVEJ SUKHUMVIT HOSPITAL

133 Sukhumvit 49, Klongtan Nua, Vadhana, Bangkok Thailand 10110 Tel 66-2711-8200

Email: wellness.suk@samitivej.co.th



โรงพยาบาลสมิติเวช SAMITIVEJ HOSPITALS

Call Center 66-2711-8181 www.samitivejhospitals.com

# Regular Events

#### Golf

Thursday morning; Every Samutprakarn alternating courses.

Newcomers welcome.

Contact:

Annette Gerlach: 02 750 3099



#### Photo Night

Do your photos of Thailand accumulate faster than you can put them into albums? If you'd



like to join a very informal group of ladies who regularly meet to create albums. Contact:

Penny Fournel 0890 666 453 cdngeese@truemail.co.th

#### Mahjong

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Mah-jong takes place on Wednesdays from approx 9am until 12noon in members' homes.

Contact: Shirley Tan 02 758 7304 089 497 8318



#### Thursday Playgroup

Playgroup every Thursday ages 0 to 4 at members houses

Contact:

Tania Donoghue: 02 399 2991and 087 013 3100



#### Watercolour Painting Classes

Every Monday - 9.30 to 12.30 Thai artist: Khun Manit At Jacque Kirkham's home 154 Moo 13 Lakeside 2

Contact Jacque 0/7-917-1580



# Committee Meeting Highlights

Lea silk received 20,000 baht, 14,000 baht for mahawong meals from playgroups Welfare Report: and 2,050 baht to Mahawong fruit fund.

Total Bank Balance: 154,040 baht Treasurer's Report:

10,242 baht Cash on Hand:

Set for October 11th at Patana school. Volunteers needed for helping set up and Silc Bazaar:

with the SILC stalls.

In progress, provisional date for Saturday 13 January, 2007. Chinese theme. New Year's Party:

Requesting submissions from SILC members. Directory issued in November. Silc Directory:

Monday 2nd October, 9am. Priya's house, 6th floor East Tower. Date of next meeting:

# October Events

**OCTOBERLUNCH** 

THURSDAY 5TH OCTOBER

11.30 - 12 NOON

NO.43 ITALIAN BISTRO 43 SOI LANGSUAN PLOENCHIT ROAD

The restaurant is located on the ground floor of Cape House serviced apartments on Soi Langsuan (about a 5 minute walk from Chidlom BTS)

This elegant yet simplistic restaurant boasts a fabulous lunchtime buffet. Choose from a variety of delicious tasty salads, soups, home made pastas with choice of sauces, Thai and western main courses followed by mouth watering deserts and coffee...all for 300 Baht!!! You cannot afford to miss this truly scrumptious lunch!

If you would like to attend please rsvp Jo Thomas on 089 011 0031 or davejo@loxinfo.co.th by 29 September.



PUB

SILC

NIGHT

Are you in for a game of pool and darts
or just a chat
then come to Lizzies place
36/43, Soi 3/4 Moobaan Ladawan on Srinakarin Road.

Please bring your own drink and a dish to share

Partners are also invited!

Please RSVP by 29 September to Marit 08-79367656 email gertonmarit@yahoo.com

# October coffee morning Taking Better Family Photos!

Penny Fournel from Photohouse will give a short talk with tips, techniques and tricks to help you take your own family photos......better!

We will try to keep it simple and won't be getting into apertures, ISO speeds or exposure, though any questions will be welcome.

When: 30th October 2006 10am

Where: Penny's 9b North Tower, Garden Towers km 5 Bangna Trad

Please bring a plate to share. Please do not bring anything containing nuts or seafood as Penny's children have nut and seafood allergies.

Pls rsvp Irene 0818069240 or irenemgray@hotmail.com

#### WE NEED YOUR HELP!!

WE NEED HELPERS FOR THE BAZAAR ON THE 10TH OF OCTOBER IN THE AFTERNOON TO DECORATE THE AUDITORIUM AND ON 11TH OCTOBER FROM 8.30AM TO 5.00PM TO HELP WITH SETTING UP AND SELLING TICKETS ON THE DOOR IF YOU CAN HELP PLEASE CONTACT THALINDRA 01-752-3724.

WE ALSO NEED CONTRIBUTIONS FOR THE SILC DIRECTORY. IF YOU HAVE A SERVICE YOU RECOMMEND IN THE SAMUTPRAKARN AREA, I.E. DOCTORS, RESTAURANTS, ETC. E-MAIL YOUR SUGGESTIONS TO PENNY cdngeese@truemail.co.th







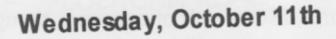




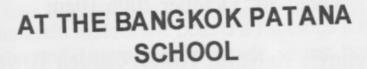


Samutprakarn International Ladies club





10:30am to 4:00pm



In the auditorium

Save time by doing all your Christmas shopping at the one place

Look out for new and exciting gifts for sale

Enter our raffle to win some lovely prizes which have been donated by our vendors

Photo Identification required

All proceeds will be donated to Thai Charities in Samutprakarn



















# September Reviews

#### Potluck lunches are so enjoyable!!

A very sociable group of SILC ladies met on the Friday 1st September for one of the first gatherings of this school year and even the unsettled & rainy weather of Bangkok paused whilst we cautiously sat under cover 'just in case'! As per usual we had a 'feast fit for a king!' ... an amazing choice of main course dishes to choose from and an array of deserts to do 'The Sheraton' proud on a Sunday afternoon brunch! I think I tried one of everything! Thanks go to our lovely ladies for cooking/supplying our food and also to Garden Towers for their very welcome contributions including the setting up of tables/chairs etc with table clothes and all.



A big thanks to our very capable lunch organizer Jo Thomas for sorting all finer details to make it such a pleasant time spent.

As well as the usual catch up chatting we shared a few ideas about our recipes & cooking and I hope a new SILC cookery book could be considered, as my old copy whilst still being used is much in need of some updates as we have so much more in the way of items now on our supermarket shelves etc ..... at least perhaps we could include some of our favourite recipes within the monthly magazine - I have enjoyed trying out the international dishes!

Sharon Gretton

Wow, what a great night!

Thirty -plus people showed up for an evening at our local watering hole; The German Bierhouse, here on Bangna Trad. Yes, we definitely filled the bar that night! Two extra long tables chalk full, quickly engaged in friendly





conversation, flowing German Beer and pretty darn good grub! Most were quiet during dinner, so the house band entertained. It became a little loud later on, but that didn't stop the conversation and mingling. It was nice seeing everyone moving around from table to table getting to know each other. Some of that natural men and women seperation occurred, but that didn't last long and everyone felt comfortable mixing with all. Most die-hards stayed pretty late and I think I can speak for everyone when I again say "wow, what a great night"!...... a few of us even continued on afterwards with our own house band.

Thank you Marit.....I'll think I will become one of the many expatriate locals who who frequent this place.

Penny Fournel Photos by Marit

# SILC Calendar - October 2006

SUN	1 RSVP for lunch event	8	15	22	29	
SAT		7	14	21	28	
FRI		9	13	20	27	
THU		5 Lunch 11.30am	12	19	26	
WED		4	11 SILC BAZAAR	18	25	
TUE		3 Evening event 8pm	10	17	24	31
MON		2	6	16	23 RSVP for coffee morning	30 Coffee Morning

Cut out and keep

# What's on in Bangkok

#### Thai Craft Sales

Sat 7th October 10am - 2pm at The Ambassador Hotel Bangkok Tower Wing, Third Floor, Sukhumvit Soi 11. www.thaicraft.org



More Thaicraft events on... Saturday 4th November Saturday 25th November

#### Upcoming Thai Craft Tours

"Nan" - A Cultural Shopping Experience (3 Days and 4 Nights) (M 2.2)

Date: Friday 20th - Monday 23th Oct 2006

Come with us to the North of Thailand, where we will visit an area not frequented much by travelers. Here in Nan, you can gain a flavour of the past, as old traditions are still strong. Ethnic minorities dominate the craft scene both in the lowlands and in the highlands where the colourful embroidery and applique of the Hmong and Mien women are as skillfully worked as they are varied in design. We will see a very distinct style of silver jewellery being crafted - which, as part of their tribal costumes, has important symbolic purpose for ethnic identity. Also, in villages nestled in high mountain valleys, basket makers will show us the versatility of bamboo.

www.phuphiang.com

#### Other Events

SILC Bazaar Wednesday 11th October, 10.30 am - 4pm Bangkok Patana School

Bangkok International Gift Fair 21-22 October, 10.00 - 21.00 IMPACT Muang Thon Thani

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# Viary Vate -

The SILK New Year Party is approaching. Vate is set for Saturday 13th January 2007. Theme is 'SILK Shanghai Night' Please put the date in your diary.

If anyone has contacts who can supply raffle prizes, then please contact Jenny Dibbayawan on 081-349-5727 or aqua\_action@hotmail.com
Or Maoliosa Denye on 081-910-3958 or mdenye @hotmail.com

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#### Survival Thai Language Course



STOP! Your life doesn't have to be up and down just because you don't speak the Language!

If you have moved to Thailand it is always a good idea to learn some words.

You probably won't need to use much if you stick to the main tourist destinations.

However, you will feel more confident and certainly impress people if you try and use a little Thai with them.

Join the Neilson Hays library and Ms "Ajarn" Tippan who has years of experience teaching Survival Thai Language programs to newly arrived non-Thai speakers. The lessons are light hearted and enjoyable and involve a lot of discussion and everyday words and phrases. The group will be kept small for personal and informal teaching. Everyone will be able to learn an amazing amount in less than a few hours and remember what you learn!

Dates: Thursday 5th, 12th, 19th, 26th October & 2nd and 9th November 2006 (6 weeks)

Time: 10.00 - 12.00 noon

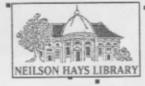
Donation: 1,500 Baht (includes introductory coffee) \*\* Class size limited \*\*

Location: Neilson Hays library, Surawongse Road

# Events at Neilson Hays...

#### At the Rotunda

Art Exhibitions



Storytelling at Neilson Hays

"New Directions"

Philipino young contemporary artists

10-29 Oct, 2006

'New Directions' presents some of Philippines' most innovative and progressive young contemporary artists. Mostly award winning, artists with different backgrounds and a wide variety of media will be showing their latest work for the first time in Thailand. The works on show at the Rotunda Gallery represent fresh and new directions on both figurative and abstract art in the Philippines today.

Bring your children to the Neilson Hays
Library and introduce them to the wonderful
literary options available in our children's
section.

Who: Children aged 3-6 and their parents

When: Every Saturday, 10.30am

Suggested Donation: 50 baht

Where: Neilson Hays Children's section

# Daytime Events



"Literary Circle" Every Tuesday 10.00 a.m. - 12.00 noon

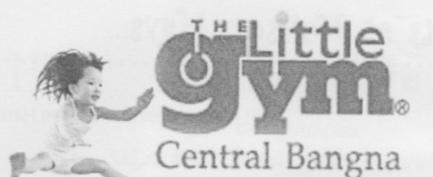
Formerly the Writers Group, our new approach offers something for everyone.

Members may lead the group in the appreciation of a chosen piece of prose or poetry, an author, et cetera.

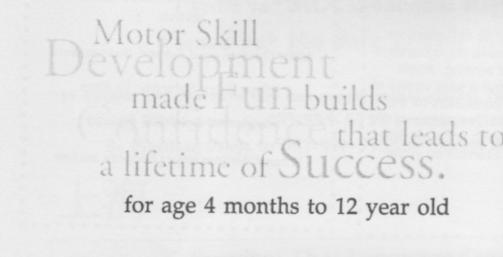
The aspiring writers among us may present original work, seeking feedback from others.

We aim for balance, objectivity and above all kindness. Our current members range from young foreign graduates to ageing retirees. All with a common goal of sharing their interest in writing and literature within a relaxed and agreeable forum. The best part of our meetings is the company of our diverse members. Last, but not least the dignified ambience of the Library itself, so carefully preserved by generations to dedicated ladies, provides the perfect backdrop for our meetings. As we progress, we have plans to introduce literary lunches with guest speakers and to invite professional writers to attend our weekly meetings. Your input is wanted and indeed vital in the shaping of this valuable community.

Come join us!



Developm that leads to





Development



Fun



Confidence



Success

Because they're only young once

Call for free preview class 0-2399-5730-1

Awesome Free 30<sup>th</sup> Birthday Party Party SAT 16 SEP, 06 0.00 am. to 03.00 pm. Celebrate with our fun activities, snack & drink, lot of prizes Call to Reserve Now!

#### WELFARE NEWS



Hello again, long time no hear from me!

Having been here through the summer and thought I would have plenty of time to devote to going to Mahawong pre-school I ended up being busier than ever! Typical hey. We suddenly had visitors with us for 5 of the weeks and in between, I needed recovery time. Anyway, I have got my act together and got things sorted. I planned a visit to Mahawong on the 20<sup>th</sup> September and will let you know how it went in the next newsletter. From this visit, I am hoping that the rota can get started for going in to help, so if you are available any morning just drop me an e-mail letting me know which morning suits you and we can slot you in. The painting of the school is happening at the end of this month and we have roped in the CAS students from Patana to do that. Lyn can finally have her garage back!

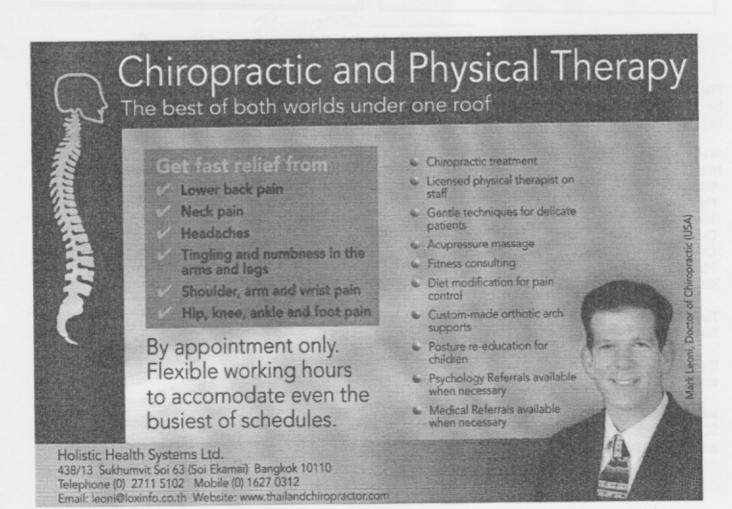
I am currently looking into SILC sponsoring a child through their education and will fill you in on that when it is finalized and we have a child to sponsor.

Hope to hear from some of you regarding helping at Mahawong

Cheers Lizzy West

ea west@yahoo.co.uk

027586891 0860338914



#### Café Rue

Restaurant & Coffee Shop

#### NOW HOME MADE MEAT PIES

Pita Sandwiches (Southwestern, Teriyaki, Roasted Vegetable, and more) Caiun Sausage Sandwich Breakfast Burrito And more...

Our old favorites are still here; Thai and Cajun dishes, salads and our sandwiches.

Birthday Cakes and sweets available on order. Children's birthday parties and group functions. Now available delicious bread and sausages. Drop by to check out our prices.

Come by and check out our used book sale and framed textiles from Jaab Design Company for the tsunami victims of Thailand.

#### Thank You

Café Rue Restaurant & Coffee Shop (on the soi next to Bangkok Patana School) Soi 39/1 off of Soi 105 (Soi La Salle) Bangna, BKK 10260 02 383 8644 or 09 771 2559 café\_ruebkk@yahoo.com

#### **Jewellery Course**



Come and join me for a session of gemstone and jewellery pricing techniques that can only be acquired by the people in the trade. Lots of sample stones will be available for grading practices and price appraisal methods will be discussed!

For further details.

Contact: Anna Lai Tel.: 01-6101928 Email: annalai1689@yahoo.com

## Moving on? Or having a Spring Clean?

Then why not donate your unwanted 'pretty new' household and personal items to ReTails "pretty new" Shop soon to be opening in central Sukhumvit. Run by Soi Dog Rescue volunteers, all profits will go to fund their programme activities in aid of the street dogs.

#### We're looking for:

Note: everything to be cleaned/dry-cleaned, in working order, no broken or missing parts, nothing soiled or spoiled! Small electrical items, including bedside lamps & kitchen appliances

Household goods - crockery, vases, ornaments, giftware etc.

Jewellery - costume and other

Quality "new/nearly new" Western and designer clothing

Children's toys / furniture

Higher value items and large goods (e.g. furniture, hefty appliances) can be taken on consignment (40% to Soi Dog Rescue) subject to collection and storage availability by ReTails' partner, Crown Relocations.

There are several collection points for your smaller items around Bangkok where you can deliver your goods. Contact Karen van der Schaar for more information. Tel: 02 672 5044 / karen@soidogrescue.org

If you're willing to be a collection point for donated goods, or wish to help out in the shop, then please talk with or email Karen

With thanks from SOI DOG RESCUE www.soidogrescue.org





#### **Bangkok Community Theatre**

is delighted to present Gilbert & Sullivan's rollicking musical romp

#### "THE PIRATES OF PENZANCE"

at The British Club this November 2006

Bangkok Community Theatre will stage a riotous production of "The Pirates of Penzance" as dinner theatre at the British Club, Silom Soi 18, from Wednesday the 8th to Saturday the 11th of November 2006 at 7:30 pm. Tickets, which include a delicious 3-course dinner, are B1,000 per person. Two show-only matinee performances (B600) will be held at 2:30 pm on Saturday and Sunday, November 11th and 12th. Tickets are available from October 14th through Bangkok Community Theatre on 06-708-2738; British Club Members may also purchase through The British Club.

This BCT production is full of crazy characters, wonderful music and a witty libretto which will appeal to young and old alike. For more information about the show, please visit the BCT website at www.bct-th.org or email bct@sala.net.

We would like to acknowledge our sponsors for helping us to make this production possible: BNH Hospital, Interdean Interconex International Movers, The New International School of Thailand, Raja's Fashions and Asian Tigers Transpo International.







# BRITISH TUTOR

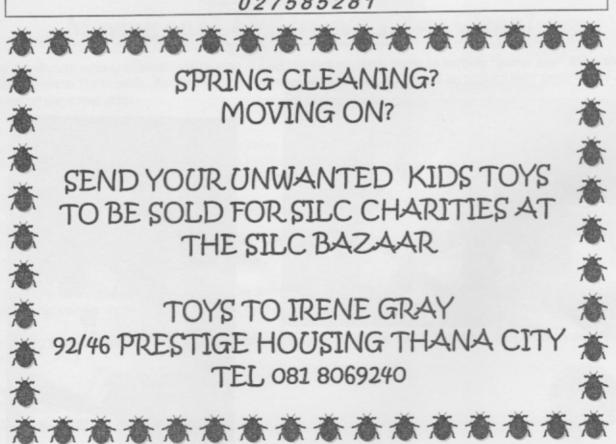
TEFL Qualified IB Graduate

English, Maths, Science ESL

> Cost 600 baht/hour Neg.

> > Contact: Nick

0890230262



# Bob's Story

Dear Editor, Women's Health Magazine:

It is important for men to remember that, as women grow older, it becomes harder for them to maintain the same quality of housekeeping as when they were younger. When you notice this, try not to yell at them.

Some are oversensitive, and there's nothing worse than an oversensitive woman.

My name is Bob. Let me relate how I handled the situation with my wife, Debbie. When I took "early retirement" last year, it became necessary for Debbie to get a full-time job along with her part time job, both for extra income and for the health benefits that we needed.

Shortly after she started working, I noticed she was beginning to show her age. I usually get home from the golf course about the same time she gets home from work.

Although she knows how hungry I am, she almost always says she has to rest for half an hour or so before she starts dinner. I don't yell at her. Instead, I tell her to take her time and just wake me when she gets dinner on the table.

I generally have lunch in the Men's Grill at the club so eating out is not reasonable. I'm ready for some home cooked grub when I hit that door.

She used to do the dishes as soon as we finished eating. But now it's not unusual for them to sit on the table for several hours after dinner. I do what I can by diplomatically reminding her several times each evening that they won't clean themselves. I know she really appreciates this, as it does seem to motivate her to get them done before she goes to bed.

Another symptom of aging is complaining, I think. For example she will say that it is difficult for her to find time to pay the monthly bills during her lunch hour. But, boys, we take 'em for better or worse, so I just smile and offer encouragement.

I tell her to stretch it out over two or even three days. That way she won't have to rush so much.

I also remind her that missing lunch completely now and then wouldn't hurt her any (if you know what I mean). I like to think tact is one of my strong points. When doing simple jobs, she seems to think she needs more rest periods. She had to take a break when she was only half finished mowing the yard. I try not to make a scene.

I'm a fair man. I tell her to fix herself a nice, big, cold glass of freshly squeezed lemonade and just sit for a while. And, as long as she is making one for herself, she may as well make one for me too. I know that I probably look like a saint in the way I support Debbie.

I'm not saying that showing this much consideration is easy. Many men will find it difficult. Some will find it impossible! Nobody knows better than I do how frustrating women get as they get older. However, guys, even if you just use a little more tact and less criticism of your aging wife because of this article, I will consider that writing it was well worthwhile.

After all, we are put on this earth to help each other .....

Signed,

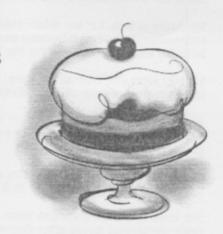
Bob

EDITOR'S NOTE: Bob died suddenly on March 27th. The police report says that he was found with a Calloway extra long 50-inch Big Bertha Driver golf club rammed up his \*\*\*\*, with only 2 inches of grip showing. His wife Debbie was arrested and charged with murder; however, the all-woman jury found her Not Guilty, accepting her defence that he accidentally sat down on it.

#### CAKE STALL AT THE SILC BAZAAR

It's that time of year again to get those aprons on and ovens ready to donate your yummy, delicious cakes to the SILC cake stall. They can be home baked, shop bought, large, small, individual or tray bakes.

Please bring them along to the bazaar in the cake boxes provided with this month's issue of the SILC magazine or alternatively you can drop them of at my apartment, S15B, Garden Towers.



Hope to see you there

Jo Thomas (If you have any queries please call me on 089 011 0031)

N.B. Please ensure that you mark on the cake box the name of the cake and if it contains nuts.

#### Possible Recipes

At a recent SILC lunch, there was much talk of recipes that are possible with the limited ingredients available to us here. I have attached such a recipe and also guidelines on where to find the ingredients. If you have any such recipes please forward them to silcnews@hotmail.com we look forward to seeing your ideas. If anyone would like to translate the recipes to Thai, then please let me know.

#### Raspberry & Cinnamon Torte

50Z Butter - softened

5 oz Caster Sugar

5 oz Ground Almonds

5 oz Self Raising Flour

1 egg

1 tsp Ground Cinnamon

8 oz Frozen Raspberries - defrosted

#### Ingredient Availability

Caster sugar can be bought in Tesco, packet with a blue flower has caster sugar on the back in English. Ground Almonds can be bought in villa. Otherwise grind almond slices from Foodland in a spice grinder. I use cake flour for this recipe and add 1 teaspoon of baking powder.

Frozen raspberries available at all the supermarkets.

Place all ingredients (except raspberries) in a bowl and beat well. Grease and base line 8 inch spring release tin - spread half mixture in tin, flatten lightly with a fork - sprinkle over raspberries and dot remaining mixture by the teaspoonful so it covers most of the fruit. Bake in oven 180C/350f for 1 hour. Cover with foil if it becomes too brown.



Convenient Studio Location: Garden Towers, Ground Floor, Bangna-Trad Road KM 6.5



Are you getting ready to leave Bangkok or having a clear out?

Remember, the SILC Bazaar is fast approaching and the book stall is one of our biggest fundraisers!!

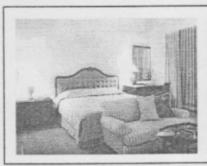
All donations of books, CDs , tapes and videos are gratefully received .

Please send them to: Maoliosa Denye

109B Lakeside Villa 2 Tel 081 910 3958



#### A Home to Come Home to







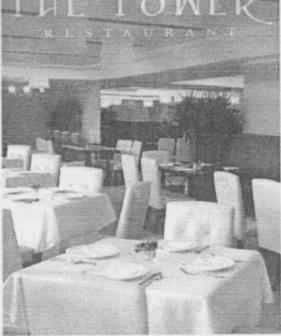
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Contemporary and charming new-look "The Tower" restaurant awaits to welcome you to experience the selection of fantastic culinary creations for lunch and dinner. Enjoy delicious International and Fusion dishes prepared by Our Executive Chef.

> Opening: Mon.-Fri from 11.00 am - 02.30 pm and 05.30 pm - 09.30 pm and Saturday from 09.00 am - 03.00 pm

The Tower Restaurant - 2nd floor, Bangna Tower B Reservation and more information please call Tel: 02 312 0140-9 ext. 1878



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IT'S HIGH ENERGY, LOW IMPACT WATER **FUN FITNESS** AND WELL BEING.

EXERCISE, FOR

CHANGE TO SCHEDUL Monday @ 8.30am Lakeside hursday @ 8.30am Laddawan

#### Afternoon Playgroup

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Children aged 3-6

Wednesday afternoon 3-5pm

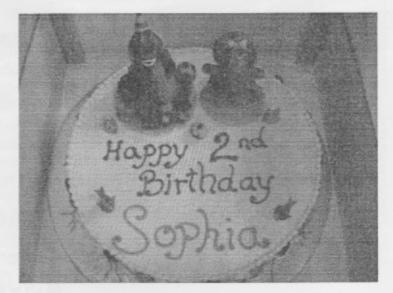
Afternoon playgroup is starting for those parents whose children are at school and can no longer join morning playgroup. Parents are required to stay with children for the playgroup.

For more information please contact:

Linda Belonje: lindabelonje@yahoo.com 086 06 09 089

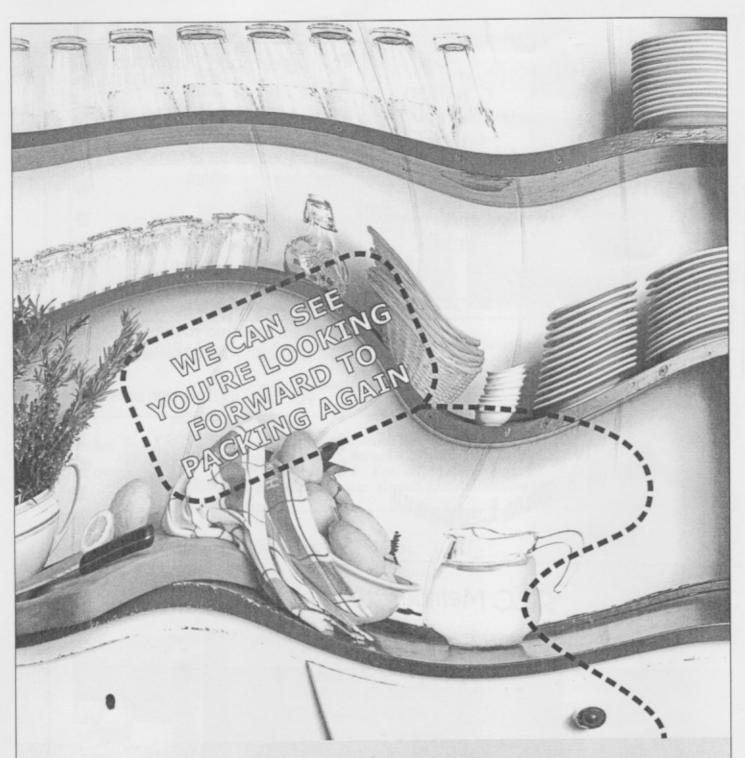
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### SILC Member Recommends



Cakes made by Rosemary. Custom made to your own design. E-mail her at tatalant@yahoo.com

Thanks Irene for your recommendation.



Cambodia

China

Hong Kong

Indonesia

Japan

Laos

Malaysia

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Singapore

South Korea

Taiwan

Thailand

Vietnam

Those inevitable words and that familiar feeling when the thought of relocating stops you from seeing straight. You're left to gather the pieces and begin your home again. Support for the move seems far away. That is until you call us. All the support you'll ever need, just when you need it the most.



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