



A publication of the Samutprakarn International Ladies Club

July/Aug 2013

## September Events:



**Evening Event**

**Wed 4 September - Pg 6**



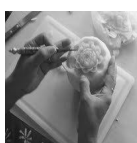
**Welcome Back/Newcomers Coffee**

**Tues 10 September - Pg 7**



**Lunch at Bacco**

**Thurs 26 September - Pg 7**



**September Tour**

**Tues 17 September - Pg8**

**Wishing all SILC Members a  
safe and happy holiday.**

# Committee Members

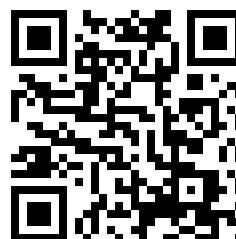
<b>Responsibility</b>	<b>Name</b>	<b>Telephone</b>	<b>Email</b>
Chairman	Sunita Kulisra	081 6597085	silcchair@gmail.com
Vice Chairman	Marit van den Oetelaar Jane Campton	087 936 7656 088 499 5931	silcvice@gmail.com silcvice@gmail.com
Secretary	Angelique Leijdekker	082 009 9212	silcsecretary@gmail.com
Treasurer	Betty Stewart	081 792 5367	silctreasurer@gmail.com
Coffee Mornings	Sadie Mills Eunice Flannery	087 332 9448 082 467 3613	silccoffees@gmail.com silccoffees@gmail.com
Tours	Mariska Abrahams Jimmy James	085 214 6900 081 909 6729	silctour@gmail.com silctour@gmail.com
Lunches	Jo Thomas	082 526 0260	silclunch@gmail.com
Membership	Geraldine McEvoy	082 204 9470	silcthai@gmail.com
Welfare Coordinator	Chris Rajakarier	081 136 4186	silcwelfare1@gmail.com
Newsletter Editor	Jan Briggs	085 556 4655	silcmagazine@gmail.com
Advertising	Jane Campton	088 499 5931	silcadverts@gmail.com
Bazaar	Angelique Leijdekker Karin Worthington	082 009 9212 086 080 8810	silcbazaar@gmail.com silcbazaar@gmail.com
Mahjong	Betty Stewart	081 792 5367	silctreasurer@gmail.com
General Committee	Julie Cragg Marianne Metzelaar Shirley Tan	083 244 4897 085 042 3011 089 497 8318	juliecragg@hotmail.com Marianne.metzelaar@gmail.com forget.me.not1688@gmail.com

# Link Ladies

<b>Area</b>	<b>Name</b>	<b>Telephone</b>
Ladawan	Shirley Tan	089 497 8318
Lakeside 1	Sadie Mills	087 332 9448
Lakeside 2	Jane Wise	087 050 0950
Nantawan	Ngoc Richt	081 371 2107
Thana City	Irene Gray	080 251 4440

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# Chairman's Message



The end of the school year brings that sad time when we have to say goodbye to good friends. On behalf of us all I would like to pass our good wishes to our members leaving Thailand- bon voyage and good luck wherever your new posting takes you, be it back home or to a new country. We will miss you.

Its also the time of year when many of us are preparing for holidays and extended trips back home. We would love to hear your interesting and unusual stories, maybe at the September Welcome coffee morning or lunch, more details of which to follow. You could even write an article about your adventures for the newsletter.

Starting in the next newsletter, I will be sharing a recipe each month from Sunita's Indian or Thai kitchen. I will also be sharing more on the history of SILC, how our social club was born and how it became what it is today. As a founding member, it will be a pleasure to share this history with members old and new, especially as SILC will be 21 this year.

Our membership is open to all ladies, usually new to Thailand, not only from Bangna but also from all over Bangkok, who would like to join our activities as it suits them, from mah-jong and golf to welfare, coffees and lunches. We welcome one and all!

Wishing you all happy holidays and safe travels,

Sunita

## Hosting? Need more chairs or spoons?

We have crockery and cutlery available for members to borrow when hosting a SILC event.

**Contact Betty:**

**[silctreasurer@gmail.com](mailto:silctreasurer@gmail.com)**

There are also folding chairs and some tables available to borrow for SILC events:

For these contact Betty giving at least 24hrs notice as they are usually at another house on a rota basis with the mahjong sets

## Deadline

Thurs 22 August 2013 is the deadline for any articles for the September Newsletter.

If you have any recipes, book reviews, recommendations for holidays or questions for our bulletin board please forward them to the Newsletter Editor: [silcmagazine@gmail.com](mailto:silcmagazine@gmail.com)



Send things into the newsletter easily using Dropbox - share your folders with [silcmagazine@gmail.com](mailto:silcmagazine@gmail.com)

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

**Geraldine McEvoy: 082 204 9470**

**[silcthai@gmail.com](mailto:silcthai@gmail.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 800 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 young 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.

# 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.

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

### Rates (per issue)

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

### Discounts

Member	25%
Annual Contract	10%
(Only one discount may be applied)	

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

Further details on advertising contact: silcmagazine@gmail.com

Please send advertisement to: The Editor: Jan Briggs: silcmagazine@gmail.com

To arrange payment contact: The Treasurer: Betty Stewart

081 792 5367 / silctreasurer@gmail.com

## Regular Events

### Mahjong

Takes place on Wednesdays

From approx 9.30am to 2.30pm

In members homes

Donations are appreciated towards our Welfare Charities.

Guests very welcome, 200b/session

**Contact: Betty Stewart**

**081 792 5367**

**silctreasurer@gmail.com**



### Golf in Samutprakarn

SILC has a number of keen golfers in its midst. There are a couple of groups who play in the area at a variety of courses along the Bangna Trad. Some of us are beginners and others have more experience so if you want a game at any level then please get in touch. Even if you are new to the game it's totally different playing on a course to the driving range, so give it a try.

**Contact: Betty Stewart**

**081 792 5367**

**silctreasurer@gmail.com**



# September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Committee Mtg - Betty's	3	4 Mahjong SILC Eve Event	5	6	7 Living In BKK Event - Bumrungrad
8	9	10 Welcome Back Coffee Morning	11 Mahjong	12	13	14
15	16	17 SILC Tour	18 Mahjong	19	20 Oct. Newsletter Deadline	21
22	23	24	25 Mahjong	26 SILC Lunch - Bacco	27	28
29	30					

## SILC Evenings are back!

On Wednesday 4th September we will introduce you to Zumba!

Time and venue will be emailed out at the end of August and will also be in the September edition of the newsletter.

Marit



Below some information by Jenni, our instructor for the evening:

Zumba is about moving, enjoying music and enjoying dance- it's not about perfect steps and form It's just a way of moving without taking life too seriously! It's a fun way to burn a few calories. I started teaching Zumba as I could see it was a great way to getting people on a healthy path where they were taking an hour of their time and having fun with it. My interest and the basis of my own company is to get people moving. As I, myself, move towards becoming a sport and exercise psychologist part of my research has involved investigating ways in which we can get people involved in exercise. Zumba seemed like an obvious choice and so I completed my instructor training last year.

Recently in a US report Zumba was declared the most successful means of getting people exercising in the history of group fitness classes. Have a look at the Zumba website for more information [www.zumba.com](http://www.zumba.com).

You can have a look at Zumba's promotional video here. The steps are easy to follow and the music is mostly Latin American rhythms with a bit of Western hip hop mixed in.

<http://www.zumba.com/en-US/about>

It will be my pleasure to introduce a bit of Zumba to your lives!



All SILC events are subject to change. Please confirm your attendance with the relevant contact.

## September Coffee Morning



### Welcome Back/Newcomers Coffee Morning

Tuesday 10th September

Flint Restaurant

Coast Shopping Mall, Sukhumvit Road, Bangna

From 10:00am



The Coast is walking distance from Bangna BTS station.

There will be a charge of 300thb per person.

We look forward to seeing you there, please bring along friends and newcomers.

RSVP: Sadie & Eunice - [silccoffees@gmail.com](mailto:silccoffees@gmail.com)



## September Lunch

### BACCO ITALIAN RESTAURANT BLUE DECK SPORTS CLUB

King Kaew Soi 19 off Bangna Trad Road, Bangplee

(Windmill Housing Complex)

ON

THURSDAY 26<sup>TH</sup> SEPTEMBER 2013

AT 12NOON

Come and join us for lunch at Bacco Italian Bar and Pizza.

The menu is extensive. You'll find the usual suspects like traditional risotto, pizza and salad as well as house specialties from the Romagna regions, among them piada - thin flat bread with an assortment of fillings, plus a great selection of wines from their cellar for those who wish to accompany their lunch with a glass!

A great chance to catch up with friends and newcomers!

If you would like to join this lunch please RSVP by Friday 20<sup>th</sup> September to Jo Thomas:

[silclunch@gmail.com](mailto:silclunch@gmail.com)



Donations of  
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# September Tour



## VEGETABLE AND FRUIT CARVING CLASS

Our first tour after the holidays is a creative one: this is your chance to learn more about a traditional Thai skill: vegetable/fruit carving.

Jimmy James (SILC's new tour coordinator) is our teacher. We start with a coffee and Jimmy will tell us about the history of this traditional Thai food art (Kae Sa Lak), followed by a demonstration how the carving is done.

Then it is our turn to practise the carving. The knife and vegetables/fruits are provided.

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**Date:** Tuesday September 17<sup>th</sup>, 2013

**Venue:** 9/67 Villa Nakarin, Sukhaphiban 2 road Prawet (Ulla's place) at 09:00 am  
(map with directions will follow)

**Costs:** 500 baht per person and this includes a knife and the materials

**Maximum number:** 12 people. First come first served.

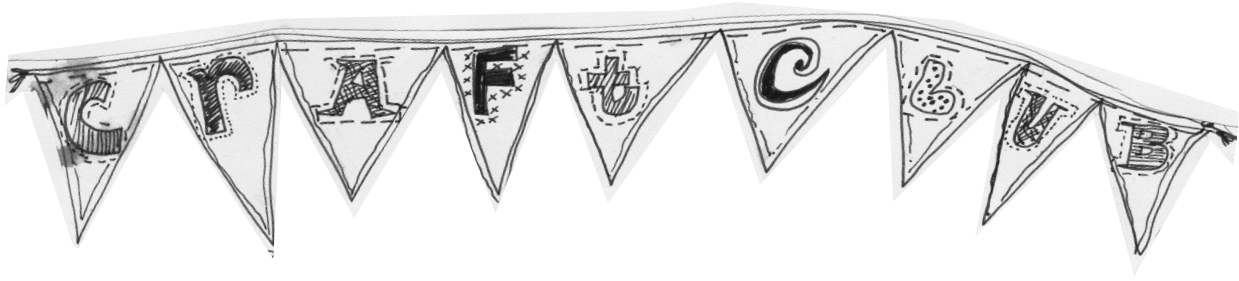
Villa Nakarin is not far from Patana, therefore no transport is arranged.

If you want to sign up for this very interesting class, please reply before September 10<sup>th</sup>, 2013: [silctour@gmail.com](mailto:silctour@gmail.com)

Mariska Abrahams







Following a successful first meeting on June 19th, Craft Club have decided to go ahead with a range of products to sell at the SILC Bazaar in November, with all proceeds going to our Welfare projects.

Our aim is to make simple but lovely things which don't require a very high level of skill but which will hopefully bring in maximum profits!

Our core of Crafters will spend some time over the summer making prototypes and we will decide exactly what we will make at our next meeting on **August 26th, 10.30am**, again at Amanda's house.

If you would like to be part of a chatty and social "production line" then please join us then, everyone is welcome, no matter how limited you feel your skills are!

RSVP: Amanda - [amandaschranz99@gmail.com](mailto:amandaschranz99@gmail.com) or Jane - [mrscampton@hotmail.co.uk](mailto:mrscampton@hotmail.co.uk)



## Thank You from Cedric & Teresa Carr

Cedric and I wanted to express our gratitude to you for your amazing generosity. We are very touched by how much help and support we have had from people in Bangkok – from close friends and also from people that we hardly know. It means a lot to us and we thank you so much.

Since arriving back in the UK, Cedric has been moved from Addenbrookes Hospital in Cambridge, to Papworth Hospital and then back to Addenbrookes again – a lot of moving about! The care he is receiving there is very much more specialised than he was getting in Bangkok Hospital because they have quite a large dedicated Neurological team. He is now off the ventilator full-time and as of two days ago, he has now had his tracheostomy tube removed totally, which is much more comfortable for him and now he is able to talk to us on skype and Facetime, which is fantastic. Now that his respiration is more under control, they are concentrating on the physio and occupational therapy to try to get him more mobile and independent by targeting everyday tasks such as putting his glasses on and off, opening a yoghurt pot and moving a water glass from one place to another – all exciting stuff!

Suffice to say, it will be a long road ahead and at the moment, we do not know where that road will take us. However, we will always remember the kindness that everyone has shown us in Bangkok. We will miss Bangkok very much and do hope that we may be able to visit again some-time in the future. Please keep in touch and visit us in the UK if you are over there!

Teresa



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## June Lunch Review by Jane Campton

As my previous lunching experience has generally been eating the left over bits of fish finger dropped by a child (not necessarily my own) or shoveling lasagne with the P.E. department, I was most excited by the prospect of a proper grown-up one in the form of the Combined Women's Lunch, hosted this year by ANZWG.

Now I wasn't sure if I was a combined woman. I was definitely a SILC (Sophisticated, Intelligent, Lovely and Charming, obviously) one, possibly a BWG ( Better With Gin), not an ANZWG ( Antique Nude Zebra Wearing Green) and certainly not a AWC ( Athletic When Coached) but I had a wash, donned my Crisp White Linen ( Crumpled by the time I got there) and pearls and set off.

Blimey, I was underdressed! I have never seen so many manicured, polished and glossy women in my life. CWL appears to stand for Comfortable With Luxury, Countesses Wearing Lace or Coiffured, Waxed and Lacquered. I was greatly heartened to see a lady wearing wellies, cute little galoshes but definitely wellies, who had misjudged it too.

The SILC tables broke down roughly into the Graduating Class of 2013, as glam and groomed as ever; the Welfare ladies, all immaculate with nary a blob of glue or streak of glitter in sight, and my table, the Aqua Therapy crew. I see these ladies regularly but rarely dressed and, my, do they scrub up well!

We lunched in the ballroom at the Grand Hyatt Erawan hotel, a huge, stately space well suited to the occasion. After a little light shopping, the event started with a Maori song about friendship (luckily I was stopped before I joined in with a rugby haka) followed by a classic/ pop band, VieTrio. Our tables were gorgeous with beaten silverware and delicate pink flowers. We had pearl bracelets round our napkins and sequins strewn on the table. The mood was sparkling, the food delicious (except the potatoey bits in the avocado salad) and the temperature somewhat sub arctic, suggesting ANZWG is nothing to do with zebras, rather it stands for Air-con Near Zero ,Wear Great Coat. Some shared a cardi, Amanda wrapped her knees in the table cloth and Jo had to improvise with a napkin.

After lunch and a raffle which I didn't win (again) Dr Kris Chatamra gave a very interesting speech about his work with the Queen Sirikit Centre for Breast Cancer. The QSCBC is an amazing project bringing access to high quality care to the poorest women of Thailand and their families and Dr Kris gives his time entirely voluntarily. He certainly left us all thinking deeply about his words.

The event was fabulously organised by ANZWG, the experience memorable and the chosen beneficiary a very worthwhile one. I am prepping already for next year so I don't look like a M.I.D, D.T.H.B or BoBiF.

PS. For readers concerned about Mr C- he's fine. In fact he himself suggested that CWL in my case should mean Comb Was Lacking and that I should avoid using those peeled garlic cloves available in Tops as breath fresheners. He's so funny!

PPS. Apologies to ANZWG , I don't really think you are antique. Or zebras.

PPPS. M.I.D, Man in Drag; D.T.H.B, dragged through hedge backwards; B.o.B.i.F, back of bus in frock...

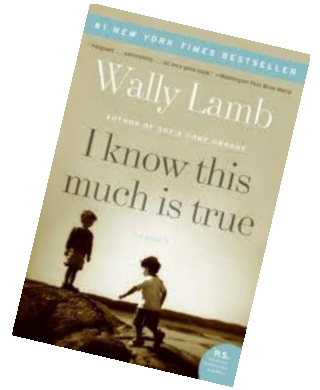




# Book Review by Marylou Rainsford

## **I Know This Much is True by Wally Lamb.**

This book was a long read with it being 901 pages long but for those of us who stuck with it found it to be intriguing to see how the author showed how the characters behaved as a result of intense emotional experiences. It was written very realistically and at times was a heart-wrenching trip through the lives of Dominick and Thomas, identical twin brothers and those around them.



Dominick's entire life has been compromised and constricted by anger and fear, by the paranoid schizophrenic twin brother, Thomas, he both deeply loves and resents, and by the past they shared with their adoptive father, Ray, a split-and-polish ex-Navy man and their long-suffering mother, Concettina, a timid woman with a harelip that made her shy and self-conscious:

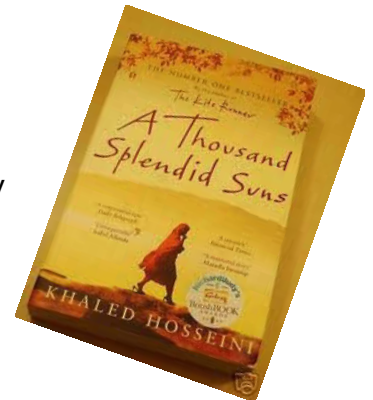
Born in America, in the waning moments of 1949 and the opening minutes of 1950, the twins are physical mirror images who grow into separate yet connected entities: the seemingly strong and protective yet fearful Dominick and the seemingly weak and sweet yet noble Thomas. From childhood, Dominick fights for both separation and wholeness, and ultimately self-protection, in a house of fear dominated by Ray, a bully who abuses his power over these stepsons whose biological father is a mystery.

Dominick's talent for survival comes at an enormous cost, including the breakup of his marriage to Dessa. His emotional strength and mental wellbeing is put to the ultimate test when Thomas, a Bible-spouting zealot, commits an unthinkable act that threatens the tenuous balance of both his and Dominick's lives. To save himself, Dominick needs confront not only the pain of his past but the dark secrets he has locked deep within himself, and the sins of his ancestors.

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## **A Thousand Splendid Suns by Khaled Hosseini**

A story told along the same vein as the poignant novel *The Kite Runner*, *A Thousand Splendid Suns* is at once a history refresher of thirty years of Afghan history (predominantly the different conflicts over decades i.e. America, Russia, Taliban, Tribal differences) and a deeply moving story of family, friendship, faith, and the salvation to be found in love.



Born a generation apart and with very different ideas about love and family, Mariam and Laila are two women brought together by war, by loss and by fate. As they endure the ever escalating dangers around them, in their home as well as in the streets of Kabul, they come to form a bond that makes them both sisters and mother-daughter to each other, and that will ultimately alter the course not just of their own lives but of the next generation. The story is a seemingly unending tale of what these women have to endure to simply survive and yet somehow they managed to retain hope. Ultimately it shows how a woman's love for her family can move her to shocking and heroic acts of self-sacrifice, and that in the end it is love, or even the memory of love, that is often the key to survival.

Whilst we did mostly agree that it was not as enthralling story as *The Kite Runner*, it was definitely worth a read.

# SILC Book Club

**When:** Thurs 29 August

**Time:** 12-2pm

**Where:** Julie Cragg's house,  
Magnolias Residence Bangna Trad Rd Km 7 Soi Bangkaew

Please bring some snacks to share.

**Book:** Shantaram by Gregory David Roberts and a Sophie Kinsella book (not yet decided)

**More Details:** Contact Julie at [jnjinjulie@gmail.com](mailto:jnjinjulie@gmail.com) or 082 336 9200

Please come even if you haven't read the books. We will discuss books in general and future books.  
Hope to see you there!



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# Best of the Big Mango



Welcome back to our new feature, interviewing 3 different people, asking the same set of questions.

This month we ask three ladies who have been here for longer than most ...

**Name** – Angelique Leijdekker

**How long have you been in Bangkok** – 11 years in total..... with a 5 year break in between.

**Best holiday destination in Thailand** – Now giving that away is a bit tricky as I do like my fellow SILC members but not necessarily need to run into them while escaping the Big Mango J We absolutely enjoyed Koh Mak, an island situated in the East of the Gulf of Thailand, 35km of the mainland. We stayed at Goodtime resort and explored the island on a motorbike. Hardly any cars there, needless to say we loved it.

**Best place to take visitors in BKK**– Think I read that in the Last issue as well, of course mentioned by a fellow Dutchie: Take them on a bicycle tour. We always use ABC biking as its starting point is close to our house: Sukhumvit Soi 26. Great way to explore the off the beaten track locations: Klong Toey Market, the River and the little oasis on the other side..... Which I won't talk about.... You will just have to go yourself!

Another all-time favourite is spending a weekend morning in Chatutjak Market. I always have to push myself to go as I do know how hot and busy it can get there..... but once there I don't want to leave. All our guests, except the hubbies, agree.

Great shopping, go to Viva's for good coffee and lately exceptional Paella, don't miss the Art Section and I can go on and on.

**Best dining experience**– Bangkok being a food Walhalla.... Difficult to choose a favourite.

For lunch with a small group (or just on my own), Isao in Sukhumvit Soi 31. The best sushi ever. Don't stop by for a surprise visit as you really do have to make reservations or be prepared to wait in line!

With visitors I always go to Asiatique and choose one of the nice restaurants on the waterfront. You have to arrive by boat to give it its full credit. Good food and great ambiance!

**Best place for drinks**– HOB (House of Beers) Thonglor. Either Penny's Balcony or Seen Space. A grand collection of Belgian beers, don't think I need to explain any further.

**Best thing for kids to do in BKK**– My boys love Flow House, riding bikes in either RotFai Park or Ancient City, sailing at Nong Bon Lake, watching a movie in Terminal 21 etc.

**Best thing about living in BKK**– diversity and choices are two words I always use to describe why we love Bangkok. The great mix of people we come across on a daily basis makes each day an interesting one. The expat moms at school, the street vendors on the street, the artists at the Gallery, The refugees at BRC, the taxi drivers.... You name it!

Once we open the door of our apartment we have a choice: taxi, motorbike, car, walking or skytrain? A luxury meal or a noodle soup out on the sidewalk? Will I wash my hair myself or will I get it done at the salon (just not a choice I have back home as who can afford it there).

**Best thing to do on a Monday morning** – I should honestly say, go to Pilates class..... but unfortunately I am not the exercise guru I want to be so any excuse to skip. But I do have to admit, once I do the class I feel so much better afterwards. Please don't allow me to schedule Monday morning appointments with any of you!

**Bangkok's best kept secret** – The Neilson Hays Library.... A little oasis in the midst of the chaos of Bangkok. Once there it feels like you are in a different place..... history, tranquillity, great selection of books and (yes again) great food in the Café.

**If you could take one element from home and transport it to Bangkok, what would it be**– My family! As much as I love living abroad, I do constantly feel guilty about not being there for my mom now she needs us most.

**Best advice for newcomers to the city** – Book yourself into a service apartment for the first 3 months. Explore the city, meet parents at school, make some friends and find out how traffic flows before you decide where to settle down.

**Name** – Joanna Junge

**How long have you been in Bangkok** – 15 years (bring on the medals)

**Best holiday destination in Thailand** – Hua Hin because I have a house there.

**Best place to take visitors in BKK**– Grand Palace/Longtail Boat trip on Chao Phraya

**Best dining experience**– Vietnamese Noodle Soup in Foodloft, Chidlom

**Best place for drinks**– Red Sky, Centara Grand

**Best thing for kids to do in BKK**– Wakeboard at Lake Taco or TWP

**Best thing about living in BKK**– The sight of the maid on Monday morning

**Best thing to do on a Monday morning** – Aqua Aerobics Therapy at Garden Towers

**Bangkok's best kept secret** – My pool on a Sunday afternoon

**If you could take one element from home and transport it to Bangkok, what would it be–**

The Sunday papers, Roundabouts, Waitrose, Daffodils (but that's more than one sorry)

**Best advice for newcomers to the city** –

Take your time to settle in before you judge! It is a huge culture shock but the chaos and people grow on you. There is always something going on – day and night – someone cooking or selling something. Always have a ticket out of here once a year back to reality. It puts things back into perspective. Non negotiable in my house!



**Name** – Eva Sophonpanich

**How long have you been in Bangkok** – all my life almost

**Best holiday destination in Thailand** –Rajprapha Dam ,  
Chiaw Chan Lake in Surat Thani, or sailing on a yacht  
around islands in Krabi, PiPi, Similan, Surin Islands etc

**Best place to take visitors in BKK**– trip on the Chao Praya  
river, visit Jim Thompson's Home, China Town, Chatuchak  
Market, Grand Palace plus many other temples.

**Best dining experience**– Baan Khanitha's on the river, Ros-  
sano's, Oriental's terrace, corner of soi 38 (very cheap,  
simple open air rest), Le Dalat , etc

**Best place for drinks**– 64th floor, on top of the Dome State  
Tower, Silom road, spectacular view over Bangkok, Bam-  
boo Bar, Oriental Hotel

**Best thing for kids to do in BKK**– Take the older ones to  
TACO for water skiing

**Best thing about living in BKK**– The atmosphere in the  
city, the people, most things are quite convenient,

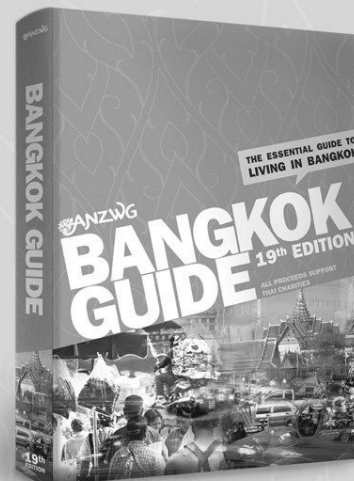
**Best thing to do on a Monday morning** – go to aqua clas-  
ses

**Bangkok's best kept secret** – It used to be "The Venice of  
the East"

**If you could take one element from home and transport  
it to Bangkok, what would it be**– more open parks and  
FRESH AIR of course!!

**Best advice for newcomers to the city** – Be patient, keep  
"cool", never show your temper in front of Thai people,  
and smile back at these wonderful people!!

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# Bulletin Board

## Wanted:

The Welfare Ladies who organize the preschool craft activities would like to ask you to collect wire coat hangers for the October craft activity.

Also for future use any unneeded craft materials like yarn, feathers, cotton batting...

If you can help please pass these items on to Julie Nguyen or any of the welfare ladies.

Many thanks



## Cooking Oil Required

Marianne will be carrying on the excellent job of food donations with Sister Joan in the Klong Toey Slums when Kay leaves at the end of June.

Sister Joan needs to purchase 96 x 1 litre bottles of oil every 2 weeks along with rice, fish sauce, sardines and other food items. To help out we would like to ask you to continue to donate bottles of oil for this great cause.

If you can help, please bring your oil to any SILC event or pass on to any of the welfare ladies.

Thank you.

welfare1@gmail.com



## FOBISSEA Bake Sale



## A Big Thank You...

to all who baked cakes for us to sell at the Primary FOBISSEA competition at Patana School on Sat 15 June. It was a very hot morning but with the help of our sales team; Shirley, Jan, Lek, Aree, Julie, Phin & Chris we managed to raise 8000THB.

The cakes were all delicious but the most requested were chocolate brownies!

# What's On in Bangkok

BANGKOK COMMUNITY THEATRE PRESENTS

A Movie Musical Interactive Event  
at The British Club on Silom Soi 18

Friday & Saturday, September 27 & 28, 2013

**Two  
Nights  
Only!**

**Tickets  
on sale  
Sept. 1!**

We're off to see the Wizard! BCT has held hugely successful "Sound of Music," "Grease" and "Hairspray" audience participation events in the past, so don't miss this year's film

## The Wizard of Oz

Don't worry if you don't know the film, we'll provide the lyrics and have you singing along and heckling the witch in no time! The event features a picnic supper, charismatic hosts who will explain how the evening works including how to use the

props in your individual goody bag, lots of audience participation, costume prizes, and more. Dress up as characters or trivia from the movie - let your imagination go wild: think Toto, Flying Monkeys, Witches good and bad, and Munchkins just to name a few. Grab your ruby slippers and click your heels three times to transport yourself to Oz this September!

**B500 per person includes pre-show buffet supper and goody bag; cash bar available. Pre-show supper from 6:30pm; movie commences at approximately 7:30pm. Please purchase tickets in advance by phone: 087-517-2666 or email: [treasurer@bct-th.org](mailto:treasurer@bct-th.org) or in person at The British Club on Silom Soi 18. For further information, please visit [www.bct-th.org](http://www.bct-th.org) or our Facebook page, email [bct@sala.net](mailto:bct@sala.net) or call 081-892-5052. Places are limited so book now to avoid disappointment.**

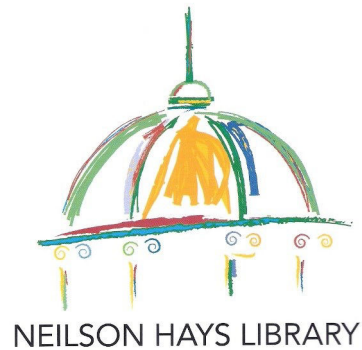


*Bangkok*  
**COMMUNITY**  
*Theatre*





# What's On in Bangkok



## **Chahn's Impressions 2013** **an exhibition by Chahn Sutrapong** **July 2 - August 4, 2013**

The Neilson Hays Library is pleased to announce the 2013 exhibition of Chahn Sutrapong, who has been exhibiting with the NHL since 1986. At the upcoming exhibition over 30 landscapes, nudes, and portraits will be exhibited in the library Rotunda from July 2 till August 4.

Chahn graduated from Chung Ling high school in Penang, Malaysia, while studying art under two Malaysian artists, one of whom is Chua Thien Teng, a well-known batik painter and one of Malaysia's foremost contemporary art gurus. He also took correspondence courses offered by the Washington School of Art and the British Institute of Careers. Chahn began his career as an artist by working with advertising agencies as visualizer/illustrator prior to joining the Bangkok Post's creative department in 1974. After over twenty years of service, he left the Post in 1995 to pursue his painting full-time. He also used to teach a Japanese painting class at the Japanese Association for a number of years.

Occasionally, Chahn works on portraits and nudes, but most of the time is reserved for his laborious landscape painting. He paints quickly, on spot, which gives his landscapes a freshness and vibrancy, catching the mood of the moment. He paints "anything which impresses him" but it is light and shade that you see when you gaze at his timeless scenes of moored barges and Chao Praya river life.

His works can be seen in the finest hotels and in the offices of prestigious companies. In fact, over 10 of Chahn's paintings have been bought by the Oriental Hotel to decorate the hotel's Royal Suite. Another 20 or so of his paintings have been acquired by Samaggi Insurance to hang in the interior of their new offices. Adding international notes, Philips also acquired some of his paintings to print in their 1989 calendar. In fact, Chahn's evocation of Thailand's warm play of light can be seen in homes in Japan, Paris, Malaysia, Switzerland, the US and South Africa.

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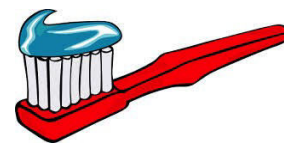
# Dentists visit Mahawong & Chanukroh

This month has been Dental Check-up Month at all three of the preschools we support. Dental Nurses from UK Dentice Dental Clinic donated their time and services to visit each school and check the teeth of all the children. Some children were happier about this than others!

While they were waiting for their turn, they had a chance to colour in a picture and adorn it with stamps and stickers (always a hit with the children). They also had some stories about teeth and dentists read to them by our willing band of welfare ladies.

At the end of the session each child was given a new toothbrush and a tube of toothpaste to encourage them to keep up the good work.

Thank you to everyone who helped this month and everyone who donated toothbrushes.





## Fun Activities at Prakkasamai by Teresa Carr

Sadly, I write this as my very last write-up on Prakkasamai for the newsletter. It has been fantastic being involved with this school and working with Phin as my partner. Although I think Phin has done most of the work for the past few months – thank you Phin!! She also makes herself understood much better than me with my “nit noi” Thai!!

This school has changed so much since we started working with them a couple of years ago. When the BWG asked us to get involved and throw a Christmas party for them, we were not sure what to find. What we found, was a really charming little school made entirely of bamboo with a roof made of leaves, sitting amongst some fishing lakes. It felt a million miles away from Bangkok. Over the years it has had improvements – an artificial grass play area, a sandpit, shade covering, improved front area and now a new roof. All these changes are for the better for the children, but I can't help but hanker for the rustic little school it was. Unfortunately, you can't stand in the way of progress!

This month, the dental nurses kindly gave up their free time to go along and give the children a check-up. This was met with mixed reactions – some children were excited and some were reduced to tears, believing the nurses were going to pull their teeth out!! The classes were split up and whilst some were colouring and being read to, the nurses were doing their checks. We read some books to the children about teeth and how to care for them and how we use our teeth. I must say that I didn't know a walrus pulls himself out of the water with his teeth as he has no arms or legs – although I am not sure that I have spent much time wondering how a walrus gets out of the water?!

Once all the checks had been done, it was time to wave goodbye, but not before doing something special for Phin and I. The children sang us a song (I think there may have been some SILC teaching influence in there?!) and one little girl gave a lovely thank you speech – at least I was told it was, because I could not understand it! At times like that, I very much regret not learning more Thai. Phin and I were then presented with a flower garland and a beautifully framed picture each drawn by one of the children. It was truly something to treasure and remind us of the children and the school. Goodbyes are always so hard and this was no exception – I had to try very hard not to cry! I will check out the website to see how our “babies” are doing in the future. Keep up the wonderful work you all do in supporting them. Good luck to our replacements!



# Welfare Goodbyes

## "I'VE SEEN AND MET ANGELS WEARING THE DISGUISE OF ORDINARY PEOPLE LIVING ORDINARY LIVES"

Tracy Chapman

The Welfare Team would like to acknowledge and give thanks to the following ladies for their inspiration (in no particular order):



**BIANCA** has regularly participated in our monthly welfare arts and crafts activities at the schools over the past few years. She partnered looking after Chanukroh. Every 2nd week she has taken fruit to Chanukroh school for the children for nearly 4 years. The children will miss the "fruit lady"



**MARY** has made significant contributions to our welfare projects over the past few years. She was our infamous grocery shopping lady. She organised the Year 3 Patana big give and supported start a Business scheme.



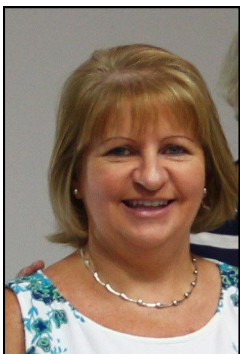
**PHIN** has also supported and been link lady for Home Of Grace and was an active verdure selling the products made by the young pregnant mums. Phin regularly visited Om Sin (the homeless family living in the garbage dump) and assisted them with their complex needs.



**TERESA** has worked with welfare for over 4 years and was one of the 3 people who restated and boosted welfare activities in SILC.

She worked closely with Thai Song helping to organize collections of plastic and cans for their crafts.

**PHIN** and **TERESA** have both been actively involved with the SILC welfare group over the past 3 years. As I mentioned last month, they have also been superstars looking after Prakkasamai preschool this past year.



**KAY** has played a leading role within the welfare team for almost 9 years now.

She single handedly visited the preschool and carried out the fruit run for Ma-hawong when she was responsible for welfare. She rescued a family who lived under a tree. She led the collection for the fire victims in the slums and circulated many essential items and fancy underwear that has a story of its own ;-). She worked closely with Sister Joan delivering the oil and dry goods to the slums twice a month.



**LYN** has been assisting Rainbow house and the C.C.D. with her physiotherapist skills. Lyn made connections with many new projects that SILC had not worked with before and was keen to be involved in. She has been working closely with Cooking with Poo, Helping Hands and 2<sup>nd</sup> Chance Bangkok in the Klong Toey slums and often going out of her way to assist the disadvantaged. She is known as the "professional beggar" by the ladies who work in Helping Hands as she is a fabulous fund raiser.

**Kop Khun Kha! Chok Dee Kha! Sawadee Kha!**



# Welfare Trip to Mae Sot by Chris Rajakarier

The SILC Ladies visit to Mae Sot North Thailand with Gift of Happiness giving tons more happiness..... Part 1

## Day 1.

This week SILC ladies were part of a group of volunteers who went on a 4 day trip with the Gift of Happiness Foundation to visit different projects and schools in and around Mae Sot, in the North of Thailand.

Our group was led by Eddie Haworth, the director of Gift of Happiness, a foundation based in Bangkok which works in different parts of Thailand to support poor children. There were volunteers from British Women's Group, 3 of us from SILC (Marianne, Khun Lek and myself) who were first-time visitors. In our party we also had an official photographer, Simon, and the very affable Amarin, who helped a lot with organisation and was invaluable when it came to communication, as a native Thai speaker. Our party also included 2 boys who were on their GAP year.

The donations which we collected were sent off to the Gift of Happiness office and Charity Shop in Bangkok to be sorted, packed and distributed to the different places we were visiting. Early on the morning of Sunday 26th May two pick-up trucks loaded up with donated clothes, toys, school uniforms and equipment for Eddie's (AKA Clown Eckie) clown show set off in convoy for the 7 hour drive north to the town of Mae Sot, close to the border with Myanmar.

The ladies from SILC all met up at my place to drive to Don Muang Airport to bring our journey by Nokair to Mae Sot airport on the 26th of May 2013. We were all excited and loaded with bags full of donations and bags of snacks (just incase we could not find any shops in Mae Sot). The flight was short but noisy, a combination of the airplane and our animated voices talking about the up coming trip. We arrived at the Bed and Breakfast by taxi and little by little the other volunteers trickled in. At dinner we were briefed by Eddie about the upcoming days and given a detailed brief about the next day. We soon realized that the dinner time briefs about the following day also gave us time recapture the events of the day.

## Day 2 SILC ladies visit to Mae Sot

Our activities in Mae Sot began on the morning of Monday 27th May with a visit to the Mae Tao Clinic (MTC), just outside of town. MTC is a community hospital providing healthcare to the displaced Burmese and ethnic communities along the Thai-Myanmar border. MTC's official report for 2012 shows that it received 148,561 visits during 2012 and that 45% of all cases treated in 2012 were patients who had travelled across the border from Myanmar to reach the clinic.

We presented a number of donated items to MTC including medical and hygiene supplies. Our visit also included a tour by staff of the facility and explanation of the work that they do. We visited a number of wards and gave out some teddy bears which had been donated to the foundation.





Our next stop was a school and shelter for street kids run by the organisation One Dream One World, where we presented a set of school uniforms to the children. This also gave us the opportunity to have a look at the new school bus which had been purchased using funds donated by SILC. The children ran and got into the bus to show us how they could all fit in and we could not believe how many kids did fit in it - was as if they were stepping into the T.A.R.D.I.S.



After that we visited a Women's refuge run by Social Action for Women (SAW). SAW is an NGO assisting displaced women from Burma who are in crisis situations after having fled to Mae Sot. Before the visit we stopped at the local market to purchase the dry food with the funds SILC was donating. We were able to pay for bags of rice, dry fish, fresh chicken, tinned fish, fish sauce and many more essential items badly needed by these women and children .

The shelter that we visited was home to a group of 11 women who are suffering from HIV and AIDs, and 9 children, 4 of whom have HIV. We presented them with some donations including some farming tools donated by [Chillington Tools](#) together with the food supplies purchased using money kindly donated by SILC. We found out that their medical supplies had run out due to poor financial support and they had only enough funding for only 3 meals a day for 3 days a week. So the dry good we donated was much needed for this project.

In the afternoon we visited a migrant school called Ah Yone Oo Learning Centre, run by Ray of Hope and Help Without Frontiers. It has capacity to teach up to 130 children and also offers some vocational training (it has a sewing machine). Eddie performed his show and we gave out donated toys to the kids.



This School also has a skills program to enable children as they grow to learn a trade such as sewing. So they had hope for a better future..... to be continued

Part 2 in the next news letter ..... Thank you for your continued support.....

Many Thanks Chris

## Volunteers do it for free! By Julie Cragg

Yeah, it's Thursday 20<sup>th</sup> June! Ok, so by the time you read this it's probably more like August, but just play along with me. On my "to do" list today there is only one item – WELFARE PARTY! Get your glad rags on.

The event of the season (ok, so I don't get out much) was held at Chris's house to say thank you to all of the ladies that have been involved in the SILC welfare projects this year. Wow, what a turnout. It was fantastic to see so many faces – both old and new (I didn't mean old as in aged, you know what I mean). We also had some really special guests – the "Helping Hands" team, and Sister Joan joined us.

As for the food – well, I purposefully skipped breakfast so I could gorge (yes, I'm admitting it) and what a feast! You can blame yours truly if you didn't manage to taste Shirley's apple pie. You won't believe it, but I was put "in charge" of the drinks. To me, that meant sampling Eunice's sangria to make sure everything was how it should be. Hey, what a job!

Last, but not least, the speeches. The welfare ladies that were leaving Bangkok (see detailed write up) were toasted and given lovely tea towels from the children. Thank you Julie (not me, the other one!) for getting the job done. Our resident florist, Lek, specially made the baskets of flowers. Get your orders in, ladies! I won't go into too much detail, but at one moment during the speeches, I had to count my toes just to make sure they were all there while I got that blasted grit out my eye.

What a great way to say farewell. Have a good holiday everyone and thank you Chris for being a wonderful host.

P.S. Reasons to volunteer (ok so some of them may be a bit superficial):

- ✓ Gets you out of the house
- ✓ Gives your driver something to do
- ✓ Gives your maid a break
- ✓ These kids actually appreciate you!
- ✓ Get to know other volunteers
- ✓ Go for yummy Thai bean salad afterwards
- ✓ It makes you feel good (that's both the bean salad and helping the community!)
- ✓ SILC welfare need you.



[See more photos on our website...](#)