

SILC News

A publication of the Samutprakarn International Ladies Club



From the President.....

Happy New Year

I hope you all have had some fun over the last few weeks, but especially those of you who were at the Shanghai Nights New Year Party on the 13th January. What a great night and as for those Lion Dancers, how many of us had our hearts in our mouths as those children stood at the top of those man mountains? Steve kept assuring me that there were plenty of people to catch them if they fell but I was not completely convinced. Another great night of music from Russell and Robbie combined with the Novotel letting us party on a bit longer than we should have made it a real night to remember. A very big Thank You to Jenny for a great job very well done and I must also mention Melanie and Julie who decorated the room so brilliantly.

Going back to before Christmas the Coffee morning at Irene's complete with Christmas carols was wonderful and a good start to the festivities. I know many of you were off to various parts of the world but my family and I stayed here and really enjoyed the lovely cool weather, what a welcome break it was. We spent 8 days at the beach on Koh Samet where I have never seen the water so clear and had our best 'island' New Year in Thailand so far. The fireworks seemed to go on forever and despite the sad news of bombs in Bangkok everyone seemed in the mood to celebrate.

It does make you think a little more when bombs come closer to home. Having grown up in England in the 1970's and 80's when the IRA were at the height of their bombing campaign on the British mainland you become hardened and feel almost indignant that such people will not alter your lifestyle. Sadly the reality is that it does change us and often in ways that we do not want. We become more suspicious of those we do not know and presume the worst of people instead of the best. I hope we can all learn to be more careful and more observant but still treat our fellow human beings with compassion and try to think the best of those around us. Perhaps if we can all do that then the world will become a better place and there will be less people wanting to plant bombs not more.

I look forward to seeing you all at our SILC events in February and hope those of us on January's bike tour manage to walk the next day!

Take care

Jane

Diary Dates

Friday 2nd February
Lunch
Indus, Suk. Soi 26
12 noon

Monday 5th February
Coffee Morning
Dr Donna
33/300 soi 62 Ladawan
10am

Thursday 15th February
Evening event
Bua Restaurant
7.30pm

Tuesday 27 February
Tour
Sanctuary of Truth
8am

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

Committee Members

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General Committee Members	Denise Paul Karen Cohen	085 217 1215 081 171 8014	deniseinbkk@yahoo.com gcohen@truemail.co.th

Organisation of the Club

SILC creates an opportunity for women of all nationalities living in the Samutprakarn area to meet socially and participate in a variety of activities without travelling into Bangkok. We invite members to join monthly meetings, tours and interest groups. Members pay an annual fee of 600 Baht to cover costs and receive a newsletter and club directory.

Newsletter

The newsletter is published ten times a year with articles and information on club activities. Contributions are welcome and can be sent to the newsletter editor.

Committee Meetings

These are held once a month and are open to all members. Please inform the meeting hostess if you wish to attend.

SILC Policy on Children

As the main purpose of SILC is to provide a network and support for its members, it is our policy that children do not attend functions and tours, except in the case of very young babies who are being breastfed and/or cannot be left with a carer. Members with babies, toddlers and children are invited to join regular playgroups advertised in the SILC newsletter and special family activities. Details of contact names and numbers can be found in the newsletter.

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

New Members

Georgette Williams

99/198 Soi 9/3 Montana

Onut Wongwen

Gemma Gibson

3212/10 Muu 10 Fantasia Villa

Soi Bearing 26, Sukhumvit 107

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

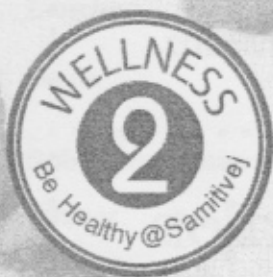
Flyer insert: 600 Baht

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

Please send advertisement to: To arrange payment contact:

The Editor: silcnews@hotmail.com The Treasurer: Emma Shah





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For more information or to make an appointment,
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WELLNESS CENTER SAMITIVEJ SUKHUMVIT HOSPITAL
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Tel 66-2711-8200
Email: wellness.suk@samitivej.co.th



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Regular Events

Golf

Every Thursday morning; alternating Samutprakarn courses.

Newcomers welcome.

Contact:

Annette Gerlach: 02 750 3099



Thursday Playgroup

Playgroup every Thursday ages 0 to 4 at members houses

Contact:

Tania Donoghue:

02 399 2991 and

087 013 3100



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



Watercolour Painting classes

Every Monday – 9.30 to 12.30

Thai artist: Khun Mani

At Jacque Kirkham's home

154 Moo 13 Lakeside 2

Contact Jacque 07-917-1580



Mahjong

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

Contact: Shirley Tan

02 758 7304

089 497 8318



Committee Meeting Highlights

Welfare Report:

We are doing even more good things with our funds. B50,000 will be donated to each of the following:

- Lea Silk's programme for elderly villagers (to make traditional shawls)
- A severely-burned 15-year-old Thai girl (an orphan) who needs to make regular trips to BKK for treatment
- The Baan Unrak project, which helps displaced Burmese

Treasurer's Report:

Accounts as of end of Dec.

New Year's Party:

Party preparations complete for Saturday

Date of next meeting:

Monday 5 February, 8.30am, Jane Wise's House. 33/300 Soi 62 Ladawan

February Events

February Coffee Morning

When; Monday 5th February 2007

Time: 10 to 12

Subject Speaker Dr Donna Robinson
SILC Welfare Sponsor for burns patient Khun Uraiwan age 15

Where: Jane Wise SILC President
33/300 Soi 62 Mooban Ladawan

Please bring a plate to share if you are organized.

Please RSVP irenemgray@gmail.com

FEBRUARY LUNCH

FRIDAY 2ND FEBRUARY 2007

AT

INDUS INDIAN RESTAURANT

ON SUKUMVIT SOI 26

Indus is a modern Indian restaurant offering a very wide and varied menu of tasty wholesome northern Indian and Kashmiri cuisine as well as superb service.

It is housed in a 1960's art deco house complete with tapestries, antique doors, and jagged sandstone walls, the décor is definitely worth a look as is the food worth tasting!

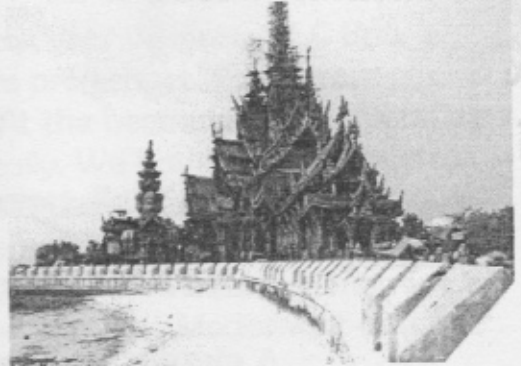
If you would like to sample some of the mouthwatering dishes and get together with friends for a lovely relaxing lunch please RSVP to

Jo Thomas on davejo@loxinfo.co.th or call on 0870 248256 by the 30th January

ALL SILC EVENTS ARE SUBJECT TO CHANGE
PLEASE CONFIRM YOUR ATTENDANCE WITH THE TELEPHONE CONFIRMATION

February's Unseen Thailand Tour

When : TUESDAY, 27th February 2007
Time : 8am to 2.30pm
Where : **SANCTUARY OF TRUTH**
(Prasat Sut Ja-Tum in Chonburi Province)
Cost : about 700 baht
(transport and entrance fee)
Details :



.... This sanctuary is a monumental project undertaken by the late eccentric billionaire Khun Lek who was also responsible for the creation of the Ancient City and the Three-Headed Elephant Art Museum.

.... It is a gigantic temple (the biggest in Thailand) made entirely of wood, with an indoor size of 2115 sq m, height 105m and length 100m. It stands in defiance of the harsh ocean elements on the seashore at Rachwate Cape. It has already taken more than 25 years to build and is yet to be completed. When this happens, it might even be the 8th wonder of the world due to its wooden structures and intricate details.

.... The wood carvings and wooden sculptures depict the 4 major artistic and philosophical influences that can be seen in Thailand, namely, Hindu, Khmer, Chinese and Thai influences. Its aim is to make visitors understand Ancient Life, Human Responsibility, Basic Thought, Cycle of Life, Life Relationship with the Universe and the Common Goal of Life toward Utopia.

.... There is a team of 250 wood carvers hard at work on the sanctuary and you might even see them in action.

.... On top of all the above, there is also a ½ hour dolphin show which you can watch.

RSVP : suriawati.ibrahim@gmail.com or tel. 084-6392827 by 20/2/07
(tour will start and end at Central BangNa Shopping Centre)

VIDEO PLAYERS WANTED

We had loads of videos left from the Bazaar and thought we would pass them on to the Thai pre schools we support therefore we need video players. So, if you have an old one that works we would love it.

Cheers
Lizzy West



February Evening Event

Come and enjoy our first SILC girls dinner in 2007

A chance to try some nice Thai and seafood dishes
and enjoy some stimulating conversation

BUA Restaurant

1 Spinakarin Road

Just behind Seri Center. parking space available

Thursday 15th February

7.30 pm

Please RSVP Marit mobile 087-9367656
or e-mail gerdonmarit@yahoo.com



A woman was walking down the street when she was accosted by a particularly dirty and shabby-looking homeless woman who asked her for a couple of dollars for dinner.

The woman took out her bill fold, extracted ten dollars and asked, "If I give you this money, will you buy some wine with it instead of dinner?"

"No," I had to stop drinking that stuff years ago, the homeless woman replied.

"Will you use it to go shopping instead of buying food?" the woman asked

"No I don't waste time shopping," the homeless woman said. "I need to spend all my time trying to stay alive."

"Will you spend this on a beauty salon instead of food?" the woman asked.

"Are you NUTS!" replied the homeless woman. "I haven't had my hair done in 20 years!"

"Well," said the woman, "I'm not going to give you the money. Instead, I'm going to take you out for dinner with my hubby and myself tonight."

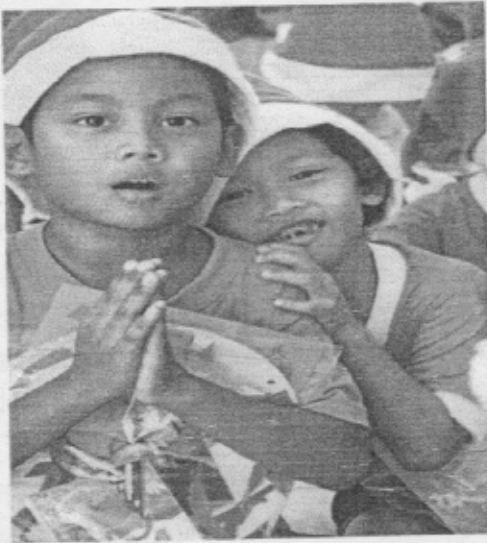
The homeless Woman was astounded.

"Won't your hubby be furious with you for doing that? I know I'm dirty, and I probably smell pretty disgusting."

The woman replied, "That's okay. It's important for him to see what a woman looks like after she has given up shopping, hair appointments, and fine wines."

WELFARE NEWS

Happy New Year and what a great way to start the New Year with the SILC Ball. It was a great night and we raised lots of money for welfare projects, so thanks to everyone who came along and danced the night away. At the beginning of the year, we have had the chance to support some more projects finally. We have given money to Lea silk, to help the elderly in Ban Rang Khai village, Baan Unrak project, to help cover some of the daily costs at the children's home and Medconsult Health Services, to support Khun Uraiwan a young burns victim pay her medical bills. The coffee morning in February will give you the chance to meet Dr Donna who works at Medconsult and find out more about the fantastic work she does.



Don't forget if you have any spare time on a Friday morning come and join "The Welfare Gang" at Mahawong School. We all have a great time and the children's faces say it all. Before Christmas, we had a fantastic Christmas party with fun and games and of course a visit from Santa (thanks to Edwena's driver). The children and staff really appreciated the "goody bags" we made up, so thanks to all the people who donated their toiletries and stationery (keep storing them up for next year!!) If you are interested in coming along one week, drop me an e-mail or give us a call to find out more. Hope to hear from many of you, as the more people we have the greater the support we can give.

Cheers
Lizzy West

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ea_west@yahoo.co.uk



Bangkok
COMMUNITY
Theatre



announces

AUDITIONS

For the May 2007 production of

"The Emperor's New Clothes"

Bangkok Community Theatre is holding open auditions for English-speaking adults (aged 17 – 70) of any nationality who are interested in performing in the early May 2007 production of "The Emperor's New Clothes." Auditions will be held at on Sunday, February 26th & Monday, February 26th, 2007. (See registration details below)

This delightful participation play requires a small cast of adults ready to jump in and interact with the children in the audience as well as a small production team/backstage crew. Casting is flexible and most roles can be played by adult actors/actresses of any age. So if you are over 17 years old, and enjoy the magic of children's theatre, please consider auditioning.

HOW TO REGISTER

Please email emperor@sala.net with your full name and contact details. Once you have registered, you will receive complete information regarding the audition venue, time, the audition process, etc. Please visit the BCT website at www.bct-th.org for detailed information about the show and to review character descriptions.

This version of follows the audience participation format of recent BCT productions of "Puss in Boots," "Aladdin," "Rumpelstiltskin" and "Hansel & Gretel." Once again we will take the action out into the audience and fill the room with fun and fantasy. Please help us make the magic happen!

Please note that to ease administration, **EVERYONE wishing to try out for this show **MUST PRE-REGISTER**. Additionally, if you'd like to volunteer to work backstage or on the production team, please email bonniez@sala.net or call 081 869 1104.*

What's on in Bangkok

ThaiCraft Sales

**Saturday, 24th February 2007:
The Ambassador Hotel, Bangkok Tower
Wing, 3rd Floor
10am - 2pm**

www.thaicraft.org



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Other Events

**International Food Festival
3 February 2007 to 11 February 2007**

This year's theme is chocolate! Expect all kinds of food with an emphasis on deserts at this annual event. Lots of activities for aspiring cooks, children included, too! Open 11am-9pm at Impact, Muang Thong Thani

**Bangkok Gems & Jewelry Fair
28 February 2007 to 4 March 2007**

Showcasing gems and jewelry from Thailand and around the world, bringing together all kinds of designers and suppliers. Entry B 200. At Impact Challenger Hall, Muang Thong Thani

Dec / Jan Reviews

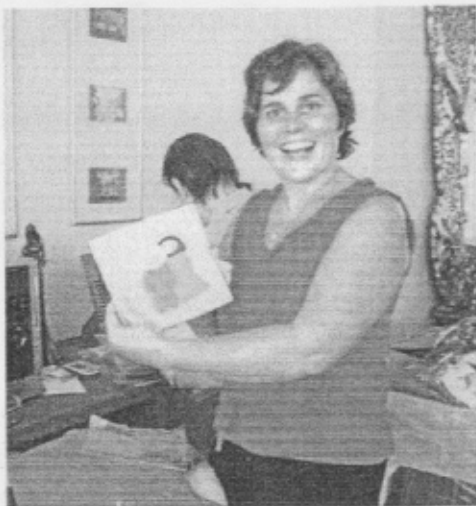
SILC Christmas Lunch

As Christmas drew near and thoughts of decorations and mulled wine permeated our minds, the SILC ladies gathered together at the beautiful home of Irene Gray to celebrate. We were met at the door by the lovely hostesses Irene and her even lovelier daughter (mini me) Sophie, both dressed in red and looking fantastic. The house was dressed up to the nines with trees and garlands and looked a picture and with the fragrant aroma of mulled wine (a tradition Ill be taking back to Australia) we were all set for a great day.



Many of the ladies brought a dish with them, some traditional some not, so by the time the table was set, it was a very impressive array of fine food and wine. In fact when you look at a table set for Christmas you just have to think, Ill diet next year as everything was so hard to resist.

We were also treated to Christmas songs and dancing by the choir from the Fatima Self Help Centre who also brought with them some of the crafts they make to sell such as cards, t-shirts, and decorations. SILC gave a donation of 3000Bht. It was really lovely watching the girls dance and sing and all in English as well.



We also had a very important occasion (apart from Jesus birth) to celebrate and that was the birth of Sharon Gretton ??????years ago. I cant quite remember how many years ago she was born but I think it was quite an important number. We had a beautiful cake and all enjoyed partaking thereof.

We all ate to our fill and enjoyed talking and finding out what each other were planning for Christmas. Then we got down to the important part of the day. PRESENTS.

We had all bought a gift wrapped present to be put in the middle and Maoliosa had suggested in addition to the usual secret santa that we introduce a new twist. The twist was that the first person opens a present but doesn't necessarily get to keep it. The next person can steal that present if they choose to. It can be stolen a maximum of 3 times. For those of you who weren't there, I can assure you it was one of the funniest things I've witnessed since being in Bangkok. There's nothing like watching a beautiful, charming, well-dressed ladylike woman steal a present. The longing for the present far outweighing the guilt one feels at stealing it from someone else.

So a very funny time was had by all, we left Irene's house feeling full and happy and looking forward to seeing everyone in the new year. Thanks again to Irene and to all the ladies who contributed in anyway to what was a fabulous day.

Diane Higgins

Photohouse,

by Penny



cdngeese@
truemail.co.th

0890 666 453

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

Sparkling January Lunch

Is it a jewellery shop?
Is it a restaurant?
A café?
Or an after dark cocktail bar?

The Crystal Lounge is a combination of all four and turned out to be the perfect venue for SILC's January lunch. There is only one thing at the very discreet entrance on Sukhumvit Soi 20 which hints at the more exotic interior, and that is the tuk tuk parked outside – a tuk tuk with a difference, sparkling and shining with millions of coloured crystals!

Inside the shop (café/restaurant/bar) there are lots of glass cases full of beautiful sparkly things which you can look at and buy on the way to your table at the back. Along with the gorgeous rings, necklaces and earrings there are some other interesting implements which have had the crystal treatment, including whips and handcuffs. Crystals kept popping up in unexpected places - there were decorative cages filled with jewellery on the tables and even the toilet door had a beautiful sparkling crystal handle!

Diane, Jane, Karyn, Pam, Jo and Jo found that it was a great place to lunch and not break too many of the New Years resolutions to eat slim – the menu was very light and pretty healthy. In fact Karyn and Pam thought they were on the 'no lunch' diet when a hiccup in the kitchen meant they didn't get their lunches until everyone else was well finished. Jane was obviously on the 'no bread' diet as her panini was served without the promised toasted whole wheat bread – and was actually what Karyn ordered anyway! Perhaps because of the mishaps the Manager appeared after lunch and charmingly offered everyone free membership cards so a return trip will be necessary – maybe for cocktails next time?

This was Diane's last lunch with SILC as she is returning to Australia - Good Luck Diane and we hope you have a safe and happy time back home.

Karyn

SILC MAHJONG NEWS



SILC Mahjong ladies meet on Wednesdays at members' homes to enjoy a session of social and fun games. On Wednesday 22nd November however, a group of 16 ladies turned up for a coffee morning at Shirley's house and learned a little bit about the game.

We started off by learning about the history of this ancient game. Shirley then took us through briefly on the rules of play and everyone had the opportunity to learn to identify all the different tiles available in a Mahjong set. Without much delay, Shirley put everyone in buddy system with the experienced players helping the beginners. More rules were briefed at the table in order for the beginners to better understand how the game is played. Some found it challenging and interesting but others found it confusing. Simply because mahjong, unlike other card games, goes counter clockwise. And the long list of rules that one has to remember can be quite frustrating for first timers. Nevertheless, everyone did very well!

Everyone had so much fun 'punging' and 'kunding' away! All tried their best to outplay one another and go 'Mahjong' as fast as they could. Cheers and laughter came from all around and it lasted all morning (Good thing the house next door was empty).

Well, time flies when you are having fun! After just 3 rounds, it was time to call it a day. By then most had learned the basic game and were able to play with minimum guidance. Mahjong can be enjoyed by all especially those who enjoyed mental challenging games. It is a very good way to keep one's brain active.

Please see below the history and some basic rules of play for your reading pleasure. If you are interested to learn more about the game of "Hundred Intelligences", you are welcome to join us on Wednesdays from 9.30am. Please call Shirley at (089) 497 8318 to find out the venue.

The History of Mahjong

Mahjong is said to have originated in the court of the King of Wu. This was roughly the time that Confucius existed, which was some five hundred years before the Christian era. Within this court, there lived a beauty in seclusion. To keep herself from utter boredom, she invented a game of her own. She began to carve domino-shaped pieces of ivory and bamboo. When she was finished, she invited three of her maids to play her newly invented game. Each person was to receive 34 tiles in which they would each create a wall with. The exact rules that were applied are unknown but the lowest score is said to have been 22 points and the highest 389,928 points.

For centuries, mahjong remained exclusive of the royal class. It was against the law for commoners to play. The penalty for commoners who dares to play mahjong was decapitation. However, around 500 A.D, the penalty was lifted, which enable everyone who desired to play mahjong to do so.

Lifting the ban on the commoner's right to play mahjong enabled the game to spread to various countries around the world. By 1923, mahjong's popularity was growing at a tremendous rapid rate. Mahjong sets were being shipped into the U.S. by the thousands and stood sixth in value in the list of exports from Shanghai. Mahjong sets were only surpassed by exports of silks, laces, skins, eggs and tea. By late 1920, the popularity of mahjong seemed to taper off. Its popularity faded away almost as quickly as it came, leaving importers with million dollars worth of unwanted mahjong sets. For many, mahjong was just another fad in America's long list of leisure fads. However, for a group of enthusiasts, this game became a permanent part of their lives, for they continued to play the game in hopes of rejuvenating the craze.

The depression of the 1930's sparked the revival of many table games, card games and board games. Among them was no other than mahjong. Experts speculated that the resurgence of certain games came about because many were bored with movies, concerts and radio. People desired the mental agility that games of the past has to offer. If a mental challenge was what people wanted, mahjong was definitely the game, for it was often

called "Game of Hundred Intelligences" simply because it required much concentration. Although the game never reached its initial popularity, mahjong was revived after 1935. Once again, the game was among the many leisure activities that people around the world engaged in. To this very day, mahjong is still being played and enjoyed by all.

Introduction

Mahjong is a traditional Chinese tiles game with many variations. In Chinatowns throughout the country, mahjong is played regularly and often associated with gambling and serious competition. For those who simply love games, mahjong can be played with the same enthusiasm and competitive spirit for "bones" or "chips" signifying points. It is with the "friendly play" view point that these notes are offered.

The literal translation of "Mahjong" is "flax/hemp", "sparrow clattering". Those who play the game love the sound of the tiles as they mixed together prior to the start of each hand. Listening carefully, players hear the sound of the flax blowing in the wind and the sparrow clattering.

Tiles

A complete set contains 144 tiles. The tiles fall into four categories: suits, honor tile, flowers and seasons. There are three suits: the circles, the bamboos and the characters. The suits tiles are numbers 1 through 9, and in any given suits, there are four of each number. Suit tiles may be normal or terminal (honor) tiles, 1s and 9s, are more valuable in winning, than normal, 2s through 8s. In the character suit, instead of the corresponding number of symbols on the tile, the Chinese numeral character appears above the character signifying 10,000.

There are two types of honor tiles: the winds (East, South, West and North) and the dragons (Red, Green and White). Just as there are four of each suit number, there are also four of each wind and four of each dragon.

The flower and season tiles differ in nature from the suit and honor tiles. There are four flower tiles (Plum, Lily, Chrysanthemum and Bamboo) and four season tiles (Spring, Summer, Autumn and Winter). When drawn, they are declared and a substitute tile is drawn.

The Game

Mahjong is played by four people. Three can play a modified version with certain restrictions but the ideal number of players is four, seated at a card table. Who will deal first is determined by player rolling the dice. The highest roller will deal, and assume "East". The other direction follows according to seating. To the right of East is South; to the right of South is West (across from east), and to the right of West is North (to the left of East). The order of play, beginning with East, therefore is counter clockwise. Note: If East wins the game, that person remains East (dealer) until they lose.

To be continued.....

IF YOU KNOW THE BIBLE EVEN A LITTLE, YOU'LL FIND THIS HILARIOUS! IT COMES FROM A CATHOLIC ELEMENTARY SCHOOL TEST. KIDS WERE ASKED QUESTIONS ABOUT THE OLD AND NEW TESTAMENTS. THE FOLLOWING STATEMENTS ABOUT THE BIBLE WERE WRITTEN BY CHILDREN. THEY HAVE NOT BEEN RETOUCHED OR CORRECTED. INCORRECT SPELLING HAS BEEN LEFT IN.*

- *1. IN THE FIRST BOOK OF THE BIBLE, GUINNESSIS. GOD GOT TIRED OF CREATING THE WORLD SO HE TOOK THE SABBATH OFF.*
- *2. ADAM AND EVE WERE CREATED FROM AN APPLE TREE. NOAH'S WIFE WAS JOAN OF ARK. NOAH BUILT AND ARK AND THE ANIMALS CAME ON IN PEARS.
- **3. LOTS WIFE WAS A PILLAR OF SALT DURING THE DAY, BUT A BALL OF FIRE DURING THE NIGHT.
- *4. THE JEWS WERE A PROUD PEOPLE AND THROUGHOUT HISTORY THEY HAD TROUBLE WITH UNSYMPATHETIC GENITALS.*
- *5. SAMPSON WAS A STRONGMAN WHO LET HIMSELF BE LED ASTRAY BY A JEZEBEL LIKE DELILAH.
- *6. SAMSON SLAYED THE PHILISTINES WITH THE AXE OF THE APOSTLES.
- **7. MOSES LED THE JEWS TO THE RED SEA WHERE THEY MADE UNLEAVENED BREAD WHICH IS BREAD WITHOUT ANY INGREDIENTS**.
- **8, THE EGYPTIANS WERE ALL DROWNED IN THE DESSERT. AFTERWARDS, MOSES WENT UP TO MOUNT CYANIDE TO GET THE TEN COMMANDMENTS.*
- *9. THE FIRST COMMANDMENTS WAS WHEN EVE TOLD ADAM TO EAT THE APPLE.*
- *10. THE SEVENTH COMMANDMENT IS THOU SHALT NOT ADMIT ADULTERY.
- **11. MOSES DIED BEFORE HE EVER REACHED CANADA. THEN JOSHUA LED THE HEBREWS IN THE BATTLE OF GERITOL.*
- *12. THE GREATEST MIRICLE IN THE BIBLE IS WHEN JOSHUA TOLD HIS SON TO STAND STILL AND HE OBEYED HIM.*
- *13. DAVID WAS A HEBREW KING WHO WAS SKILLED AT PLAYING THE LIAR. HE FOUGHT THE FINKELSTEINS, A RACE OF PEOPLE WHO LIVED IN BIBLICAL TIMES.*
- *14. SOLOMON, ONE OF DAVIDS SONS, HAD 300 WIVES AND 700 PORCUPINES.
- **15. WHEN MARY HEARD SHE WAS THE MOTHER OF JESUS, SHE SANG THE MAGNA CARTA.
- *16. WHEN THE THREE WISE GUYS FROM THE EAST SIDE ARRIVED THEY FOUND JESUS IN THE MANAGER.

New Year Yoga

A small group of ladies gathered at Garden Towers Gym on the morning of Friday 12th January for a session of Rajadhiraja Yoga.

The abilities of our select group ranged from beginners to those of who have practiced yoga before.



Our session began with a short and informative talk on the history and practice of Rajadhiraja Yoga by Ramanatha Echanes our guest instructor.

Then onto the Yoga!

We practiced 4 Asana's (positions) all of which were designed for the exercise and stimulation of the abdominal area. not just the muscles but also the glands and digestive system.

We tried meditation, trying to time breathing and silent chants to reach a personal level of inner peace. Most relaxing once you've mastered the art of breathing correctly.

An hour of exercise passed amazingly fast.

A number of our ladies were inspired enough to want to form a group for yoga in the Bang Na area.

If you are interested then please contact

Dawn hubbardshome@hotmail.com



Events at Neilson Hays...

"Eternity"



An exhibition by Naret Yamaharn

February 1 - 27, 2007

Award winning Thai artist Naret Yamaharn returns to the Rotunda Gallery with his latest exhibition "Eternity". Naret's large scale paintings, both abstract and figurative continue to follow themes of change and the cyclical nature of life. Seasons change from winter to spring, reflections appear and shift across the surface of a river and tree branches spread elegantly across his canvas.

Storytelling at Neilson Hays

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.

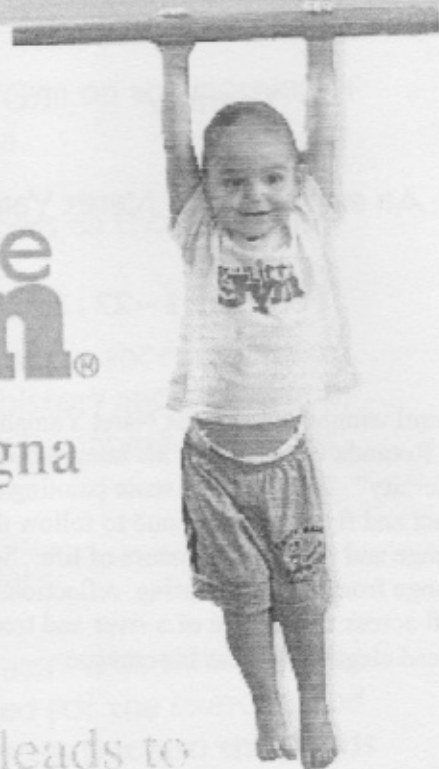
Members may lead the group in the appreciation of a chosen piece of prose or poetry, an author, et cetera.

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 of 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!

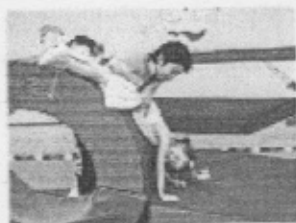
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café_ruebkk@yahoo.com

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



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SILC SHANGHAI NIGHTS

SILC raised 71,500 baht for charity from the New Year party raffle.

Here are a few snaps of the night to show what a good time was had!



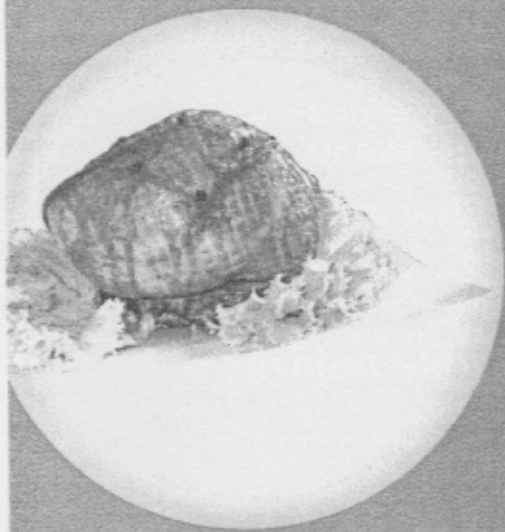
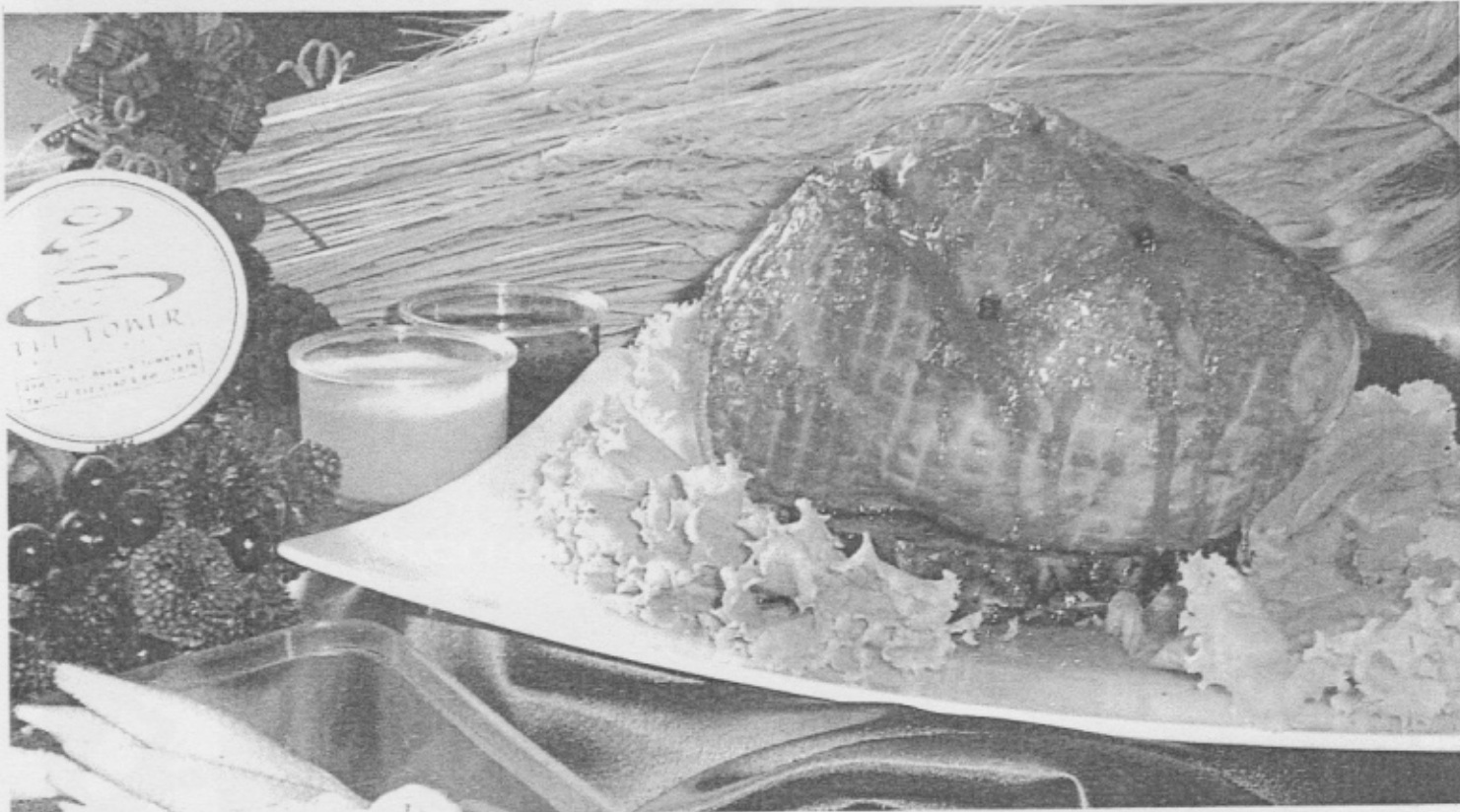
Many thanks to all those that made this night possible.
Special thanks to Jenny for her super organization.

Thanks also to Maoliosa who persuaded those companies to hand over the precious raffle prizes.

Shanghai Inn, Hyatt Hua Hin, Green Leaf Spa, Siam Ocean World,
Raja's Tailor, Sony BMG and many more....

Thanks also to: Melanie, Julie, Gerry, Emma, the SILC committee, Russell, Ian
... apologies if I missed anyone....

Holiday gift items



Honey Glazed Ham

with raisin sauce, mustard,
fried vegetables and
sauteed potatoes

Small size : 850++

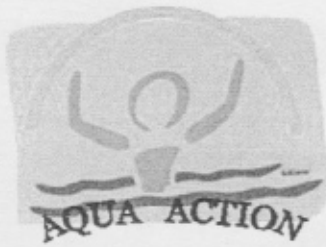
(for 4-6 person)

Large size : 2,950++

(for 12-15 person)



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Calling all golfers!

We are thinking about organising a
Charity Golf Day at one of the
Samutprakarn courses within
the near future.

We will do it as a competition and
small trophies will be up for grabs.

If you, or anybody you know,
might be interested in joining or
even help organising, please let
Ian Manning know at ian@themannings.biz

We will open the competition to
Men and Women of all standards.



.KOPITIAM

A kopitiam or kopi tiam is a traditional breakfast and coffee shop found mostly in Singapore and Malaysia. The word is a mix of the Malay word for coffee and the Hokkien dialect word for shop (tiam).

The KOPITIAM with good ambience is located in the heart of Bangkok. Situated in Thonglor (Sukhumvit 55 between Soi 5 and 7) diagonally across Tops Market Place is about over 5 minutes walk from the Thonglor BTS station. The pinewood house with lots of greenery set a place for breakfast, lunch, tea, dinner and supper with family and friends.

Here, the menu typically offer a variety: egg, toast with butter and kaya, nasi lemak, asam laksa, laksa lemak, roti cenai, teh tarik (pull tea), assorted cakes and desserts and more.....
Thai food is also served. Set menus for lunch and catering is also offered. Opens daily between 10.30 am to 10 pm.

A Gemology Talk entitled "A buyer's guide to gemstones and jewellery" is also offered in the morning by a qualified gemologist. Price: Baht 1,000 (includes lunch) from 9 am to 12 noon. Call 02-3815881 or 01-8465519 for information and bookings.



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