

My copy.

Felicity Sent.

SENDER: S.I.L.C. EDITOR
35/246, SOI 5/9, MOOBAAN LADAWAN
SRINAKARIN ROAD
BANGPLEE, SAMUTPRAKARN 10540



MONTHLY NEWSLETTER

OCTOBER 1997

Handwritten notes at the bottom of the page, including '24/10/97', 'Pichay', and other illegible scribbles.

SAMUTPRAKARN INTERNATIONAL LADIES CLUB

Committee Members and Activity Leaders
Call these ladies for more information on club activities.

PRESIDENT

Felicity Dent 758 6492

Fax: 758 6493

VICE-PRESIDENT

Jeannette Adamson 316 1071

Fax: 316 1071

NEWCOMERS

Krystyna Pawlowicz 751 9863

SECRETARY

Lorraine Longden 316 4051

Fax: 316 4051

TREASURER

Doreen Grey 316 8503

NEWSLETTER

Marilyn Moffatt 758 6884

Fax: 758 5556

MEMBERSHIP RECORDS

Tammy Haas 754 8534

Fax: 754 8535

CLASSES

Helen Frost 317 1132

WELFARE

Paradee Narkphanchiwan 398 5796

Fax: 748 7845

COFFEE MORNINGS

Vacant

LUNCHESES:

Asa H Olsson 316 8577

Fax: 316 8578

TOURS

Lesley Evans 316 5065

Fax: 316 5065

GENERAL COMMITTEE MEMBERS

Teresa Sarhan 316 3978

Fax: 316 3978

Anky Kennedy 316 4074

Fax: 399 4679

Helena Kruiuzenga 758 7191

Fax: 758 7202

ORGANISATION OF THE CLUB

S.I.L.C. 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, excursions and interest groups. Members pay an annual fee of 500 baht to cover costs and receive a monthly newsletter and club directory. Application forms are available from Tammy Haas, Krystyna Pawlowicz or any of the committee members.

NEWSLETTER

The newsletter is published once a month from September through July with articles, letters, information and diary dates on club activities. All manner of contributions are welcome and can be sent directly to the editor or handed in during a monthly meeting. Advertisements are published at a small fee and the deadline for all contributions is the 15th of the month.

MONTHLY GENERAL MEETINGS

Club meetings are usually held the first Monday of each month. Venues for the meeting vary and are published in the newsletter. The meeting starts at 8.00pm and lasts approximately two hours. Everyone is encouraged to attend and visitors are welcome.

COMMITTEE MEETINGS

Committee Meetings are normally held once a month. These meetings are open to everyone. Please inform the hostess of the meeting if you wish to attend.

DIARY DATES - OCTOBER 1997

OCTOBER COFFEE

DATE: Thursday 2nd October
TIME: 9.30am
PLACE: Gunnel Odmalm's
 704 Lakeside Villa I
SPEAKER: Steve Hallam, The Aids Hospice
RSVP: Gunnel Odmalm 316 8102
 Asa Olsson 316 8577
 by 1st October

Steve Hallam will be at the coffee morning to discuss with members the centre's work with Aids. A donation box will be available should you wish to make a contribution to The Aids Hospice.

OCTOBER MONTHLY MEETING

DATE: Monday 6th October
TIME: 8pm - 10pm
PLACE: Jeanette Adamson's
 92/60 Prestige Housing, Thana City
 BangNa-Trad Rd (see map below)
SPEAKER: Dr Peter Morley
RSVP: Jeannette Adamson 336 0944
 Doreen Grey 316 8503

Dr Morley, an Australian, is from the Travellers Medical & Vaccination Centre (TMVC) in Bangkok. Dr Morley will talk on **Women's Health Issues**, please bring along your questions. There will also be an opportunity for individuals to make a contribution to the charities and projects the TMVC funds in Thailand.

OCTOBER COMMITTEE

DATE: Tuesday 7th October
TIME: 9am
PLACE: Asa Olsson
 537 Lakeside Villa I
RSVP: *Apologies only* to Felicity 758 6492

OCTOBER LUNCH

Combined Women's Lunch 1997

DATE: Thursday 16th October
TIME: 10.00am Bazaar 11.30am Lunch
PLACE: Siam Intercontinental Hotel
COST: 650 Baht
RSVP: Asa Olsson - 316 8577
 by 30th September

This is a very popular lunch attended by hundreds of women from all different nationalities in Bangkok. Hosted this year by the International Women's Group there will be an opportunity to purchase goods, crafts etc from stalls at 10am (but remember our own bazaar is shortly after!) and the lunch will include entertainment. S.I.L.C. have booked 3 tables (30 people) and last year we had a waiting list. So get your money to Asa now to reserve your place.

S.I.L.C. WELFARE BAZAAR

DATE: Thursday 30th October
TIME: 10am - 1pm
PLACE: Wendy Chang's
 175 Lakeside Villa 2
COST: 100 baht entrance

This is a very successful bazaar that not only provides an opportunity for members and friends to purchase a wide variety of crafts, Xmas lines etc but also raises a lot of money for our welfare funds. Teresa Sarhan is once again running the bazaar. Please ring Teresa if you can help on the day (eg setting up, serving tea etc) or can provide garden/card tables. We will also be asking for cakes for the morning tea. See the notice in the newsletter for more information. Extra copies are available from Marilyn or Teresa if you know of a place we can advertise the bazaar - it is open to the public.

Tel: Teresa Sarhan 316 3978

THANA CITY MAP

BANGNA TRAD H/WAY

Tham City Gate House

Bridge Prestige Condo's

Gate

X 92/60
 Prestige Housing

Gate to
 Housing

Golf Course

NOVEMBER DIARY DATES

The following events have been organised for November. More details will be in the next newsletter (due out around 25th October) but please make a note of the dates in you diary now.

NOVEMBER MONTHLY MEETING: (Evening)

Monday 3rd November, 8pm, at Sunita Kulisra's, 145 Lakeside Villa 2
-a talk from Khun Ashoo ,gemstones expert. Find out how to select quality gems.

NOVEMBER LUNCH:

Tuesday 11th November at Annette Faherty's, 3 Ming House, 26 Sukhumvit 34
-a "pot luck" lunch, then time for Villa addicts to do their shopping.

** by 13th November * Comm. Meeting -*
KLONG TOUR: - 600฿ boat - 7/8 in a boat

Wednesday 19th November. A repeat of the very successful tour held early last year. Travel down local klongs, possibly visit a wat and lunch after for those so inclined. Bring old clothes, pants, water and a cushion. See Lesley Evans.

CHRISTMAS PARTY (Grown-up's)

Tentatively set for Saturday Nov 22nd - yes, that makes it a busy month for parties/balls but that's why they call it the silly season. A small committee is needed to plan this event. Please tel Marilyn 758 6884 if you would like to help.

CHRISTMAS PARTY (Children's)

Offers needed for someone to co-ordinate the event, for others to help and for someone prepared to offer their house/garden and chimney for Father Christmas's arrival. Ssh, don't tell the children but we will need a FC too.

NOVEMBER COFFEE

Thursday 27th November at Kathy Arrindell's, Soi 5/11, Ladawan

If you have any ideas for tours, speakers at our coffee, monthly meetings, restaurants to try, classes, lessons etc please let the appropriate person on the committee know. We welcome new ideas.

PRESIDENT'S MESSAGE

Welcome back to all our existing members and a big welcome to all those new to Bangkok and/or S.I.L.C. I certainly enjoyed my summer break in England. I hope you all did too, wherever you spent it.

A sad week has just passed - with the deaths of Princess Diana and Mother Teresa - each, in their very different ways, a compassionate yet driving force for change in the world. Let us remember them for what they achieved and try to do our bit for good in whatever small way we can.

For those new to S.I.L.C., please scan through this newsletter and come to as many functions as you wish - but please phone the host first, as a courtesy. (It's nice to know whether you're "feeding the five thousand" or having a quiet 'tete a tete' when you put the coffee cups out). We have a wide variety of activities available - and would always welcome more - so don't be shy in coming forward if you would like to start a book club, run a class or teach a skill. Apart from the services/activities listed in the newsletter we also have a Travelogue which does the rounds with the coffee cups- so it is at every event. This is a file, compiled by our members, for purely personal use, on hotels/holidays/tours etc etc. which we have either loved or hated. Please feel free to browse through it for recommendations/ideas/suggestions. Don't forget to take a form and complete it after your holiday too - then our fund of knowledge will grow. Thanks to Anky Kennedy who has taken over the job of keeping the Travelogue going.

We all appreciate how difficult those first few months in Bangkok can be. Get involved, get out and ask for help if you need it. We'll be only too pleased to help! In 6 months time you'll be having so much *samuk* (fun) you won't want to leave!

Felicity Dent

NB Just before the holidays we moved house to Moobaan Ladawan and we are now enjoying the benefits of being part of a community. Thank you all for making us feel welcome (but, no I won't be holding a "Bunko" night every month.....) and please note my new phone and fax no:

Tel 758 6492

Fax 758 6493

TRANSPO INTERNATIONAL

A reminder that Transpo International sponsor our group by placing their full-page advertisement in our newsletter each month. Please remember to ask them for a quotation when moving (and mention you are from S.I.L.C.). They are interested in local "round-the-corner" moves as well as international ones and will offer competitive rates as well as first class service. Two of our members recently used them for local moves and both were extremely impressed.

CLASSES

The following classes/exercise groups have been organised by S.I.L.C. members who are willing to share their skills/interests in our local area so that members do not need to travel into Bangkok for activities. Classes held in various moobaans are not restricted to just those living in that moobaan but are open to all members. Phone the class organiser if you would like more information on an activity. If you would like to start a class/group please contact **Helen 317 1132**

AEROBICS

NEW SCHEDULE

Ladawan Clubhouse

Tuesday 9.15am
Wednesday 9.15am
Thursday 7.30pm

Fee: 70 baht
(no clubhouse fee required)

Bring exercise mat,
towel, water

Tel Kathy Arrindell 758 7121

AQUA-AEROBICS

NEW SCHEDULE

Lakeside Villa I

Monday 8.30am

Ladawan Pool

Wednesday 9.30am -on trial
basis only

Friday 10.30am
(+pool entry 70 baht)

Santikham

Wednesday 4.30pm

Class Fee 100 Baht

Tel Connie Ghannad 336 0925

JAZZ DANCE

Girls & Boys
(8 1/2 -10 1/2 Years)

Ladawan Clubhouse

Friday 4.00 - 5.00pm

Fee 250 baht/month

(wear leotard/swimmers)

Book by calling
Kathy Arrindell 758 7121

ARTS & CRAFTS

Friday 9am - 12noon
at

Cheryl Lamb's
758 Lakeside Villa I

Bring along your painting,
sewing, crafts etc to work on
with a supportive group

Tel Helen Frost 317 1132
Cheryl Lamb 316 8157

TENNIS

Lakeside Villa 1

Tuesday & Thursday

8am to 10am approx.

Players of all levels welcome.

(NB sometimes this group goes into town for play on a Tuesday -check first)

Tel Helen Frost 317 1132

Wendy Chang 316 4011

Sunday 4pm-6pm

Very friendly mixed doubles

Tel Val Ashman 316 8145

Wendy Chang 316 4011

MAH-JONG

Mah-jong sessions are held at Julie Thompson's apartment every Wednesday morning.

Apartment 3A1,
Prestige Condo PC5,
Thana City
Tel: 336 0543

NB For October only sessions will be held hosted by: **Kate Thomas, 15B, Prestige Condo PC2, Thana City**
Tel 336 0780

GOLF

Any member interested in forming a group to play a monthly game of golf (all abilities welcome), please contact:

Helen Frost 317 1132

TAE KWON DO

Classes conducted by
Khun Choo Chai;-

Tuesdays & Thursdays

5.00 - 6.00pm

at Anna Leong's

33/220, Soi 6/6 Ladawan

Tel 385 8712/758 6984(hse)

255 3237 (office)

6.30 -7.30pm

at Wendy Chang's

175 Lakeside Villa 2

Tel 316 4011

Saturday 3.00 - 5.00pm

Fitness Room-Lakeside I
(residents only)

BRIDGE

If you would like join a group of bridge players for weekly sessions please contact:

Hanne Sorensen 758 5934

MEDITATION GROUP

-a beginners group, for relaxation

Ladawan

Monday 11.30am - 12.30pm

50 baht donation to welfare funds

Tel Helena Kruizenga

758 7191

AUGUST LUNCH

Not everyone deserted Bangkok during the holidays. Some of those that stayed organised events amongst themselves;

After a successful July lunch at La Famille another lunch was organised for August.

Eleven ladies turned up at the D.C. Palace Hotel, some after playing mahjong at Ladawan, Felicity back from home-leave, a new lady, Elin, and everyone wanting to catch up on the news, "who's back and who's not".

Although we were told it was a Thai, Chinese and International buffet, we discovered that it was Thai. The dishes were very nice but not as diverse as la Famille, the service was good and we were permitted to take our own wine. Some of us were brave and tried the black sticky rice with Taro which turned out to be very nice and not too sweet.

I think if we were to have a return visit it would be helpful if we requested some 'farang' dishes.

BUNKO !

One Monday evening in September we all assembled at Felicity Dent's to play Bunko. Everybody had been asking what is Bunko? Those who had played before seemed to have a little trouble explaining exactly what you had to do, but they said it was fun anyway.

Under Kathy Arrindell's excellent guidance we all more or less figured out what to do and the games began. After the initial confusion about who went where, we all enjoyed playing the game. The Bunko Koala went around the room quite quickly.

A quick break for supper - with lots of delicious food available, and then it was back to Bunko. Some enjoyed it so much they didn't want to finish and voted to play another round. Hopefully Felicity wasn't planning on an early night.

Thank you to Felicity for hosting the event and managing to acquire so many tables and chairs. Where did they all come from?

Julie Heather

WINE

A notice to new members, and a reminder to old members, that wine offered at the monthly meetings **needs to be paid for - 50 baht per glass**. Please put your money in the basket provided. This just covers our costs.

Tea/Coffee juice is provided free of charge and members take turns in providing food for each function.

Plates, Platters & Dishes!

We still have some plates that people have left behind at coffee mornings etc. If you are missing one please look for it at the next coffee morning or monthly meeting.

Please in future name your plate or better still bring a plastic plate.

WELCOME NEWCOMERS

We are delighted to welcome so many new members into our ranks. Settling into a new environment, particularly Bangkok, is not always easy. S.I.L.C. is here to help you as much as possible by providing a wide range of activities and social events, which we hope you will take advantage of. If you have any questions or require advice on any subject whatever, or need any help, please do not hesitate to contact our newcomer liaison person,:

Krystyna Pawlowicz Tel 751 9863

If you would like to join S.I.L.C please call Krystyna or come along to one of our functions.



REVIEW NEWS

S.I.L.C. WELFARE BAZAAR

Find that special something for birthdays, home leave presents,
Ideal for early bird gift buying for Christmas

THURSDAY 30TH OCTOBER 1997
10.00AM - 1.00PM



at the home of Wendy Chang
175 Lakeside Villa 2
Bangna Trad 7.5km



ENTRANCE DONATION 100 BAHT
(incl; morning tea and one free raffle ticket)

WIDE SELECTION OF CRAFTS & GIFTS AVAILABLE

Smocked children's dresses, Christmas handicrafts etc (Fatima),
Christmas bon bons (BWG), Christmas trimmings, Thai handicrafts,
children's decorative stuffed toys, Burmese lacquerware,
Vietnamese linen, silverware, silver jewellery
PLUS MANY, MANY MORE WONDERFUL STALLS

MORNING TEA/COFFEE

RAFFLES

PROCEEDS TO S.I.L.C. WELFARE PROJECTS

For further information, please contact Teresa Sarhan
Tel/Fax: 316 3978 Mobile: 01 408 7894

EVERYONE WELCOME

NOTICEBOARD

OPEN EVENING:

HANDMADE ORIENTAL CARPETS

from Afganistan, Pakistan & Kashmir
View/Purchase or learn more about carpets

Friday 26th Sept 6pm -11pm

33/178 Soi 4/7, Ladawan

RSVP Jacqui Grove 385 8468

HERBALIFE:

Shape up and slim down with a simple and effective weight management program. Now available from Jacqui, at Ladawan, Tel 385 8468

FOR SALE:

Thompson washer

-not quite two years old

-Baht 10,000

Tel Dana Martin 758 6581 (from 1 Oct)

LEA LARRIKER (DINGJAN)

Until October 3rd

Exhibition/sale of hand painted quality silk, as seen at previous SILC meeting. In the Rotunda Gallery, The Neilson Hays Library, Suriwongse Road (next to British Club)

Mon-Sat 9.30-16.00 Sun 9.30-12.30

EYEGLOSS PROJECT APPEAL

International Support Group (To the Dept of Public Welfare)

Your old eyeglasses could make the world of difference to a poor person here in Thailand. Dr Pannett from the Metta Hospital has an excellent system for grading and checking and placing the used eyeglasses into a carefully filed bank. He and his dedicated skilled team of technicians and nurses work not only in Bangkok but also on outreach programmes up-country, helping both children and adults.

If you could collect any used unwanted glasses from your family, friends, school or club, here or back in your own country they would be of great benefit to someone here who really needs them. S.I.L.C. members can hand their eyeglasses to any committee member or at any function and they will be passed on to the Project.

EDUCATIONAL SPONSORSHIP

The international Support Group run an **Educational Sponsorship Programme and Educational Trust Fund**. This programme aims to assist poor students in primary, secondary and post-secondary education to continue at school by providing financial assistance to cover costs such as books, uniforms, transportation and school meals.

At present 3,000 baht will cover the costs for one child per year. Where possible sponsors are provided with a photograph and background profile of the child and would normally sponsor the same child on an on-going basis through to completion of schooling. A close relationship is encouraged through regular exchange of letters, cards and school reports.

A Trust Fund has also been set up to cover shortages in funding where sponsors pull out. If you would like further information on making a donation to the fund, or sponsoring a child please contact the ISG - Tel 252 8594, Fax 679 8519

Where did you get that.....that?

If you have stumbled across a new shop, service, entertainment etc that you can recommend please send details to newsletter editor. The following have been personally recommended by members - remember though that opinions can vary!

A new **quiche and pizza bakery** has just opened in the basement floor of the Seri Centre (near the fresh market). They will make up pizzas to your order - great for an easy dinner.

Remember the talk at our May meeting by **Central Connections travel Agency**? Well they have closed but Matt Millard can now be contacted at **Odyssey Asia Ltd.** Tel 252 9199 or 255 7672, Fax 255 7671

Another recommended travel agency is : **Smile Land Tour Co.** Ground Floor, Seri Centre (Khun Chitra = General manager). Debra Cohen used them for her Kenya trip.

An Englishman has opened a hairdressing salon - **Anderson of London, A Cut Above**, 2nd Floor, (right down back, on left side) Ploenchit Center, Sukhumvit Soi 2, Tel 656 8477. Prices perhaps higher than local Thai salons (cut from 450 - 800 baht , depending on level of stylist) but..... salon very clean, brushes etc sterilised, can discuss styles, treatments etc.....

A local hairdresser recommended is in Bangna Towers

If you want private or group tennis lessons, **Sportathlon**, are available at Patana School in the evenings. They are also willing to hold tennis/swimming lessons in your moobaan if you can put together a few hours work for them (adults or children). Remember they have set lessons after school and Sat mornings for children (something to amuse other children if you are at school with the soccer league). New coaches. Tel Leonie Small 237 0777, Fax 237 0780.

Looking for a place in Ladawan? There are a number of people that can help you find houses in a wide price range - many are not on agency books. Try:

Marilyn (and my maid Sunny) Tel 758 6884

Mr Mongkhol(an enterprising school bus driver) Tel 399 3041 or 399 2740

TNT Home finders Co Ltd (Tom & Saitip Blackman) -covers all Bangkok area
Tel 433 7462, 433 0813

Tops Supermarket (in Central bangna) is now open at 9am.

People have been asking where you can get sun protection swim tops (called "rashvests"). A lady advertised previously in our newsletter and is importing shirts, shorts, hats and suits from Australia. Tel 721 0036. Patana School also have some sunsuits (smaller sizes) in their uniform shop.

STOP PRESS - FOR SALE

Tap shoes - American child sizes 9,10,11 1/2, 13 1/2, 1 ; Jazz shoes - sizes 11 1/2, 1
Jazz/gymnastics/ballet cute leotards sizes 4 - 8 ; Football shoes size 13 1/2 & small knee pads
Tae Kwon Do uniforms, sizes small, med. All really cheap! **Tel Lorna 316 8545 Fax 740 2935**

**HAPPY
BIRTHDAY**

In September to:

Nadine Bellemans
Maureen Bligh
Felicity Dent
Ann Fitzgerald
Aleli Hauschild
Britt-Marie Proud
Sopis Schink
Hanne Sorensen
Sarah Towell

In October to:

Valerie Ashman
Ites Brockmann
Dianne Hooper
Alice Kim
Rose Lanham
Tricia Newton
Jan Price
Vernell Torgensen
Dolly Toskulwong
Marion Turner
Kannikar Yantabutr

FAREWELL

**Amanda Sherrard
Amanda Smith
Debra Judd
Joyce MacRitchie
Ann Fitzgerald**

Thanks to each of you for your contribution to S.I.L.C. and for being a friend to many of us. We shall miss you all and wish you well in your new adventures. Please keep in touch.

MOVING

New Addresses:

Felicity Dent

35/269 Soi 5/7
Moobaan Ladawan
Tel 758 6492
Fax 758 6493

Jeanette Adamson

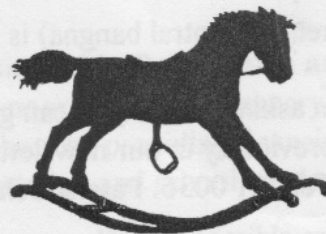
92/60 Prestige Housing
Thana City
BangNa Trad 14km
Tel 336 0944
Fax 336 0944

Sue Fossilo

49/21 Moo Baan Pantip
Soi Onnut 53
Pravet
Bangkok 10250
Tel 321 7520

Dana Martin (from 1 October)

35/244 Soi 5/9
Moobaan Ladawan
Tel 758 6581



CONGRATULATIONS

To new member Elin Bodin, on the birth of a son, 4.32 kg on Wednesday 17th November

WELFARE NEWS

In July, S.I.L.C. donated Baht 8,000 to **Pong Ploy Day Care Center**. They requested the money for making 8 new wooden desks and chairs. We also bought a lot of stationery and other necessary teaching equipment for them which makes the teaching and learning there much more effective.

On September 30, the last Tuesday of the month, we are planning to provide a S.I.L.C. lunch for 90 children at Pong Ploy before the Thai school break for the whole month of October. S.I.L.C. members are welcome to join. Lunch starts at 11.30am. For more details call:

Paradee 398 5796 or Helena 758 7191

The Ladawan meditation group headed by Helena has donated Baht 750 to welfare.

Welfare Volunteers Needed

Volunteers from S.I.L.C. visit Pong Ploy pre-school (Soi La Salle, near Patana) every Tuesday, 9am - 11am, to run activities for the 90 or so Thai children there. We sing songs, read stories (Thai speakers), colour and do a weekly craft activity. We desperately need more helpers!

We also could use extra helpers on a Friday at Concordia pre-school. Call Paradee or Helena for more details.

Paradee Narkphunchiwan

THANKS PATANA

Thank you to Patana School for its donation, at the end of the summer term, of unwanted puzzles and used display paper (tons of it!). This is now being put to good use at Pong Ploy pre-school. A very big thank you, too, to Maureen Bligh and Helen Frost for this initiative and for giving up their time to go to the school and collect it all. THANKS.

THANKS MIMI

For the lovely idea of purchasing extra goods when shopping and donating them to our welfare projects.

SUBSCRIPTIONS

Subscriptions are well and truly past due. If you haven't renewed your membership a renewal form will be attached to your copy of the newsletter. If you wish to remain a member of S.I.L.C. please get the form and 500 baht to a committee member. The next newsletter will only be sent to paid-up members. Our apologies if you have paid your subscription in the meantime.



*Christmas is coming at
the.....*

DEAR LADIES BAZAAR

Monday 17th November

Mezzanine Common Room

The Imperial Queens Park

Sukhumvit Soi 22

NEWS FROM S.I.L.C. MEMBERS ABROAD

While on home leave **Joyce MacRitchie's** husband was offered a new position and so they returned to the States in August. Unfortunately many of us did not get a chance to say good-bye to Joyce, who was on the S.I.L.C. committee last year. Joyce has written personal messages to many members and has asked us to pass on this message.

Please relay to all the women in S.I.L.C. my warmest regards and true regret not to be able to say goodbye in person. I offer many thanks to all the members that have contributed to my brief stay. S.I.L.C. welcomed me, accepted me, and supported me from the very beginning. I will always think fondly of the club and all its members.

Best of luck, Love
Joyce MacRitchie.

On our way back from home leave our family (the editor's) decided to stop-over in Australia for a few days and visited **Debra Cohen** and family on the Gold Coast (now that would be a nice posting). Debra made us very welcome in her usual bubbly manner and arranged airport transfers, an apartment in their building, a baby car-seat and even laid on breakfast in the mornings. We spent two days visiting the great amusement parks (Dreamworld & Warner Studios) and Debra and I dared each other to go on some crazy rides. The children have settled into school and Debra is busy settling into life 'back home' (minus a maid). Their current apartment is on the river and close to the beach at Surfer's Paradise. It was glorious to wake up to early morning sights of people jogging, paddling down the river and breathing in all that fresh air. Unfortunately while we were there David was in Thailand!

We saw photos of the Cohen's adventures in Kenya - a 10 day trip at the end of the school year in July. Debbie realised a dream to go to Giraffe Manor and you can see by the photo she had close encounters with her favourite animals. I have brought back all the leaflets Debra used for planning her trip and will put them in the Travelogue.

The Gold Coast offers lots of family activities and, outside peak periods, apartment accommodation is very affordable. It takes approx 1 1/2 hours by bus from the airport. I'll put the brochures from there in the Travelogue too.

Marilyn



Letter from the Editor

The newsletter is published monthly to up-date members on all the activities planned over the next couple of months. Newsletters are hand-delivered in Lakeside I & II, Ladawan, Eakpailin, Thana City & Garden Towers. If you live outside these areas I apologise if it takes weeks for your newsletter to arrive as the mail is not always reliable. You may like to make arrangements for someone you see often in the above villages to receive your newsletter for you (just let me know). We do try and publish dates for activities well in advance, so write them in your diary and call someone on the committee if you are unsure of events planned. Telephone and fax numbers for committee members are listed on the inside front page of every newsletter. We also put up a monthly diary sheet on the Patana PTG noticeboard

The newsletter is also available for members to advertise anything they have planned, would like to buy or sell, maids wanted/available etc. Members can place a small notice free of charge and anyone is welcome to pay for a larger advertisement (1/4, 1/2 or full page) for any business they are running for profit.

I love contributions! Thanks to everyone who has rung or faxed me this month with new shops/services they have found, recipes, articles etc. I feel the newsletter is a useful two-way communication to help everyone in their daily lives so please fax or call me with your ideas. Sometimes we ask members to write a review after a meeting, lunch etc. Please do not worry if you feel your English is not good enough - we are happy to edit, besides, I don't speak "English like it should be spoke" either.

Marilyn

NEWSLETTER DEADLINE -15TH MONTH
NEWSLETTER PUBLISHED - by 25TH MONTH

BOOK & VIDEO LIBRARY

S.I.L.C. runs an 'informal' book & video library, held at four locations. If you want to borrow a book, contact any of the people below. You can return the book to any location and if you have any books/videos that you no longer require please bring them along and donate them to our collection. .

LADAWAN VILLAGE	- Julie Heather	Tel 385 8133
LAKESIDE I	- Doreen Grey	Tel 316 8503
LAKESIDE II	- Wendy Chang	Tel 316 4011
THANA CITY	- Julie Thompson	Tel 336 0543

VIDEOS are held by Wendy Chang.

INDIAN COOKING CLASSES

Sunita Kulisra will once again be holding her popular Indian cooking classes (at her home ; 145 Lakeside 2).

Classes start in October and cost 2,000 Baht for a course of 4 lessons - this includes all ingredients for the 4 - 5 dishes prepared each week (and you get to taste them -yummy!)

You can choose to enrol for a Tuesday or Friday class (9.30 -11.30am). The dates of the courses are:

Tuesdays

October 7, 14, 21 & 28

Fridays

October 10, 17, 24, 31

Please call Sunita for more information or to sign up for the course:

Sunita Kulisra 316 4097

STICKY TOFFEE PUDDING

Here it is, for all those clamouring for Kathy's delicious pudding, the recipe for her famous 'Sticky Toffee Pudding'. The secret is in having lots of extra toffee sauce.

Mixture

1/4 lb. Margarine or butter.
3/4 lb. caster sugar
2 eggs
1 lb. self-rising flour
1 x 8 oz packet dates (chopped)
1 tsp. bicarbonate of soda
1 pint boiling water.

Sauce

1/2 lb. butter.
1 lb. brown sugar
1 pint double cream
extra cream for serving

In a bowl add the dates, bicarbonate of soda and water set aside. Cream the butter and sugar until white and fluffy, beat in the eggs. Gradually fold in the flour. When the water has been absorbed add the dates to the mixture. Oven 380 F. Approximately 40 minutes.

Sauce

Boil all ingredients together, pour a little sauce over the baked pudding and brown under the grill before serving. Serve with cream and extra sauce.

1/2 it unless having over 18 people.



SUNITA'S INDIAN TAKE-AWAY FOOD

Enjoy your favorite
Indian dishes
at home.
Give Sunita a call!



Order from her menu
or discuss with her
your
special requirements!

"CURRY IN A HURRY!"
always available

Takeway for Parties of 20 - 50
Delivery within Bangna Area

APPETIZERS

- Chicken Tikka - 80 baht
- Fried Fish Pieces (4 pcs, marinated & crumbed) - 100 baht
- Vegetable Cutlet (4 pcs) - 80 baht
- Vegetable Samosas - 10 baht per pc

All appetizers served with Tamarind Chutney

MAIN DISHES

- Chicken Curry (4pcs) - 150 baht
- Marinated Tandoori Chicken (4 pcs ready to BBQ/Bake) - 150 baht
- Mutton Curry - 220 baht
- Chicken Biryani - 230 baht
- Palak Paneer (Spinach) - 120 baht
- Daal - 80 baht
- Spicy Potatoes - 80 baht
- Gobi Alu (Cauliflower & potatoes) - 100 baht (seasonal)
- Matar Paneer/Curry (Korma) - 120 baht
- Matar Pilau (Basmati Rice w/peas & fragrant spices) - 120 baht
- Homemade Yoghurt - (1 1/2 cups) - 30 baht
- Fresh Homemade Bread - 10 baht per piece
- Stuffed Pratha - 20 baht

TO PLACE ORDER CALL 316-4097

OR 01-444-2462

DISHES CAN BE COLLECTED FROM
SUNITA KULISRA
AT #145, MOO 9 LAKESIDE VILLA 2
AT PRE-ARRANGED TIMES

(AN OBVIOUS PAGE FILLER.....)



THE EARLY DAYS OF S.I.L.C.

The Samutprakarn International Ladies Club was founded by Australians, Susan Vanstaen and Karen Albrecht. Soon after their arrival in Bangkok in 1991, the two met at Lakeside 1. After just one conversation, it was clear that, for them, life outside the central Bangkok district, would be made much easier if there was a local women's group. They were both very happy to take the initiative to make it happen! Susan had recently been involved in an International Women's Club in Europe and Karen had been involved in clubs in Singapore. Ideas came easily and when presented to the women's community at large, the concept of a local, international women's club was well received. The membership quickly rose to 40 or so in the first year and has grown steadily ever since, fulfilling a real need within the community.

THE S.I.L.C. LOGO

S.I.L.C. first began to use its new logo in September 1993. The logo was designed by a young Australian, Annette Hoare.

The concept thinking for the logo is as follows:

HOUSE: symbolizes family and friends around the home - at present for us, this is in Thailand.

CIRCLE: symbolizes networking and flow.

ARROWS: (inward) symbolizes the interaction within the group. The circle connects all aspects of the group. We can learn from each other.

ARROWS: (outward) symbolizing new experiences and new people. Our group is reaching out into the community.

WELCOME TO NEW MEMBERS

Judith Aphaiwongse
17/147, Windmall Park
Bangna Trad 10.5km

Tel 316 1837

Sue Davies
Garden Towers, S-11A
2/4-5 Moo 14
Bangna 6.5km

Tel 751 9876

Fax 751 9928

Marga Beems
99/102, Soi 25
Chaiyapruck Village
Bangna Trad 18km

Tel 312 7392

Fax 750 8548

Becky Hazelton
33/146 Soi 4/5
Moobaan Ladawan

Tel 385 8191

Sharon Bevin
#754 Lakeside Villa 1

Tel 316 8061

Nellie Holm
35/282 Soi 5/8
Moobaan Ladawan

Tel 758 6938

Caprice Black
#181 Lakeside Villa 2

Tel 361 4000

Alice Kim
#155 Lakeside Villa 2

Tel 316 3984

Elin Bodin
33/342, Soi 2/8
Moobaan Ladawan

Tel 758 6855

Fax 758 6855

Isabel Mitchell
Garden Towers, S-6B
2/4 Moo14
Bangna Trad 6.5km

Tel 751 9867

Jee Hee Boe
27/1095 Moobaan Napalai
Sukhumvit Rd, Prakanon

Tel 398 4615

Carmen Schuster
#156 Lakeside Villa 2

Tel 316 2977

316 4343

Angela Boner
#178 Lakeside Villa 2

Tel 316 4014

Kate Thomas
94/58 Prestige Condo
Thana City
Bangna Trad 14km

Tel 336 0780

Fax 336 0780

Karen Burge
39/3, Apt 1-C
Nichada La Salle Condo
Moo 5, Soi La Salle

Tel 744 5001

Fax 744 5000

Janet Weston
35/314 Soi 5/7
Moobaan Ladawan

Tel 758 5685