

# SILC NEWS



A publication of the Samutprakarn International Ladies Club

November 2012

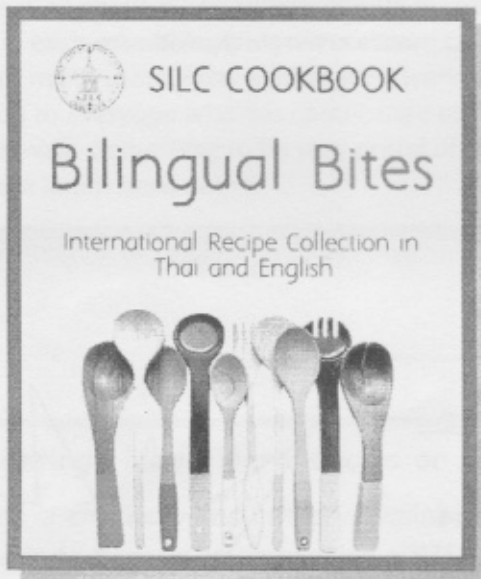
## This Month:



Coffee Morning - Thurs 1 November  
Sara Cartwright's Home - see page 7

Plus:

## It's HERE!!!



Join us for the launch of  
the SILC Cookbook.  
Tour, Launch & Lunch  
Thurs 15 November  
See pages 8-10

Jan Briggs  
19B Garden Towers  
Bangna Trad Road km 6.5  
Bangplee, Samutprakarn 10540

## Committee Members

<b>Responsibility</b>	<b>Name</b>	<b>Telephone</b>	<b>Email</b>
Chairman	Sarah Chaplin	089 205 1528	silcchair@gmail.com
Vice Chairman	Karyn Walker	081 862 2632	karyn045@hotmail.com
Secretary	Angelique Leijdekker	082 009 9212	liekley@live.com
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Lunches	Jo Thomas	082 526 0260	johannethomas@hotmail.com
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	Julie Nguyen	082 336 9200	jnjnjulie@gmail.com
	Sara Cartwright	081 966 2236	sara.crtwrght@gmail.com

## Link Ladies

<b>Area</b>	<b>Name</b>	<b>Telephone</b>
Fantasia	Bianca Kleinherenbrink	089 160 0424
Ladawan	Shirley Tan	089 497 8318
Lakeside 1	Sarah Chaplin	089 205 1528
Lakeside 2	Jane Wise	087 050 0950
Nantawan	Ngoc Richt	081 371 2107
Thana City	Irene Gray	080 251 4440



## From Sarah's Study



Yes ladies it's finally coming and I'm going crazy so you need to humour me and read the next few lines while humming that well known tune 'Santa Claus is coming to town!'

**I'm making a list; I'm checking it twice**

**Time to find out if your cooking is nice (Gonna find out who's naughty and nice)**

**"Bilingual Bites" is coming to town! (Santa Claus is coming to town!)**

Our catchy title doesn't really fit but you get my drift!!!!!!????????? See more details on page 8.

More on the cookbook later but now my monthly message.

I hope everyone had a lovely half term. Since I last wrote a lot of lovely ladies supported my Macmillan Coffee morning and I would like to extend a big thank you for all your generosity. We were able to donate 19,000THB. Liam Neeson also raised money for breast cancer this year (in his pink underpants!) but it was his comments on parenthood, in an interview with Ellen DeGeneres, that I'd like to share.

*'My kids are learning to drive at the minute and it's kind of nerve-racking, isn't it? They're actually quite accomplished but inside of you, you always see them at a very young age and now suddenly they're driving a car. It's something every parent goes through,' he says with a weary, disbelieving shake of his head. 'It's an ongoing joy being a dad,' he says. 'It's always a joy but it's a joyful worry. My boys are 16 and 17 now and it seems like just last Tuesday that crossing the road was a major event. And, then, letting them cross the road themselves was a serious major event.' 'When Michael was born, Meryl Streep, who is a pal, looked at my son sleeping and she said, "You know you're a hostage now for the rest of your life?". That's absolutely true, no matter what age they are, they're still going to be your little boy or your little girl. And you are a hostage to love.'*

The majority of our SILC ladies always seem to be chatting about their children, husbands, extended family or friends. I love the social times we have at coffee mornings, lunches, book club and mahjong. Also the times we spend together for welfare activities and committee meetings. A lot of us also seem to be exercising together at the moment - doing yoga and aqua aerobics in Bangna. Good times!

This month I am particularly looking forward to sharing a wonderful day with everyone for the launch of the SILC cookbook 'Bilingual Bites'. We have invited other ladies groups, schools, SILC charities and all our members. There is already a buzz going around Bangkok. I hope you'll be able to join us and please feel free to bring a friend.

The book is all about sharing great recipes between friends and raising funds for the local community. Whatever part we play in each others' lives we are enriched by the experiences we share and "sharing a plate" has been a part of SILC events for many years. After a lot of hard work by numerous SILC members this very exciting project is happening. Thank you to everyone who has contributed to it and well done ladies (you know who you are) for making it come together so well. Something to be very proud of! Buy the book, try the recipes, spread the word and support all the hard work these ladies have put in.

See you soon

Sarah

### Hosting? Need more chairs or spoons?

There is crockery and cutlery available for members to borrow when hosting a SILC event.

For details contact Sarah:

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

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

For these contact: Betty:

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

### Deadline

Tuesday 20th November 2012 is the deadline for any articles for the Dec/Jan. Newsletter.

If you have any recipes, book reviews, recommendations for holidays or questions for our bulletin board please forward them to the Newsletter Editor: [jan.briggs22@gmail.com](mailto:jan.briggs22@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 children do not attend functions and tours, except in the case of very young babies who are being breast-fed 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%
(Contracts run June to May)	

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

Further details on advertising contact: Teresa Carr: [treindubai@yahoo.com](mailto:treindubai@yahoo.com)

Please send advertisement to: The Editor: Jan Briggs: [jan.briggs22@gmail.com](mailto:jan.briggs22@gmail.com)

To arrange payment contact: The Treasurer: Betty Stewart

081 792 5367 / [bettystewarto@gmail.com](mailto:bettystewarto@gmail.com)

## Regular Events

### Mahjong

Takes place on Wednesdays

From approx. 10.00am to 2.30pm

In members homes

Donations are appreciated towards our Welfare Charities.

Guests very welcome, 200b/session

**Contact: Betty Stewart**

**081 792 5367**

**bettystewarto@gmail.com**



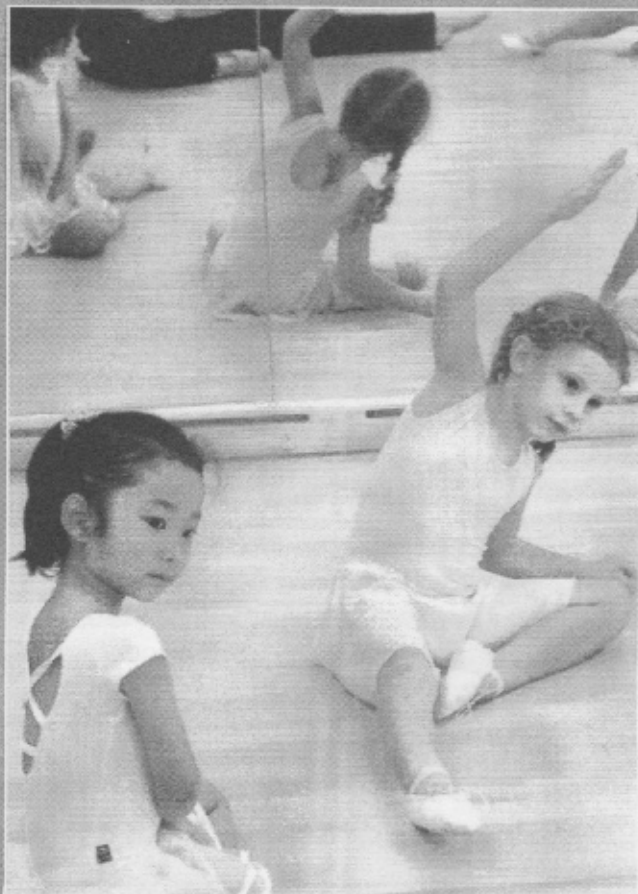
### Golf in Samutprakarn

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**

**bettystewarto@gmail.com**



## Bangkok Patana School

*Thursdays at Tiny Tigers Playgroup*

Come along to our special playgroup for boys and girls who love to move!

### **LET'S DANCE**

*Thursday 8<sup>th</sup> November 8:30 to 10:00am*

*For accompanied children aged from 18 months to 3 years.*

*Please note that pre-booking is essential.*

**F**or more information on this, forthcoming 'Special Thursdays at Tiny Tigers', and to book your place, please contact Rachel Jones on [rajo@patana.ac.th](mailto:rajo@patana.ac.th) or telephone 02 398 0200.



**Bangkok Patana School**

*The British International School in Thailand  
Established 1957*

# Accounts

## SAMUTPRAKARN INTERNATIONAL LADIES CLUB

### Summary Accounts 'till end of September 2012

<u>Income</u>	
Subscriptions	41,600
Advertising	2,400
Coffee Morning Donations	2,824
Mahjong Donations	
Donations	750
SILC Bazaar Table	1,500
Cake Sales	4,700
Total Income	53,774
<u>Operating Expenses:</u>	
Newsletter costs	4,704
AGM	1,490
Total Operating Expenses	6,194
<u>Charitable Payments:</u>	
Mahawong	5,200
Arts/Crafts/Activities	2,597
Chanukroh School	3,991
Slum Relief	0
TOTAL SILC Charitable Payments	11,788
Net Operating Profit	35,792
<u>SAMUTPRAKARN INTERNATIONAL LADIES CLUB</u>	
<u>BALANCE SHEET</u>	
Opening Balance of Members' equity	240,233
Net Operating Profit	35,792
Total Equity	300,947



SILC now has a dropbox account which will make it easier for you to share documents related to SILC, especially for sending articles and photographs in for the newsletter. Each month I will create a file for the newsletter that you can drop your things into.

Our details are:

Username: silcthai@gmail.com

Password: bangkok2012

Many thanks, Jan, SILC Newsletter Editor

# November Coffee Morning

This month, Sara Cartwright has kindly offered to open her home to the SILC ladies for a coffee morning.



To be held on:

**Thursday 1<sup>st</sup> November from 10.30am**

Sara's address is:-

333/12 Promphan Park, Soi Chalermprakiert (after Soi 43)

Sukhumvit 103, Pravet Nongbon

Mobile: 081 966 2236

**There will be a charge of 100 baht per head for coffee**

Please bring a plate of food to share

See you all there!

R.S.V.P. To: Teresa Carr: [treindubai@yahoo.com](mailto:treindubai@yahoo.com)

Closing date for replies – Mon 29<sup>th</sup> October



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

## Sunita invites you to her Annual Open House 2012

**On:** Friday 9th November

**From:** 11.00am onwards

**Place:** 145B Lakeside Villa 2,

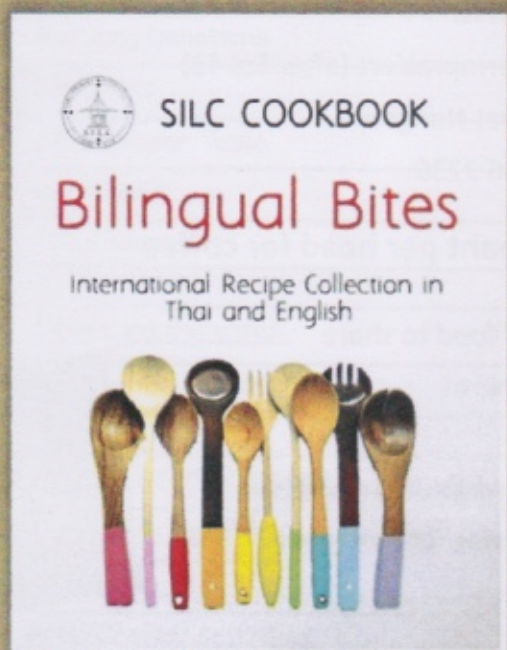
Bangna Trad Road KM 7.5



Sunita once again invites all members and friends into her lovely home on Lakeside 2 where there will be an opportunity to buy Christmas presents and ornaments for the upcoming festive season followed by a homemade Indian lunch and a raffle.

**Donation:** 100b towards her charity in India, education of slum children

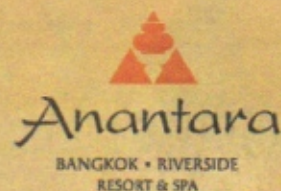
**RSVP:** Via Jan email: [jan.briggs22@gmail.com](mailto:jan.briggs22@gmail.com)



**Funds raised will make a real and lasting difference to the SILC welfare projects in poor communities.**

**Anantara Bangkok  
Riverside Resort & Spa  
10:30 am,  
Thursday 15 November, 2012**

**RSVP: Jo Thomas,  
silcchair@gmail.com,  
By Monday 12 November 2012**



## Invitation

The Samutprakarn International Ladies Club (SILC) has great pleasure in inviting you to the launch of

### **Bilingual Bites**

**An International Recipe Collection in Thai and English**

SILC welcomes special guests Mrs Kathy Heinecke, Iron Chef winner Chef Chumpol Jangprai and the children from FORDEC.

Join us for a book launch and raffle draw as well as a **cooking demonstration and book signing by Celebrity Chef Chumpol Jangprai.**

Afterwards, a three-course lunch will be served at the resort's Italian restaurant, Brio, for just THB 700 net, including free flow of soft drinks.

Kindly reserve your seat together with your attendance confirmation.



## November Lunch

### **BRIO ITALIAN RESTAURANT**

ANANTARA RIVERSIDE HOTEL

257/1-3 Charoennakorn Road

Thonburi, Bangkok 10600,

**ON THURSDAY 15<sup>TH</sup> NOVEMBER**

**AT 12.30PM**

In conjunction with the launch of the SILC cook book.....Bilingual Bites on Thursday 15<sup>th</sup> November at 10.30am, SILC would like to invite you to Brio Italian Restaurant at 12.30pm for lunch.

Brio in Italian meaning 'cosy and warm' are offering a 3 course Italian lunch including soft drinks for 700 Baht nett.....any alcoholic drinks ordered will not be included in the price and to be paid for separately.

#### **Appetizer**

Wild and porcini mushrooms soup flavored with black truffle paste and toasted garlic bread

Or

Tuna carpaccio topped with a Tuscany panzanella salad, a few drops of apple dressing and watercress baby leaves

#### **Main course**

Pan-fried sea bass with a ratatouille, white wine and dill foam

Or

Roasted rack of lamb, wild mushrooms duxelle with garlic, tomatoes confit and black olive lamb jus

Or

Paccheri di "Gragnano, eggplant caviar, cherry tomatoes sauce  
And melted buffalo mozzarella cheese

#### **Dessert**

Classic Italian tiramisu

Or

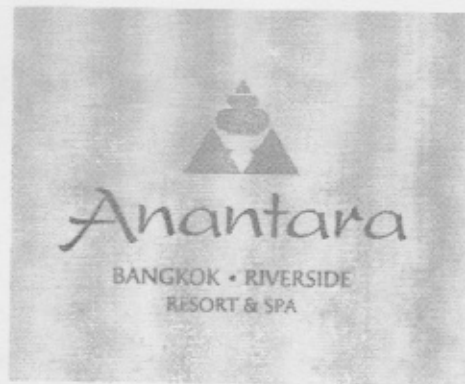
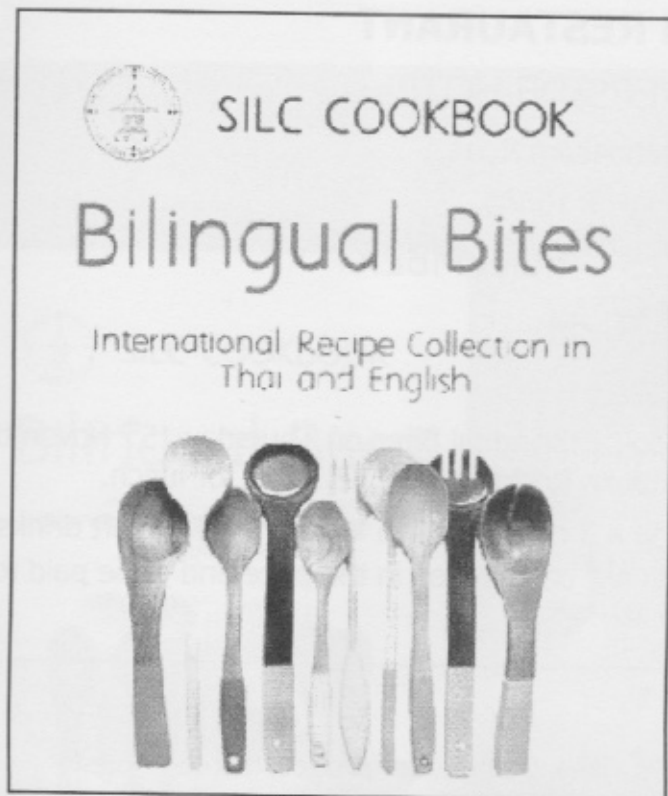
Apple cake with chocolate coulis and vanilla ice cream

If you would like to attend the lunch can you please RSVP no later than **Monday 12<sup>th</sup> November** and state whether you will be attending both the launch and the lunch or either one.....invites for the launch will be sent separately.

RSVP to Jo Thomas at [silcchair@gmail.com](mailto:silcchair@gmail.com)



## November Tour



**JOIN US TO THE LAUNCH OF THE SILC COOKBOOK "BILINGUAL BITES"**  
On November 15<sup>th</sup>, 2012 at the Anantara Riverside Resort & Spa.

In order to allow as many members to be present at this very special book launch, SILC will organize transport from Bangkok Patana School to the Anantara Riverside Resort.

Thursday November 15<sup>th</sup> Leave True Coffee outside Patana School at 08:30 am

The bus will leave Anantara Riverside Resort after lunch, at 02:00-02:30 pm, back to Patana School. If you don't want to stay for lunch, please arrange your own transport back.

From the hotel you can take a boat to Saphan Taksin BTS station. This will take approx. 20 minutes. The boat transfers are complimentary and depart from the resort every 20 minutes.

Don't forget to sign up for the lunch separately (see invitation in this SILC Newsletter Page 8/9).

Costs: Baht 200 per person (minimum of 10 people) for transport.  
Lunch is for own expenses.

RSVP: Mariska Abrahams ([mariska.abrahams@hotmail.com](mailto:mariska.abrahams@hotmail.com)) by Monday November 12th





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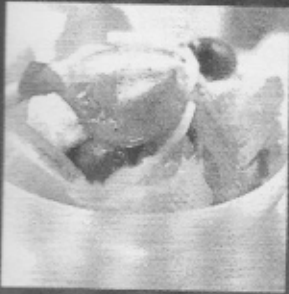


Mark Leoni & family, Doctor of Chiropractic (USA)

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(5 F, Gourmet Market)

MBK Shopping Center

(5 F, The Fifth Food Avenue)

Nichada Thani

(The East Club, next to Rose Marie Academy)

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## New Members

### New Members Sept:

JENNY CHAN

JOAN LEE

KAREN PAGE

KARIN WORTHINGTON

KERSTIN WROEBEL

LIAN BENNETT

LISA SHARKEY

MARYLOU RAINSFORD

ZHI KAI (KATHY) WU

## Welcome to SILC

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

Geraldine McEvoy: 082 204 9470

mcevger@gmail.com

### Put a face to the name.

New members, please send in a short blurb to introduce yourself to other members, along with a photograph if possible (with or without the family).

Send to the editor:

jan.briggs22@gmail.com

Don't forget to visit our website:

[www.silcthailand.com](http://www.silcthailand.com)

This is Zhikai Wu (Kathy) here, nice to introduce something about me.

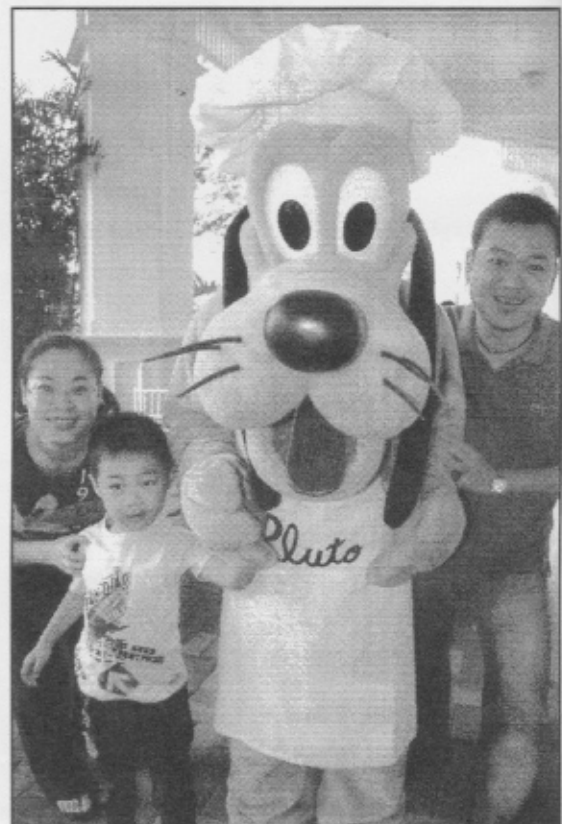
I am from Guangzhou China, I work in Guangdong University of Finance in Guangzhou, now I am asking a leave from my University. My husband has a business here, I would like to be with my family, so I decided to come to Bangkok. I have only one son who is in Year 1 of Bangkok Patana.

I got my master degree from University of Ulster, which is in Northern Ireland, people there are always very friendly. Now I am doing PhD in Chulalongorn University, I am not sure if I can make it, I will try my best!

Nice to meet all of you.

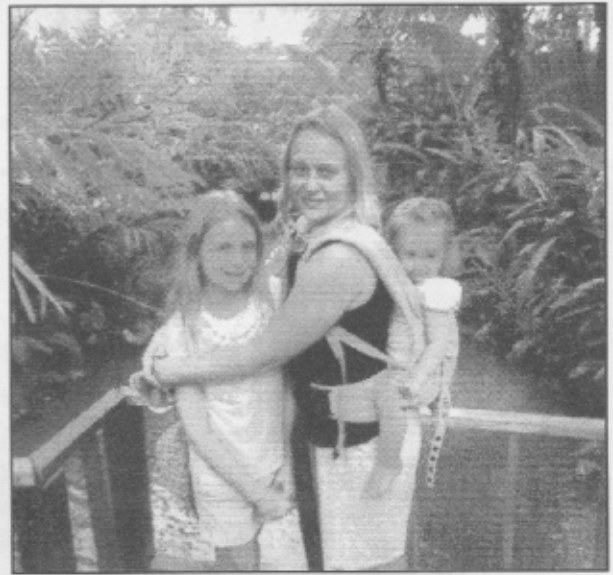
Best Regards

Kathy Wu



We have been in Thailand for over four years now, and recently moved to Bangna when Kaytlin (my eldest started high school at St Andrews on Bearing) Angelica was born in Bangkok in 2011. Previously we lived in Kazakhstan, Romania and UAE where I worked mostly in the hotel industry as HR Director. Now I work from home and make my own range of spa/beauty products (this allows me to have a little business and be at home with my girls)

Kind Regards  
Karen Page



## October Lunch Review

### Masala Art, Thonglor 8, 8 Building 2F

Having succumbed to peer pressure at the last minute, Jo organised lunch at her local Indian restaurant for Friday 12th October. Despite lots of other SILC events on the same day, lunch was well attended by a friendly bunch of both old and new faces, 14 in all, though I suspect we sounded like a lot more!

Masala Art turned out to be a very relaxed sort of place for an easy going and delicious lunch. It was easy to find, even by one who lost Samitivej Srinakarin, on the 2nd floor of an arty little shopping centre. The setting was smart but comfy, neither intimidatingly modern Thai or grubbily retro curry house. Service was similarly friendly and efficient.

On arrival our tables were set with little cone shaped poppadum's hanging on a tree with chutneys and pickle - a most enjoyable way to eat them. We all had the set menu at 299 Baht ++ which meant - Hurrah!! - we all got a bit of everything without coveting our neighbour's dish. We started with veggie samosas, chicken tikka and salad, followed by paneer masala, butter chicken, mixed vegetable rogan josh, dhal, saffron rice and the most delicious naan I've had for a long time. Each dish was carefully spiced and subtly aromatic, giving each one its own distinct character but none of the macho chilli blast some Indian restaurants specialize in. Even the butter chicken, which some of us remembered less than fondly as a sweet, tomato soupy sort of experience, was good - tender chicken breast in a tasty gravy. Although it was a tasting menu, I don't think anyone had room for the ice-cream included in the menu. (Or perhaps they were just worried about wedging themselves into their ball gowns next day...)

Thanks to Jo for organising, even with jet lag. I'll be back at Masala Art soon with the rest of the Camptons. We all miss a good old ruby and this will definitely hit the spot.

Jane

masala Art  
-the art of blending spices

## A future author??...

### Baby Genesis By Dillon Rajakarier (Year 7)

Thud. Thud...Thud. Thud. Gently beating, the sound of my heart sets a nice steady beat which is frequently interrupted by the sound of my mother's own heart. Bob. Bob. Bob. Like quick sand, the nice blanket of warmth surrounds me. Complete and utter silence! It was spacious at first, but now the once so far away walls have closed in on me. Muffled sounds penetrate my walls of peace. Slowly, I drifted off to sleep...



Suddenly, I turn around. My home, which once made me cosy, now has betrayed me. It's pushing me out. Squeezing out of my home, I am greeted by vicious cold, overwhelming sounds and a bright blurry light. Argh. I am overloaded. Everything blocks out... I'm in a new home. Warmly covering me, my new home gives me space to see the face of my kind mother and some other curious faces. I am happy here. The bright light is gone and the one overwhelming sounds no longer bring panic to me. I am safe. Surrounded by curious giants, but safe.

## SILC Book Club - October Meeting

**When:** Friday November 16th

**Time:** 12-2pm

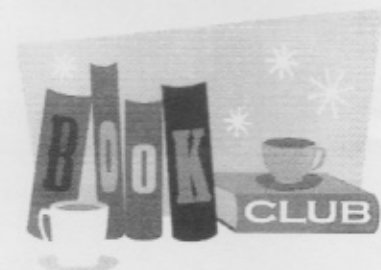
**Where:** Julie Nguyen's house  
Baan Mailomruen (Promphan Park), 333/27 Chareumprakiat Road in Bangna

**Book:** A Second Wind by Philippe Pozzo di Borgo  
and The Help by Kathryn Stockett

**More Details:** Contact Julie at [jnjinjulie@gmail.com](mailto:jnjinjulie@gmail.com) or 082369200

Please come even if you haven't read the book.  
We will discuss books in general and future books.

Hope to see you there!



## Book Club Review

Well, we had two contrasting books this week, bet you can't guess what they were . . . .

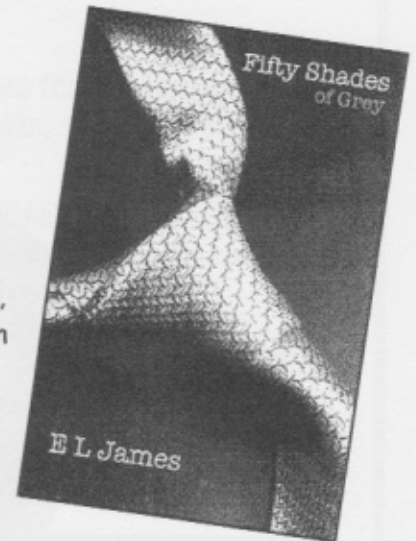
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### 50 Shades of Grey? Just an old-fashioned love story, says EL James

"It's not all about the sex, says 50 Shades of Grey author EL James. Women readers just want a passionate romance."

Did a general "put your hands up" if you enjoyed it, 50:50 split on if it was a spanking good book, didn't take long to whip up a heated discussion. My overall impression was, "Oh no not again!", it beat me up that I couldn't find a plot outside the Mills and Boon erotica. Not sure who dominated the discussion but nobody was 100% submissive - unlike some . . . What this girl did in a few weeks would take most people a lifetime - and still not come there! We did discuss the timeframe and decided between 2 to 4 weeks. We made quite a few gags (for later use), popped the balls back in their box (please don't stand at the back of the room at PTA meetings . . . one gag too far).

Needless to say I'm redecorating our red-room, pool table could be an asset after all I muse. Don't you just LOVE the cover, read it on a kindle and never realised - she must have spent ages deciding on the picky, she had such a lot to choose from!



#### One review from the net which I liked:

For those who are short on time and tolerance for GIFs, here is Lumsden's succinct summary at the end, which appears in the form of a wit word count: There are 457 occasions of characters whispering, murmuring, or muttering to each other, 101 utterances of the word "crap," and 58 mentions of Anastasia's "inner goddess" (by which she means "vagina"). The best part, though, is that you never even have to pick up the book.

#### Struggled to find a positive review (they must exist), so got this from Wikipedia:

"Fifty Shades of Grey is a 2011 erotic novel by British author E. L. James. Set largely in Seattle, it is the first instalment in a trilogy that traces the deepening relationship between a college graduate, Anastasia Steele, and a young business magnate, Christian Grey. It is notable for its explicitly erotic scenes featuring elements of sexual practices involving bondage/discipline, dominance/submission, and sadism/masochism."

\*\*\*\*\*

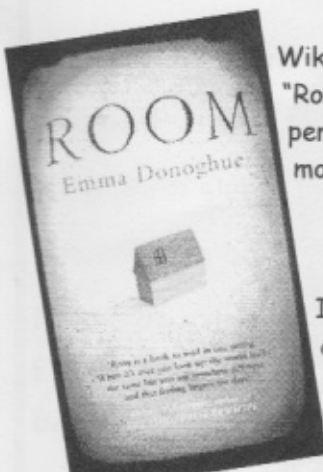
## ROOM

By Emma Donoghue

In contrast, Room got a unanimous YES vote. Slow plot at the start but once you understood what was going on it was a must read and you couldn't put it down. A must read in my opinion. Can't say too much 'cos will give the plot away.

#### Wikipedia again:

"Room is a 2010 novel by Irish-Canadian author Emma Donoghue. The story is told from the perspective of a five-year-boy, Jack, who is being held captive in a small room along with his mother."



I did make a comparison between Christian (50 Shades) and "man" (Room), without money and brains would Christian be Man and Man be Christian . . food for thought.

Betty

*Silc's  
18<sup>th</sup>  
Annual Bazaar*

*A fabulous  
opportunity  
to get some  
unique gifts  
for your family,  
friends  
and yourself*

*November 29, 2012  
from 8:30am - 3pm  
at Bangkok Patana School  
Entrance : 100 Baht*

*ID will be required for entrance to the school*

*All proceeds donated to local  
charities in Samutprakarn area*





## SILC Bazaar - we need your help...

### SILC CAKE STALL

Calling all bakers out there, please ladies we need your home baked goodies for our cake stall, they can be anything from muffins, brownies, cup cakes, tray bakes, cookies, tarts, scones and even large cakes.

All proceeds go to our SILC charities so it's all for a very good cause, so PLEASE get your aprons on and get baking, cakes can be sent into school on the morning of the bazaar with your children or dropped off at the cake stall throughout the morning.

We have found in the past the homemade cakes, cookies etc do sell a lot quicker than the shop bought ones, but all are welcome – BUT we do urge you to send in your home baked cakes PLEASE!!!!!!

If you send your cake in a container please make sure it has your name clearly marked and also if there are any NUTS in the cakes please label too!

Thank You – Jo Thomas

Any queries please email me at: [johannethomas@hotmail.com](mailto:johannethomas@hotmail.com)



### SILC BAZAAR VOLUNTEERS NEEDED

Dear SILC ladies, we need your help to ensure the smooth running of the SILC BAZAAR on Thursday 29 November!

If you have a couple of hours to spare and would like to help, please let me know. Also tell me whether you prefer a morning or afternoon slot and if there is a particular stall you would like to work on. The stalls are: entrance/tombola tickets, cakes, SILC table for membership/welfare/selling cold drinks, books, toys and bric-a-brac.

Look forward to your replies!

Marit van den Oetelaar, e-mail: [gertonmarit@yahoo.com](mailto:gertonmarit@yahoo.com)

### WANTED: SECOND HAND ITEMS



Do you have items which you no longer need? Any books, toys, clothes, household goods?

With your donations we are able to raise money for charities in the Samutprakarn area.

Bring them along to your Link Lady (see page 2) or to me for those living in the Sukhumvit Area.

You can also bring them along on Friday November 29th when you visit the Bazaar.

For any further questions please contact :

Ester van Staalduinen ([estervanstaalduinen@hotmail.com](mailto:estervanstaalduinen@hotmail.com)),

Baan Sansiri, Sukhumvit Soi 67, house nr. 32/69, Phra Khanong

## Trader Vic's Presents

### Exclusive Michelin Chef Experiences



Anantara Bangkok Riverside Resort & Spa's signature Pacific Rim restaurant Trader Vic's proudly presents a Michelin Star Chef from France between 14 – 21 November 2012. Chef Nicolas Isnard is offering a superlative gourmet experience at Trader Vic's, and will also be creating a unique cooking class.

Marrying the refined culinary flair of Southern France, Chef Nicolas is famed for dishing up distinctive rustic flavours using provincial produce in his presentation of sublime old school French cuisine. As the owner of L'Auberge de la Charme restaurant in France, which was awarded a Michelin Star within less than a year of opening, Chef Nicolas is a master at re-inventing classic and traditional French dishes with modern techniques.

For his guest chef appearance at Trader Vic's, Chef Nicolas invites his colleague Chef David Le Comte to fuse this restaurant's unique Pacific Rim flavours with a dash of provincial French panache, in a collection of culinary journeys.

Savour a special six course dinner for THB 3,600++ per person. Commence with a surprise Amuse Bouche, followed by a Flower of Sea Bass Carpaccio and Mai Tai Sherbet. Tantalise the taste buds with a Frozen Ginger Vichyssoise with Aquitaine Caviar, before a seafood dish of Tiger Prawn with Tamarin Condiment. Move onto a succulent Cube of Beef Filet with BBQ Sauce, Artichoke and Blood Orange, before a sweet Raspberry, Lime and Coco dessert.

In addition a special a la carte menu invites diners to select from an extensive menu of impeccable creations. Starter highlights include a Lobster Salad, and Pan Fried Foie Gras with Oyster and Kaffir Lime. Michelin star mains pay tribute to the finest land and sea ingredients, from a Lobster with Wasabi Hummus and Lemongrass Broth, to a Suckling Pig with Pineapple and Passion Jus.

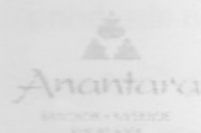
**Guests wishing to step behind the scenes of the Michelin Chef world can sign up for an exclusive three course cooking class with Chef Nicolas on Saturday 17 November for THB 3,500++ per person at Trader Vic's kitchen.**

**Learn to recreate this highly acclaimed chef's Scallops salad, beetroots caviar with pomelo and coconut milk, and also a Cod Fish with Galangal Cold Marinade. Leave with once in a lifetime memories and a wealth of elite culinary techniques to impress the most sophisticated gourmets.**

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or email [riversidedining@anantara.com](mailto:riversidedining@anantara.com) or [www.bangkokriverdining.com](http://www.bangkokriverdining.com).



Cast acrylic collage prints by Lisa Moses

Rotunda and Garden Cafe Gallery

November 3rd to December 2nd, 2012



NEILSON HAYS LIBRARY



You are cordially invited to the Opening Reception on Saturday 3rd November from 6.00 to 8.00pm. The artist will be present to explain her technique.

Born in Los Angeles California, Lisa is a remarkable Thailand-based American artist who specializes in a unique art media that was invented by her father, Joseph Zirker, in the United States. For many years her work has engaged in a play of relationships between art, our earthly world, the sky and the infinite galaxies. Her art stretches our imaginations with her brilliant colours and inventive topics.

The cast acrylic works of Lisa Moses are created by a unique process. Using a polyethylene plate, she layers paint and collage elements to create one-time prints with smooth surfaces that fully integrate the collage elements. The resulting work had distinct vibrant colors and composition. It incorporates the beauty of the galaxies, humanity, and the music and dance of life forms on earth.

All works are for sale and part of the proceeds from the sale go to The SOLD project whose mission is to prevent child prostitution.

Please contact us should you require further information.

**NEILSON HAYS LIBRARY**

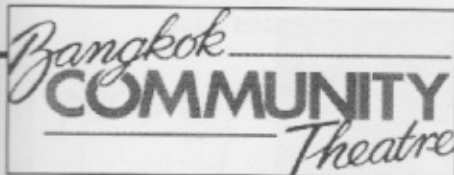
195 Surawong Road, Bangkok

10500 Thailand.

Tel: 02-233-1731,

Fax: 02-233-4999.

[www.neilsonhayslibrary.com](http://www.neilsonhayslibrary.com)



## AUDITIONS

For our early 2013 production of Noel Coward's

### Blithe Spirit

An improbably magical and hilarious comedy

**Sunday, November 11<sup>th</sup> at 1:00pm at The British Club, Silom Soi 18**

English-speaking Men and Women of all nationalities (minimum age 18 years) are invited to audition for the 7 roles needed to bring this delightful comedy to the stage. Characters can be played by any nationality and the roles range in size from cameo parts to lead roles.

For more details about the show and BCT, please visit [www.bct-th.org](http://www.bct-th.org)

For questions and audition registration, please email [BCT@sala.net](mailto:BCT@sala.net)

# Bulletin Board

## Oil Request

We need approximately 96 bottles every two weeks. This is hard to come by so at the moment we are aiming to donate the 96 bottles at least once a month.

The ladies in the slums are aware that they cannot get it all the time now and they are trying to spare it.

So please if you think of it can you throw a bottle of cheap oil in your shopping basket every week and donate it to this well deserved cause!!

Donations to Kay at [hickey.kay@hotmail.com](mailto:hickey.kay@hotmail.com) Phone: 086 511 2442

Donations can be left with your link lady or bought to any SILC event

## Excellent Maid Looking for work in the Silom/Sathon/Sukhumvit area.

She lives in the Pratunam area and would like sleep-out work Monday to Friday as she has a young daughter. Excellent at cleaning, cooking, ironing etc.

Please call her directly - Roma on 089 774 9493

For reference purposes you may call Candy on 081 803 6930

## Drinks Can Ring Pulls:

While you are enjoying your cool fizzy drinks, please try to remember to pick up as many of the ring pulls as you can for the Prosthetic Limb Foundation

Contact: Teresa Carr, [treindubai@yahoo.com](mailto:treindubai@yahoo.com)  
Or bring along to any SILC event.

Any ladies tempted to try their hand at a fun **Aqua Aerobics Class** the following classes have spaces:

**Mooban Nantawan, Srinakarin** on Monday Mornings from 10:00 to 11:00 am.

For more info please contact: **Candy on 081 803 6930**

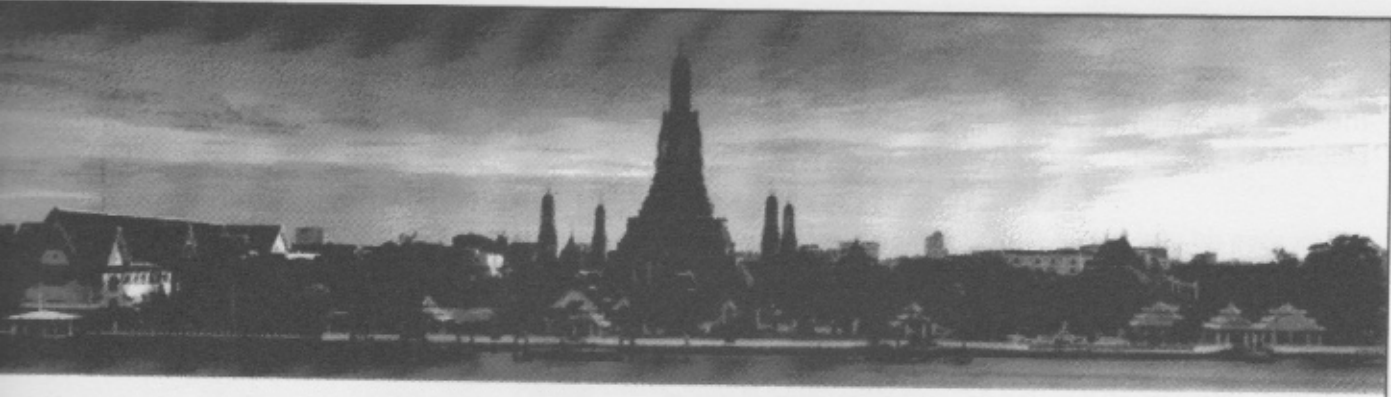
If possible please bring a pool noodle which can be bought at Toys R Us.

**Lakeside 1** on Wednesday Mornings 8:00 to 9:00 am.

For more info please contact: **Sarah Chaplin by email: [wwchaplins@hotmail.com](mailto:wwchaplins@hotmail.com)**

A number of SILC members enjoy **Yoga Sessions** with Khun Ning. She speaks good English and is well qualified giving us fun but challenging sessions which we all benefit from.

Classes are held at Lakeside Villas 1 on Tuesdays at 8am, Nantawan Srinakarin on Wednesdays at 9am and Oakwood on Fridays at 8.45am. If you'd like to join any of these classes please do so by email to Sarah Chaplin: [wwchaplins@hotmail.com](mailto:wwchaplins@hotmail.com)



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## September Tour Review

### QUEEN SIRIKIT MUSEUM OF TEXTILES

Being new to the expat life (and to SILC) I welcomed the opportunity to join the tour to the Queen Sirikit Museum of Textiles, not only to experience a piece of my new home town but to meet other members of SILC.

An earlier than usual start (I have no children at school!) saw 7 of us board the minibus and head for the Grand Palace, where just inside the gates, in a beautifully restored 1870 building, was Her Majesty Queen Sirikit and Her Support Foundation's gift to the people of Thailand. The museum has only recently opened and was established to serve as a source of information on Thai woven textiles and the history of Thai costumes.

On arrival we were met by our guide who directed us through the museum and explained to us the history behind the garments on display. We viewed a collection of ancient textiles, an exquisite display of dresses worn by Queen Sirikit for various momentous occasions (designed by a number of local designers as well as from the House of Balmain in Paris) and eight different styles of traditional Thai dresses introduced by Queen Sirikit. We viewed video footage of the preservation of village textile traditions which provided many rural women with new skills and income.

Back downstairs and we were shown how to wrap a single piece of Thai silk into a beautifully falling skirt (complete with bulldog clip!) Ulla, you looked like a princess!

After the tour, and our spot of retail therapy in the museum shop, we headed to The Royal Navy Club 77 for lunch and a natter. I can recommend the masaman curry AND the Queen Sirikit Museum of Textiles.

Thank you to Mariska for arranging a lovely day out and giving me an opportunity to meet some lovely SILC ladies. I look forward to future events.

Lisa Sharkey



## Samitivej Coffee Morning Review

Our October coffee morning was held on Thursday 4<sup>th</sup> October and we were kindly invited to be guests for the morning at Samitivej Srinakarin Hospital. The hospital wanted to present to us some of the services they offer that would be of interest to us.

The morning was opened by a very sexy Frenchman (sorry, forgotten his name – too busy gazing into his eyes and listening to his accent!! Was I the only one??!) whose job it is to promote Samitivej, particularly to the ex-pat community. He introduced some of the staff and then we watched a promotional video, which gave information on the overall services offered by the Samitivej group of hospitals.

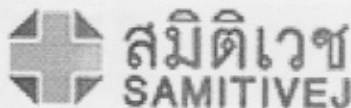
We were then handed over to Dr Paithoon Chongchitnant, who is a specialist in the Radiology department. She did an excellent presentation on breast cancer. She showed us how to examine our breasts for cancer and signs to look out for when examining them. We then moved onto slides showing x-ray and ultrasound pictures of breasts which were normal and those that showed lumps in the breast – either benign or cancerous. Although Dr Chongchitnant's English was a little difficult to understand at times, she presented an extremely interesting and informative talk on all aspects of breast care and cancer treatment. The overriding message of course, ladies, was that you know your breasts better than anyone and can notice changes in them. Make sure you check your breasts regularly at home, get regular x-ray and ultrasound checks and seek professional help if you think there may be a problem as early detection can make a huge difference to your treatment.

The second presentation was by Dr Sukamas Suwanwalaikorn who is a Dermatology specialist. She gave a long and detailed presentation on the services offered by the Aesthetics Department at Samitivej Srinakarin. She had a good sense of humour and there were quite a few laughs going round the room at her comments on certain "before" and "after" pictures. The effects of some of the laser and radio frequency treatments on conditions like sun and age spots, broken veins and acne etc were quite impressive. I must say that for just a split second I did consider botox when I saw the "before" and "after" photos!! Unfortunately, I am too much of a scaredy-cat to go ahead with it! I think that quite a few of the ladies were considering consultations by the end of the presentation – we won't ask who or what, but just watch out for lifted boobs, tighter buttocks, flatter tummies and fish lips!! Joking aside, the Aesthetics Department do offer many other treatments such as jet peeling (which some of us had a go at after the presentation) and other facials and non-invasive techniques to keep us young and beautiful.

After the presentations, we were invited to sample the jet peeling treatment – this treatment uses high pressure water to "push" oxygenated water into your face to blast off all the deep-down dirt and hydrate the skin. It was a rather chilly, but not unpleasant experience! There was also a machine that you could put your face into and it analysed your skin. It could tell you whether your skin was older or younger than your age and highlight the problem areas, such as age spots, sun damage, broken veins. Some brave ladies had a go (including me!) and I think luckily we all came out with appropriate-aged skin or some even had younger skin – maybe we need to swap some beauty secrets?!

The staff at Samitivej Srinakarin were excellent hosts and provided us with a lovely spread of coffee and tea with mini cakes and sandwiches from Au Bon Pain, so very many thanks to them.

So, ladies, here is to looking eternally youthful (with our without a bit of cheating!) and cancer-free!



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# New Destinations

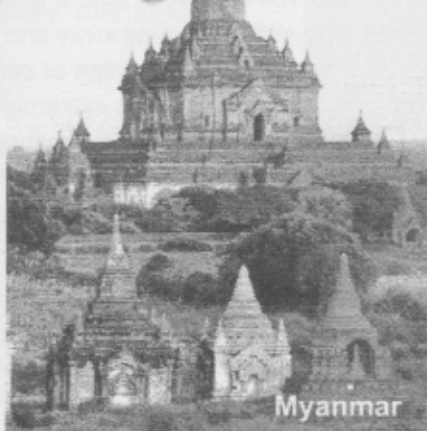
Expanding our services

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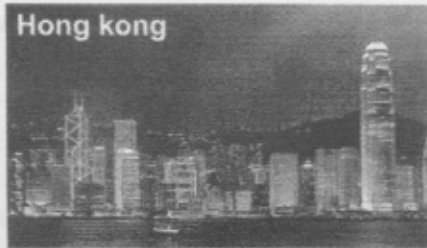
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Based on your requests, we have been expanding our services to cover new destinations in the region. For any holidays in Southeast Asia - look no further than Expat Holidays Thailand!

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## Sri Lanka

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## Just for fun...

An old Doberman starts chasing rabbits and before long, discovers that he's lost. Wandering about, he notices a panther heading rapidly in his direction with the intention of having lunch.

The old Doberman thinks, "Oh, oh! I'm in deep shit now!"

Noticing some bones on the ground close by, he immediately settles down to chew on the bones with his back to the approaching cat. Just as the panther is about to leap, the old Doberman exclaims loudly,

"Boy, that was one delicious panther! I wonder, if there are any more around here?"

Hearing this, the young panther halts his attack in mid-strike, a look of terror comes over him and he slinks away into the trees.

"Whew!," says the panther, "That was close! That old Doberman nearly had me!"

Meanwhile, a squirrel who had been watching the whole scene from a nearby tree, figures he can put this knowledge to good use and trade it for protection from the panther. So, off he goes.

The squirrel soon catches up with the panther, spills the beans and strikes a deal for himself with the panther.

The young panther is furious at being made a fool of and says, "Here, squirrel, hop on my back and see what's going to happen to that conniving canine!"

Now, the old Doberman sees the panther coming with the squirrel on his back and thinks, "What am I going to do now?," but instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet, and just when they get close enough to hear, the old Doberman says .....

"Where's that squirrel? I sent him off an hour ago to bring me another panther!"

Moral of this story...

Don't mess with the old dogs... Age and skill will always overcome youth and treachery!

Bull Shit and brilliance only come with age and experience.



# October Craft Activity - Autumn Wreath

## Mahawong Preschool

The usual meeting point at 8.30 am at True Café. As I was walking down the stairs, I see a group of ladies busy chatting away whilst their hands are busy cutting out stickers in preparation of the day's activity. Chris, Mei Mei, Karen, Julie, Palm, Sabine, Marianne and Vani were all excited for the day and so was I, it's been awhile since I participated in Welfare activities as I have been away and busy preparing for my exams.

As we arrived at Mahawong, we see the children singing and clapping and their little minds wondering what have this ladies got for them today. Their teachers, Chris, Julie, Shirley and Mei Mei begins to prepare tables for us to set up the materials needed to make the fancy wreath, It was a hot day but it did not keep us from completing our mission, it is a wonderful sight to see the children all eager to get their hands on the glue, glitters, stickers and dried leafs which have been beautiful painted with bright colours. Each table had been assigned with materials and as soon as the singing was done, the children walked to the table class by class and began their fancy wreath making.

The ladies with big smiles on their faces welcomes each child as the children approached their table to begin their activity, it was a pretty busy and hot morning but it was all worthwhile to see the happy faces of the children with their complete decorated wreath.

Chris had glue on her hands and she was pretty amazed with this little girl who somehow knew what to do. She pulled Chris's hand and took her to the washroom to get it wash off. It just amazed me to see how appreciative and caring the children are towards us.

Audrey Fernandez



# Chanukroah

The SILC Welfare activity this month was making an autumn wreath using recycled paper, Halloween stickers, some beautiful pressed and painted leaves and a fair amount of glitter and glue. It was a lovely make-it, much enjoyed by the children even if some of them did think they had made a hat!

I went with the roadshow to Prakkasamai - lots of helpers and lots of enthusiasm from both children and grown ups - and Chanukroh - less helpers but an equally enthusiastic response.

It was my first visit to Chanukroh and I was really impressed by the children and their teachers. It was a school full of happy little smiling faces, all smartly turned out for school, who were beautifully focused on the task. Our visit there ended with a rousing rendition of "If You're Happy and You Know It". I was - so I joined in!

Jane Campton





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