

SENDER: S.I.L.C. EDITOR,
169 MOO 14
LAKESIDE VILLA 2
BANGNA TRAD RD., KM 7.5
BANGPLEE
SAMUTPRAKARN 10540



MONTHLY NEWSLETTER

SEPTEMBER 1995



1995

Presidents' Message...

Welcome back to all who were either away for home leave or on vacation. For those who weathered the rainy August in Bangkok SILC was there with choices for entertainment.

September brings you a full program of activities to enjoy starting with our monthly meeting which is scheduled a week later to give you time to settle the family before attempting time for yourselves. Returning by popular request, Lea Laarakker will speak about Ban Reng Khai and its silk textile weaving project. She will display for sale her beautiful silk fabrics. The coffee morning will give you an opportunity for creativity as we learn to decorate cakes for family events such as birthdays. The Novotel is offering a Dim Sum Special for our luncheon this month. Our tour program is now including shopping excursions. This month we will carpool to the Thai Craft Sale which is always a well attended event. Classes this month, for those who want to stay in shape include; Aerobics, Yoga, Tae Kwon Do and Tennis. Other activities that are starting up again are the Mothers & Toddlers Group and the Book Club.

As you may have noticed, there have been a few name changes within the committee. A few of the committee members elected at the AGM in June have either relocated during the break or met with other obligations. Fortunately for all of us, upon hearing of vacancies, others have jumped right in to offer their help. New to the committee is Wendy Chang, Vice-President, Yasemin Watkins, Membership Secretary and Kathy Arrindell, Aerobics Activity Leader. We thank you for joining the team. We are still looking for a Secretary to take minutes of the committee meetings and to handle our correspondence. It is a relatively easy, non-time consuming job although it is an important one for keeping us organized. Hopefully one of you will step forward for this position. We need you.

This year we wish to encourage more involvement by our members in the planning stages of events. We wish to develop sub-committees for special events so that the decisions and responsibilities are shared by a small group. Welfare has established a small working group already. Events which will benefit from group assistance are the Bazaar, the Annual Holiday Dinner and the Christmas Children's Party. If you are interested in helping with any of these events you may contact me, the committee leader for the event, or come to the next committee meeting.

Welfare is proud to announce that all the "Cooking With S.I.L.C." cookbooks have been sold bringing 43,200 baht to the welfare account. We take this opportunity to express our gratitude to TIG, Thai Industrial Gases Public Co., Ltd. for all the support that was given to this project in terms of staff time and materials. A special recognition goes to Sue Leon for heading this project. Again we thank Khun Ad, Khun Aoy, Jeed Suphavarodom, Paradee Narkpanchiwan, Karen Wood, Sunita Kulisra and all who contributed those tasty recipes for making this project a great success. The new Welfare sub-committee, under the direction of Penny Minges, will meet in mid-August to begin reviewing charities that will meet the criteria for our funding. The members of SILC now have the means by which we can help the underprivileged women and children in our area.

Jacqueline Lager, whose contributions to the club over the past three years have been many, surprised us all with her unexpected relocation. We gave her recognition at the July monthly meeting and managed a last minute farewell at the July luncheon. We wish her the best for her return to Switzerland.

Sanna Schneider

SAMUTPRAKARN INTERNATIONAL LADIES CLUB

Committee Members and Activity Leaders

Call these ladies for more information on club activities.

COMMITTEE MEMBERS

PRESIDENT

Lorna Schroeder 316-4050
(Fax. 316-4050)

VICE-PRESIDENT

Wendy Chang 316-4011

NEWSLETTER EDITOR

Jayne Zeitlyn 316-4021

SECRETARY

To be determined.

TREASURER

Annette Faherty 385-8133

MEMBERSHIP

Yasemin Watkins 758-6581
(Fax. 758-6581)

NEWCOMERS

Karen Albrecht 316-4135
(Fax. 316-2976)

COFFEE MORNINGS

Lesley Evans 316-4017
(Fax. 316-4017)

Janet Hyland 751-7821
(Fax. 751-7821)

WELFARE

Penny Minges 316-4051
(Fax. 316-4051)

WELFARE SUBCOMMITTEE

Jeed Suphavarodom 316-2622
Paradee

Narkphanchiwan 398-5796

Melanie Johnston 316-3483

GENERAL COMMITTEE

MEMBERS

Sue Leon 316-8125

Alison Hedge 316-8586

Pat Duffy 385-8105

Sharon Land 316-4075

ACTIVITIES LEADERS

CLASSES

Maike Voorhuis 316-8112
(Fax. 316-3117)

BOOK CLUB

Alison Hedge 316-8586

AEROBICS

Kathy Arrindell 398-6208

CHILD PLAYGROUPS

Pat Duffy 385-8105

TOURS

Sunita Kulisra 316-4097

CHRISTMAS EVENTS

Susan Vanstaen 316-1188

Sharon Land 316-4075

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 traveling 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 Karen Albrecht and Yasemin Watkins, or any of the committee members. For the convenience of some members, membership fees can be paid to Denise Lindsay and Rose Lanham, who are usually at the PTG Room at Patana International School.

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 for members are published at a small fee and the deadline for all contributions is the 15th of the month.

MONTHLY GENERAL MEETINGS

General club meetings are held the first Monday of each month. Venues for the meeting vary and are published in the newsletter. We try to focus for the evening whilst allowing time for club business and socialising. The meeting starts at 8.00 p.m. and lasts approximately two hours. Everyone is encouraged to attend and visitors are welcome.

DIARY DATES FOR SEPTEMBER 1995

MONTHLY MEETING

- Monday, 11 September at 8.00 p.m.
- Wendy Chang's home, 175 Lakeside Villa 2, Bangna Trad Hwy 7.5 Km, Samutprakarn (see map).
- **'Ban Reng Khai Silk Weaving Project' by Lea Laarrakker.**
- R.S.V.P. Wendy at 316-4011 or Lorna Schroeder at 316-4050 by 8 September.

A small community in Thailand is now thriving because of a silk weaving industry founded by Lea. Come and listen to her wonderful stories of how it all got started. Lea will also show slides and a photographic book about the village. Her silks, which are in vibrant solid colours, as well as her special prints are going on sale at the Neilson Hayes Library (Oct 1-15) but we lucky ladies will have the opportunity to see them first. So don't forget your cheque books!

LUNCHEON

- Wednesday, 27 September, 12 noon.
- **Shui Xin, Chinese Restaurant,** Novotel Bangna, Samutprakarn.

- R.S.V.P. Sue Leon at 316-8125 by 26 September.
This restaurant serves terrific Dim Sum ("Yum Cha") - warm and fresh straight from the kitchen. There is also nothing more satisfying than complimenting a yummy "yum cha" with good Chinese tea.

COFFEE MORNING

- Wednesday, 20 September, 9.30 am.
- Lesley Evans' home, 171 Lakeside Villa 2, Samutprakarn (see map).
- **'Cake Decorating for Children and Family Celebrations' by Lois Carson.**
- R.S.V.P. Lesley Evans at 316-4017 or Janet Hyland at 751-7821 by 19 September.

Our speaker is a professional Cake Maker from Australia. All her ingredients are available locally and she will provide details of suppliers' names and addresses in Bangkok. If there is a good response, she is willing to run courses on cake decorations.

TOUR OF THE MONTH

- Saturday, 23 September, 8.00 a.m.
- Shopping excursion to the **THAI CRAFT SALE** at Queen Sirikit Convention Centre.

- Meet at Lakeside Villa 1 parking lot in front of the Mini Market. We will carpool from there into the city.
- R.S.V.P. Sunita Kulisra at 316-4097 or Lorna Schroeder at 316-4050. Please confirm so we can make carpool arrangements.

Join us for the first sale after the school break. It is not too early to be thinking of holiday gifts. Sale hours are 10 a.m. to 3 p.m.

COMMITTEE MEETING

Thursday, 7 September at 9.00 a.m. at Sue Leon's home, 776 Lakeside Villa 1, Samutprakarn

Note: Members who are interested in helping us plan the October S.I.L.C. Bazaar, or the Annual Holiday Dinner are welcome to attend. Your ideas would be appreciated.

ONGOING ACTIVITIES

AEROBICS

We recently had to say farewell to our Fitness Guru, Jacqueline Lager, who returned to her homeland, and whom we will miss dearly. Fortunately for the ladies at S.I.L.C, Kathy Arrindell is

willing to take over the classes. She is a qualified aerobics instructor with lots of experience. Before coming to Thailand, Kathy gave aerobics and jazz lessons in fitness clubs in Dubai and Singapore. Please call Kathy at 398-6208 or Maike Voorhuis at 316-8112 for more information.

Aerobic classes are being held at
Lakeside Villa 1,
(Fitness Room)
MONDAY, WEDNESDAY
& FRIDAY
8.30 A.M. TO 9.30 A.M.
Fee : 50 Baht

For S.I.L.C. members who live within the city area, we are lucky to have another aerobics instructor, Sabine Bouillon, who will be giving classes in Soi 79. Please ring Sabine at 311-7036 to make a booking. Details as follows:-

Aqua Aerobics
Tuesday & Wednesday
9.30 a.m. to 10.30 a.m.

Aerobics (Step/Lower
Impact/Weights)
Thursday & Friday
9.30 a.m. to 10.30 a.m.

Sukhumvit Garden City House 414
(Sports Complex)
Sukhumvit Soi 79, Bangkok



MOTHERS & TODDLERS GROUP

Playgroups are held every Monday from 9.30 a.m. to 11.30 a.m. for ages birth to two years. Venue changes weekly with homes being shared by participating mums. Please contact Pat Duffy at 385-8105 for details.



WATERCOLOUR ART GROUP

Every Monday, at 9 a.m. to 12 noon at Cheryl Lamb's home, 758 Lakeside Villa 1, Samutprakarn.

Anyone, beginner or experienced is welcome to join this weekly group. Individuals may take turns to prepare a still life or other topic of interest. Many of us already paint using water colours, but those doing oils, pastels, etc. are also very welcome. If you would like to learn painting or feel you could use some extra stimulus through painting in a group, please come along.

For further information, please call Cheryl at 316-8157.

TAE KWON DO

LAKESIDE VILLA 2 -

Tae Kwon Do classes are being conducted by Khun Choo Chai on Tuesday and Thursday, 6.30 p.m. to 7.30 p.m. at Penny Minges' home, 207 Lakeside Villa 2, Bangna Trad Hwy. 7.5 Km. Samutprakarn. Open to adults and children ages 6 and above.

LAKESIDE VILLA 1 -

Classes are also being held at Lakeside Villa 1 (for residents only), Fitness Room on Saturday. There is only room for two more students. Please contact Khun Choo Chai through Penny Minges.

LADAWAN -

Classes for all levels are being held at Anna Leong's home, 33/220 Soi 6/6, Moo Baan Ladawan, Samutprakarn every Tuesday and Thursday, 4.30 p.m. to 6.00 p.m. Please call Anna at 385-8712 during the evening.

YOGA

Yoga classes are being held at the Fitness Room, Lakeside Villa 1, Bangna Trad Hwy 5.5, Samutprakarn - Tuesday and Thursday 8.30 a.m. to 9.30 a.m.

Instructor - Chris McKiggan

Contact Maike Voorhuis at 316-8112 or Chris McKiggan direct at 316-8620.



Please contact Alison Hedge at 316-8586 for date, time and venue for September meeting. Book of the month is 'Age of Innocence' by Edith Wharton.



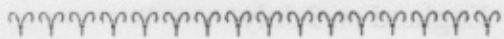
Thursday morning
8.00 a.m. till exhaustion

A great group of gals have been successfully rallying each Thursday morning at Lakeside Villa 2. We'd like to encourage all interested players to please join in the fun! All levels welcome. For more information call:

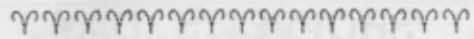
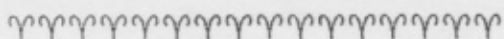
Annemiek Monhemius at 399-0074
Wendy Chang at 316-4011

UPCOMING ACTIVITIES

Here are some insights to some exciting and fun programmes for all your ladies to enjoy from the S.I.L.C. 'Think Tank'.

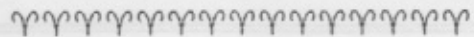


+ Golfers, new and experienced, can conjugate at the Golf Clinic in Thana City in October.

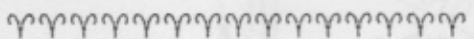


+ **S.I.L.C. Bazaar**

Not to be missed if you haven't been to one. Full of lovely and 'must have' items to sell at very reasonable prices. No one goes home empty handed. Coming third week in October!



+ Maike Voorhuis is arranging a day trip to Ayutthaya and Bang Pa In Palace in October.

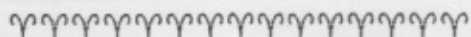


+ The International Women's Combined Annual Luncheon will be sponsored by the Australian-New Zealand Women's Group (ANZWG). Everyone is invited to this large gathering of women from all walks of life. S.I.L.C. has reserved three tables of ten each for members and their guests.

Date: 11 October, Wednesday
Venue: Royal Orchid Sheraton
Ticket: 500 Baht
Menu: Seafood starter and Lamb as the main meal. Vegetarian meals are also available, if requested in advance.

Contact Lorna Schroeder at 316-4050 for ticket reservation.

Book Your Tickets Early!



+ **SHOPPERS DAY**
SATURDAY, 7 OCTOBER
10 A.M. TO 4 P.M.

Charity, Community Groups and Vendors selling items of Thailand, close to 100 groups represented.

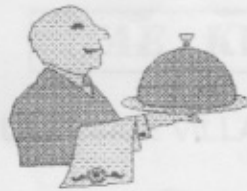
For further information, call Community Services of Bangkok at 258-4998.

S.I.L.C. BULLETIN BOARD



*Invitation is now open to magazine readers to join the **Book & Video Club**. Please bring along your magazines to the next Coffee Morning or Monthly meeting to swap. Old or new, any pre-loved magazines will be enjoyed. Wanted: interior design, craft, gourmet, fashion, travel, etc.*

A big reminder to all ladies who have borrowed books and videos. Please have a look around your homes for them and return if you have finished. Our stock is low and needs replenishing. In future all items will be marked in bold letters "SILC" for easy identification.



INDIAN COOKING CLASSES

Sunita's ever so popular cooking classes are kicking off again in September, October and November - every Tuesday - 10 a.m. to 12 noon - 1,600 Baht for four classes.

Phone Sunita Kulisra to make a booking at 316-4097.

NEW MEMBERS

Else Butangen BERIT,
33/247 Soi 6/5
Mooban Ladawan
Srinakarin Road
SAMUTPRAKARN 10540
Tel: 385-8016

Mary HONNER,
340 Lakeside Villa 1,
Bangna Trad Hwy 5.5 KM,
Samutprakarn 10540
Tel: 316-8519
Fax: 316-5043

- Congratulations to Kerry Madine who gave birth to a baby girl in England on 2 July.

"Experience Bangkok"
A Community Awareness EXPO
 to be held at
The Dusit Thani Hotel,
Nepalai Ballroom,
Saturday, 30 September
10 a.m. to 4 p.m.

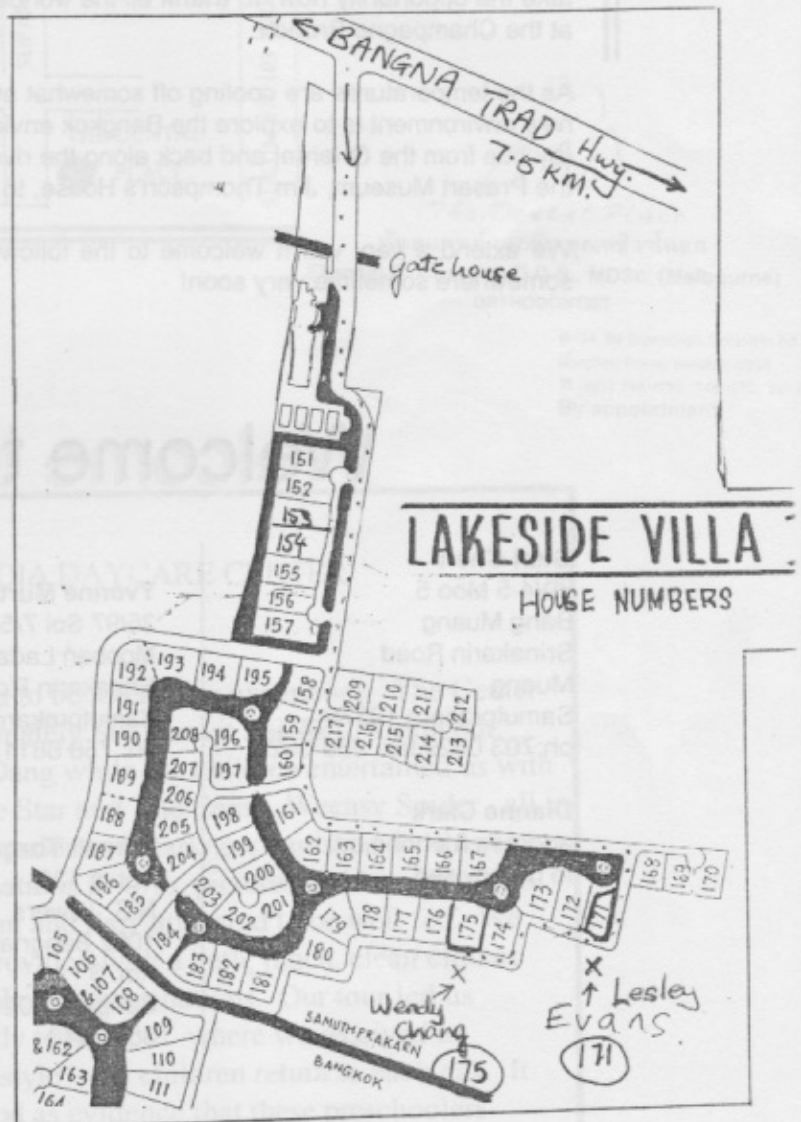
This very special event is sponsored by Community Services of Bangkok, which is a non-profit organisation serving the needs of the international expatriate community. Not only organisations will be participating but guest speakers will be addressing such subjects as health, the legal aspects of living in Thailand, culture shock, travelling, children's education, etc.

For further information, contact Trinette Ober on 258-4998 or 258-5652 at CSB.

Note: Also watch out for a CSB publication out in September: *'The Thais and I: Successful Living In Thailand'*. It's not another Bangkok Guide. It will cover many aspects of expat life in chapter format.

MAID WANTED

One live in maid needed for a couple. Duties include general housework, Thai cooking and should be able to speak a little English. Please contact Cheryl Lamb at Lakeside 1 at 316-8157.



NEW FACES

At the Champagne Brunch in June, we welcomed several new ladies to S.I.L.C. Of course, coming along to any event for the first time takes a little courage, but the atmosphere was very informal and friendly, so I hope everyone was put at ease and could take the opportunity to meet some neighbours and find out how the months ahead may unfold, using S.I.L.C. as a starting place. Many newcomers are not only new to Bangkok, but this is their first posting overseas.

A counselor from CSB (Community Services of Bangkok) gave us a talk on **Stress Management** a few years back. Amongst other things, moving house/country is right up there, near the top of the list for contributing to a stressful time, even when the move involves mainly **positive change**. At the Champagne Brunch, we took the time to talk individually about our plans for the next few months. For some, I know, talking publicly can be a bit of an ordeal, but the reason I encourage "a circle" from time to time, is that we quickly get to know each other through it. Instead of just talking to half a dozen people at a function, this way, you indirectly meet everyone and they meet you. You can share the funny stories, the same concerns, can ask a question or whatever. After a short time, everyone seems to relax and an easy camaraderie develops. May I take the opportunity now to **thank** all the wonderful cooks who contributed to such a tasty buffet at the Champagne Brunch.

As the temperatures are cooling off somewhat at present, a wonderful way to begin to enjoy your new environment is to explore the Bangkok environs with a friend - a klong trip, visit to Ayutthaya (by bus from the Oriental and back along the river on the Oriental Queen), Vinmanmek Mansion, the Prasart Museum, Jim Thompson's House, to name just a few of my favourites.

We extend a very warm welcome to the following newcomers and look forward to seeing you somewhere sometime very soon!

Karen A

Karen Albrecht
NEWCOMERS SECRETARY

Welcome to S.I.L.C.

Gabi Chen

89/4-5 Moo 5
Bang Muang
Srinakarin Road
Muang
Samutprakarn 10270
ph: 703 0629 fax: 388 0526

Dianne Clark

address & phone no.
to be advised

Yvonne Murton

35/97 Soi 7/5
Mooban Ladawan
Srinakarin Road
Samutprakarn 10540
ph. 758 6811

Vernell Torgensen

Apt. # 130
N.S. Towers
1092 Bangna Trad Hwy
Km. 3
Bangkok 10260
383 8440

MEMBERSHIP RENEWAL

Doris Yeung

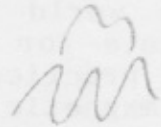
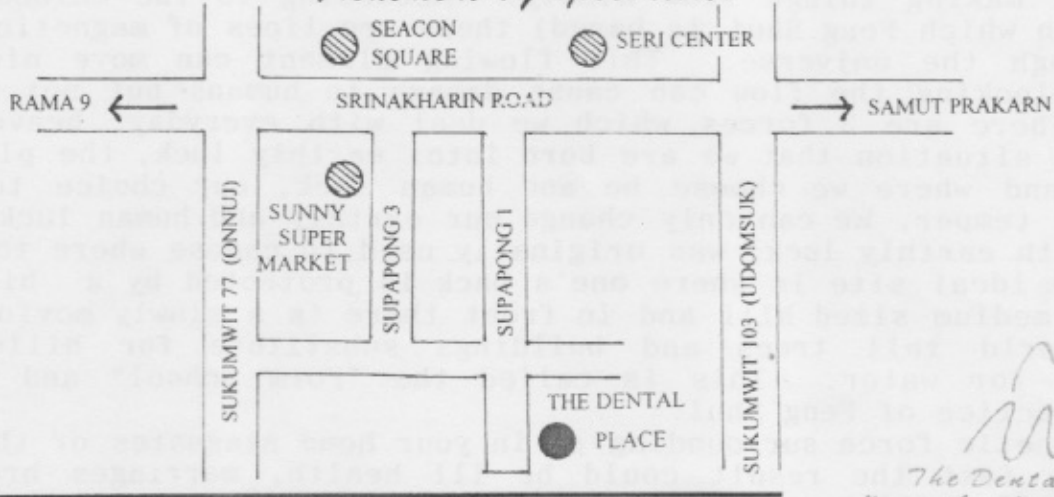
777 Lakeside Villa 1
Bangna Trad Road km 5.5
Bangplee
Samutparakarn 10540
fax: 231 6188 c/- CT Yong



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Ekachai C. Chaloke, D.D.S., MSc. (Melbourne)
ORTHODONTIST

19/34 Soi Supapong 1, Srinakharin Rd.
Nongbon, Pravej, Bangkok 10250
☎ (662) 748-1090, 748-1235, 361-2
By appointment



OUR VISIT TO CONCORDIA DAYCARE CENTER

Visiting Concordia Daycare Center proved to be a learning experience. The Center sits alongside the Bangna slum at approximately Sukhumvit Soi 70/1. Upon our arrival, we were kindly greeted by Khun Dang while the children entertained us with their renditions of Twinkle, Twinkle Little Star and The Eensy, Weensy Spider...all in English no less!! My preconceptions of squalor and starkness vanished for this activity room was well equipped with donations of toys, pictures and learning tools. The childrens' smiles reflected contentment and they appeared to be well fed. We were told that each day the children are provided with a bath, lunch, clean clothes and three times a week a doctor is available for examinations. Our tour led us through this two-story house and eventually to the roof where we received an encompassing view of the "aluminum lifestyle" the children return to each day. It was a sad reminder of their reality. It stood as evidence that these preschoolers attending the Center were at risk and Concordia was providing a safe, healthy environment each day. Our SILC Welfare Committee will be meeting to decide in what capacity our membership can best be of service to this daycare. It is likely, with a proper response, that a small group of volunteers led by Sue Leon will visit the daycare once a week to read, do artwork, sing, etc...with the children. Please contact Sue at 316-8125 or Penny at 316-4051 if this would be of interest to you. Penny M.

JULY'S COFFEE MORNING

For many of us the mystique of Asia are the arts that have been passed down through the centuries and are still used today. SILC ladies were fortunate to learn about Feng Shui. Mr. John Elliott, international consultant for Feng Shui and Tarot spoke to nearly twenty women on the Chinese art of environment and object placement to benefit one's luck. We gathered at Tammy Haas' home for coffee, tea and cakes and listened attentively as John spoke.

Feng Shui is translated directly as wind and water. These elements balance each other making things flow nicely. According to the Chinese book of I Ching (upon which Feng Shui is based) there are lines of magnetic forces that flow through the universe. This flowing element can move nicely or an obstacle blocking the flow can cause damage to humans but not to inanimate objects. There are 3 forces which we deal with everyday: heavenly luck or Karma, the situation that we are born into; earthly luck, the place where we are born and where we choose be and human luck, our choice to control or retain our temper. We can only change our earthly and human luck. Feng Shui, dealing with earthly luck, was originally used to choose where to build one's home. The ideal site is where one's back is protected by a hill. On each side is a medium sized hill and in front there is a slowly moving stream. In today's world tall trees and buildings substitute for hills and roads substitute for water. This is called the "Form School" and is the most ancient practice of Feng Shui.

If the magnetic force surrounding or in your home stagnates or the forces are moving too fast the result could be ill health, marriages breaking down, lowered income, ill tempers or trouble with the maid! Problem spots would be a fast moving road in front of our home or if a road comes straight towards our house or the driveway points directly at it, peaked or pointed roofs, square poles outside facing the rooms (such as light poles or house beams) or any sharp angles in the house especially at the head of the bed, which are called "poison arrows". Other trouble areas would be the if foundation of a house is built up high, rooms over carports, bedrooms with beams across the bed or the foot of the bed facing a door or mirror, main entry doors that open to a staircase or to a driveway, staircases that end with an opening to a bathroom and kitchens that are placed next to a sitting area. All of these can be remedied by placing plants in the garden or inside the home or perhaps a lily pool with a fountain at the front of the house and wind chimes, quartz crystals and mirrors placed at strategic locations. Ladies beware that if a mirror is purchased in Chinatown which has the I Ching characters it will only be effective if first blessed by a monk.

John went on to explain that each person is aligned with one of the five basic elements, earth, fire, metal, wood or water. When having a Feng Shui consultation these elements are considered as well as the "Compass School" branch of the art, which is an individual's best to worst possible positions for sitting and sleeping. For example if one is in poor health change the direction of the bed so that that head points in a good direction. During a consultation each room is considered for placement of the furniture to the benefit of the person staying there. A plan is drawn up for each room and it becomes a balance between best location and best direction as to how the room should be used and arranged. John gave information to those who wanted it on the person's element and best to worst locations based on the birthdate and birthsign. His consultation fees are B5,000 for a home and B7,000 for an office. If we would like to have him come to our home or office contact him at 952-7087. Hurry though because John plans to return permanently home in October! Thank you John for a fascinating look at the principles of Feng Shui and thanks Tammy for having us into your home.

Melanie Johnston