

# SILC NEWS

A publication by the Samutprakarn International Ladies' Club

**SILC gets  
arty**

**Mother's  
Day  
Thai-style**

**Welcome  
coffee  
29th Aug.**



# In this issue



	<p><b>4.</b> Get your diaries at the ready!</p>
<p><b>7.</b> Calling all chocoholics!</p>	
	<p><b>9.</b> September silk-weaving tour</p>
<p><b>11.</b> New fitness activities</p>	
	<p><b>16.</b> Bag your place soon!</p>
<p><b>24.</b> Healthy teeth month</p>	



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

# A word from our Chair

So that's it, another school year over, and what a busy one it has been for SILC! It's always a bittersweet time - excitement about the summer ahead, but sadness in saying goodbye to great friends we've made here in Bangkok.

We are saying farewell to several ladies who have played a huge role in making SILC what it is today. To make sure it continues to be a club we are proud of, it's critical we know what our members need, so please do complete our survey (contact [silcchair@gmail.com](mailto:silcchair@gmail.com) if you need us to resend).

Thank you for the positive feedback on the new-look magazine. There are a few more changes in the pipeline, incl. a refreshed logo and website - let us know what you think!

We look forward to seeing you at our welcome back coffee morning on 29th August. Please do bring along any friends who'd like to know about what we do, and spread the word!

Have a great summer break!

*Tracey K*



Anyone who came to our crochet workshop will know I was all fingers and thumbs!



**A Fusion of Mediterranean Flavours**  
Delivery & Catering Services & Supermarket Take Home also available

Olive Restaurant  
Ekamai 12, Sukhumvit 63 Rd.

Olive Take Home  
In select Villa, Gourmet Market & Tops

Delivery Services



or call us  
**02 713 1112**

# Coming up in August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	1	2	3	4	5	6
7	8	9	10	11	12 <a href="#">Queen's birthday / Mother's day</a>	13
14	15	16	17	18	19	20
21 Committee meeting	22	23	24 Copy deadline for newsletter	25	26	27
28 <a href="#">English @ Prakasamai</a>	29 <a href="#">Welcome back coffee morning</a>	30	31 <a href="#">Chocolate demo English @ Mahawong</a>			



# Coming up in September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4 <u>English @ Prakasamai</u>	5	6	7 <u>English @ Mahawong</u> <u>Book Club</u>	8 <u>Night out at Prosecco</u>	9	10
11 <u>English @ Prakasamai</u>	12 <u>Zumba class</u>	13 <u>Healthy Teeth @ Prakasamai</u>	14 <u>English @ Mahawong</u>	15	16	17
18 <u>Healthy Teeth @ Mahawong</u> <u>English @ Prakasamai</u>	19 <u>Potluck lunch at Jimmy's</u>	20	21 <u>English @ Mahawong</u>	22	23	24 Copy deadline for newsletter
25 <u>English @ Prakasamai</u>	26	27	28 <u>Baan Krua silk weaving trip</u> <u>English @ Mahawong</u>	29 <u>Craft: Handbag making</u>	30	

**SILC News Copy Deadline for September e-Newsletter:  
24th August**

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



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

# Save the Date

Meet the ladies of SILC  
at our annual Welcome Back  
& Newcomers' Coffee Morning,  
29th August @ 10.30 am



Come along, to meet people, learn about SILC or renew your subscriptions, whilst enjoying coffee, cake and conversation!  
**BRING A FRIEND!**

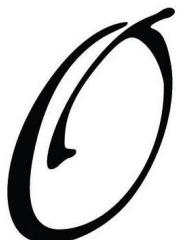
RSVP to [silccoffees@gmail.com](mailto:silccoffees@gmail.com)

# SILC OUT & ABOUT: Chocoholic heaven

*Demonstration by  
master Belgian chocolatier,  
exclusively for SILC*



31st August 10:00-12:00  
Near Phra Ram 9 MRT



O Chocolah

BELGIUM

Paul from O Chocolah has invited SILC to his workshop to learn about the chocolate-making process from beans to the finished product. Not to mention how he makes his signature truffles!

Places limited so email [silccraft@gmail.com](mailto:silccraft@gmail.com) today!

<https://www.facebook.com/ochocolah>

# SILC OUT & ABOUT: Babies and toddlers group

We are delighted to announce that one of our members has volunteered to set-up a baby and toddler group, here in Bangna. If you would like to get involved, please contact Sara at [silcplaygroup@gmail.com](mailto:silcplaygroup@gmail.com). We will share further information so we can spread the word in due course.



## Chiropractic and Physical Therapy We Go the Extra Mile for You



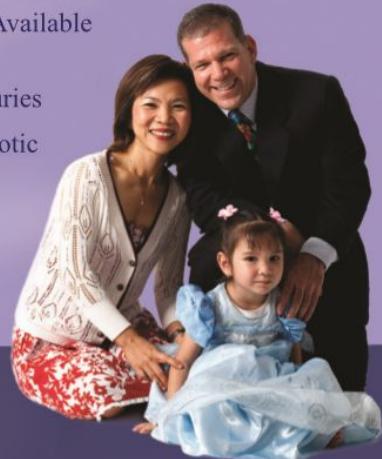
### Get relief from

- ✓ Lower Back Pain
- ✓ Neck Pain
- ✓ Herniated Disc Pain
- ✓ Headaches and Dizziness
- ✓ Tingling and Numbness in the Arms and Legs
- ✓ Shoulder, Arm and Wrist Pain
- ✓ Hip, Knee, Ankle and Foot Pain
- ✓ Poor Posture

By appointment only.

8:00 am to 7:00 pm Daily  
Except Saturday and the  
First Sunday of the Month

- Chiropractic Treatment
- Physical Therapy Performed by Licensed Physical Therapists
- Gentle Techniques for Delicate Patients
- Traditional Adjusting Techniques
- Cranial Adjusting
- Therapeutic Massage Techniques
- Medical Referrals Available When Necessary
- Care for Sports injuries
- Custom Made Orthotic Arch Supports
- Diet Modification for Pain Control
- Rehab Exercises



# SILC OUT & ABOUT: Tour of the month

**SIGN-UP FOR OUR NEXT TOUR TO:**



**THE BAAN KRUA NUA  
SILK-WEAVING  
COMMUNITY**

**THURSDAY 28TH SEPTEMBER,  
9AM-1PM**

When he vanished in 1967, American spy turned Thai silk tycoon, **Jim Thompson**, left behind an impressive legacy that can be experienced at his historic house turned museum. Yet most visitors are unaware that a handful of his original suppliers still weave silk a stone's throw away in the **Baan Krua Nua** silk-weaving community.

Join us this September to learn about this missing part of the story.

**To sign-up, please email Lek and Shirley at [silctour@gmail.com](mailto:silctour@gmail.com).**

Meeting point: Jim Thompson House (National Stadium BTS Exit 1, go straight ahead till the end of Soi Kasemsan 2, JTH is on the left)  
Lunch: Jim Thompson House



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

# SILC OUT & ABOUT: September socialising

## NIGHT OUT @ PROSECCO: Authentic Italian, here on il Bangna Trat-oria!

The selfless ladies of the SILC Committee have been to check it out and can confirm the food is *delizioso*! Email [silccchair@gmail.com](mailto:silccchair@gmail.com) if you can join us from **7pm on Friday 8th September**. Friends/partners welcome!



**POTLUCK LUNCH: Tuesday 19th September 11:30 to 2pm @ Jimmy's house, near BITEC on Bangna Trat.**

Come along and share holiday stories with fellow SILC members. Feel free to bring a friend (plus a small dish of something delicious of course!). Please RSVP for address details:

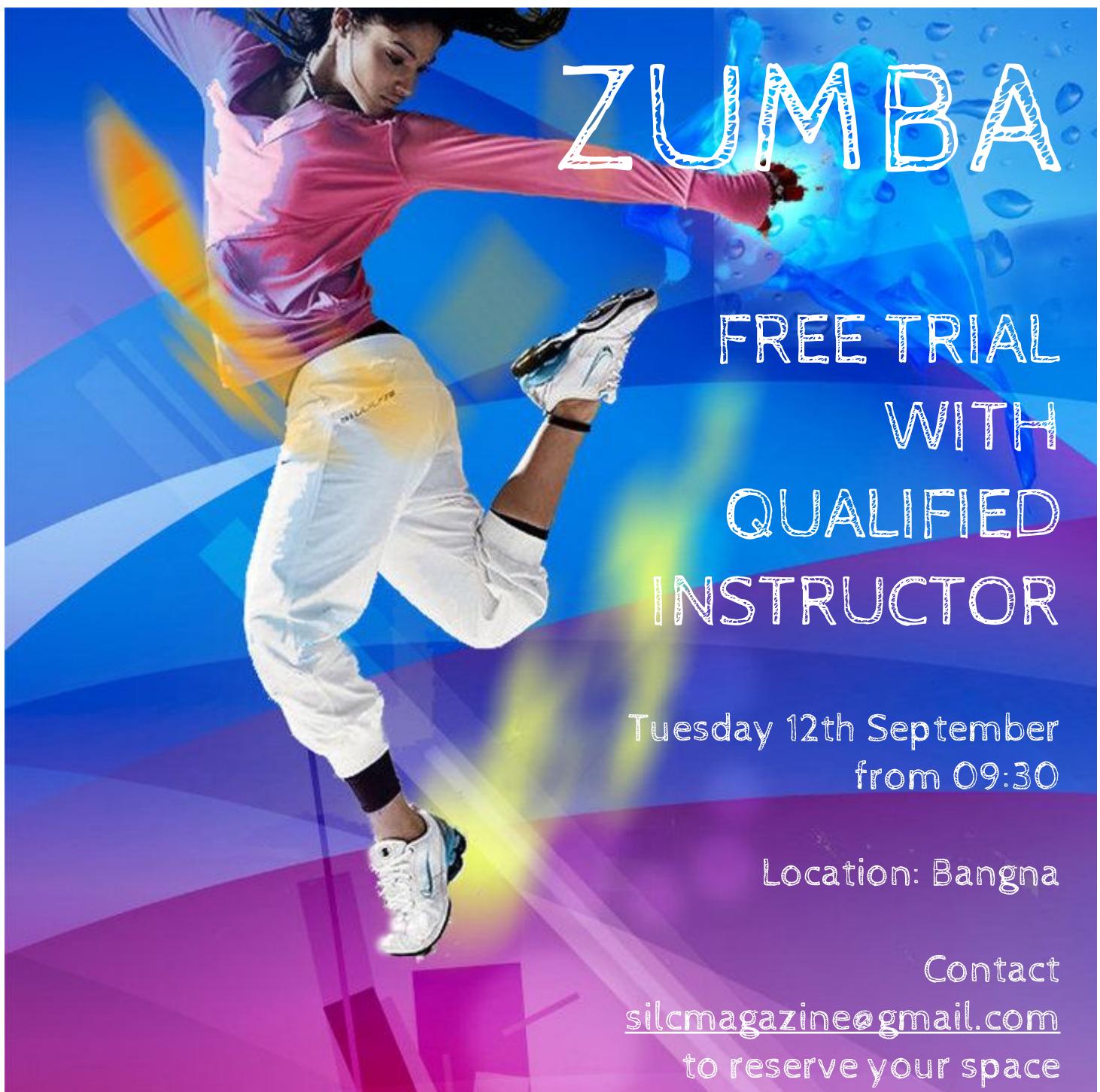
[jimmys.kitchen.bkk@gmail.com](mailto:jimmys.kitchen.bkk@gmail.com)



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

# SILC OUT & ABOUT: Zumba time

Survey feedback so far has indicated that the activities our members are most interested in doing are fitness sessions. In response, we plan to offer a selection of 'taster' lessons to see what you are most interested in attending regularly. Enjoy!



ZUMBA  
FREE TRIAL  
WITH  
QUALIFIED  
INSTRUCTOR

Tuesday 12th September  
from 09:30

Location: Bangna

Contact  
[silcmagazine@gmail.com](mailto:silcmagazine@gmail.com)  
to reserve your space



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

# SILC OUT & ABOUT: Good sports!

**Are you a total novice wanting to take up a new hobby, or a budding Annika Sorenstam looking for a partner?**

**Contact Irene**  
(irenemgray@hotmail.com)



**If tennis is your game and you're on the hunt for a worthy opponent, contact Shirley**  
(forget.me.not1688@gmail.com)



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

# SILC OUT & ABOUT: Aqua Aerobic sessions

**DID YOU KNOW?** Aquatic interval training burns up to 400 calories in just 30 minutes?



**Join us @ Garden Towers, Bangna Trad**

**Mondays 8-9:15am during term times**

The classes are a great workout (as well as a chance to chat with friends) and all you need is a swim noodle.

We need a minimum of 6 persons to make this a fun viable class. For more information please contact Jan at:  
[jan.briggs22@gmail.com](mailto:jan.briggs22@gmail.com)



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

# SILC OUT & ABOUT: Craft-queen needed

The SILC Bazaar, our biggest fundraiser of the year, will be on **10th November** at Patana.

In previous years we have had a SILC table selling items that the 'crafty ladies' of SILC have made in craft club.

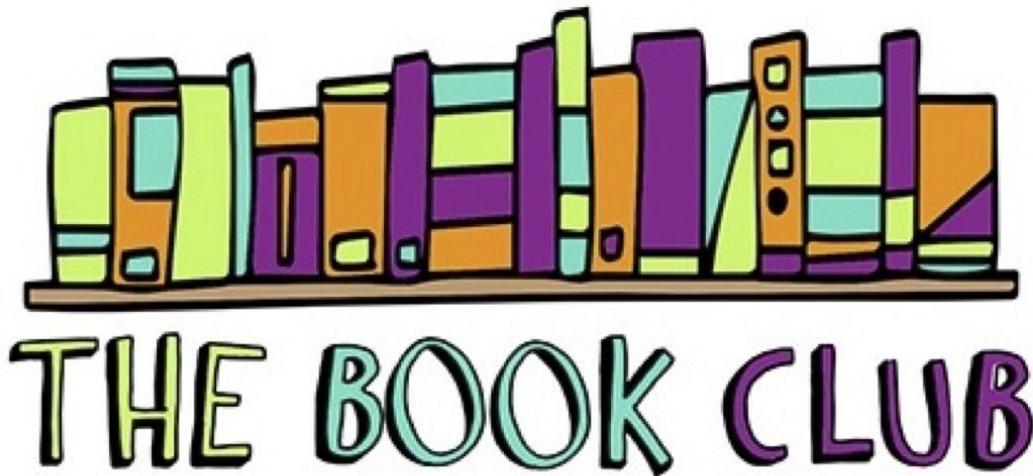


We are looking for someone creative and organised to mastermind our Christmas crafts. Your role would be to come up with ideas, cost-up and source materials, as well as show the team how to make the items. Please email [silcchair@gmail.com](mailto:silcchair@gmail.com) if this appeals to you.



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

# SILC OUT & ABOUT: Book Club



**Thursday 7<sup>th</sup> September**

**12noon-2pm**

**at**

**Lorraine Slowther's House**

**Sukhumvit Road Soi 31**

**BTS Phrom Phong**

Please bring yourself and a dish to share.

Don't worry if you haven't read the book or any book lately,  
come along for a chat and meet some new friends.

Please RSVP to Lorraine & Clare on

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

and we will send you Lorraine's address

## **Book to Read**

The Power by Naomi Alderman



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

# SILC OUT & ABOUT: Bag by popular demand



**EVER WANTED TO DESIGN  
AND MAKE YOUR OWN  
STYLISH HANDBAG?**

Korea's The Gong Bang have a team of professional artisans who run luxury bag-making workshops, with high-end European materials incl. Perlinger leather, Epsom leather and Lin Cable thread. You can fully-customize your own bag design to make it the only one like it in the world.

**Friday 29th September  
10am-1pm  
1000 THB incl.all materials  
Email [silccraft@gmail.com](mailto:silccraft@gmail.com) to  
find out more and bag your  
place!**



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

# SILC OUT & ABOUT: Anyone for Mahjong?

Pungs and Kongs, Winds and Dragons, Chows and Wriggly Snakes, Fishing and Unique Wonder - ever wondered what Mahjong is all about?? Come along and give it a go!

No experience needed - we have members that have played for years and those that have only recently started - help and advice readily available. We meet each Wednesday, taking it in turns to host - it's social, fun, keeps the grey matter active plus there's a yummy lunch to enjoy.

If you are interested or just want to find out a bit more please contact Sally on [silcsecretary@gmail.com](mailto:silcsecretary@gmail.com) We will start playing again after the holidays.



# SILC OUT & ABOUT: Barging around Bangkok

**By Jane Campton**

Shirley and Lek had quite something to live up to on their first tour, following on from Jimmy and Carla was always going to be a tough call.

The day started badly for me; 7 trains went past at Ekamai until I finally squidged in a carriage under someone's armpit and I was boo-ing, hissing and rather sweary by the time I finally arrived at the pier.

Our sizable group of seasoned tourers and new recruits boarded our longtail (little boat, mahoosive V8 engine) and my ranting was swiftly calmed by the tranquil backwaters of Bangkok Noi.



We sailed past pretty houses, lush gardens and ordinary people going about their everyday business of fishing, washing and bathing. Even being cornered by a couple of old girls and their mini floating markets didn't ruffle my now soothed soul.



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

# SILC OUT & ABOUT: Barging around Bangkok

We stopped at the Royal Barge Museum which was actually a very interesting display of antique and more recent royal boats. All gilded and jeweled, with mystical creatures as figureheads, they are still in use today for magnificent Royal parades.

The serenity and grandeur was then blasted by a little madness- this was a SILC tour after all – as we hopped back in the boat for our final port of call. The river was choppy and full of lots of other boaty traffic and these combined to make the ride both thrillingly fast and exciting and terrifyingly bouncy! None of us fancied a mouthful of Chao Phraya, let alone a swim in it!!



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

# SILC OUT & ABOUT: Barging around Bangkok

The flower market was a treat for the senses with stacks of beautiful scented blooms and garlands and a visit to our floristry expert Lek's favourite shop.

We rounded off with a truly fab lunch at the Mango Tree restaurant back on the river. Well, with Shirley in charge of feeding, we were never going to have an average one now were we?

Many thanks to Shirley and Lek for organizing and many congratulations for living up to the SILC tours reputation and giving us such a fantastic day out!



**INQUIRE**

**CREATE**

**INSPIRE**

*From August 2017 our new Early Years learning spaces will further enhance the experience of our youngest students through:*

- Even more time to inquire through play-based, experiential learning with an extended school day
- Even more opportunities for outdoor learning, creative role play and physical development in our inspiring new facilities
- Even more early years experts inspiring each child's learning

Scan the QR code or visit [www.patana.ac.th/childcentred](http://www.patana.ac.th/childcentred) to find out more.

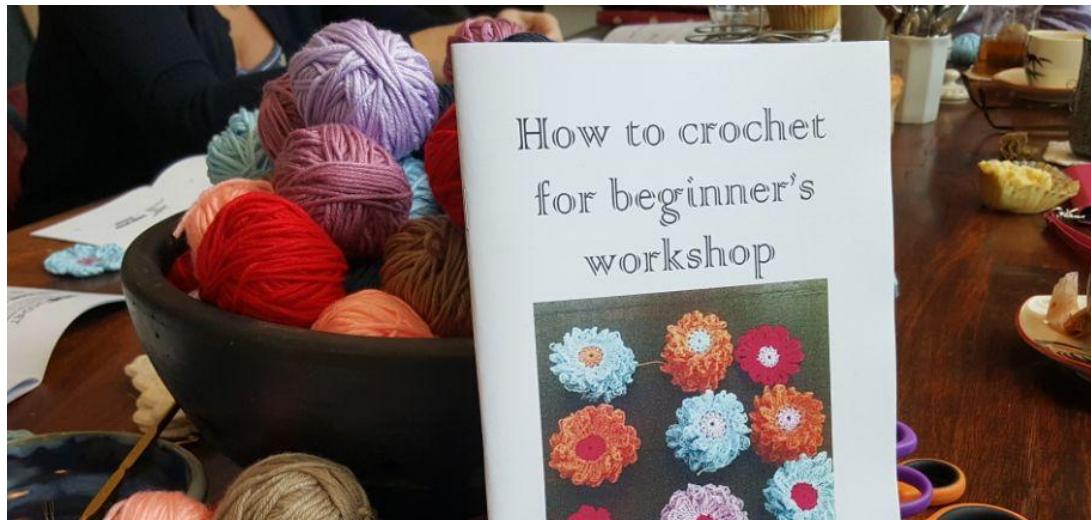


**Bangkok Patana School**  
The British International School in Thailand  
Established 1957

A not-for-profit, IB World School, accredited by CIS and NEASC

[www.patana.ac.th](http://www.patana.ac.th)  
[admissions@patana.ac.th](mailto:admissions@patana.ac.th)  
Tel: +66 (0) 2785 2200

# SILC OUT & ABOUT: Hooked already!



Craft Club took a foray into uncharted territory last month with a beginners' crochet workshop - hosted by SILC's own Vera Kanters!

The group included ladies who hadn't crocheted for 35 years and others who'd never picked up a hook before!

It was great fun to see everyone concentrate so hard that the tea & coffee even went untouched!

Many, many thanks Vera for your patience! When's the next one?



# SILC OUT & ABOUT: Fond farewells



Our lovely Chris hosted a potluck to beat them all - a fabulous occasion to say a last thank you to everyone who has given so much time to Welfare projects over the past year, as well as wave off our departing friends.



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

# SILC OUT & ABOUT: Fond farewells



We'll be seeing ya  
Sudeshna!



We're going to  
mish-igan you Kate!



Have fun down-under  
Karen!



Our loss is Chicarr-go's gain  
Sara!



Cheers everyone!



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

# COMMUNITY PROJECTS: A project to get our teeth into

SILC is rightly proud of the educational campaigns it supports and this is one of our favourites! This September sees the repeat of our annual Healthy Teeth days at the Mahawong and Prakkasamai pre-schools, combined with craft sessions. If you are free on **13th and/or 18th September** and would like to volunteer, please contact: [silc.community@gmail.com](mailto:silc.community@gmail.com).



# COMMUNITY PROJECTS: A splash of colour



Thank you so much to our hardy volunteers, artists, Fordec kids and friends who braved sweltering temperatures to help brighten up the outside spaces at Mahawong school earlier this month.



# COMMUNITY PROJECTS: A splash of colour



Special thanks go to Sudeshna, SILC's very own resident artist who has worked so tirelessly on our school craft projects. Sudeshna's beautiful mural designs are a very fitting legacy to leave behind for the kids of Mahawong!

Thanks to our small but perfectly-formed team, Mahawong now has colourful surroundings to match the kids' bright eyes and cheerful smiles.

GREAT JOB EVERYONE!



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

# COMMUNITY PROJECTS:

## Fruity fun



**By Aine O'Neill**

As I am here on holiday from university, I decided to tag along with my mum to the Mahawong craft activity. While I was there the children were creating watermelon fans, as they were previously learning the different fruits in their English class.

It was evident that the children really enjoyed colouring in and exploring their artistic creativity and even using their imagination to add their own touch to the watermelons. They later made good use of them as fans during the hot day.

I really enjoyed this experience as it allowed me to interact with the children and get to know their personalities. I enjoyed spending time with the children and made a few friends during the activity. It was a really heart-warming experience and has opened my eyes to doing similar things like this in the future.



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

# COMMUNITY PROJECTS: English and craft

**English programme:** Starting back again from 28th August, we will teach at Prakkasamai **every Monday** 9.30-10.15 and 10.15-11.30; and from 31st August **every Thursday 9.30-10.30** at Mahawong. Our new focus will be **Animals** and then **Parts of the Body**.

- Whilst we have a waiting list of people interested in volunteering as teachers, anyone is welcome to come along and watch - contact [saskialeeuwangh@icloud.com](mailto:saskialeeuwangh@icloud.com) to enquire
- Good quality English books for ages 5-6 (numbers, colours etc) greatly appreciated!

**Craft activities:** In September we will be combining our craft day with the Healthy teeth initiative - at Prakkasamai on 13th September and at Mahawong on 18th September,

- To volunteer contact [silc.community@gmail.com](mailto:silc.community@gmail.com)



Hanneke and the kids hard at work



# SILC MEMBERS: Rak Mae (I love you Mum)

In 1976, Mother's Day was changed to **12th August** to commemorate the birthday of Her Majesty Queen Sirikit, regarded as the Mother of all Thai people.

## How Do Thais Celebrate Mother's Day?

Like many important occasions, alms giving to monks forms a meaningful part of traditional Mother's Day celebrations. Early in the morning, ceremonies are held to give offerings of food to Buddhist monks.

It has also become quite common for families to celebrate their love for mum by taking her out for a special meal. These days, restaurants, hotels and resorts also offer Mother's Day packages. so be on the lookout for special deals!

## Mother's Day Gifts in Thailand

The traditional Mother's Day gift in Thailand is jasmine - "dok mali" - seen as symbol of purity, gentleness and motherhood.

## How Do You Say it in Thai?

- Mother's Day: "Wan Mae" (วันแม่)
- Happy Mother's Day: "Suksan Wan Mae" (สุขสันต์วันแม่).
- I love you Mum: "Rak Mae" (รักแม่).



*Discover Southeast Asia*

**Been in ASIA**

Hotels      Excursions      Tickets

**www.beeninASIA.com**  
Your personal travel agent with Dutch expat roots



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

# SILC MEMBERS: Warm goat's cheese salad

**Need a winning salad to get you through those family parties this summer break?**



## Ingredients (serves 6)

**2 logs of goat cheese  
2 egg whites, beaten with  $\frac{3}{4}$  Tbsp water  
Fresh white breadcrumbs  
Salad greens for 6 servings  
Olive oil and unsalted butter for frying  
1-2 cloves of garlic, minced  
1 tsp Dijon mustard  
3 Tbsp champagne vinegar  
 $\frac{1}{2}$  lemon, juiced  
Sea salt and freshly ground pepper  
 $\frac{1}{2}$  cup extra virgin olive oil**

You can still buy our bilingual cookbook by emailing [silccookbook@gmail.com](mailto:silccookbook@gmail.com). All proceeds go towards SILC-supported community projects

## Method

Slice each log into six. Dip each slice into the beaten egg whites, then the breadcrumbs, making sure they are thoroughly coated. Chill for at least 15 mins.

For the dressing, mix the garlic, mustard, vinegar, lemon, salt and pepper. Add the olive oil in 3 batches making sure that the vinaigrette is well emulsified. Toss the salad greens with enough dressing to moisten, then divide them among 6 plates.

Melt 1 tablespoon oil and 1 tablespoon butter in a saute pan over medium-high heat until just under smoking. Cook the crumbed goat cheese 'rounds' quickly on both sides until browned but not melted inside. Top each salad with 2 warm 'rounds' and serve. Sprinkle with caramelized walnuts\*

\* $\frac{1}{2}$  cup walnut halves,  $\frac{1}{2}$  tsp honey,  $\frac{1}{2}$  Tbsp water,  $\frac{1}{8}$  cup sugar,  $\frac{1}{4}$  tsp salt. Preheat oven to 160C. Place walnuts on a baking sheet and toast 10 until golden. Combine honey, water and oil in a pan and bring to boil. Reduce heat and stir in walnuts. Cook, stirring frequently until liquid has evaporated. Transfer to a bowl. Combine sugar and salt and toss with nuts. Spread on a baking sheet to cool.



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

# SILC MEMBERS:

## Committee contacts

<u>ROLE</u>	<u>NAME</u>	<u>EMAIL</u>
Chairman	Tracey Hewison	<a href="mailto:silcchair@gmail.com">silcchair@gmail.com</a>
Vice Chairman	Sue Williams	<a href="mailto:silcvice@gmail.com">silcvice@gmail.com</a>
Secretary	Sally Dicken	<a href="mailto:silcsecretary@gmail.com">silcsecretary@gmail.com</a>
Treasury Team	Janna van Duyn & Liliya Andreeva	<a href="mailto:silctreasurer@gmail.com">silctreasurer@gmail.com</a>
Coffee Mornings	Dominique Perry	<a href="mailto:silccoffees@gmail.com">silccoffees@gmail.com</a>
Tours Team	Lek Burrell & Shirley Tan	<a href="mailto:silctour@gmail.com">silctour@gmail.com</a>
Membership	Chris Rajakarier & Debbie Morton	<a href="mailto:silcthai@gmail.com">silcthai@gmail.com</a>
Welfare Team	Marianne Metzelaar & Herma Vos	<a href="mailto:silc.community@gmail.com">silc.community@gmail.com</a>
E-newsletter & Ads	Charlotte Wawrzyniak	<a href="mailto:silcmagazine@gmail.com">silcmagazine@gmail.com</a>
Online Media & Ads	Jan Briggs	<a href="mailto:silcwebsites@gmail.com">silcwebsites@gmail.com</a>
General Committee	Jo Thomas & Jimmy James	

**Yesterday Once Again & 古雅 ONCE LIPON A TIME**

Antique & Reproduction Chinese, Burmese  
Tibetan & Thai Style Furniture  
Furniture Repairs & Refinishing Services

Email: [yesterday\\_1\\_again@yahoo.com](mailto:yesterday_1_again@yahoo.com)  
Facebook: <http://www.facebook.com/yesterdayonceagain>  
Tel: 02-2401268, 02-2496263, 081-8085970

# Advertise here!

SILC News goes every month to over 120 SILC members throughout Bangkok.

Advertisements for non-profit community events are welcome and free of charge.

Personal advertisements for SILC members are free of charge.

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

<b>RATES</b>		<b>DISCOUNTS</b>
Full Page	1500 Baht	Member - 25%
Half Page	800 Baht	
Quarter Page	400 Baht	Annual contract (10 ads/year) - 10%
Flyer Insert	800 Baht	
Website	3000 Baht per year	Only one discount may be applied.

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

To advertise in the Newsletter, please contact: Charlotte - [silcmagazine@gmail.com](mailto:silcmagazine@gmail.com)

To advertise on the SILC Website, please contact: Jan Briggs - [silcwebsites@gmail.com](mailto:silcwebsites@gmail.com)

To arrange payment, please contact: Janna and Liliya - [silctreasurer@gmail.com](mailto:silctreasurer@gmail.com)



**SILC News Copy Deadline for September e-Newsletter:  
24th August**

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



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>

# Aims & policies

## Organisation of the Club

SILC creates an opportunity for women of all nationalities living in the Samutprakarn area (& beyond) to meet socially and participate in a variety of activities. We invite members to join monthly meetings, tours and interest groups. Members pay an annual fee of 1000 Baht.

## Privacy

The membership list is for the sole use of SILC members in a social setting and may not be used for commercial purposes.

## E-Newsletter

The e-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 monthly and are open to all members. Please inform the meeting host if you wish to attend.

All SILC events are subject to change. Please confirm your attendance with the relevant contact. Please advise of your cancellation as soon as possible so that another member may take your place.



Like SILC on Facebook: <https://www.facebook.com/SILCBangkok>