

APRIL 2010

BASS NEWSLETTER



HAPPY EASTER! - EASTER SUNDAY 4TH APRIL



St George's Day - 23rd April

SPRING HAS SPRUNG - THE FIRST SIGNS OF CHERRY BLOSSOM
IN SEOUL / ST GEORGE'S DAY, 23RD APRIL

PRESIDENTS MESSAGE

Dear Members,

The April Newsletter is normally one in which the President can wax lyrical on new beginnings; green leaves, budding blossoms and rising mercury. Not this year. Aside from a few tufts of grass on the lawn and a generous covering of yellow dust we haven't seen too much evidence of springtime in Seoul.

BASS, however, will burst forth regardless. We had a very well attended Ball-themed monthly meeting on 30th March. Thank you to everyone who made it such a great morning. We hope to bloom in April, with a make-up demonstration from a well-known luxury brand. There are details of this and all our other events on the next page.

We have already had a number of sign-ups for the visit to the Service of Remembrance at Gloster Valley on 17th April, so it looks highly likely we will be arranging transportation for BASS members. If you want to attend and haven't yet signed up, please do so as soon as you can. This is open to the whole family.

Preparations for The Queen's Birthday Ball (5th June) are well in hand and you can now reserve your tickets at bassqbb@britishseoul.com. This is our big night out of the year and I hope you will be there to share this great annual celebration and at the same time support our fundraising.

Have a great April,

Ruth

A PICTURE OF THE NAMSAN CHERRY BLOSSOM - THIS WAS
OUR FIRST WEEK IN SEOUL BACK IN 2006



WHAT'S ON.....

TICKETS ARE NOW ON SALE!
QUEEN'S BIRTHDAY BALL
 SATURDAY 5th JUNE 2010



BASS EVENTS

CATCH UP COFFEE

April's "At Home Coffee" has had to be cancelled, as Homara will need to return to the UK unexpectedly. The coffee morning has now changed to a Catch up Coffee at the Coffee Bean and Tea Leaf, Itaewon. Apologies for any inconvenience caused.

VENUE: COFFEE BEAN & TEA LEAF ITAEWON (above Coldstones and opposite the Hamilton Hotel)

DATE: THURSDAY, 8th APRIL

TIME: 10.00am to 12.00pm

RSVP: events@britishseoul.com

KOJEON ANTIQUE FURNITURE SHOP

Back by popular demand is a tour to Kojeon Antique Furniture Shop. Browse Asian-style decorative items and furniture, and perhaps pick up a treasured memento of your time in Seoul. Our good friends from ANZA will be accompanying us so we are anticipating a fun day! Lunch will be provided at the gallery. Credit/debit cards and cash for purchases.

VENUE: KOJEON ANTIQUES (pick-up from the Freedom Center car park next to the Seoul Club)

DATE: THURSDAY, 22ND APRIL

TIME: 9.30AM TO CATCH THE BUS. (We will return to the Freedom Center at approximately 3.00pm)

RSVP: events@britishseoul.com - By Monday, 19th April

MARGARITA NIGHT

Leave the menfolk at home and join us for a girls' night out at On The Border, Sinchon! On the menu... margaritas and a selection of fab Mexican food.

VENUE: ON THE BORDER, SINCHON.
 (Visit www.ontheborder.co.kr for a detailed map)

DATE: THURSDAY, 22nd APRIL

TIME: 7.00PM to 9.00PM

PRICE: 30,000 KRW (INCLUDES MARGARITAS AND BUFFET FOOD)

RSVP: events@britishseoul.com - By Monday, 19th April

APRIL BASS MONTHLY MEETING

The Events Team is thrilled to be joined by Estee Lauder - with ball season just around the corner, it's the perfect time to learn make-up tips and tricks of the trade. Yuko, one of our members, will bring extra glamour to the morning with a demonstration of updos and styles for evening attire.

VENUE: THE SEOUL CLUB

DATE: TUESDAY, 27th APRIL

TIME: 10.00AM to 12.00PM

MEMBERS MEDITATING AT THE FEBRUARY COFFEE MORNING



SPECIAL EVENT

KOREAN WAR VETERANS' 60TH ANNIVERSARY VISIT - GLOSTER VALLEY

This year marks the 60th Anniversary of the commencement of the Korean War. A service of remembrance for British veterans will take place at Solma-Ri, near the site of actions at Gloster Valley. The party of veterans traveling to Korea will be larger this year, and will include men who received the Victoria Cross and George Cross. BASS members are most welcome to attend the short service and afterwards mingle with the veterans over a picnic lunch.

DATE: SATURDAY, 17TH APRIL

TIME: 10.30AM (return to Seoul at approximately 4:00pm)

TRANSPORT:

BY OWN CAR OR BUS. (If you are interested in traveling by bus, please email basseoul@yahoo.co.uk with numbers and names in your party.)

RSVP: If traveling by bus, please respond by Wednesday, 7th April. There may be a small charge per person to cover the cost of hire.

Children are welcome to attend this event.

DATES FOR YOUR DIARIES

CATCH-UP COFFEE - Tuesday, 11th May from 10.00am to 12.00pm at Starbucks, Somerset Palace

MAY MONTHLY MEETING - Tuesday, 25th May from 10:00am to 12.00pm at the Seoul Club.

QUEEN'S BIRTHDAY BALL - Saturday, 5th June at the Grand Hyatt Hotel. (Poster on next page)

The Events Team is already hard at work on the calendar for May. We always welcome ideas, comments and new members to our team. Please contact us at events@britishseoul.com. We look forward to seeing everyone soon.

The Events team

BANK TRANSFER DETAILS are as follows:

Bank: HSBC
 Name: (BASS) Karen L Holden
 Number: 005-180179-022
 Swift Code: HSBC KRSE

When making the bank transfer, please supply the following:

1. Name of sender
2. Name of Bank Originating Payment
3. Payment Amount
4. Date Payment Made
5. Purpose of Payment

Please advise this information to Karen Holden, BASS Treasurer by email: treasurer@britishseoul.com

WHAT'S ON.....

*Visit www.korea4expats.com For
more outside events and
information*



COMMUNITY EVENTS

28TH MARCH TO 4TH APRIL

HOLY WEEK AND EASTER SERVICES

For Information [Click Here](#)

STARTING FROM SATURDAY, 3RD APRIL

MEDITATION CLASS

Buddhist English Library, Seoul

For Information [Click Here](#)

MONDAY, 5TH APRIL

**WEARABLE ART - INDONESIAN BATIK CLOTH TOUR
AND EXHIBITION**

The Korea Foundation Cultural Centre Gallery,
10:00am to 12:00pm

For information [Click Here](#) - And click on "English" at the top
of the web page

MONDAY, 5TH APRIL TO WEDNESDAY, 14TH APRIL

CHAKRAA SPICE CLUB COOKING CLASSES

It's not too late to reserve a spot at these Indian cookery
classes. Learn how to cook delicious Indian dishes with
ingredients available in Seoul.

Chakraa Restaurant, Itaewon. Mondays and Wednesdays
for two weeks. Each session 10:30am to 12:00pm.
Includes Lunch. KRW 40,000 Per Session (It is not a
requirement to attend all sessions)

For information, please call
010-5050-0758 or email spiceclub@chakraa.co.kr or
chakraa.spiceclub@gmail.com

FRIDAY, 9TH APRIL

BCCK MONTHLY BREAKFAST SEMINAR

With Mr Robin Wood, Chairman of PI Europe.
Grand Hyatt Hotel at 8:00am

For Information and to make a reservation [Click Here](#)

TUESDAY, 20TH APRIL

ANZA APRIL GLOBAL CAFE

Grand Hyatt Hotel, Paris Grill Bar at 10:00am

For Information and to RSVP [Click Here](#)

19TH APRIL TO 29TH JUNE

KOTRA - FREE KOREAN CLASSES

Yangjae, Seoul

For Information [Click Here](#)

SAVE THE DATE!

ST GEORGE'S DAY KNEES UP

Saturday April 24th, 12.00pm to 2.00am, at the 3 Alley Pub,
Itaewon.

FRIDAY, 30TH APRIL

TANZ IN DEN MAI – DANCE INTO MAY

The German Club Seoul, Grand Hyatt, Seoul at 7:00pm

For more information [Click Here](#)



The St. Andrew's Society of Korea presents
"The Muckleshunter"



Date: Saturday May 1st, 2010
Place: JW Marriott Seoul

7pm
Reception

7:45pm – 1am
Dinner Buffet and Dancing
(KRW 110,000 per person)

"Come one, come a' an' kick yer heels but dinnae fa!"

Dance Practices will be held at the Aston Hall at the British
Embassy on April 14th, 21st and 28th from 6:30pm. Bank
transfer information will follow shortly

TUESDAY, 4TH MAY

AWC COFFEE MORNING HANDBAG AUCTION

Grand Ambassador Hotel at 9:00am

For more information see awckorea.org

SATURDAY, 8th MAY

ANZA BALL - ALL THAT GLITTERS

Grand Hyatt

For Information [Click Here](#)

MEET YOUR 2010 BASS COMMITTEE

DON'T FORGET TO SEND YOUR
NEWSLETTER CONTRIBUTIONS TO
newsletter@britishseoul.com

THE WELFARE TEAM

This month we introduce you to The Welfare Team:



MAIN PICTURE - FROM LEFT TO RIGHT, SUZAN,
JACQUI, AMELIAH, JINYOUNG, MARIA, JUDY, JANET /
INSET PICTURE - JENNIFER

AMELIAH

The Welfare Committee is the place for those who have a passion for life and wish to help make a difference. There are many people in need and many areas in which we can help. Our Committee is a dedicated group who finds and evaluates the needy for the distribution of Welfare funds. Money is raised by BASS throughout the year through various activities, but our main fundraising event is the Queen's Birthday Ball. In 2009, BASS raised and donated over 127 million KRW to 16 different Korean charities.

After visiting the charities that have asked for our help, the Welfare committee reviews all of the requests and determines which group should receive funding. When we identify a project, we carefully assess the way the funds are spent and ensure that every won donated is accountable and sustainable. You can get involved too. Volunteering gives you an opportunity to change lives, including your own. You also get the chance to visit parts of Korea that an average person would never see.

MARIA

When I was introduced to BASS Welfare, I felt great admiration that a group of foreign ladies would put in so much time and effort to help the needy in Korea.

I like the whole spirit of welfare work and being part of the BASS Welfare team has given me the opportunity to experience this spirit and the satisfaction of helping others. And I have found good friendship in our group.

JANET

Being a member of the Welfare Committee is an opportunity for me to ensure that we, as expat wives, give something back to our host country, especially to those who have less but need more. Every time we visit a welfare centre we are welcomed with such open arms and so much appreciation that it makes me want to do whatever I can to support their cause, and the next cause, and the one after that - there are so many good causes in Korea that could (and will) benefit from BASS's fund raising efforts over time. I am so lucky to have this opportunity to be involved with Welfare, and I thank BASS members for their continuous fund-raising efforts.

JUDY

When I was first introduced to the welfare team at BASS I wasn't expecting a lot: just thought a few ladies getting together in the name of welfare, but I was very wrong.

From the first meeting I was very impressed by the enthusiastic ladies ready to give up their time and effort to aid the community. I feel more people should know all the work welfare ladies are doing. I was only able to go to one field trip but it was very touching to see the appreciation of the people at the facility.

JENNIFER

As soon as I gave up my full time job, I joined BASS and was invited by Welfare team to work with them.

My reasons and motivations for joining the welfare team are to feel needed, to share a skill, to get to know the community, to gain satisfaction from accomplishment, to keep busy and to have fun. I have gained all of these and more.

JACQUI

When I joined the Bass Welfare Committee, I saw it as a great opportunity to visit other parts of Korea that I've never been to and to get to know another side of life in Korea. In fact it all became a truly rewarding and life changing experience: working with organizations who support the underprivileged, being part of a dynamic team of hard working ladies and meeting really amazing people who are committed to giving their hearts and souls to those who do not have an equal opportunity in life and those that society have forgotten about.

JINYOUNG

I have been very much encouraged to see how my little contribution to translating for the welfare, using my background as a Korean native British, could help the BASS welfare team and Korean charity communities overcome their language barrier to meet the requirements of those in need. I am also greatly thankful for the friendship that has been developed through working with my welfare team members.

SUZAN

All of us on the Welfare team have contributed a few lines to this article to tell you about our work and our "family" as we come to regard our team. The input we have collected together expresses clearly how fulfilling the work we are doing is. I feel I do not need to add anything else, except to share one memory with you:

When I first went on a Welfare visit it was to a Children's home. A lovely boy with Downs Syndrome of about 4- 5 years of age just walked up and put his little arms around me, as high as he could reach and gave me a big hug. I have been hooked on welfare since that moment which still brings tears to my eyes everytime I think of the love and Joy that little boy spread around him.

Dear BASS members, you are all welcome to join us whether to work with the team or just to travel with us on some of our visits.

THE WELFARE TEAM

MEMBERSHIP UPDATE



In APRIL we wish a very HAPPY BIRTHDAY and many happy returns to:

MIDORI CANNON
CATHY DOBBS
SUBOK YANG
ALISON LATHAM
HOMARA WOODHEAD

A great WELCOME to our NEW MEMBERS:

FREDA MELLANBY
NICOLA JACKSON
ROWENA HUNT
ANTONETTE WYLIE

And also a sad GOODBYE to:
MANDY STEIN

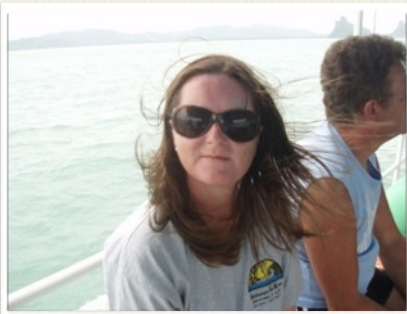


CONGRATULATIONS

Congratulations to Rebecca Cornee and family on the birth of their daughter, born 25th February.

NEW MEMBER PROFILE

CLARE REYNOLDS



Hi, my name is Clare and I have been in Seoul with my hubby Phil since the beginning of January. This is due to a new job opportunity for Phil. I was born and grew up in Wigan, which is a small town in Lancashire, UK. I trained as a nurse in Salford and worked on a specialist nutritional ward which I really loved. During my time working as a nurse, I took a trip to India with my sister to visit her now husband, who was working there and met my now husband Phil, who was also working there on a 4 month stint. Our eyes met as I came out of the lift and the rest is history.

After we met, I moved to Edinburgh where Phil was living and I worked

there as a nurse until we also moved to India. We lived in Mumbai for two and a half years and had a great time meeting new people and learning about different cultures. During my time there, I did voluntary work with an orphanage teaching health promotion to staff and children and also worked for a group that took street children out to teach them life skills. We then moved back to Edinburgh to get married and six months later we moved to Hong Kong, which is where we left to come here. During my time in Hong Kong, I set up a walking group and we ended up having approximately 50 members along the way. The group was made up of people of all different ages and I have such fond memories of some very tough, but fun hikes and many of my good friends were met through this group and also Phil's because of their husbands.

Since arriving here I have found it tough at times. I don't think the weather has helped (we left the sun to come to snow) and it's hard settling in when everything is so new

and different. It has been made easier for me through joining groups, meeting new people and making friends.

Whilst I am here, I am enjoying cycling along the river and there will be information in this newsletter about joining me if anyone fancies it. (Although for the next 8 weeks it will be in the early afternoons, then I will probably go back to the mornings)

Phil and I love to travel and we try to get away as often as we can to new places. We also enjoy spending our weekends hiking and we have joined some groups. I have a sister, brother in law and two nieces in Tianjin China so this is great as we are only an hour away so we get to see more of each other.

I have started Korean lessons and although it's hard, I am finding it fun as a great lady comes to my house and she is very good. I would also love to learn how to cook different cuisines whilst I am here and plan to join a few classes and also to explore as much of Korea as we can and visit the must see places.

YOUR CORNER



Submitted by Dancing Queen

Technology is a mixed blessing, even for our feet. Wearing high-tech shoes every time you work out is like wearing a brace on your neck all day and then wondering why you can't keep your head up. Kind of. In any case, the importance of developing the muscles of your feet is starting to be recognised. So today, at a convenient time, take off your shoes and walk around bare or sock-footed. Why not right now?

Plus, tomorrow morning before you get out of bed, take a minute or two to give yourself a quick foot massage. Your whole body will thank you.

Here's the research:

<http://bit.ly/aexUtC>

Here's how to do a foot massage



Or [here is one for pregnant moms](#) but applies to anybody, really

SPRING IS IN THE AIR— some facts about plants

Did you ever hear someone say "the plant is leaning towards the sun"? In fact, as plants don't have muscles, this is explained simply by the fact that the side away from direct sunlight grows faster hence causing the plant to bend over in the direction of the sun. Here are a few interesting facts about plants:

Ginger has been clinically demonstrated to work twice as well as Dramamine for fighting motion sickness, with no side effects.

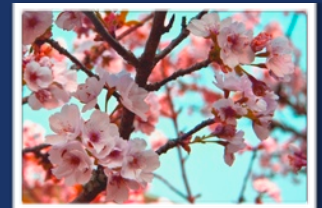
A notch in a tree will remain the same distance from the ground as the tree grows.

150 people die each year world-wide from coconuts falling on their heads

Almonds are the oldest, most widely cultivated and extensively used nuts in the world.

Americans eat more bananas than any other fruit: a total of 11 billion a year.

84% of a raw apple is water.



Please send your stories, comments, recommendations or anything else you would like to read about in your next monthly newsletter to: newsletter@britishseoul.com

PLEASE WRITE TO US AT newsletter@britishseoul.com

if you have any:

- Feedback, Tips or Experiences you would like to share
- Useful information
- Book or Restaurant recommendations
- Are you looking for help or advice
- Can you recommend any good shops

- Useful websites
- Can you recommend a good Doctor or Dentist
- Have you been somewhere amazing on holiday and want to share it with everyone
- Do you know a good hairdressers
- Do you have a good yoga / pilates teacher you could recommend

RECIPES

Recipe from Tracy Gibson

Tip: I use Korean Premium flour and add about 4 tsp of baking powder to the recipe and they seem to rise reasonably well.

Method

Put a baking sheet in the oven at 220C/200C fan/gas 7. Put the flour, salt and baking powder into a food processor, then whizz in the butter until it disappears. Pulse in the sugar, tip into a large bowl, then make a well in the middle.

Warm the yogurt, milk and vanilla together in the microwave for 1 min or in a pan; it should be hot and may well go a bit lumpy-looking. Tip into the bowl and quickly work into the flour mix using a cutlery knife. As soon as it's all in, stop.

Tip the dough onto a floured surface, then, with floured hands, fold the dough over a few times - just enough to create a smoothish dough. Press out to about 4cm/1 1/2in thick, dip a 7cm cutter into more flour, then stamp out 4 rounds, flouring the cutter each time. Squash the remainder lightly together, then repeat until the dough is used up. Brush tops with egg

SCONE RECIPE

Ingredients

- 350g self-raising flour , plus more for dusting
- 1/4 tsp salt
- 1 tsp baking powder
- 85g cold butter , cut into cubes
- 4 tbsp golden caster sugar
- 150g pot natural full-fat yogurt
- 4 tbsp full-fat milk
- 1 tsp vanilla extract
- 1 egg beaten with 1 tbsp milk, to glaze



wash, scatter flour over the hot sheet, then lift the scones on. Bake for 12 mins until risen and golden. Best eaten just-warm, or on the day.

Enjoy,
Tracy

NOTICES AND INFORMATION

TICKETS ARE NOW ON SALE!
QUEEN'S BIRTHDAY BALL
SATURDAY 5th JUNE 2010



MAHJONG GROUP

Every Friday at 10am a group gathers at the Seoul Club to play the age old Chinese tile game, mahjong. We are looking for more players and everyone from beginners to experienced players are welcome.

Mahjong is a game of 4 people per table that originated in China. They say mahjong involves skill, strategy & calculation, but mostly it's about luck and the desire to have fun! If you'd like to join us please contact: Helen Bridgman at the following email address

trevor_bridgman@hotmail.com

Look forward to hearing from you.

Helen

HAN RIVER CYCLING

Relatively new member, Clare Reynolds, has kindly offered to organise a very casual group for anyone who would like to do some cycling by the Han River.

Participants would need to have their own bicycle and to be able to rendezvous with Clare either at her home near The Grand Hyatt or en-route to the river.

This is a great chance to get out, get fit and explore with friends. Clare plans to cycle most weekdays, so there is bound to be a day to suit you.

Clare may also organise day hikes, once she becomes more familiar with the city.

If you would like more information, please email basseoul@yahoo.co.uk

H&M KOREA

The New H&M clothing store in Noon Square, Myeong-dong has now opened. Four floors of fab fashion at great prices and sizes to fit all. Telephone: 82-2-3783-4881

PA AVAILABLE

Due to relocation of expat. Fluent in English and highly proactive in organising both office and personal workload. Seeking similar position - contact Gavin Dixon 010 3119 6317"

OPEN HOUSE AT THE CLUB

Special tours starting on 31st March

The Banyan Tree Club & Spa Seoul is seeking to expand its international membership base and is offering special membership rates to foreign residents of Korea.

For information please contact expat@urban-oasis.co.kr / 02 2236 3356



British Passport needs renewing?

Passport Application Procedures in Korea
are changing



From 26 April 2010, passport applications for British Nationals will no longer be accepted or processed in South Korea.

You will need to send your application directly to the UK's Regional Passport Processing Centre in Hong Kong.

For more details, and to find out what this means for you, please visit <http://ukinkorea.fco.gov.uk>



HAPPY EASTER!