



# *The British Association of Seoul*

## NEWSLETTER

September 2009

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*Welcome to your September 2009 BASS Newsletter*

### Events

**4<sup>th</sup> September, Friday** - **CHILL OUT EVENING** - 7.30pm Baby Guinness, Itaewon. Come and meet friends, relax and have a drink. Light bites are available to order on the evening.

**15<sup>th</sup> September, Tuesday** - **OPEN HOUSE COFFEE MORNING** - 10.00 am - 12.00 noon Sue Hill's House in Sungbuk-dong. Please email [sue-hill@hotmail.com](mailto:sue-hill@hotmail.com) or phone 02 766 3136 / 010 8694 3136 to get directions to her house.

**19th September, Saturday** - **ENCHANTED EVENING** - 6.30pm - 10.00pm. The British Ambassador Martin Uden and Fiona Uden cordially invite you to their residence garden for this Enchanted Evening. Bubbly reception will be from 6.30pm. Dinner will be catered by the Millennium Hilton Hotel, music by the 8<sup>th</sup> Army Band. Seats are 95,000 krw per person and are limited so email [basseoul@yahoo.co.uk](mailto:basseoul@yahoo.co.uk) now to be sure of attending this prestigious evening.

**22nd September, Tuesday** - **MONTHLY MEETING** - 10.00 am - 12.00 noon. Come and catch up with friends and enjoy an interesting talk from the speaker of the month at the Seoul Club. Join other members for lunch after the meeting. Speaker will be announced later.

**30<sup>th</sup> September, Wednesday** - **DR FISH** - 10.30 am meeting in Sincheon. Cost for the fish foot nibbling is 3,000 krw and you can order drinks while you are there. We will continue on for lunch somewhere afterwards. Please email [shannonksinclair@gmail.com](mailto:shannonksinclair@gmail.com) to let us know if you are interested in this and a map will be sent to you showing where everyone will meet.

**Every week, Friday** - **MAHJONG** - 10.00 am - 12.30 pm starting 11<sup>th</sup> September. Come and join us every week at the Seoul Club to play this interesting and addictive game. No experience necessary as the members there will be happy to teach you. If you would like any further information, please email [basseoul@yahoo.co.uk](mailto:basseoul@yahoo.co.uk).



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## *PRESIDENT'S MESSAGE*

Dear Members,

I hope you all had a great summer.

The past few days have been quite eventful. Many of us have been trying our best with home schooling, due to the recent outbreak of H1N1 at Seoul Foreign School. Despite this unexpected change to our routine, we had a great turnout at the August monthly meeting for a very interesting talk on aspects of Diet, Detox and Iridology. This also attracted several visitors from the German and ANZA groups, something I hope will continue. Please remember, friends and contacts of all nationalities are welcome at our meetings and events.

I am looking forward to the BASS Enchanted Evening in the Embassy garden, on 19<sup>th</sup> September. This is one of our best events; always a great opportunity to catch up with many members of the British community after the summer break and the setting is very conducive to a relaxed evening. Please reserve your places early, as there is limited capacity.

I hope that you will support as many of the BASS activities as you can in the coming months. If you feel you'd like to get even more involved, on the BASS Committee or on the next Ball (QBB) Committee, please speak to me. We said good-bye to so many members before summer it is inevitable that the Committee now needs more help. It's also inevitable that fewer committee members mean fewer activities and less communication. So please consider coming onto the team to help us maintain BASS's high standards.

Finally, welcome to all our new members. On behalf of BASS, I wish them a happy and successful time in Seoul.

Ruth



## *OUTSIDE EVENTS*

### KOREAN COOKING CLASS

(Sam-gye-tang- Korean Chicken and ginger soup and  
Sam-saek-jeon - pancakes with seafood and vegetables):

Friday September 11th at 10:30am

10,000 KRW participation fee.

The location is at Jongro-5ga and you will be given directions upon registration.

Register by contacting: Sarah Jang at 02- 796-2459 or [itaewon@sba.seoul.kr](mailto:itaewon@sba.seoul.kr)

### NOON CONCERT

National Theater of Korea (near Dong-guk University Station,  
opposite the Seoul Club)

Tuesday September 15th at 11:00am

5,000 KRW participation fee

To sign up please contact: Tel: 02- 796-2459 or [itaewon@sba.seoul.kr](mailto:itaewon@sba.seoul.kr)

### 2009 KOREA INTERNATIONAL ART FAIR

September 18<sup>th</sup> - 22<sup>nd</sup> (5 days) at COEX

For details please check website: [www.kiaf.org](http://www.kiaf.org)

### 9<sup>th</sup> SEOUL PERFORMING ARTS FESTIVAL

13<sup>th</sup> October - 21<sup>st</sup> November

For programmes and details please check website: <http://www.spaf.or.kr>

You can now book tickets in English. Check the website:

<http://www.spaf.or.kr/english/ticketinfo/howtobook.php>



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### MEMBERSHIP UPDATE

In September, we wish a very **HAPPY BIRTHDAY** and many happy returns to:

Ameliah Abdul Mutalib  
Sharon Ashton  
Sophie Dencher  
Anna Dunn  
Ken Irving  
James Macadie  
Loretta Parnell  
Alan Platt



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A great **WELCOME** to our new members:

Silvia Goddard  
Helen Bridgman  
Sue Meldrum  
Janet Barrett

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We say **GOODBYE** to

Jo Basford  
Kesty Pringgoharjono  
Jeanne Smith  
Angela Thomas  
Irene Waters

And wish them Good Luck for the future.

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### BASS COMMITTEE VACANCIES

#### SECRETARY

As Suzan has moved to our Welfare team, we now have her job to fill. This position is vital in keeping everything together and running smoothly. If you feel you can help us with our administration we would love to hear from you.

#### WELFARE MEMBER

Extra help is needed in this rewarding team. The position involves traveling with other members of the team to charities when they ask for our help to see what assistance we can give. This is the best time of the year as the money has already been raised and can now be distributed.

#### NEWSLETTER EDITOR

Our editor Elaine McShane has now moved on but did a great job developing a new format for our newsletter. Unfortunately until this position is filled, we have to revert to the old style and there will not be so much content. Please help fill this interesting position maintaining our monthly newsletters.

### BASS COMMITTEE

#### GOODBYE AND WELCOME

We would like to say a fond farewell to all our committee members leaving this month and wish them the best of luck settling into their new homes. We welcome Ameliah Mutalib to the committee. She has kindly volunteered to manage the BASS web site for us.



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### NOTICES

#### SEOUL PLAYERS

If you are interested in acting or directing and want to get involved with Seoul Players please contact them on e-mail: [seoulplayers@gmail.com](mailto:seoulplayers@gmail.com) giving your details, and then attend the organisational meeting on September 19<sup>th</sup> at 8:00pm, at Roofers in Itaewon

#### NEW BLOG WEBSITE

Check out a new blog website about Seoul, Daegu and Busan. [www.theoneonefour.com](http://www.theoneonefour.com)

#### KOREAN HOME HELP

Janet from the Philippines comes highly recommended by a family who has just left Korea. She loves children, is reliable, friendly, respects your privacy and is a very hard worker. She cleans, washes and irons quickly and thoroughly. She also cooks and baby-sits. Please contact Janet directly by email on [jsubesa@yahoo.com](mailto:jsubesa@yahoo.com) or on her mobile 010 86974089.

#### KOREA4EXPATS.COM

For more outside events information please see the web site [korea4expats.com](http://korea4expats.com)

### IRIDOLOGY

Thank you so much to our guest speaker on Tuesday 25<sup>th</sup> August at our coffee morning. Michelle Jones came to speak to us all about health, detox and weight loss. We all learnt how our eyes could give clues to many health problems. New York Wholistic Care is in Itaewon. Email [info@michellejones.com](mailto:info@michellejones.com) or check out their web-site [www.nywc.com](http://www.nywc.com) for more information. Please see below the 10 tips Michelle gave us for successful weight loss.

#### **1. Detoxify your mind**

First believe in what you are doing. Say: "I will lose weight!"

#### **2. Walk or Run**

Especially when you are stressed

#### **3. Exercise: Pilates, Yoga or Resistance Training**

Find the type of exercise that is suitable to your constitution.

#### **4. Have a Massage**

This is good for detox as well as being relaxing.

#### **5. Go to the Sauna or Bath with Epsom Salt**

Once a week. When using Epsom salts make sure the bath is warm.

#### **6. Don't Skip Meals**

Have healthy snacks like cashews, almonds, banana, apples etc.

#### **7. Eat Fruits and Vegetables**

Fibre is important. Eat more green vegetables than root vegetables.

#### **8. Drink 8 - 10 glasses of water per day**

Even the brain is affected when the body is dehydrated.

#### **9. Supplement**

Ensure you are using the right supplement for you.

#### **10. Laugh**

Laughter is the best medicine!

### NEW MEMBER PROFILE



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### Second time round in Seoul.....

by Janet & Andrew Barrett

Our names may sound familiar to some of you who have been in Seoul for more than 3 years. We left Seoul in May 2006 and headed off to Taipei, Taiwan. Circumstances took such a turn that 3 years later we are back.

We have lived in many different countries including Thailand and Egypt. We had many visitors during our time in those countries however our only repeat visitors are to Korea!

Three years after we left, our initial reaction to how things have changed in Seoul is there's a lot more choice.

So what did we miss about Korea in the three years away?

The Social Life. While you are here you should all take as much advantage of these social occasions as you can - as you will miss them when you leave!!

The Welfare Work. We got to know Korea on a whole different personal level. It was very enriching to feel you are helping the country you are living in.

Having a second opportunity to live in Seoul has given us the advantage that we know what we missed and so we know what we want to do this time round. Most people only have one posting to Seoul, so appreciate the things available to you now, as you will miss them once you've gone.

Go for it!

Janet

Adults and children alike love this recipe and they are very easy to make.

### Cinnamon Choc banana Muffins

1½ cups flour  
1 tsp baking soda  
1 tsp baking powder  
½ tsp salt  
3 bananas  
¾ cup white sugar  
1 egg  
1/3 cup canola oil  
3 tblsp choc drops

Topping:  
1/3 cup brown sugar  
2 tblsp flour  
1/8 tsp ground cinnamon  
1 tblsp butter

Preheat oven to 375F/190C. Fill muffin tray with 10 muffin cups. Mix 1½ cups flour, baking soda, baking powder and salt. In another bowl beat bananas, sugar, egg and oil. Add banana mixture to flour mixture. Put in choc drops and spoon into muffin cups. It will look quite runny.

Now prepare topping. In a small bowl mix brown sugar, flour, cinnamon and butter. Put topping on muffins and bake in the oven for 20-30 mins.

Yummy!

## BANANA MUFFIN RECIPE