

MARCH 2010

BASS NEWSLETTER



Don't Forget
Mother's Day
Sunday
14th March



St David's Day
1st March



St Patrick's Day
17th March

DON'T FORGET TO POST YOUR CARDS IN TIME FOR UK MOTHER'S DAY, SUNDAY 14TH MARCH

ST PATRICK'S EVENT, CHEONGGYEcheon AREA, SEOUL - SATURDAY, 20TH MARCH

PRESIDENTS MESSAGE

Dear Members,

I'm sure many of you are wondering if the long cold of the Korean winter is over. We have had some lovely warm days of late, but mixed with some chilly winds and wintery showers.

The BASS Events team are looking well ahead with the Ball season in mind and have set up Monthly Meetings that we hope will have you looking your best at The Queen's Birthday Ball on Saturday 5th June.

As a complete contrast, we are also offering a morning at the National Museum which incorporates a chance to try your hand at a Korean craft. Read on to find out more and please note, that with many schools on Spring Break soon, our next Monthly Meeting will be put back one week to 30 March.

We have had to cancel a couple of events recently, due to lack of interest. This is disappointing, especially as a lot of work can be needed to set-up even a simple activity. But this is maybe an indication that we are not organising things that you, the members, find appealing. We often ask for your ideas, but we rarely receive any. Please feel free to send in any suggestions and we'll try to follow them up.


Have a great March,

Ruth

P.S. The Ball Committee is looking for a couple more volunteers to help with the raffle and ticket sales. Please let us know if you can help.

BRITAIN HONOURING ITS HEROES

A message from Martin Uden,
the British Ambassador;



Since this year marks the 60th anniversary of the start of the Korean War, the events surrounding the annual re-visit of the British Veterans of the war will be a little different from usual. I have asked British businesses in Korea to assist with this re-visit, and with donations to erect a memorial in the UN Cemetery in Busan to the British servicemen who fell during the war. We plan for the memorial to be formally unveiled at the end of June to mark the 60th anniversary itself.

But I hope that we can make the annual re-visit particularly special this year, as an unrivalled opportunity to show the British community's support for these heroes. Among them will be the only surviving holders of the Victoria Cross and the George Cross from the war - Mr William Speakman, VC, and Mr Derek Kinne, GC - so this will be a truly unique occasion. (If you're not really sure just how important this is, take a look at <http://www.britishpathe.com/record.php?id=29664>, where you can see the Pathe News coverage of Bill Speakman's return home.)

As usual, the main involvement for the community to meet and honour these gentlemen will be when we visit Gloster Valley on Saturday 17 April. So this is advance notice to mark off that day in your diary. Some of you may know that I had been thinking of another larger event on Sunday lunchtime, but in the end I think it will be simpler and better for us to use the traditional event at Gloster Valley for the British community here to show our support for the Veterans.

More details to follow.

MEET YOUR 2010 BASS COMMITTEE

THE EVENTS TEAM



LEFT TO RIGHT: ABBIE, MIDORI AND TRACY

Hi everyone,

We are the Events Team for BASS and it's our job to organise social events for members throughout the year. Let us tell you a bit about ourselves.

Midori has been in Seoul for a year and first helped members sign up for the Enchanted Evening in September 2009. She enjoyed that first role immensely and has been with the Events team ever since. Tracy has lived in Seoul for a couple of years and has been working on events since June 2009. She's found that the Events team is a great place to hone organisational and planning skills, and has lots of fun arranging social outings in the process! Abbie arrived in Seoul towards the end of last year. She attended many of the BASS Christmas events and enjoyed them so much, she joined the Events Committee immediately!

The Year of the Tiger has only just begun but the Events team is already hard at work on the 2010 calendar. Currently, we are finalising the schedule for some exciting speakers at the BASS Monthly Meetings. Other works in the pipeline are dinners, a special shopping tour and a traditional Korean experience. Watch this space! We also look forward to the delightful Enchanted Evening in the grounds of the British Ambassador's Residence, as well as the Christmas Fair and the festive Christmas Lunch.

We always welcome suggestions for activities from members so please let us know if you have any ideas for future events. We would love for more of you to join us on the Events Committee. It's a great way to meet people, be involved, and discover more about the amazing city of Seoul.

Hope to see you all in 2010!

Midori, Tracy & Abbie

PHOTOS OF AN UPCOMING EVENT

Join us at THE NATIONAL MUSEUM OF KOREA on Thursday, 18th March for a guided tour of the museums' highlights and the opportunity to gain some hands on experience in the production of traditional stone seals. Please see the BASS events page for more details.



CONGRATULATIONS MARIA!

BASS Committee member Maria Mackay was presented with her MBE given in recognition of services to UK/ Korea relations by The British Ambassador H.E. Martin Uden at the annual Burn's Night Supper on Saturday, 30th January.



WHAT'S ON.....

SAVE THE DATE!
QUEEN'S BIRTHDAY BALL
SATURDAY 5th JUNE 2010



BASS EVENTS

Here's hoping that spring is soon with us and with it some colour and warmth. To help us till it does arrive we kick off the month with our **CATCH UP COFFEE**. So if you're free why not pop along.

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

DATE: TUESDAY, 9th MARCH

TIME: 10.00am to 12.00pm

Please sign up at basseoul@yahoo.co.uk to attend this event so we have a feel for numbers.

Fancy finding out a little more about **KOREAN HISTORY AND CULTURE**, as well as having the chance to participate in some traditional Korean craft work.

This will be a morning activity; participants will be given a guided tour of some of the museums' highlights. This will be followed with an opportunity to gain some hands on experience in the production of traditional stone seals. The Craft activity will be the main focus of the morning.

VENUE: THE NATIONAL MUSEUM OF KOREA

DATE: THURSDAY, 18th MARCH

TIME: 10.00am to 1.00pm (approx times)

COST: KRW 25,000 (approx tbc)

There is a small café/restaurant at the museum if participants want to round the day off with lunch. The fee does not include the cost of lunch this will have to be covered separately.

There are a minimum number of participants required for this event to run so please sign up as soon as possible.

Deadline for sign up and payment is strictly Thursday 11th March. Cash payments can be made at the Catch up Coffee on the 9th or after this date via Bank Transfer.

Don't forget the date of the **MARCH BASS MONTHLY MEETING** is scheduled to take place on the 30th. Sara Hague will be there with her wonderful selection of personally designed and hand made jewels for sale. We are also very much looking forward to having You Young Silk join us. They will be bringing along a selection of dresses and gowns – to give us lots of ideas for the forthcoming Ball season. They will also be joined by CF Story who will be showing a range of evening purses. Payments for items will be cash only on the day.

VENUE: SEOUL CLUB (Cheeseman Room)

DATE: TUESDAY, 30th MARCH

TIME: 10.00am to 12.00pm

There is still the chance to sign up for the Chakraa Spice Club as this event has been postponed until the beginning of April. So if you have always wanted to learn how to **COOK TRADITIONAL INDIAN CUISINE** using ingredients which are all available in Seoul – this is a must!

Chakraa's Spice Club offers classes in Indian cooking for those who want to learn how to cook or expand their skills. The sessions will run over two weeks on a Monday and Wednesday.

VENUE: CHAKRAA RESTAURANT, ITAEWON

START DATE: MONDAY, 5th APRIL

END DATE: WEDNESDAY, 14th APRIL

CLASSES: MONDAY & WEDNESDAY 10:30am to 12:00pm

LUNCH: FROM 12:15pm

COST: KRW 40,000 PER SESSION or
KRW 150,000 FOR ALL 4 SESSIONS

(costs include the lesson fee, recipes and lunch)

It is not a requirement of the classes that you attend all four sessions, so you can pick and mix from the schedule.

Please note this is not a BASS event, if you would like to register or obtain further Information please call, 010-5050-0758 or email spiceclub@chakraa.co.kr or chakraa.spiceclub@gmail.com. All sign ups we have previously received have been passed to the organiser.

NB: there is a minimum of 15 places for the classes to run.

Dates for Your Diaries:

OPEN HOUSE COFFEE MORNING Thursday 8 April, 10.00am to 12.00pm Very kindly hosted by, Homara Woodhead.

BASS MONTHLY MEETING Tuesday 27 April, 10.00am to 12.00pm at the Seoul Club.

QUEEN'S BIRTHDAY BALL Saturday 5th June at the Grand Hyatt.

We are already underway for plans for our **APRIL EVENTS** and the team would love to get ideas from you - the members. Let us know if you have ideas for events for us to put together or suggestions for speakers at our monthly meetings – please email basseoul@yahoo.co.uk with your ideas. We look forward to hearing from you.

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: karen@holdencrew.com

WHAT'S ON.....

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

COMMUNITY EVENTS

3rd to 14th MARCH

RIVERDANCE

Sejong Grand Theater, Sejong Center, Seoul
Time: 8pm (weekdays) / 3pm, 7pm (Sat) / 2pm, 6pm (Sun)
For Information Please visit: <http://www.sejongpac.or.kr> or
phone (02) 541-6235

FRIDAY & SATURDAY, 5th & 6th MARCH, 10pm

STAND UP COMEDY - TOM COTTER

COEX Intercontinental Hotel, Seoul
Jupiter Room, 30th Floor
Cost: 40,000 won
Tickets/Info.: standupseoul@hotmail.com or Call:
010-3980-8774

SATURDAY 6th & 13th MARCH, 8pm

A NIGHT OF SHAKESPEARE

ROOFERS IN ITAEWON

This March a new theater company, Actors Without Borders,
in association with the long-established Seoul Players, is
bringing a very special Shakespeare show to Seoul.
Check out the Facebook event at: [http://www.facebook.com/
home.php?#!/event.php?eid=297970781459&ref=ts](http://www.facebook.com/home.php?#!/event.php?eid=297970781459&ref=ts)

TUESDAY, 9th MARCH

AWC ANNUAL THRIFT SHOP FASHION SHOW / COFFEE MORNING

Grand Ambassador Hotel, 9:30am to 11:30am KRW
12,000 / 15,000 members / Non Members AWC members
will be modeling beautiful gowns, business attire and
casual outfits. After the show, you'll have the opportunity to
purchase these items at very low prices. For additional
information visit awckorea.org

SATURDAY, 13th MARCH

SIWA LET'S DANCE GALA EVENING

tickets@siwapage.com
Cocktails, Buffet Dinner, Open Bar, Charity Silent Auction,
Dream Raffle. Grand Hilton Seoul, Grand Ballroom.
Individual Tickets KRW 80,000 - Table of Ten KRW 750,000
Time: 6:30pm. Please Note: Tickets will also be available for
purchase at the BASS Coffee Morning on Tuesday, 23rd
February, 10:00am to 12:00pm

KOREAN CHAMBER ORCHESTRA 45th ANNIVERSARY

The Korean Chamber Orchestra, founded in 1965 in Seoul
by cellist Bong-Cho Jeon, quickly became a leading
chamber group in the country. Since 1979 the Korean
Chamber Orchestra has been establishing a growing
international reputation by embarking on numerous
international tours.

The 2010 season starts on Monday, 15th March at Daejeon
Cultural&Arts Center and concerts will then run on various
dates through the year.

For more information please contact: E-MAIL)
kce1965@hanmail.net HOMEPAGE) www.kco.or.kr

SATURDAY 20th MARCH

ST PATRICK'S EVENT



Cheonggyecheon area
Time 12:00pm till 6:00pm
Join us for lots of music, dancing and of course Guinness.
Also look out for a green Seoul Tower over the St Patrick's
period!

25th MARCH to 30th MAY

ROGER DEAN EXHIBITION

Daelim Museum, Seoul

Roger Dean is an international recognised British fantasy
artist and designer. He is particular known for his work on
album covers starting in the late 1960's.

For information visit [www.korea4expats.com/events-in-korea-
Roger-Dean-Exhibition--25-March-30-May-3010-Daelim-
Museum-Seoul-2807.html](http://www.korea4expats.com/events-in-korea-Roger-Dean-Exhibition--25-March-30-May-3010-Daelim-Museum-Seoul-2807.html)

SEOUL PLAYERS FIRST MUSICAL!

The 25th Annual Putnam County Spelling Bee
A one act musical comedy centered around a spelling bee at
the Putnam Valley Middle School. Six quirky adolescents
compete in the Bee, run by three equally-quirky grown-ups.
Read more show info here: [http://
www.spellingbeethemusical.com/](http://www.spellingbeethemusical.com/)
SHOW DATES: MAY 29 - JUNE 13 (8 performances)
AUDITIONS will be Saturday, March 27th 12pm-6pm, and
Sunday, March 28th 12pm-4pm at Roofers in Itaewon.
For more information please email Seoul Players at
seoulplayers@gmail.com

WEDNESDAY 31st MARCH, 8pm

BOB DYLAN PERFORMING LIVE IN SEOUL

Olympic Park, Seoul

Legendary singer-songwriter Bob Dylan will be performing in
Seoul for the first time.

For information and tickets visit
<http://ticket.interpark.com> or Call 1544-1555

SAVE THE DATE!

ST GEORGE'S DAY KNEES UP

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

ALL THAT GLITTERS

SATURDAY, 8th MAY

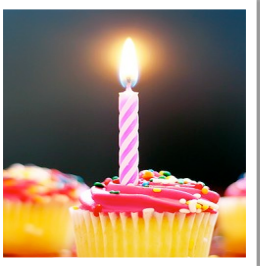
ANZA BALL - ALL THAT GLITTERS

Grand Hyatt

Please go to the website (www.anzakorea.com) and click on
the All That Glitters RSVP link to register for tickets
We hope you can join us for an evening of divine food,
excellent Australian and NZ wines, fantastic music, prizes,
raffles and loads of fun.

MEMBERSHIP UPDATE

*Don't Forget British Summer
Time begins Sunday 28th March*



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

MARGOT CHO
SOOJUNG HYUN
ELIZABETH KANG
DIETMAR LEITHNER
CAROLINE MARYAN
SUZANNE MELDRUM
JACQUELINE SARGENT
JOANNA THUMIGER
ESRA YAGIZ



And also a great WELCOME to
our NEW MEMBERS:

LAYLA MALIK
CINDY CLAYTON
CAROLINA KONIG
EILEEN BLAKEMORE

**2010
MEMBERSHIP
RENEWAL CUT-
OFF DATE 31st
MARCH!**

The cut-off date for Membership
Renewals is 31st March. Please re-new
at the next monthly meeting or via bank
transfer.

50,000KRW (January 1st 2010 –
December 31st 2010)
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: karen@holdencrew.com
Or pay at the next coffee morning.

THANK YOU FOR YOUR CONTINUED SUPPORT

NEW MEMBER PROFILE

SUZIE GIBSON



My name is Suzie and I've been living in Seoul since mid January of this year with my husband Steve. Born in London and working there for twenty years in Human Resources we took the first step to living abroad in January 2006 when we relocated to Dubai. We arrived there during their boom years and we were both kept busy working in the Construction and Recruitment Consultancy industries. We had a great social life and a luxury lifestyle which, unfortunately, all nose-dived with the onset of the recession and Dubai seemed to fall on its knees overnight. This is when we came up with the bright idea of taking a six month sabbatical which Steve's company agreed to. We got our back packs on and set off on a 6 month trip of a lifetime. We spent 3 ½

months in Oz and New Zealand ticking off all the 'must-sees' and visiting lots of friends. We then went on to Singapore, Vietnam, Cambodia, Laos and Hong Kong. We had so many wonderful experiences and met some great people. As the Dubai economy was still struggling at the end of our trip the company asked Steve to head up a recently signed joint venture in Seoul. We have met some wonderful people here and I am currently getting to grips with being the Secretary to BASS. The fact that everyone is so friendly is going a long way towards helping us through the every day frustrations and struggles of getting used to living in a different culture. My passions are travel, cookery and a crisp sharp Sauvignon Blanc from the Marlborough region.

STAR LETTER



Our prize this month goes to Jennifer McIntosh for her excellent exercise tip below. Don't forget to keep your newsletter contributions coming in!

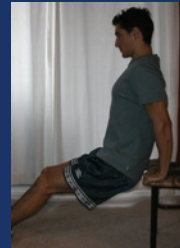
This is a good Monday morning torture for the **triceps**, the muscles on the other side of the biceps, that part of the upper arm that – untrained – jiggles when you jog. [Click here](#) for an image of how to do triceps dips, plus a few other good exercises.

Sit on the very edge of a chair and place hands palms next to your legs on the chair seat. Shift your bum off the seat so that you are supporting your body with your arms, the elbows slightly bent, legs out in front with the knees bent at a 90-degree angle. Now

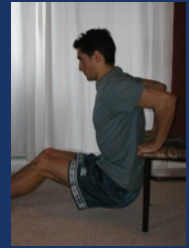
bend the elbows more and lower your body toward the floor. Using **ONLY YOUR ARMS** – not your hips! – push back up to level with the chair. Repeat a few times. Make it harder by keeping the legs straight or lifting one leg at a time off the floor and dipping (hardest is both legs off the floor, let me know if you manage it).

After you can't do any more repetitions, make sure to stretch out the back of the hands and wrist by pushing the palm of your left hand against the back of the right hand,

pushing the right hand down toward the wrist.



START



FINISH

Please send your stories, comments, recommendations or anything else you would like to read about in your next monthly newsletter to: basseoul@yahoo.co.uk

PLEASE WRITE TO US AT

basseoul@yahoo.co.uk

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

RECIPE CORNER

Recipe by Suzan Walsh

Heat your milk up when it is near the boil and switch off.

Allow to cool.

About 10 minutes later pour into the basin.

At this stage your milk will still be quite hot. Ideally the milk needs to be at about 47 - 49 degrees for best results.

If your milk is less than 40 degrees the bacteria will not incubate and if it is hotter than about 55 degrees the heat will kill the bacteria.

I have been making yogurt for over 30 years now and I do not need a thermometer to gauge the temperature of the milk. I use my little finger to test it. When it is still hot but not burning my finger the milk is ready to take the starter.

For novices I would recommend the use of a thermometer.

When the milk is at the required temperature, add the 1 Tbs. of starter yogurt and beat gently into the milk.

Place the lid of the basin.

Cover with 2 - 3 layers of towels or with a blanket. And leave for about 7 - 8 hours during which time the milk will set and become yogurt. Then take the covers off and place into the fridge.

It is ready to use.

Yogurt is a wonder food and it is believed to make people live longer

YOGURT RECIPE

Yogurt is fermented milk product. It needs a "starter" which is live yogurt with bacteria (good, of course) which will ferment the milk and become a yogurt.

You will need:

- 1 litre milk (whole milk or low fat)
- 1 Tablespoon plain yogurt (Denmark Plain Yogurt) to use as starter.
- Basin with a lid.
- Towels or blanket to use as warm covers.
- A kitchen thermometer



I use yogurt:

- just on its own to eat.
- make a yogurt drink with it
- use it with cereal, instead of milk.
- use it with fruit instead of ice-cream
- use it in salad dressings.
- make soup with it
- make sauce with it
- use it in pastry and baking
- use it in cakes

A Yogurt story:

When making yogurt, to cover it I use 2 towels plus an old green fleece jacket which has become our "yogurt maker". Once I demonstrated yogurt making to a friend and at the end of it I said: "you have to make sure it is covered well and will keep warm". My friend asked me where she could get a green fleece jacket to cover the yogurt!!!!

*Don't Forget British Summer
Time begins Sunday 28th
March*

NOTICES AND INFORMATION

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

ZAGAT SEOUL

Zagat's first Seoul Restaurant Guide is out. Click on the link to read the full article:

http://www.koreaherald.co.kr/NEWKHSITE/data/html_dir/2010/01/29/201001290058.asp

BEST BURGERS IN SEOUL

Do you sometimes crave a good hamburger? Check out this guide to the Best Burgers in Seoul:

http://www.koreaherald.co.kr/NEWKHSITE/data/html_dir/2010/01/08/201001080044.asp

VOLUNTEERS WANTED FOR MEDICAL REFERRAL SERVICE

Do you have a qualification in Medicine, Nursing or an Allied Health profession? Would you like to volunteer your time to provide English-speaking callers with medical referrals here in Seoul?

The Medical Referral Service (MRS) has been operating in Seoul for over 30 years and is funded by the Seoul Global Center. The MRS is staffed by a team of expatriate English-speaking volunteers who provide confidential medical referrals and clinic recommendations to callers. We're currently recruiting more members to join this small, committed team.

MRS team members take turns on-call with one of two cell phones, taking calls from English-speakers seeking referrals to hospitals, clinics and medical specialists throughout Seoul. Full information and training is provided. As the service operates through designated cell phones, it is a part-time role. This is a very fulfilling role for those who enjoy talking with others, and assisting people through voluntary work. MRS Team members must be fluent English speakers, empathic and hold a medically-related qualification. Team Members are paid a small amount for being on-call.

For enquiries or to discuss this further, please contact the MRS on 010-4769-8212 or email us at medicalreferral@seoul.go.kr.

PHOTOGRAPHY WORKSHOPS

Jeanne Frasse along with Chris Hurtt have organised a week of Photography Workshops in Seoul running between 6th and 10th April. The workshops on offer are: Understanding your DSLR camera, Learning to see, Sunset / Evening Photography and Macro Photography. You are welcome to select as many of the workshops as you like but please note you do require a Digital SLR camera (not a point and shoot camera) If you would like more information / costs / times etc please email Jeanne at jfrasse@mac.com

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

SEOUL GLOBAL CENTER

The Seoul Global Center's phone consultation service(1688-0120) has been moved to the Dasan Call Center(120) Walk-in and on-line (hotline@seoul.go.kr) services are still available at the Seoul Global Center.

Those wishing to speak directly with a representative from the Seoul Global Center may do so by using the contact information below.

Tel: 02-2075-XXXX

Funtion	Service	Contact no.
Multilingual consultations	English	4130, 4131, 4138
	Chinese	4107
	Japanese	4105
	Mogolian	4133
	Vietnamese	4132
	Tagalog	4149
	Visiting consultations	4113
Professional consultations (Mon., Wed., Fri. 14:00~17:00)	Labor consulting	4124
	Legal consulting	4125
	Tax consulting	4145
	Real estate consulting	4126
Comprehensive administrative service	Immigration (extension of sojourn)	4121
	Immigration (issuance of certificates)	4122
	Driver's license	4127
	Consumer consulting	4129
	Tourism information(Eng.)	4120
	Tourism information(Jan.)	4119
	Mobile phone registration	4134
	Bank service	4146
	Business class/consulting	4116
Others	Korean class	4140
Medical Reference Service(MRS)	010-4769-8212 010-8750-8212	