

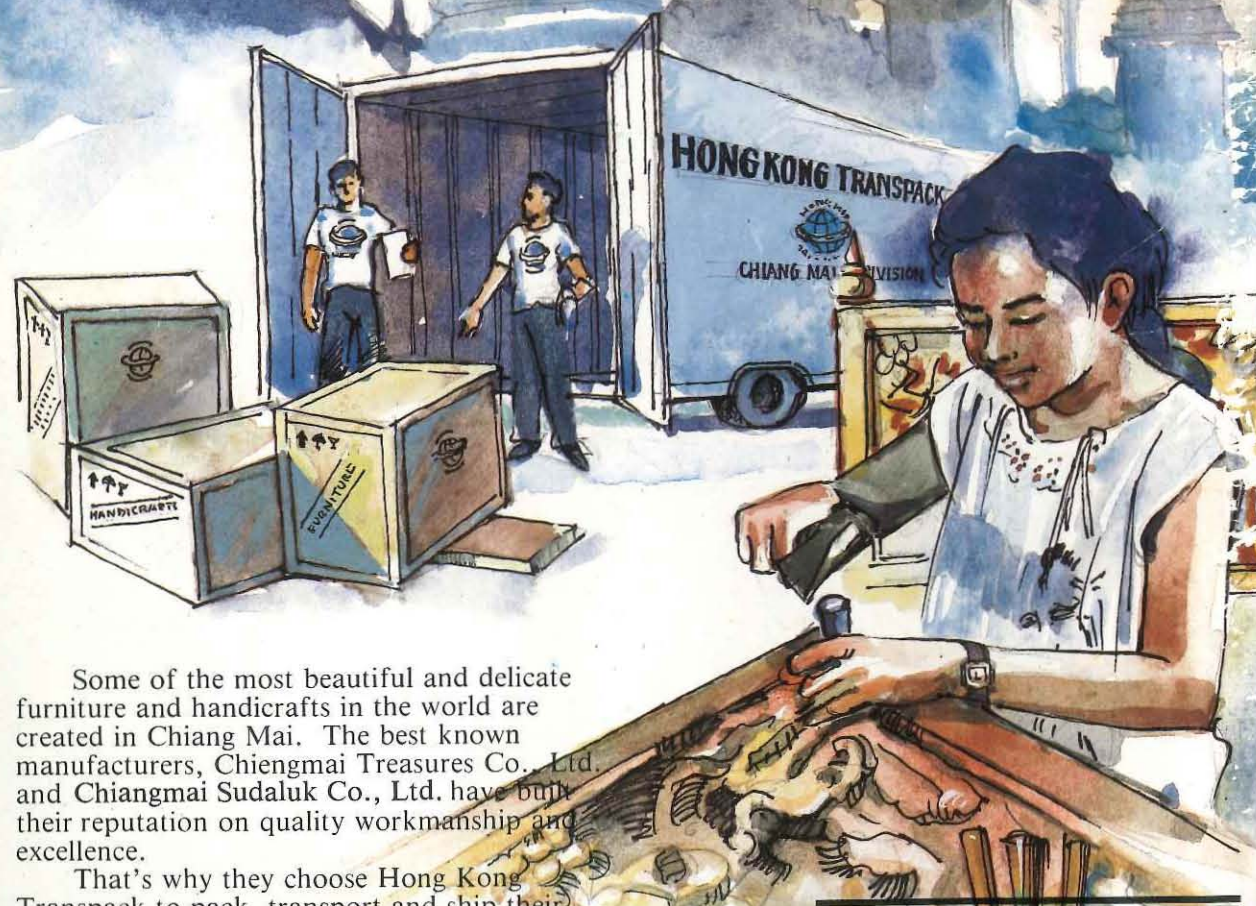
OUTPOST

MONTHLY MAGAZINE OF THE BRITISH CLUB

JANUARY 1987



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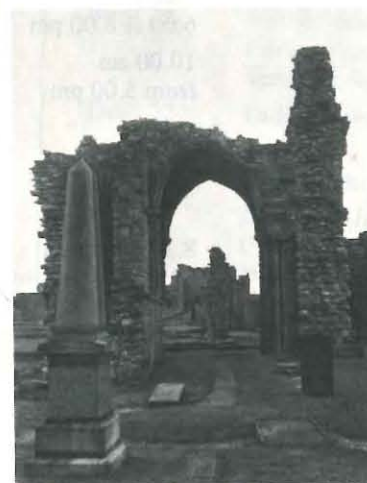
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THE BRITISH CLUB

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DIARY

JANUARY

Thu	1	New Year's Day	
Fri	2	Yoga	8.30-10.00 am
		British Club closed from 2.00 pm	
Sat	3	Cricket Practice	2.00 pm
		Dinner Video	6.00 & 8.00 pm
Sun	4	Cricket Practice	10.00 am
		Buffet Supper	from 5.00 pm
Mon	5	<i>Children's Golf. Tel: Diana Wingfield 286-6625 x 7A</i>	
		Happy Hour	5.30-9.00 pm
		New Members' Night	5.30 pm
Tue	6	Ladies' Golf. Tel: Mo Harris 258-5603	
		Yoga	8.30-10.00 am
		<i>Ben Line Trophy - Fathers' & Sons' Cricket Match at Polo Club. Tel: Norman MacDonald 233-8350</i>	12.30 pm
		Bridge	7.30 pm
Wed	7	<i>Children's Golf. Tel: Diana Wingfield 286-6625 x 7A</i>	
		Cricket Practice	4.45 pm
		Tennis & Squash Club Night	from 6.00 pm
Thu	8	<i>B.A.M.B.I. Meeting at British Club</i>	9.00-11.00 am
		<i>Ice Skating - The Mall, Ramkamhaeng</i>	2.00 pm
Fri	9	Yoga	8.30-10.00 am
		Music Night in the Bar	7.30 pm
Sat	10	Cricket Practice	2.00 pm
		Dinner Video	6.00 & 8.00 pm
		British Club "Welcome Back" Party	7.30 pm
Sun	11	British Club vs A.I.T. Cricket at A.I.T.	10.00 am
		Buffet Supper	from 5.00 pm
Mon	12	<i>British Women's Group Mahjong, Wordsworth Room</i>	9.00 am
		Ladies' Tennis	3.00-5.00 pm
		Happy Hour	5.30-9.00 pm
Tue	13	Ladies' Golf. Tel: Mo Harris 258-5603	
		Yoga	8.30-10.00 am
		Bridge	7.30 pm
Wed	14	Cricket Practice	4.45 pm
		Tennis & Squash Club Night	from 6.00 pm
Thu	15	<i>British Women's Group A.G.M. at the Oriental Hotel. Tel: Barbara Noon 251-5440</i>	11.00 am
		American Embassy Pub Night Challenge	7.30 pm
		<i>Bangkok Community Theatre Club Night, USIS Compound, Sathorn Road</i>	7.30 pm
Fri	16	Yoga	8.30-10.00 am
		<i>British Women's Group New Year Get-Together Tel: Dorothy Warden 258-8244</i>	
		Music Night in the Bar	7.30 pm

Sat	17	Cricket Practice	2.00 pm
		Dinner Video	6.00 & 8.00 pm
Sun	18	Cricket Practice	10.00 a.m.
		Buffet Supper	from 5.00 pm
Mon	19	<i>British Women's Group Mahjong, Wordsworth Room</i>	9.00 am
		Ladies' Tennis	3.00-5.00 pm
		Happy Hour	5.30-9.00 pm
		Committee Meeting	
Tue	20	Ladies' Golf. Tel: Mo Harris 258-5603	
		Yoga	8.30-10.00 am
		Bridge	7.30 pm
Wed	21	<i>British Women's Group Bridge, Wordsworth Room</i>	9.30 am
		Cricket Practice	4.45 pm
		Tennis & Squash Club Night	from 6.00 pm
Thu	22	Ladies' Tennis	8.30-10.30 am
Fri	23	Yoga	8.30-10.00 am
		Music Night in the Bar	7.30 pm
Sat	24	<i>Children's Hour at the Neilson Hays Library</i>	10.00-11.00 am
		Cricket Practice	2.00 pm
		Dinner Video	6.00 & 8.00 pm
		Burns' Night Ceilidh at the British Club	7.30 pm
Sun	25	British Club vs RBSC Cricket at Polo Club	10.00 am
		Buffet Supper	from 5.00 pm
Mon	26	<i>British Women's Group Mahjong, Wordsworth Room</i>	9.00 am
		Ladies' Tennis	3.00-5.00 pm
		Happy Hour	5.30-9.00 pm
Tue	27	Ladies' Golf. Tel: Mo Harris 258-5603	
		Yoga	8.30-10.00 am
		Bridge	7.30 pm
Wed	28	<i>British Women's Group Bridge, Wordsworth Room</i>	9.30 am
		Cricket Practice	4.45 pm
		Tennis & Squash Club Night	from 6.00 pm
Thu	29	Ladies' Tennis	8.30-10.30 am
Fri	30	Yoga	8.30-10.00 am
		Music Night in the Bar	7.30 pm
Sat	31	<i>Hilltribe Sale International School Bangkok</i>	
		British Club vs A.I.T. Cricket at A.I.T.	1.00 pm
		Dinner Video	6.00 & 8.00 pm

FEBRUARY

Sun	1	Swimming Gala: - British Club vs I.S.B.	
		Watch for further details.	

NOTE: Non-club events are in italics

CLUB ROUNDUP

Letter from the Chairman

ON behalf of the General Committee I would like to thank everyone who either turned out or sent in proxy votes for the two Club Extraordinary General Meetings held in October and December. At the first meeting, 140 votes were recorded and at the second 100, a healthy sign of interest in the well-being of the Club. After years of debate the "ladies" issue was finally put to rest at the December meeting by a vote of 92 to 8 in favour of giving ladies equal membership rights to men. The meeting lasted 14 minutes – surely something of a Club record!

The positive support given to the Committee during these meetings was most encouraging. Sure, we still have problems and we do not have all the answers. There is probably a lot more we could and should be doing. However, with this positive atmosphere, the changes we have made have at least set the Club back on course and by solving the immediate problems have created a position from which we can start to address the longer term future.

The Membership campaign has resulted in Membership climbing back from under 490 to over 530 but the Committee is conscious of the need to sustain this effort now that the initial momentum has subsided. Every Member can help in this and the offer of a free bottle of bubbly for each new Member introduced still holds. Membership levels closer to 600 would put the Club on a very firm footing.

Many of the new Members this year have been Associates and these have done much to enhance the atmosphere at the Club. We currently have over 100 Associates with a steady flow of new applicants and will very soon hit our ceiling of 120. The demand is there to raise this ceiling yet again and next year the Membership will have to give this very careful consideration. I think it is probably true to say that the majority of Members wish to maintain the basic "British"

atmosphere of the Club and do not want it to become just another "international" club. If so, then somewhere along the line a balance has to be struck between the proportion of Ordinary and Associate Members. Is 120 optimal? Could it be increased to 150 or 200? Or am I wrong – should we open the Club to all? My own feeling is that the influx of Associates this year has done much to revitalise the Club, but we do need feed-back from the Membership as to where we go next. For your information, the nationality mix of our present Associate Membership is as follows:

Thai	35	Belgian	2
American	23	Turkish	1
Dutch	7	Taiwanese	1
German	7	Spanish	1
Danish	6	Nepalese	1
Irish	6	Chinese	1
Swiss	6	Norwegian	1
French	3		

The increase in Membership has done much to help our financial situation and the increase in fees and subscriptions approved at the EGM has put us back in the black. The question of the Club's borrowing facilities will be addressed in the near future and to date at least the foreign currency market has dealt us no further blows. Increases in subscriptions are never popular but most people seem to have accepted these philosophically. For that, thank you! I have however had to withstand fiery broadsides aimed at me by some of our single ladies who found themselves paying much higher subscriptions in recompense for their new-found equal status. Some of the vocabulary used was less than ladylike and every bit equal in imagination to that of their male counterparts!

Now that the short term is in better shape we must turn our attention to the future and

next year some important decisions may have to be made. Our joint investigations with Patana School are proceeding and since the school will have to make its decisions fairly soon we too will have to make our minds up on this particular option. The Committee feels that a brand new joint school/Club development could well be the way forward but there are other options including partial redevelopment of our current site which also merit investigation. A clear policy is needed and of course the Membership as a whole must be fully involved in any decisions taken. This must be a priority next year.

Whatever decisions are taken about the longer term future, the Club will carry on much as before next year and the Committee will continue to look for ways to improve services and Club atmosphere to attract Members and better usage. In particular we are very conscious that, although our food is probably on the whole considered to be reasonable and of good value, we do get complaints and there are undoubtedly

problems of consistency in quality and presentation. Improvements in this area will be a priority in the New Year. Michael Ball is our new F & B Committee Member and he will be helping the Manager in this area. There are no plans for any major expenditures around the Club next year but we would like to do something to improve the poolside surrounds and to enlarge the seating area. We do now have the problem of being a bit overcrowded at times and some improvements could be made at relatively low cost.

By the time this arrives on your doorstep the Christmas and New Year celebrations will be over but on behalf of all of you I would like to thank the Manager and all of the Club Staff for their excellent and cheerful services in 1986. On behalf of the Committee I would like to thank all Members for their support and encouragement in 1986 and wish you all, and the Club, a very prosperous 1987.

Jack Dunford

RECIPROCAL CLUBS

THE LEEDS CLUB, 3 ALBION PLACE, LEEDS, ENGLAND

We are pleased to advise that arrangements have been concluded for BC members to enjoy the relaxed and elegant facilities of this unique very old and respected Club located in a beautiful mansion in the heart of the City of Leeds.

Facilities include:

- bedroom accommodation,
- elegant dining room,
- reception area and bar,
- reading room,
- card room,
- billiards room,
- four private functions rooms.

For further details and an introduction card or letter, please contact the Manager. Once in England, you can contact the heads Club on 0532-450755.

The Bangkok St. Andrew's Society

Burns' Night Ceilidh

All welcome



FOLLOWING the marvellous success of St. Andrew's Night (and morning), The Society cordially invites all to a BURNS' NIGHT CEILIDH to be held at the British Club on Saturday 24th January.

Starting at 7:30 p.m. — this informal evening will consist of a buffet dinner (haggis provided but not compulsory) entertainment of a standard seldom seen in Bangkok and, of course, Scottish dancing.

Tickets will be B250 each to include dinner and soft drinks. Guests may bring wine and spirits without corkage but beer should be purchased through the British Club.

Unfortunately numbers are limited so please send your requests for tickets (with payment) early to avoid disappointment.

Parties of 8-10 may request that tables be reserved, otherwise free seating.

Yours Aye

Ian I. Stuart
Vice Chieftain

To: Mr. Ian I. Stuart
c/o Chesebrough-Pond's Thailand Ltd.
4th Floor Yada Bldg.
56 Silom Road
Bangkok 10500

I enclose B..... being payment for tickets at B250 each for the BURNS' NIGHT CEILIDH on 24th January.

Please do/do not reserve a table of 8/10 places. (Those reserving tables please write the names of guests on the reverse.)

.....
Print name and address

LETTERS

all that jazz

SOME time ago, an English lady was looking for a room in Switzerland. She asked the local schoolmaster if he could recommend any. He took her to several places, and she decided to take one of them.

When everything had been arranged, and she was on her way home to England, it occurred to her that in the house she had chosen, she had not seen any bathroom. The English term for this is "water closet". She immediately wrote, to ask if there was a W.C. in or near the house. On receiving her letter, the schoolmaster was troubled. He did not understand the abbreviation. He finally asked the local barrister to help him. Together, they concluded that the English lady must mean Wayside Chapel, or a place for worship. So he wrote in reply:

I have great pleasure to inform you that the W.C. is situated nine miles from the house, in the centre of a beautiful grove of pine trees, surrounded by beautiful scenery.

It is opened Tuesday, Thursday, and Sunday each week. It is capable of holding 250 people.

You will be glad to know that a number of people come early to make a day of it. Others, whose schedules are limited, travel by car and

arrive just in time.

I would appreciately advise your ladyship to visit on Thursday, for there is an organ accompanist there on that day.

It may interest you to know that my daughter was married in our W.C., and it was there that she first met her husband. I remember quite well the rush for seats. There were ten people on the seat I usually occupy, and it was wonderful to watch the expression on their faces.

My father has been going there since he was christened.

A wealthy resident of the district recently erected a bell in our W.C., which rings every time a person enters.

A Bazaar is to be held soon. The proceeds will go to helping furnish plush seats, as members feel it has been a long wait.

My wife is rather delicate. She cannot attend regularly. It is six months since she last went. Naturally it pains her very much not to be able to go more often.

I shall be delighted to reserve a seat for you. I am eagerly waiting for an appropriate comment from you, and I hope to meet your ladyship at our W.C. one of these days...

From the Communicator

W.C.

I'M SURE THEY'LL NOT BE MISSED.

The bar flies in the Churchill bar are not a pretty sight.
They cluster on the bar stools, until very late at night.
Of raucous voice and dirty joke, whom do these guys delight?
But why should our lady members be forced to see them tight?

They've been a fixture for so long, it seems they've come to stay.
But who would bring their guests along to see these chaps at play?
An answer to this problem? Well, it's not for me to say,
But why not find a little room and hide them right away?

They might enjoy the privacy, no one to say "desist",
And who would care if one and all got well and truly pissed?
You haven't met the bar flies? Well, I've got a little list,
And I'm sure they'll not be missed, I'm sure they'll not be missed.

Anon.

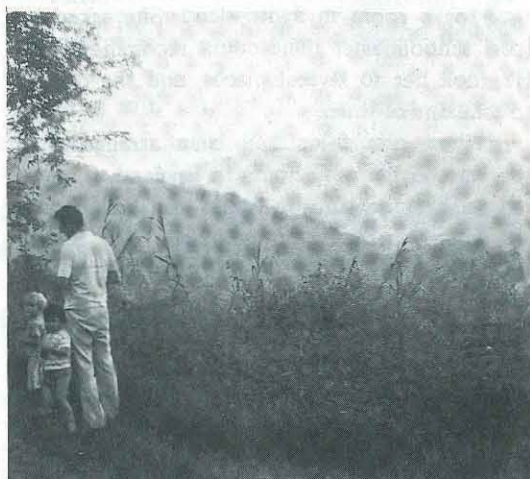
(with apologies to W.S. Gilbert)

TRAVEL LOG

Khao Yai National Park

KHAO Yai is a nature reserve 125 miles north-east of Bangkok. It is an area of over half a million acres of green hills covered by evergreen and deciduous forest rising to 4,000 feet. It is a place where you can see the real jungle, tall trees stretching up over the canopy below and deep creeper-filled ravines. There are interesting plants in abundance including the wild orchid and, though infrequently spotted by visitors, elephant, bear, deer, tiger and monkey make their home there. A wide variety of tropical birds can be seen and butterflies in profusion, particularly near the waterfalls. The main attractions for the Bangkok resident are the many jungle walks and the excellent golf course. It is a marvellous place for hiking, climbing, picnicking, camping and generally having a peaceful time.

You can reach Khao Yai by train, bus or car. The 4½ hour train journey from Hualampong Station starts at 6 a.m. There are frequent stops and a change to a bus for the last 40 kilometres (price unknown). An airconditioned bus leaves the Northern Bus Terminal, Lardprao daily at 9 a.m. The journey takes three hours and costs B74 one way. Buses leave Khao Yai for the return journey at 3 p.m. For the 3-4 hour car journey, leave Bangkok on the airport road. Continue for about 100 kilometres past the Rangsit and Ayutthaya turns. Then before reaching Saraburi take route 33 on the right. Go through Nakhon Nayok and about 20 kilo-



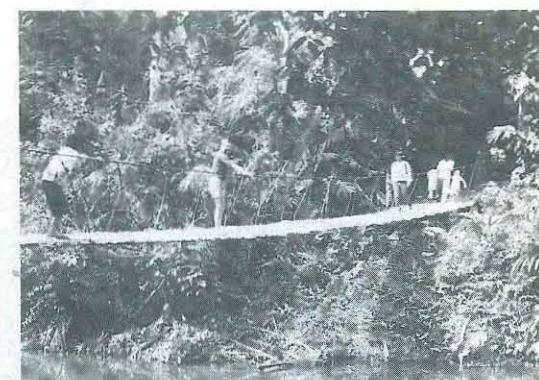
metres further on turn left on the 3077; this is signposted to Khao Yai. The last 20 kilometres of the drive are particularly picturesque as the road winds up through the hills. There are two other routes. The 305 through Rangsit is not to be recommended; though the scenery is charming the road is appalling which results in much cursing and a very uncomfortable ride. (This may be a very good route in the future when the road has been rebuilt.)

Bungalows are available through the Tourist Authority of Thailand which has thirty bungalows collectively known as the Motor Lodge, next to a small lake. So once you are in the park, head in the direction of the Motor Lodge which is signposted. There are 16 two-bedroom



and 10 three-bedroom bungalows with prices ranging from B660 per night to B1,000 (depending on the number of bathrooms!) There are also 4 three-bedroom bungalows with sleeping room for 10-14 people (for when you are feeling really sociable). However, be warned, the accommodation is often booked up several months in advance; so this is a weekend that you have to plan well ahead of time.

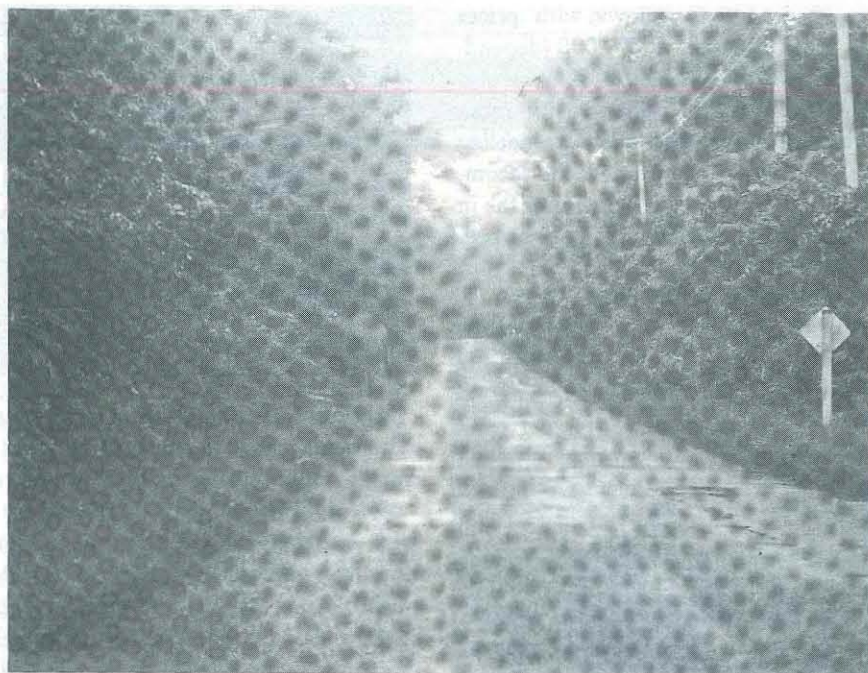
At the bungalows a minimal deposit is required for the keys and B100 per day for a gas ring. These are the only extras on top of the initial price of the accommodation. Though fairly spartan, the bungalows are perfectly adequate. There is no a/c nor are fans supplied but it is much cooler there than in Bangkok. We slept minus fans under blankets in October and were not hot. The accommodation consists of a living, dining and kitchen area off which are the bedrooms and bathrooms. The kitchen contains a sink-unit, a small fridge and cupboard space but NOTHING else. Off the living area is a verandah. You need to take crockery, cutlery, drinking equipment, saucepans, washing-up gear, etc. — selection depending on how elaborate a weekend you are planning! If you forget the matches or the corkscrew you will never be forgiven!! Take a torch as well. Although the Park officials warn you against wandering about after dark (because of the possibility of lurking wildlife) if you are there with a group of friends it is almost impossible not to do so. The bedrooms have two ordinary sized single beds in each. Small children can easily sleep on the sofas in the living area. The beds are supplied with sheets, blankets, pillows, plus pillowcases — the bathrooms with towels (rather threadbare) toilet paper, and HOT water.



Now to an important consideration — food! The restaurant at the Motor Lodge has an English menu and is cheap but has a poor reputation; we did not actually try it. We did try the eating stall opposite the children's playground though. It serves a variety of simple noodle and rice dishes, soft drinks and beer, ... the noodles were delicious; the price for ten people including soft drinks and beer was B250. Alternatively you can take your own food, pre-cooked for ease. Barbeques are a great idea too! The golf course has a good restaurant, I'm told, though again we did not try it. Two bottles of Polaris water are delivered each day to the bungalows with extra available if necessary. There is also a maid service for cleaning if you want it.

Do take a good supply of insect repellent, mosquito coils and insect spray. This is one of the few places that the average farang can catch malaria. When you arrive, check that the mosquito screens are in fact in place. Ours were not and if you aren't careful you'll end up with a bungalow full of mossies and other winged delights!

If you are a golfer, you'll enjoy the local golf course. If you don't play, it's a nice walk anyway. The visitors' centre is not a great fountain of information apart from the printed sheets it provides on the 12 hiking trails. These range in length from 8 kilometres (5-6 hours' hike) to 2 kilometres (1 hour hike). There are also many short walks leading to lovely waterfalls situated only a short drive away from the bungalows. These are suitable for even small children (3 years plus) though there can be a fair amount of clambering involved and they may need some help. The main problem encountered walking around Khao Yai in the wet season is the leeches. This is where your can of insect repellent comes



into its own. If traipsing through the jungle, jeans well tucked into socks and plimsoles ALL liberally sprayed will deter the little beasts. Leeches are adept at creeping through lace holes, so spray upper shoes well. Each bungalow has a small amount of information on local walks and things to see. The Motor Lodge also organises after-dark truck rides through the "jungle". You'll probably only see deer but the possibility of a glimpse of something else make it all worthwhile and the kids love it.

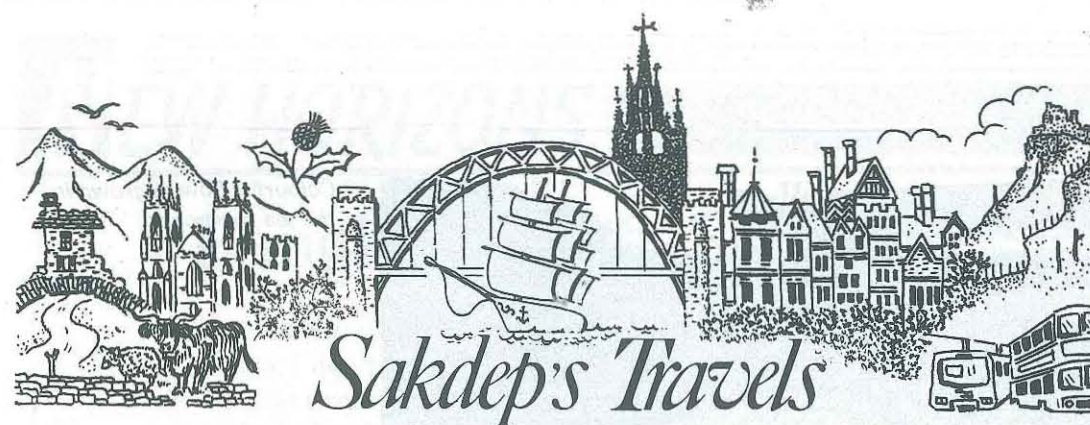
Should you be feeling especially adventurous and wish to camp, the office at the Motor Lodge has 10, two-man tents at £50 per night or you can take your own and pay only £15 per night. The camp site is a short distance from the Lodge and does have running water and bathroom facilities.

To book your bungalow, telephone 282-5209. Khao Yai is a boon for those wanting peace, quiet, reading time, long chats and early nights.

HAPPY CAMPING!
Maren White



"I told you not to ring me at the office!"



Tynemouth

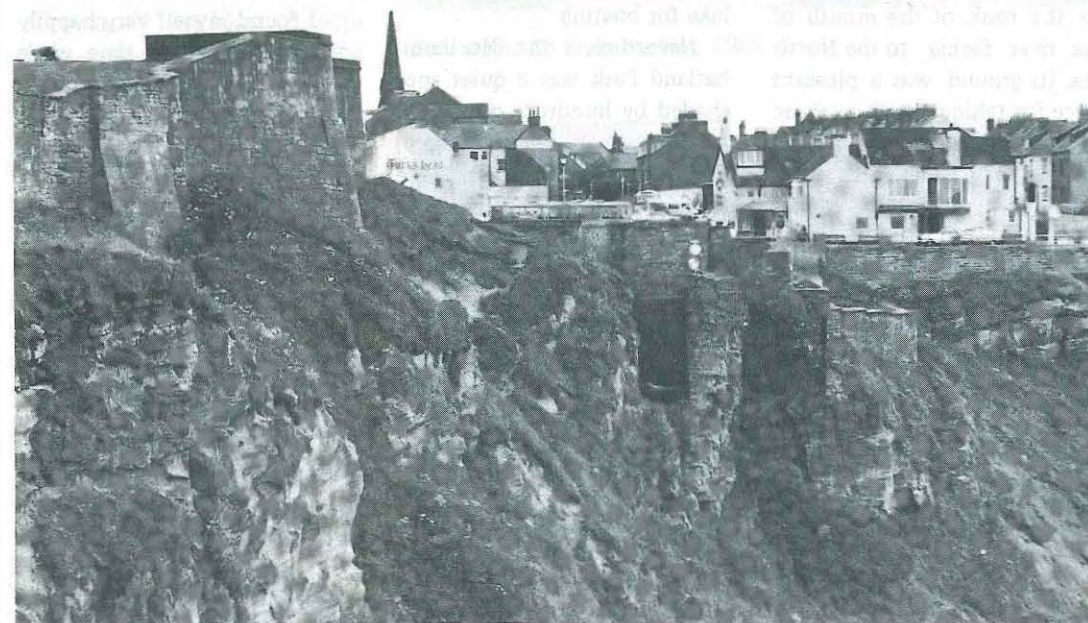
LOCATED in county of Tyne & Wear on the east coast upon River Tyne 9 miles away from Newcastle. It was well known for its existing ruined castle and priory set on a cliff above sea-coast. Down the cliff spreaded a long sand beach adjoining to Whitley Bay in the north and in the south opposite to South Shields. This was one of

many leisure places for holidaymakers who were keen to swim or surf. A yacht club was also established nearby the castle for those who loved sailing.

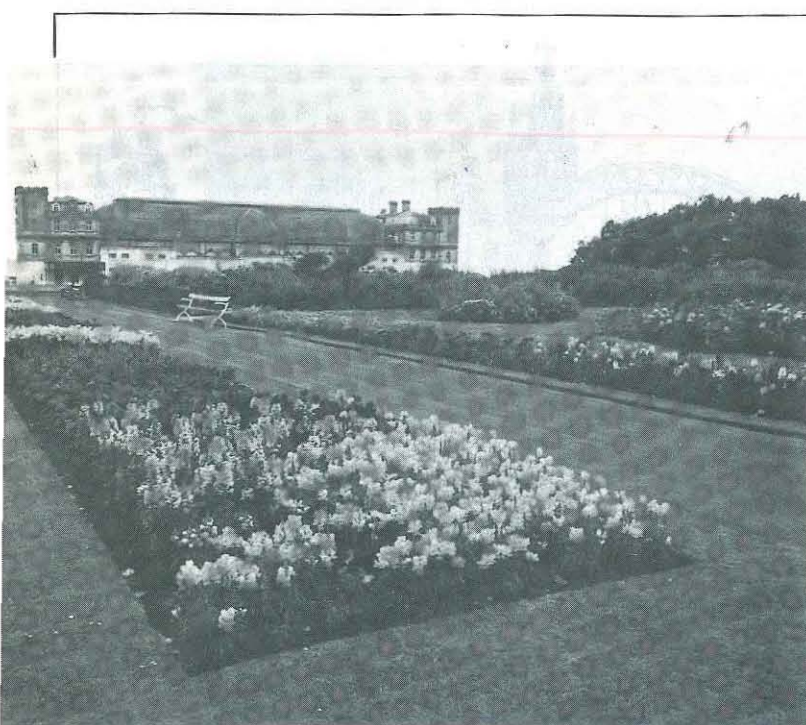
The sea was not glamorous blue as I used to see it probably because of the effect of cloudy grey sky. Similar to other normal sea it was windy and wavy some days but coast guards were on duty ready to rescue any victims when help

needed in case of an accident or an emergency.

Swimmers were to be alert to observe when red flag flying for a sign of danger. I was told that in recent years prior to my visit two children were trapped in rocks and drowned to death when high tide flooded over. I didn't dare swim not because of feeling fear of the previous history but water temperature was so cold that could freeze me to ice! For



A superb town view seen from the castle cliff



Colourful flowers grown in the sea-front park

those who wished to be safe a seaside swimming pool also available.

On the other side of the Tynemouth Castle erected about ten metres high a huge monument of Admiral Lord Collingwood on the hilly field by the bank of the mouth of the river facing to the North Sea. Its ground was a pleasant place for taking a walk or those who wished to feel fresh clean air of the sea just walk along down to a pier at far end of the coast.

On the sea-front road located by many restaurants most of them were Indian and among English dishes Fish & Chips seemed to be very popular, some standard hotel or even amusements places for teenagers. Most interesting part was a park with beautifully well arranged garden growing colourful flowers (especially roses which had wonderful sizes and colours or even excel-

lent fragrances that I did not wonder why the rose was a symbolic sign of England as they were popularly included in most gardens). The park also provided tennis hard courts but not standard ones, bowling-greens and a miniature lake for boating.

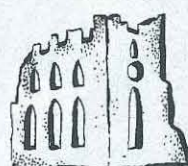
Nevertheless the Northumberland Park was a quiet spot shaded by hundreds of planted trees and flowers. Notably, I found that here dogs were very popularly kept by many people as they were good friends of them or they said English people were dog lovers.

There was no difficulty to get into Newcastle or other nearby towns that I could get a double deck bus leaving here every quarter. A bus driver not like in Bangkok, performed his duty both driving and collecting fares. And a metro was very convenient and saved time that all fares would be paid to ticket machines

with proper fares relevant to indicated destinations, tickets then would come out automatically. Although there was no conductor but passengers were warned of penalty.

Those who might have seen a hilarious movie called "Super Gran" would notice that most film shooting locations which its backgrounds were mostly based in Tynemouth but its name was converted to Chisleton.

I found myself very happily gaining such good time while I stayed here together with contributions of very warm welcome from relatives and friends I received and that it made me love England much more than being in Bangkok.



Next month I visit Newcastle-upon-Tyne

NEW HORIZONS

Bangkok Music Society

"Would you like to join the Bangkok Music Society?"

"Oh, I don't know. I can't play or sing anything."

"That doesn't matter. You can still join us."

"But what for?"

What is the Bangkok Music Society, what does it do and how is it organised?

To start with, the BMS is not to be confused with either the Chopin Society or the Bangkok Symphony Orchestra and it has nothing to do with the annual performance of Handel's "Messiah" or Bizet's "Carmen" in 1985. It is that reckless group of individuals who managed to pull off Verdi's "La Traviata" last May in spite of disrupted rehearsal schedules due to floods, loss of a soloist ill with malaria and rained-out props. It is that happy mixture of Thais and farangs who staged Lehar's "Merry Widow" several years ago, and more recently gave adults and children alike great fun with "An animal concert". Classical music lovers among the members have tested their musical knowledge at a "Guess the composer" nocturne evening (Chopin forbidden),



Backstage. La Traviata May 1986



Backstage with Paul Nadler, conductor, Metropolitan Opera House, New York. La Traviata, May 1986

amateurs skilled or unskilled regularly try out their talents at house concerts where members congregate to eat, perform, listen, rub shoulders with professional musicians and gossip. Those members with wider horizons have organised a "Bangkok to Bali" evening with music closer to home, and a concert of Japanese music and dance in cooperation with an enthusiastic and talented section of the Japanese community.

Apart from having fun, the BMS also encourages and supports a number of young, promising Thais in their musical education whenever possible. Many BMS events are free for members but occasionally an entrance fee is charged so that the coffers may be replenished for the BMS scholarship programme or for a major musical production. Former scholarship winners often help at these events as two Chulalongkorn music students did last November when they and other musicians performed for an audience of more than 300. As a non-profit organisation, the BMS cannot afford to pay for performances by well-known musicians from abroad, but we will go to great lengths to persuade those passing through Bangkok to give a free concert or music work-



On stage. *La Traviata* May 1986

shop or both.

Like some other groups in Bangkok, the BMS has a large proportion of members who are not permanently resident in Thailand. There is a constant need to "stock up" on active and interested members, because it is the members and the committee and its Chairman, elected each year at an AGM, who determine the course of the BMS, who

plan and organise its activities, who in other words make or break it.

If you are interested in joining BMS, please phone Yiong on 252-9936. Once on the BMS list you will receive a monthly newsletter with information on anything musical going on in Bangkok.

Yiong van Walsum
BMS vice-chairman

THAI PLANTS

Coconut palm

COCONUTS provide not only food and fibre but our most enduring image of tropical paradise — long stems leaning sunwards across sandy beaches.

And this is the environment that coconuts prefer: sandy soils, uniform temperatures night and day, high humidity and plenty of rain. Coconuts which have floated in sea water for three months are still able to germinate, which explains how they have become so widespread along tropical coasts worldwide.

Coconut palms grow to 20-30 metres over a lifespan of 80-100 years; like other palms they maintain a fairly constant number of leaves, by discarding old leaves as new ones develop (the new leaf appears, tightly furled, pointing skywards at the top of the palm, a paler green than older leaves). Each leaf is divided into leaflets which can turn to catch the sun's rays; the whole leaf may be up to 5 metres long.

The coconut fruit is made up of several layers; in the centre is the milky fluid and the embryo of a new palm tree. Around this is a whitish jelly-like layer which is the copra beginning to form. Then there is a hard shell which has three "eyes" — one of these is a soft area through which the growing seedling will push its way to form a new palm. Outside the shell is a thick layer of fibres (coir, used for matting) and finally there is a hard, green or brown outer layer.

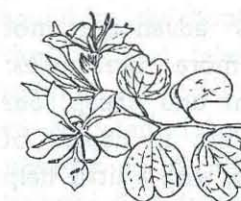
As the coconut ripens the milk is absorbed and the white "meat" or copra becomes firmer and then hardens, approximately one year from flowering. Copra is shredded and dried to give dessicated coconut, or pressed to give coconut oil — the raw material for some soaps, candles, cosmetics and baking fats. Other coconut products include ladles, bowls and even rudimentary musical instruments made from the shell, which can also be burned as fuel.



Coconut palm
(*Cocos nucifera*)



A coconut palm will start to produce fruit when it is 5 to 8 years old and it will continue to do so without a break for 60 to 70 years. Throughout its useful life it will have produced 3 to 6 coconuts every month: maybe 3,500 altogether; meanwhile, its fronds may have been used for thatching and, at the end, the trunk is suitable for building. Most of the world's coconuts are grown in Asia: Indonesia and the Philippines are the leading producers.



Camel's foot tree
(*Bauhinia* spp.)

Camel's foot tree or Orchid tree (*Bauhinia* spp.)

Several related species of small tree, easily recognised by distinctive leaves: two identical lobes joined together (the name *Bauhinia* is taken from that of two French botanists, the Bauhin twins). Large fragrant flowers, with petal colours from white to purple.

Jacqueline Piper

An everyday tale of city folk

BANGKOK guidebooks and historians are fond of pointing out that the City of Angels was originally a small village lost in swampy country. For some of its inhabitants, it still is a village. In a certain well-known supermarket, I meet half my acquaintances on Saturday morning whilst doing the shopping. At the Ploenchit Fair it seemed that almost everyone was a friend (and that was before I found the wine bar).

We have our village grocery shop and school and, as in most villages, the pubs outnumber the churches. There's certainly a Squire – nominations are open for village idiot.

This village has advantages not shared by those in more rural areas: the buses are frequent and cheap, our village post office is not in danger of being closed down and, with a little help from the other six million inhabitants, we can support rather more department stores than most hamlets. Then again, just as villagers usually go to the next big town to shop for major items, we pop off to Singapore and Hong Kong. The concept is the same, only the distances have been changed.

But there are disadvantages to village life. Whereas anonymity is usually a characteristic of cities, it's not easily achieved

in Bangkok. Join a new club (such as the music group or the village drama society) and you meet all your friends, maybe behaving rather oddly and wearing clothes more eccentric than is usual, but you will find that strangers will be far outnumbered by those you already know and had hoped to surprise with your star performance. Even in a small town this would never happen – after all, isn't joining clubs the route that agony aunts recommend to those seeking a mate?

Am I right in thinking that this village environment means that we all behave a little better and smile more? Would you queue-jump a stranger or be surly to him, knowing that next week you may find yourself sitting down to dinner with him? And as for matters of the heart, the likelihood of a clandestine meeting being seen is so great that rectitude is assured. ... Did I hear someone say "Not true"?

Yes, when I return to my medium-sized home town, it's the village atmosphere of Bangkok that I'll miss, not the city lights. Maybe the organisers of the village fete ... sorry, Ploenchit Fair – should think about offering prizes for the largest marrow and the best fruitcake next year.

Jacqueline Piper

Driving your own car

ONE of the nice things about going on leave is that you can drive your own car once more. It's great to get behind the wheel again without the stresses of Bangkok traffic, isn't it? Well, as our leave neared its end, I thought it would be a good idea to check the tyre pressures on our car, so I wandered out to the garage. I should explain that our garage, while sufficiently long, is very narrow. Once the car is inside, only the driver's door can be opened, and that not very wide, so that it is quite hard to get in and out. The pressure gauge lives in the glove pocket, which is of course on the passenger's side, and can only be reached from inside the car.

So I wriggled into the driver's seat, extracted the pressure gauge from the glove pocket, and confidently checked the pressures on all four wheels. Everything was OK. Then it occurred to me that since the car was going to be off the road for several weeks, I ought to check the spare tyre pressure as well. So I opened the hatchback and lifted the boot floor covering. No spare tyre. Where was it stowed? I couldn't remember, so I struggled through the driver's door again to get the owner's manual, which also lives in the glove pocket. This reminded me that the spare wheel is not in the boot (that was our previous car!), but under it, and is released by turning a nut on the floor of the boot to lower a bracket which retains the wheel. Fine. I returned to the boot to get the jack handle to release the said nut. No jack: no jack handle. I couldn't remember where they were stowed either. Being tidy-

minded, I had carefully put the owner's manual back in the glove pocket, so once again I had to writhe into the driver's seat to get it out. Yes, of course. The jack and handle were stowed under the bonnet. So I went round to the front of the car to undo the bonnet. But alas I had forgotten how. Being tidy-minded, I had again returned the owner's manual to the glove pocket, so yet again I slithered through the barely open driver's door to retrieve and consult it. The bonnet release lever was inside the car, naturally located for maximum inconvenience almost on the floor on the passenger's side. To reach it, I had to worm my way over the gear lever, then back again in order to get out of the driver's door. You may recall that the garage is too narrow to allow both doors to open at once.

At last I was able to raise the bonnet, and lo and behold there were the jack and jack handle. I took the handle, went round to the boot, and got to work on the nut that released the bracket that retained the spare wheel. It was a bit stiff to get started because it had not been lowered for a long time. I turned and turned. And turned. Eventually the nut would turn no more, but the bracket had still not come down far enough to release the wheel. Why not? One more heave, then suddenly both bracket and wheel descended with a crash. On my toe. At that point, I might well have been tempted to use a rude word, if only I had known one.

But once I had stopped hopping around, I began to savour appreciatively

the triumph of man over machine. This satisfaction was terminated abruptly, however, by the realisation that I was no longer in possession of the pressure gauge. It was not in my hand, nor in my pocket, nor on the floor of the boot. Of course! Being tidy-minded, I had at some point put it back where it belonged, in the glove pocket. So for the fifth time I insinuated myself into the driver's seat, and got the pressure gauge out of the glove pocket. It was the work of but a moment to check the pressure of the spare wheel before returning the gauge to its rightful place in the glove pocket, along with the owner's manual.

All that now remained was to put the spare wheel back in its bracket, and raise the bracket. The wheel went back in, but I discovered that the bracket had fallen to the ground because it had become completely detached from the other end of the nut that you turn with the jack handle. In order to get the bracket and nut connected again, it was necessary to do two things simultaneously. One was to support the weight of the spare wheel and bracket, while bringing the bracket up to the end of the nut

so that the thread on the nut could engage the thread on the bracket. The other was to turn the jack handle. To do the first, it was necessary to be able to see both the bracket and the lower end of the nut, in order to bring them together. This meant lying on the ground underneath the boot. To do the second it was necessary to stand up.

I quickly deduced that this problem required the aspirin bottle solution. Some years ago, when frustrated by the child-proof lid of an aspirin bottle, I had had to get the kids to show me how to undo it. Once again it was necessary to get help from the kids. So I lay under the boot and heaved upwards while one of the kids nonchalantly turned the jack handle, and soon it was all over. The spare wheel was stowed away, and the jack handle replaced under the bonnet. A good job successfully completed.

I forgot to mention that the spare wheel was well above the recommended pressure, so that the whole exercise had been totally unnecessary.

It's great to drive your own car again, isn't it?

David Clark

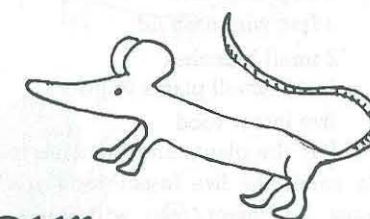
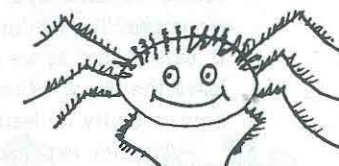
Publicity Committee
Geraldine Williams
287-1011

NATIONAL MUSEUM WEDNESDAY MORNING LECTURES ON THAI ART AND CULTURE

On January 28th at the National Museum of Thailand auditorium, Sanam Luang, a nine-week lecture series sponsored by the National Museum of Thailand Volunteers will begin. These lectures are designed to acquaint the newcomer to Thai art and architecture placed in an understandable sequence. The lectures are accompanied by slides and a syllabus. Rita Ringis will lecture first on: Gods and Guardians - Hindu Elements in Thai Art. The series will cost B 400 and an individual lecture B 60 with half-price to students.

Registration for the one-hour lecture, presented in English, will begin at 9:15 am. at the auditorium. Advance registration for the series may be sent to: National Museum Volunteer Group, P.O. Box 11-1305, Bangkok 10112, Thailand. Please write lecture series on the envelope. Coffee will be available before the lecture.

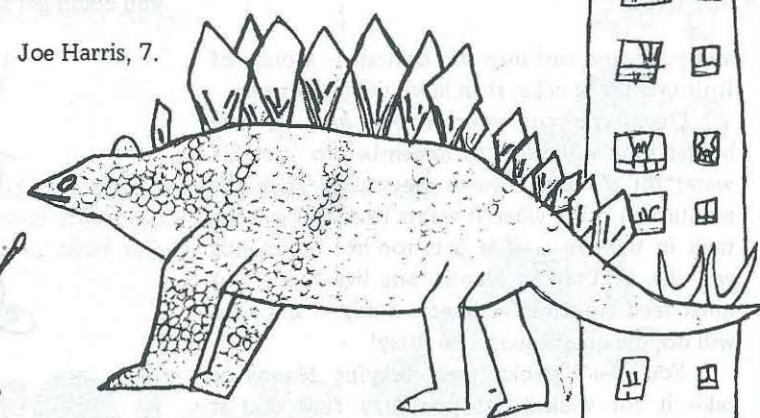
CHILDREN'S CORNER



My pet dinosaur

MY pet is a stegosaurus. He is very big. Sometimes his back plates go through the roof then the people who live above us come down to tell us off and when they do I have to hide my stegosaurus. His skin is a greenish colour and his back plates are red. He has sharp spikes on his tail. He eats the plants on the balcony and that is why our balcony looks dull and dreary. I don't have to clean his cage because he walks about the house. I am glad I have not got Tyrannosaurus Rex. He would have been too ferocious.

Joe Harris, 7.



If you haven't room to keep a dinosaur, here's how to catch and care for a smaller pet - A Praying Mantis.

A Praying Mantis gets its name because of the way it folds its long front legs, but if it spots a passing insect the mantis will immediately stop praying to grab it. A Praying Mantis is

a fierce hunter. If you want to catch a mantis to keep as a pet, it shouldn't be too difficult to find one. They are quite common in Thailand. Look on the bushes in your garden, especially in places where there are lots of flying insects around. We recently caught one on the bedroom window of our sixth floor apartment. When you

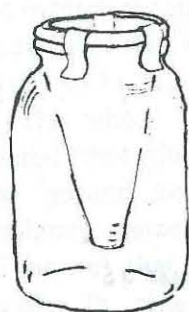
find your mantis, pick it up just behind its two front legs. Don't hold it too tightly or you will injure it – and be careful if it's a large one: they can bite!

To make a home for your Praying Mantis you will need.

- a large fish tank
- a fine wiremesh lid
- 2 small branches
- 1 or 2 small plants in pots
- live insect food

Put the plants and branches in the fish tank.

To catch the live insect food you will need to make an insect trap with an empty jam jar and a paper funnel. Tape the funnel into the jam jar –



and put some bait into the bottom – a piece of fruit or a bit of cake, then leave the jar outside.

Once you put your mantis into its new home, you will have to remember to sprinkle water on the plant leaves every day. Then the mantis can drink when it wants to. Don't put the tank in the sun – if it gets too hot the mantis will die. A Praying Mantis eats live food. You must feed it at least 4 insects a day – any kind will do; the mantis won't be fussy!

You can't stroke your Praying Mantis or take it for walks, but you may find that it becomes tame enough to take food from your fingers. You could try giving it water from an eye dropper.

A Praying Mantis is an interesting creature too! Of course it's an insect. Count its legs – like all insects, it has six. It has three parts to its body and all the legs are attached to the middle part which is called the thorax. Look at it with a magnifying glass, and see if you can find its nose. As you've guessed, it hasn't got

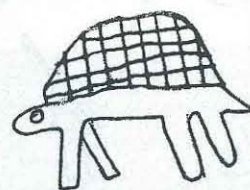
one! Insects breathe through small holes, called spiracles, on the sides of their bodies. Looking at the eyes of your mantis through the magnifying glass you can see they have lots of lenses. You should be able to see a black dot in the centre of each eye, which is like the pupil of your eye. Try feeding your mantis a grasshopper. It eats it just as we eat corn on the cob. It will leave the wings. When it's finished eating, watch how carefully it cleans itself.

Another experiment you can do with your mantis is to find out what kind of tracks it makes when it walks. Fill a shallow plate with water and stir in some drops of food colouring. Stand your mantis in the water, then lift it onto a large sheet of white paper.

A Praying Mantis has no ears but hears with its antennae. You can test its hearing by standing behind it and making different sounds – clap your hands, blow a whistle, bang a saucepan with a spoon. When it hears you the mantis will respond by turning its head. Does it hear high or low sounds?

A Praying Mantis has only a short life; perhaps after a few days it would be kindest to return it to the place where you found it. Then you can try catching a ladybird or a cricket to keep in your fish tank – or even, like Nadia, you could get some fish to keep in the tank!

big
Turtill



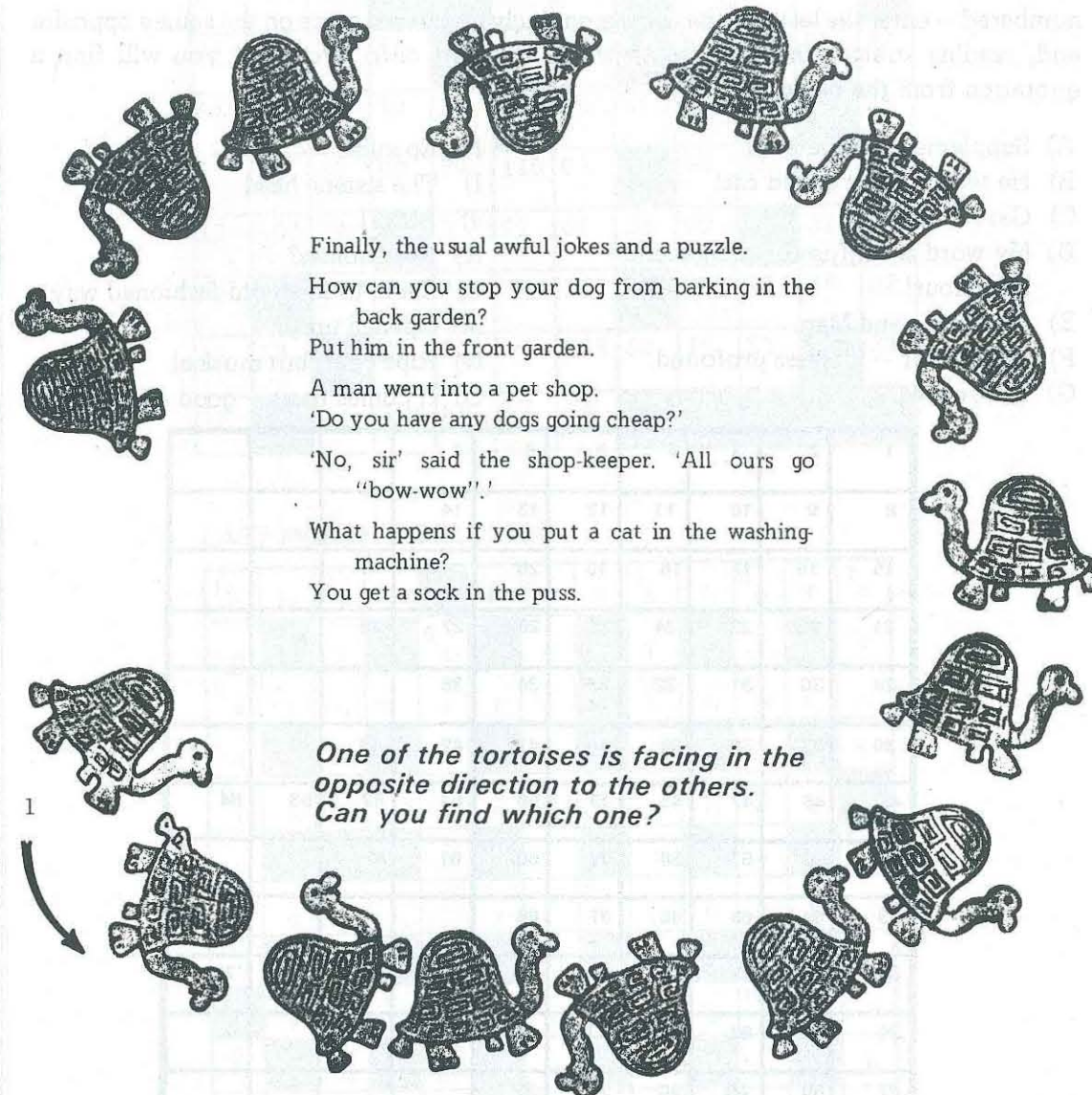
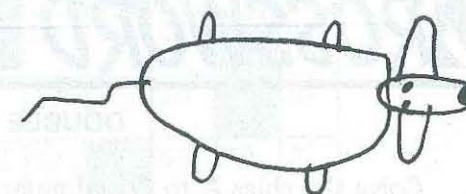
(Small)



I like my fish. When we had the first lot of fish they floated away in the flood and then we bought some more. One is a sucker fish and the other fish are koi fish. I also have some budgies. They peck each other and they are pretty colours.

Nadia Hudson 6¾

hamster



Finally, the usual awful jokes and a puzzle.

How can you stop your dog from barking in the back garden?

Put him in the front garden.

A man went into a pet shop.

'Do you have any dogs going cheap?'

'No, sir' said the shop-keeper. 'All ours go "bow-wow".'

What happens if you put a cat in the washing-machine?

You get a sock in the puss.

One of the tortoises is facing in the opposite direction to the others. Can you find which one?

Next month, the Children's Corner will be all about birds. Your contributions will be very welcome. See you then! (Oh, the answer to the tortoise puzzle is – the ninth tortoise.)

CROSSWORD

DOUBLE GRID PUZZLE

Solve the clues A to O and enter in the spaces. Reading down, the initial letters of the solved clues will give you the title of a work by a great novelist. Each letter is numbered – enter the letter in the correspondingly numbered space on the square opposite and, reading straight through, (some words are split onto two lines) you will find a quotation from the book.

- A) Supplementary material.
 - B) He teach? What a wild cat!
 - C) Gave an ear to.
 - D) My word is confused – disgraceful behaviour!
 - E) St. Helena and Man.
 - F) Lash lower – it is less profound.
 - G) Reflective.

- H) Epistles.
 - I) The sisters' head.
 - J) LXVII
 - K) Neat homes?
 - L) Came to in an old-fashioned way.
 - M) Opened up.
 - N) Ripe coat, but musical.
 - O) It comes to us – good and bad.

1	2	3	4	5	6	7			
8	9	10	11	12	13	14			
15	16	17	18	19	20				
21	22	23	24	25	26	27	28		
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99	100	101	102	103	104	105	106		
107	108	109	110						

					72	83	43		106	50	13
26	78			46	84		98	93	4	23	88
103	35			109	39	89	30	100	75	20	59
65	47	53	45			9	105	82		55	70
6	107	77				94	12		42	1	68
28	87	34	16			22	52		8	63	86
64	80	71	19	36		90	11	73	57		95
7	85	31	99	79	110	67		40	56	18	49
10	102	74		3	91	61	24	69		32	5
92		14	101	38	76	25		96	48	44	62
17	58		81	21	41	108	60	15	51		29
33		27	104	66	97	54					

LAST MONTH'S SOLUTION

1	P	O	2	S	T		3	P	4	R	E	5	S	E	6	N	T	7	S
	R			T		8	C		A			I		E				T	
9	A	N	O	T	H	E	R					10	L	O	W	L	Y		
	C		N		R		E					E		Y			S		
11	T	H	E	F	I	R	S		T	N	O	E	L						
	I				S		T			T			A				12	E	
13	S	C	14	A	N	T	Y			15	S	N	O	R	E		D		
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		17	P	L	E	A	S	I	N	G	G	18	I	F	T				
19	P		O		S				N		H		N					R	
20	L	O	V	E	D			21	I	N	T	E	N	S	E				
	U		E		A			T		S			E					S	
22	M	E	R	R	Y	M	E	N				23	A	R	T	S			

CRICKET



CRICKET

New record:

Best individual bowling:

Nick White 7-34

vs

CMGC

6th December 1986

New records BC vs CMGC

Best score for	: 185		6th December 1986
Worst score against	: 52		6th December 1986
Biggest victory :	by 148 runs		6th-7th December 1986
Best 2nd wicket partnership for	: 52	Adams/Hough	6th-7th December 1986
Best 4th wicket partnership for	: 40	Dance/Dunne	6th December 1986
Best 9th wicket partnership for	: 33	Rider/Dunford	6th December 1986
Best 1st wicket partnership against	: 45	Ellis/Wilson	7th December 1986

THE CHIENGMAI TRIP: VICTORY!
RECORDS! KIDS! BINNS!

The British Club started off the season in fine form on their December tour to Chiangmai. Accompanied by a large crowd of supporters (most of them between the ages of 5 and 9), they demolished a strong Chiangmai side by 148 runs to retain the Dick Wood Trophy they won for the first time last year. Chiangmai won the toss and on a pitch which still had some dampness in it, causing the start to be delayed, sent BC in to bat. Terry Adams, who first opened for BC on the same pitch just three years earlier, was partnered by returnee Ben Piper. They put on a patient 20 before Terry was run out. Nick White's quick departure brought new superstar David Dance to the crease. Two more wickets fell before lunch, but David was still there waiting patiently for the bad ball and punishing it. He went on to make 52 on his debut with two sixes and four fours, before becoming one of four wickets to fall in the half-hour following lunch. At this point, BC were 136 for 8 off 47 overs and struggling to score runs against a predominantly spin attack. Overs were irrelevant in this first-ever two-innings game played over two days with unlimited overs, but time was important, and such a low score did not seem enough against Chiangmai. The situation was

transformed by two late batting performances. First, Alistair Rider slammed 28 off 35 balls in a way that suggests he wants to set up early-season expectations capable of being spectacularly dashed and so earning him the coveted "disappointment-of-the-season" award yet again. Then last batsman Binns confounded everyone by hitting the opening bowler for four consecutive straight and cover drives as he rattled up 11 runs in just six balls before being the last man out. These two were supported by a limpet-like Jack Dunford, and their combined contribution meant that the last two wickets had put on 49 runs in 8 overs and 33 minutes.

This fling at the end of a 55-over innings surely contributed to the weary display put up by Chiangmai when they batted, for, less than two hours later (tea-break included), they were all back in the pavilion for a total of 52 runs, with Nick White taking a new British Club record of 7 wickets for 34. This was a great all-round performance by BC: the Dance-White opening bowling partnership is the best BC has seen for a very long time - while Nick bowled unchanged from one end, David Dance and Ben Piper gave away only 12 runs at the other end; there was some excellent attacking fielding, with Nicky Dunne shining close in on the off; although a few sharp chances were put down, four good catches were taken.

Jack did not enforce the follow-on, and in the 11 overs remaining BC batted well in fading light to finish on 33 for 1 and an overnight lead of 166, Adams and Hough gaining the distinction of being the first-ever not-out-overnight batsmen in a British Club match.

After an excellent Saturday evening hosted by the Chiangmai club, play recommenced on Sunday morning at 11. The BC plan was to score quick runs for an early declaration. After an initial settling-in period, the overnight pair began to score freely. Frank's dismissal for 30 brought in Nicky Dunne, and he and Terry continued to pile up runs until Terry could no longer keep pace and retired. David Dance contributed another 17 and Nick White scored 10 not out, but the fall of four wickets in 8 minutes was the cue for the declaration at 12.30, with the score on 140 for 7 and the lead 273.

Chiangmai in the second innings were clearly going to be a different proposition, and the openers Ellis and Wilson dug in as though they were determined to see out the afternoon. It was not until the twentieth over that the first wicket fell. When drinks were taken at 2.30, Chiangmai were nearly 70 for the loss of only one wicket, and it was beginning to look as though they were going to hold out for a draw; Jack, indeed, was still playing it cautiously, seeing a possibility of their big hitters going

for the win. By tea, at 4 o'clock, BC had managed to keep pegging away, and Chiangmai were five wickets down, now with no chance of victory but still an even chance of holding out to the close, 20 overs after 4.30. Tea, however, clearly does something for Nick White; he came back to bowl his off-spin style, and immediately bowled four Chiangmai batsmen. His three-over spell, with one maiden, brought him 4 for 6, took his innings analysis to 6 for 48, and gave him overall match figures of 28 overs, 3 maidens, 13 wickets for 82 runs. Appropriately, it was David Dance who took the winning wicket; although he took only three wickets in the match, his 25 overs cost only 37 runs, and this must augur well for the limited-overs matches this season.

Newcomers contributed particularly well to this victory, only our third against Chiangmai. Frank Hough, Nicky Dunne and David Dance all established themselves as automatic selections with good all-round performances. All in all, it was a very satisfying beginning to the season, with all the team playing a part in the victory. The weekend was a really enjoyable family affair, with nearly 30 people making the trip; many thanks to Jack for doing all the organising.

By the time you read this, we will have played friendlies against A.I.T. and the Wanderers, and our first league match against the Post.

Fixtures for January are as follows:

Sunday 11th	vs	A.I.T.	at	RBSC ground	(50 overs)
Sunday 25th	vs	RBSC	at	Polo ground	(50 overs)
Saturday 31st	vs	A.I.T.	at	A.I.T. ground	(30 overs)
Sunday 1st February	vs	Wanderers	at	RBSC ground	(30 overs)

BRITISH CLUB

1st Innings				2nd Innings			
Adams		run out	10		retired		37
Piper		b. Tullidge	25		b. Law		5
White		b. Malik	5		not out		10
Dance	c &	b. Wilson	52	c. Harley	b. Malik		17
Dunne	c &	b. Wilson	17		run out		27
Hough	c &	b. Wilson	6	lbw	b. John		30
Hall	c. John	b. Wilson	4				
Hastings		b. Buckley	4				
Rider	c. Buckley	b. Wilson	28		b. Malik		1
Dunford		not out	11				
Binns		b. Wilson	11		b. Malik		0
		Extras	12		Extras		13
		Total	185		Total (for 7 wkts, dec.)		140

Wickets: 20, 32, 52, 92, 100, 112, 123, 136, 169, 185

Bowling:

John 7-0-34-0
Wilson 22-3-31-6
Malik 17-1-33-1
Tullidge 5-1-18-1
Buckley 4-0-7-1

Wickets: 10, 62, 101, 128, 136, 140, 140

Bowling:

John 12-2-28-1
Law 15-1-53-1
Malik 3-2-0-11-3
Tullidge 3-0-19-0
Wilson 3-0-19-0

CHIENGMAI GYMKHANA CLUB

1st Innings				2nd Innings			
Ellis	c. Hall	b. White	4	c. Rider	b. White		25
Law		b. White	1		not out		16
John	c. Adams	b. White	2		b. White		1
Buckley	c. Rider	b. Dance	10		b. Piper		4
Wilson	c. Hall	b. Piper	8	c. &	b. Piper		39
Malik		b. White	1	c. Rider	b. Dance		8
Harley		b. White	6	c. Rider	b. White		10
Tullidge		b. White	0		b. White		4
Reed		b. White	9		b. White		2
Coetzer		b. Piper	1		b. Dance		3
Yogi		not out	1		b. White		0
		Extras	9		Extras		13
			Total	52			
							Total
							125

Wickets: 4, 8, 11, 19, 20, 37, 37, 44, 50, 52

Bowling:

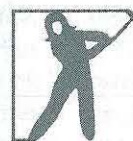
White 11-2-34-7
Dance 7-3-5-1
Piper 3-4-0-7-2

Wickets: 45, 74, 87, 91, 113, 116, 118, 122, 122, 125

Bowling:

White 17-1-48-6
Dance 18-2-7-32-2
Piper 9-0-31-2
Hough 2-1-4-0
Dunford 2-0-5-0

LADIES' GOLF



LADIES' GOLF

A very Happy New Year to all of you. I hope you are all rested and slowly getting back to normal after the festive season. I should like to take this opportunity of thanking my committee and all the girls who have helped to make 1986 a really enjoyable year for me. We've had some exciting competitions over the year and great successes. All good wishes for 1987 and happy golfing under your new "management".

COMMITTEE 1987

The new committee was "elected" as follows: -

Captain: Wendy Morris
Secretary: Penny Whalley

Treasurer:

Margaret McEwan

H'cap Secretary:

Wendy Binns

Committee Member:

Dolores Aaron

All very good wishes to Wendy and her team and hope you will have the fun and sorts of action that our committee have had this year.

Competition Results

November Stableford:

Flight A	Winner	: Wendy Binns	(24)	39	pts
	R/Up	: Joan Jurgens	(17)	35	pts
Flight B	Winner	: Kanda Phillips	(28)	40	pts
	R/Up	: Joan Guthrie	(32)	36	pts
Flight C	Winner	: Joyce Cadwallader	(37)	39	pts
	R/Up	: Margaret Currie	(40)	30	pts
Near Pin	No. 4	: Joan Jurgens			
	No. 13	: Gai Pitre			
Under Par		: Wendy Binns		71	nett
		: Kanda Phillips		68	nett
		: Joyce Cadwallader		71	nett

November 11th - T's & F's

Flight A	Winner	: Wendy Morris	(21)	29½	
	R/Up	: Pat Dodsworth	(16)	32	
Flight B	Winner	: Betty Watters	(32)	32	
	R/Up	: Penny Whalley	(30)	32	
Near Pin	No. 8	: Dolores Aaron			
	No. 13	: Pat Dodsworth			
Under Par		: Wendy Morris	(21)	71	nett
		: Joan Jurgens	(17)	71	nett

November 18th - L.G.U. Medal

Silver Division	Winner	: Mo Harris	(14)	77	nett
	R/Up	: Dolores Aaron	(14)	78	nett
Bronze I Division	Winner	: Anne Hendrie	(26)	77	nett
	R/Up	: Penny Whalley	(27)	78	nett
Bronze II Division	Winner	: Sriwan Forrest	(33)	74	nett
	R/Up	: Joyce Cadwallader	(35)	76	nett
Near Pin	No. 4	: Merle Decot			
	No. 13	: Wendy Morris			
Long Drive	No. 18	: Mo Harris			

November 25th & 26th - CLUB CHAMPIONSHIPS - Stroke Play - Le Petit Trophy

Silver Division (0-27)	Winner	: Wendy Morris	(21)	141	nett
	R/Up	: Joan Jurgens	(16)	151	nett
Bronze Division (28-40)	Winner	: Anne Hendrie	(29)	136	nett
	R/Up	: Gai Pitre	(30)	139	nett
40 H'cap Winner		: Mary Brittain		157	nett
1st Day:	Silver Div. Winner	: Pat Dodsworth	(17)	78	nett
	Bronze Div. Winner	: Penny Whalley	(29)	72	nett
	Near Pin No. 4	: Sriwan Forrest			
	No. 13	: Merle Decot			

Long Drive	Silver Div.	:	Mo Harris			
	Bronze Div.	:	Gai Pitre			
	Under Par	:	Wendy Morris	(21)	71	nett
		:	Anne Hendrie	(29)	68	nett
2nd Day:	Silver Div. Winner	:	Wendy Binns	(24)	73	nett
	Bronze Div. Winner	:	Joan Guthrie	(32)	70	nett
	Near Pin No. 8	:	Merle Decot			
Long Drive	Silver Div.	:	Mo Harris			
	Bronze Div.	:	Joan Guthrie			
	Under Par	:	Anne Hendrie	(29)	68	nett
		:	Joan Guthrie	(32)	70	nett
		:	Wendy Morris	(21)	70	nett



*Silver Division Winner
Wendy Morris*

*Bronze Division Winner
Anne Hendrie*



*40 Handicap Winner
Mary Brittain*



Prize giving and lunch were held at the Army Course on the second day. Thank you to Anne and Penny who bought such lovely prizes. Well done to the winners – super scores and well deserved winners.

December 2nd – CAPTAIN'S DAY – Stableford

This was a lovely day and I shall remember it with many happy thoughts. The weather was idyllic, the golf course in great shape and the company marvellous. We all returned to Mo's house for lunch and prize-giving after the game and some of us were still "slurping" until 6.30 p.m.: A lovely, lovely day girls and a great turn-out (26 girls). Thank you for your support. Oswald (my duck) will remind me of this day for many years to come.

Winner	:	Joan Guthrie	(31)	36	pts
2nd	:	Terri Merry	(40)	36	pts
3rd	:	Dolores Aaron	(19)	35	pts

Prizes were given to everyone who played but the list is too vast to mention!

Near Pin	No. 4	Dorothy Hartgerink (almost a hole-in-one)!
	No. 13	Margaret Currie
Long Drive	No. 18	Pam Hardy

December 9th – Bogey

Flight A	Winner	:	Kanda Phillips	(28)	+2
	R/Up	:	Margaret Ross	(8)	0
Flight B	Winner	:	Terri Merry	(40)	0
	R/Up	:	Joyce Cadwallader	(35)	-2
Near Pin	No. 8	:	Mo Harris		
	No. 13	:	Margaret Ross		
Under Par		:	Kanda Phillips	(28)	70 nett

New Members

Welcome this month to Helen Benham – good to have you with us Helen and hope you'll enjoy our outings.

1987 Season

Although some of you will not be available, the first outing will commence on

January 6th. Wendy Morris will be in charge of starting so please contact her if you wish to play.

Kitchen Sink 1987

A reminder that this competition will be played on **Saturday February 28th** at the Rose Garden at 8.00 a.m. Details will be posted in due course.

Handicap Changes

Dolores Aaron	20 to 19	Anne Hendrie	29 to 28
Joyce Cadwallader	36 to 35	Wendy Morris	21 to 19
Merle Decot	30 to 31	Gai Pitre	30 to 29
Pat Dodsworth	16 to 17	Kanda Phillips	28 to 27
		Penny Whalley	30 to 29

Again, many many thanks to all of you for a very Happy Season. Good wishes to our new captain and committee and hope all augurs well for 1987.

Your Cap'n.

RUGBY

RUGBY/FOOTBALL IN
MANILA

ON the rather flimsy pretext of playing one football and one rugby game over a 3-day period, an ill-assorted group of senior executives, pest control officers, Club managers and hangers-on continued to assemble at Don Muang airport for the flight to Manila. A total of twenty-two bodies in various states of disrepair turned up, of which eight were non-combatants or spectators, allowing even those unfamiliar with the arithmetic of field sports to realise that the fourteen players available must be of an unusually high calibre selected for their wide range of skills spanning the separate disciplines of football and rugby, to the degree where it was not considered necessary to take a full rugby team. Unfortunately, this was not the case, one of the players having not laid hand or foot to ball for several years and another being an itinerant Welshman holidaying in Bangkok and "selected" during a moment of weakness in one of Patpong's seedier nightspots.

Mindful of the need to sustain morale, the tour started with a complimentary glass of Bloody Mary at the Foodland restaurant in the airport and the distribution of tour hats and functions. The hats had been tastefully chosen by the Tour Organiser, and out of a selection which included base-



Informal tour picture at the hotel.

ball hats, sombreros, and brightly coloured berets, transparent plastic wet weather wear, two matching black, gold-rimmed and studded Village People caps worn by Billy Duncan and David Williamson which attracted much attention and several admiring looks. The tour positions were allocated as follows:

Andrew MacDonald

Tour Drunk

Andrew Hawkins

Drunk's Batman

Giles

Tour Baby

Craig Rennie

Tour Treasurer

Of these, both Andrew MacDonald and Craig Rennie dispatched their duties in a commendable way, Craig in particular discharging his responsibilities in an efficient, courteous, honourable manner and continuing to wear the red sock of his office in his belt with considerable dignity

under the most difficult of conditions. There is no truth in the rumour he is holidaying in the Bahamas this year.

There was a slight altercation with the airline due to overbooking of the aircraft, but this was solved by careful diplomacy and access to the tour sock. Six hundred weight of rat glue was then given to the baggage handlers under the guise of tour equipment.

After an uneventful flight to Manila, during which player morale was not only sustained but rose to an all time high, the team, weighed down by rat glue, waited as the smooth machine - like organisation of the tour leapt into gear and provided us with transport to the hotel. It later transpired that the expected transport had not arrived but luckily the hotel had, without being asked, sent a coach. The tour organiser was widely complimented and returned said com-



Even less formal picture later the same evening, with tour Mascot, minus one eye.

pliments in that delightful American vernacular that makes the language so interesting and has added so much to the organic growth and vitality of English in recent years.

And so to the first night in Manila.

The next few paragraphs concern the first tour night out. Women, children and those of a weak disposition should read the first paragraph; those outside of this category the following paragraph; those who want to know what actually happened should have come along.

The team congregated early in the evening and was given a short lecture on the evils of drink, loose women, late nights and the long-term effects of abusing rat glue. A short dinner consisting of lentils and unleavened bread, accompanied by water was consumed. Grace was read by Gary Crist and after a short period of post-dinner literary discussion everyone retired to bed.

Following brief but exten-

sive exploration of the local hostilities the team adjourned to Guernicas for the tour dinner. Light entertainment was provided by a group of strolling Spanish guitarists and by a sweepstake on when dinner would arrive. The Spanish players were aided and abetted by the tour, led by the fine basso profundo of Mr. Jim Howard, particularly in the choruses of the better known songs. It soon became clear that the full repertoire of our hosts had become exhausted and at this point the Rugby Section choir bravely stepped into the breach with a range of popular and well-known country ballads which were rendered, wherever possible, with a Spanish flavour to enable the band to participate. The moving and heartrending old English song "Here We Go, Here We Go ... etc" was heard on several occasions, once as a solo given by Mr. Williamson accompanied by suitable dramatic postures as he balanced one-legged upon his chair. The many other guests indicated their approval

by clapping and singing along once they had picked up the lyric and by returning the tour mascot, a small teddy bear in the form of a gorilla, whenever its periodic flights about the restaurant ended at another table. Although it is true to say no-one left the restaurant during this time, it is also true that no-one came in.

The meal and evening terminated in a maudlin manner when Gary Crist and his fellow Colonials insisted on singing "God Bless America". In order to avoid embarrassment the other players mumbled along (not knowing the words) and were, I think, surprised at the enthusiastic reception displayed by an adjacent table occupied by elderly American gentlemen (God forgive me for putting those two words together). It was at this point that Billy Duncan leaned across and, in a broad Scottish accent, said "Can ye nae tae a joke?". Once again, the "Pork Pie in a Synagogue Award for Cultural Sensitivity", awarded on every tour, went to Mr. Duncan for his efforts in improving international relations.

The remainder of the evening is not too clear although it is safe to say that the next morning revealed a sadly dispirited, exhausted and uniformly hungover team. One tour member (a Welshman) had at some point in the night misplaced his trousers, the teddy bear had lost one eye, and several hats had been lost. Steve Castledine was the only person to have spent the time usefully with a number of politically motivated young

ladies discussing the finer points of the Marxist dialectic. At least, that's what he told me and I've no reason to doubt him.

The early morning court session for outlining the day's events and prosecuting any infringement of tour etiquette was late starting due to the unavailability of the judge (G. Crist) and several important witnesses. Among the more serious offences prosecuted were loss of hats and a public display of emotion by Mr. G. Crist while in a sentimental mood during the early hours of the morning. Appropriate fines were imposed and, in some cases, paid.

The first match of the tour was football against the Manila Nomads. In the pre-match Captain's Speech, Vince Swift emphasised the weakness of the opposing team and outlined the proposed tactics, namely to score in the first half and play defensively in the second half to retain our lead.

In the event a B.C. team in no way showing the effects of jet lag or the previous evening played a fast well-controlled game with tight passing and only minimal pressure was placed upon our goalkeeper for the first half which ended with the score at 0-0. The second half was less impressive with the Nomads executing a number of skilful penetrations of the B.C. defence and managing to score twice. The non-playing tour members kept up a stream of encouragement and advice from the sidelines, most of it directed at Terry. Unfortunately, Terry was playing for the Nomads. It was later observed that the Cap-



Cocktails at Walt's. Billy Duncan takes his straight.

tain's speech and tactics had been deficient in some regards but at least we had held them during the first half. A disappointing performance.

The Nomads provided a barbeque dinner the most notable feature of which were the large white veal(?) sausages served with go-faster scorch stripes down two sides. Both clubs then withdrew to town for a few small drinks. Transport to the hotel was by courtesy of the Nomads as no coach had been ordered but any criticism of this arrangement (originating mostly from Colin Hastings) was rebuffed in a friendly and light-hearted manner.

The next evening a well rested, relaxed and totally undaunted rugby team took to the pitch to expunge the memory of the previous day's defeat. An essentially good-natured and fast-moving game was played with both teams placing the burden of the action with the forwards. All scrums and lineouts were fiercely contested, with Craig Rennie, an unexpected success

in his first performance for the Club, displaying a fine talent for taking advantage of loose balls in the lineout. While conceding nothing in terms of weight and experience, and supporting well the B.C. pack suffered from the rapidly moving nature of the game and were on occasion outpaced by a younger Nomad pack taking every advantage of their speed and fitness. Jim Howard deserves special mention for skilfully occupying a number of positions in the field, most of them quite close to each other. Few balls ever moved across the back line and out to the wings so the backs were relatively untested. However, Colin Hastings proved a notable full back, while Ted Bachelor, another first-timer, played a committed and enthusiastic game.

The final score of 13-0 to the Nomads did not fairly reflect the closely competitive nature of the game and could easily have been in B.C.'s favour if we had managed to take advantage of a number of 10-yard scrum downs in the



The rugby team and tour organiser. Mr. Crist's shirt was hired for the occasion.

Nomads half. It was some compensation that the Man of the Match award was, deservedly, collected by Steve Castledine.

The evening's entertainment was provided by the Nomad Rugby Section, courtesy of a largish American by the name of Walt, a man with a cast-iron stomach, unbelievable muscular control and a capacity for storing beer internally that would put a camel to shame. He also happened to be the owner of one of the more salubrious bars in the Makarti area, to which we retired by means of cramming 17 people into the back of a 1½ ton pick-up truck. The journey was accomplished without loss of life but at the expense of two rear dampers, possibly the rear axle and considerable nervous

energy amongst the passengers as the truck careered down the back streets of Manila and raced at considerable speed along the main roads. A calming drink was essential after such an experience, and free Margheritas were provided and personally mixed and dispensed by Walt in a rather unusual manner. It is sufficient to say that by combining a high standard of oral hygiene, mastery of mouth to mouth resuscitation techniques and overwhelming personal charm, Walt manages to produce a unique, if not widely sought after, experience. While Steve Castledine now finds it psychologically impossible to drink Margheritas, I am informed that Billy Duncan rarely drinks anything else.

The remainder of the even-

ing, and indeed the tour, was passed in the traditional manner.

Quotes of the Tour

"They will be putting out a weak team."

Vince Swift

"What is a coach?"

Gary Crist

Craig Rennie on seeing Gary Crist with the tour mascot

"What are you doing with that monkey?"

"It's not a monkey, it's a gorilla."

"Do you mind, I was speaking to the gorilla."

Brian MacDonald

"The America's Cup was 49 seconds behind Australia,... No, wait a minute. The Australia Cup was...."

TENNIS TENNIS

THE British Club hosted a match against ESCAP on Saturday, 15th November, and against a visiting tennis team from the Singapore Swimming Club on Friday, 21st November. A friendly Round Robin was held on Sunday, 23rd November and another on Sunday, 21st December. A match against the Penang Sports Club was planned for Saturday, 13th December.

The calendar for the New Year is also looking most attractive with a match against the Kowloon Cricket Club on Friday, 30th January and the Japanese Association on Sunday, 1st February. A weekend in Chiang Mai is being planned for the 7/8th February to include matches against the Gymkana Club.

Match vs. ESCAP

Participants for the British Club:

Helen Benham
Kristeen Chappell
Mal Chessman
Jackie Gramond
Terri Merry
Dave Benham
Steve Chappell
Dick Chessman
John Kelly
Bob Merry
Gordon Martin
Neil Mayo

Ladies' Doubles:

British Club won 2, lost 3.

Men's Doubles:

British Club won 5, lost 1.

Mixed Doubles:

British Club lost 4.

Final Score:

British Club 7, ESCAP 8.

Match vs. Singapore Swimming Club

Representing the British Club:

Kristeen Chappell
Jackie Gramond
Terri Merry
Barbara Noon
Joanna Shaw
Duang Wray
Colin Haldenby
Mervyn Rattray
Sucharit R
Des Smith
Bernard Smith
Chris Wray

Ladies' Doubles:

British Club won 3, lost 3.

Men's Doubles:

British Club won 1, lost 2.

Mixed Doubles:

British Club won 3, lost 2.

Final Score:

Draw 7-7.

Friendly Round Robin

Helen and Dave Benham
Jackie and JJ Gramond
David Hall
Elaine Kelly
Fritz Kunzman
Bob and Terri Merry
Barbara, Catherine and Peter Noon
Mike Powell
Jean Purlin
Des, Pam and Bernard Smith
Nigel Nicholson

Seven games were played in each mixed doubles match, the winners splitting up and the man advancing to the next court for each match.

1st and 2nd in the men's section were Dave Benham – 29 games, and Bernard Smith – 27 games.

1st and 2nd in the ladies' section were Terri Merry – 32 games, and Pam Smith – 29 games.

UN TENNIS TEAM EDGES BRITISH CLUB

The United Nations Tennis Team edged out the British Club team by a score of 8 matches to 7 on the British Club hard courts Saturday, 15th November 1986.

In the inaugural encounter between these two clubs, a United Nations team drawn from the various UN agencies located in Bangkok played come-from-behind tennis to take this first encounter with the British Club.

Beginning with the women's doubles matches, the UN team took an early lead of 3 to 2, but the British Club stormed ahead at the end of the men's doubles by taking five of the six matches to lead 7 to 4.

However, in the mixed doubles, the UN team came from behind by winning all four matches to eke out an 8 to 7 match victory.

Detailed results of the friendly fixture are as follows (British Club members listed first):

Women's Doubles:

Mal Chessman and Jackie Gramond lost to Sriapsorn and Lek 3-6.
Helen Benham and Mal beat Sirilux Bohren and Molrudee 6-3.
Kristeen Chappell and Terri Merry lost to Pudpong and Taweesap 3-6.
Terri and Helen beat Kannikar and Tipapan 6-0.
Kristeen and Jackie lost to Ratana and Chirawan 1-6.

Men's Doubles:

Dick Chessman and John Kelly beat Kittu and Tom 6-3.
Bob Merry and David Benham lost to Samran and Hiro 5-6 (5)
Steve Chappell and Neil beat Suppawat and Kiran 6-2.
David Benham and Dick beat Dhikal and Dhungana 6-1.
Merry and Kelly beat Vudither and Jerry 6-2.
Steve and Neil beat Sarawut and Pornchai 6-1.

Mixed Doubles:

Mal and Dick lost to Dong and Sriapsorn 1-6.
Helen and Gordon Martin lost to Molrudee and Hiro 1-6.
Kristeen and Steve lost to Kittu and Sirilux 1-6.
Terry and Bob lost to Dong and Ornauch 0-6.

BRITISH CLUB TIES SINGAPORE SWIMMING CLUB

The British Club tennis team overcame an early lead by the visiting Singapore Swimming Club to earn a draw in the inaugural encounter between the two clubs on Friday afternoon, 21 November at the British Club.

Details of the 7 to 7 draw are as follows (British Club players listed first):

Women's Doubles:

Joanna Shaw and Kristeen Chappell lost to June Fok and Judy Ong 1-6.
Duang Wray and Barbara Noon lost to Margaret Chong and Melinda Wong 1-6.
Kristeen and Joanna beat Phyllis Kwa and Janice Low 6-4.
Jackie Gramond and Terri Merry lost to M. Chong and M. Low 3-6.
Duang and Barbara beat Lam Lai-p'ing and Pamela Ng 6-2.
Barbara and Duang beat P. Kwa and Lily Law 6-1.

Men's Doubles:

Desmond Smith and Sucharit Rungsimuntoran beat Richard Tan and Richard Law 6-3.
Chris Wray and Des Smith lost to W.K. Lim and Richard Law 6-7.
Colin Haldenby and Bernard Smith lost to Richard Tan and Quek 6-7.

Mixed Doubles:

Joanna and Mervyn Rattray lost to Judy Ong and Chong Yen-shan 1-6.
Terri and Colin lost to Pamela and Quek 6-7.
Jackie and Bernard beat Janice and W.K. Lim 6-1.
Kristeen and Mervyn beat Lam and Chong 6-4.
Terri and Gordon Martin beat June Fok and Richard Law 6-4.

Following the competition, a buffet dinner was held in the British Club's Wordsworth Room at which time mementoes were exchanged between the two clubs.

YOGA



YOGA

SHOULDERSTAND

(Salamba Sarvangasana)

THE Queen of the postures. Also known as the Mother of the postures. As a mother strives for peace and harmony in the home, so this posture strives for peace and harmony in the body.

Headstand should always be followed by Shoulderstand.

Posture to be held for 5-10 minutes (even longer).

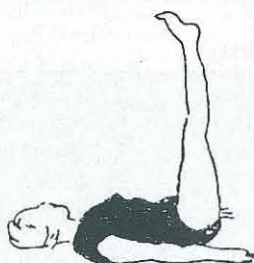
CAUTION:

- 1) High blood pressure (let teacher show you how to do with aid of stool)
- 2) Overweight (excessive)
- 3) Bone displacement in cervical area (build-up)
- 4) Menstruation
- 5) Hiatus hernia (let teacher supervise)
- 6) Not to be done immediately after strenuous sport or being in the hot sun

USE BUILD-UP UNDER SHOULDERS to alleviate strain on cervical area.

BENEFITS:

- 1) Good for asthmatics (oxygenated blood is circulated to the chest area).
- 2) Thyroid and parathyroids are kept healthy.
- 3) Nerves soothed – brain calmed – headaches disappear.
- 4) Colds and nasal disturbances can be cured.
- 5) Aids digestion and elimination – rids you of piles and constipation.
- 6) Corrects urinary and menstrual disorders.
- 7) Gives peace, strength and vigour.
- 8) Venous blood flows to heart without strain by force of gravity.
- 9) Gives relief to those suffering from nervous breakdown, insomnia and irritation.



A

SALAMBA SARVANGASANA

(salamba = supported; sarva = whole; anga = body)

WARNING:

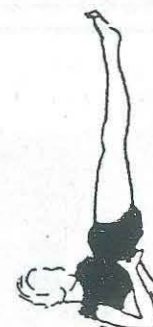
As SARVANGASANA is an inverted pose, it is not to be done during menstruation, nor by persons suffering from high blood pressure. In the case of hiatus hernia, do only under the supervision of an experienced teacher.

It is unwise to do SARVANGASANA immediately after strenuous sport, or being in the hot sun.

ADVICE:

In the final pose, while the spine must be kept perpendicular, the back of the neck must be free from the floor to avoid undue pressures and tensions.

For those who cannot achieve this naturally, use a folded blanket to the thickness of two or three inches, allowing a surface sufficient to accommodate shoulders and elbows. Place the head beyond the blanket so that the ears just tip the blanket's edge.



B

TECHNIQUE:

Lie down in a straight line from head to feet. Keep the chin tucked in so that the back of the skull is on the floor – but do not create tension or constriction at the neck. (Always there must be the feeling of a flow of movement along the back of the neck into the skull, gently urging the head away from the body.) Using the pressure of the palms on the floor, go slowly from figure A to B, when you bring the hands to the support of the back. Use them to push the chest closer to the chin – NOT the chin to the chest! As you exhale, raise the legs upright.

Pause between each movement and EXHALE with the action.

Keep the eyes open throughout. Keep the points of the shoulders down and constantly re-adjust the hands. The closer the elbows are drawn together, the better support there is for the back.

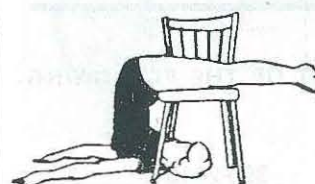
But the back must not sag onto the hands. Stretch the spine, the inner line of the legs and the Achilles tendons, but keep the metatarsals passive. Do not allow tenseness to build up anywhere.

AS LONG AS THE CORRECT POSE IS HELD, without tension, remain in the pose up to ten minutes or more.

HALASANA

(hala = plough)

Do SARVANGASANA. Then with your eyes measure the distance from the pubis to the sternum. Maintaining that distance (by keeping the tummy firm) bring the legs over the head to touch the toes to the floor. Keep the buttocks firm and at equal height; also the thighs; legs extended and equal; knees facing the floor, toes resting lightly on the floor. Tighten the buttocks and knees to lift weight off the kidneys.



FOR A BADLY CONDITIONED BACK.

A person who experiences too much pain in HALASANA should support the legs on the seat of a chair. Assure the correct height – there must be no sagging of the trunk or undue pressure. Keep the legs straight. Relax the shoulder area and neck muscles, with the arms in any comfortable position.

HOLD for five minutes, or longer, if possible.

KARNAPIDASANA.

(karna = ear; pida = pressure)

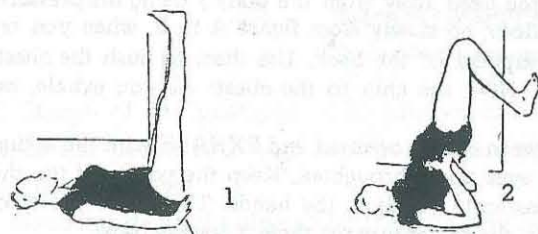
From HALASANA, bend the knees and bring them to either side of the ears. Keep the toes together. Hands may be placed on the back or folded over the knees and clasped. If the knees do not come naturally to the floor, do not force. In many a person, the thigh is shorter than the back – in which case it is impossible to bring the knees to the floor without rounding the back, and this should not be done.



SUPTA KONASANA.

(supta = lying down; kona = angle)

From HALASANA, spread the legs as far apart as possible. Hold the toes. Extend the spine and legs and hold the trunk erect. Stretch the knees and keep the heels up.



RAISING INTO SARVANGASANA.

If the body is overweight, or the back muscles are weak, difficulty will be experienced in getting the buttocks off the floor. Instead, lie with the legs against the wall, as shown. Bend the knees to put the soles of the feet on the wall. Using pressures of hands and feet, arch the back. When the buttocks are well raised, bring the hands to support the back, keeping the elbows well in. Raise the legs upright, one at a time — finally both together. To negate fear of falling back over the head, place a chair behind the head.

Even just keeping both feet on the wall and raising and lowering the buttocks several times will help to strengthen the back muscles.

ACTIVITIES

ANYONE WHO IS INTERESTED IN PARTICIPATING IN ANY ASPECT OF THE FOLLOWING ACTIVITIES SHOULD CONTACT:

BILLIARDS/SNOOKER	— RON ARMSTRONG	390-2445
BRIDGE	— MIKE EVANS	252-8927
CRICKET	— JACK DUNFORD	236-0211
DARTS	— MIKE MAJER	513-1970
GOLF	— JOHN AUGER	249-0491
LADIES' GOLF	— MRS. M. HARRIS	258-5603
OUTPOST	— MRS. A. STUART	253-7362
RUGBY	— GARY CRIST	240-0870-3
SOCCER	— CRAIG RENNIE	236-0205, 236-4281
SQUASH	— LESLIE CURRIE	314-7434
	— MIKE KELLY	253-0191 x 220
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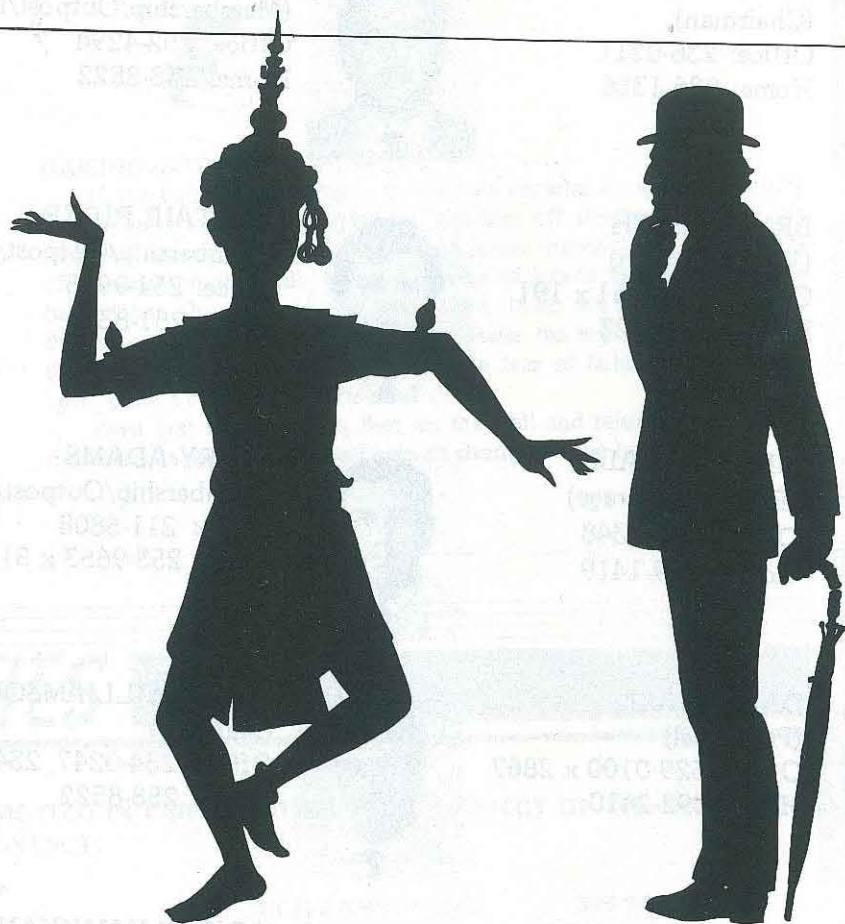
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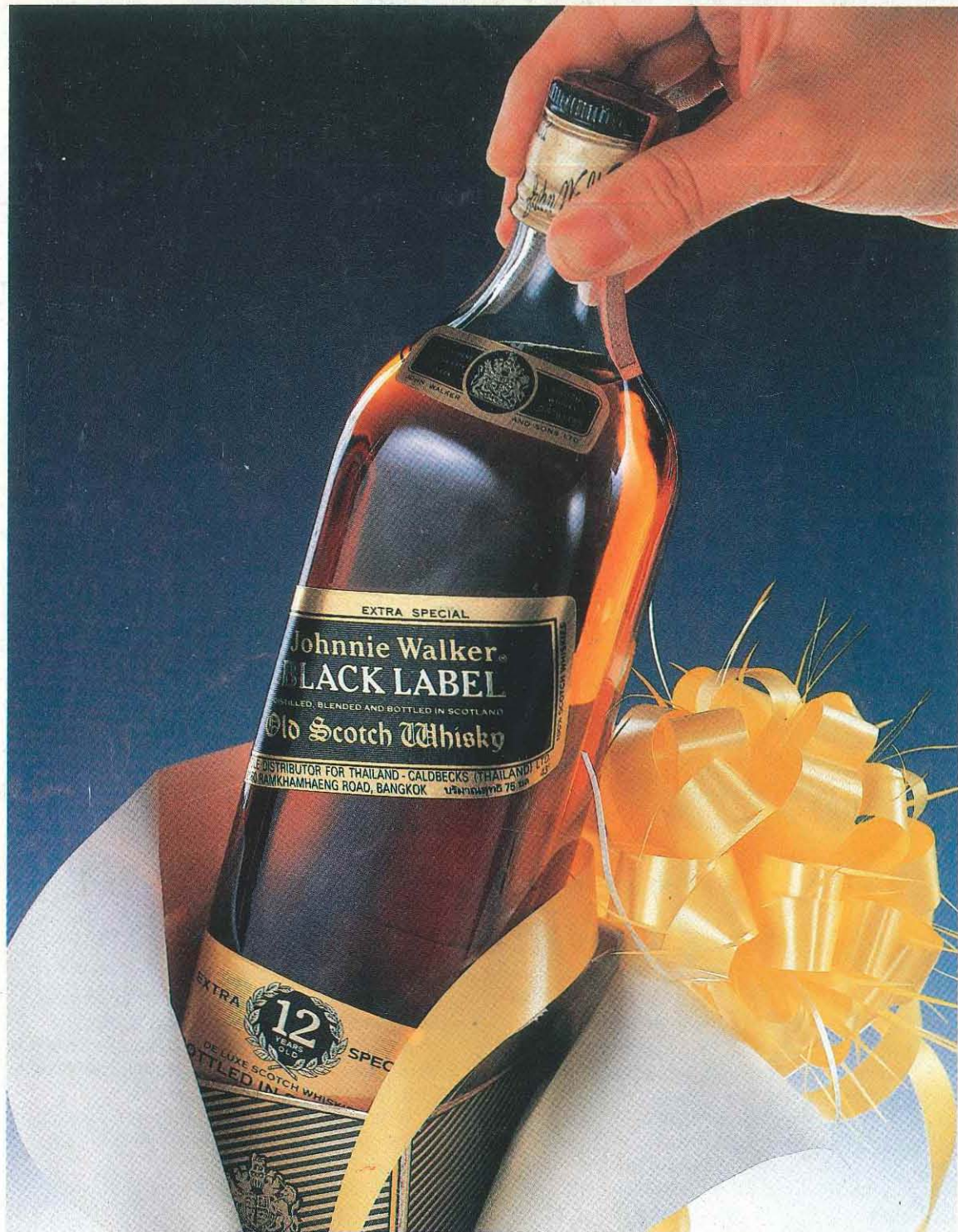
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