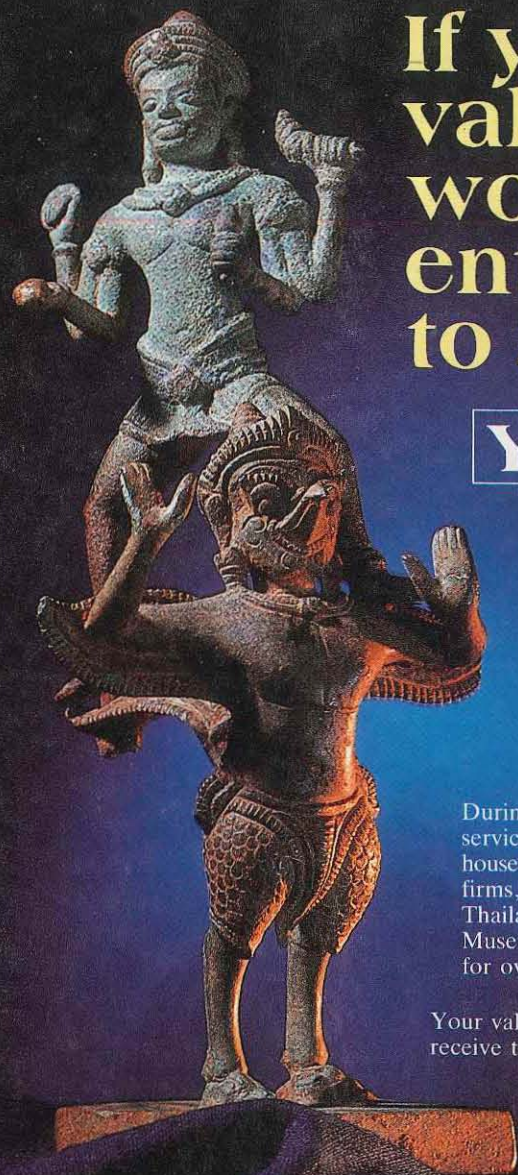


OUTPOST

MONTHLY MAGAZINE OF THE BRITISH CLUB

JANUARY 1989





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DIARY

Sun 1	Buffet Supper	From 5.00 p.m.
Mon 2	<i>Public Holiday</i> Beginner's Tennis <i>BWG Mahjong : Wordsworth Room</i> Ladies' Tennis Happy Hour Chess Club : Wordsworth Room	8.00-10.00 a.m. 9.00 a.m. 4.00-6.00 p.m. 5.30-9.00 p.m. 7.00 p.m.
Tue 3	Ladies' Golf Bridge New Member's Night	7.00 a.m. 7.30 p.m. 7.30 p.m.
Wed 4	<i>BWG Bridge : Wordsworth Room</i> Tennis and Squash Club Night Cricket : Fathers v Sons	9.30 a.m. From 6.00 p.m.
Thu 5	Ladies' Tennis Ladies' Squash	8.00-10.00 a.m. 9.00-12 midday
Sat 7	Family Video	6.00-8.00 p.m.
Sun 8	Cricket : 45 Overs v AIT at AIT Buffet Supper	10.30 a.m. From 5.00 p.m.
Mon 9	Beginner's Tennis <i>BWG Mahjong : Wordsworth Room</i> Ladies' Tennis Happy Hour Chess Club : Wordsworth Room	8.00-10.00 a.m. 9.00 a.m. 4.00-6.00 p.m. 5.30-9.00 p.m. 7.00 p.m.
Tue 10	Ladies' Golf Bridge	7.00 a.m. 7.30 p.m.
Wed 11	<i>BWG Bridge : Wordsworth Room</i> Tennis and Squash Club Night	9.30 a.m. From 6.00 p.m.
Thu 12	Ladies' Tennis Ladies' Squash <i>BAMBI Meeting at the BC</i> <i>BCT Club Night : Community Services, Soi 33</i>	8.00-10.00 a.m. 9.00-12 midday 9.00 a.m. 7.30 p.m.
Sat 14	Cricket : 35 Overs v TCC at the Polo Club Family Video	12.00 noon 6.00-8.00 p.m.
Sun 15	Swimming : Fun Gala Cricket : 45 Overs v Wanderers at RBSC Buffet Supper	10.30 a.m. From 5.00 p.m.

Mon 16	Beginner's Tennis <i>BWG Mahjong : Wordsworth Room</i> Ladies' Tennis Happy Hour Chess Club : Wordsworth Room	8.00-10.00 a.m. 9.00 a.m. 4.00-6.00 p.m. 5.30-9.00 p.m. 7.00 p.m.
Tue 17	Ladies' Golf Bridge	7.00 a.m. 7.30 p.m.
Wed 18	<i>BWG Bridge : Wordsworth Room</i> Tennis and Squash Club Night	9.30 a.m. From 6.00 p.m.
Thu 19	Ladies' Tennis Ladies' Squash <i>BWG Lunch</i>	8.00-10.00 a.m. 9.00-12 midday 11.30 a.m.
Sat 21	Annual Golf Championship — Railway Cricket : 35 Overs v AIT at AIT Family Video Burn's Night Ceilidh — Narai Hotel	10.30 a.m. 12.00 noon 6.00-8.00 p.m. 7.00 p.m.
Sun 22	Cricket : 45 Overs v RBSC at RBSC Buffet Supper	10.30 a.m. From 5.00 p.m.
Mon 23	Beginner's Tennis <i>BWG Mahjong : Wordsworth Room</i> Ladies' Tennis Happy Hour Chess Club : Wordsworth Room	8.00-10.00 a.m. 9.00 a.m. 4.00-6.00 p.m. 5.30-9.00 p.m. 7.00 p.m.
Tue 24	Ladies' Golf Bridge	7.00 a.m. 7.30 p.m.
Wed 25	<i>BWG Bridge : Wordsworth Room</i> Tennis and Squash Club Night	9.30 a.m. From 6.00 p.m.
Thu 26	Ladies' Tennis Ladies' Squash	8.00-10.00 a.m. 9.00-12 midday
Sat 28	Family Video	6.00-8.00 p.m.
Sun 29	Buffet Supper	From 5.00 p.m.
Mon 30	Beginner's Tennis <i>BWG Mahjong : Wordsworth Room</i> Ladies' Tennis Happy Hour Chess Club : Wordsworth Room	8.00-10.00 a.m. 9.00 a.m. 4.00-6.00 p.m. 5.30-9.00 p.m. 7.00 p.m.
Tue 31	Ladies' Golf Bridge	7.00 a.m. 7.30 p.m.

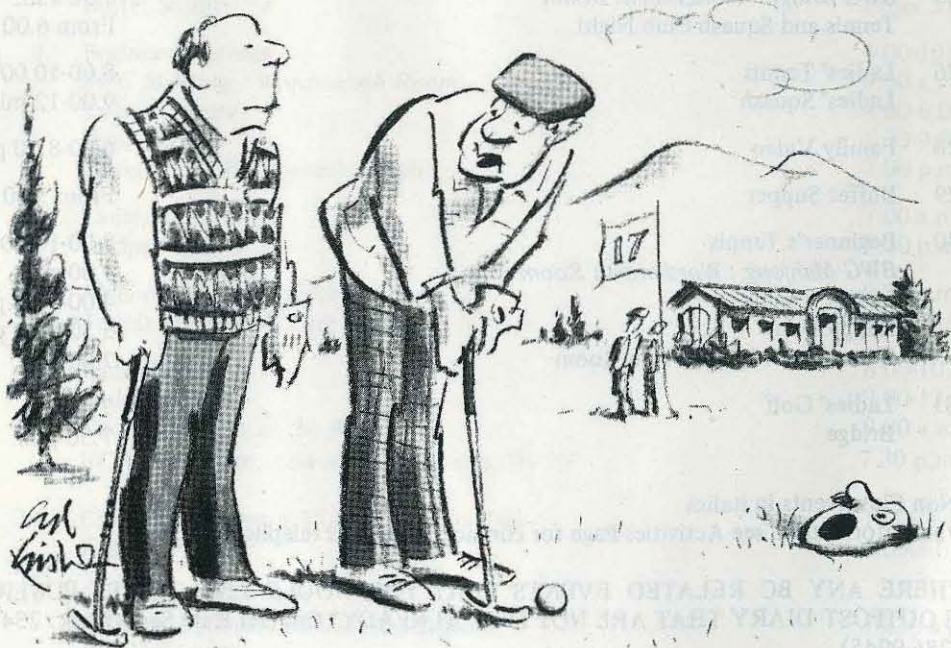
Note : Non Club events in italics

For further information, see Activities Page for contact names and telephone numbers.

ARE THERE ANY BC RELATED EVENTS THAT YOU WOULD LIKE TO SEE PUBLICISED IN THE OUTPOST DIARY THAT ARE NOT IN IT ALREADY? Contact Kate Seal (Work: 234-5013, Home: 286-9945)

FROM THE CHAIRMAN

AFTER the hectic festive season, early January is usually the time to sit back determined to keep up the resolutions made and to contemplate what lies ahead. So first let's look back at 1988. The Club continued to prosper with membership levels at the end of November at an all time high of 628 showing a net increase in Ordinary Membership of 54 and Associate Membership of 24 during the year. Hopefully by the time you receive this OUTPOST the Clubhouse external renovations will be finished and the facilities basically in good shape all round. Looking forward, the plan for an accommodation block with additional members facilities is proceeding on schedule and we have some ideas for internal Clubhouse improvements. If having contemplated the extra inches put on over Christmas/New Year your resolution is to get fit, then why not join the soon to be formed Running/Jogging Section. Many B.C. faces are now evident at runs around Bangkok and entering races up country is an excellent way of seeing Thailand. More of this later. Finally looking back again, three big thankyou's, one to the hardworking Club Staff, one to David Lamb and his entertainment team and all the performers in the various extravaganzas staged this year and last but not least, thanks Katie, Gill, Maren and Rachel for putting out such an excellent monthly magazine. Have a good, healthy and prosperous 1989.



"Well, I think the club has certainly done its bit in creating 18 new jobs."

FROM THE EDITOR

I hope that you all had a marvellous Christmas and have started 1989 with lots of new found energy!

Since the current OUTPOST team took over two years ago, when we were all "ladies of leisure", our circumstances have changed somewhat. We are now all working and on top of that in February we are losing Kate Seal who is returning to the U.K. Much as we enjoy putting OUTPOST together we are all beginning to feel a little overworked. Kate has been doing the diary each month and we urgently need a replacement; that apart, a few new, enthusiastic, energetic people would be very much appreciated. Maybe a group of three or four who know that they can work together well. Please give it some thought.

Many thanks to all those who have typed and scribbled for us over the last year; keep up the good work. For those who have never tried; have a bash.

Happy New Year.

MAREN



"She copes remarkably well, for a woman with only one pair of hands."

CLUB ROUNDUP

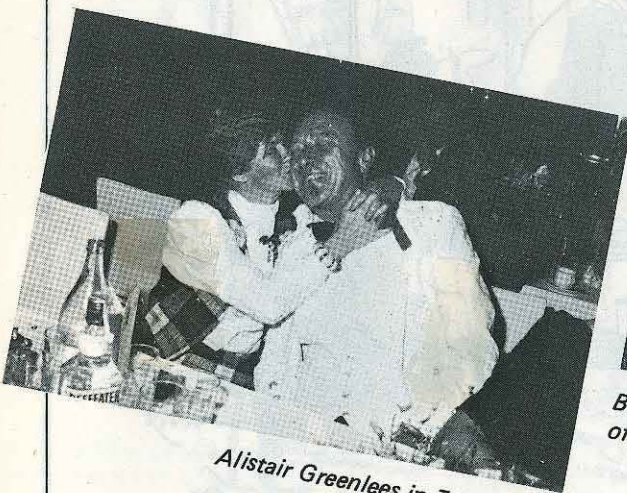
St. Andrew's Ball



The welcoming party led by young Stephen Forbes, Morag Bruce and wee Jenifer Lamb.



The drummers a drumming.



Alistair Greenlees in 7th heaven!



Bob McEwan explaining the finer points of holding hands.



"Of course we know what we're doing."



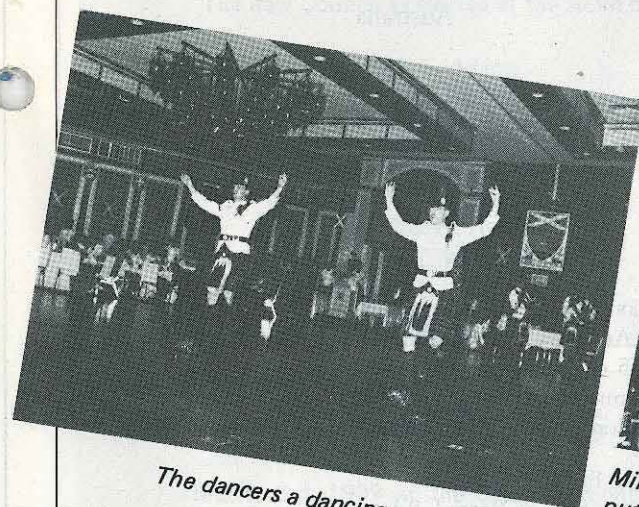
"Here we go!"



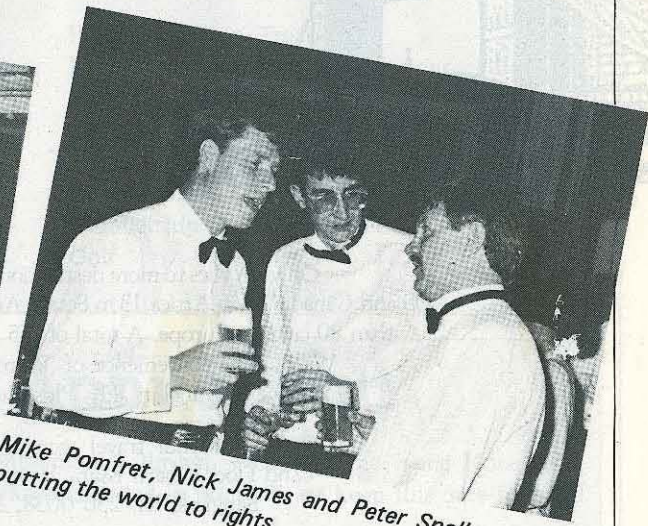
Barbara and Monty Morris with Eileen McDonald.



The Pomfrets and the Verhelsts letting rip.

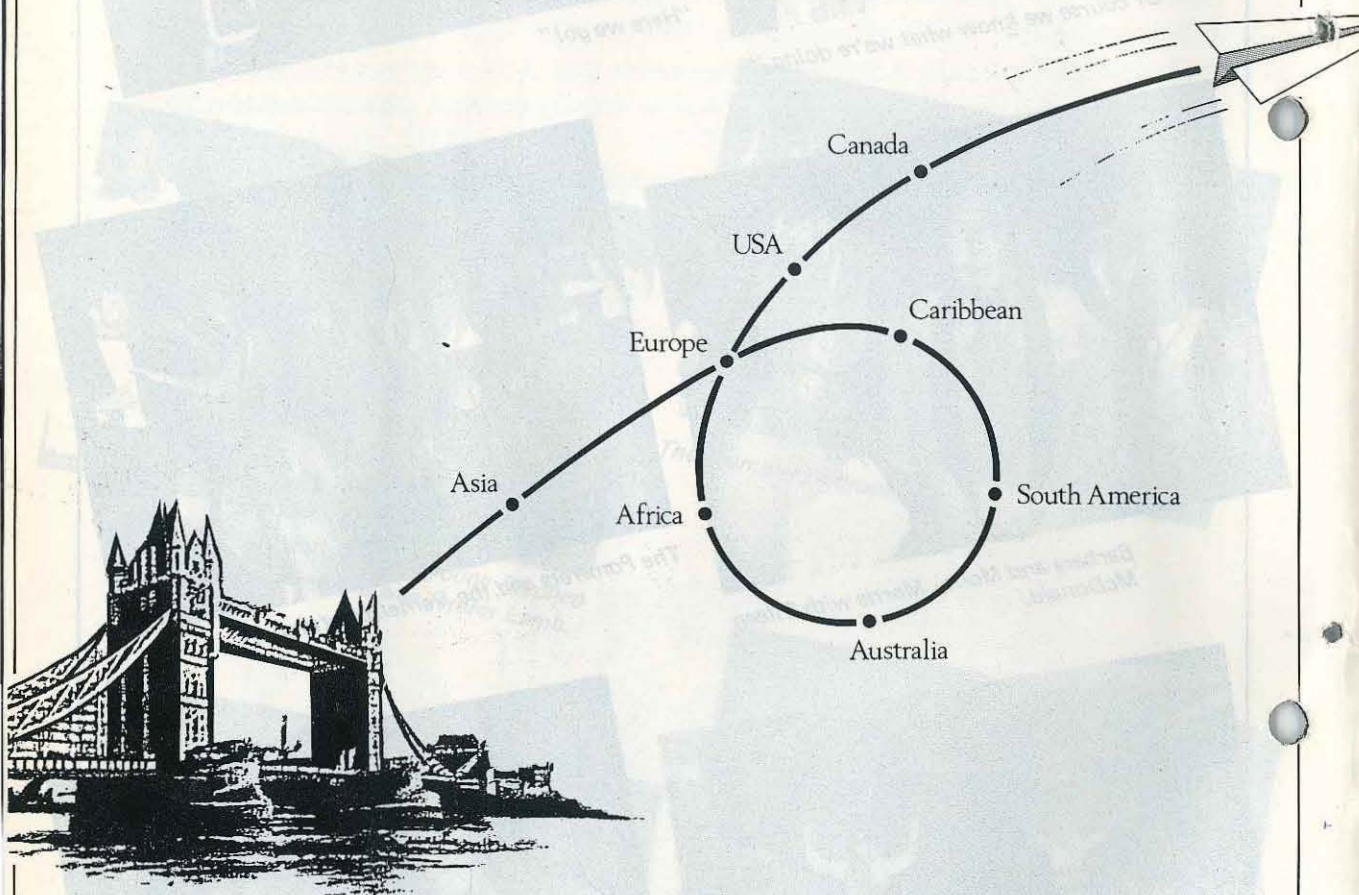


The dancers a dancing.



Mike Pomfret, Nick James and Peter Snell putting the world to rights.

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NOTICES

From Pamela

A broken typewriter at the last minute means that I have still not compiled the figures for the last Gala. These will be published as soon as possible and also I will let the children know who is making the best improvements.

The next Gala will be on 15 January and will be a FUN GALA!! The members who have been here some time may remember when we had a similar Gala before. We want teams of two men, two ladies, two boys and two girls. The teams can be for Football, Outpost, Australians, or any other grouping. Please let Hilary Driver or Pamela Rennie know your teams when you have them or if you have any difficulties we may be able to borrow some participants for you!

We would also like some sponsorship for prizes and so if anyone is feeling generous, please let us know.

See you on the 15th.



The Bangkok St. George's Society

The new Council as elected at the AGM on 18 November 1988.

T.A. Adams	President & Hon. Treasurer
J.M. Ball	Vice-President & External Relations
I.C. Boulton	Hon. Secretary
B.J. Baldwin	Social & Properties
Ms. R. Hazell	Embassy Liaison
Ms. K. Harris	Entertainment
P.T. Windeler	Membership
D.R. Frost	Golf

St. David's Annual Ball

March 3rd 1989 at the Siam-Intercontinental Ballroom. Featuring the Hong Kong Male Voice Choir and a Harpist. Excellent menu-corkage included in price. Please keep this date free and plan to come. Baht 850 per head.

Meet the New Members



Hazel and Graham Spencer: with Lambie and Brian Human. Graham, Hazel and 2 yr old daughter Charlotte have just arrived from Tokyo, but have lived in Argentina, Brazil and Mexico. Graham works, plays the guitar and a little squash. Hazel expects her second baby in February.



Patsy and Philip Iddison: Just arrived from Istanbul where they were both keen Morris Dancers. Philip works for Freeman, Fox/Intercon. Consulting Engineers. They both play bridge.



Steve and Betty McLaren: Steve is taking over from Trevor Walters at Thai Shell. They have just come from Aberdeen, where Steve was a keen runner, so he hopes to join the Hash. They have two children Angela and Richard aged 4 and 3.



Dominique Leenutaphong: with Patrick "likes being photographed" Windeler and Mr. Ball. Originally from Hong Kong, Dominique has joined as an associate member. Enjoys tennis and swimming. Dominique is married with two children at boarding school in Australia.



Paul Kessler: with the mystery man. Paul has been here for 8 years, so knows his way around Bangkok. He is the Managing Director of Troy International Gem Stones. Plays tennis and squash and is a keen swimmer, also enjoys chess and snooker.



Chris Branston ... as in pickle ... that's what he said, with David and our Jack. Chris and his wife Eileen have just come from North Devon. Chris is working for Hana Industries heading the Coil Division. Both Eileen and Chris play golf Chris to a handicap of 15. (We got your best side at last Terry!)



Martine and Bertrand Dor. Brit Martine is married to Frenchman Bertrand and they have lived in the States for the last 12 years. They have 3 children at I.S.B. They enjoy theatre work but at the moment their time is taken up training for the Iron Man Triathlon in New Zealand next March - Best of Luck. ..

Gill

The Bangkok St. Andrew's Society



Annual Golf Championship

The Society is holding its Annual Golf Championship at the Railway Course on Saturday 21st January 1989 commencing 10.30 a.m. Members may invite guests and will receive full details plus application forms in the post.

Burn's Night Ceilidh

Following the golf outing, the Burn's Night Ceilidh will be held that same evening (Saturday 21st January) at the Ratanakosin Room of the Narai Hotel starting at 7.00 p.m. Once again members will receive full details in the post and guests and non-members are welcome.

Annual Celebration Photographs

Photographs taken at this year's Annual Celebration are now on view at the British Club bar where they will remain until the end of January. Application forms for copies are also available at the bar and anyone wishing to order photographs is asked to send their application in as soon as possible.

Further information on any of the above or any other details of the Bangkok St Andrews Society may be obtained from the society's secretary Dugal Forrest on 259-6226.

LETTERS

Dear Editor,

During my 14 years' association with the British Club, I have not known such enthusiasm for field sports as is being displayed amongst members at the present time. Today, we have enough players for two cricket teams (and probably a third), two soccer teams and a rugby team, and yet, sadly, the club is still without its own ground/playing field to accommodate what is clearly a growth area in the BC's activities. For such sporting occasions, our various teams have to rely mainly on the Royal Bangkok Sports Club for cricket matches, the International School for soccer (at a cost, incidentally, of over \$2,000 per game. It is worth bearing in mind that this arrangement will end when the school relocates out of town in the not too distant future) and the military academy on Wireless Road for rugby. The BC is thus forever at the mercy of these establishments for its sporting venues. That, surely, is not a desirable state of affairs.

Given this scenario, I find it truly ironical that the general committee is presently pressing ahead with its plan to construct an accommodation block requiring considerable investment within the club grounds. While applauding their obviously sincere efforts to improve the BC facilities, I am of the opinion that the immediate and long-term interests of the membership would be much better served if, instead, we invested our money, time and future in land to be used as an all-purpose playing field.

Of course, to do this we would have to purchase a piece of land on the outskirts of Bangkok; we couldn't afford anything closer to town, but the way land prices are spiralling at present, I'm tempted to think that unless we act now, the BC will never again be able to find sufficient funds to acquire additional property.

Frankly, I see many reasons why the BC should NOT build a residential block on its premises. They include, briefly, the following:

- massive disruption of the club's present grounds and possible destruction of some delightful rain trees on the back lawn.
- such a commercial enterprise might well affect the club's tax status.
- with no less than 24 first-class hotels planned for Bangkok in the next four years, do we really need accommodation at the BC?
- We will have to invest in additional and expensive personnel to provide the expertise needed for such an undertaking.
- a building of this nature is surely not a good investment. Unlike land, we can't simply sell off the block if we ever urgently require funds.
- who has priority in usage of the rooms? Members, their friends or reciprocal members from overseas? Or anyone? Potentially a tricky problem if demand proved high.
- do current members actually benefit from such a venture? I maintain, very little. Selfish as it might appear, since I am a reasonably active sportsman, I'd prefer to see the BC have a ground where we could play our various games, expand our activities and entertain visiting teams. An accommodation block might provide us with funds later on, but to be honest I'm more interested in our present needs. Few of the current membership will still be here when the loan for the block is paid off.

With our own ground, we can raise funds by allowing others to use its facilities (at \$2,000 a game, like the ISB charges us). We could even build a driving range for outsiders' occasional use, then there are fairs, festivals and all sorts of other fund-raising activities too.

If anyone was worried about the financial burden of such an idea, then I guess we could lease off (as opposed to SELL) the bottom two tennis courts in the present club grounds. This area is hardly used anyway, and those who do play tennis there frequently complain of the noise and fumes from Suriwongse Road. Besides, we'd get this land back eventually, and we wouldn't include in the leasing arrangement the driveway from the road. Apparently, Pattana School recently approached the BC about sharing ground facilities at its new premises on Sukhumvit Soi 105. This, I understand, was turned down by the general committee. To me, their proposal sounded reasonable enough. Why was it rejected?

I have already written a letter to the general committee outlining my feelings on this matter, but was informed verbally that the accommodation would take precedence; I have had no written reply. Having submitted this letter to the OUTPOST, I am hopeful that other members might be stung into action and add their comments on this very important issue.

Does the BC need an accommodation block, to be used mainly (I contend) by non-members, or should we put our new-found wealth into a playing field which at least a certain section (and the most active) of the membership could use within the next year or so.

I'm looking forward to reading what others (and not just the general committee) have to say.

C.R. HASTINGS (H70)

THE BILL DICKEY COLUMN

I was most impressed by the selection of legs on view at Fat Henry and the Famous Five, we really do have some talent at the British Club, being strictly heterosexual I refer of course to Maren, Edie and Kenda.

I imagine the cast were particularly grateful to Peter Snell and Patrick Winder for their loud, enthusiastic and one presumes amused laughter. I am sure their services would be appreciated by any up and coming comedian. Ploenchit Fair produced the usual old faithfuls manning the stalls and a weird selection of people drinking beer or wine in the social area of the British Embassy Garden. Again wonderful legs were on display in the shape of Grainne James and Pam Rennie who did a sterling job flogging Bucks Fizz all day. Loved the outfits girls, wish more of you would dress up as French tarts once in a while. Makes a nice change! The St Andrews Ball was as usual a splendid affair, have to hand it to these Scots, they really know how to

party. Norman MacDonald's speech was perfectly correct, short and sweet and we were all amused by John Wood's little turn on the mike well on into the night. I heard interesting rumours about the lady member of the St Andrews' committee, Melanie Pomfret, rounding up Scots Guards at 6 a.m. one morning and finding more than she bargained for! That will learn her! Unfortunately I missed the post Ball booze up in the Churchill Bar but gather the usual crew were there, Messrs Lamb, Rennie, Coombes, Overington, Hough, etc plus Mike Pomfret doing a creditable impersonation of a piper - fooled one or two people in the champagne intoxicated crowd. Observing all this from on top of the bar was Mr Snell. Heard a lovely story about my old mate, Vince Swift, leaving a party recently at 5 a.m. in his car and having an argument with the front gate. The gate has had to be completely replaced, wonder how Vinno's car is?



"...Should have seen the hold-ups on the Express way."

GLEANINGS

SEVERAL people have asked me if I am Bill Dickey. I am most certainly not, but I think that whoever it is must be a really nice person for thinking that I am not only lovely, but under 40!

The Cheese and Wine stall at Ploenchit Fair was a great success. The launch of Bucks Fizz meant that we had an even earlier start. Some customers asked for cocktails that we had never heard of, but appeared to be somewhere between a Harvey Wallbanger and a Screwdriver! The French maid outfits were definitely a better bet than the kiwi feathers.

Loy Krathong was celebrated this year on the river by yours truly. Several members of the BC joined us in paying tribute to the Goddess of the water and Bacchus. Everyone had a good time. The boat was just the right size, the company was great and the food super. Poor Rachel was quite delirious at one stage either from the atmosphere or the alcohol. She was heard to say "the food is great - is it British Club?"

I think that I have now recovered from the lost weekend – I refer of course to the one with St Andrew's Ball starting it off with a bang (and finishing it off in some cases). The bar was very lively with Mr Hopkins in fine form on the piano and Mike Pomfret and Mark Twernlow playing the bar stools. The entourage of tuk-tuks from the BC to the Angus caused quite a stir with ball gowns, bow ties and kilts looking a trifle out of place in the midday sun of Bangkok. Mind you, I hear that the

sight was nothing compared with that of Messrs Coombes and Greenlees doing the slow march down Patpong later in the week. Hats and virginity were lost (not by the afore-mentioned), souvenirs from Patpong were bought and life in the 1st Battalion returned to normal for another year.

In England I hear that they are going to stop drinking in the streets. Quite right if we are talking about people wandering along with a can in their hand, but what about the bistros and pubs where the tables have spilled onto the pavements to enable patrons to soak up the rare good English weather? Back to the brown paper bags and long arms?

The French promotion of the sausage had gone too far. I read in the Daily Telegraph recently that in Toulouse they have produced one 1,814 feet long!!

I am not going to make any resolutions that I am almost certain to break. I just hope that the New Year is as good as the last, if not better. Happy New Year to all my readers.

Pamela Rennie

TRAVEL LOG

A Plane With No Beer

We're just out of Sydney, five feet in the air
And already me throat's like an abbo's short hair;
You could go off your flaming banana up here,
It's like ten years in Chanqi ... a plane with no beer!

I can't read me HERALD; I'd go flaming mad
Every page that you turn, there's another booze ad;
As I stare at me sick-bag, a nostalgic tear
Pricks me eye ... as it will, on a plane with no beer.

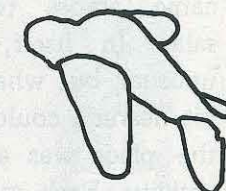
The dunnies say VACANT (there's nothing to pee)
And the stewardess looks like a dingo to me ...
She's the same girl fourteen of us passed to the rear,
But that was last month when planes used to have beer.

I stare out the window, there's just flaming clouds;
In the old days there used to be interesting crowds
Of green spiders, blue wombats and three-headed deer ...
But there's sod-all to see on a plane with no beer.

There'll be chicken for lunch, and a pineapple ring
Filled with wet cottage cheese, then a coconut thing;
But I'll have to hang on to it, since there's no clear
Excuse to throw up, on a plane with no beer.

I've trod on me chockies, there's fudge on me feet;
Well, you got to keep substitutes under your seat.
I used to have twelve tubes of Fosters down here
In the days when the reason you flew was the beer.

No singing, no dancing, no fighting, no brag,
You just sit and stare at the end of your fag.
Its about as much fun as a padlocked brassiere
To be stuck ten miles up on a plane with no beer!



NEW HORIZONS

I was a Teenage Masseuse

I T was on a chance visit to Wat Po that I stumbled upon it. I was wandering around the less well traversed area of the temple grounds, when I came across two large salas. In itself, nothing unusual, but when I got a bit nearer I could see that the place was a hive of activity. Each sala had in it about 10 beds, eight on each side, the occupants of these beds were being pulled, pushed, twisted, turned, stretched, pummeled, stood upon, sat upon and, to my way of thinking, being thrown about in a very alarming fashion. The oddest thing of all was that none of these people (apart from the odd moan or groan) were protesting, on the contrary they appeared to be enjoying it!

My curiosity, having got the better of me, I stepped inside to get a closer look and, yes you've guessed; I had accidentally stumbled upon the home of Thai Traditional Massage (not to be confused



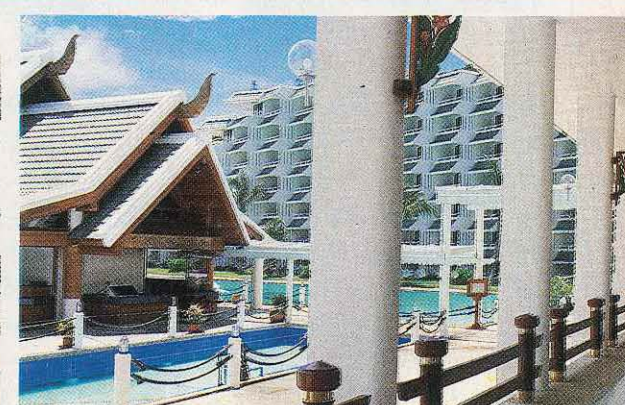
Sala at Wat Po.

with Massage Thai, as my guide was quick to point out. As he said, "Thai Traditional Massage is traditional and medicinal...?). I was interested to know more, so I decided to have a massage myself and after the initial shock of having a man (not my husband) massaging my upper thigh and inside leg and then kneeling me in the back, I managed to relax and enjoy it. The whole massage took 1 hour and by the end of it I felt really soothed and rejuvenated. My masseur, who spoke perfect English, turned out

to be none other than the Head Instructor Massage Division of the Traditional Medical School Association, Khun Somboon Kitniyom.

Massage, he explained, is probably one of the oldest and simplest of all medical treatments. In traditional cultures, especially in the East, it is an accepted fact of life that people of all ages can benefit from regular massage. It can be used as a prevention as well as a cure. Massage helps to stimulate the production of synovial fluid which

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keeps the joints lubricated, aids circulation and, by relaxing and toning the nerves, massage can improve the condition of all the organs in the body.

Thai massage is based on the Old Thai principle which literally translates to "tough tendon" or "firm grip". It is based on acupressure rather than massage by thought or touch massage. It can be stimulating or soothing depending on the speed and depth of the strokes and can be used in the treatment of many common ailments e.g. it can help to loosen out knotted muscles caused by tension or a physical trauma, soothe away headaches, banish insomnia and relax aching muscles. During the course of our conversation I mentioned that I had strained my ankle quite badly about six weeks before and the pain was still quite bad. He massaged my leg, foot and ankle a few times and I have never had a problem with it since. I also discovered that for a mere ฿3,000 and a wish to learn the ancient cure, I too could be standing on people and kneeling them in the back within 2 or 3 weeks. The offer proved irresistible, and the next



Khun Somboon with another pupil.

week, with my husband's ribald remarks ringing in my ears - "we could do with some extra money; they'll soon be calling you 'Madame Mandy', you'll never cope with the night shift etc..." I set off for Wat Po.

As I sat waiting for my instructor, I couldn't help thinking how easy it looked. I wondered what would keep me occupied for 3 whole weeks. That was my first mistake.

Khun Somboon outlined the sequence of the massage; I would start on the foot, then proceed up the leg (on the inside) then outside leg and pelvis bone. After this, the arm, followed by the abdomen, back and leg massage (receiver lying face down) stretching, neck massage, head massage and finally,

facial massage. After this I would learn to treat some minor common ailments: headaches, numbness in the arm, inability to lift the arm, pain and stiffness in the shoulder blade, neckache, backache, knee ache, calf ache, ankle ache. It was then I began to panic. I can honestly say though, that the next three weeks were among the most interesting, amusing, enlightening, frustrating and physically exhausting of my entire life.

The hot weather (don't be tempted to learn in the hot season) and the fact that I was learning on my own combined to make the course mentally tiring and physically wearing. I was provided with a text book which I kept wanting to peek at. As Khun Somboon said, however,

"you massage with your hands, not with your eyes". In other words, get the feel of the various points first and then, when in doubt, read the book. I managed to master the leg by the end of the day. For me, the most difficult thing was trying to get the feel of all the points in the body and then trying to remember the sequence in which you apply pressure to them all. After a while it got easier and by the end of the course I had managed to cover everything. (I've even got a certificate to prove it?) It is now six months since I took the course and my husband's witticisms and comments have vanished along with his headache, neckache and backache. I'm not exactly a Grand Master just yet, but we have certainly saved ourselves a small fortune on Paracetamol over the last few months.

For those of you who want to learn Thai Traditional Massage, Wat Po is undoubtedly the best place to go. If, however, you would like to be on the receiving rather than the giving end, why not do your body a favour, give yourself a treat and have a massage here at the British Club from the two



Yours truly 'giving a massage'.

EXCELLENT masseurs at poolside.

Remember life may take it out of you, but Thai (Traditional?) Massage can put it back in.

If you have never had a massage before, there are a few things you should be careful of. If you are pregnant, or think you might be, make sure you go to a QUALIFIED masseur and tell him/her before you start. If you have had stomach or abdominal surgery in the last 2-3 years you should NOT have an abdomen massage. If you have had swelling in the wrist, ankle etc, the site should not be massaged for at least six weeks after the swelling has gone down.

Some people like a hard massage where the pressure on the body is quite

strong. It should never be so strong, however, that it hurts. Tell your masseur if the pressure is too much or not enough, it is quite acceptable to do so. That way, you get the kind of massage you want, the masseur doesn't lose a customer and everybody is happy.

Course Fee : ฿3,000

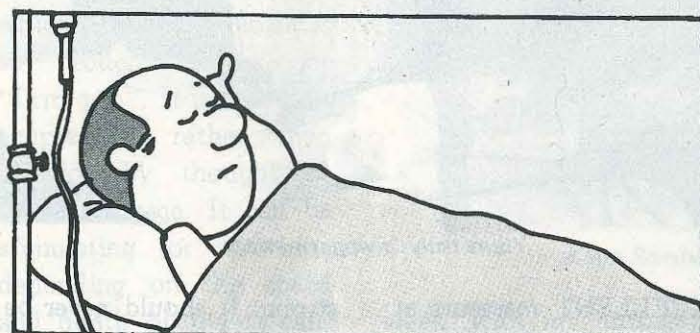
Text Book : ฿200

Duration : 2 weeks - 3 hours/day
3 weeks - 3 hours/day

For course details contact:

Khun Somboon Kitniyom
Head Instructor,
Massage Division
Traditional Medical School
Association
Tel: 221-2974 (Wat Po)
424-8827 (Home)

Hepatitis



HEPATITIS means inflammation of the liver. Acute damage to the liver cells (hepatitis) is caused by infections, poisons (including alcohol), drugs etc. but this is usually reversible, and in the case of mild infections may well pass unnoticed. Chronic injury (alcohol, chronic viral infections, damage caused by the body's own immune system) leads to a continual process of destruction and regeneration known as cirrhosis. Chronic processes may eventually lead to primary cancer of the liver (hepatoma) in some people.

Infectious hepatitis

At least four viruses cause so-called "viral hepatitis" and many more involve the liver as part of a more generalised infection. Liver dysfunction is also common during several acute bacterial and parasitic infections. Overall, however,

viral hepatitis is the commonest cause of "jaundice" (yellow staining of the body). The advent of a vaccine for Hepatitis B, and the realisation that this infection is an important cause of chronic liver disease in the tropics has enormous and as yet unresolved implications. Prevention is most important as there are no proven methods of treatment for these infections.

Hepatitis A: The most common cause of hepatitis.

Transmitted by faecal contamination of water or food-stuffs. Shellfish which feed by filtering water contaminated by sewage are a common source in Thailand. It often causes symptomless infections in children but the disease in adults is occasionally severe. The infection is either lethal (which is very unusual) or it resolves completely. Immunity

is probably lifelong in most cases, and previous infection can be detected by a simple blood test. Hepatitis A does NOT cause chronic liver disease. Intramuscular injections of pooled gamma globulin (a concentrate of proteins derived from human blood) provide SOME short term (3-6 months) protection to travellers (at the expense of a very sore bottom). There is no vaccine, and no treatment for the infection.



Hepatitis B

This is a completely different virus. It is transmitted by blood (transfusions, needle sharing by intravenous drug users, tattooing, ear-piercing etc.), by sexual contact, or at birth (from mother to baby). It is NOT transmitted by food contamination. The rapid spread of Hepatitis B infection in homes for mentally retarded children suggests that repeated close contact, possibly with open cuts or abrasions, may



also be a mode of spread. The risks of spread in an ordinary school environment have not been properly evaluated but are thought to be low. Acute hepatitis B in an adult can be a severe infection but, as with hepatitis A, the disease in childhood is often mild or asymptomatic. Approximately 90% of patients who are infected will clear the infection completely, becoming immune to subsequent infections with this virus. Some 10% (but a much higher proportion of babies who are infected at birth) will not clear the virus and will develop a symptomless "carrier" state. This means that small quantities of virus are present in the liver and blood throughout life. About 10% of people in Thailand are carriers. Some individuals (who can be identified by a special blood test) harbour large amounts of the virus in their bodies, and these people are consequently more "infectious".

The concept of our harbouring viruses throughout life must be viewed philosophically — we all carry viruses in some shape or form. For example about half of us have Herpes simplex virus happily and, for the most part, peacefully residing in the sensory nerve to the face. Most of us carry the virus of chicken pox

(Herpes zoster) throughout our lives. The majority of Hepatitis B carriers will lead a normal life unaware of the virus or its destructive potential, but a small proportion will develop active liver disease and eventually progress to cirrhosis and in some cases hepatoma. Hepatitis B can now be prevented by a vaccine. The original vaccine was derived from the blood of carriers — which gave rise to completely unsubstantiated fears that the vaccine could transmit AIDS. More recently genetic engineering



has led to a yeast-derived vaccine. All vaccines are safe and effective. Side effects are minimal and there is now extensive experience of their use. Obviously the vaccine is not necessary for individuals who have already recovered from Hepatitis B as they are immune, but it should be given to all people who are at risk and are not immune.

Non A Non B Hepatitis

This unsatisfactory category contains at least 2 and probably more viruses. There is certainly a "short-incubation period, water-borne disease" prevalent in Northern India and a longer (1½-4 month) incubation period disease trans-



mitted by blood products with a propensity to induce chronic hepatitis. This is now the commonest cause of "transfusion hepatitis" in the western world. The viruses have not been identified, there is no diagnostic blood test, and no vaccine.

Glandular fever

This herpes virus infection (Epstein-Barr virus) is very common and is usually asymptomatic in children. However young adults may develop hepatitis during the course of the illness.

Other viruses

There are several other viruses which may cause hepatitis. Only yellow fever can be prevented by a highly effective vaccine. There is no yellow fever in Thailand.

Septimus Crank

WELL WORTH READING

The Paradise Eater

by John Ralston Saul

THE Paradise Eater is the latest 'Bangkok Book' that avid readers are rushing to buy. The book's greatest charm is that it is set in Bangkok and readers may be able to find a resemblance between some of the main characters and local residents as it is supposedly based on personalities living here. Who are the ghoulish blonde and the unattractive newspaper hack wonders the reader?

The story and plot are not very original being based on drugs and murder, but there is plenty of local colour as we are taken into some interesting areas of Bangkok such as the Klong Toey slaughterhouse, Patpong bars (that's interesting?), the Catholic cemetery and also over the border into Laos. There is also a nice description of Queen Victoria's statue in the grounds of the British Embassy and another of the British Club "The clubhouse had once had a certain colonial charm. Only the Number Ones of British Trading companies had been allowed to join. More liberal policies had led to more members and that to renovations and those to a lobotomised atmosphere not unlike a Trust House Forte hotel".

Our hero is a Canadian ex-journalist, sometime businessman, who enjoys the single life style in Bangkok whilst trying to turn an honest baht. He lives with a variety of young ladies and surprisingly falls in love with a teenager of dubious morals whom he buys from a brothel. Life becomes very exciting in true Bangkok style, when he gets inadvertently mixed up in drug dealing and murder. He has to flee Laos somewhat ignominiously and ends up being pursued all over Bangkok by a contract killer and is forced to seek refuge in some dubious places.

If life is not difficult enough, he and his lady friend are also suffering from a debilitating illness that appears incurable and necessitates many trips to the Bangkok Nursing Home through flooded streets. The end of the story has a sad little twist to it as our defeated hero is expelled from the country when his visa is mysteriously cancelled.

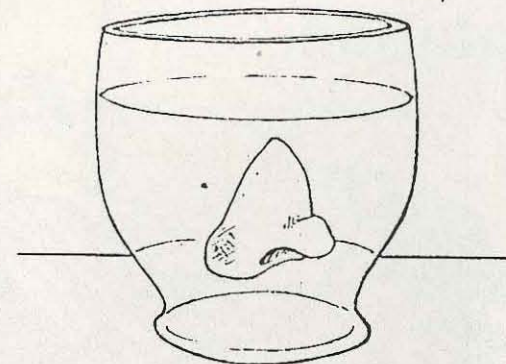
Jennifer Sharples

CHILDREN'S CORNER

NOSE IN THE GLASS

"Can you drink a glass of water without putting your nose in the glass?" This is the challenge you issue to your friends. When they try, they spill water all over the place,

your mouth. You can use a straw. Cleverest of all is this final technique. You actually drink from the glass - but from the opposite side to normal. You will have to



no matter how hard they try.

In fact there are several ways you can do this without spilling any of the liquid.

You can use a spoon to lift the liquid from the glass to

practise this in private until you can do it without spilling any of the water. But the important point is that your nose is most definitely outside the glass.

Arm Up

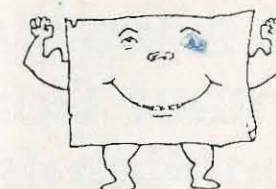
You are the strongest person you know - and, what is more, you can prove it!

Place the palm of one hand flat on top of your head. Now challenge the strongest person available to grasp your forearm and, by pushing from below, try to lift your hand from your head.

Unless you are an absolute weakling and your friend is weight-lifting champion of the world it is very unlikely that he or she will be able to do it.



PAPER STRENGTH



YOU NEED:

- A paper napkin

Roll the napkin into a tight roll. Then twist the roll a little to make it even tighter.

Get a friend to hold the roll, with one end in each hand. Now ask him or her to pull on the roll and tear it in two.

If you try this for yourself you will discover that you have to have muscles on your muscles in order to do it. So it will be no surprise to you when your friend has to give up the challenge.

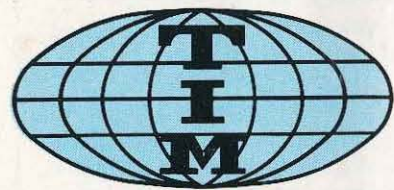
You now bet your friend that you can do it. No doubt your friend will have seen you do many other impossible stunts

but this one seems so impossible that it just cannot be true. As your friend has tried and failed everyone will expect you to fail as well. But you succeed because you cheat by putting some water on the centre of your roll. (If you can do this secretly, all to the better.) Leave it for a few seconds to allow the water to penetrate the paper and then you will find it a fairly easy job to pull the napkin apart.

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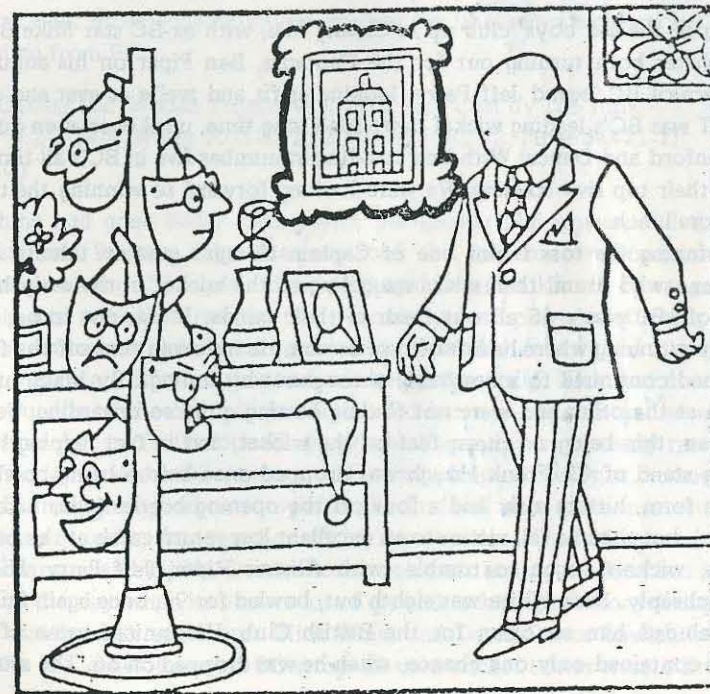
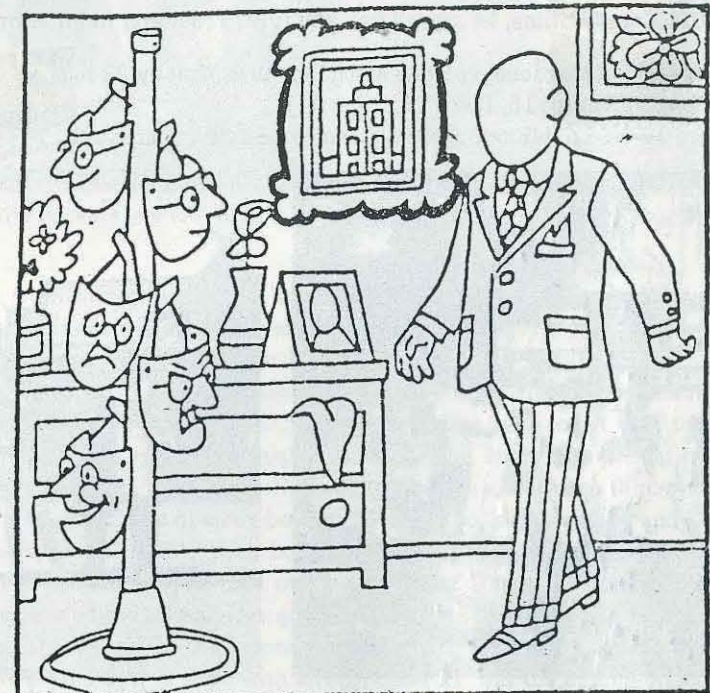
NMSA
National Moving
and Storage
Association



HHGFA
Household Goods
Forwarders
Association

FACE-SAVING

Can you spot the eight differences between these two pictures?



CRICKET



CRICKET

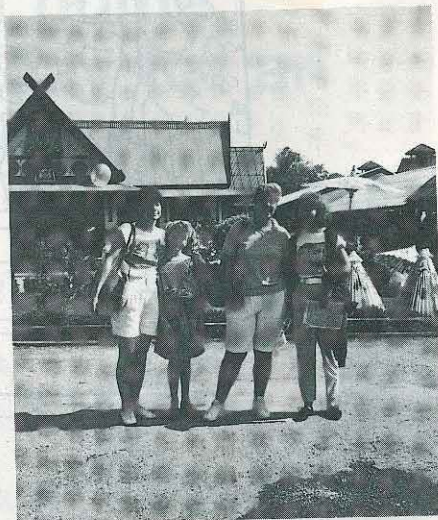
Record Book re-written!

OF which more later. In the meantime, let me tell you about BC's first ever international victory:

4th December. Chiang Mai. International vs Hong Kong Centaurs. Won by 22 runs.
BC 175. (White 91, Piper 17, Dance 15, Davis 13, Rider 11)
Centaurs 153 (Dunford 12-0-58-6; White 8.5-2-21-2; Dance 12-2-32-2; Parry 6-0-19-1)



Mai Pen Rai.



We had much mor fun.

It was like a meeting of the old boys' club up in Chiang Mai, with ex-BC star Mike Binns and former RBSC skipper Jim Baker both turning out for the Centaurs, Ben Piper on his annual outing in BC colours, and the return of BC legend Jeff Parry, looking as fit and svelte as ever and set for a lengthy stay in Bangkok. Jeff was BC's leading wicket-taker for a long time, until overtaken during his absence by Messrs White, Dunford and Dance. With Ben standing at number five in BC's all-time wicket-takers, BC were fielding all their top five bowlers. We were looking forward to winning the toss and bowling out the Centaurs before lunch.

However, winning the toss is not one of Captain Hough's greatest talents, and it was Nick White and Terry Adams who found themselves staggering to the wicket in the early hours of Sunday morning, memories of last year's 45 all out fresh in their minds. It was not to be; Nick White was soon into his stride, continuing where he left off last season. He hit seven runs off the first over despite an atrocious pitch, and continued to score freely throughout his innings. By lunch he had scored 78 out of 128. Batsmen at the other end were not finding batting quite so rewarding. Terry hung on for fifteen overs for seven, this being no mean feat on the wicket, and in fact helping to get BC off to an excellent opening stand of 43. Frank Hough was dropped once before being bowled for 1. David Dance looked in fine form, hitting a six and a four off the opening bowler (who had bowled 8 overs for 9 runs up till then), but then he fell victim to an excellent low return catch at the other end.

After lunch, wickets began to tumble, with Alistair Rider, Jeff Parry, Nicky Dunne and David Hall all going cheaply. Nick White was eighth out, bowled for 91, once again failing to score the century which has eluded him so often for the British Club. His innings came off 108 balls and included 11 fours; it contained only one chance, when he was dropped on 36. The score was now 145



Just like the wickets. All fell down!

Walking away from it all: Frank, Nick, David and Jack.

for 8, and apart from a brief flurry from Tim Davis and Ben Piper, who put on a quick 23 for the ninth wicket (including a six from Tim), the twelve-wicket (sic) innings quickly folded, with batsman number thirteen falling first ball with the score on 175.

On this wicket, 175 looked a good score, even with thirteen batsmen. Jeff Parry, with a good opening partner for the first time in his BC career, took some time to get back into his rhythm, but was the first to take a wicket as Frank Hough took a hard-hit chance at mid-on in the fourth over. The other opener soon followed, bowled by Nick White, before a stubborn third-wicket partnership began to put some runs together. The opening bowlers gave way to Jack Dunford and David Dance, and these soon had the batsmen in trouble. Jack bowled both batsmen in successive overs, then Frank, having taken over from Alistair as keeper, held on to a catch off David. The number six fell to a hard return catch straight at Jack's head. Two more good catches off Jack's bowling were taken by David Sinclair-Jones and Nicky Dunne, while the opposing skipper fell LEW to complete Jack's six wickets. The number ten then caused a brief scare with an aggressive 21, but the innings ended with Nick and David back on, and BC had won by 22 runs.

This was a far more convincing victory than the final score suggests, and was marked by some fine ground fielding from BC.

5th December. Chiang Mai. Woods Trophy vs Chiang Mai. Lost by 106 runs.
CGC 132 (Parry 8.2-2-34-4; White 10-3-23-3; Dunford 6-0-27-2; Piper 3-0-21-1)
BC 26 (Extras 10)

Something had gone badly wrong with the Chiang Mai square, and the only playable strip had already been used for two days when we took the field on the Monday morning. Frank came second in the coin-toss and Chiang Mai decided they'd like first knock. It was perhaps ominous when we took the field and only then realised that we only had ten players. Jeff Parry was summoned from the deck-chair where he was already contemplating his second Amarit and a long doze in the sun, and we took up our customary first-ball position, viz everyone at slip. Nick sent down a beautiful delivery which took the outside of the opener's bat and sailed between slips six and seven for four runs. I will not name the short but perfectly-formed slip whose finger-tips were nearly removed in the effort to take the catch, but at least the failure was a real crowd-pleaser. It was not, however, a sign of things to come, as BC's ground fielding and catching after the first ball were quite spectacularly good. Jack took a very sharp chance at gully, then another off his own bowling; David Dance took a good catch in the deep; Geoff Thompson and Nicky Dunne both took outstanding catches; but it was Ben Piper who took the catch of the day when he made a lot of ground to his right before diving to take the ball near the ground and dismiss their top scorer. Nick White and David Dance bowled beautifully throughout the innings, while the other three of BC's top all-time wicket-takers were a little wayward, and the



The annual beginning of season gathering and trophy giving at the R.B.S.C. All helped along by Ben Piper, David Sinclair Jones, our Frank, David Hall, Jack Dunford and Nick White.



Peter Davis – Batsman-Of-The-Year
Frank Hough (BC Capt) – holding the 30 Over League Champions Trophy
Ravi Seghal (RBSC Capt) – holding the 50 Over League Champions Trophy
Jack Dunford – Bowler-Of-The-Year
Nick White – All-Rounder-Of-The-Year

later batsmen made the final total very respectable, when it had looked at one stage as though CGC would be dismissed for under 80. Jeff Parry finished with four wickets, which augurs well for his return to BC cricket.

The score of 132 on this wicket was in fact quite a target, and BC went out to bat well aware of the problems they were likely to have. Then there was a collapse and we were all out for twenty six. The journey back to Bangkok was the usual mixture of kids being sick, adults arguing over the rules of card-games, and jokes and laughter well into the night. All over for another year; next year in Chiang Mai we'll really get our own back...

David Hall
Dec 11th 1988

LADIES' GOLF



LADIES' GOLF

OUR annual Club Championships have just been held and the results are shown below. There was an exciting tussle on the last day between Kristeen Chappell (the overnight leader) and Penny Whalley in the Silver Division who fought for the lead over the back nine and the result was in suspense right up to the last hole when Kristeen sank her putt to win by 1 stroke. Well done, a fine victory. Congratulations also to Mal Chessman who sustained her lead to win the Bronze Division with Sriwan Forrest coming Second. It was a Grand Finale for Kristeen who sadly leaves us for a new posting to London. Fortunately, she managed to squeeze in the Championships just before the packers arrived! Good luck and bon voyage to both you & Steve.

The following week saw CAPTAIN'S DAY and this proved to be a little different from normal as we had some husbands along for a change. We had a very good turn out and some excellent scores. A few people were "over-golfed" having just spent a long weekend at the Rose Garden with the British Club, but overall it was a most enjoyable morning and this was followed by lunch and prize-giving at Penny's house. An informal A.G.M. was also held and the new Committee was elected for 1989 as follows:—

Captain	: Margaret McEwan
Secretary	: Trish Blackburn
Treasurer	: Nena Reid
Handicapper	: Gai Pitre
Committee Member	: Penny Whalley



Captain's Day Line Up at the Army.

COMPETITION RESULTS

L.G.U. MEDAL

SILVER DIVISION	WINNER	: Anne Kwong	(17) 74 Nett
	R/UP	: Margaret McEwan	(16) 78 "
BRONZE DIVISION	WINNER	: Anna-Lisa Lowenborg	(22T) 69 "
	R/UP	: Inge Schwetz	(31) 80 "

CLUB CHAMPIONSHIPS – 1988

2-DAY STROKE PLAY – ARMY – LE PETIT TROPHY

SILVER DIVISION	WINNER	: Kristeen Chappell	(21) 148 Nett
	R/UP	: Penny Whalley	(22) 149 "
BRONZE DIVISION	WINNER	: Mal Chessman	(24) 152 "
	R/UP	: Sriwan Forrest	(24) 157 "

LOW GROSS WINNER OVER 2 DAYS : Joan Jurgens 186

Well done Joan – you came up trumps after all!

FIRST DAY WINNER	:	Gai Pitre	(20) 75 Nett
		R/UP FIRST DAY : Anne Kwong	(19) 77 "
SECOND DAY WINNER	:	Anna Lisa Lowenborg	(19T) 73
		R/UP SECOND DAY : Florene Studebaker	(22) 73
THIRD – BRONZE	:	Benamine Bronee	(30) 160 Nett
		FOURTH – BRONZE : Inge Schwetz	(30) 169 "
N/PIN	No. 4	: Margaret McEwan (Silver)	1st Day
		: Florene Studebaker (")	2nd Day
N/PIN	No. 4	: Margaret McEwan (Silver)	1st Day
		: Florene Studebaker (")	2nd Day
L/DRIVE	No. 8	: Benamine Bronee (BRonze)	2nd Day
		: Gai Pitre (Silver)	1st Day
L/DRIVE	No. 9	: Mal Chessman (Bronze)	1st Day
		: Anne Kwong (Silver)	2nd Day
U/PAR	No. 18	: Sriwan Forest (Bronze)	2nd Day
		: Mal Chessman (71)	
LOW PUTTS	:	Penny Whalley (29) and (26)	
		: Mal Chessman (28)	
CHIP-IN	:	Sriwan Forrest (28)	
		: Kristeen Chappell	



The Winners & Runners Up (from the left) : Sriwan, Mal, Kristeen & Penny.



Low Gross Winner: Joan Jurgens

My special thanks go to Florene who bought beautiful crystal biscuit jars (cookie jars to her): and decanters from Singapore for the prizes; to GESTETNER and the HONGKONG & SHANGHAI BANK for donating golf balls and to Bob Coombes of CHOICE FOODS for donating three bottles of superb Australian wine. Thank you also to Joan Jurgens who donated some extra "goodies" so that everyone ended up with something. Joan also gave us 2 bottles of Champagne but somehow we never got round to drinking it. It must have been a good day!!

CAPTAIN'S DAY – STABLEFORD (ARMY GOLF COURSE)

			H/Cap
WINNER	: Anne Kwong	39 points	19
2nd	: Anna Lisa Lowenborg	37 "	19T
3rd	: Florene Studebaker (on lower h/c from)	34 "	22
3rd	: Sriwan Forrest	34 "	24
N/PIN	No. 4	Nena Reid	
	No. 8	Odile Monteau	
	No. 13	Margaret McEwan	
L/DRIVE	No. 18	Anna Lisa Lowenborg	
U/PAR		Anne Kwong (69) and Anna Lisa (71)	
CHIP-INS	:	Sriwan and Anne	
BIRDIES	:	Nena	

Keeping the ladies company were the following brave souls – Trevor Whalley, Bob McEwan, Steve Chappell, Alan Kwong, Dick Chessman and (Vicar) Monty Morris. Thank you "chaps" for coming along and brightening up our day!

The overall men's winner was Bob McEwan, with 39 points L/Drive: Dick Chessman and N/Pin: Trevor (about the only thing he got right – his words, not mine)!

As the out-going Captain I would like to thank everyone for their unfailing support and to say how much I have enjoyed my 18 months or so in the hot seat. It has been hard work, great fun and a tremendous experience, and I would like to wish every success to the new committee and to Margaret as Captain for 1989.

Finally, our ROUND-UP, a joint B.C.L.G./FLOGG outing to Bangphra will be written up next month and please make a note in your diaries of the date of the KITCHEN SINK. This is our annual fun open day when the British Club Lady Golfers challenge their husbands and other members of the British Club Golf Section in a pairs and individual competition. The date is set for SATURDAY 25th FEBRUARY 1989 at 0700 hours at the ROSE GARDEN. This will be followed by lunch and the prize-giving at the Club House. A sign-up sheet will be posted on the notice board of the British Club.

Good golfing and a very Happy New Year to you all.

(P.S. New members are always welcome and we would love to hear from you).

SOCCER SOCCER

HAPPY NEW YEAR READERS.

I hope you all had a great Christmas and the hangovers from New Year are fading rapidly. I am fortunate enough to have a few more days leave to recover and am actually quite enjoying feeling cold again ... in Bonnie Scotland ... with the knowledge I will return to warmer climes shortly. I was able to get off the match reports shortly before flying off however.



The Famous Five in Manila with 'guest' players.

Match Report.

We left off last month with a won one, lost one league record, and our next match was against the youth, speed and flair of the International School Bangkok. We were minus Captain Precocious Pomfret for this one and indeed we only had a twelve man squad due to some miscommunication. In the first half we gave the kids too much respect by laying off them too much, and this allowed them to play some nice one touch football. Fortunately their finishing was not too sharp, but they did take the lead mid-way through the first half, when a half clearance under pressure was sliced back across the goal mouth by one of our defenders for the school to accept gratefully and tap in. The second half was a very different story, as we called on our experience after a liberal exchange of ideas at half time. We pushed up on the kids and did not give them the space to either play in or use their speed, and gradually took command. The turning point came when Frank Hough turned faster than cream and hit a low shot into the corner past son Simon in the goal for the school ... The school's defence which looked solid until then started to press forward looking to assist their forwards in re-establishing a lead and this left space for us at the back. We took the lead with as fine a goal as I have seen in Farang league football. A quick break down the right lead to Dave Bennington beautifully chipping the advancing keeper from 20 yards. As sweet a strike as some of the perfume his company Avon sells, and leaving us with scent of victory. But wait ... there was better to come as play went from end to end. A race down the left side saw the ball at Frank's feet with his back to the goal, on the turn he chipped the ball with his left foot into the far corner of the net curling it as it went in. Two outstanding goals in one game which would have graced any stadium and ones which left poor Simon wondering what he had to do to exorcise the hex his goal-a-game dad seems to have over him. The final score 3-1 and the man of the match, who else but the fabulous Frankie.

The next game was the proverbial four pointer against the league leaders the German Allstars, who were reaping the benefit of their pre-season programme. In a tousy game neither side really hit the height of skill and just when it looked destined for a nil all draw a slight concentration lapse allowed the Huns a goal. After this we tried to claw our way back but the Germans matched everything we threw at them and snatched a second goal on the counter attack in the dying minutes. A 2-0 defeat and our hearts were heavy.

It was then on to meet the Scandinavian Vikings with whom we had drawn in a pre-season friendly. We always look forward to our games with them as they are very sporting encounters and this was no exception. Again withdrawals hampered our plans especially in the forward area. In a hard but fair encounter the Scans got the only goal of the game through a hotly disputed penalty. In the end they probably just deserved to win and we must congratulate their top player of the night Per Jenson who is an associate member of the club and league president. This result left us even further adrift of the leaders with an uphill struggle to climb back into contention.

On then to a match against Les Gauloise who in the past years have proved our bogey team. Could it be three defeats in a row? When had that happened last to the B.C. Was the new British Airways kit unlucky? All these questions were asked when early in the game les Frogs went 1-0 with a softish goal. Again work commitments had robbed us of our whole forward line and skipper; things looked pretty bleak. The spirit was there however and inspired by debutante John Gidley, we set about to climb the mountain. Thanks to tireless running, Gidley notched the first goal when he all but nutmegged the French keeper. Soon after a brilliant throw in from Forbes was nodded in by Duncan to Gidley who set up a golden opportunity for Mike Warrow to score. After that we were in complete command. Early in the second half a brilliant run by Vince Swift onto a perfectly timed free kick ... ahem ... by Forbes lead to Vino notching goal three. The final goal came from John Gidley who completed his brace after a fine series of interpassing from a now very confident B.C. team. Perhaps the quality of the opposition was not good but it was a satisfying performance not least for the fact ... a star was born ... Yes John Gidley, westcountryman, rugby player extra-ordinaire this is your game ... man of the match in his first game.

After Les Frogs came De Young Thai Seak Association in what should have been one of our easier games, it was not to be however as the sikhs had us on the rack with two early goals, including

an own goal from a former captain who also scored two for them last time we played. The solution is that the next game we play the culprit ... O.K. its me .. is up front. The first 20 minutes marked the most abysmal defensive performance I can recall from the B.C. and when attacking, although working ourselves into good positions, we didn't look as if we could score in a bordello let alone on a field.

Some substitutions and positional changes at half time helped tighten up the performance, and a fairly soft penalty award slotted home calmly by Frank Hough saw us back into the game at 2-1. After that it was all one-way traffic, and we deservedly got the equaliser when Mike Pomfret pirouetting through 720° slotted the ball home into the bottom left hand corner; a turn that Nureyev would have been proud of. Further pressure failed to yield the final winner and hence it was another point lost leaving us with 7 from 14 and one game to go against the league leaders the Indian Cougars before the mid season break .. Man of the match incidentally was Mike Warrow.

Manila Mania.

Squeezed between our matches with the Germans and the Scandinavians, 5 intrepid adventurers headed out for Manila and the third Philippines International Veterans 6-a-side tournament hosted by the famous Nomads. Two late call offs had robbed us of a full squad, but a couple of phone calls from team father Jim Howard had assured replacements at the other end. The touring party was big Jim marvellous Mike P.... Andy (sorry can't read your writing Alex) Maynard, Vino Swift and Scoopie ie yours truly. The tournament was organised by the President of the Philippines Football Association and more importantly sponsored by San Miguel Beer and what Amber Nectar that is. The Philippines may have many problems but making and consuming beer is not one of them, anyway to the action.....

We opened with what appeared to be a disappointing 2-0 defeat against Danish Dynamites of Hong Kong. This was later to be proved quite an honourable score as the D.D.s went on to win the tournament. Our second match was against the host club Nomads and despite the bulk of the play we just could not score and therefore finished the first day with a loss and a draw. This meant we needed at least 3 points from 2 games to qualify from our group of 5 teams for the semi-finals.

In our opening game on day 2 we came up against the might of the Hong Kong football club Gazelles and took the play to them. A flashing left foot drive from yours truly gave us a 1-0 lead at the break and we looked good until a slack piece of goal-keeping from our own ringer Harold off a set piece saw the Hong Kongers equalise. Another draw and it was a win or last show down against the Redlions of Taipei. Once again we had the best of the game but could not capitalise on the many chances we created. The nearest we came was to hit the post and a nil all draw left us one place off the semi-final berth. Cest la vie.!

Casuals Corner.

Haven't been able to get in touch with Peter but I know they had one game against a R.B.S.C. social team. Apparently, R.B.S.C. played two of their first team guys and a rather small casuals squad went down 2-0. A good time was had by all, although there were some complaints about the lack of substitutes. The match was notable for WHISPER IT THE FIRST APPEARANCE OF A MEMBER OF THE FAIRER SEX (YES A LADY) IN A B.C. FOOTBALL JERSEY TAKE A BOW ... EDIE McBEAN ... (Edie of I.S.B. and an associate member) Some of the lads felt it unsporting of her not to swap jerseys at the end of the game but apart from that she fitted in well and added a new dimension ... or two .. to the team. Seriously though, her fitness and soccer ability was a great asset.

As we usher in the New Year it is traditional to reflect on the old and we can do so with satisfaction. When did we last embark on three tours in one year? Two of them International. Yes we're carrying the banner of the B.C.B. far and wide, as well as deriving enjoyment for players and families. I do feel such tours have helped gain some prestige for our club. We have successfully defended two minor trophies, and failed to win some more important ones. The Olympian spirit still

exists however. Fun plus setting an example in good sportsmanship are as important as winning. I think we achieved both these goals ... if you pardon the pun.

Financially the section is in a better position due to the sponsorship of British Airways. We now have a new kit and a positive bank balance. Yes, a good year tinged with the departure of players and particularly the inspirational Steve Casteldine.

Looking forward to 1989 we have veritable mountains to climb in the league, but the squad is strengthening and given the breaks on work commitments we could be a good bet in some cup competitions. We also hope to host our own mini tournament with two visiting teams from Singapore in February.

Scoop

That's it for January, I'll be back in March. Mike Pomfret next month (thank goodness!). Its O.K. writing it in long hand but think about the poor Typist. (Ed: Here bloody here, I'm crosseyed..).



"You always say we're not ten yards!"

SQUASH SQUASH



FIRSTLY - "The Court 2 SAGA"

stamp to prove it had been cured.

THE PROBLEM:

I am sure many members wonder what's happened to Court 2. Believe me, so does the contractor! As you are no doubt aware the floor on Court 2 "had rotted beyond repair" and had to be replaced. It was decided to raise the level of the floor to avoid flooding again in the future. Shortly, after the Court was completed ominous "ridging" began to occur and sure enough the ridges became splits. The only answer the contractor could give was the wood not "cured" sufficiently, even though it had an "official"

THE SOLUTION

The contractor has agreed to do the work again, naturally, at no extra cost to the BCB. However, this time we intend to store the wood for at least two months to see how it settles down. In the meantime, the contractor will make temporary repairs to Court No. 2.

Eventually, the floor will be refitted, the walls repainted in a silk white finish as opposed to gloss and the floor painted a creamy colour to give a contrast against the walls - keep your fingers crossed. On to a happier topic.

BCB VS GYMKHANA CLUB — CHIANG MAI

The squash team visited Chiang Mai during the King's Birthday, and played a match against the Gymkhana Club. A sound thrashing was handed out by the BCB boys winning the match 7:2. Great celebrations were held that night with the BCB cricketers who had also won their match against the Hong Kong Centaurs. However, I leave it to the cricketing scribes to report on their match against the Gymkhana Club; suffice to say we have nicknamed them the "Fussy Ducks".

Whatever the results, it was a great trip thoroughly enjoyed by the squashes and a sincere thank you goes to Frank Hough for all his hard work in organising the weekend. Cheers Frank!

RESULTS

Collin Hasting	0-3
Rod Domniny	3-0
Nick White	3-0
Richard Green	3-1
David Jezeph	1-3
Tony Brazenell	3-0
Mel Leddy	3-0
Jack Dunford	3-1
Mike O'Connor	3-0



Left to right: David Jezeph, Rod Domniny, Mike O'Connor, Mel Leddy, Richard Green and Tony Brazenell. Missing Nick White, Jack Dunford — off playing cricket. Colin Hastings had left for Chiang Mai.

FAREWELL TO THE OVERINGTONS

It is always sad to lose good members but particularly sad when they have contributed to the club in a special way. David with his wit and musical talents will be missed greatly, and Barbara will leave a big gap in the Squash Committee. We wish them every success back in OZ and they are always welcome back at the BCB for a squash game, and a Kloster.



Tony Brazenell — making a presentation to Barbara Overington on her last night in Bangkok (and what a night it was).

SQUASH LEAGUES

All members interested in playing in leagues please note that sign up sheets will not be sent out in future. Members should complete the sign up sheets which will be available on the booking desk.

The next leagues will commence on 1 January 1989.

NOVEMBER LEAGUE RESULTS

Division 1	— Richard Green
Division 2	— Bernard Grogan
Division 3	— Ivor Scott
Division 4	— Mike Geary
Division 5	— Mike O'Connor
Division 6	— Emilie Fangman
Division 7	— Roger Daniel
Division 8	— Don Murray

TENNIS



Match against Unocal Thailand Ltd.

The tennis section had an inaugural match against a team from Unocal Thailand Ltd. on 5 November 1988. Their Captain, Chris Taggett, who is also a member of the British Club, brought a well balanced team of 10 men and 6 ladies. Fortunately on the day we were able to field a sufficiently strong team to hold the opposition at bay for a convincing 13-3 victory.



Participants in the BC/Unocal match



Mike Poustie (BC) and Chris Taggett (Unocal) exchanging club shields after a well contested match.

Round Robin 20 November

The November Round Robin was well attended with 22 players participating. Those taking part were:-

Dick Chessman
Bernard Dumont
Guillaume Dumont
Gordon Martin
John McCartney
Jens-Peter Ahrens
Mike Poustie
Gary Wainscott
Charlie Mohr
Sten Bronee
George Dunford
Roy Fordham
Anthony Freeman

Mal Chessman
Verena McCartney
Gisi Van Walbeck
Julia Freeman
Lyn Wainscott
Benjamine Bronee
Jackie Gramond
Marjorie Fordham
Dagmar Hebener

It was very encouraging to see two young boys playing in this event, George Dunford and Guillaume Dumont. We hope they enjoyed it and will continue to play regularly in Club events.

Jane Windeler organised this event and presented prizes to the winners - Mike Poustie emerged as the highest scoring man and Lyn Wainscott and Mal Chessman tied for first place out of the Ladies.

Many thanks to Jane for her hard work.

Match against Japanese Association - November 25

The Ladies group played a match against the Japanese Association and 10 players turned out:-

Bua Wyder and Mal Chessman
Jackie Gramond and Sue Walters
Julia Freeman and Benjamine Bronee
Phyl Xumsai and Lynne Wainscott
Pat Tansantikul and Fizz Danby

As usual it was very tough tennis and the Japanese once again managed to beat us by 9 matches to 7.

COMMITTEE



BRIAN HEATH
(Chairman)
Office: 282-9161 ex 191
Home: 321-1723



DAVID HALL
(Publicity & Archives)
Office: 529-0100 ex 2867
Home: 392-2410



TERRY ADAMS
(Vice Chairman
Membership/Development)
Office: 391-2022
381-2227/9
Home: 253-9653 ex 51A



DAVID LAMB
(Entertainment)
Office: 235-0170/5
Home: 314-1530



JACK DUNFORD
(Club Development)
Office: 236-0211
Home: 286-1356



VINCE SWIFT
(Membership)
Office: 252-4294
Home: 258-8522



PAUL MYERS
(Financial Advisor)
Office: 249-0483 ex 1158
Home:



MIKE RYAN
(Personnel)
Office: 235-1940/9
Home: 251-6106



MICHAEL HILL
(Food & Beverage)
Office: 235-4617/8
235-5630/9
Home: 579-1419



DAVID WILLIAMSON
(Manager)
Office: 234-0247
234-2592
235-1560



DUGAL FORREST
(Sport)
Office: 390-2191/2
Home: 381-1329

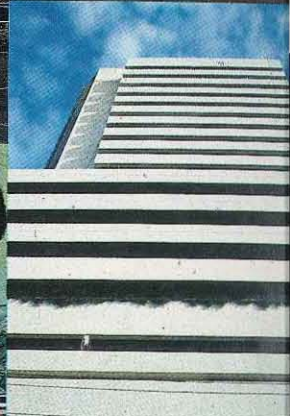
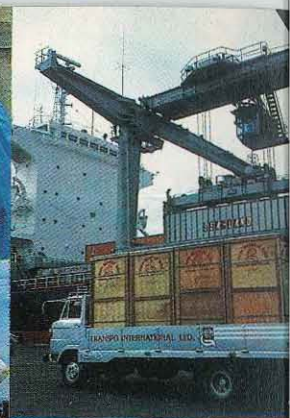
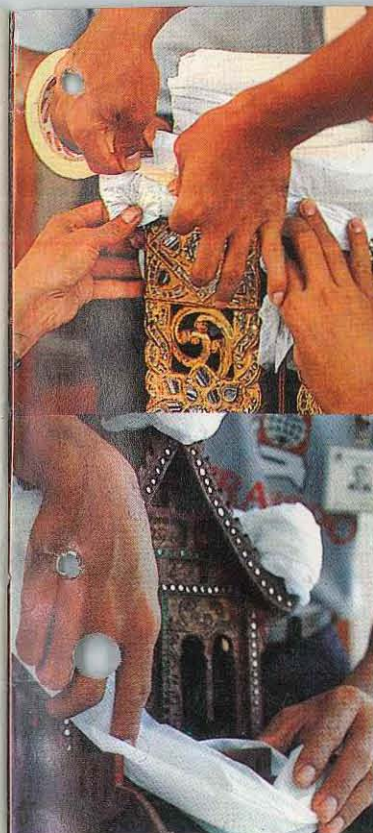


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ACTIVITIES

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

BILLARDS/SNOOKER	— RON ARMSTRONG	390-2445
BRIDGE	— ?	?
CHESS	— JAMES NICHOLS	236-8834
CRICKET	— FRANK HOUGH	391-7192
DARTS	— MIKE MAJER	513-1970
GOLF	— LLOYD HOUGHTON	252-0435
LADIES' GOLF	— MARGARET McEWAN	258-9415
OUTPOST	— MAREN WHITE	258-1481
RUGBY	— PETER SNELL	236-7879
SCUBA DIVING	— CHRISTIAN BOUTEILLIER	(see notice board)
SOCCER	— ALEX FORBES	260-1950
SQUASH	— TONY BRAZENELL	254-7935-8
SWIMMING	— ERIKA MAJER	252-7492
TENNIS	— JULIA FREEMAN	287-1268



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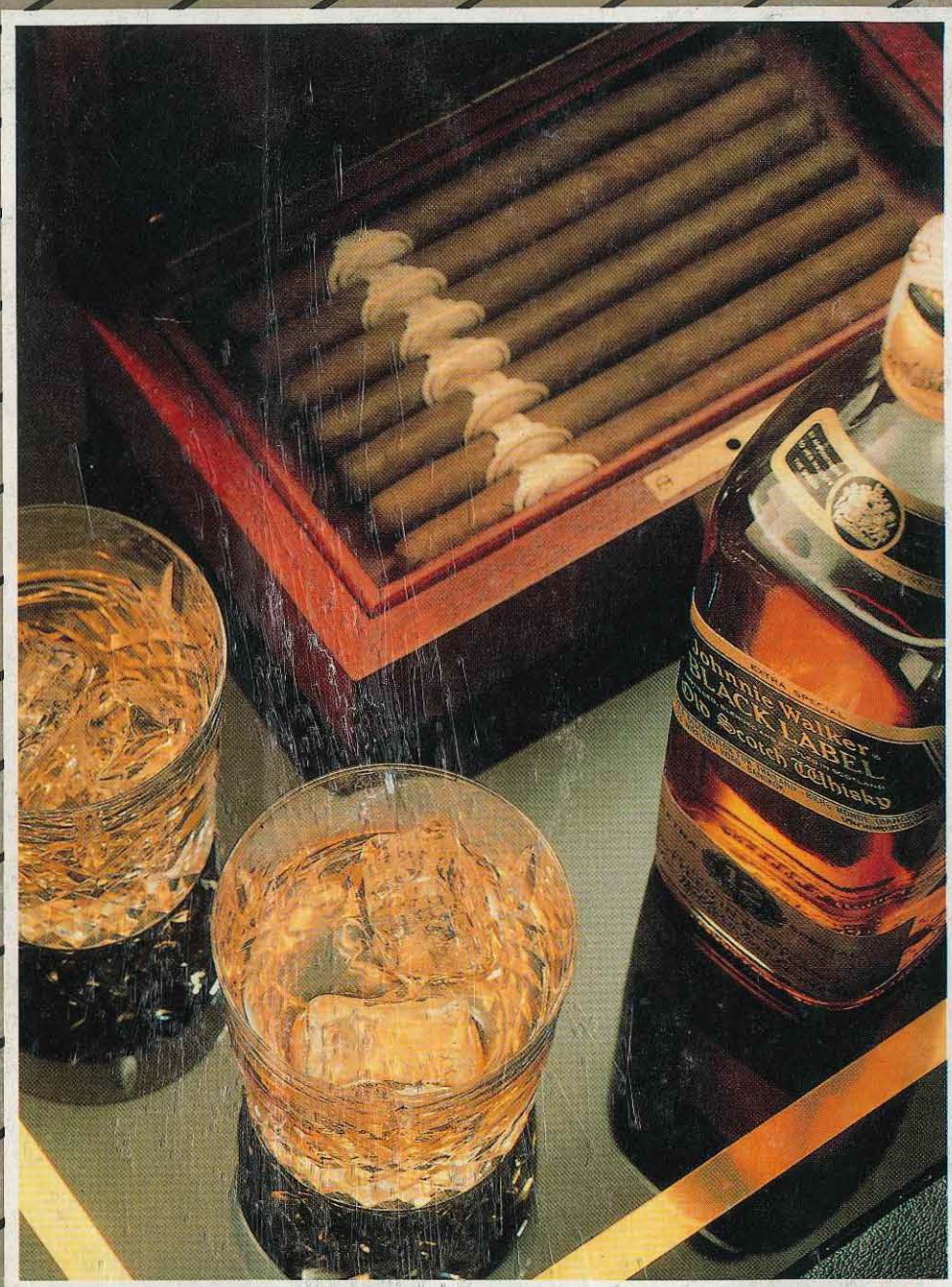
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