

# OUTPOST

MONTHLY MAGAZINE OF THE BRITISH CLUB

JANUARY 1992



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## THE BRITISH CLUB

189 Surawongse Road, Bangkok 10500 Tel: 234-0247, 234-2592 Fax: (662) 2351560 (via Reception)

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# Meet the New Members

**Alison and Paul Hunt** are both journalists and have been in Bangkok for about four months. Paul is with *New Scientist* and specialises in the environment while Alison is the Thai correspondent for the *Daily Telegraph*. Paul plays rugby, paints his wife's nails and when I was speaking to him was wearing her name badge. Funny guy. Didn't get to speak to Alison but hear she enjoys tennis.



**Incha and Ron Clark.** Ron is originally Scottish but left about 30 years ago, Incha is Korean but spent a lot of time in Hawaii. They've been in Bangkok for about 2 months. Both enjoy tennis, snow skiing, running (hash), swimming and hiking. Ron used to play football and practice martial arts.



**Gabriella Giubilei** is Italian and came to Bangkok about a year ago after nine years in China. She is with the Italian Embassy and enjoys travelling, tennis, swimming and antique collecting.

**Terence Ginty** is with Pilkingtons, responsible for S.E. Asia but based in the UK. He has spent time in China and enjoys squash, tennis, swimming, skiing and travelling.



**Sue and Stuart Edwards** have only just got around to joining the BC after 14 months in Bangkok. Stuart is with Siam Syntech while Sue is into nits, worms, verrucas and balls (the first lot because she is a nurse and the latter because she has just organised the Pattana School Ball). The Edwards spent 7 years in the Middle East before coming to Bangkok. Stuart claims not to have time for hobbies but Sue is going to use the Fitness Centre and used to play netball and squash.



**Howard Burrows** is Operations Manager for British Gas Thai Exploration and Production arm. He has been here since the beginning of November and his wife and 2 children will join him after Christmas. Howard jogs, swims, plays squash and enjoys photography.



**John Fletcher and Linda Stern.** John is with British Gas and he and Linda have been here for about 3 months. John likes squash, cricket and literature and wants to find out more about Thailand. Linda is American and helps out at an orphanage and also with SKIP.

**Ted and Karen Benson** are both with the Canadian Embassy — she is in Immigration and he is with the Commercial Division. They have been here about 4 months and are enthusiastic about Bangkok after 5 years in China. They both enjoy tennis, squash, golf and touring.



**Joe Fletcher** is with Coca-Cola and came here from Hong Kong. He enjoys snooker and travelling. Is living in an apartment building between two short time hotels. (That was all the scandal I could dredge up even with Brian Lewis making it up!)



**Gisi and Bert Van Walbeck** are on their second term here in Bangkok, previously they spent 3 1/2 years here. Bert is with Siam Express and Gisi spends her time looking after their one child, two parrots, one adopted elephant (living in the Rose Garden), one cat and two horses! In her spare time she likes tennis and spending money. Bert enjoys electric trains, opera, reading and adopting unusual items.

**Melinda Fallon** is also with Coca-Cola \_ handles all their briefs I'm told! She is married to Kevin, a vet and they are newly-weds. They arrived 3 months ago from Atlanta. Melinda swims and is taking up tennis.



**Teresa and Duncan King.** Teresa is from Ireland and Duncan from England. Duncan is here with the Thai Department of Fisheries. They have two children, one is a new arrival but Teresa may teach English next year when more settled. Meanwhile she enjoys swimming and cooking. Duncan plays squash and occasionally rugby. Also occasionally partakes in a beer!

**Ian Grimwood** is general manager of a furniture manufacturing company and has been here for 3 months. When he has time he wants to use the gym and start squash. He joined the Club for social reasons — is finding life very lonely as his wife and children are still in the UK.

**Lynn and Randy Chang** have been here about 9 months with the US Embassy. Randy is the Assistant Air Attache there and prior to Bangkok they were in Washington. They both play tennis and golf and Randy also plays squash. They have a two year old daughter, Amanda.



**Joe Stewart** is here to see the Thai girls in the guise of a civil engineer! When not chasing Thai girls enjoys swimming and reading. Joe has been here for about 4 months off and on and is with the BMA trying to sort out the klongs. Likes Bangkok except for the pollution and the traffic \_ now where have I heard that one before !



**Jorgen Jorgensen.** Here for the Carlsberg! Actually Jorgen has a Thai wife which is why he is here. He is starting up a new marine surveying company next year. When not panting for Carlsberg he swims and plays tennis and squash.

**Michael Lavin** is with BAT and does as little as possible although he claims to be hardworking and dedicated. I'm sure that was only to impress his girlfriend who was shortly to arrive. He is unmarried despite a 3 year relationship. Michael's only hobbies seem to be drinking beer and smoking — not unlike a lot of others I know so he should fit in well.

**Hugh Massie** is working at enjoying himself but by day is a taxation consultant with SGV. He is single and hails from Sydney, Australia. Hugh likes golf, tennis, bridge and croquet.

**James Hogan** is from Dublin (all the best people are!) and is selling watches for the Hong Kong Bank. (Yes I know — sounds a bit odd but he is Irish!) He is enjoying Bangkok and when not selling watches, tries to convince people to invest in Thai Stock Exchange. His hobbies are rock-climbing and caving — he'll do a lot of that in Bangkok I'm sure.

**Peter Tinker** is a consultant on traffic control and surveillance — yet another one! Peter enjoys badminton and music of any sort but particularly Barbershop singing. He is trying to get a group together here so if anyone is interested you know his name.

**Stephen Rees** has been here about 5 months with Jones Lang Wootton. His girlfriend, Susan, arrives in February which is just as well as according to Mickey Wheeler, he'd never catch a pass from a girl! Plays rugby, golf and squash.



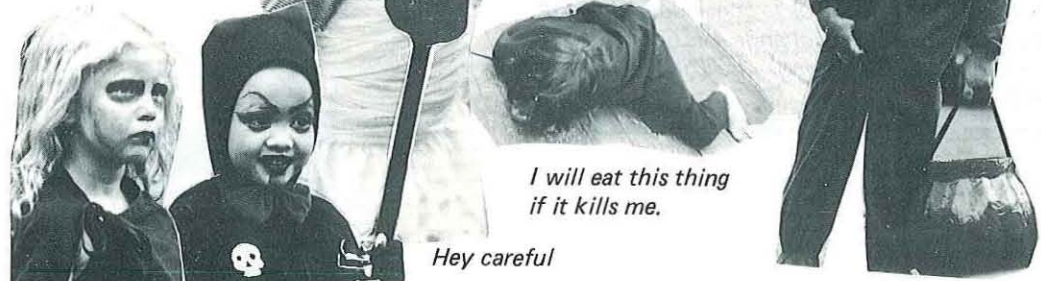
Due to a "technical hitch" on the night some photos were unusable — apologies to those whose mugshots are not here.

# CLUB ROUNDUP

## Halloween Children's Party



*Who put ice in the bucket!*



*I will eat this thing if it kills me.*

*Hey careful*

*Just like dad.*



*Lot's of great photographs are now ready to choose from at reception.*

*Smile.*



# Guy Fawkes Day and What a Night



*No this way.*

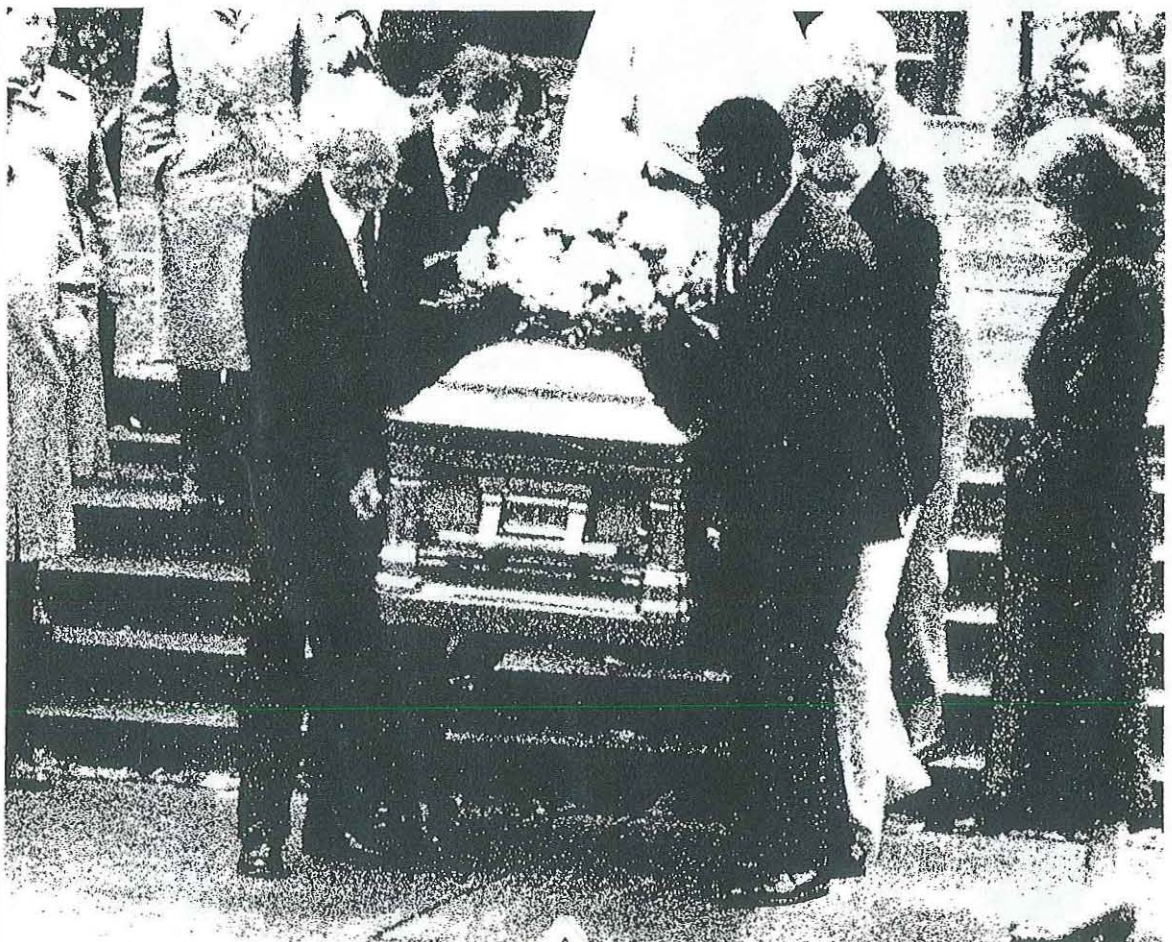
*The east ender's.*



*Rick Scott rounded off this fun packed day with a great concert & children's show  
Rick was brought from Canada by Cathay Pacific Airways just for the show.*

# Will it take six strong men to bring you back into the church?

Our church welcomes you no matter what condition you're in, but we'd really prefer to see you breathing. Come join us in the love, worship, and fellowship of Jesus Christ this Sunday.



11 CONVENT ROAD  
TEL: 234 3634



SUNDAYS: 07:30, 10:00  
15:30 (Thai)  
18:00

# **F**ROM THE CLUB MANAGER

## **MEMBERS' DRIVERS**

Members are respectfully reminded that they are held fully responsible for the conduct of their drivers whilst they are on the Club property.

Please remind your drivers that they are not allowed to use Member toilet facilities, and must follow instructions given to them by Club Security, also they should not indulge in illegal gambling on the property. This can result in the Club being closed by the local police force.

Furthermore, the Management will not hesitate to hand over to the police or ban drivers who are caught indulging in any illegal practices.

Drivers will also be stopped from using the Club as a short-cut between Silom and Surawongse roads.

\*\*\*\*\*

Another year has come and gone and I as the Club General Manager would like to thank the following companies for their generous support of the Club in sponsorship of various kinds:

Seagram (Thailand), Coca-Cola (Thailand), American Express (Thailand), Bangkok Post (Allied Printer), Castrol (Thailand), ICI (Thailand), Cathay Pacific Airways and Reebok International.

I'm off for my annual holidays from January 2nd to 31st. I look forward to seeing you all down at your Club in the New Year.

## **PAI THIAW? HAVING A DAY OUT?**

**H**ave a good trip with G.M. TRANSPORT!  
Brand new first class air-conditioned minibus 9-15 seats, reliable, gentle, sober and enthusiastic driver. Rental B1000 per day including driver (fuel not included).



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Come bareboat sailing in one of our fully equipped yachts or take a boat with one of our qualified skippers, who will do all the work, while you have all the fun. Try our adventure holidays for children... or learn to sail yourself with New Zealand's leading yacht charter company.

The summer sailing season has just begun. Why not escape the usual vacation this year and come sailing with Rainbow in New Zealand or the exotic Polynesian islands of Fiji and Tonga?

Contact: Jennifer Sharples  
Tel: 390-2286  
Fax: 391-5534

## DEWI'S DOINGS

HAVING recovered from high jinks at the St Andrew's Ball, Dewi flexed his mental muscles and began Welsh conversation classes with John Roberts, in the Wordsworth Room of the British Club. Priority items were taught immediately and we need never shirk our social responsibilities now we can offer (albeit in less than perfect Welsh) "Wyt ti ishio peint o gwrw?" In fact, Dewi might just go to the top of the month's popularity poll. Anyone wanting to join this class in the New Year, keep an eye on the British Club Notice Board.

The annual Christmas party at the British Embassy Social Club was a great success, due in no small part to our veteran Santa Frank, Choir master Richard, and the B.E. Lubrication Station and their super service.

Golfers enjoyed another superb weekend at Jomtien over the 13/14/15 December, honing their skills in readiness for the upcoming clash of the Titans. So — watch out all ye little leprechauns, we're getting ready to marmalise yez!

Don't forget the Gorge Trot on the 19th. A real fun event and another first for Dewi. Is Bangkok ready for us??

Until next month.

Nô<sup>^</sup>s Da & Diolch yn fawr.

(Well, I've only had one lesson ...)

# LETTERS

9th December 1991

Mrs. Maureen Harbeck  
c/o Kumagai Gumi  
British Club  
189 Surawongse Road  
Bangkok 10500

Dear Maureen,

Your letter to Keith Bell about activities for young people in the 9-14 age group was discussed at the General Committee meeting on 7th November. You have put forward some very good ideas which are very welcome, and as we felt that parental involvement would be essential with many of these suggestions, Keith published your letter in the December "OUTPOST" to see what response is forthcoming.

I am told that some 10 years ago there was Women's Liaison Committee which arranged and supervised activities for children. These included volleyball, 5 a-side soccer, basket ball, draughts, snakes and ladders, chess etc. plus cricket coaching. Perhaps something similar will result from your initiative.

In early February the side of the Club premises next to the Nielsen Hays Library will be converted to much needed additional parking space, the pond will be filled in, additional drainage installed and the back lawn raised. The next step will be to develop the tennis court area into an all-weather surface. This will provide good facilities for volleyball, 5 a-side, rugby training etc., as well as tennis tournaments.

On behalf of the General Committee, I thank you for your ideas. This kind of input is very helpful and constructive.

Yours sincerely,



Bryan Baldwin  
Chairman



6 December 1991

Mr. K. Bell  
The British Club  
189 Surawongse Road, Bangkok 10500

British Embassy  
Bangkok

Dear Keith

Another Ploenchit Fair has come and gone; and, against all the odds since it gets harder each year to emulate the previous year's achievements, it looks as if we have set another record. We may even have broken the Baht 3 million barrier — or be pretty close to it.

To the outsider, and to our regular clientele who come for the one day fun of the fair, it all looks so competent, so smooth-running and even perhaps so easy to organise. They do not know, as I do, how much work, planning, enthusiasm and humour goes into our annual event. They do not know, as I have come to know, how much everyone involved, and especially all the stallholders and their helpers, put into making the stalls attractive and making them make money. The Ploenchit Fair has become over the years a major Bangkok event and it is your efforts that have given it its reputation. I would like to express my heartfelt gratitude and thanks to all of you.

This was our third Fair and sadly our last. It has been one of the most worthwhile projects in which we have become involved and I am sorry we will not be here next year to see what I know will be an even bigger, better and — dare I say it — more profitable occasion.

From Ramsay and myself our sincere thanks and very best wishes to all who are involved with the Ploenchit Fair.

Yours sincerely

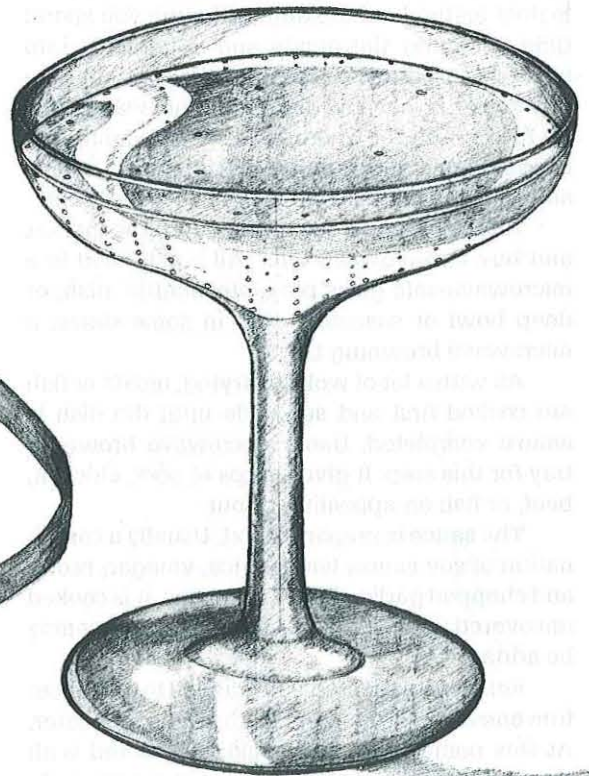
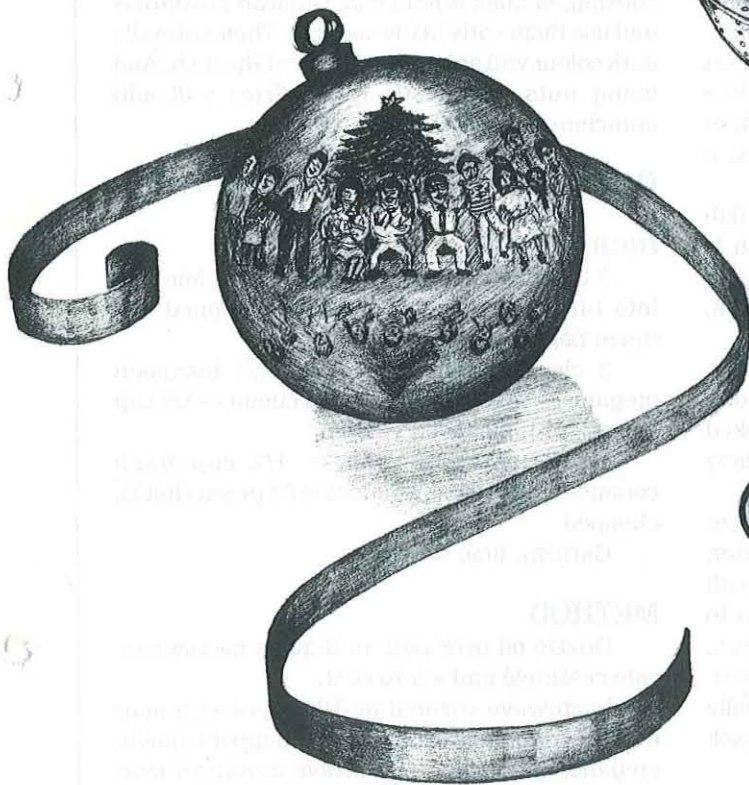
*Stella*

(Stella Melhuish)  
President UKCTC

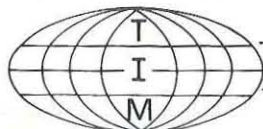


*World Class*

# Season's Greetings



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## “Wok’s up, Doc?”

STIR-FRYING in a wok is one of the easiest and fastest methods of cooking. Although you spend time chopping the meats and vegetables into small pieces, the actual cooking time is short. The good news is that now there’s another way to stir-fry foods — in the microwave. What’s more, microwave stir-frying requires less oil and soy sauce, so you’ll cut calories and lower sodium content.

And you don’t have to run out to the market and buy a microwave wok. All you’ll need is a microwave-safe glass pie plate, souffle’ dish, or deep bowl or casserole and, in some cases, a microwave browning tray.

As with a lot of wok stir-frying, meats or fish are cooked first and set aside until the dish is almost completed. Use a microwave browning tray for this step. It gives strips of pork, chicken, beef, or fish an appealing colour.

The sauce is prepared next. Usually a combination of soy sauce, lemon juice, vinegar, broth, and chopped garlic, ginger, or onions, it is cooked uncovered until heated through. A thickener may be added.

Finally, the vegetables are added to the sauce: firm ones first; lighter and more fragile ones later. At this point, the dish should be covered with plastic wrap or a cover and vented for steam to escape. As the vegetables cook, shake — yes, shake — the dish intermittently. When it’s possible to stop the oven, remove the cover, and actually stir the ingredients, it’s easier and faster to pick up the dish and “shake-fry” them.

When the vegetables are crisp and tender, add the reserved, cooked meat or fish and cook about 30 seconds. Then you’re ready to serve.

To adapt a favourite conventional stir-fry recipe to the microwave, make only half as much sauce as it calls for. Microwave cooking requires less liquid than wok cooking, which relies on evaporation. If you don’t cut back on liquids, you’ll end up with soup.

The best ingredients for microwave shake-frying are fresh ones, cut into bite-size bits. Fro-

zen vegetables produce acceptable results but will not be as crunchy or crisp. Because they are covered for shake-frying, cultivated white mushrooms may turn black from steam created within the dish. Either use large white mushroom pieces and add them for a short time at the end of cooking, or soak dried black Chinese mushrooms and use them early in the cooking. Their naturally dark colour will enhance the look of the dish. And using nuts and seeds in stir-fries will add crunchiness, flavour, and texture.

### GREEN CHILI PORK — Serves 6

#### INGREDIENTS

3 tablespoons oil — 3 pounds pork loin, cut into 1-inch cubes — 1 large onion, chopped — 2 green peppers, diced

2 cloves garlic, minced — 1/2 teaspoon oregano — 1/2 teaspoon ground cumin — 1/4 cup water — 1 tablespoon vinegar

1 1/2 teaspoons salt — 1/2 cup fresh coriander, minced — 8 ounces mild green chilies, chopped

Garnish: lime wedges

#### METHOD

Drizzle oil over pork in 3-quart microwave-safe casserole and stir to coat.

Microwave covered on HIGH power 8 minutes, stirring once. Stir in onion, peppers, garlic, oregano, and cumin. Microwave covered 4 minutes. Stir in the water, vinegar and salt. Microwave covered on MEDIUM power 40 minutes. Add coriander and green chilies and stir to combine. Taste and adjust seasonings. Serve hot with lime wedges.

Ninki Mallet



## Shopping at the Shangri-La



Exclusive shopping is now at the Shangri-La. At the Chao Phya Tower adjacent to the hotel you will find the most exciting shops in town. You will find 34 exquisite boutiques carrying a wide range of goods to satisfy your needs. Be it a renowned jewelry shop, fashionable clothes, shoes, beauty shop, or antiques, we have it all. Come and see for yourself. There is ample car parking and 24 hours security.

After your shopping come and relax by the river at the Shangri-La, and enjoy our wide choice of restaurants and bars.








### CHAO PHYA TOWER

89 Soi Wat Suan Plu, New Road,  
Bangrak Bangkok 10500, Thailand.

Tel. 236-7777

Telex: 84265 SHANGLA TH  
FAX: 236-8579

# JANUARY CALENDAR

	SAT	SUN	MON
			
	<p>4</p> <p>Children's Painting Lessons 1-3 pm Flicks for Kids – 6 pm</p>	<p>5</p> <p>Flicks for Kids – 5 pm Tennis Afternoon – 3-6 pm Family Buffet from 5 pm</p>	<p>6</p> <p>BWG Mahjong* – 9 am Happy Hour 5.30-9 pm</p>
	<p>11</p> <p>Children's Painting Lessons 1-3 pm Flicks for Kids – 6 pm</p>	<p>12</p> <p>Golf – Muang Ake Flicks for Kids – 5 pm Tennis Afternoon – 3-6 pm Family Buffet from 5 pm</p>	<p>13</p> <p>BWG Mahjong* – 9 am Happy Hour 5.30-9 pm</p>
	<p>18</p> <p>Children's Painting Lessons 1-3 pm Flicks for Kids – 6 pm Kids Camp Out</p>	<p>19</p> <p>Flicks for Kids – 5 pm Tennis Afternoon – 3-6 pm Family Buffet from 5 pm</p>	<p>20</p> <p>Aerobics – 9 am BWG Mahjong* – 9 am Happy Hour 5.30-9 pm Chess Club – 7 pm</p>
	<p>25</p> <p>Children's Painting Lessons 1-3 pm Flicks for Kids – 6 pm</p>	<p>26</p> <p>Golf – Bangprakong Flicks for Kids – 5 pm Tennis Afternoon – 3-6 pm Family Buffet from 5 pm</p>	<p>27</p> <p>Aerobics – 9 am BWG Mahjong* – 9 am Happy Hour 5.30-9 pm</p>

For further information see Activities Page for contact names and telephone numbers. If you would like to announce any B.C. related events in the OUTPOST Calendar, please contact Fiona Mulligan — 286-5385. The deadline is the 10th of the preceding month. \*Indicates "to be held in the Wordsworth Room," + "Silom Room, and # "Suriwongse Room."

TUE	WED	THU	FRI
	<p>1</p> <p>Tennis &amp; Squash Club Night from 6 pm</p>	<p>2</p> <p>Ladies' Squash — 9-12 noon Darts — 8 pm BCT Club Night</p>	<p>3</p> <p>Accumulator Night — 8 pm</p>
<p>7</p> <p>Ladies' Golf — 7 am Bridge+ — 8 pm</p>	<p>8</p> <p>Tennis &amp; Squash Club Night from 6 pm</p>	<p>9</p> <p>Ladies' Squash — 9-12 noon Darts — 8 pm</p>	<p>10</p> <p>Accumulator Night — 8 pm</p>
<p>14</p> <p>Ladies' Golf — 7 am Bridge+ — 8 pm</p>	<p>15</p> <p>Aerobics — 9 am Tennis &amp; Squash Club Night from 6 pm</p>	<p>16</p> <p>Ladies' Squash — 9-12 noon Darts — 8 pm</p>	<p>17</p> <p>Aerobics — 9 am Accumulator Night — 8 pm</p>
<p>21</p> <p>Ladies' Golf — 7 am Bridge+ — 8 pm</p>	<p>22</p> <p>Aerobics — 9 am Tennis &amp; Squash Club Night from 6 pm</p>	<p>23</p> <p>Ladies' Squash — 9-12 noon Darts — 8 pm</p>	<p>24</p> <p>Aerobics — 9 am Accumulator Night — 8 pm</p>
<p>28</p> <p>Ladies' Golf — 7 am Bridge+ — 8 pm</p>	<p>29</p> <p>Ladies' Squash</p>	<p>30</p> <p>Ladies' Squash — 9-12 noon Darts — 8 pm</p>	<p>31</p> <p>Aerobics — 9 am</p>

**AEROBICS**



**AEROBICS**



Pic 1



Pic 2

### **SIDE LEG LIFTS WITH BENT KNEE**

LIE on your left side propped up on your elbow. Bring in your right leg with the knee bent till your knee is in line with your right hip as in Pic. 1.

Now keeping your right hip pressed forward lift your leg up as in Pic. 2. This is an excellent outer thigh and bottom exercise. But you must continue to keep two things in mind all the time you are doing them. 1. Keep the hip of the leg you are working pressed forward. 2. Concentrate on lifting the outer thigh and not the knee. If you lift your knee up and down this exercise loses its effectiveness.

Return to position 1 and continue.

Starts with 20 Reps and build up to 50 Reps.

# CRICKET



# CRICKET

THE smell of linseed oil, the creaking of even older bones, the crack of leather on willow, the stretching of whites that appear to have shrunk during the off season — yes, the cricket lads are at it again.

This November saw not only the traditional start of net practice but also, thanks to the efforts of official scorer, Wendy Ellis, a beautifully prepared cricket tea on the rear lawn complete with cucumber sandwiches and scones with jam and cream.

As a reward Wendy was given the supreme honour of bowling the first ball of the season — directly into the top netting, I believe! The month continued with practice at a fast and furious pace as final adjustments were made to batting techniques and bowler's run-ups before the season got away in earnest with the Thailand Cricket League 6-a-side tournament.

## TCL "6's"

As in previous seasons the Club put out two sides, BC and the Pavilions, for this gruelling two-day test of endurance. Also, as in previous seasons, in typically British sporting fashion, both sides allowed others to qualify from the round robin series for the Cup proper. We concentrated on making the Plate competition a truly cut throat affair.

However, that is not to say that the first day was without its successes or even records. For instance the BC registered the highest score of the whole tournament (94) with both Nick White and Brian Lewis being automatically retired on reaching 31. Whilst in the Pavs first game the standard for the most wides (i.e. a ball more than two feet from middle stump) in one over reached previously uncharted waters with a truly inSPYERed performance. For those who might ask to this record it now stands at 10!!

In the Plate competition the Pavs (last year's Champs) were quickly despatched whilst for the third successive year BC reached the final, this time against the old nemesis RBSC. Having been asked to bat first, Nick and Brian marched manfully to the centre to the strains of "The British

Grenadiers" and quickly set about the bowling rattling up over 40 runs by the third over at which point both were out in quick succession. Craig Price and "Elbo" Hough took up the mantle in fine style enabling us to reach a total of 76 in our five overs. Enough was the general view.

But cricket is a strange game and RBSC set about their task with considerable vigour, aided by a generous sampling of wides. It was left to Brian to bowl the last over with RBSC only requiring 9 for victory. four, one, dot, two, one and one ball remaining. The fielders closed in, the crowd were on their feet, tension was at fever pitch ..... and RBSC won the Plate.

Of far lesser importance was the fact that a new and very young athletic side, Assumption College, won the Cup.

## CHIANGMAI TOUR

As per tradition, BC's orthodox games began with the two match (Chiangmai Gymkhana Club and Hong Kong Centaurs) tour to the aboreal splendours of the north. Cricket, barbecues, beer and nocturnal pursuits, such as the Night Bazaar, are this pre-Christmas fayre. This year the team were fortunate enough to be joined by several family members including many a happy, giggling child. On the playing side we were assisted by two guests, namely Igbal, of Scribblers fame, and Simon Davis, a Switzerland based, globe trotting friend of "Bambi" — now who is that you might ask? Not in evidence was our erstwhile wicket-keeper ... even though Gill said he could go!

## V. CHIANGMAI GYMKHANA CLUB

It's always a pleasure to play against our hosts and to renew old friendships. This year, however, they didn't play fair. Our old friends, although present in the bar, were noticeably absent from the field. Instead we faced a new, young and extremely capable CMG. You're right, we did not retain the Dick Wood Trophy so gallantly won last year.

Things started to plan. We won the toss and elected to field. Their opening bat was totally

confused by the traditional "Chiangmai" start (9 slip fielders) and was summarily bowled by Nick White's second ball. Our second success took a little longer in coming. In fact, the score reached 41 before Simon Fox had their other opener caught behind by the other Simon, our stand-in keeper. After that runs came a little too briskly for our liking and at 150-4 we looked to be in a spot of bother but, fortunately, good bowling by Bob Lanham and Iqbal plus a brilliant run out by someone who for modesty reasons must remain anonymous saw CMG crumble to 173 all out. A reasonable but attainable target.

Nick and Roger Spyer opened the batting against a rather useful quickie who kept both quiet with Roger facing 16 balls before opening his account. Eventually the runs started to flow but, alas, so did the wickets begin to fall. Nick, Simon Fox, Iqbal and Jack Dunford did their best but 121 was our lot.

CMG 173 all out (Iqbal 3-28, White 2-17, Lanham 2-38)  
 BC 121 all out (White 33, Iqbal 19, Fox 19, Dunford 12)

CMG won by 52 runs

## V. HONG KONG CENTAURS

Being gentlemen, Centaurs played fair by fielding the same old familiar hacks and, yes, we did retain the Sir Jackson Dunford Memorial Shell.

Things didn't start to plan. Brian lost the toss and the Centaurs elected to bat. However, the wily skipper had, as always, a master stroke up

his sleeve.

Andre Tissera was asked to share the new ball and with the last delivery of his first over removed the opening bat. To save any potential embarrassment we will gloss over the fact that the previous five balls had produced 18 runs and the sixth would have been a wide had not the batsman decided to lob it to cover! regular intervals, two of the most notable being a pair of lightening stumpings by a yodelling Simon. (Recent reports of a heavily disguised farang with a Mancunian accent attempting to purchase a large Gruyere cheese and rat poison at Villa are being investigated by the Constabulary).

Once again Bob Lanham bowled particularly well, ably supported by Nick White and Simon Fox resulting in only 133-9 being achieved off the 35 overs allotted.

The BC reply centred upon two fine innings by Nick and Andre who scored 54 and 38 respectively whilst Simon Fox chipped in with 14 not out. Victory was achieved in the 32nd over.

HKC 133-9 (Lanham 3-16, White 2-17, Fox 2-22)  
 BC 136-5 (White 54, Tissera 38, Fox 14\*)

BC won by 5 wickets

All in all a splendid weekend only marred by the sight of a fully grown banker in floods of tears after being forced to miss the end of a video just as the hunters were chasing the big brave stag ... with Bambi all alone and defenceless.



# DARTS DARTS

THE Johnnie Walker Darts League has completed one-third of the fixtures. The Lions after an excellent start with five wins and one defeat soon found the 3rd Division more competitive. Winning one week and losing the next has been the regular pattern for the past two months but not without some exciting finishes such as Frank's 124 check out against New Cowboy, 14 tons against 9 and still losing to Chairooj and last week 7-3 down and on the last Doubles game when Frank slotted in double 8, Peter double 2 and Middy double 2 to pull the team out of the jaws of defeat for a 10-7 victory. Although the Lions have a small squad of players, they are all reliable and the spirit created has pulled the team through many a tight situation. As we go into the New Year period a special mention should be made of the few players who have regularly turned out since last April such as Middy, Cath, Ott, Jim, Peter, Paul and recently Dave and Nee — good luck on the ochee for '92 (treble 20, double 16!).

Here are the statistics for Lions in the Johnnie Walker League so far:—

Tons: Frank 39, Ott 5, Middy 21, Paul 7, Jim 14, Dave 10

Finishes: Frank 22, Ott 5, Middy 17, Paul 8, Jim 9, Cath 1, Peter 2

Rogues' Gallery: Frank 3, Jim 7, Paul 2, Nee 1, Middy 3, Dave 2, Ott 2

Mentioned in Dispatches!— El Capitan 4, Marquis de Ramsey 0

The British Club has two teams, the Lions and the Unicorns entered in the Johnnie Walker Darts League 3rd and 4th Division which plays every Thursday evening. Each team requires a minimum of 6 players per match, which some weeks proves rather difficult to muster so if you fancy yourself on the ochee contact either Frank (Lions) 391-8693 or Orin (Unicorns) 399-4582. Anyone is welcome.

# GOLF GOLF

## FORTHCOMING events:

Sunday 12th January '92	Muang Ake	Tee-off TBA
Sunday 26th January '92	Bangprakong	TBA Club Championship I
Sunday 9th February '92	Rose Garden	TBA Club Championship II + Medal I
Saturday 15th February '92	Hua Hin	Intersocieties
Sunday 16th February '92	Hua Hin	Intersocieties

## Recent results:

### Bangpakong — Sunday 16th November — Seniors Trophy/Bogey

The Seniors proved to be a closely contested match between Jon Smith and Roy Barratt, Jon proving the victor by 2 and 1. Maybe we should raise the age limit to give the rest of us a chance?

Running parallel was a Bogey competition, much enjoyed by all as a pleasant change; the following resulted:

Div. I H/cap 0-12	Div. II H/cap 13-24	Div. III H/c 25+
1st J. Lenaghan + 1	Lynda Hunt + 3	P. Jackson + 1
2nd E. Hudson —2	J. Smith + 3	Joan Jurgens —4
3rd D. Forrest —2	R. Barrett 0	Sally Voravarn —5

Near pins: P. Jackson, R. Barrett, G. Hunt, Lynda Hunt

Long drives: Margaret Bayliss, J. Lenaghan

### Ekachai — Sunday 1st December — Texas Scramble

How refreshing it was to go out and play golf without a thought for ones personal score against handicap; we all took woods off the tees and let it fly. Even the water didn't seem so intimidating!

We had great sponsorship once again from CASTROL who we wish to thank sincerely; unfortunately Brian Baldwin, who was recovering from a leg injury, was prevented by the starter from teeing off with his leg-iron!

Brian did however present many excellent prizes to these members:

Winning team	—	K. Decho, Mary Collins, R. Hughes, Orin (Birdie) Baldwin, L. Houghton — aggregate net — 58.7
Runners-up	—	T. Austin, Lynda Hunt, P. Ingram, Dixie Ingram, T. Ingram — aggregate net — 59.3
Third place	—	K. Collins, R. Sparks, Margaret Bayliss, Lavita Hughes, B. Hughes — aggregate net 60.0
Near pin:	—	Lynda Hunt, T. Austin, D. Stewart, T. Austin
Long drives:	—	Mary Collins, E. Hudson

Our visitors were Mary Collins and Tony Ingram.



THE highlight for November was the two day Championship Competition held on 12th and 13th November. As you can see from the photographs we received some very good prizes from many sponsors. I must confess though, some of us got very serious indeed and come what may tried to win! Handicaps were broken and many good scores were turned in. I would like to take this opportunity to thank all our sponsors:



Alex Fernandez	Bata Shoe Company,
Duncan Ramsay	Ben Line
Khun Rawadi	Boonrawd Trading Co.
Henrik de Jonquieres and	
Christian Moeller	The East Asiatic Company
Gerrit Simon	Foremost
Bill Barr	Guardian Assurance
Gerry Fisher	ICI
Des Tarrant and Roy Barratt	Inchape
Goran Seifert	Philips Elec. Co. Thailand Ltd.
Mike Bain	Kuwait Oil
Roger Spyer	Standard Chartered Bank
Dr. Boonchird	Rhone Merieux (Thailand) Ltd.
Stuart Jarvis	TNT Skypack International
John Marten	Upjohn Company Limited

#### Forthcoming competitions

January 7th	Matchplay
January 14th	Stableford
January 21st	Bogey
January 28th	Strokeplay LGU medal 16 — end of LGU year.

#### New committee members

By the time this letter is printed we will have elected our new committee, however we are always looking for volunteers to carry out the many responsibilities of running a golf group.

#### Handicap changes

Anna	31 to 30 to 29
Anke	34 to 33
Margaret Asgill	21 to 20 to 19

#### New handicaps

Margaret Morgan	22
Sue Marks	31
Kriste Sagild	30

CONGRATULATIONS TO ALL THE ABOVE.

#### 3rd December BCLG vs RBSC

For the first time the British Club Ladies' Group challenged the Royal Bangkok Sports Club for the BCLG TROPHY donated by THAI GLASS INDUSTRIES LTD. It was a most successful day with 32 members participating in each team. It was also a qualifying round for the RBSC members for the forthcoming TALGA competition, so a lot was at stake. RBSC played extremely well with record scores, however, BCLG was not going to have their trophy taken away and beat the RBSC by 6 points! It was a close shave and the Captain of RBSC, Khun Chanida has promised revenge in February!

It was a splendid day and I would like to thank all those that came to support this event but

especially those that helped win the Trophy. WELL DONE GIRLS!

Sadly Mr. Eric Young was unable to present the Trophy but we would like to thank him and Thai Glass Industries Ltd. for their very kind donation.

Finally, it has been a good year of many new competitions and a year where we welcomed many new members. We now look forward to 1992 and hope it will be an even better year with more competitions and sponsors.

Happy New Year to all.

Lavita

## COMPETITION RESULTS

### 5th November 1991 — Muang Ake — Better nines

Winner	—	Silver Division	Debbie	
Winner	—	Bronze Division	Fieneke	
		R'up	Anna	
Near Pin 6	Dixie		Near Pin 17	Jana

### 12/13 November 1991 — Muang Ake — Championships Strokeplay

Low gross winner — Margaret Asgil (21)

Well done, just goes to show what happens when you don't play golf for four months!

Silver Division	—	Debbie
R'up	—	Lynda
Bronze I Division	—	Fieneke
R'up	—	Penny
Bronze II Division	—	Anke
R'up	—	Anna

Following were day and runner up winners: JJ, Lavita, Magda, Marilynne, Sharon, Jana, Nena, Hank, Inge, Gill and Dixie.

Long drives : Jonie, Margaret A., Anna, Debbie, Marilynne and Jana.

Near Pins : Eileen, Marilynne, Penny, Lynda, Magda, Margaret A., Dixie and Kanda

Everyone received a prize including the caddies and waiters!

**19th November — Muang Ake — Bogey**

Silver Division	:	Joanie
Bronze I	:	Margaret A — 3
R'up	:	Kanda — 6
Bronze II	:	Anna + 7
R'up	:	Gill — 1
Near pin 6	—	Anna and Margareta
Near Pin 12	—	Rita
Near Pin 17	—	Diana

Margareta and Anna both received 100 badges for breaking 100 for the first time.

**26th November — Muang Ake — Medal strokeplay**

Silver Division	—	Lavita	73 net
R'up	—	Anne-Marie	76 net
Bronze I	—	Maggi	68 net
R'up	—	Magda	74 net
Bronze II	—	Gill	73 net c/b
R'up	—	Sharon	73 net
Long drives	Silver	—	Lavita
	Bronze I	—	Maggi
	Bronze II	—	Erika
Near Pins 6	—	Wil	Near Pins 8 — Gill
Near Pins 12	—	Dixie	Near Pins 17 — Magda



# BCLG 1991 Championships



*Winners of golf shoes  
— Day winners.*

*I am only here for the free wine  
and the jokes — but they gave  
me a prize too!!*



*Some of the participants after  
the competition, with their  
prizes.*

# British Club Ladies' Golf Championships



*The big winners! Margaret Asgill, Debbie, Fieneke and Anke.*



*Runners up: Lynda, Penny and Anna.*

# RBSC vs BCLG



*We will return with a vengeance in February!*



*... and did you hear she thought I was M ... daug er !!*

# RBSC vs BCLG



*"Hurray! BCLG win!"*



*"No! you can't have the cup!"*



*BCLG win!  
Khun Chanida, Capt. of RBSC Ladies' Golf presenting Lavita Hughes, Capt. of BCLG with the BCLG Trophy donated by Thai Industries Ltd.*

# RUGBY RUGBY

DEAR Rugby fans and sufferers.

At the time of writing my mind is a total blank. Parties follow each other up in a rapid succession, we are at the Beasties so it must be Sunday, the Pomfrets it must be Saturday. Only 8 more shopping days before Christmas and the turkey is not organised yet. Do I really want a turkey, would a barbecue not be much nicer? "Noooo," the family screams, "it is Christmas we must have turkey, everybody has turkey." Thoughts of England, with turkey sandwiches on Boxing day, turkey casserole on 27 December and turkey soup the day after loom up, but *Mai Pen Rai*, turkey they want and turkey they'll get. Rugby does not feature much in the activities, as the season seem to be finished, with just one visiting team to entertain us and so they did. The French were singing their heats out at the club and in PP, or so we were told.

The Rugby Section's next get together will be the Christmas Ball at the BC, so a report will follow on that.

Players come and players go, this month we had to say our farewells to Phil Charlton. The Judge, always ready for a chat with the ladies, and good company for the boys too (when he is not in his office). Phil left for Singapore on December 12th. His leaving do was held in the Cedar Tree restaurant, Soi 49. Combined with our monthly Ladies Night Out "do", only 16 people turned up — and that was including Phil and 2 month old Sam Crooks, who slept through it all. Phil managed to stay awake during the meal, which was a very enjoyable Meze of 10 dishes with lots of garlic and nibbles. The owner had very kindly arranged for 3 belly dancers to wobble about much to the enjoyment of the male elements present. A few people did not quite know what to do with the food, and were expecting pie and mash to be served as a main meal, but we left at about 10 pm to go to That's It. By now a favourite haunt of the Ladies (and some gentlemen). That's It has a few very good bands, playing anything from the Andrews Sisters to Queen. Comfortable Thai floor cushions soon invited us to laze around and enjoy the music. First one to drop off was our

Snorer, Jon Prichard, followed shortly by the man himself Phil Charlton. Peter Snell parked his rather large behind on one of the glass side tables and before anyone could say: "Peter you will smash that table like that", of course he did. He threatened to sue the joint, but was ushered out by some of the players and sent home to the wife in a taxi, still muttering: "If I was in the States now it would cost them!!!" Impromptu singing was once again provided by Mrs. Jane Prichard, who has now decided to make a demo tape, any volunteers to take her on, you can find her number in the BC telephone directory.

The Patana School Ball was another place for players to gather, surely the Board of Governors had never thought their very nice balloons would be used for Helium inhalation, Paul Meggison wandered around the ballroom, talking in a particularly strange squeaky voice, and supported by his wife, well and truly gassed. Joe Grunwell found himself in the lift, not being able to come down, because someone had pulled the plug out of the socket. Drinks were had at Katy's house after, where Jon Prichard once again managed to fall asleep almost immediately upon entering their house.

A bit of advice from me: if you are invited to a party and the invitation has a map on the back, do take it along with you. The other day the Grunwells and the Dakers were invited to the Beasties. Both couples forgot to take the invitation, they thought it would be easy to find. Entering Soi 39 in a party mood, straight to where everybody thought it might be, a bloody nose from the Grunwell daughter, a bloody lip from the Grunwell son, a Sprite in a local cafe so telephone calls could be made to the BC who of course have a members list, unfortunately they knew the address they finally gave up and had lunch in Bourbon Street. Accusations were made backwards and forwards, who was to blame? In the end the ladies took the blame and settled both hubbies tempers with large amounts of Kloster beer. Can we have an invite next time, please? We promise to take the map!!!

Well, I hope you're all asleep by now, but before you go, we'd like to wish a happy new year to all of you, from all of us.



# SOCCER



# SOCCER

*SAWASDI Pi Mai*/Happy New Year,

Hope you all had a great festive season and are looking forward to a good 1992 down at the old B.C. The lead up to the festive season was filled with action both socially and on the field starting with the Manila Tour and thereafter the games in the first half of the Farang League season. This has led to a mega article to start the year off in the best year end traditions of bumper festive editions.

## Manila '91

A band of eight players plus referee Augusto Romei made the trip to Manila for the annual Carlsberg 6-a-side tournament. As usual we were weakened by late call-offs, this time Ron Aston, Jos Brand and goalkeeper Paul Barber. This was to prove a big handicap as a squad of around ten is really essential for a two day programme. The tournament is graced by 24 teams from Hong Kong, Japan, Taipei, Korea, Singapore, Thailand and the Philippines. Of these around six fall into the serious contendre category i.e. superbly fit and skillful and dedicated enough not to participate in the social side of the tournament until all games are over. The rest of the teams are of a good standard but appreciate that there are two sides to amateur football vis the playing and the social aspects. It is of course at the latter that the BC Bangkok excels and I am proud to say this year's touring party maintained the long standing tradition of winning mega friends off the field. It would be nice however if we could win something on it from time to time.

We knew we were in for a bitch of a time when we were matched in our opening game with Danish Dynamite of Hong Kong who have won the tournament twice in the past three years and were runners up in the third. Dynamite actually scored without us touching the ball but then we settled doggedly to our task and gave as good as we received in the first half. The second half was a different story as in pulling off a save from point blank range yours truly standing in as goalkeeper for the absent Paul Barber badly sprained a wrist leaving us with a one handed goalkeeper. With the rest of the team feeling

pretty rough from the previous night Dynamite rained in the shot and emerged 5-nil winners. To put this in perspective they did win their second game by the same margin.

Our next game was against another Hong Kong Team, Ben United. Jim Howard who thought he was along for the social aspect was pressed into action as goalie and the crowd rose to their feet as we stetcheder him onto the field. We figured a one legged goalkeeper was marginally better than a one armed one. In a dog-eat-dog encounter Ben United ran out one nil winners thanks to a late goal. Our final sectional game was against Yokohama, Japan and we changed our formation a little with Andy 'Bubble' Anastasi adopting the role of a rover up front and our playing three at the back with one in midfield. This seemed to work much better and with the team emerging from the morning hang-overs we turned in our best performance to date. Ray Hughes was a little terrier at the back and Brian Lewis a real British bulldog in midfield. Alas it was not enough. The bad luck that had dogged us through-out the week persisted and we went down 2-1 with Anastasi scoring our only goal of day one. It was on to the traditional mid-tournament night out where the 'Bubble' stole the show with an inimitable display of disco dancing the likes of which had rarely been seen in Manila.

Day two saw the sudden death aspect of the tournament and we were matched in the quarter-final of the 'Plate' with last year's winners Carlsberg of Hong Kong. Now we do not like to cry 'foul' but Carlsberg with a big squad had rested their four key players (including two ex professionals) on the first day in a deliberate step to qualify for the minor tournament. Corners were to count in the event of a tie and Carlsberg forced two early on before Andy Anastasi 'hounded' their defence into a mistake he capitalised by putting us one nil up. Carlsberg then scored twice to take the lead. The match was really livening up and a largish crowd had gathered preferring to ignore the main competition match on the adjacent pitch. Our guys warmed to the support and began to show their pedigree. Wild Rover Anastasi particularly revelled in it. He scored another two goals in quick-succession to put us 3-2 up. The scent of victory was in our nostrils and our tails were up. Then doggone it disaster. A fairly innocu-

ous attack should have been cleared and with stand in goalie Ratcatcher Howard pawing desperately at the ball which was tantalisingly just beyond his reach up stepped Dereck Currie (the Currie puff) who was Carlsberg's best player to score the equaliser in the last minute. It was a bitter pill for Jim to swallow as he had been a team-mate and mentor to 'the Puff' in Hong Kong semi-professional football. We were out of the tournament on the basis of Carlsberg superior corner count. Pride had been salvaged however and the big crowd were very appreciative of our glorious fighting exit.

Carlsberg went onto the Plate final where they were narrowly beaten by Hong Kong Rovers in a match they should have won. The main tournament was won by the Taipei Animals who beat the British Club Tokyo 3-1 in atrocious conditions as we were hit by a tropical storm.

Top dogs for the British Club were Ray Hughes who had a great tournament and four goal hero the 'Bubble' Anastasi. Alan May made a welcome return from injury and was tenacious in the tackle as always. Definitely one of the old breed of players.

At the prize giving and post tournament party our players unleashed from thoughts of future games pounced on the very excellent Philippine beers like dogs in heat and again the other teams were left as also rans. Tournament organiser Albert Roberts who as usual had done an outstanding job shared an ale or two with all and was very complimentary about our spirit. He outlined plans for an over 40's tournament next year which obviously we fancy our chances of winning. (We always do in the bar after).

All too soon the weekend was past and another successful British Club tour was behind us.

## Match Report

You may recall we opened the season with a win against last season's champions and a defeat to the Germans. Game three was against bottom dogs the Italians and again we were missing regular goalie Paul Barber with yours truly deputising on this occasion. In the first half the Latins provided stiff resistance reminiscent of Monte Casino (that will impress the history buffs) to hold the advancing British to nil nil. A torrential rain shower at half-time almost caused an abandonment but when the match eventually resumed we were 'Singing in the Rain' with a five goal blitz-

krieg. The goals came from a brace apiece ex Frank Hough and Ian McKenzie with the fifth coming from Nigel Oakins who really has been outstanding in the second half of the year.

It was on then to the game we love to hate,, BC versus the Indian Cougars. The curry eaters did their usual later appearing trick trying to upset us but we did not fall for it and the result was an enjoyable match played in a much better spirit than these fixtures usually are. We scored early on when from a Casteldine corner, Jim Boyd rose "aben them a" as it says in the Address to the Haggis to head into the Indian goal. From then on the Indians had the better of the game but our defence was superbly solid and what shots the Indians did get were capably dealt with by a young Scottish goalie. Near the end in an accident untypical of both the game and the man involved, Andy Maynard was sent off after trying to gently kick the goalkeeper into the adjacent khlong (twice). Our ten men held out however for a one nil victory and the Indians only defeat in the league so far.

One week and Manila later a team depleted by call-offs and injuries trotted out to meet the erstwhile League Leaders Royal Bangkok Sports Club (RBSC) more in hope than expectation. With yours truly out with a sprained wrist, Vic Lane became the fourth goalkeeper in six games and was one of the new breed of players introduced by necessity as also missing were Alan Mortan, Steve Casteldine, Alan May, Ron Aston, Nigel Oakins and Andy Maynard. Surprisingly then the match turned out to be one of the most entertaining this writer has witnessed in recent Farang League seasons with spectacular goals aplenty and both sides playing open football and attacking each other like packs of wolves in heat. We opened the scoring with a Frank Hough goal off a Vince Swift cutback. Frank showed great control and composure in the finish. Our defence then decided to make matters interesting and turned as soft as they had been firm in the previous game. RBSC hit us with a quick 1-2 to which we added an own goal from Steve Lawrie to go 1-3 down. Phew, and there were only twenty minutes gone, the action was a long way from over and Vince Swift, enjoying his recall, seized his opportunity for glory with a really lung bursting run to reach a ball many would have left as dead and ran it past the RBSC keeper, 2-3. The equaliser came just before half time when we won the ball in defence and cleared to Hough who

passed to Swift. Vince Swift sliced open the defence with a brilliant first touch pass to McKenzie who finished in his usual clinical fashion. The fans were on their feet in sheer enjoyment. Three great goals and a great fight-back. Half-time and a chance to catch our breath.

The second half opened in the same vein when Brian Lewis hit a rasping drive which the RBSC keeper brilliantly tipped onto the post. The ball was only partially cleared to Frank Hough who neatly controlled and sent Swift away towards the corner-flag. Vince's first time deep cross found McKenzie on the far corner of the box who volleyed the ball first time from an almost horizontal position. 4-3 and another brilliant goal. The frontie pace could not be maintained however. The rest of the half was entertaining but yielded only one more goal when RBSC equalised from the penalty spot despite protestations that Vaughan Elias had not handled the ball. Yes folks, truly a great game.

We were to go from the sublime to the ridiculous in the next game however when we went down 3-1 to the Young Thai Sikhs. The less said about this game the better save that it was not one of our more memorable performances. The result was all the harder to hear as we scored first when Jim Boyd laid on a nice through ball for whippet McKenzie to race onto and score.

We still were not firing on all cylinders in the last game before going to press when we drew 1-1 with the Scandinavians but the spirit was a lot better and we were still decimated by injuries and call-offs. Ian McKenzie opened the scoring with a 25 yard shot that baubled in front of the keeper and despite him getting his body behind it, the power was enough to see it spiral up and over his shoulder. The Scans keeper then redeemed himself with a fine save off Vince Swift before they got the equaliser with a similar type goal which Paul Barber seemed to have covered until the ball took a nasty kick.

### Post Scripts:

I'll keep these short or otherwise risk taking over the whole mag. A great month ended a great year. There were lots of high points, Singapore, Chiang Mai and the Elephant Trophy, winning the Floodlit, Manila, the success of the Casual and much more.

As you are reading this I will probably be back in the UK enjoying a mid season break and

the cooler climes. Hopefully we will have a guest writer for the column next month to keep you up to date.

In the meantime

"Why did the dwarf not lend his friend any money?"

"Cos he was a little short himself."

\*\*\*\*\*

THE great white hunter was on safari in Africa, and hot on the trail of a very big elephant.

Cautiously, he followed the huge beast's tracks through the bush, and suddenly, right in front of him in a clearing, was the elephant — very dead, with a tiny pygmy standing proudly beside it.

"Hey, what's happened to the elephant:" the great white hunter asked.

"He's dead, boss," said the pygmy.

"Well, I can see that," said the great white hunter, "but how did he die?"

"I killed him with my club," the pygmy said.

"Bloody hell!" said the great white hunter, very impressed. "How big is your club?"

"Well," said the pygmy, "at the last count, we had 573 members.

\*\*\*\*\*

THERE was this bad-tempered, suspicious, crusty old farmer who had three beautiful daughters.

One Friday night, a young man arrived at the farmhouse. He knocked at the door, and when the farmer opened it the young man said: "Good evening, My name's Joe. I'm here to pick up Flo. We're off to a show. Is she ready to go?"

"Yes," said the farmer. "Hang on and I'll get here for you."

Not long after that a second young man arrived. "G'day," he said. "My name's Teddy. I'm here to pick up Betty. We're going out to eat spaghetti. Is she ready?"

"Yes," said the farmer. "Wait a moment, I'll go and get her."

About ten minutes later a third young man arrived and knocked on the door. "G'day," he said, "my name's Tucker and ..."

Before he could say any more the farmer grabbed him, dragged him down the back and shot him.

\*\*\*\*\*

Happy New Year!  
Scoop

# SQUASH SQUASH

AS you read this, if you are already a "Squashie" you should be enjoying the January leagues sponsored by ICI as it has been for the last few years, many thanks to them. If you are not playing in the leagues due to injury, get well soon, see you in the March league. If you are not playing because you are too busy, too much traffic etc., then it is time that you got your priorities right. You will do your job better with a bit of physical exercise and squash is a great way to get rid of frustrations including those caused by the traffic. So after work, why not have a game of squash, then a drink and a bite to eat in the bar and by the time it comes to go home the traffic should be considerably less.

If you have never played squash then why not take it up as one of your New Year's resolutions? Here's an article on getting started which was given to me by Mike O'Connor.

## A Quick Guide for Beginners

### STARTING TO PLAY

Squash has a very wide competitive structure and this is perhaps one of the reasons for its great popularity. As it is not a difficult game technically, the beginner can often enjoy a degree of competition right from the start.

As with most sports, the younger you are when you begin playing squash the easier it is to develop a sound technique which should help you progress up the competitive ladder. However, it is a game which can be taken up at all ages providing you prepare for it sensibly. Squash is a hard, vigorous game and you need to be FIT for it!

You can learn a lot from watching good players in action. Try to attend some of the advertised matches.

### EQUIPMENT

Having decided you are going to play Squash you must have the necessary equipment.

Sports equipment is something of a boom industry so it is worth shopping around before making your purchases.

**RACKETS.** Rackets can be made of wood,

carbon fibre graphite, ceramics, fibreglass and metal. They range in cost from about Baht 500- to 4,000-. Most department stores and sports shops now stock them although usually in a limited range. When selecting a racket, swing it around in your hand and make certain that it feels right for you. It should not feel heavy and unwieldy, but rather like a wand. You have a choice, as in tennis, between a conventional or larger size racket size head. The larger head gives you a bigger hitting area, but will probably cost more. Grip size is also important. Make sure that the handle can be held without stress to the hand. You should be able to hold the racket without having to clench the hand. Choose a handle covering, towel or tape, that suits you. This is normally bought separately.

**BALLS.** All competition games are played with the Yellow spot ball which is the slowest. Beginners may like to try the White, Red or Blue spot balls which are faster and thus have more bounce. Blue is the fastest. Colours other than yellow are difficult to find although some stores do stock them.

**CLOTHING.** As in tennis predominantly white or pastel shades are what is normally worn and is required in competitions. Clothing should be comfortable and absorbent. Shoes should have a non-marking, preferably white or light coloured sole. Black or dark rubber soles are not allowed as they mark the floor. When selecting the shoe make sure that it has a lot of grip and that it is flexible. Check the height of the heel tab. If it is too high this can cause chafing and discomfort. Wear socks that absorb perspiration. Do not wear thin nylon non-absorbent socks.

### SAFETY

**OFF COURT PREPARATION.** Squash is a hard strenuous game so it is advisable to do some physical preparation before you go on court. This simple check list should help you perform better.

1. If you are a newcomer to the game and are somewhat advanced in years, ensure that you are reasonably physically fit before you play. A check up with your doctor is advisable if you are in any doubt.

2. Always try to do some physical warming up before you play. This should include some exercise

to warm up your body and increase your pulse and some stretching exercises to warm up your muscles.

3. Never play Squash if you have a fever!

**ON COURT.** As the game is played in a confined space it is essential that you swing your racket safely. If you think you may hit your opponent with either the racket or the ball you must stop. The rules of the game allow this and generally you will be able to replay that rally.

It is worthwhile studying the rules. There are only 20 and only one or two of them are difficult to understand and will probably need some explanation from an experienced player. These are the rules covering "Let" and "Obstruction".

Happy Squashing!

If you are thinking of going for the big time here's a list of where the "big boys" come from. We are grateful to the RBSC/Polo Squash Section for this information.

That's all for now.  
See you in court.

Mel Leddy

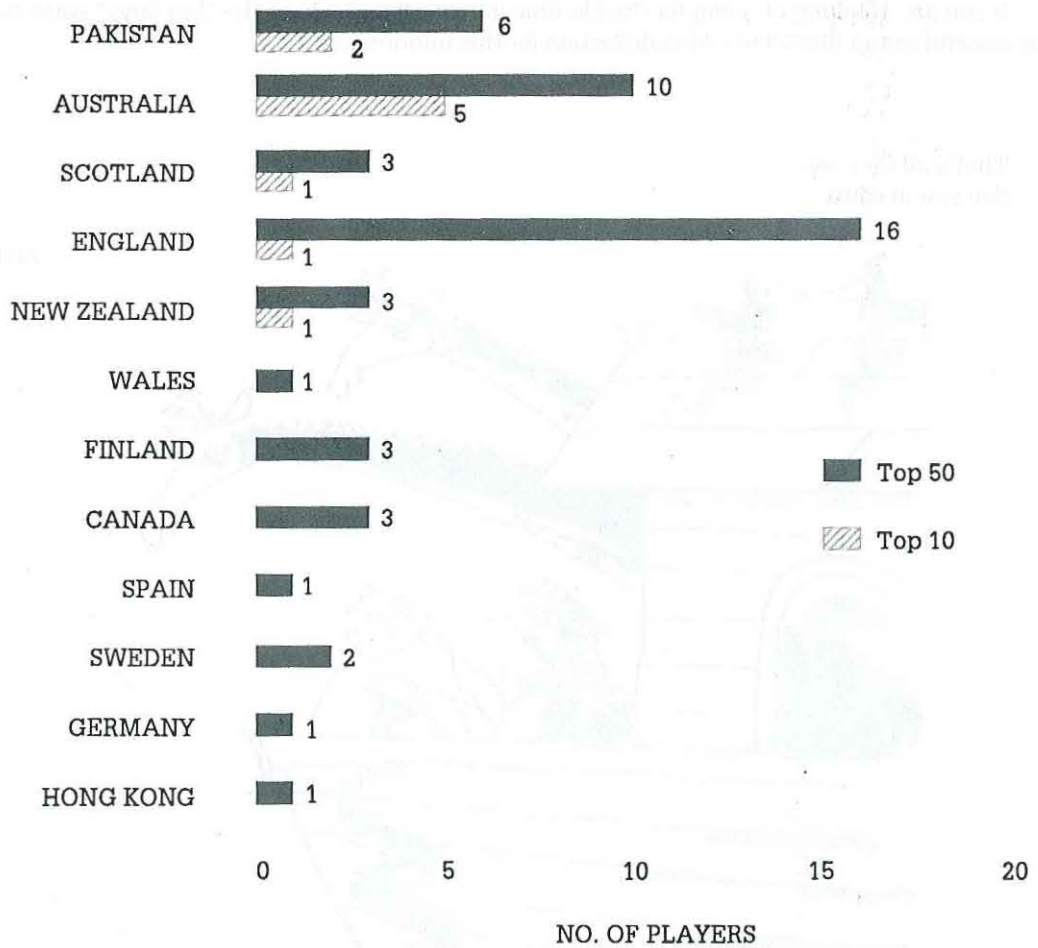


*"I don't think its fair that I should have both the tapeworms."*

# SQUASH

## THE TOP 50 PLAYERS

### WHERE THEY COME FROM



AS AT JUNE 1991

# TENNIS TENNIS

## "Farewell to the Freemans"

December 1st proved to be another good day for a Round Robin, with 40 attendees to say goodbye to the Freemans. This time the ladies were in the majority so Yenni, Carol and Julia removed skirts, donned shorts and assumed the role of men to even out the numbers. Someone suggested it might be fun for Anthony to do the reverse, but the fitness centre could only run to a spare pair of shoes!

Some judicious handicapping by the organisers produced some very close first round matches with five out of ten going to tiebreaks. After this, there were the usual thrills and spills with only Jenny Salmon taking an "early bath" due to a little misunderstanding (sorry about that one Jenny!)

The final standings after applying handicaps were:—

Men			Ladies		
1st	Nigel Davies	27 pts	1st	Amanda Pearson	26 pts
2nd	Yenni Basso	26 pts	2nd	Phyl Xumsai	26 pts
3rd	Dave Haworth	26 pts	3rd	Gwen Cornfield	25 pts
			3rd	Alexis Welsh	25 pts

Following presentations of prizes (courtesy of Coca-Cola Export Corporation) the Freeman's departure was marked with the presentation of a silver platter. Many thanks and best wishes from all the tennis section to them both and especially from the committee to Julia for all her support and hard work over the years. We hope that Anthony will drop-in for the odd set during some of his visits.



*Dave doesn't want to see them go!*



*"Our two leading ladies?"*

## "Match vs Chiang Mai"

Unfortunately due to a combination of work commitments in Chiang Mai plus the little problem of our cricketeers going there for the King's birthday weekend, only three people were able to make it down to Bangkok for our planned match against the Gymkhana Club on the 8th December. Perhaps we can claim a moral victory (and our first of the year)?

We have been invited "up North" next year so keep posted.

## "Club Championships"

These are scheduled to begin at the end of January, so watch your letterboxes for a flyer. It will hopefully be kicked off with a 2 day tournament for the 18th/19th January ( to be confirmed).

## Tennis Ladder

Currently being reviewed. See Notice Board or Flyer for details.



Men's winner Nigel.

## National Museum Volunteers

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Jan 30	Hindu Elements in Thai Art	Tara Srinidhi
Feb 6	The Life and Teaching of the Buddha	Arune Sopotpongstorn
Feb 13	Thai Sculpture : "Elegance in Form and Spirit"	Jane Puranananda
Feb 20	Thai Temple Architecture : "The Universe in Miniature"	Diane Umemoto
Feb 27	The Royal Heritage of Bangkok	Ginny Granger
Mar 5	Thai Festivals through the Ages	Ruth Gerson

This lecture series has been designed to provide a basic understanding of the history and art styles of Thailand and is of interest to newcomers and 'old-timers' alike. Each lecture will be illustrated with a comprehensive selection of slides.

If you have any queries please call 287-1118.



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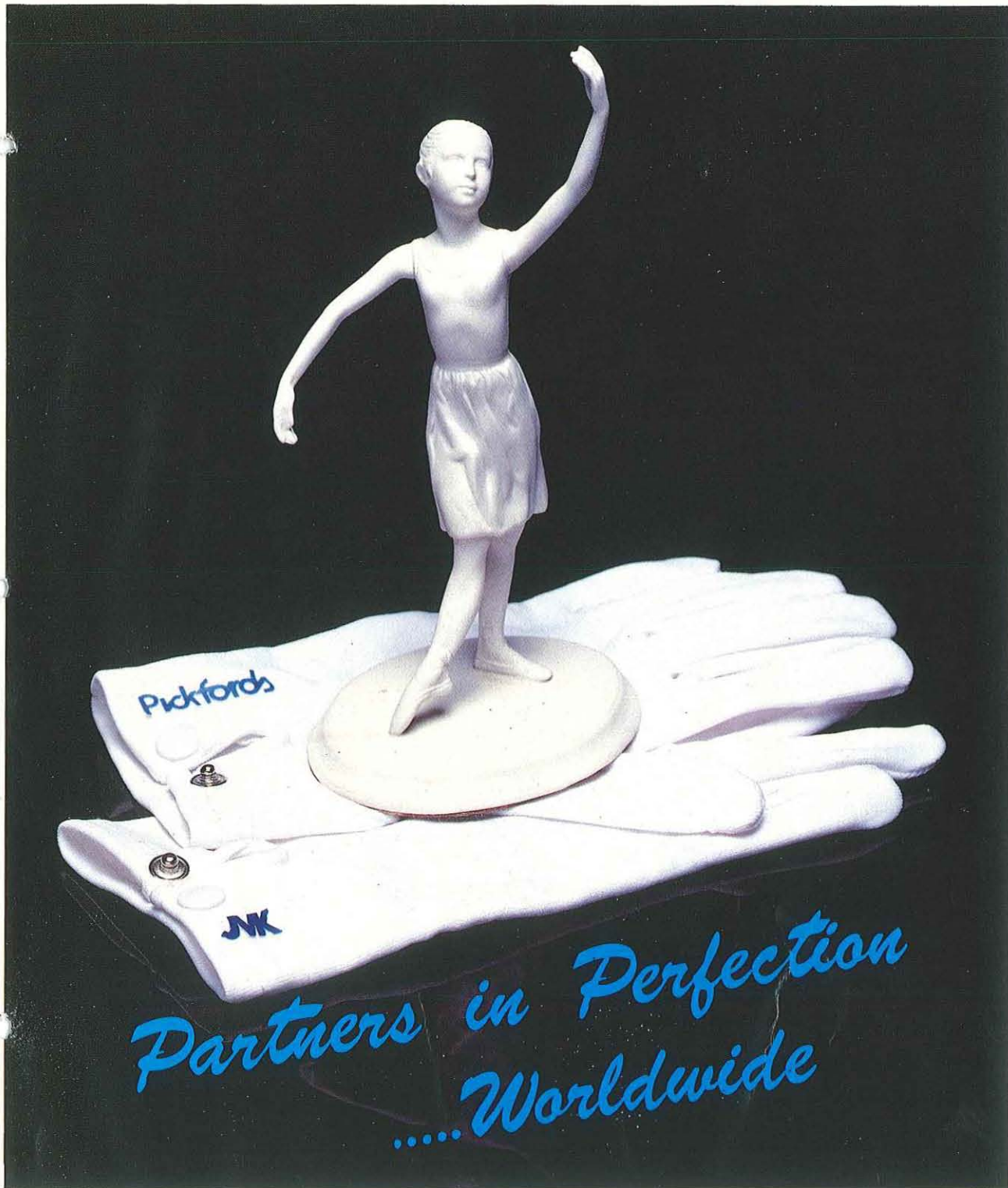


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# ACTIVITIES

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

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