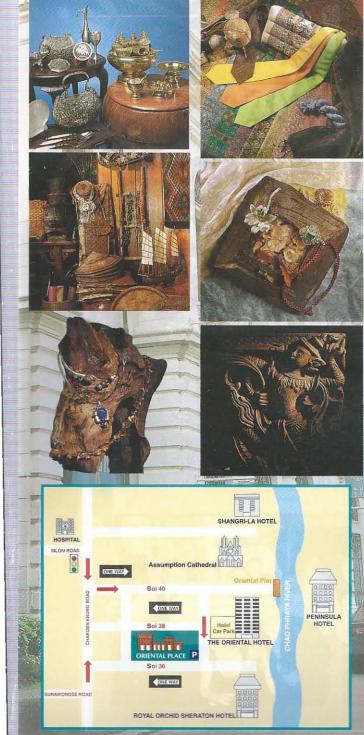




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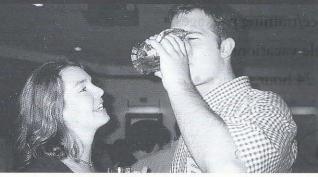




Contributions If you would like to Contribute to Outpost please contact the Editor, Sherry Conisbee, on Tel: 285 4721-2, Fax: 285 4723



Outpost Magazine The contents of this magazine are not necessarily the opinion of the Editor, the General Committee or the management.



On the Front Cover: 'The Butterfly' - Ceiwen races to victory Captivated young audience at 'Hansel & Gretel' 'Nang Nopamas' at Loy Kratong Merrymakers at the Christmas Ball Captain's Tennis Scramble players in the Sala

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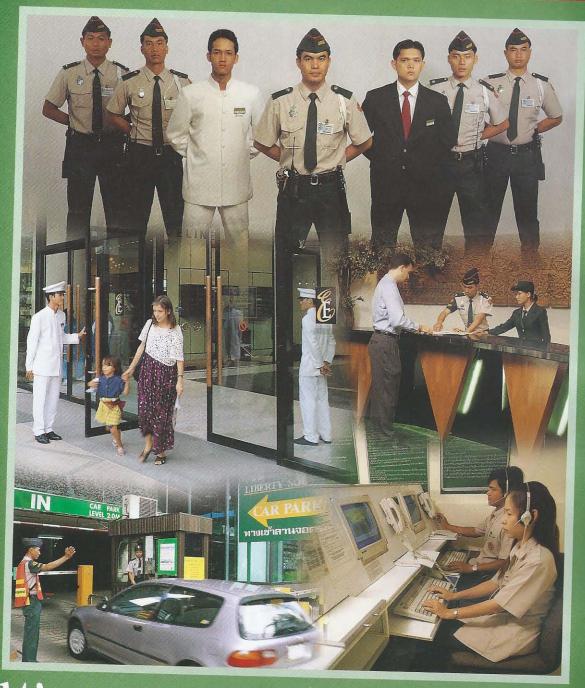


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elcome to the New Millennium!

With the Christmas period over, perhaps life at the Club will move at a more sedate pace for a while and members can take a much-needed breather from the seasonal round of parties and turkey dinners. I won't print the solution to last month's prize crossword until next month, so you can relax after your Christmas pud with pencil in hand! And hopefully peace will once more reign at the supermarket and I can push my trolley round without the accompaniment of Jingle Bells. It's odd but shopping to that tune always seems to add a few hundred baht to my food bill.

Stomachs can relax for a while too! If you're particularly worried about the damage to your health caused by Christmas excesses, Damon has a few useful tips to help solve the problem (p.22). Being the first to read his articles each month, I am able to get a head start over the rest of you, and my early evening spot on the treadmill is already reserved. The newly-wed Charmaine Adams also had a few words of wisdom to offer on health when she caught me one evening in the sala, still sweaty from a bout in the gym, and advised that pulling in my stomach and holding it for as long as possible would be all that was needed to firm up my tummy muscles. Sound advice which I am certainly following - but I really don't think she has any idea of the enormity of my problem!

One thing Damon didn't mention in his article this month is the benefit to mind and body of dancing. Ten minutes jiving to rock, followed by a spirited cha-cha-cha with its sexy hip movements, and rounding off with a lively quickstep across the dance floor, is just about the best and most enjoyable cardiovascular workout you can get. For all those who've done a bit of dancing before, why not try it again? The lessons start on 18th January and sign-up sheets are in the Fitness Centre.

After four-and-a-half years of nagging by ex-editor Gaynor de Wit, the long-awaited article explaining the rules and finer points of Spoofing has finally arrived from the pen of Spoofer extraordinaire, Steve Eaton (p.27) aka "Swampy". Well done Steve, but you're out of luck if you think I, too, am standing you a Pina Colada.

Also inside are some great photographs of the Loy Krathong festival at the Club last November. These come courtesy of Gaynor - again! Without her handiwork, there would hardly be a photograph in Outpost some months, and I really DO wish the Club would get its act together and arrange for more of the events to be photographed, using their own camera and staff. If the Management is thinking of making a New Year's resolution, perhaps this could be it.

Having got that off my chest, but still on the subject of photography, I hear there's good news for those members who want to be more in focus (see p.13). A photography class will start some time in February, as soon as Damon has worked out which evenings are best for the majority of interested members.

Before I sign off, may I apologise for an error in layout in last month's issue where the General Manager's message appeared above the photograph of His Majesty the King of Thailand. No disrespect was intended.

That's all from me except to say have a great time at the Club in January.

Nitide

Sherry Conisbee Editor

7



BC Christmas Ball

Sneak Preview



Pre-dinner drinks on the front lawn

A festive meal with all the trimmings



More photographs of revellers at the Ball and a write-up in next month's issue.

An Englishman might say.....

" If one motivates oneself to increase ones level of physical activity, henceforth creating a favourable metabolic response, one could possibly expect a complimentary effect on the form of ones posteriors "

> An American might say..... " GETTING OFF YOUR BUTT IS THE FIRST STEP TO MAKING IT SMALLER! "

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FIT for LIFE

Entrance Fees

As of 1st January 2000, entry fees have increased as follows:

Married over 30:	B55,000
Married under 30:	B27,500
Single over 30:	B44,000
Single under 30:	B22,000

For those joining after 1st January, there are new rates for those wishing to pay their entry fees over 24 months. Please direct all membership enquiries to the Membership Marketing team - K. Goi, K. Aey or K. Mo at the Club.

Membership Section Restructure

As of 1st February 2000, all membership matters including joining, leaving, change of address, reciprocal visit cards and change of status will be dealt with by the Membership Department. Khun Weena who currently does most of the membership administration, will revert to being the GM's secretary on a full-time basis.

Maintenance Manager

Khun Sutin, our Maintenance Manager, has unfortunately left the Club and we are actively searching for a replacement.

Strictly Ballroom

For members who have already completed

the basics of Ballroom and Latin dancing, come and join the intermediate classes with experienced instructors from 'Bangkok Dance'. Ballroom lessons start on 18th January, and Latin on 2nd May. Each course is B4,300 - or sign up for both at a discounted price of B8,200.

Star Cruise/Fly Saigon

In February we will be organising a cruise/ fly trip for members and their guests to Ho Chi Minh City (Saigon), Vietnam. The cruise departs from Laem Chabang for HCMC where a day of sightseeing is planned (with an option to extend) before flying back to Bangkok. This will be a great trip to do as part of a BC group. Watch out for the flyers, check the display at Reception or give Tom Bain a call if you want to book or have any questions about the trip.

Shakespeare's Greatest Hits

Daniel Foley (of Madam Butterfly fame) will return to the Club on Friday, 28 January bringing his show "Shakespeare's Greatest Hits". Tickets are B590 which includes supper. Please book at Reception or return the flyer to the Club.

Get Focused

If you are interested in learning more about



photography, a course is starting in early February. See the details on page 13 and get in touch with Damon Nemish as soon as possible.

Caribbean Culinary Carnival

From 11-13 February (evenings only) Lords will be the venue for a Jamaican Food and Drink Festival. The cost is B500 per head - watch our for further details.

For the children

New tennis and swimming courses start for children on the week commencing 10th January. Watch our for the flyers or contact Damon Nemish in the Fitness Centre.

Email

A reminder! You can communicate with the Club by Email. Our address is <britclub@loxinfo.co.th> Drop us a line!

FREE MONEY! Just answer a simple question...

Just kidding, nothing is free in this world but I need your help.

9

Please call the fitness centre or drop in to answer the following question if it is relevant to you. No need to call if it makes no difference to you personally. Many thanks.

Current fitness centre members:

If the fitness centre was open to 10:00pm rather than the current time of 9:00pm, would you use it more often? Yes or No. **Non-fitness centre members:**

Would you think of joining the fitness centre if it was open longer, i.e. to 10:00pm rather than 9:00pm?

Yes or No.

Thanks for your help, Damon Nemish

JANUARY 2000

BRITISH CLUB BANGKOK

Danagement Weve

appy New Year 2000!

Due to the copy deadlines for *Outpost*, I am having to write this January message in the middle of December and am wondering what startling things will have happened during that magical rollover into 2000. Will the world have stopped revolving? Will all the computers have ceased to function? Or will it be business as usual? I'm punting on the latter myself - but if you're reading this, you already know the answers.

What I do know is that the Christmas Ball was a huge success (some of the photos are in this month's issue and more can be seen next month) with over 460 people joining in the fun. The only slight hiccup was that it started to rain at about 1:30am; only a light shower but enough to make everyone scamper to the bar.

Once again the Dusit Thani provided the catering and both the Dusit staff and ours teamed up well to provide an excellent service.

I would like to thank all of our sponsors for their gifts and support of the event, in particular **Carlsberg** for the provision of beer, **Coca Cola** for soft drinks and **PTK Marketing & Management** for the welcome drinks and table wines. Entertainment was provided by DJ Paul Jackson and the band 'Tony and Friends', and the MC for the evening was our very own Club member, Rodney Bain. Thanks to them all. I would also like to thank our guests of honour for the evening; the Australian Ambassador His Excellency William Fisher and wife Kerry; and Paul Sizeland, Deputy Head of Mission at the British Embassy.

Last but not least I would like to thank all the members and their guests for attending the Christmas Ball, for having what appeared to be a lot of fun and for making it one of the most enjoyable Club Balls ever.

All the events this year have proved very successful with many of them attracting record numbers. Aside from the Ball, the Royal River Barge Procession and the Surin Elephant Round-up were very popular events. Many members reported that Guy Fawkes Night was the best ever and looking at the bookings for the Children's Christmas Party and Carol Service, I am predicting a huge turnout. I'm sure there will be coverage in the February issue confirming this.

As I don't have a crystal ball, I cannot comment yet on what happened at the New Year's Eve river cruise or the family New Year party at the Club, but I'm confident that both will have provided a great time for all those who attended.

As mentioned last month, we have now reached the magical figure of 1000+ members, an all-time record high. Also for the year just past we performed well financially with our operating results better than budgeted and an overall surplus for the year (including new members' entrance fees) of Baht 2.8 million.

On a sadder note, I will be leaving the Club in April after four pleasurable years here. As many of you already know, this departure is not of my own choice and I would have preferred to remain here. However, I trust that my successor will continue to build on the successes achieved during my time at the Club and my best wishes go to all of the Club members who have been so cooperative and kind during my tenure here.

Thomas Bain General Manager



Tom Bain - General Manager

Maintenance Manag

Strictly Ballroom

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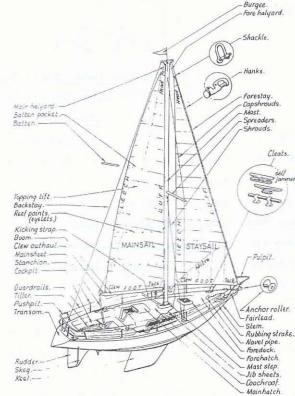
Sailing

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8

Confused? Don't Worry!

ou don't have to know your rubbing stake from your navel pipe to enjoy sailing. In fact most sailors wouldn't have a clue where to find either of them.



The British Club has established a new sailing section to get members, with or without experience of boats, on to the water. Initially the idea is to offer weekend offshore cruising on 25-foot keel boats at Pran Buri, south of Hua Hin, and also to teach sailing in much smaller 14-foot dinghies, possibly near Pattaya.

The aim is to help existing sailors enjoy the water and encourage people who have never tried sailing before to find out why so many of us are hooked.

No cold shower

There is an old British saying that sailing is like standing in a cold shower tearing up five pound notes as quickly as possible. That may be true for dedicated offshore sailors in Britain, but in Thailand the experience is much more pleasant.

For a start the weather is warmer, with no risk of catching a cold. In fact the only risk is sun-stroke, which is why most people wear hats on the water. It is also much cheaper here in Thailand. The recession over the last two-anda-half years has meant there are plenty of spare boats and yacht clubs around available at very low prices.

And if you are a member of the British Club, you can take advantage of some of the most experienced dinghy and yacht sailors in the region, who happen to be members, to get into the sport.

Sailing is enjoyed by so many people because it offers so many different experiences. For many, dinghy or yacht racing offers the ultimate thrill of speed and a hint of danger. Crashing up to a mark at the start of a match-race, outmanoeuvring an opponent and then bursting up to windward, is hair-raising and exhilarating, especially if you win.

Gentle Breeze

But the hush of lapping waves and a gentle breeze against the face on a calm sea can be just as satisfying to others, and far more relaxing.

Sailing offers the chance to get away from normal life and enjoy trying to harness elements we can't control - the wind and the sea. It offers a new perspective, broader horizons, fresh ways of thinking and a lot of fun.

Don't worry about sea-sickness - pills or wrist bands can cure that.

The cost of taking part in activities will be low because we will pool resources and share expenses to allow everyone to join in. Events will be timed to be accessible to all. So whatever you want from sailing, whether you are a round-the-world ocean racer or have never ever been on a car ferry, join the British Club's sailing section and help make it a success.

If you are interested in joining the sailing section, please contact Damon at the Club.

Chris Johnson



The following members and their families resigned from the Club in November 1999 and we wish them farewell and good luck: Nick Helmes (H225), Dr. Kannika Suttisrichart (S236) and Catriona Shanahan (S324).

Eight members have registered as "Absent": Stephen Collins (C194), David Burn (B196), Dr. Andrew Simpson (S271), Paul Hand (H245), Anthony Cittadini (C225), Thanit Thiraphan (T151), Jean-Pierre Allain (A99) and Ronald Drobny (D168).

The Alternative View

Goodface Cries "Fore!"

DISCLAIMER: Maj. Henry Goodface (retired) is a pedantic, misogynistic, chauvinistic old fool and the views expressed in his column are his and his alone and do not represent the views of the editor or any other reasonable thinking individual.

It will, I'm sure, astound you to hear that I have at times been accused of a certain bias in favour of anything British. This of course is preposterous nonsense. The fact that we're best at everything is hardly my fault, after all. And to prove my utter impartiality, I will today launch a vicious attack on what would be considered by many to be Britain's greatest contribution to modern civilization. Yes, ladies and gentlemen, today I will tell you the truth about...golf. But for the benefit of the Thai authorities let me make it

immediately clear that I'm not raising this subject because it is popular in Thailand and the notion that people come to Thailand only to play golf is ludicrous. Probably because they're too busy

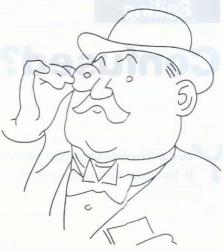


doing the other thing that people don't come to Thailand for... Yes, well, now where was I?

Ah yes! Golf! The origins or golf, like the black death, are mysterious since no-one is willing to take responsibility for having inflicted this hideous pastime on the world, but it is universally recognised that Scotland is the main perpetrator in the establishment of golf in its present form. It's easy to imagine why. See young Hamish McTavish sitting up on his windswept mountain tending his Highland cattle becoming bored and in a moment of innocent folly, picking up a stick and whacking a pebble across the glen. And then, delighted with the flight of the pebble through the air, pursuing it and giving it another crack to see if he could hit the tree on the other side of the brook. It is only a matter of time before he has engaged his fellow cattle herders in this innocuous pursuit and there are droves of Scots eagerly hacking around in the gorse to alleviate the tedium of their days. And when old James VI of Scotland takes it up and then becomes James I of England the inexorable development of golf from a wild expression of Scottish manhood into a genteel pastime for the upper classes governed by committees and governing bodies is assured.

My main objection to golf is that the ball is decidedly un-British. Good, manly, robust sports like rugby and football have a decent sized ball that you can hold and kick. The cricket ball fits into the palm of your hand and is a healthy size for throwing and catching. But the golf ball? It is annoyingly small and exhibits a frustrating tendency to slip through your fingers and get lost down the back of the sofa or hide behind a twig mocking you while you are thrashing about in a bed of nettles looking for it and getting stung to death.

To make matters worse, this malevolent little sphere is your *actual* adversary, not the people you are playing against. The bloody little thing sits there on its tee, all prim and proper, just asking to be hit but no matter how you connect it flies off in totally the opposite direction to that intended. The reason the ball is covered in



dimples is because it spends most of its time laughing at the feeble efforts of its owners to get it to do what they want. And there is obviously a very strong genetic link between current day golf balls and their Scottish predecessors since they have an unerring ability to head for deep undergrowth, water and sand.

Most sports evolved from a man's natural ability to run, catch, kick and throw. The only thing natural about a golf swing is the fact that no-one can do it correctly. It is a most amusing sight to watch a golfer go through the motions, concentrating assiduously on all the things the "golf pro" has told him to do, keep this front arm straight, elbows in, bend the right leg, pull the arm up, head down. You can see things clicking into place until the zenith of the swing is reached and he's poised in perfect position like a contortionist caught in a spotlight. And then the descent begins and in an instant the whole thing unravels like an exploding alarm clock as elbows move out, legs twist round, hips swerve forward, head swings up and the club digs into the ground two feet in front of the ball throwing up huge clods of earth or skims the top of the ball and sends it skidding into the deep rough ten yards in front of the tee. But as if golf wasn't bad enough in the first place two further calamities befell the sport, to wit the Americans and the Japanese. Once the Americans got hold of it the notion of a gentle pursuit to be conducted in the peace of the countryside

The Alternative View

Imagination, Fascination a Audience Participation!

by gentlemen was replaced by a massive industry with loud people in brightly colored outfits rushing around in golf buggies wielding titanium clubs followed by million dollar golf

gurus laughing all the way to the bank. The Japanese immediately adopted it as a new national religion and adopted their usual approach of analyzing every aspect of it to death in a futile attempt to find out why things are always going wrong. Suddenly, having a BA, MA, MBA, PhD, 50 years of business experience and being personally acquainted with all the major political leaders in the world became useless when attempting to do business with the Japanese and the only thing that counted was your handicap.

So next time you get up at the crack of dawn, drive miles to some godforsaken location to spend hours of utter frustration fishing around in snake infested undergrowth searching for your ball, getting heat stroke and losing money to your partners, think of me snoozing comfortably in my cool air-conditioned room and ask yourself the question – "What the bloody hell am I doing?".

Major Henry Goodface (Rtd)

Written and contributed by **Damian Jaume (J79)**

Important Notice PHOTOGRAPHY CLASSES

starting February 2000

If interested, call Damon Nemish and let him know which of the following course dates are most convenient for you:

Mondays:	Feb 7, 14, 21 / Mar 6, 14, 20
Tuesdays:	Feb 1, 8, 15, 29 / Mar 7, 14
Wednesdays:	Feb 2, 9, 16 / Mar 1, 8, 15

Mr. Eric G. Chocat will take the class. He is an experienced photographer who has lived in Thailand for 12 years. He speaks French, English and Thai fluently and can communicate in simple German and Spanish.

The first lesson will cover camera and photography basics. During the course you will learn how to use a fully manual camera and the ins and outs of photographic technique, film exposure, etc.

The course will consist of six 3-hour lessons at a fee of approx. B8,000-B12,000 (to be confirmed).

Full course details will depend on the response to this advert so contact Damon in the Fitness Centre urgently.

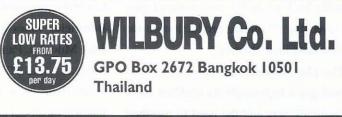
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JANUARY 2000

13

BRITISH CLUB BANGKOK

Hansel & Gretel

The Alternative View

Imagination, Fascination and Audience Participation!

t wasn't a pantomime and it wasn't a play. What was it? According to the 900 plus children and parents who filled the Suriwong Room on the afternoons of December 4-6, Bangkok Community Theatre's production of *Hansel & Gretel* was the hottest ticket in town!



A talented cast of six delighted the audience with their performance of an international acting troupe staging a play. They were already on stage when the children entered the Suriwong Room which had been magically transformed by Barry, Khun Dong and the rest of the staff into a colourful circus tent. Huge drapes in primary colours masked the usually sombre curtains over the windows and doors and hundreds of balloons filled the corners and covered the ceiling.

As the children sat down on the floor at the edge of the taped-off square, they had the opportunity to talk to the actors one on one from the time the doors opened until the play actually began some 20 minutes later. Lucky mums and dads sat on chairs at the back while the more intrepid ones braved the 75-minute production on the floor with their children.

The play moved on from a humorous prologue which taught the children about costumes, sets and the need to use their imagination when watching a play, to a 3scene production of *Hansel & Gretel* which required audience help throughout. When Hansel and Gretel couldn't find any berries in the woods, they asked the children in the audience to grow into berries. When they wanted to sleep in the forest, they asked the children to sing them a lullaby. And when Kiko, the mime, set the stage for Hansel and Gretel to wake up to find a gingerbread house in the woods, several lucky children actually became the gingerbread house!

Everyone seemed to have a wonderful time. In fact, it's a toss up who had more fun at Hansel & Gretel: the children watching the play, the parents watching the children or the actors ad-libbing to interact with an unpredictable yet always delightful audience.

Congratulations to the talented cast - Sarah Barnfield, Vanessa Brett, Martin Grist, John Milosich, Paul Robere and Victoria Stevens - and all the members of the production team for creating such a magical theatrical adventure.

Bonnie Zellerbach



Kiko, the mime, does things tongue in cheek,



Hansel: "Gretel, I'm touching the milk!"



"Everyone grow into berry bushes with nice juicy berries!"



The Witch: "Gretel, into the oven!



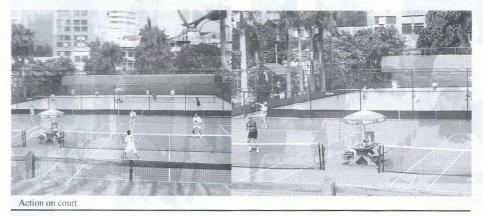
Hansel: "Let me get this little berry from under your chin..."

Tennis

11

The Captain's 'Scramble'

s the name suggests, a scramble in many senses: a scramble to get up early on a Sunday morning (really early for some of us), a scramble to get started on time and a scramble to get as many games played and preferably won within half an hour as possible!



A good, fun day organised by Cap'n Bruce, who must have spent ages fathoming out the play schedule in order to get the ramshackle collection of 16 doubles pairs on court at almost the right time with a vague understanding of the rules.

Partnerships were handicapped to make a more even playing field, which made the difference between the winners and the unseated horses 'just' 20 games. We managed to fit in three rounds before a halt was called, when it was realised that

any more and we would be encroaching on precious eating time ... Given the splendour of the Sunday buffet at the JW Marriott, that's some consideration, so it was everyone upstairs for a shower and onto the hotel.

Pics on this page show the fun had on the day, on court and on plate; thanks again to Bruce for putting this one together in an efficient manner. And finally, well done to Marc Nussaume and Pin, who took first prize with a grand score of 32 games, and to John and Eileen who were snapping at their heels with 29. Booby prizes went to David and Wandee and to Bruce and Annelies, both of whom recorded a sterling 12. Bottles of plonk all round!

> Lotsaluv Me



comfortable pose for Peter

table

Dei getting stuck into the chocolate sweets, mousse, cake,

Chateau de Meaume Wine Dinner

Dinner with a Différence

re-dinner drinks and canapés on the front lawn were the prelude to an exceptional evening of fine wine and haute cuisine enjoyed by 48 people who had reserved places for this Wine Dinner at the Club on 26 November.



Inside Lords tricolors adorned the tables, posters of beautiful French countryside decked the walls and staff were tarted up in berets and striped T-shirts looking quite the Englishman's impression of the typical Frenchie despite the absence of oignons and bicyclettes.

Each of Monsieur le Baz's delightful courses was accompanied by a speciallyselected wine from the French vineyard of Chateau de Meaume, and owner Alan Johnson-Hill was on hand to give his comments on each of the wines served. Camembert Parcels were accompanied by Blanc de Blanc, Avocado Angelique with Chateau de Meaume Rosé 1998, Chicken with Cointreau Sauce was complemented by 1988 and 1990 vintages, and Crème

Brûlée Icecream with Chateau de Meaume 1996.

Barry Osborne (le Baz) thanks all those members who attended, many of whom he says took full advantage of the special pre-Christmas discounts being offered on the wine; as the photographs show, everyone seemed to be having a jolly good time. Special thanks to BC member Tom Westbury of PTK Marketing & Management for sponsoring the evening, to Alan Johnson-Hill for sharing his vast knowledge, and to Pierre Jaffre and Claire Rannou from the French Embassy for all their help.

Chérie Conisbée







Chateau de Meaume Wine Dinner

Italian Food Promotion

A Taste of Italy

October 1999: It had been a long day... Strategic and budget plans, and my head was starting to go numb. Still, something to look forward to another Lords food extravaganza.

Part Part

-

We've been to quite a few and enjoyed the culinary experience almost as much as the entertainment.

Judith and I are rather partial to the old Italian (!)

so we excitedly walked in to be greeted by Bazza and crew, and ushered to our usual seats.

So, what to try first? I thought I'd go for the 'Minestra di Ceci'; Judith tucked into the eggplant (sorry 'Melanzone') and insalatas. The soup - 'fusion' I'd call it was a mixture of spicy and yet quite delicate flavours, clearly from a centuriesold recipe invented by Barry that morning! So far so good. We tried bite-size chunks of most of the main courses and carvery special mention here to the 'Pollo alle Formaggio' and 'Canneloni', but the star of the show for me was the 'Aristada di maiale al rosemarino' (how accurate are the translations Barry?). I'm not a great fan of pork, but this was a great balance of flavours. I think I had 3 visits!

Desserts aren't really my forté, but Judith raved about the 'Tiramisu'. As ever, the coffee was excellent.

It never ceases to amaze me how much effort by all the staff is put into these promotions. In this one, the choice of food was quite staggering. The food was also authentic, although what a lad from Middlesbrough knows about Italian food should just about fill the back of a stamp. I'm sure Spazzo's and Roberto's are already quaking in their boots at the thought of a weekly promotion!



Oh, I almost forgot.

The bread. This was actually as good as I've had anywhere, particularly the 'Schiacciata al rosemarino'. Great stuff. In conclusion, the promotion was excellent. Great food, great service, great pinball exhibition by Barry, as ever. Just one final point, when is the Indian promotion going to happen? We might book every night for that one...

Ken and Judith Airey (A88)

JANUARY 2000 17 BRITISH CLUB BANGKOK

Squash



entral Grand Plaza Hotel Mix-in

There were 5 players on Sunday 5 December, including Alex Brenneisen who was visiting his old haunts in Bangkok.

Tom Livingston won the event and is the happy recipient of a 'dinner for two' donated by the Central Grand Plaza Hotel. Thanks once again to Martin Reed, the hotel's General Manager, for his support of the squash section. The results were:

(-38)	46
(-4)	36
(-4)	55
(-20)	60
(-20)	48
	(-4) (-4) (-20)

Handicap Xmas Tournament

On Sunday 28 November the Squash Section held the first Junior Handicap tournament (sponsored by JKL) and a Senior Handicap tournament in the afternoon, followed by a Christmas barbecue and drinks.

The juniors started arriving at 11:00am and by 11:30 we had 17 of them ranging in age from 7 to 17. These were divided into two divisions and then handicapped according to ability and age. The competition was completed by 1.45pm.

The winner of division 1 was Bob Van Der Broecke and the runner-up was David Weeks. Khyle Lewis scored the same points as David but David defeated him in their match which gave him second position. The winner of division 2 was Champ and the runner up Cheng.

Steven, Bart and Bob Van Der Broecke have only recently started playing squash and all have great potential and will only need a minimum of coaching to improve their games significantly. We hope to see Steven and Bart on the senior ladder in the near future.

The Junior tournament was so popular that the adults were an hour late starting. In addition to their normal handicaps the adults also had to draw a card at the end of each match. Their scores were then adjusted according to which card they drew. The card scores ranged from -5 to +5 which significantly affected many of the outcomes. I personally didn't like this method as I ended up being -9 for 4 draws. To make sure that David Eastgate didn't win yet another tournament, Dave Herron hit him in the face with his racquet which unfortunately put him out for the rest of the afternoon. The results were as follows:

Tom Annas	(+10)	108
Marvyn Lewis	(-21)	50
Charlotte Parks	(+8)	78
John Vivian	(-18)	76



Jack Dunford	(-12)	70
Bill Randall	(-18)	85
Linda Eastgate	(-3)	86
Mark Bowers	(-19)	64
Howard Winn	(-2)	114
David Mason	(-17)	73
Wayne Needoba	(-7)	84
Barry Daniel	(-16)	62
Ray Hughes	(-2)	79
Peter Norris	(-14)	91
Rung Hagealauer	(+10)	106
David Parks	(-12)	69
Marc Hagelauer	(-32)	43
Colin Hastings	(-30)	52
Nick White	(-28)	16
Peter Corney	(-26)	35
David Herron	(-21)	34

The winners were Howard Winn, Peter Norris and Colin Hastings.

After an exhausting afternoon some 52 members attended the post-match barbecue and drinks. Music was provided by **Marvelous Marvyn**, the DJ for the evening. Due to extensive sponsorship, every person present went home with a prize.

The BCB staff did an excellent job, as usual, and our thanks go to Barry and his fine staff for their help in making the evening a great success.

A big thank you to the following organisations who kindly sponsored the squash handicap competition and Christmas barbecue:

Central Grand Plaza Hotel; Barbican; Oakley; Ecco; Bilfinger & Berger (Thai); Journeys in Asia Magazine; Bec Terro V2 Records; Best of Bangkok; Alex Brenneisen, JKL Trophies; Grand Sport; O'Reilleys; TGI Fridays; Larry's dive.

Tony Austin Cup management

The Tony Austin Cup, the BC's annual competition for players aged 45 and over, was played in early November with the finals on Sunday 21st. The competition is named for Tony Austin, a long-time BC squash player, long since left, but who still

Squash

visits us at least once every year. Unfortunately there were only eight entrants this year but the competition was still keen.

In the final of the plate Tom Livingston defeated Linda Eastgate 9-2, 9-4, 9-0. Linda acquitted herself very well considering she was playing a much higher ranked player. David Eastgate was very methodical in his defeat of Ignatio Serrano in the final, winning 9-2, 9-0, 9-0. When he is really focused he doesn't make any mistakes and Ignatio soon found how difficult it is to actually win a point from David when he is in this mood.

Len Alexander Veterans over 45

This was held at the Polo club and 10 players were divided into two divisions with round robins being played to select the four semi finalists. David Eastgate, Peter Corney and Tom Livingston from the BC entered this event. In the semi-finals David Eastgate played Peter Corney and Peerapon played Richard Heng. Both David and Peerapon won their matches 3-0.

In the final David took an early lead against Peerapon winning the first game 9-7. Unfortunately with some poor refereeing (the referee was eventually changed after the second game) David lost some confidence and Peerapon with some excellent deceptive stroke play took full advantage to win 3-1.

Play better squash

Officials – what do they do? Normally there are 2 officials in a squash match, the referee and the marker. The marker's job is to call balls that are 'out', 'down or 'not-up', followed by the score. He also writes down the score, to keep a full record and make sure he gets it right.

- 'Out' is a ball that is above the top line of the court, or a serve that does not reach the receiving box.
- 'Down' is a ball which hits the front wall into the tin (or on the wooden strip above the tin).

• 'Not-up' is a ball which bounces twice before the player hits it, or is a double hit on the racket.

Sounds easy, but in a professional match the marker has his work cut out; the top players want to hear the marker call the shots, so they do not have to try for unecessary shots.

The referee makes no comment during rallies. He also writes down the score, to double check the marker, and only comments when a player queries a call from the marker or appeals for a let. He may then make one of 3 respones, 'Yes,Let', 'NoLet' or 'Stroke'. The call is repeated by the marker, who then calls the score. The referee's decision is final – there are no appeals.

Often in lower level matches, one person will perform both tasks, but this can be difficult as referee and marker are actually watching for different things in a game; the marker is watching the ball and the lines, whilst the referee is watching the position of the players, their movement and actions.

There have been experiments in other methods for refereeing, including 3 officials (one at centre and one on each side wall). In the latest rule revision they have experimented with a single referee (who is both referee and marker) plus an adjudicator to resolve appeals. None of the experiments seem to give better results than the traditional method.

Kid's squash memory

As you may gather from the article on the Xmas tournament, the Junior Squash has really taken off, so just a reminder that we have a junior squash ladder and games can be played anytime. With many families away for Christmas there will be a month's pause in the proceedings, but back to normal in the New Year.

Squash on the Internet

The squash section web page is www.britclub.com

If you wish to keep updated on world squash, check out the Internet Squash

Federation on www.squash.org or squash in Thailand on www.geocities.com/SoHo/Lofts/656/

Sponsorship management

We are currently looking for sponsors for leagues and competitions throughout the year. Any interested members should contact Peter Corney on **714 2426** or acapacth@ samart.co.th

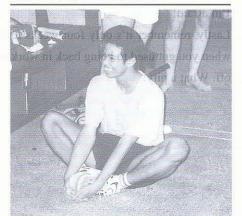
Contributions to Outpost

All members are encouraged to submit any comments or gossip etc for inclusion in Outpost, if you have anything at all fax it to Philip Hall 226 6500 or e-mail to philhall@postmaster.co.uk.

Philip Hall



Former Rod Carter Open winner Peerapon Poonsiri doing a bit of bonding with son Poowis, who was just pipped for this year's title by Apirom



Rod Carter Open winner for the second consecutive year, Apirom, looking relaxed before the finals.

From the Chairman

ell by now the Christmas and Millennium celebrations are over. If you have the time to read this column, then you probably have not been bitten by the 'Millennium Bug'. What are all those journalists going to find to write about this year? If some of the money that has been channelled into resolving the Y2K issues can now move into commerce, we will all be better off!

The first area for comment is this exceptional Club magazine we have. I'm not sure if it is fully appreciated but for a Club of our size to have such a publication on a monthly basis is an outstanding advertisement for the Club and a credit to The Creative Partnership. Thank you. Occasionally, editorial mistakes occur which only go to prove we are all human. A recent error has been exaggerated in some quarters and while I feel that any problems should be addressed directly, tolerance of such fraility would be appropriate where such issues are a rare occurrence.

Of particular interest is the increase in letters to the Editor. It is, I believe, a sign of a healthy Club when members' opinions, whether tongue-in-cheek or serious, are published in this manner. Please keep the letters and comments coming. What would you like to see in **our** magazine?

Secondly, on a more serious note, our Annual General Meeting is just around the corner. One of the key agenda items is that of electing members to the General Committee (GC). However, quite often, unless you have already 'done your time', it is difficult to understand what is involved and what demands on your time your GC commitments will make. As a minimum this would be a GC meeting once a month which generally lasts around 2-3 hours. Depending on the issues that need to be addressed at the time, additional meetings or discussions could be required. If you are thinking of standing for election to the GC and would like to know more about the commitment you would be making, please telephone me and we can discuss any concerns. Unfortunately very little happens by itself and even management initiatives are ratified by the GC in order to ensure they are in the interests of the membership. Lastly on this topic, if you are elected to the GC you will often find that some well-meaning members take the opportunity to give you advice at the very moment you are trying to relax. It goes with the territory, I'm afraid!

Lastly, remember it's only four weeks to the next holiday, Chinese New Year, so just when you got used to being back in work mode, you will have to take some more time off. What a pity!

James Joing

James Young Chairman

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James Young - Chairman of the General Committee

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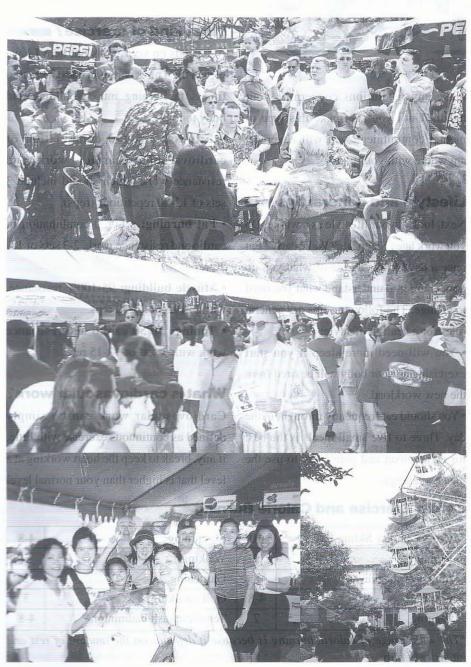
Ploenchit Fair

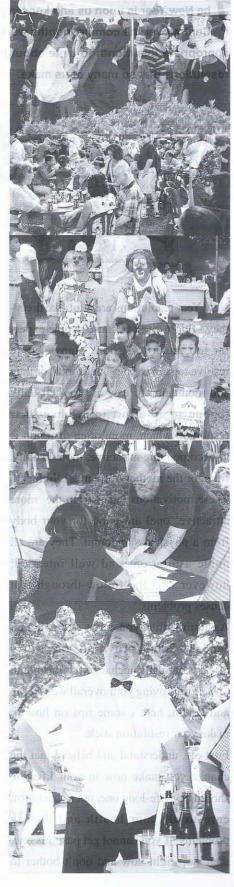
Topping Six Million!

es, Ploenchit did it again—another record-breaking year, topping six million baht, the first time ever and well above last year's (also record-breaking) total of nearly 5.7 million baht.

The raffle too registered a record intake, with organisers the British Chamber raising 1.14 million baht. With Bobby Charlton opening the proceedings at 10am and 15.000 free Skytrain tickets available for Fair-goers during the day and the usual host of fun, exciting, tasty, lucky, interesting, suspenseful, thirst-quenching and seasonal attractions, the 26,000 people who passed through the mighty embassy gates (also up on last year by several thousand) enjoyed another great day!

Gaynor





From the SRC

New Year, New You! In xi2 priggor

The New Year is upon us and knowing that I will see many of you in the Fitness Centre over the coming months working off those excess pounds, I thought it appropriate this month to write about those dreaded, and celebrated, New Year resolutions that so many of us make.



New Year resolutions are a lot like diets they seldom work because people expect far too much too soon. Many people resolve to stop eating 'bad' foods, or they add mountains of exercise to their daily regime in an effort to achieve their resolution which, more often than not, is to become more attractive, more healthy, fitter, or the mother of them all 'lighter'! These motivations (apart from the 'more attractive' one) are good for your body from a physical standpoint. They are all noble aspirations and well intended; however it is the follow-through that causes problems.

Assuming that you have decided that January 2000 (providing the world remains basically unchanged) is the month to start improving your overall well-being and health, here's some tips on how to make your resolution stick.

First off, understand and believe that the change you make now in your lifestyle should be a life-long one, not a short-term cure to all your health and dietary problems. If you cannot get past this one, then stop right now and don't bother to make any resolutions concerning your health. Until you can make this type of mental commitment, you will never get anywhere with your plan.

Lifestyle and general tips

Next, look at your lifestyle as a whole. Do you work late? Sleep late? Wake early? Eat once a day? Make a note of what you do now in order to understand what you need to change. The following tips are general rules for a healthy lifestyle:

• You will need more sleep if you start exercising as your body will be tired from the new workload.

• You should eat frequently throughout the day. Three to five small meals is the best for metabolism and your body to use the ingested energy.

Cardio Exercise and Calorie Burning

Cross Country Skiing	10	Swimming*	4-8
Running	9	Walking	3
Stairs (or machine)	8	Gardening	2
Cycling*	4-8	Golf (walking)	3
Jogging	7	Tennis/squash/badminton*	4-8

*The wide range of calorie burning is because it depends on the amount of rest and intensity of play

• What you eat as a source of energy is important. Eat good foods: fruit, veggies, wholegrain products and stay away from processed foods and excess fat. (Next month's article will be about food in much more detail.)

• Drink lots of water as you will sweat more while working out and you will need the extra water to keep you hydrated. Besides, it is just plain good for you!

What kind of exercise?

It depends on your goals but here I have picked the 4 most common ones: increased fitness, fat burning, muscle building, and body toning.

 Fitness: a 60/40 combination of cardiovascular (cardio) work and resistance work which should include 3 sets of 12-20 repetitions (reps).

 Fat burning: a 80/20 combination of cardio and resistance work, 2-3 sets of 15-20 reps.

• Muscle building: 95-100% resistance, with 3-4 sets of 6-10 reps.

• **Toning:** 50/50 cardio and resistance work with 3 sets of 12-15 reps.

What is cardiovascular work?

Cardiovascular work can be simply defined as continuous exercise with little, if any, break to keep the heart working at a level that is higher than your normal level

From the SRC

but not so high that you can't sustain the pace for an extended period of time. In the table is a comparison of some cardiovascular exercises with the number of calories burnt - very approximate interpretations - with 10 being the most calories burnt per hour and 1 the lowest. The lower the number, the longer you have to complete the exercise in order to burn the 'X' calories, which would take a shorter amount of time with a more calorie burning exercise.

What does cardio do?

Basically it burns calories, from both fat and sugar sources, and builds strong lungs, heart and

circulatory system, while increasing your metabolism. You start burning sugar immediately to feed your working muscles, and then over time fat becomes the major source of calories. 20-30 minutes is regarded as the magic time for the fat to take over as the major source of energy. Note: this fat is what most people want to lose in any fitness programme and therefore you should work towards 30 minutes of continuous exercise when starting any new programme.

What is resistance work?

Resistance work is simply lifting, pushing, or pulling 'things' using your muscles. This can be done by using free weights, machines, shovelling snow or using your own weight as in push-ups and sit-ups, etc. The heavier the weight, the lower the number of times you need repeat the movement. A heavy weight lifted a few times will cause greater muscle growth than a light weight lifted many times (which will actually increase your fitness).

What does resistance work do for you?

By repeating a movement involving some

kind of resistance you force the muscle to work until it gets overworked and tired, then you rest it and then lift again. Your muscle will then grow to make

the work easier next time and then eventually you will have to increase the weight to trick your muscle into growing again. Your tendons and the stabilizing tissues of your joints also benefit from weights and become stronger. These tissues slowly become degraded when doing cardiovascular work, like running or tennis (ever heard of runners knee and tennis elbow?).

The increase in muscle mass from resistance training will also help you burn fat. Why you ask? Simply because the bigger the muscle is the more calories it requires to do anything. This includes sleeping and resting too, i.e. your metabolism increases.

Are you starting to get the picture that a healthy life style contains a little bit of everything? So how do you make it all work for you?

Now you know that you need to do both cardio and resistance training to stay healthy. The final ingredient goes back to my previous question of whether you can make the commitment to change your lifestyle. If so, then do the following and you will be halfway there. ⇒ Set a time of day when you can do your exercise with little worry of having work or commitments push it aside. I know we are all busy but scheduling lunchtime as your time to exercise when you regularly have 2-3 lunch appointments a week is not a wise choice.

➤ Pick things you enjoy doing. There are many to choose from in the cardio department while the resistance area has fewer choices. But if you do not enjoy it you will not stick with it.

Make a plan but allow for flexibility. Look at the year or the next six months and set some goals, i.e. run for 20 minutes, walk for 50 minutes etc. Follow that plan.
 Build slowly; going from nothing to running 30 minutes a day is not healthy. Start slowly and build it up over time (remember that plan on the point above).
 Allow yourself time to improve and do not expect wonder changes over night.

➤ Do not forget to rest. All these wonderful improvements actually occur during the rest time; the work-out time is the tearing

apart of your body and muscles, while the rest time allows the body to rebuild stronger than before.



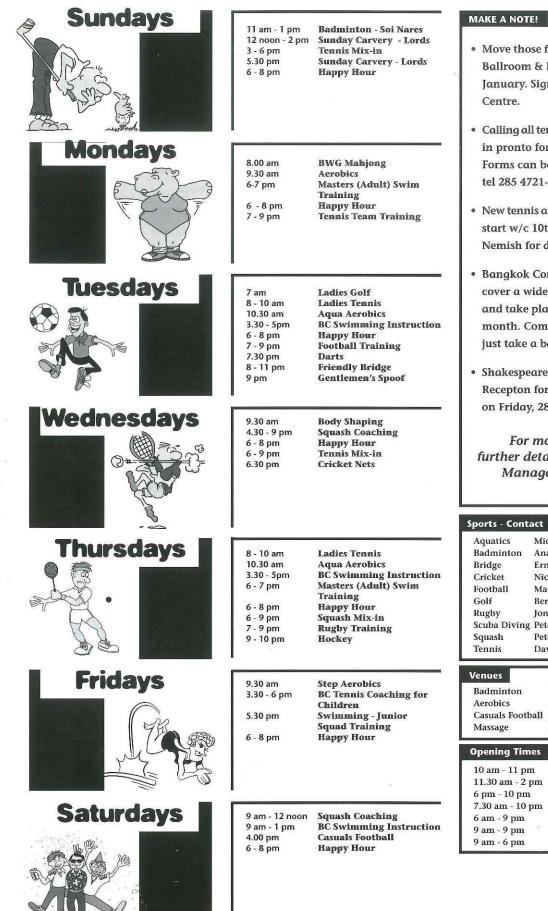
Next month, I will

write about the building blocks for you body - food. Watch out for it but meanwhile - good luck and happy New Year!

> Damon Nemish Sport and Recreation Coordinator

Calendar

British Club Sports and Entertainment Calendar - January 2000



- Move those feet! Sign up for the intermediate Ballroom & Latin dance classes starting 18th January. Sign-up sheets are in the Fitness
- Calling all tennis players! Get your applications in pronto for the Club Championships 2000. Forms can be obtained from David Blowers, tel 285 4721-3.
- New tennis and swimming classes for children start w/c 10th January. Contact Damon Nemish for details.
- Bangkok Community Theatre Club Nights cover a wide variety of theatre-related topics and take place on the first Thursday of every month. Come along and join in the fun - or just take a back seat if you prefer.
- Shakespeare is coming to town! Book at Recepton for "Shakespeare's Greatest Hits" on Friday, 28th Jan.

For more special events and further details on the above, check out Management News on page 9.

Aquatics	Michele Law	295 4595
Badminton	Anant Leighrahathorn	654 0002-29
Bridge	Ernest Lee	612-3580 ext 503
Cricket	Nick White	246 0832
Football	Martin Conisbee	366 0432
Golf	Bernie Adams	675 6123
Rugby	Jon Prichard	662 6376
Scuba Diving	Peter Gary	634 7792
Squash	Peter Corney	381 7240
Tennis	David Blowers	285 4721-2

adminton	Soi Nares, behind Bangrak Police Station
erobics	Squash Court 3
asuals Football	Colgate Ground, Rama III
fassage	Near the BC Squash Courts

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Churchill Bar
Lords Restaurant (Lunch)
Lords Restaurant (Dinner)
Poolside Bar
Fitness Centre
Fitness Centre (Sundays/Holidays)
Thai Massage (Tues-Sun)

Football



n the closing months of 1999, the BC Football Section embarked on two tours, one to Phuket and the other to Manila in the Philippines.



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Held on 23/24 October 1999 at the Dulwich International College in Phuket, the first tournament involved 10 teams from various countries in Asia. The Phuket International Cup is an 11-a-side competition, now in its second year and growing in stature within Asian footballing circles.

After a promising start on the first day of the competition by the BC team, our lack of scoring ability meant that we moved into the Plate competition scheduled for the Sunday. Unfortunately the weather gods had other ideas!

From the closing stages of our last game on Saturday afternoon until the following morning, it rained non-stop so that the Dulwich College pitch resembled a lake rather than a football field. There was an attempt to play on Sunday morning but the game looked more like water ballet and eventually the tournament was abandoned. We will try again next year!

Alex Henderson was unanimously voted BC's 'Player of the Tournament'. Thanks to the **Londoner Brew Pub** for being our kit sponsor for the Phuket tour.

On to Manila



Then, in late November we headed off to Manila for the excellent 6- a-side competition held at the Nomads Club.

JANUARY 2000

With a strong squad of 16 tourists, we had entered both the Open Tournament and the Veterans Competition. Our 'youth' team played well and actually managed to score in every game on the Saturday. Even so, they finished up in the lower section of their group and therefore moved into the Plate competition on the Sunday.

Unfortunately the game on Sunday morning was a little early for our lads and with the sleep still in their eyes they were promptly eliminated from the tournament. Nevertheless it was a creditable effort all round and it's worth noting that in the preliminary stages the BC held the eventual winners of the tournament to a close-fought 3:1 score, which could so easily have gone in the BC's favour.

Enter the Veterans team! After three roundrobin games in the Jim Howard Cup Competition, including an outstanding victory against our hosts, the Nomads, we ended up taking third place.

'Player of the Tournament' awards were given to Keith Brooks for our Open Team and Ray Challis, an ex-BC member who travelled all the way from the UK to join the tour, for the Veterans.

The Manila tour was, as always, well organised by our hosts, the Nomads, and we look forward to our next visit in February 2000. Many thanks to our sponsors for the Manila tour, Messrs. Global Silverhawk and Campbells Thailand.

From strength to strength

Support for the Football Section continues to grow as witnessed by the 26 player turnout for an in-house friendly match on 5 December. We are pleased to have attracted several new BC members in recent weeks and will continue to promote the Club wherever and whenever possible. The Casuals Team are putting up a creditable performance in the Social League and our first team are tuning up for the start of the Global Silverhawk Farang League starting this month.

Tournaments in the New Year include a 7a-side tournament at the RBSC later this month, and Manila, as mentioned above, in February. We have also been asked to participate in the Singapore Cricket Club's tournament in May but we will probably turn that one down.

On behalf of the Section, I wish all of you a happy start to the New Year. To appease some members of the Club, our New Year's resolution is not to kick the ball so often into the tennis courts on a Tuesday night!

As always, enjoy your football.

The Gunner

More pictures overleaf >



Living legend Jim Howard, Ex-BC member Ray Challis, Yours Truly and another BC 'old boy'

25 BRITISH CLUB BANGKOK

Football





Manila Tour Squad minus the Chairman who was still changing! Like the shades, Nigel, but the sign is a bit naff!

Sporting Special - continued

The Official Spoofing Calls

Those who don't happen to have this copy of *Outpost* handy when approaching the school can revise these calls quickly as they are displayed on the plaque in the Churchill Bar, in the spoofers' corner of the bar, no less. This gilted board is a Hall of Fame for Bangkok spoofers, listing recent national champions on gleaming plates on one side and a list of the calls on the other. Many thanks to Steve for supplying the information below and the cheesy grin on the right! — G.



Smiling Spoofer Swampy by the Hall of Fame plaque

- 0 "Spoof"
- 1 "Joe Toupai" or "Dirty digit"
- 2 "Endacott 2" or "Absent friends" or "Balls two"
- 3 "Flowers 3" always available or "Big Mac" calling first in a school of three and holding zero or
 "The straight bat"
- 4 "Skins"
- 5 "Titanic", "Belgrano" or any ship that sank (cinq), or "Funf" in a very loud voice
- 6 Six or "Axis" (reversed)
- 7 "Mission (from Heaven)" or "Neves" (reversed)
- 8 "Harry (Tate)" Harry never pays
- 9 "German virgin" she says "Nein"
- 10 "Kiwi tin" or "Marines' breakfast"
- 11 "Legs" or "Dead African" (Parrot or person, especially recently deceased)

- 12 "The Imperial" (dozen)
- 13 "The baker's" (dozen)
- 14 "Panties" drawers quatorze
- 15 "Film Festival" Cannes quinze
- 16- "Neil Sedaka" Sweet Sixteen
- 17 "Beatles" she was just seventeen
- 18 "Two thirds (Nelson)" see 27
- 19 "Vietnam" N...N...Ner...Nineteen
- 20 "Score"
- 21 "Key of the door"
- 22- "(Two little) ducks"
- 23 "Saint George" 23rd April (St. George's Day)
- 24- "Tulsa" (Twenty-four hours from) or Gene Pitney
- 25 "Quarter" (Quarter century)
- 26 "Boxing Day" 26th December
- 27 "Full Nelson" 27 years in captivity

Sporting Special

Spoofing? What's That?

drinking game requiring three coins, minimal intellect and maximum cunning" according to Sports Writer of the Year, Ian Wooldridge of the Daily Mail.



Spoofers past and present

20

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He wrote this after seeing John Francombe and Willy Carson teaching the Queen Mother how to Spoof in the Savoy Grill. The midgets breached Spoofing etiquette terribly, (more of that later). This introduction to Spoofing is meant to encourage more Gentlemen to attend and to reassure their wives, girlfriends or significant others that it is a pretty harmless hobby and that they stand a chance of being bought a drink. At the British Club we Spoof every Tuesday night after 9 p.m. We have not missed an eligible night for 10 years. We are the most consistent school in the Northern Hemisphere, and possibly the world (although there are sure to be some Kiwis who dispute that). Spoof may seem arcane to spectators, and maybe a bit scary, but it's quite harmless really.

The rules management

· Every Gentleman can hold between zero and three coins in his outstretched mitt. If the school is six people then the possibilities are from zero to eighteen coins.

· Players take turns, in a clockwise direction, to guess the total number of coins being held.

- Only one person may guess the same number and if a correct guess is made that person leaves the school.
- It is the responsibility of that person to order a round of drinks for the school.

· Play continues until there are two players remaining, and the loser, ("winner"

in Spoofing parlance), has to pay for the round.

Spoofers can leave the school between rounds as long as they have called an "ABF" (Absolute Bloody Final) or a "Permanent ABF", as long as they did not "win" the previous round. As we all know, and use in daily household life, "only a winner can call a re-Spoof".

This, ladies, is why Gents are sometimes home late on a Tuesday night/Wednesday morning. I can assure you that it has nothing to do with "Streets of Shame" or LBFMs.

Ladies' Spoofs

The reason that Spoofing is a Gentleman's pastime is that it would not occur to a Gentleman to allow a Lady to buy a round of drinks.

So, women can't play (as they would almost inevitably lose and embarrass the Gents).

In the Christian spirit Ladies can Spoof on the last Tuesday before Christmas (and there is no doubt that a Gent will pick up your tab - one way or the other).

But, we can't stop you from setting up your own school.

The Bangkok Spoofettes are currently moribund but I am sure that with sufficient interest it can be revived. (Remember, it also gives you the chance to keep your eye on the husband whilst pretending to Spoof).

Your questions answered

"The calls are confusing to me, how can I play?" - You can ask what they mean, and, anyway, you'll soon pick them up and start making up your own.

"Don't you pick on people, and set them up?" - Never! What are you? Paranoid? We are very lenient on "Virgin" Spoofers. "You're worse than the Masons!" - That's not a question.

"What are these fines?" - Spoof is a game of bluff, not deliberate deception. No impossible calls are permitted. Other fineable offences are gloating, eating when Spoofing, standing in the wrong place, and anything else that upsets the Chairman after a bad day.

The usual fine is a round of Ports, but, due to the economy, or to an increase in nous, this year's fines are well down on previous ones.

"Don't you order all of these vile concoctions that make people vomit everywhere?" - We used to do it and reserve the right to do it again in the future - but it is doubtful that they will be resurrected as the "Prairie Fire" was not a favourite (not to mention the "Gorilla Snot").

Want to play?

If you are sufficiently mad then call Steve Eaton (of Pina Colada fame) on 237-9262 for details, or just rock up to the BC about 9 p.m. on a Tuesday.

The Glory

Three-time Spoofers are eligible to buy a shirt at Baht 500 and will also be invited to the National Spoofing Championship in December.

Those who are most successful (and flush) may be invited to the World Championship (venue t.b.a.)

See you next Tuesday when the hands are out.

6/

Phuket Triathlon

Sporting Special

There's Always Next Year!

rriving in Phuket on November 5 to mild winds and easy rain, I picked up the rental car, loaded my bike, and took the familiar drive - this was my fourth trip - to the Laguna Resort where I had a quick lunch.



I was then ready to sign-up and take in the race expo etc. I bumped into many people I knew from the British Club and friends from around Bangkok, and it wasn't long before I heard that the northwest shore of Phuket had been hammered by stormy winds and big waves the week before. 'Scary' was what people were saying.

I saw Peter Bond practicing on his new bike with the 'special' pedals. He looked fit and ready, and he was smiling. At the race meeting that evening we were told we would be swimming in the lagoon and received firm assurances that it was clean! Compared to the possibility of losing some of the lesser swimmers out in the sea, I suppose this was the better option but not



an ideal one. I had been told the bike course was flat (after last year's mountain adventure) but this was not so. The first 5-10km were fairly harmless, but the next 10-25km were anything but flat. Already I was thinking hard about the excuses I could offer the following day for not surviving. Little did I know I wouldn't need to fabricate anything.

A quick fix...

After helping to fix 2 flat tyres, I looked at my own bike which was certainly not working as well as it had the last time I rode it in a 100km rain-soaked race two weeks earlier. Not surprisingly, that race was followed by a week of illness! Ah,



my excuse was forming, as I discovered a small bolt on my bike was actually broken. However it was rideable and I managed to fix it well enough.

This race is always excellently organised in terms of race preparations and food, and next stop for me was the 'Pasta Party'. I stuffed myself on carbohydrates and headed back to the room for some muchneeded sleep.

A storm rolled in during the night and I awoke to plenty of wind outside and no power inside. The rain eventually stopped but the wind continued to blow. Good decision about the Lagoon swim, I thought, trying to convince myself that it would be better in the Lagoon even with the low visibility, than in the open sea.

...and we're off

After the pomp and some great Thai music, we were off. The swim was just about survivable but the 400m run in soft sand was particularly hard on legs and lungs. I and everyone else managed it, which was a good start.

As the hills approached I worried that my bike wouldn't stand the strain, but everything was fine and I managed all the climbs, including a few where I was standing in the pedals using the lowest gear



I had. Never let anyone say you can have too many gears! I started on the flat section - the last 25km - missed a shift, lost my chain, and BANG! I broke an essential piece of cycling equipment. This was not good. I was 20+km from the transition area and my running shoes, I had been up since 5.30, had not yet had a cup of coffee, and to cap it all I was sorely disappointed at the prospect of not being able to complete the race. What a bummer! I now had to find a lift back. As I stood cheering on my fellow racers, I saw two BC members, John Casella and Richard "Dicky" Barton, having a chat as they rode along together. Later I found out that Dicky was struck in the eye by a poisonous mosquito (or was it mud?) which necessitated a stop to play with his contact lenses, and this took him out of contention for the lead. However, at the time I saw them, both had big smiles on their faces which is always good to see.

A little Thai goes a long way

I chatted to some young Thai boys while sheltering from the rain in the back of a truck and struck a deal for a lift back on a motor bike to the Laguna Resort. So, helmet on my head and shoes in my hand, we were off. It's cold when you're moving at speed wearing nothing but a bathing suit and singlet. With a frozen smile, I arrived back at the race site in one piece although not without a few hairy moments. My friendly young Thai driver had insisted on looking at me while he conversed on the subject of Arsenal, his favourite football team. "Yes, yes yes" I pleaded, "just watch where you're going!"

Upon my arrival, the announcer looked at me and said "Here comes competitor number 357. His bike is so expensive you can't even see it." I decided it best to change into my shoes and just run anyway.

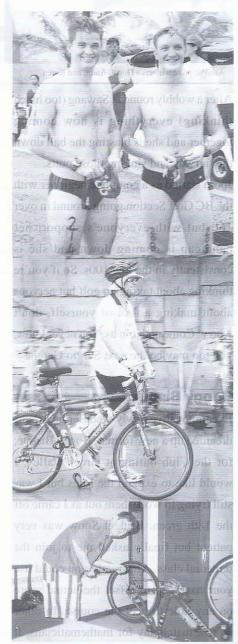
Smiles all round

Off I went, trying to chase all those who had gone before. I passed BC member Wendy Thomas who was chatting to a fellow with an amazingly cool bike shirt. Good excuse, I figured, for a chat in the middle of a 12km run! Then on I went hoping to see others. There was Olly Hughes, in his first triathlon, trouncing along but going the other way, on the return part of the course. I finished finally, having not caught up with Olly, and took a seat to wait for the others to come in. Peter Bond again surprised us all with a bike time of 20+ minutes faster than last year (thanks to the new bike, special shoes and better bike training). He was smiling. Wendy Thomas came in shortly after. She managed a smile too, slightly unconvincingly, but she was tired. Maybe too much beer the night before? The last BC member who I knew was competing in the race was Khun Bon. I didn't see her, nor have I seen her since at the Club, but I would have heard if anything disastrous had happened. No doubt she was also smiling!

It would seem that all the BC members had smiled their way through the events, even if it took over 4 hours for some. That's what I call spirit! As for me, well I returned to the transition to fetch my bike, only to find both wheels missing. When I was stranded I had given one to a Thai competitor I vaguely knew who had a flat tyre, but I had no idea where the other one was. But this is Thailand and I knew it would turn up somewhere - so I just smiled. I'll be back next year, looking out for those people like Olly, Dicky and Khun Bon to check they're still smiling the whole way round. If only the veterans could learn to smile as much as the beginners, we'd be a fitter and happier bunch. Well done BC members.

Bye for now and a happy and healthy New Year to all.

Damon Nemish



Photost Triathion

Golf

Could Somebody Do Something about Joom's Handicap Please

e have a new golfing superstar in our midst. Joom White only started playing golf about 18 months ago but already she is carrying away all the prizes. Keen to crack a 100, she has been having a series of lessons at the Royal Bangkok Sports Club.



AsiaPac prize winners - Dugal, Andre and Karen

After a wobbly round at Sawang (too much thinking) everything is now coming together and she is blasting the ball down the fairway and sinking those putts.

Joom started as a complete beginner with the BC Golf Section going around in over 160 but with everyone's support her handicap is coming down and she is consistently in the low 100s. So if you're thinking about taking up golf but nervous about making a fool of yourself, don't worry! Come and join us. You never know, you too may be the next Sergio Garcia.

Boogy Bisque

Ever innovative newly-wed Bernie Adams dreamed up a new format, Bogey Bisque, for the Club outing at Green Valley. I would like to explain the rules but I was still trying to work them out as I came off the 18th green. Bridget Snow was very patient but finally asked me to join the remedial class. Apparently you could use your handicap to offset the actual score on any hole to beat the course. In other words, matchplay for mathematicians. It required a lot of planning and crystal ball gazing. You could see lots of think bubbles "have I already blown up or am I about to?"

Joom is obviously a smart thinker as well as a good golfer as she won with plus 10 points. In second and third places were Carole Ann Eastgate and Sriwan Forrest.

Majestic Weekend

A great long weekend's golf was held at Majestic Creek and we were especially pleased to see some new faces. Welcome Greg, Howard, Mick, Tom and Janey. Conditions were slightly Scottish with grey overcast skies, a biting cold wind and rain. On the first day the Committee played the Members for the DeeMed Trophy. The Committee finally found a format which enabled them to win for the first time ever, 5 games to 2. A special mention goes to Charmaine Adams. She hit her ball through the rough and then the water. It then hit some rocks and out popped two balls. The greatest golfing snooker shot we have ever seen. An individual competition was held

at the same time. The expatriate financial planners, AsiaPac, kindly sponsored the prizes. In first place was Dugal Forrest with 41 points. Second and third were Andre Tissera and me with 37 points. On the Sunday we had the annual competition for the SUAL (Shut Up And Listen) bell against the Golfers Cocktail Lounge. The combined pairs stableford matchplay resulted in a 7-5 win for the GCL. A separate competition for the highest combined stableford score resulted in a win for Bernie Adams and Don Robertson with 73 points. Bridget Snow and Carole Ann Eastgate were second with 70 points and in third place were Guy Snow and Phil Hall with 69 points.

A very special evening was hosted by Khun Ben and Khun Pensiri at their home. The food was delicious, the music was great and Fred Wade lit fireworks to celebrate his 80th birthday and the fact that he is still going around in under his handicap. We also let off 72 miniature hot air balloons in recognition of His Majesty's birthday.

Golf

The weekend was rounded off with a pairs scramble. Joom White and Mick Murphy came home first with a nett 49. Second were Jamie Woodford and Carole Ann Eastgate with 51 points who also won their side bet against third placers Karen Carter and Don Robertson.

Next Outings

Join us for a new millennium of golf. Sunday, 9 Jan, 11.00am - Medal 1 at Subhaprueck Sat & Sun, 22 & 23 Jan - Club Championship at Forest Hills

Karen Carter



韴

What a clever Dad

Is it a bird?... is it a plane?



Runners up Carole Ann and Bridget





re at las



It's freezing



The only way to stop her is to get her drunk

Noodles anyone?



Shut Up and Listen



Janey and Tom join in the fun

Letters from Members

1 December 1999

Dear Sir/Madam,

Reading *Outpost* every month, you are doing a fine job making the most of what you have to work with. I am going away for a while as soon as I can get a seat on a plane, but did you know that everything is booked solid right up until after the Chinese New Year. At least that is what I am told but then I haven't spoken to the Master Travel Agent, Bill Abbott (A66) yet. Better get my act together and do that or I will never be away.

Anyway, I will be back so I have decided to apply for the job, soon to be up for grabs, as the new General Manager of this Club. I have been a member since 1966. Before that I was a member of the Royal Bangkok Sports Club. I have also been a member of the Directors' Club, Belgrave Square, London, an example as to how a club should really be run, so before I accept the job of running the British Club here in Bangkok, there are going to have to be a number of changes, or I will withdraw my application. Do I hear clapping coming from somewhere...?!

First of all, we are paying our General Managers way too much and then, because of this archaic committee system that we have, he is not allowed to manage. He has to place himself at the disposal of the ten members of the committee so he has to serve ten masters. No matter how much we pay a man or woman, he or she will very quickly discover that they are no more than 'caretakers' so no matter how qualified they are to manage a club, frustration will very soon drive them to the brink of wanting to strangle all the members of the committee, so they will quit, as have a number of previous managers.

Indeed, the definition of a camel is a horse designed by a committee and we only have to look at the 'new' Suriwongse Sala to realise how true that is, certainly when we consider the cost to the members of this club. I understand it is something in the region of 2.5 million baht, and this is just for a renovations job. You can buy a nice little three-bedroom house on forty wah of land for less than that in the suburbs of Bangkok. I know this because I am renting one. It could be said that the members of this club have been taken to the cleaners! The new teak furniture just could not be less suitable. It would perhaps look very nice in a house, but will not last in the environment, heavy traffic, of the Suriwongse Sala. The lattice table tops are a joke. When anything gets spilt, as it does often, it will end up on your lap or add another stain to the sandstone floor that cannot be scrubbed clean. Is it true that the ceiling fans cost something like Baht 12,000 each? They are highly decorative but they couldn't blow the skin off a rice pudding.

(10-5) (10-5)

Beware of the new hot water showers up in the poolside changing rooms. A sign should be put up to warn parents to keep an eye on their small children lest they get a serious scalding. It is no use saying that there is a temperature control valve, because these valves should not be relied upon. I am a mechanical engineer and I know what I am talking about. The water heaters that were in use before, in each cubical, were safe. I heard it argued that they did not work properly and in fact they didn't .But the problem was not with the units themselves. The main water pressure tank on the ground floor is not maintained at the correct pressure, coupled to the fact that there is a four-horse power, three-phase, 380 volts electric motor, connected to a single-phase, 220 volt power supply. This problem should have been addressed first, and then decide if it was necessary to spend the members' cash on a new system.

So, the members of this club are currently paying the General Manager Baht 140,000 per month, Baht 40,000 of which is for house rent. I am a life member so apply to take on the job as General Manager on a contract basis for three years on a flat rate of Baht 75,000 per month, plus Baht 5,000 per month food allowance. To run this club properly, it is not a nine to five job so the General Manager just about has to live there.

All the British Club needs, as does any such club, is a full-time General Manager preferably with a technical background, a good command of the Thai language and plenty of experience working with Thai staff. Of course, being a private members club, there must be an Honorary Chairman and an Honorary Treasurer who will both confer with the General Manager on a regular basis. There is no need to have committee members, so both the Chairman and the Treasurer will be elected by the members themselves and not by a committee, such cronyism not being tolerated. If help is needed, any member so qualified, regardless of membership status, can volunteer his or her time for the good of the club, and will have his or her picture in Outpost magazine. This surely will bring all members to an equal level and will eliminate any suspicion of discrimination because of membership classification. Only the Honorary Chairman and the Honorary Treasurer must be Ordinary Voting members with at least five years of unblemished membership behind them. * Just one last comment, if I may be so bold. When we built the swimming pool in 1966, the surrounds of the pool were declared a 'No Shoes' area. Those members of the club, at that time, qualified to speak on the subject, were emphatic in their

warnings of all the viruses, bacteria, spores,

Letters from Members

and whatever, that can be picked up through the soles of the foot, resulting in much grief to the recipients. Not always right away, but years later. Children are especially vulnerable; something to do with their lack of immunity. Those people we see walking around the streets of Bangkok with bare feet, are the survivors, those that have immunity. It is more than simply the custom that people always take their shoes off before going into a place they want to keep clean. They learnt the reason why from their ancestors. The redesign of the Suriwongse Sale, with the porous sandstone floor, wide open to the pool surrounds, places everybody walking around in bare feet at risk.

The British Club belongs to its members so let's hear from everybody or we will have camels all over the place.

> Sincerely, James A. Reid (A11)

In general I agree entirely with the points made in this letter and I am sure that James would be an ideal Manager for the British Club.

Ray V. Fordham (F5)

Spilling Over on to the Sala Floor

Dear Editor,

Re the porous sandstone flaw (*sic*) in the Surawong Sala, Bernie Adams, General Committee member, is believed to have said that after a couple of years of use (read: spillages, dirt trodden in, watermarks from dripping pool-users, etc) the floor will find its own pattern. In this way, I believe he meant, it will cease to look just plain dirty and will have a unique and colourful pattern which will be admired by all.

However, a couple of years is a long time. I reckon we should speed up the whole process a smidge.

So, may I suggest a grand cSpill-a-Dayé event, when members endeavour to spill as many stainables as possible onto the sala floor. Clear the new furniture out, lay on some finger food and make a day of it. Better still, make it a Sunday so the whole family can join in, with perhaps the kids being given a headstart with their cola drink and ice creams before the adults are let loose with the red wine and ketchup. Prizes could be awarded for especially arty stain formations and innovative use of colours, such as the combination of a *gaeng gari* curry yellow alongside a *paneng* curry red.

Other than starting again with a new floor surface, we are stuck with this sandstone so we need constructive suggestions rather than complaints. It's no use crying over spilt milk - after all, that too will only stain it further...

Chri

Gaynor de Wit (D126)

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For more information contact: Carol Sandarusi Tel. 591 0694, Fax. 960 4034, Email. carol@sandarusi.com Liz Meyrick Tel. 651 2763 Fax. 651 1631



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British Club General Committee



James Young



Bernie Adams



Peter Corney



Dugal Forrest



David Turner



Bellamy



Alex Blackwood



David Eastgate



Chris Moore



Woodford

Da

and the second		
James Young Chairman	Tel: 712 5407-9	Fax: 712 5410
Nick Bellamy Vice Chairman	Tel: 679 6444	Fax: 236 5226
Bernie Adams	Tel: 675 6123	Fax: 675 6120
Alex Blackwood	Tel: 682 5745	Fax: 682 5745
Peter Corney	Tel: 714 2426	Fax: 714 2430
David Eastgate	Tel: 672 0123-5	Fax: 672 0127
Dugal Forrest	Tel: 398 3807	Fax: 399 1564
Chris Moore	Tel: 398 7768	Fax: 747 6935
David Turner	Tel: 618 6516	Fax: 279 1234

The Committee is:

Tel: 326 0660 Fax: 326 1123 James Woodford

Club Staff



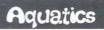
Barry Osborne **Operations Manager**

If you have any questions about the British Club or if you have any suggestions, please call any the Committee Members above or the General Manager on 234 0247, 266 4734 or 266 0597 or email us on <britclub@loxinfo.co.th>

Tom

Bain

General Manager



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anaj sen eguerer

Our Waterloo!

The second annual swimming gala, which saw the British Club team bravely taking on the might of ISB's Panthers swim team, was a huge success thanks to the many new members who have taken up the reins from those BC swimmers who have departed or are now busy with other activities.



Float like a buterfly, sting like a bee... Ceiwen racing to victory again

The day was a little daunting, especially to the new and uninitiated, and even I was overwhelmed to see 65 ISB kids and their families all at the BC by 8:00am on the Sunday after the Ploenchit Fair. They were, after all, in charge of the swim meet so it was to be expected that they would be running around getting this and that organised. The BC was only the venue as Rosemary and I had decided that the BC's always-limited turnout would be even harder hit if we held the Gala out at Nichida-wherever.

After the shock of all 65 of the ISB swimmers being accounted for and none of ours shown up yet, I settled in to help smooth over the newcomers, the worried kids and protective parents. However, the competitive and fun-loving spirit of the event won out for all involved, and everyone from 4 years of age up to 40+ had a go.

All things aren't equal

Before we get to the winners and, uhhum..., the other winners, I think now is a good time to explain the difference between ISB and the BC. The International School of Bangkok has a great swimming programme run by Rosemary Imlah and supported very, very strongly by the parent support group. All the kids swim at least once a week and many of them 5 times a week. The BC on the other hand has no such programme (except our masters programme on Tuesdays and Thursdays, and Saturday swim instruction) and no such parental support group; we are after all a social club. We therefore have about a 5% chance of overall victory over the ISB team and that would only happen if we fed them some form of ex-lax about 1 hour before the event (I thought about it!). Needless to say we were defeated quite handily.

The final score was 384 points for ISB to 268 points for the BC. However, two important points should be noted that bring our efforts more into perspective. Firstly, after the front crawl and backstroke the score was 116-96, which is very respectable indeed. It was the breaststroke and fly that got us in trouble. Secondly, last year's scores were much worse (300+ to 150-ish) so, all things considered, we did pretty well this time.

Deserving mention

Here's a few noteworthy points about this year's gala:

• ISB gave out ribbons for 1st to 6th place, and heat winners also got a heat 1st ribbon. This meant that we did not have 'presentations' as in previous years, but more kids got ribbons. It was a good idea but a few of the smaller kids didn't understand that the ribbons would come later.

• The competition for 4 year olds was dominated by the BC - there were actually no ISB swimmers in this division so we cleaned house! Good job Lane, Sam, Annika and Alice. (Next time for Sebastian, our kick board entrant.) • Ceiwen Pease won all 7 events she entered and the only event which was close was the 50 Fly. WAY TO GO CEIWEN! She is an excellent swimmer and we are lucky to have her on our team.

• Ceiwen, Nicola, and Carly were our outstanding trio of young ladies who helped us keep close to the ISB team, placing in most of their races.

 Robert, Billy, Simon, Adam and Nicolas brought us many great placings in the younger age groups. And Paul and Andrew held up the BC honours in the over-8 categories.

• Drew Ashby-King is the first person on record to swim with his goggles on his forehead and eyes closed for most of the race. I wish I had a picture of that one!

• Thanks to Bruce Hill, Michele Law and Justin Stafford who were the BC team helpers for the day. Even though Justin coaches many of the ISB swimmers privately, he and the other two did a great job in helping me organise the BC team, which in reality is anything but organised.

• The Coca-Cola Cup actually started in 1989 at ISB (at the grounds now occupied by NIST) and the BC won it twice, in 1989 and 1990. It remained uncontested until this year (partly because last year we started a new trophy not knowing one existed already!) so we are still one up on them according to this!

More enthusiasm, please!

Following successful and fun events like this, I always hope that parents and kids will be full of enthusiasm and rush down every day to swim and train in our pool. But it doesn't happen. Oh well, our 'programme' will have to do for now - but we can always change it whenever you, the members, want...

Well done British Club and thank you Panthers for some great competition and a good woopin'!

Damon Nemish

(More Aquatics pictures on page 42.)

Through the Lens

Consideration of the second

in the bC honeight

Loy Krathong at the BC

tailing on the might of ISB's Panthers swim team, was a huge success thanks to — entered and the only event which was clo to many new members who have taken are the reins from those BC symmers — was the 50 FJ, WAY TO GO CE(WE).

89 at ISB (at the grounds now occupied NiST) and the BC won if twice, in 1936 d 1990 It remained uncontested until a year (partly because last year wo red the monity not knowing out

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Winner of the children's competition



NORS STRATEGY

Don't try this at home!

Through the Lens

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New Members

Calum Michie and Marianne Platt



Marianne and Calum

Pranay and Sheetal Mehta

New member Marianne, an Engineer with Alstom, and her husband Calum, an IT Project Manager, are both British and fairly new to Bangkok. They're expecting to stay about 18 months - plenty of time for Marianne to enjoy her favourite sports of tennis and swimming, while Calum enjoys his of rugby and, er, drinking. (See Contents page for Calum in action.)

Long-term residents of Thailand, Pranay

and Sheetal have two young children of 4

and 1; the older one is now at school while

Sheetal looks after the toddler at home.

Outside of his business, Pranay's main

interest is swimming although he's thinking

of taking up tennis now that he's a BC

Sheetal and Pranay

Derek and Rhonda Clatworthy



Derek and Rhonda

New Zealanders Derek and Rhonda arrived in Thailand, their first overseas posting, just over a year ago with their children Sharnel, Simone and Jarrad who are now studying at Bangkok Patana. Both are employed with Ford Motors, Rhonda on the operations side. Although new to the Club, Derek is already complaining about its facilities - the

pool just isn't big enough for his favourite sport of waterskiing! Rhonda enjoys mahjong, swimming and armchair sports, especially rugby. She's also learning to play golf.

member.

Olivier and Florence Depraz



Olivier and Florence

Olivier is Vice President at Total Exploration & Production. He and Florence have 4 children; the three oldest are studying at the French School and the youngest of 3 years is still at home with mum. Olivier plays tennis, squash, soccer and volleyball and enjoys photography. Florence also likes to play tennis and devotes some of her free time to helping out with babies in a local orphanage.

Simon and Chompoonuj Gainsford



No stranger to expat life, Simon has been here in Thailand for about 7 years following postings in Sweden, Mauritius, Zambia, Iran, USA,

Holland, Norway and Australia. He is employed as VP of Symix Computer Systems for the Asia/Pac region and is married to Chompoonuj, known as Id. They have a 6 year old daughter, Mariya. A supporter of WWF and Greenpeace, Simon has a keen interest in wild life - not just the animal kind according to rumour! Id's favourite pastime is shopping and more shopping, while Simon spends his free time diving or playing squash, tennis, or golf.

Mark Fergus



In Thailand since 1993, musical Mark a Quantity is Sur-veyor with Philipp Holzmann who enjoys playing electric and acoustic guitar in his off-

duty hours. He also serves on the committee of the St. Andrew's Society, plays golf (badly according to Mark but no doubt he's being modest), swims and is keen to learn to scuba dive.

FROZEN FROZEN PENSION IN THE U.K.? LIKE TO KNOW WHAT YOUR OPTIONS ARE? IT'S SIMPLER THAN YOU THINK

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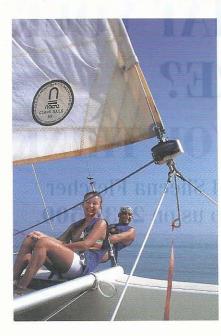
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James and Sally Crossley-Smith



New Members Night found James alone at the Club as his wife Sally was back in the UK playing the waiting game. That's over now and by the time James reads this, Sally and their new baby daughter Emma, born on 12 November, will be here. Congratulations and best wishes from all at the Club! Bangkok is James' first overseas posting where he is Finance Director for Essex International. An ex-rugby player and current squash player, he owns up to a pretty unusual summer hobby back in the UK keeping pigs! (Obviously a fan of the 'Babe' movies.)

Alain and Salika Le Grand



A Director of Thunderbirds, Alain from France has been here about 9 months. He's a fitness enthusiast, enjoying squash

and swimming, and his hobbies are writing and photography. He and his wife, Salika, have three children, Sanya, Seri and the youngest Patrick at age 16. For those wondering, Alain denies any business connection with Lady Penelope...!

Meet the Staff

Papa Toon

rriving at The British Club on his first day of work, Khun Paitoon Srilanakorn was given staff number 031. Considering that staff numbers have now reached almost 600, one can appreciate how long Khun Paitoon has served as an employee. A long time!

He remembers his first day; it was 13 October 1971 and he was allocated poolside cleaning duties, a position he liked because of its outdoors nature and one he kept until the early '80s when he transferred to Lords Restaurant. From Lords he moved to the Churchill Bar where he still works today.

Born in Khon Kaen province, he now lives with his wife, Khun Kasorn, and their two sons, Khun Oh and Khun A, in Soi Polo, not far from the Club. After leaving school, he worked on the land until he was 19 and then followed his old brother, Khun Uthai, to Bangkok in search of city work. Through his brother he was able to find a job as a cleaner at what was then the Chao Praya Hotel (now the Siam City Hotel) and stayed there for two years until military service intervened and he had to resign. After this and another short spell helping out on a farm, he returned to Bangkok and was recommended to the BC by a friend. That was the start of a long and happy career at the Club. With a friendly and obliging personality, he is affectionately known as Papa Toon by his friends and colleagues and is a popular member of the bar staff.



Khun Paitoon

To all his customers in the Bar, Khun Paitoon wishes you a Happy New Year.

Aquatics

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More Aquatic picture, Continued from page 35.



Carbo-loading for the '6 & under' group



Nicola remembering to breathe



Sebastian in the '4 & under' kickboard race



And they're off!

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The terrible trio

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