



OUTPOST

BRITISH CLUB BANGKOK

JANUARY 2006



Shape-up in 2006!

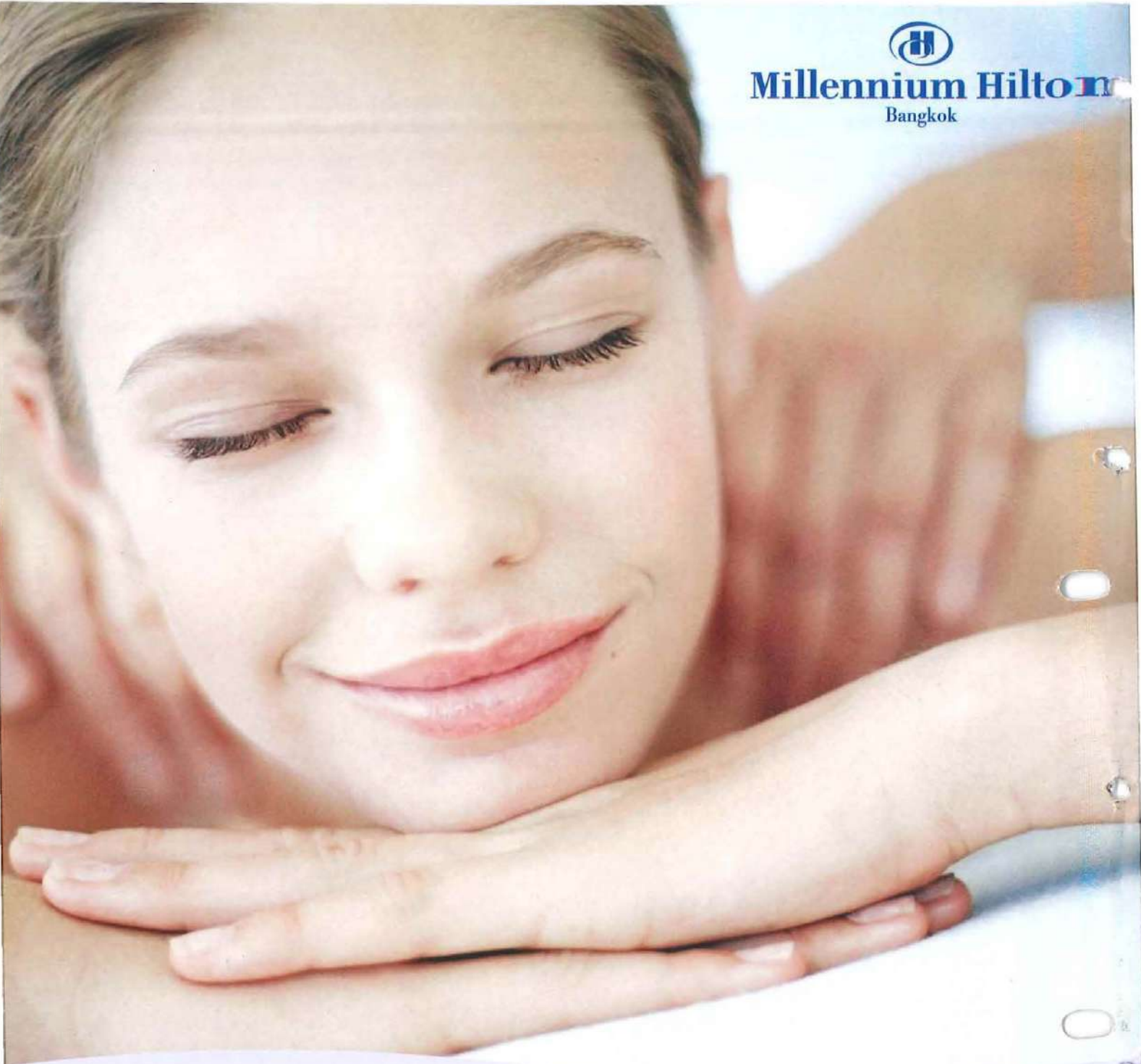
New Year Issue

Christmas Ball under the stars

Irish Theatre, Socratots!, Burns Supper, Inspector Morse Returns



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Haggis is on the menu at a special Burns Supper on 28 January to commemorate the birth of the Scottish bard Robbie Burns - see pp 22-23. Haggis is on special all month at the Churchill Bar too!



Good Things Come to Those who Weight

In this Issue we look back at some of the marvellous Christmas events at the Club - and look forward to the New Year. For many of us, the indulgences of the festive season are a source of worry. We're constantly bombarded with warnings about obesity, heart disease and a host of other health-threatening nasties. We eye our waistlines anxiously and dread stepping on the scales . . .

Well, here's one solution! Most people think of weight training as only for musclemen or sports people - and of course it's true that resistance training with weights builds and strengthens muscles. But researchers are just starting to find out how beneficial weight training is - especially for women and the over-50's.

Weight training is all about asking your muscles to do a little more than they're used to. With regular weight training 2 or 3 times a week, this becomes easier and your muscles become stronger. If you've not done it before, the gains can be spectacular - you can literally double your strength in some muscle groups in 6 months or a year. Stronger muscles in turn stimulate ligaments, tendons and bones to become stronger. Yes! Regular resistance training strengthens your bones! This is particularly important for women over 50 who may be at risk of osteoporosis, but you'd be amazed at what a difference increased strength, balance and co-ordination can make in everyday life.

In addition, there's now plenty of evidence that resistance training is good for your heart, lowers your blood pressure, and even makes you feel good!

And it gets better. Regular weight training burns fat by raising your metabolism for 1 or 2 days after training, because your body has to work to rebuild muscle tissue. Also, lean muscle tissue uses much more energy than fat tissue - even when you're resting. As you build up muscle tissue your body will burn 30 to 50 more calories per day for every pound of muscle you put on. As you become more muscular, you become more of a calorie-burning machine . . .

Don't believe me? Ask Amnat at the Fitness Centre. He'll tell you. Happy New Year!

"Bombay" Bill Sapphire
(filling in for Billy Beefeater)



Shape-up in 2006 - The New Year has dawned, so it's time to keep those New Year's resolutions. If

you're thinking about shaping up, losing weight, getting fit or just feeling good, why not join Amnat in the Club's Fitness Centre for a personal programme suited to your individual needs.

OUTPOST MAGAZINE

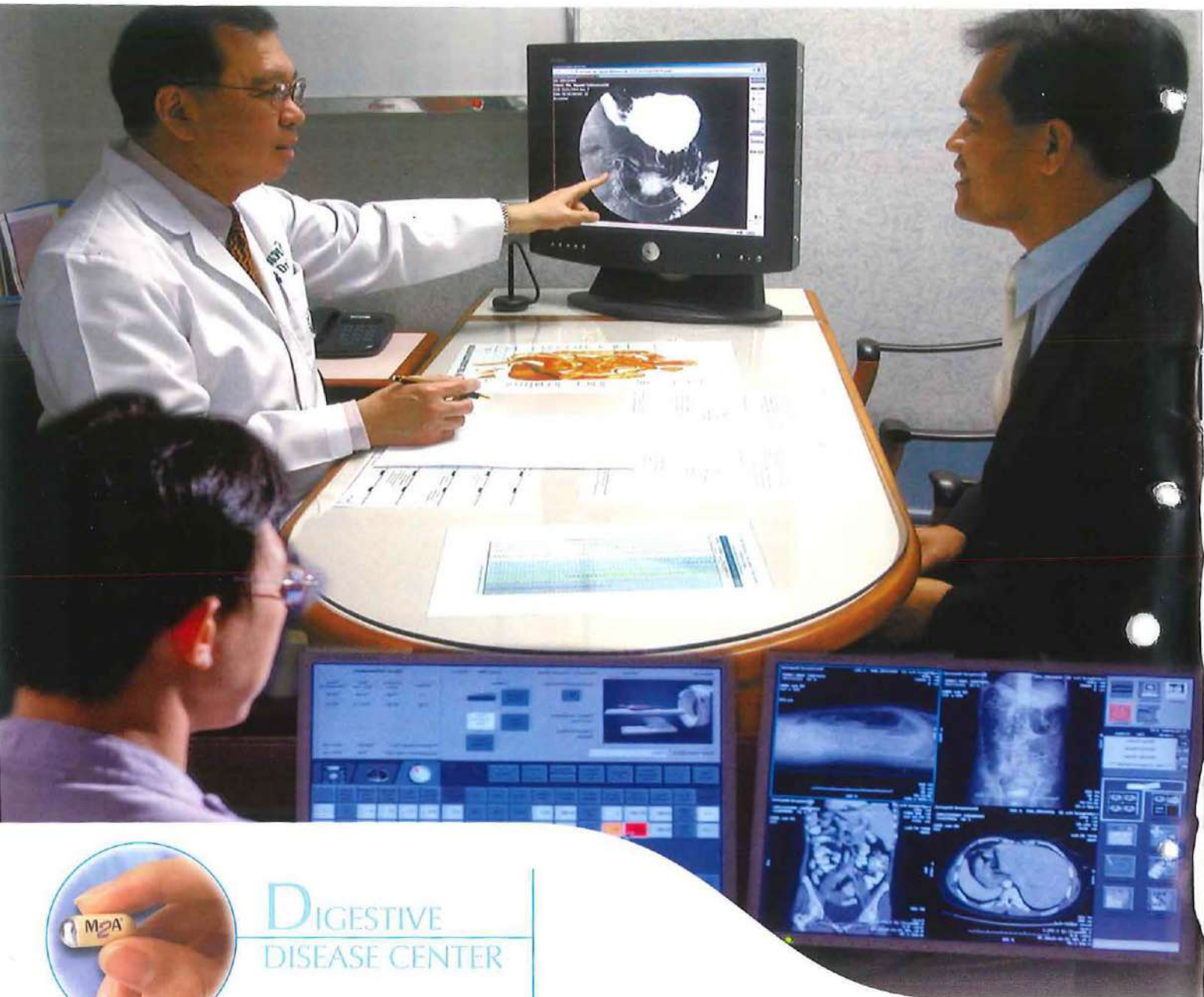
The contents of this magazine are not necessarily the opinion of the Editor, the General Committee or the Club's management. Criticisms and suggestions are welcomed by the Club's publications committee or by Veritas Enterprises.

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The British Club is a family, social and sporting club set in relaxing grounds, conveniently located between Silom and Surawongse Roads, with an ever-growing international membership.

The British Club

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Letter from the Chair



Dear Members,

A very happy New Year to you all and I hope that you had a very happy holiday season. Many congratulations must go to Barry, John and all their staff for the highly successful Christmas Ball, which surely must be the

best bash in Bangkok. And the breakfast was certainly worth waiting for. I can't believe how good egg, bacon, sausage and beans can taste at 3:00 in the morning!

Amazingly, only 3 months to go before the end of this Committee Year and yet so much left to accomplish. Still on the GC agenda for the next month or two is a Member Discussion Forum to review GC proposals for long term Club development; the launch of the second phase of our BC Website; completion of the F&B strategy review and pricing policy; and a review and update of our Bylaws. In the meantime, here's what happened last month:

Constitution & Rule Changes

Following a thorough review of our current Constitution and Rules, which included consultation and input from a large number of members, an Extraordinary General Meeting was held on December 6th to vote on a series of new rules and changes proposed by the General Committee. The new rules and amendments, as agreed at the meeting, will eventually be consolidated into the Rule Book and distributed to all members. However, in the meantime, they can be found in this issue of Outpost on pages 30 & 31.

Some of these changes will almost certainly affect the way you use the Club in the future, so we hope you will take some time to familiarise yourselves with them. In order to ensure that members' continued enjoyment of the Club and its facilities is not compromised in any way, we must make sure that these rules are now enforced. We would like to particularly draw your attention to the changes to Rule 62, regarding Guest usage of the Club. The changes open up use of the F&B facilities

for guests, thus encouraging more patronage of these areas, but they restrict use of sports facilities and poolside salas at busy periods. A key part of this amendment is also to improve the methods for, and enforcement of, the signing-in of guests and we would very much appreciate your co-operation and support in this regard. Information regarding the new procedures will be communicated to members in detail very soon. If you need any further clarification of the rules as they now stand, please contact our General Manager, Barry Osborne. We do hope that overall these changes will have a positive impact on your enjoyment and use of the Club in the future and we would like to thank all those members who wrote, emailed, posted comments on the Discussion Forum and ultimately, turned up to vote.

Honorary Members

Thanks also to those of you who gave us feedback regarding candidates eligible for Honorary membership. Your views seem to corroborate the General Committee's current thoughts on the matter and we hope to make some announcements shortly.

F&B Review

Pending completion of the F&B review currently in progress, as an interim step, Management has now reduced the cost of one or two dishes which seemed disproportionately high following the recent food costing exercise and subsequent price increases. As part of the developing strategy, and in members' best interests, some dishes are to be accepted as 'loss leaders'. Our ultimate goal is to have a strategy & pricing policy in place for each outlet by the end of January, and new menus printed accordingly.

I look forward to seeing you around the Club in 2006!

Yours sincerely,

Angela Daniel

Chairman

BCB General Committee 2005/2006

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Here is a world-class hospital offering world-class hospitality. BNH Spine Centre is a centre of full-cycle, most up-to-date spinal treatment and research from around the world.

Dear Members,

From all of us here we wish you a Happy New Year and we hope to see you down at the Club very soon.

Last Month's Christmas Ball was attended by over 430 members and their guests. The feedback from our members has been very positive, so it seems a good time was had by all. With the growing number of members attending the ball, there are a few things that we need to change next year, especially during the Cocktail Reception. Apologies to anyone who wasn't satisfied with this part of the evening. We will do our best to rectify things next year.

The Ball went on under the stars until the 6am wind-up - and over 200 people lasted through to the big British breakfast at 2am! We even had a visit by our local police at 3am . . . and they left disappointed! As everyone knows, the sign of a good party is police at the door!

I would like to thank all the members who booked up for this event and thanks also to the staff who worked all day before the Ball and well into the early hours of Sunday. The same staff were then back again (after not much sleep) clearing up and preparing for the next party the next day. Without them events like this would not be possible and I would like to thank them sincerely.

I hope and trust that members enjoyed the variety of events we laid on for them during the festive season. I must admit that Christmas is my favourite time here at the Club. Although things get busy and chaotic, it's great to see the Club come to life with all the activities. It makes me very happy that so many members decide to celebrate this festive period down at the Club, even though there is so much choice here in this diverse megalopolis.

At the time of writing, we are now in the final stages of planning the Children's Christmas Party and the New Year's Cruises - and I know John has been very busy in the kitchen stuffing turkeys and putting buns in the oven in preparation for the upcoming Christmas Buffet - so there's still quite a bit of "bang" left in the month!

Don't forget that on Monday 16th January, the Club will be closed for our Annual Staff Party. All the Club's F&B outlets and the Fitness Centre will be closed but the pool and the tennis and squash courts will remain open. Members can book the courts in advance as per normal through the Fitness Centre.

On January the 31st we will hold a New Year's members gathering on the back lawn of the Club. All members are welcome to come along and meet the latest new members who have just joined the Club. In addition, we want this to be a special celebration for our 20 years plus members - we have nearly 100 of them! There'll be a live jazz band to get things moving and five wine companies will be here to let us sample their wines for free and also sell them at specially discounted prices. There'll be draught tiger beer and house spirits from 7pm until 8pm, and John will create some delicious canapes to complement the event.

Looking forward to February we have Rynagh O'Grady here to perform her play on Friday 17th February. The play will be preceded by a cocktail party and dinner. Tickets cost Baht 750 each. For further details see page 10.

As I mentioned last month we have ordered new furniture for the salas at poolside. The old furniture is for sale to members at 6,000 baht for a set comprising a table and four chairs. Members who are interested in purchasing can contact Molly or myself in the Main office. We have also ordered some new playground equipment for the kids' playground at the Poolside and new lane lines, which should be with us pretty soon.

Members who are bringing guests into the Club are asked to please sign-in their guests in the Guest Books situated in the salas and Clubhouse Reception. Members who are expecting guests should forward all guest details to the Reception, Khun Ben or Khun Hanni and we will pass the details to the Security Guards.

In January, don't forget our regular quiz nights, video nights and numerous activities. Keep your eyes on the notice boards and emails for up and coming events and all the latest news at the Club.

Happy New Year to you all.

Barry Osborne
General Manager



Relaxing after a hard year

CONGRATULATIONS ON GOLDEN SERVICE!



Five of the Club's longest-serving staff members received special "gold" awards in December - 1 baht of gold (about half an ounce) for 10 years long service, and ½ baht for 5 years. Congratulations to:

- **Boonchao Satipa** (Bakery Chef, Main Kitchen)
10+ years long service
- **Somchai Lodkaew** (Sous Chef, Main Kitchen)
10+ years long service
- **Ulaiwan Phoosomya** (Cook, Poolside Kitchen)
5+ years long service
- **Boonsom Boonto** (Waitress, Bar)
5+ years long service
- **Pratom Phoochaisaeng** (Cleaner, Grounds)
5+ years long service

WHAT'S GOING ON

Special Events at the Club this month

** VDO NIGHT

Thursday, 12th January, 7pm, Suriwongse Room

First episode of the classic television drama Inspector Morse:
"THE DEAD OF JERICHO" starring John Thaw.
One Episode of Morse will show every month. -
(See below)
The Evening will kick off at 7:30, and a full F&B menu will be available from 7pm.

** BC STAFF PARTY

Monday, 16th January, all day, everywhere
The Annual much-anticipated British Club Staff Party will mean that all venues at the Club will be closed Monday, but members may still use the pool and the tennis and squash courts.

** BAR QUIZ NIGHT

Tuesday, 17th January, 7pm, Churchill Bar
Join host Rodney Bain for our BC Bar Quiz. There's much hilarity and spot prizes to be won as well as bottles of wine for the place-getters, and a Round of Drinks for the last placed team. This year the three spot prizes will be sponsored by Crown Relocations. The Quiz runs over four rounds of 19 questions each, with the ever-popular "Common Denominator". Cost is 100 Baht per person, with teams of 4 to 6 persons. To book please contact Khun Ben or Reception.

** "DOCTOR WHO" VDO

Thursday, 19th January, 7pm, Suriwongse Room

THE CHRISTMAS INVASION
The newly-regenerated 10th Doctor has big problems at Christmas!
(See opposite page)

** BACKSTREET BOYS CONCERT

Sunday, 22nd January, Leave BC 6.30pm
OK, it's not an event at the Club, but here it is anyway!
ONE NIGHT IN BANGKOK: Sunday 22nd January 2006 at Impact Arena, Muang Thongthani. We have booked limited seats for this Backstreet Boys concert. Tickets cost Baht 4,300 each for a seat or a place standing in the front zone. Coaches leave from the British Club at 6.30pm and the concert starts at 8.00pm. The cost includes return transportation from/to the B.C. Refreshments will be for sale on the bus. To book for this event, please sign up at reception or send a fax/email to the Club. When booking, please indicate whether you require seating or standing. For further information, please contact Khun Benjawan or Barry Osborne.

** BURNS SUPPER

Saturday, 28th January, 7pm, Back Lawn
This is a not-to-be-missed evening to commemorate the birth of the great Scottish poet Robert Burns. Full Scottish buffet, preceded by a ceremonial piping in of the haggis. After dinner there will be a ceilidh (pronounced kay-lee) with Scottish music and dancing. Cost is 1500 baht; dress is kilt or casual. To book please send an email to John MacTaggart jmact@sngcybernet.com
Or see the flyer in the Club for more details.

** MEMBERS GATHERING

Tuesday, 31st December, 6:30-9pm, Back Lawn

A great opportunity for a Members' get-together and to meet the Club's latest new members, as well as the 20-year-plus "veteran" members of the Club. The evening kicks off with an open bar 7-8pm, a live jazz band to entertain, five wine companies on hand to offer their wines at reduced rates, and delicious canapes as well. See you there!



'YOU DON'T WATCH MORSE.

YOU LIVE IT.' TODAY

Super sleuth, Inspector Morse (John Thaw - Goodnight Mister Tom and Kavanagh QC) has an ear for music, a taste for beer and a nose for crime. He sets out with Sergeant Lewis (Kevin Whately - Peak Practice) to solve each intriguing case.

'THE MOST TALKED ABOUT PROGRAMME ON TV' DAILY MAIL

Starting 12th January, the British Club will be screening the Complete Series One of Inspector Morse, starting with . . .

THE DEAD OF JERICHO

In this debut episode, written by the Oscar winning Anthony Minghella ('The English Patient'), Morse, who never quite finds romance, thinks that at last things will turn out differently when he meets beautiful Anne Staveley (Gemma Jones). But it is a love destined not to be when Anne is found hanging from a beam in mysterious circumstances. Morse suspects murder and sets out with Sergeant Lewis (Kevin Whately) to discover the truth . . .

THE MIND ROBBER . . .

Thursday December 8th saw the TARDIS materialise outside the Wordsworth Lounge (see picture) for a joint British Club/British Chamber Dinner in the company of Derrick Sherwin (Doctor Who Producer, Story Editor and Scriptwriter 1967-1970).

Derrick, accompanied by his wife, Nong, shared amusing anecdotes on the years he spent with the show . . . how he once had to suddenly write a 25 minute story with no budget for effects or guest cast . . . to how he recruited Jon Pertwee to the role which took Doctor Who into colour. The evening included a preview of the Tenth Doctor, David Tennant, as well as watching a story from 1968 featuring the Cybermen walking down the steps of St. Paul's Cathedral in London. The 17 members and guests who attended also enjoyed viewing an untelevised documentary about The Mind Robber story written by Derrick.



The Tardis in the BC



Derrick Sherwin

JUST WHEN YOU THOUGHT CHRISTMAS WAS ALL OVER . . .

Doctor Who returns to the British Club on Thursday January 19th . . .

THE CHRISTMAS INVASION

Newly regenerated from Christopher Eccleston, the Tenth Doctor (David Tennant, who plays Barty Crouch Junior in the latest Harry Potter) becomes unwell - was it the Christmas Turkey . . . or the Christmas Pudding?

Set in London in December 2006, the Doctor looks like having a swell Christmas until . . . suddenly all hell lets loose when Christmas Trees and Santa Clauses all seem to have death on the menu!

Co-starring Billie Piper, Noel Clarke and Camille Coduri, with special appearances by Penelope

The Tardis at Christmas>>>



The Doctor fights a new enemy

Wilton and Coronation Street heart-throb Adam Garcia, Christmas Invasion will be shown in the Clubhouse at 7pm on Thursday 19th January 2006 . . .

Suitable for children of all ages from 8 to 80 years!

AND FOR THE NEW YEAR . . .

The next season of Doctor Who will be shown on BBC-1 from March 2006, and will be showing fortnightly at the British Club from April 2006! The season runs for thirteen 45-minute episodes, each with lots of stars and out of this world special effects . . . Pauline Collins will be playing Queen Victoria, whilst 'Chrissy' from The Queen Victoria (Tracy-Ann Oberman) stars in a double episode entitled The Army of Ghosts . . .

Zoe Wanamaker returns as Lady Cassandra and Elizabeth Sladen revives her seventies role as Sarah-Jane Smith along with that stupid tin dog, K9! Sophia Myles is playing a Madame or is it a Madam in 18th Century France and Don Warrington ('Rising Damp') plays the President of England in a parallel World featuring those silver giants of old . . . The Cybermen!

Full Time and Space coordinates will be published in Outpost nearer to March.



The Cybermen



Sarah-Jane with K9

Stray Dog Productions Dublin presents "Voices in the Wind"



A solo performance by Rynagh O'Grady

This piece of theatre gives a voice to three contemporary Irish women. Each reflect the darker side of our history and delve into areas that are only beginning to come to the surface in Ireland. These issues have resonance all over the world and audiences relate immediately.

They are woven together by live music played and sung by Eamon Murray.

Mamie Sighs by Donal O'Kelly that Rynagh played at the Abbey Theatre in the Dublin Theatre Festival of 1990, which was directed by John Iohan. "In a forgotten room in Dublin, Mamie looks back at the mixed-up dreams and dances of a lifetime."

Donal O'Kelly is well-known both as a playwright and as an actor. He has performed his own solo plays throughout the English-speaking world. O'Kelly's play 'Catalpa' won a Scotsman Fringe First Award at the 1996 Edinburgh Fringe Festival and the Critic's Prize at the Melbourne International Festival in 1997.

Baglady by Frank McGuinness "A monologue; a powerful, poetic and dreadfully moving play."

Frank McGuinness is one of Ireland's top award winning playwrights. His plays include *Observe the Sons of Ulster Marching Towards the Somme* (Dublin, The Abbey Theatre, 1985); *Carthaginians* (1988); and *Someone Who'll Watch Over Me* (1992). He has adapted many classical works and has also written for film & television.

Keep Coming Back by Rynagh O'Grady. "A play of substance, integrity and hope."

A celebration of recovery from addiction. In this painful testimony the audience is permitted into her world as a witness to this woman's survival, to see her compassion, humour and love as well as her anger, hate and denial. It received rave reviews and a nomination for a Fringe First in Edinburgh 2003.



Eamon Murray and Rynagh O'Grady in Cuba in 2004 while making a documentary

Rynagh O'Grady has almost thirty years experience in the entertainment industry. She started at The Abbey where she trained and worked for some years. In the seventies Rynagh moved to London where her theatre work ranged from three years at The National Theatre to being a frequent player at The Half Moon Theatre in the East End. She has gained a vast experience of television with many appearances including her celebrated appearance as Mary O'Leary in **Father Ted**.

Since her return home she has worked with The Abbey, Meridian and Druid, directing a number of plays including *Statements After an Arrest* at the Project Theatre. She toured her own critically acclaimed play *Keep Coming Back* both nationally and internationally in 2003 & 2004. Her film work includes *Breakfast on Pluto*, *When Brendan Met Trudy*, *A Love Divided*, *The Commitments*, *Night Train*, *Widows Peak*, *Snapper*, *Lilac Bus*, *Far and Away* and *Reds*.

She is the winner of a Jacobs award for her RTE documentary *Born Bolshie*.



Rynagh O'Grady as 'Nora' in Keep Coming Back

Eamon Murray, a well known name on the Irish music scene for over 25 years, has made an interesting departure from his early days of Rhythm & Blues, when he played with The Rhythm Kings, Luka Bloom, Kieran Goss, Emotional Fish, Chris Meehan and his Redneck Friends and Cajun King. "He has developed into one of the finest harmonica players in Ireland and is featured on both Luka Bloom's and Jimmy McCarthy's latest albums. Eamon utilises all his talents in this piece, as he is also a very fine singer & saxophone player."

Email: rynagh@eircom.net
Website: www.rynaghogrady.com

Voices in the Wind will be performed here at the British Club on Friday 17th February. The performance will be preceded by a cocktail reception and dinner. Tickets Bt.750. This is a once-only stop at the Club as part of a world tour. **To avoid disappointment, book now at Reception; or contact Barry Osborne or Khun Ben.**

Bangkok Breast Cancer Support Group

“With breast cancer,
you're treating not
just the disease, but
the entire woman.”



As a doctor once said: "With breast cancer, you're treating not just the disease, but the entire woman." The Bangkok Breast Cancer Support Group is here to help you where your doctor leaves off.

The Bangkok Breast Cancer Support Group is comprised of over twenty volunteer women



The Bangkok Breast Cancer Support Group at the BNH Hospital Bed Push last October.

who've had experience with breast cancer - we're either surviving breast cancer ourselves, or have been close to other women who've had it.

The group's objective is to provide emotional support both to each other, and to women who've been recently diagnosed with breast cancer. Whether you're Thai, American, British, Malaysian, Cambodian, French, Australian . . . women of all nationalities need support when they've been diagnosed with cancer, are being treated for it, or are recovering from their treatment. That's what we're here for.

The group meets on a monthly basis, with private consultations and visits whenever a woman needs to talk to someone who's been where she has. Women of all languages and income levels are catered to, as well as patients of all hospitals. Usually meetings are conducted in English, so women who don't speak English often bring a close friend who can. We're also here to answer questions about breast cancer anyone might have. Our answers come from our combined experience. Another important objective of the group is to provide education to women in Thailand about the prevention and early detection of breast cancer. The group arranges talks on breast cancer prevention for companies as well as for

interested individuals.

Summary of Program for 2006

The Bangkok Breast Cancer Support Group will be holding events and seminars throughout 2006, including those below. Note that we are still planning this year, so these may be subject to change - if you are interested in attending, please call us and confirm.

- * **January - Tuesday 17th** (10-12noon) Talk by BNH physician on breast reconstruction (but topic may change).
- * **April** - Talk by Samitivej physician (exact date & topic to be decided)
- * **May - Tuesday 9th** Talk by BNH physician (topic to be decided)
- * **October - Tuesday 9th** (9am-3pm) Well Woman's Day. Talks throughout the day from three physicians in the area of menopause, breast cancer and nutrition.

To find out more about upcoming events call the Group's office at **02-256-4991 Ext. 1026** or email bangkokbreastcancer@yahoo.com.
Website: www.bangkokbreastcancer.com

The Bangkok Breast Cancer Support Group is available to speak on the topic of breast cancer awareness to groups throughout the year. Our aim is to promote awareness and to give information to women in Thailand.

REGULAR WEEKLY EVENTS

MONDAYS Wordsworth Lounge

9:00am-12:00noon

TUESDAYS Churchill Bar

5:30-9:00pm

WEDNESDAYS Churchill Bar

Lunch & Dinner
(Noon-2:00pm & 5:30-9:00pm)

7:00pm and 8:00pm

7:30pm

THURSDAYS Churchill Bar

6:00-9:00pm

FRIDAYS Churchill Bar

Lunch & Dinner
(Noon-2:00pm & 5:30-9:00pm)

Silom Sala

7:00pm and 9:00pm

SATURDAYS Churchill Bar

All day from 10:00am

SUNDAYS Churchill Bar

All day from 10:00am

Lord's Restaurant

Noon-3:00pm

Silom Room

1:30-3:30pm

Official Opening Times

10:00am - 11:00pm
11:30am - 2:00pm
6:00pm - 10:00pm
7:30am - 10:00pm
6:00am - 10:00pm
6:00am - 9:00pm
9:00am - 6:00pm

BWG Mahjong

Friendly Bridge

CARVERY BUFFET Bt 230. Choose from three roast joints, three potato styles, three veggies. Also with fresh salad (Bt 270).

CHURCHILL BAR ACCUMULATOR (now sponsored by Pernod Ricard Ltd.) Any member could win from Bt 5,000.- to Bt 25,000.- prize increases each week.

BARRY'S BOTTLE DRAW (now sponsored by Chivas Regal) - somebody present in the Bar will win a bottle of whisky, tequila, vodka or gin.

Chess

THEME BUFFET - **6th January:** Indian Curries & specialty Indian dishes and music; 230 baht per person.

13th January: Soup and Salad Buffet with three hearty soups, fresh baked bread, large salad bar and cold cuts; all you can eat at 230 baht.

20th January: Mediterranean Buffet, with delicious classical dishes, including risottos, polenta, Spanish tortilla, paella and pizza; only 225 baht and includes a free glass of Italian wine.

No buffet on the 27th January because . . . on the **28th** will be the Burns Dinner, a special evening to celebrate the birth of the great Scottish poet Robert Burns (see page 22 for more details)

Kids' VDO: It's free. Includes free Nestle Sundaes for the kids.

A LA CARTE BREAKFAST

A LA CARTE BREAKFAST

LUNCH BUFFET - Choose from starters and soups, cold cuts, three roasts carvery, with potatoes and veggies, hot dishes, children's buffet, fresh salad bar and a range of desserts. Adults Bt 330 and children Bt 180 (includes soft drink)

CHILDREN'S ACTIVITIES. Games, videos, crafts, soft drinks and snacks with Khun Suzie. Cost: FREE

Churchill Bar
Lord's Restaurant (Lunch)
Lord's Restaurant (Dinner)
Poolside Bar (last food orders - 9:30pm)
Fitness Centre (Mon-Fri)
Fitness Centre (weekends)
Thai Massage (Tues-Sun)

Under the stars . . .

The British Club's CHRISTMAS BALL 2005

You CAN! You CAN go to the Ball! Well . . . if you've booked, that is.

Saturday 10th December was the big night for the Annual British Club Ball under the stars. This year the Ball was once again catered by the Shangri-La Hotel and a bumper 438 members attended, not counting guests and important "others"!

The beautifully stocked and decorated array of tables on the back lawn presented a tempting target for the Rain Gods, but to everybody's relief, the stars continued to twinkle as the distinguished ladies and gentlemen arrived for the city's premiere bash.

Memories of the torrentially-interrupted Guy Fawkes quickly faded as the beautiful people mingled for pre-dinner cocktails on the front lawn, welcomed by Lieutenant Colonel Somkiat and the Royal Thai Army Band.

The men looked most elegant in their tuxedos and bow ties but, as tradition would have it, the real artistic licence was reserved for the ladies, poised and resplendent in dresses of all styles, from elegant black to bright tropical colours - and awe-inspiring satin ball gowns, with some showing rather more skin than gown (but I didn't hear any complaints . . .).

Eventually, everyone migrated around to the back lawn to enjoy their traditional three-course Christmas dinner of Salmon Tartar with Wasabi sauce, roast turkey with all the trimmings and Christmas pudding with brandy sauce - all consumed amid the hubbub of greetings and introductions, the detonation of streamer-poppers and the snap of Christmas crackers. Every so often a cracker-pull resulted in one or other odd trinket flying off at remarkable velocity - some narrowly missing occupants at adjoining tables .



XMAS BALL



What a wonderful atmosphere! And the Royal Thai Army Band turned out to be not at all military, playing with great aplomb everything from Mozart to Mancini. Looking at the scene - with the beautifully-lit Clubhouse in the background and the band playing its impressive repertoire of classical music - this could as easily have been 1925 as 2005. The speeches were eloquently short and at approximately 9.50pm all assembled stood to toast the King of Thailand and Queen of England. Then it was on to the coffee, mince pies and delicious chocolate Santas.

Just after 10pm, the music turned LOUD! DJ Paul Jackson from Virgin Smooth kept us all cavorting around the dance floor with his festive mix of melodies old & new, right through to the Tombola raffle draw. Well-done to all the winners (bribes to be given to Hanni directly for pulling the winning tickets) and thanks to all the sponsors: Prestige Wines, Coca Cola, Tiger Beer, Pernod Ricard, the Shangri-La hotel (for providing the prizes), and particularly Kirk Albrow from Etihad Airways for their Bangkok to London return tickets.

Well done and a big thank you also to our M.C. for this year, British Club member Mr. Adrian Flint. After the Tombola, ties came off, dress-straps were loosened and the grooving set really got down to business on the dance floor. The revelry continued well into the early hours and at 2am over 200 hardy stalwarts enjoyed a gorgeous English Breakfast prepared by John and the chefs.

For some strange reason, the local police turned up at 3.00am (but they left empty handed again this year!!). The bar finally closed at 6.00am, when the last members left and headed home for bed . . .

Thanks to all of you for your continuing support on occasions such as this and a big thank you to all the staff for working so hard.

OK! Pencil-in this date for the diary: Xmas Ball 2006 Saturday December 9th . . . BOOK NOW !!

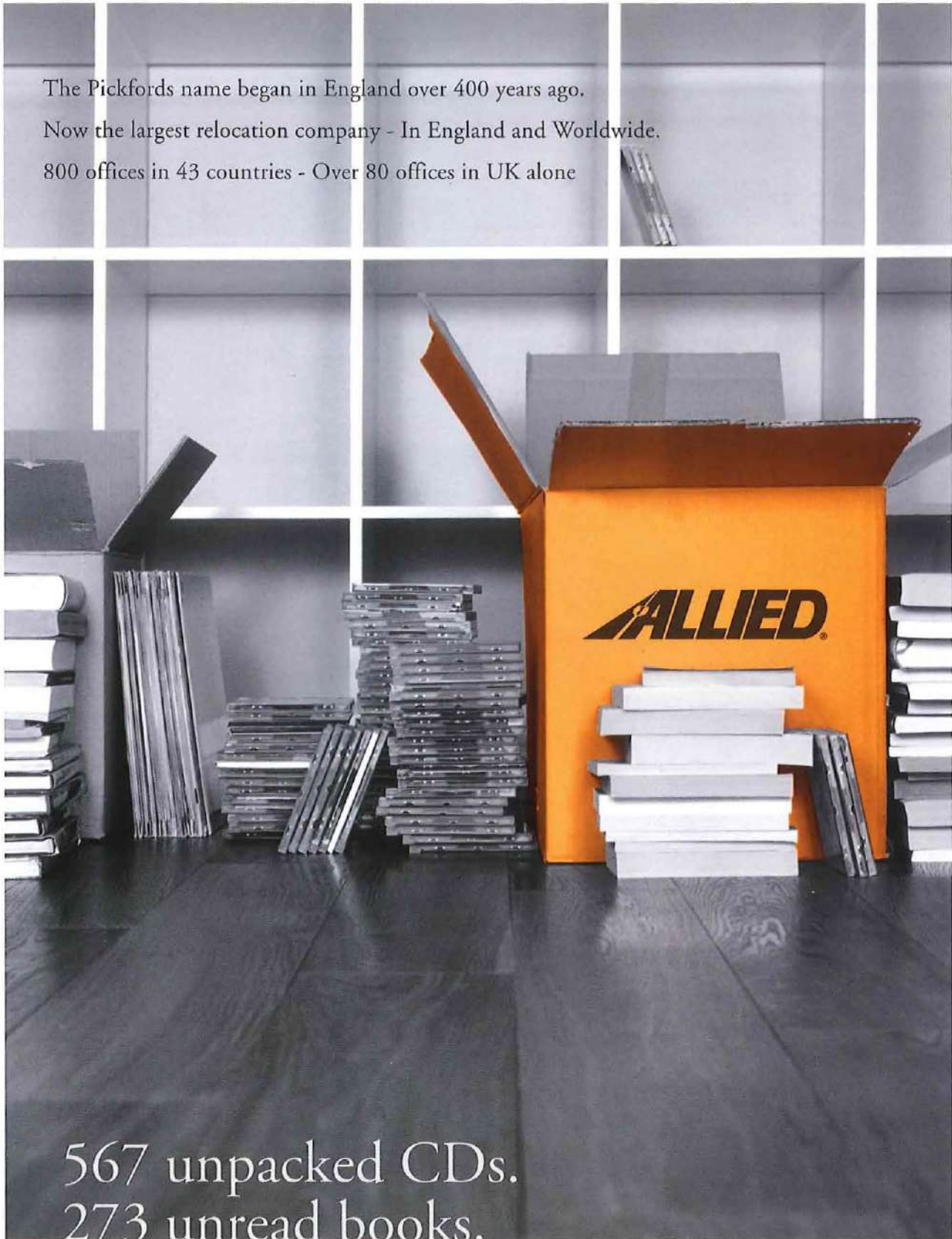


XMAS BALL



and finally...

The Pickfords name began in England over 400 years ago.
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800 offices in 43 countries - Over 80 offices in UK alone



567 unpacked CDs.
273 unread books.
0 unwanted headaches.

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we carry
the
load...

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BRITSTOCK 2

The King's birthday celebration was a fantastic day here at the British Club. We were overrun with all types of music fans wound-up into a 'Britstock Frenzy'. Over 350 people turned up throughout the day to enjoy the great quality food, fantastic bands and electrifying atmosphere. The audience enjoyed a range of music from Blues to Funk to Bagpipes! There were even 'Nori' awards for the best of Bangkok's musicians . . . and had there been an award for 'best dancer', it would surely have gone to little Charlotte Allen, who danced the whole afternoon away!

A big thank-you to all the members (and non members) who turned up to support us on this day. I would also like to thank the following bands for playing their hearts out:



- Bangkok Thistle Pipe Band**
- Miss X**
- Celtic Colours**
- Hellenteen & The Wee Man**
- Haven Home Band**
- Blue on Blue**
- The Fugitives**
- Drunken Munkees**
- Doctor Blues & The Groove Junkies**
- D.O.G**
- Cannonball**
- Soi Dog Blues Band.**



Hellenteen & the Wee Man

Unfortunately, the weather turned against us as soon as the "Soi Dogs" started to play, but they were unperturbed and continued, under umbrellas, for a fantastic finale to the evening!

The biggest thank you of all has to go to Mr. Jeff Thomsen from Tokyo Joes (Sukhumvit Soi 24) and Mr. Paul Williams from Noriega's (Silom Soi 4), for jointly sponsoring and playing a huge part in organising this event. The day was definitely worth all the hard work and thoroughly enjoyed by all.

Don't miss next year's Britstock 3!!!



Blue on Blue



Drunken Munkees

Children's Christmas Mini-Ball

After canceling and then 'uncanceling' the Mini-Ball, it finally went ahead and was a great success (if a little chaotic!!).

We were all surprised when the mini guests arrived in their suits and dresses, looking very smart indeed! All the children enjoyed 'pre-dinner punch and canapes' in the Wordsworth lounge.

At around 7.45 pm they were aghast as they caught a glimpse of the beautiful Suriwongse Ballroom (thanks to the staff for decorating it so well!) . . . The parents just seemed to 'melt away to the land of wine tasting' and left us to it!

After pulling their crackers and popping their poppers (and totally trashing the room within 10 minutes!) the children enjoyed a beautiful three-course dinner, including roast turkey with all the trimmings and more punch! As pudding was served, Santa appeared, bearing Christmas gifts for all . . . 'Hey, he looks like Mr. Barry' remarked one of the children . . . Santa just winked and raised one eyebrow!

After dinner, each table competed in the 'who can sing the loudest carols' competition, a skill in which a certain Wade Williams excelled!

With eardrums ringing, everyone moved onto limbo dancing, followed by musical statues, followed by limbo dancing, followed by . . . musical statues! Nothing like variety to keep everyone highly entertained! Finally, the amusements were finished off with a good old traditional game of musical chairs and a dance competition. 'Best male dancer' was awarded to Angus Scott Bowden and 'best female dancer' went to Hellie Day. Well done to both of you, you won hands down! A special thanks to "DJ Teddy Soongswang" too, who supplied endless

music and hilarious commentary throughout the disco.

An extra special thank you to Clare Kenwood and Laurien Willemse for helping organize this event and persuading all the Pattana mums to take part. We owe you both a drink!

Cheers to next year's mini-ball!



Broken Hills Estate Wine Makers Dinner

On Friday 25th November, the Lord's Restaurant played host yet again to a wonderful wine makers dinner at the Club.



Leigh Gilligan, a true veteran of the Australian wine business, with over 25 years of close involvement with Australia's leading producers, talked us through the wines and the British Club kitchens took on an Australian flavour with kangaroo, Australian rabbit and roasted mulloway on the menu.

The Nutcracker Christmas Fantasia



On Sunday 27th November, the Club's back lawn was laid out in readiness for the influx of 200 people booked to attend the Nutcracker Christmas Fantasia, with the bouncy castle pumped to the max, fully-stocked art & crafts tables, snacks pavilion and (of course) the three-gabled Puppet stage! And the people came - and kept coming - over 700 throughout the day. The colourful clown was kept busy, occasionally relieved by a stilt-walker or two, and there were five puppet performances of "The Nutcracker" during the day. Thanks to Marianna Atkins and her band of puppeteers for a most entertaining and colourful show. Not only was the event a great success, but it also raised funds for the Neilson Hayes Library.



Another successful dinner and we're looking forward to many more in 2006.



BC CALENDAR JANUARY—The Month at a Glance

Sunday

1	10:30am-2:15pm Squash Mix-in	Silom Room 1:00-3:30pm Children's Activities	8	Churchill Bar All day from 10:00am a La Carte Breakfast	Silom Room 1:00-3:30pm Children's Activities	15	Churchill Bar All day from 10:00am a La Carte Breakfast
	Churchill Bar All day from 10:00am a La Carte Breakfast	Wordsworth Room 3:00-4:00pm Yoga		Lord's Restaurant 12noon-3:00pm Family Carvery	Wordsworth Room 3:00-4:00pm Yoga		Lord's Restaurant 12noon-3:00pm Family Carvery
	Lord's Restaurant 12noon-3:00pm Family Carvery	3:00-6:00pm			3:00-6:00pm Cricket Practice		

Monday

2	9:00am-12noon BWG Mahjong		9	9:00am-12noon BWG Mahjong		16	BC STAFF PARTY Club closed (except pool, squash & tennis courts)
	6:00-10:00pm Tennis Match Play			6:00-10:00pm Tennis Match Play			6:00-10:00pm Tennis Match Play

Tuesday

3	8:00-11:00am Tennis Ladies Mix-In		10	8:00-11:00am Tennis Ladies Mix-In		17	8:00-11:00am Tennis Ladies Mix-In
	7:00-9:00pm Football Practice			7:00-9:00pm Football Practice			7:00-9:00pm Football Practice
	Churchill Bar 5:30-9:00pm Friendly Bridge			Churchill Bar 5:30-9:00pm Friendly Bridge			Churchill Bar 5:30-9:00pm Friendly Bridge 7:00pm BAR QUIZ NIGHT

Wednesday

4	6:00-10:00pm Tennis Mix-in Cricket Practice 6:00-8:30pm	Churchill Bar Lunch & Dinner Carvery Buffet 7:00&8:00pm Pernod Ricard ACCUMULATOR 7:30 pm Chivas Regal Bottle Draw	11	6:00-10:00pm Tennis Mix-in Cricket Practice 6:00-8:30pm	Churchill Bar Lunch & Dinner Carvery Buffet 7:00&8:00pm Pernod Ricard ACCUMULATOR 7:30 pm Chivas Regal Bottle Draw	18	6:00-10:00pm Tennis Mix-in Cricket Practice 6:00-8:30pm
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Thursday




5	8:00-11:00am Tennis Ladies Mix-in 10:30-11:30am Aqua Aerobics 5:15-9:00pm Squash Mix-in 7:00-9:00pm Rugby Practice 9:00-11:00pm Hockey Practice	Churchill Bar 6:00-9:00pm Chess	12	8:00-11:00am Tennis Ladies Mix-in 10:30-11:30am Aqua Aerobics 5:15-9:00pm Squash Mix-in 7:00-9:00pm Rugby Practice 9:00-11:00pm Hockey Practice	Churchill Bar 6:00-9:00pm Chess	19	8:00-11:00am Tennis Ladies Mix-in 10:30-11:30am Aqua Aerobics 5:15-9:00pm Squash Mix-in 7:00-9:00pm Rugby Practice 9:00-11:00pm Hockey Practice
					Suriwongse Room 7:00pm VDO NIGHT Inspector Morse		

Friday

6	6:00-10:00pm Tennis Mix-in	Silom Sala 7.00-9.00pm Kids' VDO	13	6:00-10:00pm Tennis Mix-in	Silom Sala 7.00-9.00pm Kids' VDO	20	6:00-10:00pm Tennis Mix-in
	Churchill Bar Lunch & Dinner INDIAN CURRY Buffet			Churchill Bar Lunch & Dinner SOUP and SALAD Buffet			Churchill Bar Lunch & Dinner MEDITERRANEAN Buff
							Silom Sala 7.00-9.00pm Kid's VDO

Saturday

7	9:30am-12noon Cricket Practice		14	9:30am-12noon Cricket Practice		21	OWN A PONY Trip to Phoenix Riding Academy (6 yrs & over)
	Churchill Bar All day from 10:00am a La Carte Breakfast			9:30am-12noon Cricket Practice			Front/back lawn 9:00-11:15am SOCATOTS!
				Churchill Bar All day from 10:00am a La Carte Breakfast			

<p>Silom Room 1:00-3:30pm Children's Activities</p> <p>Wordsworth Room 3:00-4:00pm Yoga</p> <p>3:00-6:00pm Cricket Practice</p>	<p>22 OWN A PONY Trip to Phoenix Riding Academy (5 yrs & under)</p> <p>Churchill Bar All day from 10:00am a La Carte Breakfast</p> <p>Lord's Restaurant 12noon-3:00pm Family Carvery</p> <p>Silom Room 1:00-3:30pm Children's Activities</p> <p>Wordsworth Room 3:00-4:00pm Yoga 3:00-6:00pm Cricket Practice</p> <p>Backstreet Boys Concert Leave BC at 6:30pm</p>	<p>29 Churchill Bar All day from 10:00am a La Carte Breakfast</p> <p>Lord's Restaurant 12noon-3:00pm Family Carvery</p> <p>Silom Room 1:00-3:30pm Children's Activities</p> <p>Wordsworth Room 3:00-4:00pm Yoga 3:00-6:00pm Cricket Practice</p>
	<p>23 9:00am-12noon BWG Mahjong</p> <p>6:00-10:00pm Tennis Match Play</p>	<p>30 9:00am-12noon BWG Mahjong</p> <p>6:00-10:00pm Tennis Match Play</p>
	<p>24 8:00-11:00am Tennis Ladies Mix-In</p> <p>7:00-9:00pm Football Practice</p> <p>Churchill Bar 5:30-9:00pm Friendly Bridge</p>	<p>31 8:00-11:00am Tennis Ladies Mix-In</p> <p>7:00-9:00pm Football Practice</p> <p>Churchill Bar 5:30-9:00pm Friendly Bridge</p> <p>Back Lawn 6:30-9:00pm MEMBERS GATHERING</p>
<p>Churchill Bar Lunch & Dinner Carvery Buffet 7:00&8:00pm Pernod Ricard ACCUMULATOR 7:30 pm Chivas Regal Bottle Draw</p>	<p>25 6:00-10:00pm Tennis Mix-in Cricket Practice 6:00-8:30pm</p> <p>Churchill Bar Lunch & Dinner Carvery Buffet 7:00&8:00pm Pernod Ricard ACCUMULATOR 7:30 pm Chivas Regal Bottle Draw</p>	
<p>Churchill Bar 6:00-9:00pm Chess</p> <p>Chiriwongse Room 7:00pm VDO NIGHT Dr Who</p> 	<p>26 8:00-11:00am Tennis Ladies Mix-in 10:30-11:30am Aqua Aerobics 5:15-9:00pm Squash Mix-in 6:00-9:00pm Rugby Practice 9:00-11:00pm Hockey Practice</p> <p>Churchill Bar 6:00-9:00pm Chess</p>	
	<p>27 6:00-10:00pm Tennis Mix-in</p> <p>Silom Sala 7.00-9.00pm Kids' VDO</p>	
<p>9:00am-1:30pm Junior Swimming Classes</p> <p>9:30am-12noon Cricket Practice</p> <p>Churchill Bar All day from 10:00am a La Carte Breakfast</p>	<p>28 Front/back lawn 9:00-11:15am SOCATOTS!</p> <p>9:00am-1:30pm Junior Swimming Classes</p> <p>9:30am-12noon Cricket Practice</p> <p>Churchill Bar All day from 10:00am a La Carte Breakfast</p> <p>Back Lawn 7:00pm-late BURNS SUPPER</p> 	

By John

“ January brings in the snow
Makes our feet and fingers glow ”

Anon . . .

Dear Members,

Welcome to a very Scottish edition of John's Page, but firstly I would like to say I hope everyone who bought Christmas orders from the Club were satisfied . . . and thank you to all who joined us for their Christmas lunch.

Whats on in January:

Lord's Restaurant

Sunday at the Lord's is lunch buffet with starters, soups and desserts alongside the three roasts carvery, with potatoes and veggies, hot dishes and kid's food and fresh salad bar. Priced at 330 baht for adults and 180 baht for kids with free soft drink.

Churchill Bar:

The Wednesday Carvery, Lunch and Dinner; with three roasts, potatoes and veggies at 230 baht and with fresh salad bar at 270 baht is the perfect complement to the Wednesday accumulator in the evening, now going stronger than ever thanks to new sponsorship from Pernod Ricard Ltd.

FRIDAY BUFFET AT THE CHURCHILL BAR IN JANUARY

Friday 6th January - Indian Curry Buffet - Lunch and dinner; with specialty Indian dishes and music. 230 baht per person.

Friday 13th January - Soup and Salad Buffet - Lunch and Dinner with three Hearty Soups to choose from, fresh baked breads and a large fresh salad bar with cold cuts, all you can eat at 230 Baht.

Friday 20th January - Mediterranean Buffet - Lunch and Dinner - with delicious classical dishes from risottos, polenta, Spanish tortilla, Paella and Pizza to name but a few. Buffet priced at only 225 baht includes a free glass of Italian wine.

Black board Specials:

Now that Christmas is over the board is full of chef's specials again. Come in and see what's cooking.

Thanks to all those who attended the Broken Hills Estate Wine Makers Dinner - another culinary highpoint in a very busy year! (see article pages 18-19).



Special Event - "Burns Supper"

To a Haggis

*Fair fa' your honest sonesie face,
Great Chieftain o' the puddin'-race!
Aboon them a' ye tak your place,
Painch, tripe or thairm;
Weel are ye wordy of a grace
As lang's my arm . . .*



On the 25th of January 1759 Robert Burns was born in Alloway near Ayr in Scotland.

He lived in various areas of Ayrshire, Edinburgh and Dumfries where he died in 1796. His experiences as a ploughman and as an exciseman inspired his poetry writing. Tam O' Shanter, My love is like a red red rose, A mans a man for a' that and Ae fond kiss, are amongst his best known works.

In 1785 Burns was a guest at a Haggis Club in Kilmarnock where five lawyers met for dinner. When asked to say grace he instead chose to address the haggis. The following year the poem was completed and the 'Address to a Haggis' became the first Burns poem to be published in a newspaper when it appeared in the Caledonian Mercury of 20th December 1786.

On the fifth anniversary of Robert Burns' death, nine Ayrshire gentlemen sat down in Alloway to what is now regarded as the first ever Burns Supper. The assembled dined on good Scottish fayre and haggis. They recited the 'Address to a Haggis' and drank several toasts.

The company agreed to meet in January of the next year to commemorate the poet's birth and so evolved the custom of Burns Suppers held on 25th of January.

The Bangkok St Andrews Society and the British Club will have spectacular Burns Supper on the Saturday 28th of January on the back lawn of the Club. There will be the traditional piping in of the haggis and full Scottish buffet, followed by a ceilidh with Scottish music and dancing. (See menu opposite.)

Date : 28th January 2006 **Time** : 19.00 pm.
Price : 1500 baht **Dress** : Kilt or Casual
Booking : send email to John MacTaggart at jmact@sgcybernet.com

Or see the flyer in the Club for more details.

Specials of the month:

Cauliflower is in season and as it is still cold, one of the best ways to have it is in a hearty soup:



Cream of Cauliflower and Cheese Soup . . .

To commemorate **the birth of Burns** and for those of you who cannot make it to the Burns supper on the night of the 28th, but still want to try haggis:



Haggis Neeps 'n' Tatties . . .

Oranges and lemons say the bells of St. Clements

The sunshine tastes of citrus fruits are essential at this dark time of the year . . . thankfully we are in sunny Thailand where these types of fruits are in abundance:




Lime Syrup Cake . . .

And for a delicious blend of **citrus juices** served chilled with crushed ice:



Fresh Orange and Lemon Citrous Frappe . . .



BURNS SUPPER

Soup
Cock a leekie soup
Scottish style broth of chicken, leeks and rice
(to be individually served)

Appetiser
Traditional haggis neeps 'n' tatties
(to be ceremonially piped-in and then individually served)

Buffet


Salad bar
Crispy mescaline salad leaves
Tomato salsa with coriander, sliced cucumbers, beetroot salad
Asian potato salad, coleslaw, oriental salad, waldorf salad
Diced pineapple and curry salad, Greek salad,
Roasted vegetables and pasta salad
International salad dressings and condiments


Carvery
Roasted sirloin of grain fed beef with mustard crust and Yorkshire pudding
Honey baked ham studded with cloves and served with grilled pineapple and mustards

Entrees
Mediterranean vegetable lasagna
Poached salmon in white wine and parsley sauce
Vegetable and starch
Brussels sprouts with toasted almonds
Roasted pumpkin with honey
Garden peas and baton carrots
Roasted chateau potatoes
Creamy mashed potatoes

Desserts
Apple and berry crumble with hot custard
Blairgowrie cream with shortbread in individual glasses
Fresh whole and carved seasonal tropical Thai fruits


Home made International breads and rolls with butter





Posture
The hurler begins in the starting posture awaiting the signal to commence the hurl.

Haggis-Hurling





HANNI'S HOTTSPOT

What a Christmas we had . . . The kid's Christmas Ball, Britstock 2, The Annual Ball under the Stars! I think the staff are looking forward to our well deserved 'Staff Party' on January 16th! (The Club will be closed on this day). Now a quick look at what's coming up in the early part of 2006!

Horse Riding!

There are still places available for our 'own a pony' day. The first trip to Phoenix Riding Academy will be on Saturday 21st January, for those aged six and over. The second trip will be the following day, Sunday 22nd January, and will be open to those aged five and under. Please sign up whilst there is still room (only 6 places available for the five's and under, and 8 places available for the six's and over).

"Socatots!": Soccer for the little ones!

For the even younger ones, we have a brand new and exciting introduction to football. 'Socatots' is a soccer specific physical play programme for children aged from six months to four years of age - see page 28. 45-minute classes will be held here at the Club on Saturday mornings from 9.00 am to 9.45 am (for under 2's), 9.45 - 10.30 (for 2's and 3's) and from 10.30 - 11.15 am (for 4's and 5's). Classes will commence in the second week of January on Saturday 14th. Please contact the fitness centre if you wish to sign up for this. It's 3,000 baht for 10 sessions.

SPORTING DATES:

Due to the Christmas season and people going home or away on their holidays, many sporting activities here at the Club are 'put on hold'. Re-start dates for those of you who are interested are as follows:

1 Swimming lessons, Bangkok Dolphins re-start on Saturday 21st January. This is a ten-week term and will take us up to April 1st (half term break on March 18th). If you wish to enroll / re-enroll please do so through the gym. Fees for swimming lessons will be raised to 3,500 Baht for 10 sessions. We are thinking of offering swimming lessons on a weekday too. If you would be interested in this, please fill in the survey available in the Fitness Centre, specifying preferred days, times etc.

2 Aqua aerobics will begin again on Thursday 5th January and takes place every Thursday from 10.30 - 11.30 am.

3 Adult swimming clinics will return in March. Please register with the Fitness Centre if interested, as the classes will only be held if there's enough interest.

I would like to remind members to please sign up for classes beforehand. This greatly helps Fitness Centre staff and B.C. instructors keep track of their classes. Either pop in to the gym or contact us via extension 26.

THE LATEST SPORTING NEWS:

Private and group squash coaching:

David Lines is now available for squash coaching here at the Club. If you are interested in coaching, private lessons are at 700 Baht per 45 minutes and group sessions are 1,200 Baht for 45 minutes. All bookings must be done through the Fitness Centre.

Private and group tennis coaching:

It greatly saddens me that we have to say goodbye to our in-house tennis coach Khun Nelson Thein. After great difficulty in finding a suitable tennis coach, we were lucky enough to find Nelson, who has been extremely popular with both adults and kids. Nelson has found a full time job commencing on January 1st and will unfortunately be unavailable for further coaching here at the B.C. He is, however, helping us search for another coach. No one will compare to you though Nelson- thank you for all your hard work. 😊

Lots coming up this year:

- * Don't forget that we offer aerobics here at the Club on Monday mornings from 10.30 - 11.30am. We are trying to re-launch these classes and need at least five people to sign up in order to run them. If you are interested, please contact the Fitness Centre.
- * " We wish to re-start the Aquatics and Scuba Sections at the Club as well. The Aquatics Section would consist of various swim events, galas and pool fun days. Depending on the success of the section, we may also have inter-club competitions. The Scuba Section will involve organised

scuba trips, snorkelling and possibly even "live aboards". If you are interested in helping run the section, or would be interested in joining, please let me know.

- * Don't forget we also have an ever-growing Cricket Section here at the Club. If you are interested in playing cricket, whether it's junior or senior, please contact the chairman of the cricket section Mr. Zeeshan Khan (Shawn) on shan@bangkokgemmart.com Look out for the fantastic new British Club Cricket caps to go with those sparkly whites!!
- * We are also going to offer salsa and other Latin dancing classes to members this year. Please contact me if you would be interested in taking part or have any suggestions.

Fire Training:

A big thank you to "CHUBB" for providing our intense fire training course on December 15th and 16th. All staff took part in this training, which consisted of both briefings and the 'hands-on stuff' - putting out fires. The latter resulted in a

few singed eyebrows and a new bald patch for Barry, but nothing serious! At least now you can dine in comfort, knowing that the staff are a little more aware of what to do in the case of fire.

And, last but not least . . .

CONGRATULATIONS AMNAT!

I would like to say a huge 'well done' to Khun Amnat Saklepradu for becoming a newly qualified personal trainer. Amnat has been studying like a Trojan for four months now and yesterday he received his final results from ACE (American Council on Exercise) confirming that not only did he pass "Fitness International's" internal exam, but also the globally recognized ACE exam. Pass rates for this are low, particularly for first attempts.

See Amnat in action on the very next page! Hmmm, maybe it's time I started "pumping some iron" in 2006 . . .

Well, that's about it from me this month.

Happy New Year to you all.



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SHAPE-UP in 2006!

with **Khun Amnat**

Our very own Khun Amnat is now one of only 24 ACE qualified personal trainers in the whole of Thailand!!! Only the best for B.C. members! More and more members are booking sessions with Amnat here in the Fitness Centre. At only 600 baht a session, book now while there's still room! The first session is a health screening and fitness test, which is free. From this, Amnat can design a personal programme designed for your individual needs. Even Khun Stuart Blacksell, B.C. committee member, is giving it a go!

So, make your New Year's resolution - and Amnat will ensure you don't break it!!



fit

Thursday, December 08, 2005

Dear Khun Amnat,

Congratulations on becoming an American Council on Exercise (ACE) and FIT certified Personal Trainer!

Your accomplishment is something to be very proud of, as you are one of only a few fitness professionals in Thailand to have acquired this distinction to date. You hold one of the most well respected professional fitness certifications worldwide: over 200,000 professionals have been certified in 80 countries since ACE's foundation 20 years ago.

We trust that you will do us proud in providing your clients at the British Club with safe and effective exercise programmes to help them achieve their fitness and health goals.

At Fitness Innovations (Thailand), we look forward to continuing our association with you through ongoing training and workshops. Let's work together to improve the standards of the fitness industry in Thailand!

Once again congratulations on a very fine effort.

Yours sincerely,

Suzanne

Dr. Suzanne Hosley
Managing Director
Fitness Innovations (Thailand) Ltd.
Tel: 02 650 9242; Fax: 02 650 9464;
www.fitthai.com





BRITISH CLUB MASSAGE - THE BEST IN TOWN!!!

In case you didn't know, the British Club offers one of the cheapest massages in town, and it goes without saying that it's the best!!! Champen and Saiphon Promtong are a married couple who have worked at the British Club for many years. Champen is completely blind and his wife, Saiphon

is minimally partially sighted. Together, they are a great team! Below is some more information about them and the fabulous service they offer for B.C. members:



1) So Champen and Saiphon, how long have you worked at the Club?

C: 17 years
S: 8 years

2) Why is your massage the best in town?

C: We have both received high standards of training in massage and our current certification is at 'level 2'.

3) What type of massage do you offer?

S: We both do an excellent foot massage and Thai body massage.

4) How can members book a massage with you?

S: There is a folder marked 'massage bookings' on the fitness centre counter. All members must write down who they want to have a massage with and at what time. The fitness staff will then inform us of our appointments and all the member has to do is turn up!

5) How much do you charge for an hour's massage?

C: Massage is charged at 250 baht for Thai and foot massage.

6) Why do you like working at the British Club?

C: We have worked here for a long time and have grown very fond of the members.
S: Yes, all our customers have become very familiar to us. That makes us feel very happy.

WHY NOT GIVE IT A GO????

If you're interested in this first class massage service, please contact the Fitness Centre for more information.



SOCATOTS

Starting January 14th - SOCATOTS!!

For the wee ones, we have a brand new and exciting introduction to football. 'Socatots' is a soccer specific physical play programme for children aged from six months to four years of age. Socatots provides a challenging environment for children of different ages and stages of development through structured play, with specially designed footballs, music, action, songs and rhythms. 45-minute classes will be held here at the Club on *Saturday mornings* from 9.00am to 9.45am (for under 2's), 9.45 - 10.30am (for 2's and 3's) and from 10.30 - 11.15am (for 4's and 5's). Please sign up at the Fitness Centre or see Hanni for more details.



The World's First and No. 1 Soccer Play Programme for children from 6 months to 6 years

www.socatots.com/bangkok
Please contact Hanni for further details:
Saturdays 9am - 9.45am (2 year olds)
9.45am - 10.30am (3 year olds)
10.30am - 11.45am (4 & 5 year olds)



**“MAN... I WISH I WAS EATING AT
NEW YORK STEAKHOUSE”**




New York
STEAKHOUSE

JW MARRIOTT HOTEL

4 Sukhumvit Road, Soi 2, Klongtoey, Bangkok 10110, Thailand. Tel: 0 2656 7700 Fax: 0 2656 7711

RESERVATIONS RECOMMENDED

CONSTITUTION AND RULE CHANGES

British Club Constitution and Rule Changes

The following new rules, and amendments to existing rules, were agreed by members at an Extraordinary General Meeting of the Club on December 6th, 2005. We hope that these changes will have a positive effect on your overall enjoyment of the Club and its facilities. These new rules and amendments will eventually be consolidated into the Rule Book and distributed to all members. However, in the meantime, it would be in members' best interests to read through these and become familiar with them, as some will affect the way you use the Club in the future.

Non-attendance at GC meetings - DELETE EXISTING RULE 12 AND REPLACE WITH THE FOLLOWING:

12. Any Member of the General Committee who does not attend the monthly GC meeting for three consecutive months shall be deemed to have vacated the appointment as a Member of the Committee.

Notice of new bylaws - DELETE EXISTING RULE 17 AND REPLACE WITH THE FOLLOWING:

17. The General Committee shall have the power to make Bylaws consistent with these Rules. Such new Bylaws or alterations to existing Bylaws shall be communicated to Members and posted on the clubhouse notice board for a period of one month ahead of coming into force.

Added criteria for honorary membership - AMEND RULE 39 BY ADDING THE FOLLOWING:

Honorary Membership shall be awarded for life, or until resignation except that the GC may deem to award such Membership to the Ambassadors of the core nationalities or other official emissaries, for the duration of their term of office in Thailand.

Temporary Members may now introduce guests - DELETE EXISTING RULE 49 AND REPLACE WITH THE FOLLOWING:

49. Temporary Members shall be entitled to all the privileges of other Members, except voting, nominating or seconding candidates for membership, or holding Office. Temporary Members may introduce guests into the Club under Rule 62.

Change of terminology from "married member" to "family membership; definition of "spouse" - DELETE EXISTING RULE 56 AND REPLACE WITH THE FOLLOWING (the first of 5 new sub-sections):

MEMBERS' FAMILIES AND STAFF

56. a) Definitions:

- (i) Single membership of the Club relates to the joining of an individual, and limits use of the Club facilities to the Member only and any guests introduced to the Club under Rule 62.
- (ii) Family Membership of the Club relates to the joining of an individual but extends the use of the Club facilities to his/her spouse and/or their children under 21 years of age as well as any guests introduced to the Club under Rule 62. For the purposes of this Constitution, the term "spouse", wherever used, shall mean the Member's married, or acknowledged common law, partner.

term "married member" is replaced by "family membership"

Introducing visiting relatives to the Club - ADD NEW RULE AS SUB-SECTION OF RULE 56 AS FOLLOWS:

b) Visiting Family

Members with parents, siblings or children over 21 years of age, normally resident outside of Thailand, visiting Thailand on holiday may introduce such relatives to the Club free of charge for a maximum of thirty days in any one calendar year. During this period a temporary membership card shall be issued and all payments shall be charged to the Member's account. The Member shall be responsible for the observance, by their relatives, of the Rules and Bylaws of the Club.

Retired parents may join at 50% reduction - ADD NEW RULE AS SUB-SECTION OF RULE 56 AS FOLLOWS:

c) Retired Parents

- (i) On application to the General Committee the entrance fee will be reduced by 50% for all applicants, previously resident outside of Thailand, who are retired parents (aged 60 years or over) of a Member who has been an Ordinary, Country or Associate Member for a minimum of ten years.
- (ii) In the event there is a waiting list for the particular category for which Membership is applied, the applicant may join Membership immediately, creating an exception to Rule 44 which shall be redressed with the next resignation in that category or by an appropriate increase in total Membership numbers.

Rule 44 will also be amended to include 56(c)(ii) above in its list of exceptions.

Membership of divorced or separated spouse - ADD NEW RULE AS SUB-SECTION OF RULE 56 AS FOLLOWS:

d) Divorce & Separation

- (i) If a Member and spouse divorce or separate, having previously joined as two single Members, then both the Member and spouse shall retain their single Memberships.
- (ii) In the event of divorce, where only one entry fee was paid upon joining, the divorced spouse, if they wish to retain Membership, must apply in his or her own right and pay the applicable joining fee.
- (iii) In the event there is a waiting list for the particular category for which Membership is applied, the divorced spouse may join immediately, creating an exception to Rule 44 which shall be redressed with the next resignation in that category or by an appropriate increase in total Membership numbers.

Also Rules 28, 55(a) and 59(b) will be changed so that the

Rule 44 will also be amended to include 56(d)(iii) above in its list of exceptions.

Use of Club by 'secondary carers' and drivers - ADD NEW RULES AS SUB-SECTION OF RULE 56 AS FOLLOWS:

e) Members' Staff

(i) Secondary carers (maids, nannies, nurses, au pairs, child carers etc.) are permitted into the Club to help care for a child, children, the elderly or disabled, only when the Member is present and are not allowed to use the leisure or sporting facilities.

(ii) Member's Drivers are only permitted in the Club when the Member is present unless it has been pre-arranged that they are delivering or collecting on the Member's behalf. Drivers must either stay with the vehicle or in the Drivers' Room provided. In addition, Members must pre-register their drivers (as laid down in the Club's Bylaws) at which time they will be issued with an identity card allowing them access to the Club at the designated times.

Means of payment to be those stated in Bylaws -

DELETE EXISTING RULE 57 AND REPLACE WITH:

57. Payment of entrance fees, deposits, subscriptions and all other charges incurred by Members shall be by means laid down in the Bylaws.

Members' children - extension of joining concession from 21 to 25 - AMEND EXISTING RULE 59 BY ADDING NEW SUB-SECTION (c) AS FOLLOWS:

c) In the event that a child upon reaching the age of 21 remains overseas in Higher Education or extended Travel/Holiday, then application may be made to defer joining until the child returns to Thailand without loss of the concession outlined in Rule 59(b). However this privilege shall be withdrawn upon the child reaching the age of 25.

Honorary member - no refund of previously paid entrance fee - DELETE EXISTING RULE 60 AND REPLACE WITH:

60. No entrance fee or subscription shall be payable by Honorary Members nor is a deposit required. No existing Member, who subsequently becomes an Honorary Member, shall be entitled to a refund of his/her entrance fee.

Revised rules relating to guests - DELETE EXISTING RULE 62 AND REPLACE WITH:

62 a) All Members (except Absent), and spouses thereof, shall be entitled to introduce guests into the Club providing such introduction does not interfere with the convenience of Members and according to the following conditions:

(i) Members may introduce guests to any of the Club's F&B facilities. However, on weekends and on public holidays, prior management approval is required for guest use of the Poolside Salas and Swimming Pools.

(ii) Guests may not use the Fitness Centre or Sports Facilities at any time without prior Management approval.

(iii) All guests who enter the Club must be registered as laid down in the Bylaws.

(iv) Not more than three guests may be introduced by any

one Member or spouse on the same day without the prior approval of the General Committee or the General Manager.

(v) Such guests may not remain at the Club after the Member by whom they were introduced has left. This shall not apply to a properly booked function where the guests may remain in the Function Room only until the close of the function.

b) The Management and/or the General Committee reserve the right to limit guest usage at busy periods and the General Committee may, if they deem it in the interest of the Club, curtail or suspend privileges granted to guests through the Bylaws, or by notification in a Club circular.

c) The Management and/or the General Committee reserve the right to refuse further Club use to guests resident or working in Thailand who, in the opinion of Management and/or the General Committee, are deemed to be making regular use of the Club's facilities when a Membership option is open to them.

d) Members shall be responsible for the observance, by their guests, of the Rules and Bylaws of the Club.

e) No person who has been expelled or suspended from the Club or who has their application for Membership disallowed may be introduced to the Club as a guest.

Revised rules on Club sports team representation - DELETE EXISTING RULE 63 AND REPLACE WITH THE FOLLOWING:

63. A section which fields a representative Club Team may enlist a number of Non-Members to play for the Section at venues away from the Club premises, subject to the Section rules as laid out in the Club's Bylaws.

a) Non-Members who play for the field sports sections (off-site) may in addition to the above, practise on Club premises in accordance with the Section rules.

b) The number of Non-Members shall be limited as specified in the Section Rules.

c) A Non-Member shall not act as officer of a Section

d) The elected Chairman of the relevant Sports Section shall be responsible for the observance, by the non-Member players, of the Rules and Bylaws of the Club.

Register to be kept of Members' interests in contracts or work for the Club - ADD NEW RULE 65 AS FOLLOWS AND RENUMBER OLD RULES 65 to 68 ACCORDINGLY: REGISTER OF INTERESTS

65. A register, open to inspection at any time, of all contracts and work (whether paid or 'pro bono') undertaken by Members or by companies in which Members have a significant interest must be kept in the office of the Club at all times.





Regular Sports, Games & Activities

Aerobics

Monday 10:30-11:30am - Squash Court 3

Aqua Aerobics

Thursday 10:30-11:30am

Bridge

Tuesday 5:30-9:00pm - Churchill Bar

Chess

Thursday 6:00-9:00pm - Churchill Bar

Cricket

Wednesday 6:00-8:30pm Practice - Back lawn
Saturday 9:30-midday - Back lawn
Sunday 3:00-6:00pm - Back lawn

Football

Tuesday 7:00-9:00pm Practice on the Tennis Court

Hockey

Thursday 9:00-11:00pm Practice on the Tennis Court

Rugby

Thursday 7:00-9:00pm Practice on the Tennis court

Squash

Thursday 5.15-9.00pm Mix-in
And 1st Sunday of every month 10:30am-2:15pm

Swimming

Saturday 9:00am-1:30pm Junior classes

Tennis

Match Play

Monday 6:00-10:00pm

Mix-in All Standards

Wednesday 6:00-10:00pm
Friday 6:00-10:00pm

Ladies Mix-in

Tuesday 8:00-11:00am
Thursday 8:00-11:00am

Yoga

Sunday 3:00-4:00pm in Wordsworth Room



Starts this month! (see page 28)

Sports/Activities Price List

Aerobics

Aqua aerobics

Cricket

Massage

Squash

Squash courts

Swimming

Tennis courts

Yoga

Bt 3,000 for 10 lessons

Bt 300 per lesson

Use of cricket nets - Bt 300 day/Bt 500 evening if lights needed

Bt 200 per hour

Private coaching with David Lines - Bt 700 per 45 min; group session Bt

1200 per 45 min

Bt 30 per 45 min

Bt 3,500 per 10 lessons

Bt 30 per hour am/Bt 90 per hour pm

Bt 300 per lesson

All sporting activities can be booked through the Fitness Centre. For Churchill Bar games - just show up!

On behalf of the Tennis Committee I would like to wish all the British Club tennis players a very Happy New Year. I do hope that the New Year will encourage members to actively get involved with the section and come along and support the events that are organised for you.

What better way than signing up for the British Club Annual Tennis Championships, which will get underway in January and February with the finals being held in March. As I write the schedule is being finalised and printed. Entry forms will be available from the Fitness Centre as soon as it has been. There are competitions for Mens and Ladies Singles and Doubles, Mixed Doubles, all with plate events for first round losers. There will also be competitions for Juniors. Please fill in the entry form and leave it for collection at the Fitness Centre.

Curtain closes on 2005 British Club Tennis League

The final league of the year took place in November. Congratulations to the following division winners who all win a voucher for 1000Baht, to be spent in Lords Restaurant.

Division	Winner
1.	Marc Nussaume
2.	Andrew Maule
3.	Jamorn Hong
4.	Anton Bonje
5.	Mooky Thomrungluk
6.	Pitak Maimansomuk

Our thanks must go to Jesada Tanking who has organised the leagues for us throughout the year.

Due to the Christmas and New Year holidays there was no league in December. In fact the leagues will resume again after the finals of the Club Championships in March. This will allow time for courts to be available for Championship matches.

Monday Club Night

The response to Monday night tennis sessions for the Club's stronger players has been very disappointing. Accordingly the tennis section committee has agreed to open up Monday Nights to experienced players for match play. Beginners and inexperienced players, meanwhile, are encouraged to develop their skills and gain experience at the Wednesday and Friday mix-in sessions.

By opening up the Monday night sessions, the committee hopes to achieve several purposes. First we want to end the current confusion over eligibility for Monday sessions. Secondly there is demand from players, who did not qualify under the previous conditions, to make use of the courts. Thirdly we believe the overall standard of tennis at the Club will improve if the stronger and more experienced play together.

Monday night sessions will continue to use new balls and the cost will remain at 80Baht per session.

The committee has also made one small change to the hours for Monday and Wednesday night mix-ins. Centre and No1 courts will still be booked from 6:00-10:00pm. The two artificial courts will be booked from 6:00-9:00pm. The change has been designed to accommodate current demand at mix-ins and free up two courts for members whose working hours preclude them from playing earlier.

Ori picks his partner!

At a recent mix-in Ori Dolev brought along a visitor to join in the session but not just any visitor. Although he looked a little

familiar we did not realise until Ori introduced him that it was Andy Ram, from Israel, who is currently ranked number 9 in the World Doubles rankings.



Ori Dolev and Andy Ram

James Young and our knocker Tom paired up to take on Ori and Andy. Although James and Tom put up a brave fight Ori and Andy proved to be too strong. The rumour is that Ori is trying to persuade Andy to play with him in the forthcoming Club Championships but fortunately tennis commitments on the world ATP circuit means that this will not be possible!!!



Tom, Andy Ram, James Young and Ori Dolev. James was so dazzled by Andy's tennis he couldn't keep his eyes open for the photograph!

Seriously though, it was a very welcome surprise to meet, watch and play with one of the top players in the world. Never mind Ori! You will have to pair up with one of us for the Club Championships now!!

Anyone for tennis in Chiang Mai?

The British Club Cricket and Squash sections are planning their annual Inter Club match against the Gymkhana Club in Chiang Mai for the weekend of 21st and 22nd January. Unfortunately the recent floods have caused the postponement of the fixture until later in the year.

Mike Stead, the committee secretary, has been trying to coordinate and arrange a Tennis Section trip for the same weekend. He has already made a scouting trip in December and found that the Gymkhana Club players are eager to take on a BC team at their newly resurfaced hard courts. Unfortunately they only have two courts, which means that realistically only about 16 players could be accommodated. The cost of the trip is likely to be 4,000 Baht (airfare and hotel only).

It will either take place on the 21st and 22nd of January or later in the year.

If you are at all interested please get in contact directly with Mike on 070410059 (afternoon only). He can also be contacted by email Michael.s@kimeng.co.th or write your name down on the sheet provided on the tennis section notice board near the Fitness Centre.

Inter Club Tennis Tournaments

We have been notified of the following dates for the Inter Club tournaments: -

- ◆ Ladies Inter Club Team Tournament: Saturday 21st and Sunday 22nd January 2006
To be held at The Royal Bangkok Sports Club
- ◆ Men's Inter Club Team Tournament: Saturday 25th and Sunday 26th March 2006
To be held at the Rajapruerk Club

Please put them in your diaries as Marc Nussaume, Men's Captain and Mam Tabyang, Ladies Captain, would like to be able to field the strongest teams possible.

David Eastgate

Squashy Bits

By the time you receive this, the parties will be over and you will all have made your New Year's Resolution to shed those extra kilos and get back on the squash courts. One of the earliest parties of all must have been the Squash Section Christmas Mix-in and Party on November 27th.

18 blurry-eyed squashies, more or less made the 10:00am kick-off. The line-up included an impressive sampling of Premier Division hacks, two intrepid ladies and the rest, gentlemen from the aspiring middle and lower divisions. Even though it was one of those nice early cool-season days there were two early casualties with the ageing Greg Brown and Bill Randall both pulling out after their first (losing) games complaining of body bits dropping off.

The handicap system works pretty well in these competitions, even if still weighted towards those who make up the rules. Only the young(ish) George Dunford almost managed the embarrassing distinction of ending a game with a negative score and after 73 matches the winners were Chris Browning, Dick Anwar and Charles Whitley. Charles and Chris both had perfect scores although Chris had a very lucky win against the old(er) Dunford.

Then on to the bash! Numbers had swelled to over 50 for the party with some very unlikely looking squash players joining the fray as we took to the marquee on the Front Lawn. For the best kept secret of the day was that this was also to be the Squash Section's oldest playing and only life-member, Tom Annas's, secret 80th birthday party. (I later asked Tom if Mrs Tom, Khun Rumphai, had let him in on the secret. "No" he said, "she's always been pretty good at keeping secrets from me!".)

Courtesy of the Squash Section, the Club had laid on a nice buffet with lots of free booze, and once the first glasses had been downed Tom was let in on the surprise. The "Happy Birthday Tom 80" banner was unfurled, the birthday cake lit and a rousing chorus of Happy Birthday was sung to a slightly bemused Tom. Correct that - a slightly "apprehensive" Tom - because someone had had the brilliant idea of lighting 80 candles (!) on a 6" ice cream cake and placing it just in front of Tom where it threatened to incinerate him. To everyone's immense surprise and relief, Tom put out the inferno with one big puff. Lucky he was still on Coke, a bit of alcohol at that point would surely have done a Hemel Hempstead!

Mark Smith had been largely instrumental in promoting the idea of a party for Tom and somewhere in the family attic the Smiths had found the perfect birthday present for someone who has everything . . . a genuine Fred Perry Tennis racquet more or less in the same condition as Tom's knees were before his recent operations. Quite a masterpiece this! Did they really play tennis with those things?

Peter Corney said a few words in Australian that nobody understood and presented Tom with an elegant pewter trophy on behalf of the Section. To round things off there was a nice, safe cake for Tom to cut and distribute. Jayne Mellor was congratulated on her culinary skills.



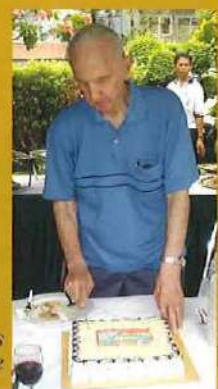
80 candles



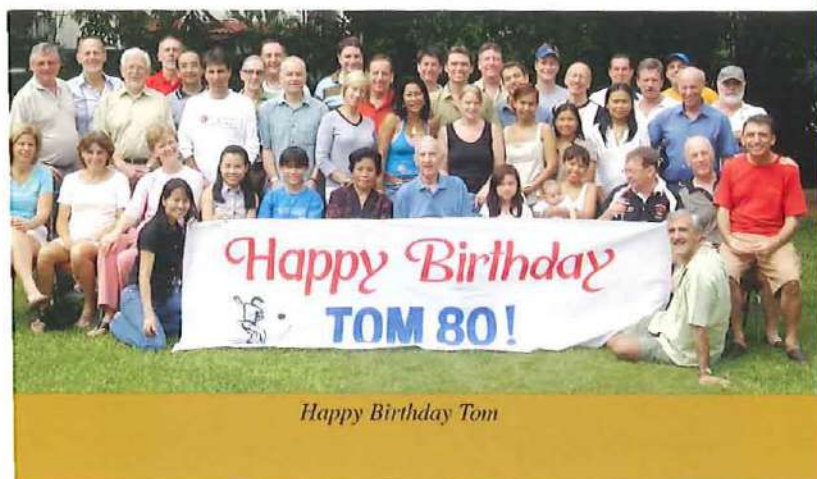
Tom in danger of ignition!



Meltdown!



Tom takes the cake



Happy Birthday Tom

Clearly moved by the whole proceedings, like Lazarus, Tom rose to his feet on his new knees and thanked all in attendance for their love and affection. (Can't quite remember the actual words, but it was all very touching!)

After polishing off the grub and lots more booze it was time for the photographs and hopefully by now there will be a happy picture hanging in the bar in memory of this very special occasion. I can't remember a nicer squash get-together. It was well attended by the old-guard and new members alike - young and old - among them Tom and Matthew Lewis, 80 years difference in age, but sporting the same hairstyles!

Tom, you are a star. We hope you enjoyed this occasion as much as we all did and we wish you many, many, more happy, squashie, years! Watch out for Tom's life story in next month's Outpost!

And thanks to our much maligned chairman Peter Corney who quietly and efficiently does so much for the Squash Section behind the scenes. The Squash Section is a happy bunch and much of that is due to Peter's care and thoughtfulness.



What a racquet!



Tom & the Trophy



Tom & Runphai

Congratulations to the winners of League # 201: **Division 1 Chris Browning, 2 Peter Corney, 3 Dick Anwar, 4 Frank Flatters, 5 Chris Spelman.** And congratulations to Da for winning the ladies league again. These are the only times I get to eat in Lords! But another point off your handicap Da . . . no fame without pain!

Thanks Etihad.

Finally, congratulations to Angela and the General Committee on a very well organised and good-humoured EGM in December. Wayne Nedoba was in sparkling form and the Squash Committee have unanimously agreed to offer him a free transfer to the Tennis Section.

The free shirts sponsored by Etihad Airways for the 200th league arrived in December - there are two each for those who played in the league and, rather generously, one also for all other section members. Nice shirts.

Here's to a great Squashy 2006!

Jack Dunford



Old timers



Mix-in winners Dick, Charles, Chris

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Tom & Rumphai

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Here's to a great Squashy 2006!

Jack Dunford



Old timers



Mix-in winners Dick, Charles, Chris

The BCB Children's Christmas Party

This giant party is undoubtedly one of the highlights of the year - especially if you're little! The Club's Annual Christmas Party got into full swing at 2pm on the Back Lawn with so many things to see and do it was difficult to know where to start. Large numbers of eager children were kept busy painting cookies, porcelain and their faces, riding on the ponies, bouncing on the bouncy castle and sliding down the giant slide . . . And then there were the big events: the ever-popular Puppet Show; the Dog Show with oodles of poodles; and the amazing Magic Show.

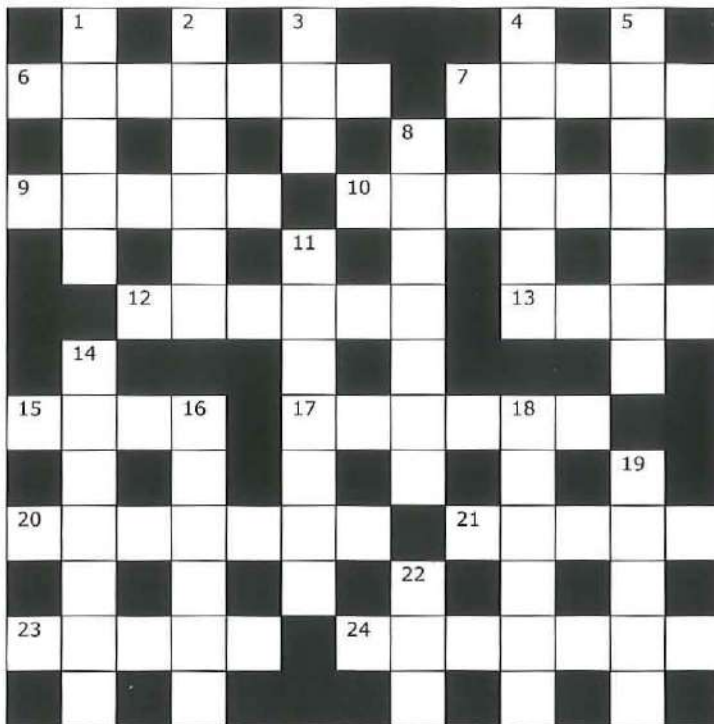
Just before five, everyone migrated to the front lawn for a delicious Christmas picnic and the biggest Event of all: the arrival of Mr Claus in his turbocharged tuk-tuk bearing gifts galore. It was just as well Santa had plenty of enthusiastic helpers - there were hundreds of presents to give out and each recipient naturally had to receive personal attention! Somehow it all happened, and as the sun sank lower in the evening sky all grew quiet - except for the odd beep, pop or tinkle from a recently opened present . . .



The following day the whole party and all events were repeated, this time for the kids from the Suthisan School for the Deaf - and what a time they had! (Write-up and photos in next month's Outpost.) This repeat performance was made possible through the generosity of many. The next project is to take a group of disadvantaged children to Dreamworld - anyone interested in contributing, please contact *Barry Osborne*.

Crossword Competition

CROSSWORD PUZZLE



December Solution

Across: 1 Respite, 4 Again, 7 Iterate, 8 Stole, 10 Peer, 11 Scout, 13 Ruin, 14 Eve, 15 Oboe, 16 Tenor, 17 Otis, 20 Begin, 21 Starter, 22 Steel, 23 Arsenic.

Down: 1 Rein, 2 Step, 3 Tittered, 5 Getacross, 6 Illhumour, 9 Amusement, 10 Pantomime, 12 Testator, 18 Stun, 19 Eric.



Be the first person to enter the correct entry for this month's puzzle to Barry or Khun Ben and receive a bottle of wine. The winner of December's Christmas crossword competition is none other than . . . **John Sands!** Win number 6! John, if you need any help drinking your wine, just let us know here at Outpost - we can assist! Actually, John has not yet collected his prize, but this is how it could have looked . . .

"Humm . . . this will go nicely with the mince pies."

Just Give Their Names!

Across

- 6 Author of "The Constant Wife" (Somerset _____).
- 7 Author of "The Advancement of Learning" (Francis _____).
- 9 At one time starred in movies (_____ Davis).
- 10 Pen name of the author of the "Alice" books (Lewis _____).
- 12 Author of "Robinson Crusoe" (_____ Defoe).
- 13 Top man today (_____ Blair).
- 15 Elizabethan playwright (_____ Donne).
- 17 Hero (Horatio _____).
- 20 The real name of 10 Across (_____ Dodgson).
- 21 Acting family (The _____).
- 23 Nursery rhyme character (Jack _____).
- 24 One of the four which President Roosevelt said were essential.

Down

- 1 King _____ I of England was VI of Scotland.
- 2 First name of author whose most famous character is Hercule Poirot.
- 3 _____ West of past movies.
- 4 Poet Elizabeth _____ who married Robert Browning.
- 5 Author Wilkie _____, famous for his Bon Mots.
- 8 Noted 19th Century essay writer (Thomas _____).
- 11 Mickey's lady friends?
- 14 Long-time favourite American comedian. (3,4)
- 16 . . . and _____ Wisdom was a British one.
- 18 A Twist from Charles Dickens.
- 19 Present day popular personality (_____ John).
- 22 He wrote "The Lady's Not For Burning" (Christopher _____).

Reciprocal Club Benefits

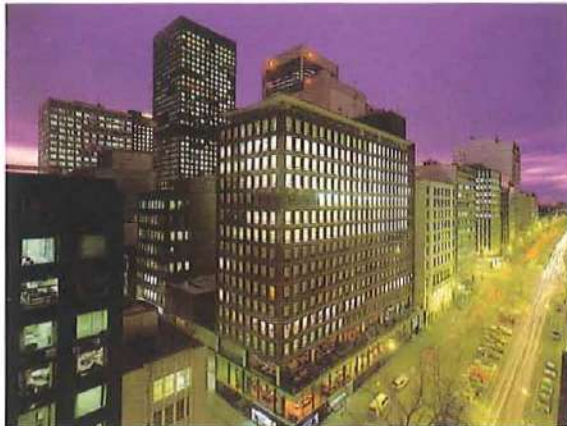
As an active British Club Member, you are entitled to enjoy the full use of other associated Club facilities around the world. This month we feature the reciprocal club...



The RACV Club

The Royal Automobile Club of Victoria

Founded in 1903, the City Club is well located in the heart of the Central Business District of Melbourne and is complemented by a spacious contemporary Country Club at Healesville in the picturesque foothills of the Great Dividing Range.



The City Club in Melbourne's CBD

The Royal Automobile Club of Victoria has comprehensive dining and hospitality areas for entertaining and being entertained. Members enjoy extensive facilities for attending to private and business affairs, in an efficient and comfortable environment.



The Dining Room at the City Club



The Club offers tasteful accommodation with many rooms having private courtyards



The Club provides accommodation and facilities for sporting and recreational activity, as well as private function and meeting rooms. Its lounges and sitting rooms in the city and at Healesville provide quiet for rest and relaxation.



The Country Club at Healesville is a contemporary and well-appointed building, with accommodation facilities and both formal & informal dining venues.



The main lounge at the Country Club



The Country Club is beautifully sited on 67 hectares, including an 18-hole golf course, plus all-weather tennis courts and swimming pool

For more information please contact the Membership Department at membership@britishclubbangkok.org

HELLOS

Welcome Aboard!

Please join us in welcoming the following new members and their families. We look forward to seeing them around the Club.

1. Barbara Dirnberger
2. Emil & Frances Siranovic
3. Robert & Atchara Gosling
4. Ray Coleman
5. Brian & Wendy McCawley
6. Aditya & Walaiporn Jha
7. Christopher & Denise Paul
8. Robert & Claire Briddon
9. Stephanie Bell & Gyorgy Szabo
10. Stuart & Ratchanee Devine
11. Stuart & Kylie Winters
12. Brian & Pissamorn Taylor
13. Annabella & Thomas Thomson

and GOODBYES

Farewell and best wishes to . . .

1. Darren & Judith Blackhurst
2. Allen & Pauline Bickle
3. Kathleen Young
4. Henry & Doungkhae Joensen
5. Robert Brown
6. Michael & Metana Peschel
7. Keith & Kristina Cronshaw
8. Adrian & Mookda O'Brien
9. Suree Chancharoensin
10. Eve & Michael Riley
11. Sairoung Punthumaphol



Alderman Cheesman

In recognition of his contribution to local political life in the London Borough of Southwark, Club member Paul Cheesman was elected as an Honorary Alderman of the Borough in September last year.

Paul had been elected Councillor for Southwark's Browning ward (better known as Elephant & Castle) in 1990 and 1994, where he served as Opposition Chief Whip and Opposition Spokesman on Development and on Contractor Services. Paul had previously served as coordinator for the Liberal Party and SDP merger in Southwark as well as chairman of Dulwich Liberal Democrats and the London South Inner Euro-Seat until 1995. Paul moved to Thailand in 1996.

Paul is pictured here at his inauguration on 13th December at Southwark Town Hall.



Hanni's Hotter Spot!

The car park was ablaze with different types of fire at the end of December. Overcome by the busy Christmas period, the staff enjoyed burning their brand new uniforms in protest!! Only joking!

These pictures are just some of the scorching moments experienced by all staff at our 2005/6 fire training. The training ran over two consecutive days, with compulsory attendance for all staff. Material covered included which extinguishers to use for which fires and what to do if fire breaks out. Thanks to "Chubb" for providing this training and keeping audience participation to a maximum!

So all members can now relax with the knowledge that BC staff can confidently handle any blaze! (touch wood!!)



Getting in touch

General Committee		email
Angela Daniel	Chairman & Communications /IT Sub Committee	chairman@britishclubbangkok.org
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Nick Day	Vice Chair & Chair - IT Sub Committee	gc@britishclubbangkok.org
Sally Crossley Smith	Hon. Secretary/Operations & M&D Sub Committees	gc@britishclubbangkok.org
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Darren Jones	St David's	darren.j@shrewsbury.ac.th
Gerald Wright	St Patrick's	gerryw@amantaresources.com
Miscellaneous		
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BCB Webpage	online	http://www.britishclubbangkok.org
Outpost Submissions	Member magazine	outpost@britishclubbangkok.org
The British Club 189 Surawongse Road, Bangkok, Thailand 10500 Telephone: 02 234 0247, Fax: 02 235 1560		



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