

VOLUME 2 ISSUE 5 FEBRUARY 1993

OUTPOST

MAGAZINE OF THE BRITISH CLUB, BANGKOK



THE YEAR OF THE
ROOSTER



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MAERSK



14 Suksasongklor Makarm school children with Jones Lang Wootton umbrellas



16 Gentlemen Spoofers enjoy champion dinner

The British Club
189 Surawongse Road
Bangkok 10500
Tel: 234-0247 234-2592
Fax: (66 2) 235-1560
Via the Reception

The contents of this magazine are not necessarily the opinion of the editor or the committee

OUTPOST

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regular features

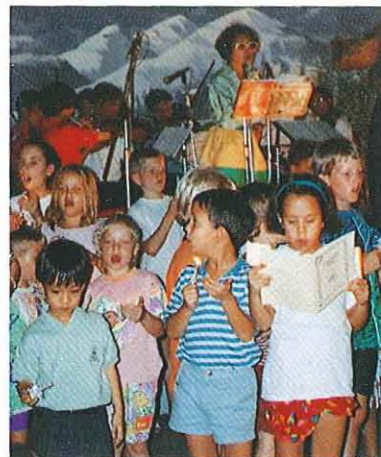
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Please contact Bea Grunwell on 258-9509 if you would like to contribute to Outpost. All articles and photographs should be received by Bea by 1st of each month.

cover

Illustration by Khun Wattanakorn Boonjaiyai

MNC&H/THA 1460HR

 **Thai**
Smooth as silk.



This is a schematic representation of Thai's International routenetwork as at April, 1992.

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FROM THE EDITOR

Dear Readers

February brings us St. Valentines Day, so lovers don't forget that important day the 14th. On 6th of February we celebrate the Accession of HM Queen Elizabeth II. Tuesday 23rd is Shrove Tuesday, and Ash Wednesday is on 24th. The 13th February is Bangkok Patana's Annual Funday. March 1st, a busy day for the Welsh as it is St. Davids Day, with their Ball on 5th March.

Outpost is still desperately trying to get to you in time, so deadlines will now be 1st of every month. Please get your copy to me by that



date - including photographs as late copy will not be accepted.

This month, we have a crossword prepared by one of the members, the promised article on Stress by Sharon from the Dusit Fitness Centre, an article on Imps for the children, your usual sports articles, piccies from the various functions on in December at the British Club. Have a good read and maybe some of you have a sudden burst of inspiration, don't let it pass, send me your words and I promise to publish them asap.

Bea Grunwell

FROM THE MANAGER



Dear Readers

March and the A.G.M. will soon be upon us, this year it will be held on Monday March 22nd and as always Ordinary and Upcountry Members are cordially invited to attend, to have their say and cast their vote to elect a Committee to manage the affairs of the Club during 1993/1994. So please take note and make every effort to attend.

Now that I have recovered from all the hectic happenings during the festive season, my thoughts will be centered on arranging my vacation with my family in England, which will be my first in 14 years, except for 4 days in 1983 to attend my father's funeral. I think I am in for quite a shock.

Keith Bell

FORTHCOMING EVENTS FEBRUARY TO APRIL

FEBRUARY

13	Bangkok Patana's Annual Funday	14	Valentine's Day	20	Rock With Laughter	26	No Talent Night	28	Children's Swimming Gala
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MARCH

4	Black Tie Show	5	St David's Ball	13	St Patrick's Ball	21	Mothering Sunday	22	Club's Annual General Meeting
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APRIL

3	Bobby Knocksall Show	4	Copenhagen Gymnastic Dance Troupe	9	Good Friday	11	Easter Sunday	23	St Georges Day
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Remember, check all the sports pages for upcoming events ... and don't forget the regular features listed below

WELCOME TO THE YEAR OF THE ROOSTER



REGULAR FEATURES

Monday	9.00 am BWG Mahjong Wordsworth Room 5.30 to 9.00 pm Happy Hour
Tuesday	7.00 am Ladies Golf 8.00 pm Bridge Silom Room Football Training
Wednesday	6.00 pm Onwards Tennis & Squash Club Night
Thursday	8.00 pm Darts • Rugby Training
Friday	9.00 pm Accumulator Night
Saturday	6.00 pm Flicks for Kids
Sunday	11.00 to 1.00 pm Badminton 5.00 pm Flicks for Kids 3.00 to 6.00 pm Tennis Afternoon 5.00 pm onwards Family Buffet

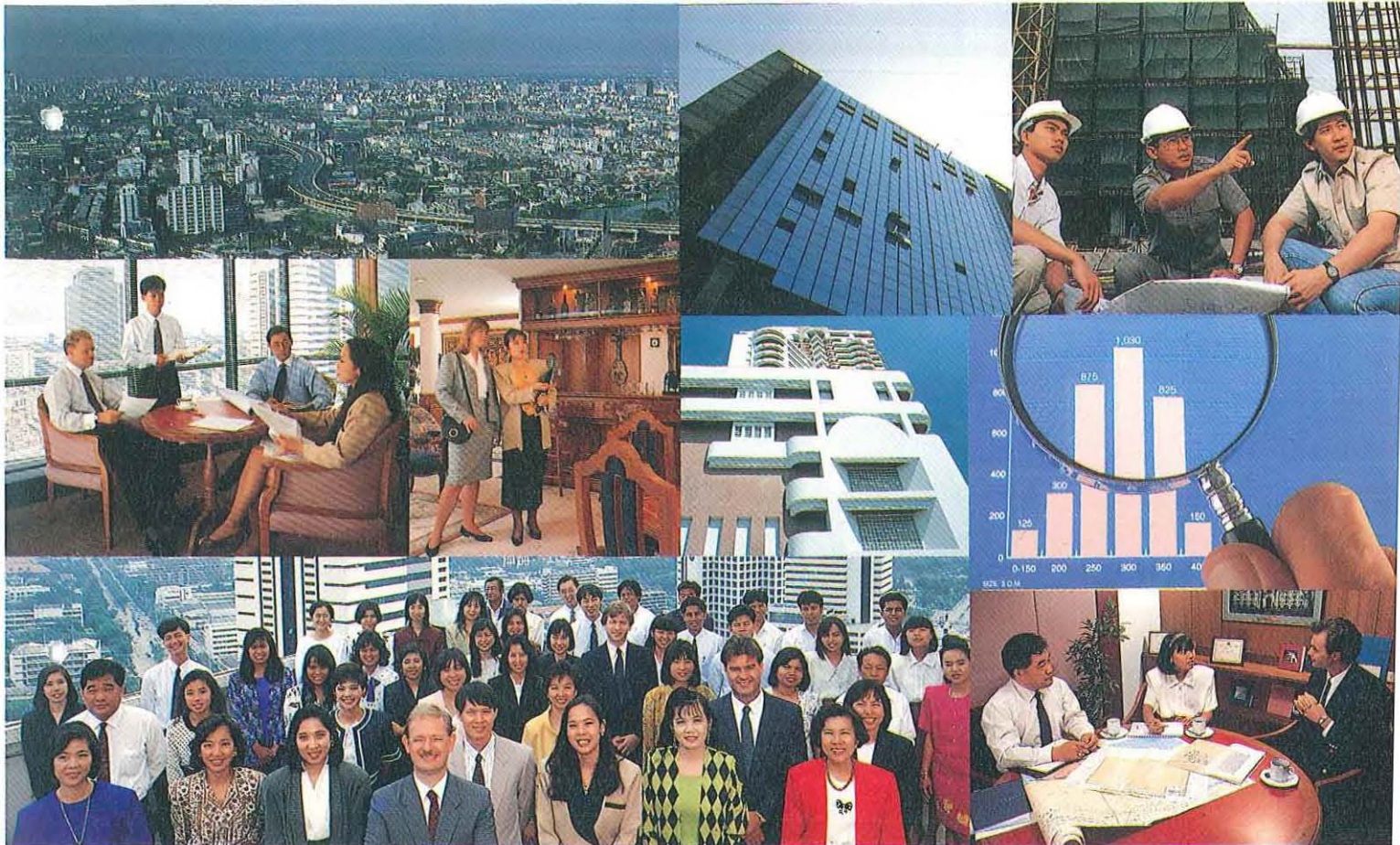
• New Member's Night is on the first Monday of the month except for Public Holidays, please call for details.

members round-up

This new section is open to all members who wish to announce any special occasion. Remember all announcements must be sent to Bea Grunwell prior to the 1st of each month on fax/telephone number: 258-9509.

We will do our best to include every message.

This month we have to say goodbye to : Gary and Suzanne Mathieson, Ronald and Incha Clark, David and Tan Frost, Christopher and Janice Clement-Jones, Mr. J. Fletcher, Howard and Susan Shields, David Barber, Dr. M.D. Smith, Giles and Beth Craven, Desmond Sullivan, Kanil and Chasuree Sitakalin, Parvit and Nitayada Purananda. We wish them all well.



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supply and demand in Thailand and throughout Indochina. We tailor that essential information to your development plans. And we advise on every aspect of your project from design details to market image, financing options, marketing and sales. Our valuations are commonly used for major public flotations, foreign investment and disposal of assets.

Everything we do is to proven international standards and we learned long ago how important it is to keep you informed every step of the way.

So make a call to Richard Ellis. It may be the wisest investment you will ever make.



Richard Ellis
International Property Consultancy

AFTER DINNER CONCERT WITH BLACK TIE

direct from Australia



Thursday 4th March

7.30 pm for 8 pm Dress: Jacket and Tie Price: Baht 650 Net

Black Tie, a unique combination of two brothers with tremendous bass baritone voices and their wives, who are equally accomplished on piano and cello. Their combined talents will bring you a varied show - from Broadway to contemporary.

The Rugby Section Presents

NO TALENT NIGHT

on 26 February in the Surawongse Room

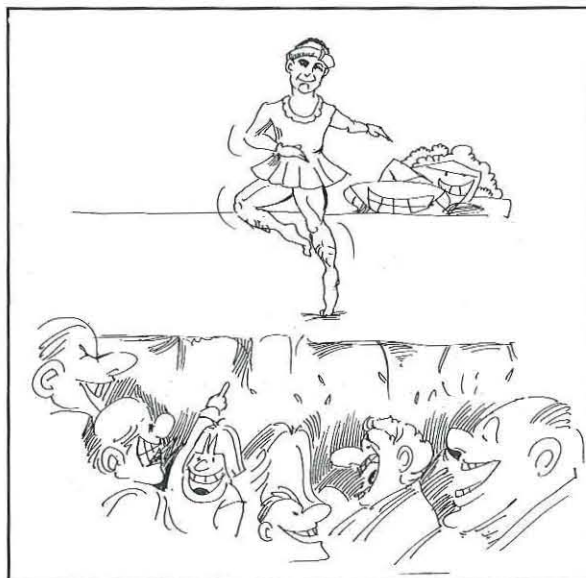
Tickets Baht 500

including dinner and doorprize

The Rugby Section would like to invite all British Club Members with or without talent to join them in their No Talent Night on Friday 26th February. Hopefully this will be as great a success as last years No Talent Night, maybe even better as more people will know what it is all about. We need people who can sing, dance, act, play a musical instrument, do impersonations, acrobats, Scottish dancers, pipers, strippers, in short anyone with or without talent. We need spectators too of course, there will be a raffle with lots of wonderful prizes, a fantastic meal as usual catered by the BC and lots and lots of fun.

Only about 90 people can attend, so book soon.

Should you feel that desperate urge to perform phone Bea on 258 9509 or Jane on 258 7703 and let us know what you can do.



Has the U.K. property market reached

ROCK BOTTOM?

If so, now is the time

TO INVEST!

With a full 1% cut in interest rates in the U.K., now is the time astute investors go bargain hunting as the squeeze on property sellers over the last few years has probably reached rock bottom.

Good deals abound. In fact it is possible to purchase property now and realise up to 10% p.a. return on the purchase price over the next two years through guaranteed rentals on desirable places in London.

Terms like these don't come along very often.

Or maybe now is the time to think of re-financing at today's advantageous interest rates, to ease existing monthly repayments.

But perhaps the effort of raising a mortgage while in Thailand, on a U.K. property comes under the heading of 'too-hard-to-do'.

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more details.***

VISITING NATIONAL PARKS IN THAILAND

Thailand's National Parks offer the opportunity to relax near waterfalls and lakes, take nature walks, dive in coral reefs, observe exotic wildlife and trek along distances to scenic wonders. The emphasis is on rustic simplicity with accommodation and food that is basic but comfortable.



The most popular parks for relaxation are Erawan and Khao Sam Roi Yot; for trekking and rich wildlife, Khao Yai and Kaeng Krachan; for birding, Doi Inthanon; for spelunking, the caves of Khao Chamao-Khao Wong; and for a quiet lakeside retreat, Mae Ping. For sealife and snorkelling, cruise to Tarutao and Hat Nopparat Thara-Phi Phi. For high plateau, alpine scenery there are Phu Kradung and Phu Hin Rong Kla and for rivers and rapids, visit Kaeng Tana on the Laotian border.

Accommodation

Bungalows and tents are operated by the National Parks Division. Bungalows are designed for large groups but single reservations can be made. They contain several screened rooms, electricity, running water, squat toilets and beds with thin mattresses, but lack cooking facilities. Khao Yai also offers bungalows owned and operated by the Tourism Authority of Thailand. Most parks have open-air restaurants selling Thai food, soft drinks, and bottled water. During the winter, rangers can provide campfires for a small fee.

Few parks have telephones so one must reserve accommodation in Bangkok or take a chance that there will be a room avail-

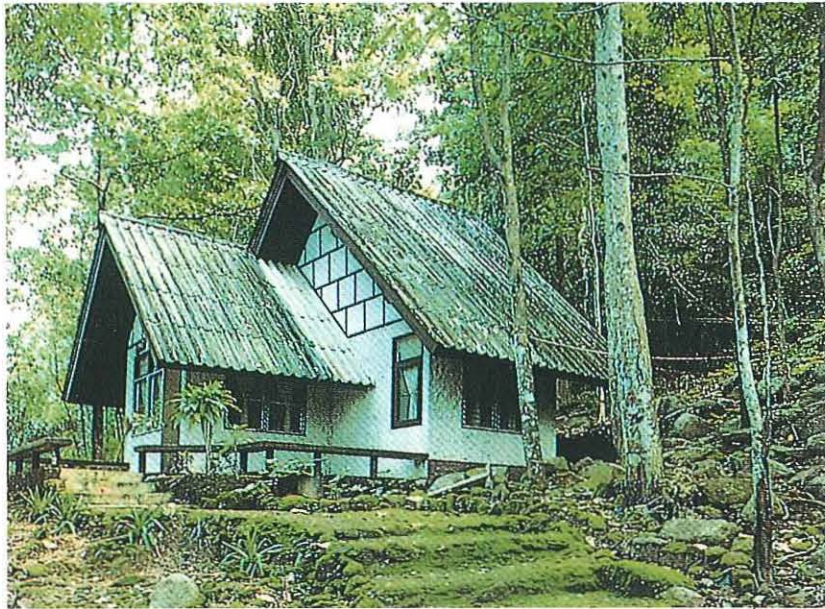
able when one arrives. While it is possible to reserve by mail, it is best to reserve in person at the national Parks Division headquarters. Thus if one park is full, reservations can be made at an alternative park. Pay in advance. At the park, vehicle and individual admission fees range from 3 to 25 baht.

Getting There

Parks are accessible by local transportation but language difficulties and the necessity to transfer buses can make travel time consuming. Several nature organisations conduct weekend excursions which visitors are invited to join.

Trails and Guides

Many parks are still in a fledgling stage and their trail systems are not extensive or well signposted. Most park visitor centres have sketchy maps that are some help in finding one's way around. Most trails are short and begin near the park headquarters. For treks lasting more than half a day, it is best to hire a guide. There is no organised guide system but a park ranger can be engaged for 200-300 baht per day. He can arrange for meals and tents as there are no trail huts. In the hot season, carry at least two litres of drinking water per person per day.



Best Times to Visit

Thailand's coolest weather occurs from mid-November to February but the hot (March-May) and rainy (June-November) seasons offer their own attractions. Waterfalls, virtually non-existent in the hot season, flow copiously during the monsoon. High-mountain wild flowers bloom between December and February. Birds, many of them migratory visitors are best seen from November to March. In April and May, many animals descend from the hills in search of water.

Thais like to travel in groups and on weekends and their favourite parks are Erawan and Khao Yai because of their proximity to Bangkok. For optimum quiet, good accommodation and the chance to see animals choose a park in a remote area and visit on weekdays.

Cautions

While it is unlikely one will suffer worse than a twisted ankle, there are several poisonous animals to watch for. Cobras and other snakes are found in most parks but most are night hunters. In many parks, leeches lie in wait on the trail. Coating shoes with insect repellent that contains 95 per cent DEET (N-Diethyl-m-toulamide) will deter them. Carry the repellent with you as many trails cross streams and the coating washes off. If bitten, simply pull the beast off.

Takab (centipede) and Maeng Pong (scorpions) can inflict painful bites and may be numerous after the rains stop in September and October. Shake out bedding at night and boots in the morning. Mosquitoes are a problem in any season so carry repellent.

WHAT TO TAKE

- Flashlights
- Rain gear
- Sweaters, jackets, thick socks
- Snorkel, masks and fins
- Sun tan lotion
- Hat
- Dark glasses
- Canteen
- Puritabs to purify waters
- Insect repellent
- Bathing suit
- Towel
- Good walking shoes
- Binoculars
- Camera
- Pocket Knife

ARRANGING ACCOMMODATION

National Parks Division
 Royal Forestry Department
 Paholyothin Road
 Bangkok 10900
 Tel: 579-5269, 579-0529, 579-4842

WEEKEND EXCURSIONS

Wildlife Fund Thailand organises inexpensive monthly trips to wildlife sanctuaries and non-hunting reserves. Tel: 521-3435, 552-2111 or 552-2790

The Natural History section of the Siam Society conducts monthly trips to nature preserves. Tel: 258-3491 or 258-3494

Bangkok Bird Group takes monthly bird-watching field trips to national parks and bird refuges. Tel: 374-6610 after 6 pm



Monday, 4th January

A quiet evening in the Bar with lots of people still on home leave and recovering from the Xmas and New Year's festivities. Mr. and Mrs. Lewis turned up in style only to disappear again to celebrate Pat's birthday elsewhere. Also spotted in the Club Mr. and Mrs. Austin, here on holiday. Everyone found it hard to get started again after so much socialising, but at least we knew, it is New Members Night so it must be Monday!



Alan and Debbie Davies from the UK, arrived here in May and August resp. He is here for Rayong Refinery Company (Shell). They have 3 children, 2 girls and a boy. They were in Oman and the Netherlands previously. Alan enjoys football and swimming, but spends most of his spare time recovering from playing with the children. Debbie was not quite sure what her hobbies were but after a long think she came up with reading and Aquarobics. In Oman they used to go Wadi Bashing, which as they informed me is 'bashing up't road in a 4 wheel drive'!



Anna Crawford is English and an Accountant for Coopers and Lybrand, she is here to replace Andy Simonds. She spent some time in Indonesia teaching the Police there to speak English. She did not see the film "White Single Female" yet, but was told to do so as she has just had a new flatmate move in with her. She was all on her own as proposer Roy McGregor was in bed with a mystery illness. Someone told me Nigel Oakins spent all night with her, but I'm sure they meant he spent all evening talking to her.



Jim and Lena Patterson are Canadian and he would love some special Poolballs for the snooker room. He is here with Century Consultants and is also a professional SCUBA instructor. He has been SCUBA diving for 30 years and started when he was 3. Jim and Lena lived in Maowi, Hawaii for the last 7 years. They are both poor tennis players. At the moment Jim is building an Interactive Theatre in Pattaya, the first in the country, where you will be able to enjoy simulated space flights, roller coasters etc. They have 2 daughters. They are both into fitness and work out all the time, the children are competitive swimmers.



Michael and Susan Hopkins from UK have 2 children of 18 and 14 at University and Boarding in England. They think Bangkok is great apart from the mosquitos. Susan is a nursery nurse and is starting to work shortly at a play school, Michael is the new Managing Director of Wellcome Thailand. He is attempting to play classical Spanish guitar and does not want to appear at the No Talent Night. Susan enjoys going to church at Christchurch and thinks the Rev. Monty is the bees' knees. She used to belong to the Mothers Union in England. They did a lot of walking in England but are not sure if they will take it up here.



Richard Bradford-Knox was almost left out, but luckily Keith Bell pointed him out to me. He admitted he was hiding as he did not know what to say in an interview. He is running Catering Associates Ltd and is into Offshore Catering and offers a complete housekeeping service, they also have a mini market in Songklha. Richard and wife Butsaba and their 2 children have lived in Songklha for the last 4 years, he used to be the GM for the Hash and enjoys playing golf. He travels a lot and covers Burma, Vietnam and Cambodia.



*Spotted in the Club!
Tony and Pat Austin,
here on holiday.*

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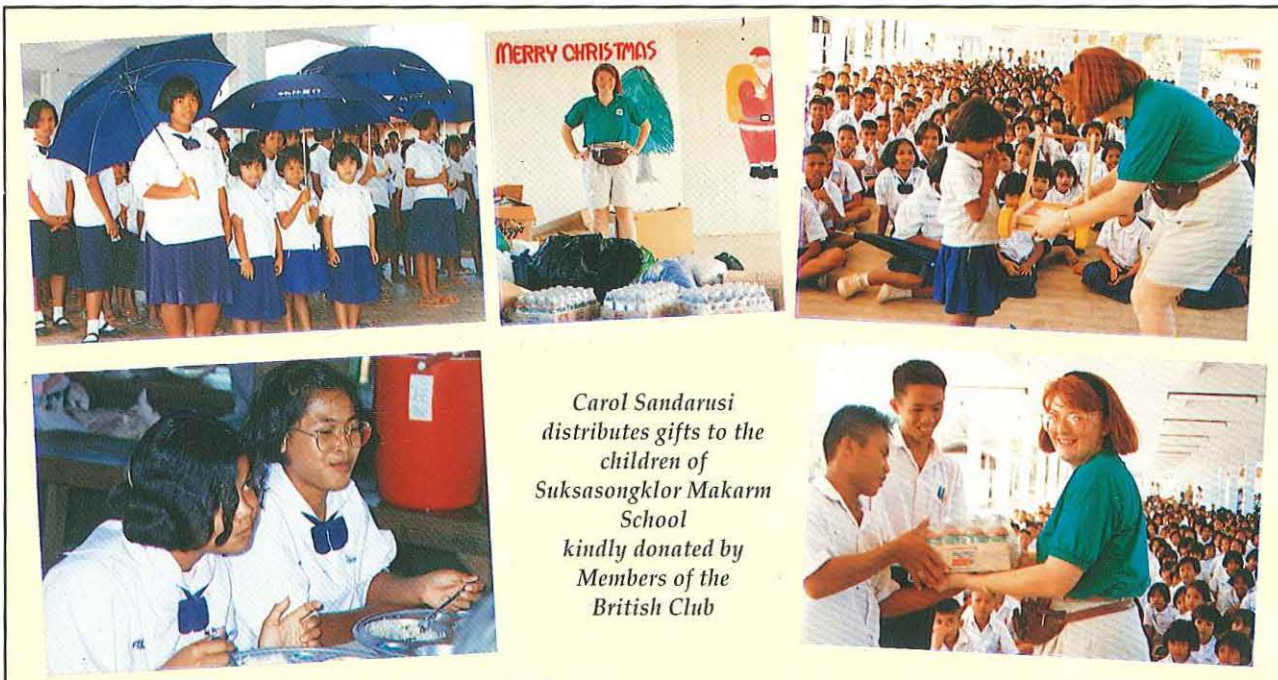


21/F Thaniya Plaza Building
52 Silom Road Bangkok 10500

231-2312

SUKSASONGKLOR MAKARM SCHOOL, CHANTABURI

It all started under Santa and his eight reindeer, Pauline Dalton and I had arranged to meet there on Ratchada Pisek Road at 6.30am on Christmas Eve morning. Once Pauline and I were comfortably arranged amongst bags of clothing, toys, a television set etc., we set off, two Farang women wanting to spread a little joy amongst 671 orphans, with donations from people who care.



Carol Sandarusi distributes gifts to the children of Suksasongklor Makarm School kindly donated by Members of the British Club

The orphanage is located in a very scenic part of Thailand near the Khmer border in Chantaburi Province. We arrived 4 hours later after a surprisingly trouble free and extremely pleasant drive. I had sent them an express mail letter on the 20th, so hopefully they would be expecting us. We parked in front of the office and went in search of a friendly face, teachers came to greet us and soon the English teacher Khun Winai joined us.

We were told it was lunchtime and they insisted we would join them, today was a special day for the children. First a group of nurses from a local hospital had brought the orphanage fried chicken and sticky rice, plus ice cream (a real treat) and now we had come with a van full of treasures.

During the meal Pauline and I asked the teachers to tell us exactly what the children needed, it was very difficult for them

to answer this question because the children are adequately fed and clothed by the government - 23 Baht per day per child.

Khun Winai said "by you coming here today, this shows the children that people care, they want more contact with the outside." They do leave the orphanage during Thai school holidays, a few have parents or a parent to go to, some have only a cousin and the majority have no-one. Those children with no relatives at all go to stay with the monks at the local Wat.

After lunch the whole orphanage assembled and watched as the older boys unloaded the van, we were given a quick show, courtesy of Pauline, 25 new umbrellas had been donated by Jones Lang Wootton and she opened a few and gave them to the children for the photo session. As she pressed the button on each umbrella, Pauline would burst into laughter and this absolutely delighted the children. Pauline also took photos of me giv-

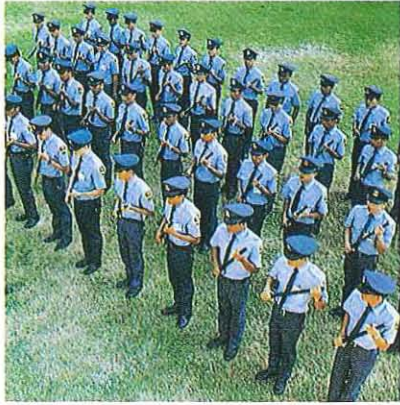
ing the children some cases of Pepsi and 7-Up, kindly donated by the B.C. Rugby Section, who in turn received them from Pepsi Cola.

What struck me was since these children are completely unspoiled it is easy to make them happy. At that moment I wished I had taken some balloons as these children would have appreciated them. After a quick tour of the orphanage, in particular a girls dormitory, where the girls do their own cleaning and washing, we said our goodbyes and headed back to the City of Angels.

So to all of you who have donated, Pauline and I would like to thank each and every one of you, your donations really did make a difference. We hope someday in the not too distant future to do this again. Keep us in mind, and to you all, a Happy New Year.

Carol Sandarusi

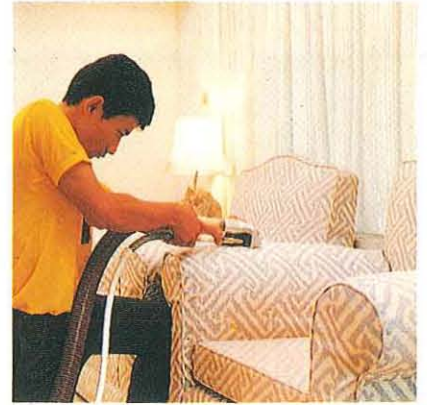
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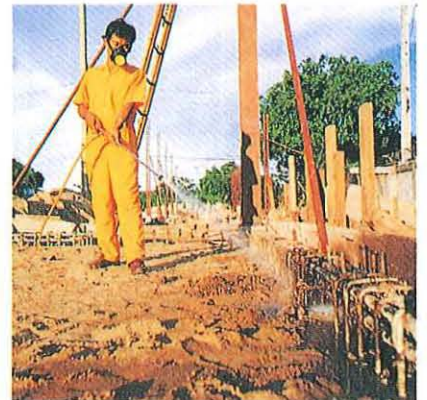
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Eradication of mosquitoes and other insects



Termite control in the house



and on construction sites



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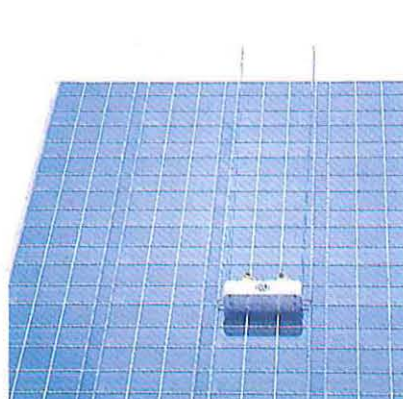
department stores



and factories



Interior and



Exterior window cleaning



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OLD TIME MUSIC HALL



December 9th to 12th

Each of the shows were in the After Dinner format and every night was completely sold out. Entertainment in the true Victorian sense, the new stage made specially for the Surawongse room truly enhanced the evenings.



The atmosphere was fantastic. The BCT cast and the backroom boys and girls really worked very hard and were a credit to their company.



CHAMPION SPOOFERS

Christmas just would not be the same without our very own Tuesday Gentlemen Spoofers having their National Championship let by the gentleman with the most infectious laugh in Bangkok, Peter Snell, fifth from right (still standing)!



CHRISTMAS BALL

December 19th



Attended by 416 party goers - the redevelopment of the back lawn area has really added a lot of space. The catering was superb, hot and professionally managed by the Dusit Thani, the only comments were - more heavy on the spuds and veg next year.

Music was provided by CHAMPERS and the band was the every popular Dream and Memory Band. At 6.30 am late night (or rather early morning - ED) revellers finally allowed the bar staff to close the bar. A good time was had by all.



CHRISTMAS PARTIES ROUNDUP

Deutsche Bank

Led by Doug and Linda Neilson held a party for the bank employees in the Surawongse Room.



Kingfisher Holdings Ltd

Led by Nigel Hardy and some lovely dancers held their get-together on the back lawn.



CHILDREN'S CHRISTMAS PARTY



December 23rd

The Children's Xmas parties and a visit from Santa, was followed by Carols by Candlelight featuring the Ibycus orchestra and the new BC Carrol Singers.



SWIMMING GALA

December 20th

Those parents who were either not at the ball or who managed to recover enough to bring their children down for the afternoon, enjoyed the competition very much.



BOBBY CHARLTON AT THE BC

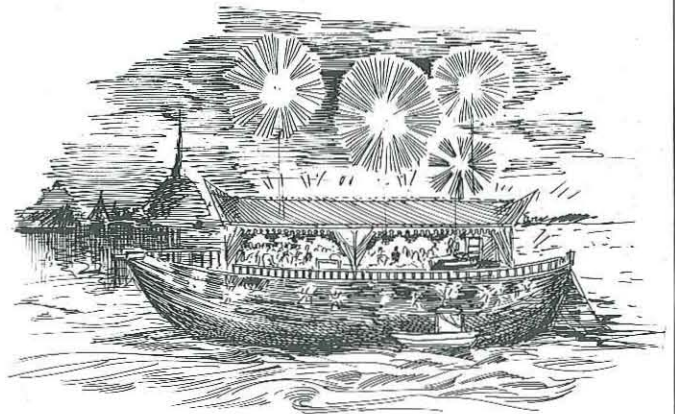


Passing through was Bobby Charlton, on his way back to Manchester from a whistle stop tour of Asia. Bobby is looking to set up a regional office for his very popular soccer schools.

NEW YEARS EVE RIVER CRUISE

New years Eve was celebrated by BC members floating on the Chao Phya River, in two barges.

Food was great, the atmosphere was second to none and the New Year was started with a splash and a bang.



DEWI'S DOINGS

The romance of Christmas fading out with the old year, Dewi rekindled the flame with the gastronomic glories of Europe's cheese and wine houses, in the scenic surroundings of the Moobaans. Looking out over the tailored lawns and picturesque fountains one could have been in Switzerland, Norway, Betws Y Coed. A wonderful start to the New Year and a successful precursor to the more commercial romance of Valentines Day.

Here again, however, Dewi proved equal to the occasion as the forever mysterious and romantic Celt showered the fruits of the garden on his beloved and the fruits of the vine on his fellow Celts in an atmosphere of Bwlth Well Bacchanalian delight.

In further festive mood, though in slightly more serious vein, our Literary Chair of the Month, goes to Bonnie Davis, who in addition to having an article pub-

lished in 'Living' magazine in the recent past, provided all the material for the Bangkok Post's supplement in honour of the birthday of the King. Congratulations.

Anyone watching the local tv and wondering who the lovely young lady was who was publicising our national costume should ask proud grandmother Leonie. We are thrilled that Wales should be in the spotlight and thank everyone who made this possible. Let's hope it is the shape of things to come.

Seen back in Bangkok is the lovely Gwynneth Chaturachinda. We hope you will be able to be with us more regularly now and look forward to hearing all the latest news from home.

Golfers prepared to knuckle down to some serious practice in readiness for the Inter-Societies Golf Tournament later this month, but Phil didn't have to use his whip and chair (trappings of his new office) once. Under his tutorship we are

confident that this year Dewi is a force to be reckoned with. Just ask him about the drive that Big Al made at Muang Ake last month.

Real Welsh hospitality has been extended by the residents of the city of Cardiff to refugees of war-torn, drought stricken Somalia. This is the true spirit of Christmas and we thank God that we are able to help in some way.

Helping nearer home, you will be pleased to hear that B 12,000 was raised by the Society and courtesy of Miss Shirley Bassey, to help the crippled children in Bangkok. Here again, we are grateful that we are able to make a difference to the lives of those less fortunate than ourselves. In the spirit of true love "Happy Valentines Day".

Dewi

WELCOME TO THE CLUB

In this new series, specially written in Thailand for the British Club, we will be having a relaxed look at an important but often overlooked and misunderstood topic for both expatriates and Thais - insurance. Don't stop reading - it's not boring, nor are we trying to sell you anything. By Derek Pratt

What we are trying to do is to give you a better and up-to-date insight into an area which is often confused or ignored - a potentially expensive mistake.

Insurance is all about financial security, and in this series we will be concentrating on your own and your family's personal security, something very close to most people's hearts.

Since you have wisely joined the British Club I am going to assume that you've been in Thailand long enough to settle down, find somewhere to live, and have some personal effects.

Importing Personal Effects

Just in case you are planning to ship in your personal effects later, let me briefly remind you of two things:

- 1) If you import your personal effects either without first obtaining a Work Permit or in more than one shipment, you could be liable for substantial Duty;
- 2) It is strongly advisable to arrange Cargo insurance on an "All Risk" or ICC "A" basis or the equivalent, to cover your possessions from the time of packing overseas until the time of unpacking here. This would automatically include the air or sea transit, and storage "in the ordinary course of transit". It will NOT cover storage IF you choose to keep the goods in store at any stage, UNLESS you have specifically extended the Policy.

Your insurers or insurance advisers either here or overseas or even the packing company, will be able to arrange this for you. You need to insure for their value here, not back home or where-ever you bought them, because if the ship sinks or the transit warehouse at the port burns down or light fingers get to work, you will need to replace the goods here, at local shop prices.

Your Home

Safely closeted in your home, you probably have all the usual household goods such as furniture and electrical goods, which normally stay indoors, and also items which you may take out of the house from time to time, such as clothes,

cameras, jewellery and luggage. When arranging your personal effects insurance it is helpful to think along similar lines, i.e. property inside the home and that which also goes walkabout with you.

If you are renting your accommodation, property usually kept inside your home falls into two categories - yours and the Landlord's. You should check your lease to find out who is responsible for insuring the Landlord's property. Alternatively, as leases sometimes don't mention insurance at all, find out who is responsible if something happens to it, such as a fire or burglary. If you find YOU are responsible, you should insure the Landlord's property as well as your own, which means that you will need to ask what it is worth.

Before I go any further, for the benefit of the farangs, I need to explain a little about the structure of the Thai insurance market, which is different from those overseas. Here we have what is known as a "Tariff" market, where the Policy wordings and rates are closely controlled by the Insurance Office of the Ministry of Commerce, and the General Insurance Association. This keeps the insurance industry stable, but the down side to the consumer is that covers are comparatively restricted and costs appear relatively high.

Personal Effects

In Thailand property in your home is usually insured either on a Fire Policy, a Householder's Policy or a Personal Effects Policy. The literature provided by local insurers about these covers is often written in Thai, but printed English translations can sometimes be obtained, especially from insurers with international connections.

A Fire Policy, even when extended to include selected other perils, only offers limited protection and is not recommended for personal effects. The cover is too restricted.

A better bet is the Householder's Policy which may also be described as a Contingency Policy, which insures personal effects whilst they are inside, not outside, the buildings of your home. So it will not cover the children's bicycles carelessly left in the garden or in the street. Nor will it cover things you take to the office, shop-

ping or on holiday. Cover is against a range of specified perils such as fire, burglary or flood. If you want to, you can extend it to cover your maid's property on a similar basis.

A Personal Effects Policy insures similar property anywhere in the world. In other words, outside as well as inside your home. Although various insurers differ slightly in approach, usually one section of cover is similar to the Householder's Policy, and the balance is on an "All Risks" basis worldwide. The "All Risks" items are usually specifically identified if their value exceeds a certain amount, and evidence of value may be requested, or otherwise a "blanket" description is applied.

You may find that some insurers expect you to list out everything in minute detail, and this list is incorporated in the Policy. This was originally done to stop the owner from "ripping off" the insurer when making a claim, but from your viewpoint, has the double disadvantages of being a lot of work to write (and keep up to date), and if you omit an item or incorrectly value it you could be penalised should you ever need to make a claim. If you are persuasive, most insurers will waive the list, except for unusually high value items.

Golfers

If you are one of those people that dabble in this ancient game, another option for you to consider is a package Golfers Policy. This will include various sections of cover for things such as loss of you equipment, legal liabilities (which I will be discussing in a later article), personal accident, and that one claim that every golfer wants to make, the expenses at the 19th hole following a hole-in-one. The annual cost for this package is around Baht 700.

About the Author

Derek Pratt, a Fellow of The Chartered Insurance Institute, is the Technical Director of Commercial Union Assurance Company (Thailand) Ltd. Derek has worked for C.U. for over 23 years, including 17 years in Asia. Now on his second tour in Thailand, Derek joined the British Club in 1978.

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Golfer's Cocktail Lounge retain "The Bell" - by one point!

Recent Results
22 November 1992

Muang Ake - Match vs British Embassy

After three successive years of failure, we at last managed to wrest the British Club Trophy and the Emirates Cup from the British Embassy Golf Society. It was a great day out, which was rounded off with an excellent BBQ at the British Club in the evening. Our thanks go to Gerry Fisher and ICI for a fine array of prizes as well as to Keith Bell and his staff for the catering.

British Embassy Trophy
BCB 548/BEGS 492
Emirates Cup
BCB 203/BEGS 180

Individual Prizes

BCB Winner	R. Barrett	44 Points
Second	C. Gething	40 points (12)
Third	L. Vize	40 points (13)
BEGS Winner	U. Wexler	38 points
Second	D. Bartrick	37 points
Third	S. Kosol	36 points

5th - 7th December
Hua Hin Weekend

As usual this BCGS outing proved greatly enjoyable to all who attended and we managed to hold three keenly contested competitions over the week-end. The first was our annual event against the Golfer's Cocktail Lounge which, unfortunately, we lost by the narrowest of margins (572 points to their 573!). Individual prizes were generously provided by Shell Co. of Thailand Ltd. for the three days and were presented by Graham Hunt.

Individual Prizes
5 December Cha-am Villa

Flight A

Winner	D. Stewart	36 points
Second	D. Forrest	36 points
Third	P. Nears	36 points

Flight B

Winner	R. Selwin	39 points
Second	G. Hunt	32 points
Third	L. Hughes	32 points

6 December
Royal Hua Hin - Ambassador's Cup

Flight A

Winner	C. Selwyn	39 points
Second	P. Ingram	32 points
Third	D. Forrest	32 points
Fourth	P. Nears	32 points

Flight B

Winner	P. Speed	37 points
Second	B. Hughes	32 points
Third	D. Ingram	32 points
Fourth	R. Selwin	31 points

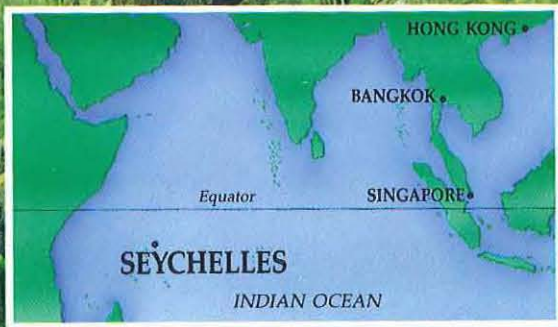
We congratulate Peter Speed on his excellent win of the Ambassador's Cup which is played for by our higher handicap players.

7 December
Palm Hills, Hua Hin - a Texas Scramble

This event was played as a two man team event

Winners	Lativa Hughes and D. Pott
Second	D. Forrest and R. Selwin
Third	P. Nears and P. Speed
Fourth	Lynda Hunt and B. Hughes

f108



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A Very Happy New Year to all. The newsletter may be a little out-dated this month only because I wanted to include the outcome of the AGM that was held on Tuesday 8th December 1992.



Next year we will take back our cup!

RBSC vs BCLG and Championships

November proved to be a very busy month with the RBSC competition and the championships. Those of you that took part in the RBSC match, I hope you enjoyed your game, even though they proved a tough team to beat, let's hope next year on our home course we may reciprocate the same sentiments! As usual, Chanida, captain of the RBSC Ladies was very hospitable and made us all feel very welcome, I don't know how I survived the day having just only returned from the UK the previous night.

For our Championships this year we thank our many sponsors.

- Anglo Thai • Bata Shoes • Boonrawd Trading • David Newall • Foremost • Guardian Assurance • Hongkong Shanghai Bank • ICI • JVK • Peter Rehn of MacDonalds Golf Shop in Soi 57 • Sahasin-OBE Insurance • Shangrila Hotel • Upjohn and the White Group.

We received many prizes and everyone went home with something. It was a very successful day and the prize giving upstairs in the club house went very well, we finally left at 4.30pm!

Annual Golf Roundup 3rd December

Although there were only 29 of us, there was no lack of spirit or noise, like the previous years. Everyone had a wonderful time especially those who returned

on the bus, we were back at the pick-up point by 5pm, I shan't mention what happened to some of us thereafter!

AGM - Captain's Day 8th December

May I thank all those of you that came and "suffered" the silly competition thought up by Hank, Debbie and myself. I hope you didn't mind too much but managed somehow to enjoy the day. Thank you very much Anna for letting us use your lovely home - we enjoyed meeting your dogs very much - especially "Hop-along".

Thank you all of you that brought plates of delicious food. For those that were not present the following were voted in as your new committee from the 1st February 1993. It was also voted to carry on with the LGU Handicapping system - I have since confirmed this with the Ladies Golf Union, St. Andrews.

- | | |
|------------------------------|------------------------|
| Captain & Handicap Secretary | Wil Agerbeek |
| Vice Captain | Sharon |
| Hon. Secretary | Christine Selwin |
| Hon. Treasurer | Barbara Werle |
| Special Projects | Gill Hough |
| Prizes | Hank assisted by Kitty |

Congratulations and good luck to the new committee and I am sure we will all give them every support.

Thanks

I would like to take this opportunity to thank my vice captain Debbie for all her hard work during the last few months starting organising and taking care of our weekly competitions. You did a great job Debbie thank you very much. Thank you to all of you for your support during the year especially the committee. Hank, your prizes are always terrific especially my smiling clown!

Farewell

Sandra Pixley left us last month, we wish her well.

New Members

We welcome Christine Selwin who has very kindly accepted to be our Hon. Secretary. She is a wonderful golfer and as yet has not shot over 90! Boring isn't it? We also welcome Connie Campbell who shows promise in being a very good golfer.

New Handicaps

Sharon	30
Ade	36
Karolyn	30
Sabena	36
Kanda	23
Erika	21
Hank	25
Kerstin	19
Magda	18
Gloria	23

Well done to all of you.

Starter for February

Will Agerbeek 259-7019 before 12 noon on the Monday.

2nd	Par Bisque
9th	Start of Eclectic sponsored by JJ and CL ends end of March
14th	'Kitchen Sink' sponsored by Dunlop the BCLG women challenge BCGS men.
16th	Starters Choice
22nd	Strokeplay BCLG (1)

May I remind you that subscriptions are now due.

New Ladies Golf Group

I understand that a new group has been formed by Lynda. May I on behalf of BCLG wish this group every success for the future.

Ex BCLG Members

Eileen Marion, Judy Farmer, Ann Alsbury and Linda Maxwell, send their very best wishes for the festive season to all those who remember them.

Competition Results

**November 3rd 1992
TS & FS Muang Ake**

Silver Division	Debbie	37.5
Runner Up	Wil	42
Bronze I	Magda	37.5
Runner Up	Diana	38.5
Bronze II	Annette	41
Runner Up	Sharon	42
Near Pins # 6 Gloria, # 12 Erika.		
Under par: Magda net 68		

November 6th BCLG vs RBSC

An enjoyable game, but rather difficult for members who had never played on this short but difficult course (far too much water for most of us)! A stableford competition, total of the ten best scores in each team, final result RBSC 357 - BCLG 306. We will get them next year.

**November 10th
Strokeplay Medal 15 Muang Ake**

Silver Division	Debbie	73
Runner Up	Wil	74
Bronze I	Gloria	65
Runner Up	Anke	71
2nd Runner Up	Gill	74
Bronze II	Maud	70
Runner Up	Sharon	72
Near Pin #6 Kerstin, # 8 Wil, #12 Hitomi, #17 Connie		
Under par Gloria net 65!		

**November 17th
Stableford Muang Ake**

Silver Division	Magda	32 points
Runner Up	Wil	29 points
Bronze I	Kerstin	40 points
Runner Up	Kanda	39 points
2nd Runner Up	Anna	36 points
Bronze II	Sharon	37 points
Runner Up	Ada	36 points
Near pins #6 Kanda, #8 Ade, #12 Anke, #17 Margaret M.		
Under Par: Kerstin net 68, Kanda net 69		

**November 24th & 25th 1992
Championships Muang Ake**

Low Gross	Will	176 net (14)
<i>Best Nets in each division</i>		
Silver Division	Magda	144 net (18)
Runner up	Lavita	154 net (16)
c/b Lynda		
Bronze I	Kanda	138 net (24)
Runner up	Gloria	145 net (23)
Bronze II	Sharon	142 net (32)
1st Day Winners		
Silver Division	Lynda	80 net (14)
Runner up	Kitty	86 net (12)
Bronze I	Barbara W.	70 net (29)
Runner up	Anna	72 net (26)
Bronze II		
Runners up	Annette	75 net (32)
	Maud	78 net (30)

2nd Day Winners

Silver Division	Debbie	75 net (15)
Runner up	JJ	84 net (18)
Bronze I	Diana	73 net (25)
c/b Anke and Kerstin		
Runner up	Anke	73 net (27)

Many thanks to our sponsors for the championships: Anglo Thai, Bata Shoes, Boonrawd Trading, David Newall, Foremost, Guardian Assurance, Hongkong Shanghai bank, ICL, JVK, Peter Rahn of MacDonalds Golf in Soi 57, Sahasin-QBE Insurance, Shangrila Hotel and White Group.

**December 1st
Skins - Muang Ake**

Group 1	Dixie	13 skins
Group 2	Diana	12 skins
Group 3	Annette	8 skins
Group 4	Joke	11 skins
Near Pins #6 Debbie, #12 Sharon		

**December 3rd 1992
FLOGG/BCLG**

Round up - Rose Garden

1st	Sharon	39 points
2nd	Livia	37 points
3rd	Dixie	35 points
	Hank	35 points
5th	Debbie	34 points
	Kerstin	34 points
	Junko	34 points
8th	Margarat M	32 points
	Gill	32 points
	Christine	32 points

Near Pins #6 Lavita, #8 Dixie, # 15 Dixie

**December 8th 1992 - Captain's
Day and AGM - Muang Ake**

1st	Magda	35 points
2nd	Margaret	31 points
c/b from		
	Hitomi	31 points
	Livia	31 points
5th	Debbie	29 points
6th	Diana	28 points
c/b Nena 28 points		
c/b Katrina 28 points		
c/b Kerstin 28 points		
10th	Hank	27 points

All 24 participants received a prize!

Hole # 1

*Longest drive sitting on a chair!
by Nena (Just can't beat this lady!)*

Hole #6

*Longest putt with driver by Christine
Hole # 8 Near Pin - Livia*

Hole # 10

*Longest Drive with putter - Hitomi
Hole # 12 Near Pin - Kitty*

Hole # 14

*Longest putt with 7 iron - Kanda
Hole # 17*

Near pin - Margaret

Lavita

December was a quiet month with the various Christmas activities and players taking annual holidays.

Securicor November League

League	Winner
1	David Hedge
2	Paul Taylor
3	Mel Leddy
4	Paul Tuffy
5	Phil Hall
6	Mike Bain
7	Andrew Francis
8	Simon Fox
9	Duncan Ramsay
10	Chris Aspden
11	Gary Looker
12	John Bellis
13	Genevieve Richards
14	Jonkonne Metcalfe

Well done to all winners, David Hedge who finally took the League One Trophy from Peter Corney. He has defeated Peter twice before but then lost to other players in the league, thus falling short by one or two points. Also well done to Paul Taylor, who has steadily improved all year and, with coaching from Peerapon, will probably be challenging for the number one spot within three to four months.

A much improved George Dunford was visiting over Christmas and New Year and gave some of the top players some very good competition. Tony Austin also visited over this period and is playing better than ever, though the heat took its toll.

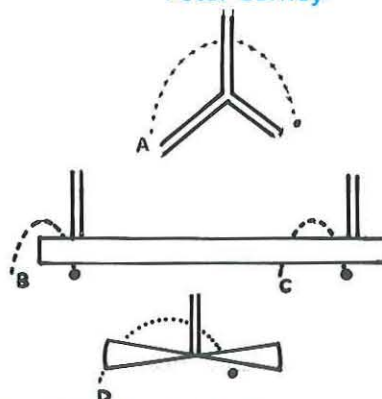
It is planned to have a Singapore trip in the last weekend of February, by the time you read this the team should have been finalised.

The winners of the November Ladder draw were Peter Lamb who is B1,000 better off and David Burn who won B500.

A reminder when you are filling out your squash ladder results, write in your ladder position, this enables Alexis to change ladder positions more quickly as she does not have to look all over the ladder boards to see where your name is.

The "Rules of Squash - Definition of Out" - has been re-written because of vital information being omitted in the December issue of Outpost.

Have a Happy New Year and Happy Squashing Peter Corney



The Rules of Squash

The ball is out if it hits the limiting court line or anything above it, or through any enclosed space in the roof area. If the ball goes over a light, beam or fan, then

Definition of Out

the decision on "OUT" is as follows: A - good return, B - good return, C - out of court, D - good return. If spectators line the side wall in a spectator court where the wall is cut away above the line, spectators are not considered to be a permanent fixture. If an otherwise good return hits a spectator, then the rally is replayed.

Squash Section Preliminary Calendar for 1993

Month	Competition	Format	Scoring	Comments
January	League 98	5 per League	Best of 5 (9 pts)	
February	Harold Mercer Trophy Singapore Trip	League	Best of 5 (9 pts)	Teams of 3 plus
March	League 99 ISCI (Indonesia) Visit	5 per League	Best of 5 (9 pts)	
April	Intersociety Cup Hong Kong FC Visit Pattaya Weekend	6 teams	American Scoring	6 Societies
May	League 100 - The Big One	5 per League	Best of 5 (9 pts)	
June 6th	League 100 Champions H'cp	Knockout	American Scoring	Winners of League
June/July	Don Johnson Cup (Men)	Knockout	Best of 5	Closed to Club
	Parra Handy Plate	Knockout	Best of 5	Closed to Club
	Ladies Cup	Knockout	Best of 5	Closed to Club
	Len Alexander Plate	Knockout	Best of 5	Closed to Club
July	League 101	5 per League	Best of 5 (9 pts)	
August	Club Handicap (Inc Plate)	Knockout	American Scoring	H'cp by Ladder
September	League 102	5 per League	Best of 5 (9 pts)	
October	Rod Carter Open	Knockout	Best of 5 (9 pts)	Open
November	League 103	5 per League	Best of 5 (9 pts)	
	Tony Austin Over 45 Cup	Knockout	American Scoring	Open
December	Sunday Handicap	Knockout	American Scoring	H'cp by Ladder

squash

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As always, it's not the size of your investment that counts, it's what you do with it. For investors during 1992, local and worldwide events conspired to separate the men from the boys. Take a look at the results below and see how your portfolio measured up against some of the biggest in the business* and one of the smallest.

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Hansard UK Stg. Managed	+ 8.22%
Royal Life Inter Growth	+ 6.80%
Connaught Global Managed	+ 6.10%
Sun Alliance Stg. Managed	+ 2.14%
Eagle Star Stg. Performance	+ 1.14%
Eagle Star Stg. Blue Chip	- 0.73%

Although listed amidst these international performers, World Portfolio doesn't pretend to be in the big league – except when it comes to returns. Our intention is to remain manageable, fast on our feet and upwardly mobile. Already this year (to the end of January, 1993) World Portfolio is well ahead of last year's performance. How did your investments rank?



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Interested? Then phone Peter Downs on 258-9037, 258-0571-2 or fax 258-9038 for more details.

*All figures supplied by Micropal Ltd., Thursday, December 31st., 1992. Data reflects percentage change in previous 52 weeks and quotes nett returns in all cases. Percentage increases have been adjusted to sterling returns and bid (or nett) returns. In all cases 5% to 7% has been charged by the company involved as a front-end fee. And investors paying into Pension Plans should note that your front-end charges could be as high as 12% to 15% which is not accounted for above. Micropal does not monitor World Portfolio Results. World Portfolio charges a maximum front-end charge of 3.5%.

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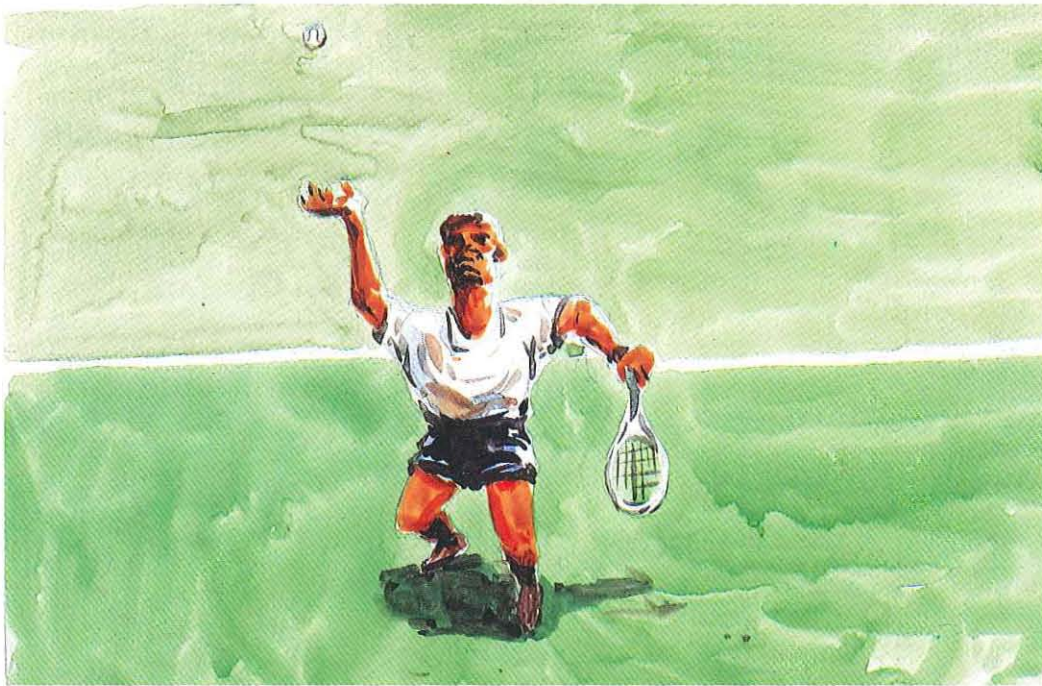
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Not much to report this month due to Christmas and New Years Holidays. The Club Championships should be well underway as you read this and will climax on the 6th and 7th of March. All Club Members are more than welcome to come and watch the finals which should promise some exciting tennis. See you there!



Mix-In (Social Tennis Session)

These are regularly held on Wednesday evening (6-9pm) and Sunday afternoon (3-6pm) with all members welcome. Due to a number of difficulties over recent months, it was felt necessary to type up some rules to smooth things along. These are shown in the box below.

Programme for February		
	Mix-In	
Sundays	14/21/28	3 to 6 pm
Wednesdays	3/10/17/24	6 to 9 pm
	Group Coaching	
Saturdays	6/13/20/27	8 to 9 am
	Advanced/Intermediate	9 to 10 am
	Intermediate	10 to 11 am
	Beginners/Intermediate	
Saturdays	Childrens Tennis	8 to 10 am
	6/13/20/27	
Mondays	Team Practice	7 to 9 pm
	1/8/15/22	
Mondays	Ladies Team Practice and Coaching	8 to 10 am
	1/8/15/22	

Coaching

This continues on (hopefully) a regular basis on Saturday mornings. Call Stella Fox (287 2744) for more details.

Match vs Chinese Swimming Club (Singapore)

This was held in early December and once again we were fairly soundly thrashed by a team with far more experience, patience and skills than us. Our ladies as usual excelled with Carol (Swoty) Young chalking up two out of two, but the men found it harder and the heat only meant more beer to be drunk afterwards.

That's all for this month. Next month look out for the first report on the Club Champs plus the weekend Handicap tournament held in the middle of January.

Tournaments and Competitions	
7	American Tournament 2 to 6 pm Followed by family barbecue at 6 pm
	The Club Championships continue through February to the finals on 7 March
	Individual Singles Tennis League Sign up for April League Now!
	Please obtain entry forms for all tennis tournaments in tennis court booking file.

t e n n i s

Another month in the life of the Badminton Section, and in this exciting instalment there is the first of what I hope will be an informative series on rules, tips and tactics about this wonderful game.



Above: "Paul, I'm so sorry you're leaving us", says a grievously distraught Chairperson.
Right: Keith doing a stitch up job on Veronica ... no wonder she fled back to Malaysia!



At the time of writing, everyone is recovering from post-Yule excesses, so it's on the quiet side in the Club. However, as the year kicks off and people start remembering to put 1993 on their cheques, several of our members who absconded to colder, foggier, wetter climes (mentioning no country by name) will return to the fold and we should be back to busy normality (whatever that is) by the time you read this. Our Sunday mornings are still producing reasonable turn-outs, even during the Silly Season, so pick up that racquet and get down to them courts, the more the merrier.

As promised, singles and mixed doubles ladders have now been set up and are in full swing. Anyone wishing to join either ladder should get in contact with Pauline pronto, because more people participating will ensure a wider variety of play. You know it makes sense.

Most of these ladder matches are played at our Soi Klang Racquet Club court (Sukhumvit 49), where we have a permanent reservation all evening on Mondays and Thursdays. Booking the evening slots is simple - just call Chairperson Pauline, or Vice, Peter. The Soi Klang evenings are picking up a similar momentum to Sunday mornings, whereby couples often stay beyond their match time and mix in with later couples, in keeping with the social

aspect of the game that this Section encourages alongside more competitive play.

On the subject of competitive play, we're looking to more external and internal competition this year. In this vein, we hope to be organising a Round Robin tournament in the near-ish future, which will be open to all; this should keep our Sunday morning devotees on their toes!

Please note the inclusion of the scoresheet from the Ciba-Geigy match. This was accidentally omitted from the January issue - humblest apologies to all those waiting in suspenders to see their names in black and white. As I mentioned in the last edition, this was a close match indeed, and although we were narrowly beaten, we look forward to redeeming that honour in the coming year.

Onto other Section news: in December we said a fond farewell to Paul and Veronica Blanche-Horgan on their return to Malaysia ... at least, I think we said goodbye to them! They will be greatly missed, as they were among the original regulars who make up the backbone of the Section. I know I speak for many in wishing them well in their new life across the border.

That's about it for now. Toodle Pip!

Gaynor de Wit

badminton

The Gaynor Guide to Badminton



This new section is designed to introduce a few regulations, tactics, tips and interesting points about this noble game of feathered flights which should be of benefit to most players. This month it's the **SERVICE**. Point to ponder: I reckon the service takes up more space in the Rules and Regs. than any other single action of the game. Which probably explains why there are more common and

often unknown faults associated with this aspect of the game than with any other. The following is your ready-reckoner Gaynor-Guide to correct serving.

When Serving Remember

1. The racquet head must be below both your wrist and waist when you hit the shuttle. In fact, the shaft of the racquet must be pointing downwards.
2. Both feet must be touching the floor - no ballet, please.
3. Both feet must be within the relevant service court, i.e. Not on a line. (Note that the receiver's feet must also be within the relevant service court diagonally opposite.)
4. Stand Still!

Please note that any antics going against the above rules are considered Faults, so you will be deducted a point or have to pass on the serve, as the case may be. Not a good idea.

That lesser-known rule about standing still is very important. Did you know that any player who dilly-dallies before serving or receiving, mucks about or unnecessarily twitches; a server who (for example) flicks their racquet about while deciding whether to serve forehand or backhand, or a receiver who does not keep still before the service, can actually be committing a fault? If you didn't, you do now. So all ye fickle fidgeters out there, ye racquet-wavers, foot-shufflers and time-wasters, **YOU HAVE BEEN WARNED!!**

Service Courts

The relevant service court for doubles is known as the "Short and Fat" box (including the side tramlines but not the back ones), while that for singles is known as the "Long and Thin" box (includes the back tramlines but not the side ones).

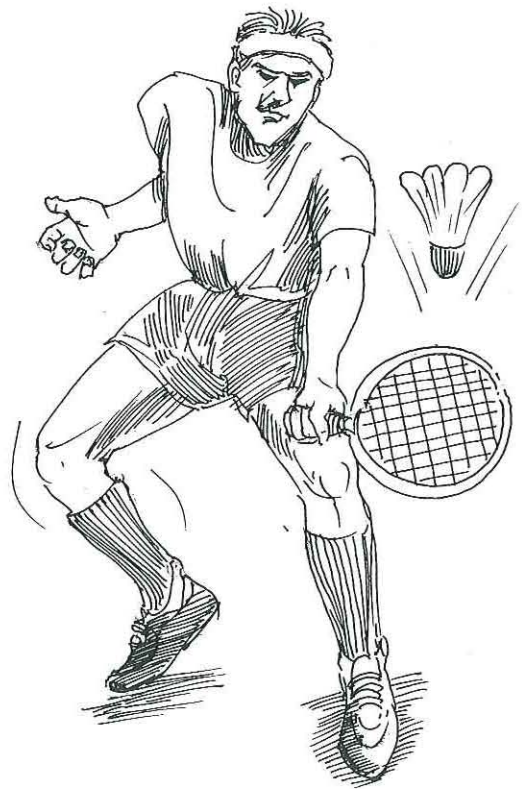
The final points to remember

- a) If a shuttle hits the net and goes over, this is considered "IN PLAY" according to The Rules (and considered "a jammy fluke" by me). Such downright luck is not called a "let", even during a service, unlike in tennis.
- b) If the shuttle lands ON a line of the appropriate court, it is counted as IN. This is applicable in ALL cases, at ANY stage of the game.



Above: Kathy going for the vital point while Georgiana looks on optimistically.

Far Left: Gaynor trying to keep to the 80% white dress code ... no, Jack doesn't think much of that, either.



Ciba-Geigy v British Club Friendly - Scoresheet

Mixed Doubles			
1. Anne-Phil	bt	Chiranee-Krissiri	15-6 15-7
2. Jinda-Vivat	bt	Pauline-Peter	15-13 15-8
3. Wantana-Mel	bt	Amanda-Tommy	17-14 15-11
4. Linda-Krisada	bt	Veronica-Paul	15-5 15-8
5. Krissana-Ittidej	bt	Taew-David	15-9 15-6
Ladies Doubles			
1. Maria-Eirllys	bt	Sunee-Praneeet	15-7 15-12
2. Wanna-Gaynor	bt	Judi-Maureen	15-2 15-8
3. Nipaporn-Patchance	bt	Kathy-Katy	15-10 6-15 15-5
4. Rebecca-Anne	bt	Kan-nok-on-Linda	15-0 15-4
5. Veronica-Pauline	bt	Arunya Keerisa	15-6 15-1
Mens Doubles			
1. Vivat-Krissiri	bt	Henry-Keith	15-2 15-1
2. Sawin-Mel	bt	Peter M-Barry	15-12 15-9
3. Maurice-Sak	bt	Krissada-Suphachai	8-15 18-17 15-4
4. Bunjerd-Ittidej	bt	Matthew-Phil	12-15 15-7 15-7

British Club in *Italic*

P.S.

All attempts to maintain our 80%-white dress code are muchly appreciated. Ta!



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258 9044-5

STRESS MANAGEMENT

Stress is an inevitable but controllable part of life. The phenomena of stress has been widely publicized lately. There have been many warnings about the ill effects of stress, but stress is an inevitable part of life.

STRESS CONTROL MEDICATION

A common remedy recommended to people to deal with their stress is to take some sort of medication. Relying on medication is like using crutches to walk if your legs are tired. It would be better to put your legs up and rest and then get going again when you feel rejuvenated. Medication may take away the symptoms of stress, but it does not examine or deal with the cause. Alternative avenues need to be explored.

Sharon Riley is the
Manager of Fitness
International at the
Dusit Thani Hotel



What exactly is stress? Stress is the applied force of pressure exerted on one thing by another. In physics putting too much stress on something causes it to break. But if no stress is applied, things never move or change, so a certain amount of stress can be very healthy.

At a low level of stress, such as in an unchallenging and repetitive job, motivation and consequently performance are low. The person may feel that their life is in a rut. This could typically manifest itself in various changes of behaviour for example drinking or eating in excess.

Behaviour changes and high levels of anxiety or tension are experienced by a person who is under a great deal of stress. The level of performance drops once the stress level is elevated. The ideal is to achieve a balance and control your stress level. This way your performance is at its peak and you experience a true sense of well being.

People who continue under high levels of stress for long periods of time literally get worn down, and sooner or later their physical and emotional health are affected.

The effects of stress vary greatly from one person to another. They can include relatively minor effects such as irritability, overeating, migraine or heartburn, to serious diseases. All these effects occur when stress is no longer positive.

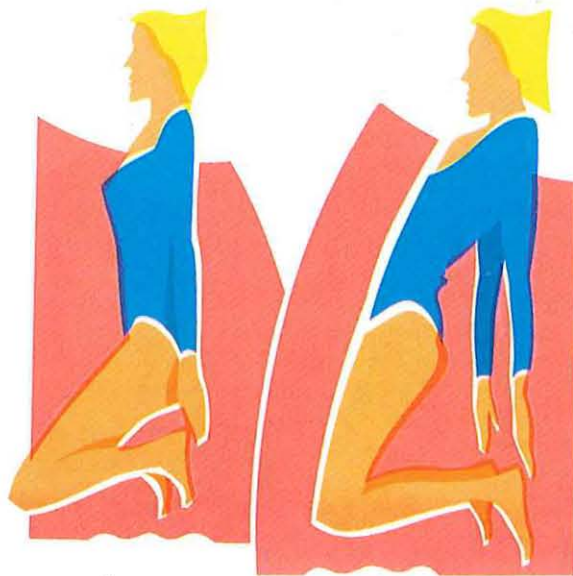
What actually happens to your body when it is placed under stress? The body's general reactions to stress are the same for everyone. When a stressful stimulus is exerted on a human their body automatically switches to a mode that enables it to be fully prepared to either defend itself or flee from the situation. A full and definite process takes place within the body under stress.

Priority areas are the muscles, to make the body ready for physical action, and the heart so that it can pump more blood to the muscles. The lungs also need to provide more oxygen to the muscles for energy and to the brain for it to be more alert.

High-energy foods such as sugars and fats are released into the blood. At the same time the flow of oxygen to the digestive system is cut off to provide as much blood as possible to the muscles.

When the crisis is over all these aspects are reversed. When the crisis becomes a long term persistent stress, the body remains in a chronic state of fight or flight. The result is high blood pressure, digestive problems, muscular pain and possible disease. It all makes sense when you relate this back to the actual state the body is in.

Diseases of the modern world, such as cancer and heart disease, have been found to have a definite correlation to stress. Learning how to recognise, reorganise and control your stress, is not only beneficial to your well being and performance, it can be a matter of life and death.



WHAT'S YOUR EQ (EXERCISE QUOTIENT)?

By Sharon Riley

If you ever failed at sticking with a regular exercise program, don't feel bad. Fitness failure is a problem for an estimated 60% of all people who ever put on a sweat suit.

What's the problem?

Most people cite lack of time, but the real reason, says fitness expert Charles Kuntzleman, Ed.D., is lack of commitment. "People may feel that lack of time, but what they really lack is the knowledge needed to make the time they do spend pay off. Their commitment withers because they don't see their efforts producing results." If that sounds familiar, do yourself the favour of taking the test on page 36. A low score could mean that lack of effort hasn't been your fitness problem as much as lack of know-how. Good luck.

STRESS & YOUR BODY

Another area of our lives we can take direct action on to relieve stress is our body. If we need a financial incentive, the money saved on doctor's bills, decreased productivity, periods of sickness and lack of creativity and motivation would be enormous. It is important to exercise correctly so that the workouts are effective. Follow a five phase programme which includes warm up, aerobic exercise, strength and endurance training, cool down and stretching to achieve total fitness. A well tuned body is far more capable of dealing with inevitable excess stress. A fit body is not only physically healthy, it is psychologically healthy.

MENTAL RELAXATION

An important factor in stress control is learning how to relax. To be mentally relaxed you need to look at your thought patterns under moments of real stress. Once you have isolated your negative responses, replace them with a more rational and positive approach to that thought. Mental relaxation will allow you to take constructive steps to control your thoughts rather than allowing them to control you.

WHAT'S YOUR EQ?

by Sharon Riley

QUESTIONS

The best time to work out for purposes of burning off body fat is:

- a) before breakfast
- b) before lunch
- c) about 30 minutes after dinner
- d) it makes no difference

Answer a) or c). The best time to work out is anytime you'll consistently do it, but biologically speaking, some studies suggest that first thing in the morning may be best for purposes of burning fat. That is because the body is more apt to draw on fat stores when blood sugar levels are low following an all night fast. Studies also show, however, that the number of calories the body absorbs after a meal can be cut by as much as 15 percent if mild exercise (e.g. a walk) is taken within an hour after that meal. Credit yourself for either answer.



True or false: You can burn substantially more calories when walking or jogging when carrying hand weights.

False. Carrying hand weights can make a difference, but to make the difference significant, the weights have to be fairly heavy (two pounds or more). And you've got to move them around quite a bit in a pumping or swinging fashion. If you are willing to do that fine, but there is the risk of shoulder discomfort, and at best you might increase calorie burning by about 3.5 percent for each pound you carry. Probably a better way to boost calorie burning while walking or jogging is simply to go a little faster or a little farther.

True or false: Heavy exercisers need more protein, especially if they want to build more muscle.

False. There is some evidence that body-builders under extreme training may need slightly more protein, but only slightly more. For the vast majority of exercisers, anything over the daily need for protein (about 50 gr) gets used as an emergency source and one that makes life tougher than necessary on the liver. Carbohydrates are the best way for heavy exercisers to get their extra calories.



The better exercise device for a good cardiovascular workout and hence reduced risk of heart disease would be:

- a) stationary bicycle
- b) a rowing machine

Answer: Heartbeat for heartbeat, evidence suggests the two units are capable of doing a similar job, but other factors not the least being usage would make the bike the better buy. Though rowers do work the arms as well as the legs, pedalling tends to be a more pleasingly fluid motion than rowing. It entails less stress on the back, and it makes reading easier. Nothing against rowing machines (if they're 200 or above in calibers), but the bike is the correct answer here providing it is of good quality.

Which is better for burning calories:

- a) a stationary bike
- b) a rowing machine
- c) they're the same

Answer c). If used with similar intensity, the devices are essentially identical in their calory burning abilities.

True or false: For purposes of fat loss, skipping a 500 calorie meal would be as good as doing 500 calories' worth of exercise.

False. Mathematically you would think the two are equal, but they are not. That's

because exercise does more than burn calories as you do it; it burns calories as you cool down. Exercise also tends to suppress appetite and elevate self esteem in a way that many dieters find aids their willpower. Chalk this one up for the workout.

True or false: Studies still are unable to show that people who exercise regularly do, in fact, live longer.

False. Many non-exercisers cling to that belief, but studies are starting to show that longevity advantages do exist for regular exercisers. Last year Ralph S. Raffenberg M.D., Dr.P.H., of Stanford University, showed that the life span may be increased by as much as two hours for every one hour exercise performed. Think about that as you pedal away in front of the Price is Right.



True or false: Working out hard one or two days a week is as good as exercising with less intensity three to five times a week.

False. If you were exercising for muscular strength only, intense workout twice a week might be enough. But for purposes of maintaining weight or conditioning the cardiovascular system at least three and preferably four workouts a week are needed. Intensity should be enough to increase your breathing but not to make you uncomfortable. "You should be able to talk while you exercise, but probably not sing," the rule of the thumb goes.

SCORING

None Wrong?

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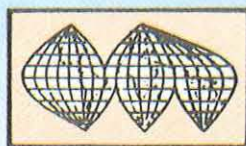
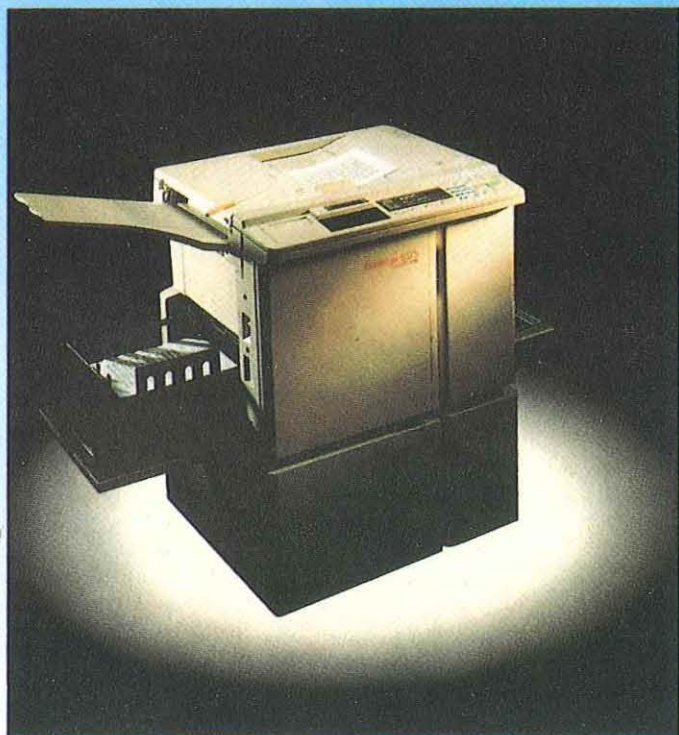
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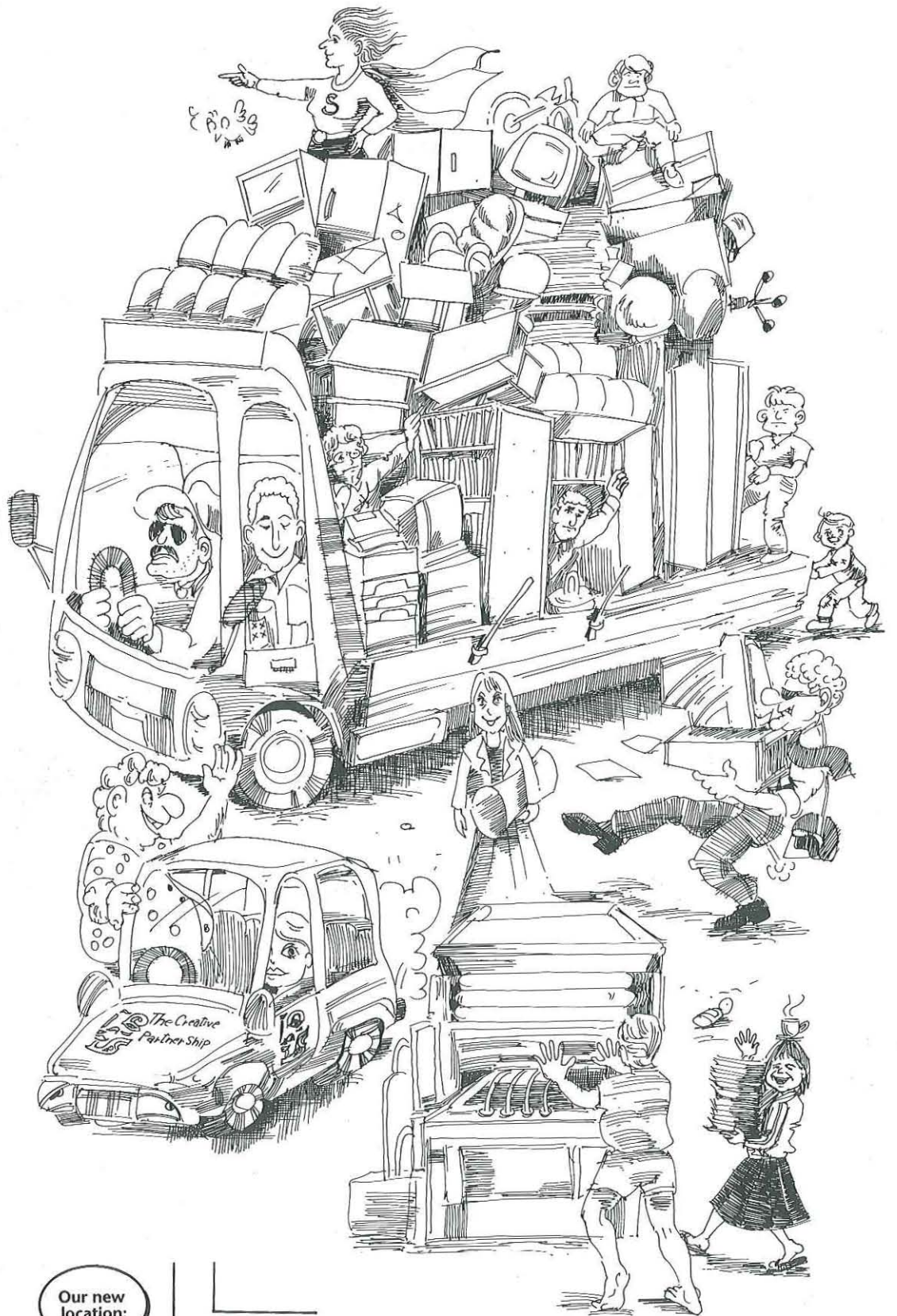
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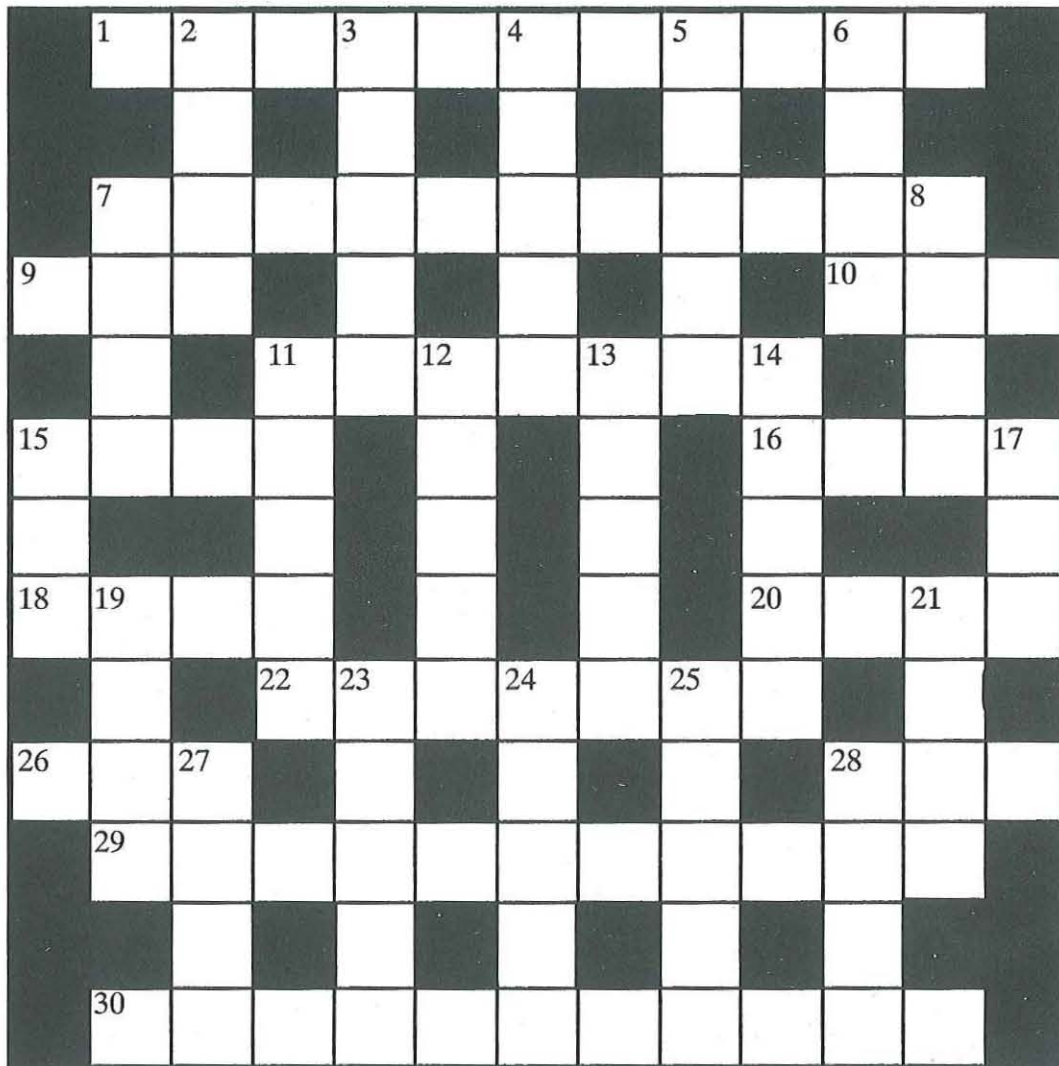


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CLUB CROSSWORD PUZZLE



ACROSS

- 1 One (Roman) bitch blurs in confusion but makes a popular Bangkok rendezvous (2 words)
- 7 We will be when we return home to live
- 9 Depression in the mountains
- 10 It's residence is not unknown to married men at times!
- 11 Little hit on common smell for another Bangkok rendezvous.
- 15 Not in favour
- 16 Bit of a sail
- 18 Gentle run for Copperfield's nickname
- 20 Turn the seat round to this direction
- 22 Put soot out to get copy from 1 across
- 26 The vehicle in front
- 28 One out of hell is pretty fast
- 29 These discrepancies can be caused by scene if Fred is around
- 30 Many Bangkokians take it at the weekend

DOWN

- 2 Dance after a session in the bar?
- 3 First-class skill goes to lady's head
- 4 They do it in 11 across
- 5 The old Cockney wife with a ball
- 6 Certainly not in mint condition
- 7 Nothing ran around but this horse
- 8 Information about narcotics
- 11 Add nothing to a call in the bar and get a horse
- 12 That call might be this for a pal
- 13 " see the Wizard" (2 words)
- 14 Cry in Scotland to salute
- 15 Skill if some pest is around
- 17 Exercise to keep it
- 19 Change dear - do it to 22 Across
- 21 Half these over? You might 2 Down
- 23 Not 17 Down
- 24 Might be Labour or just fun
- 25 Elder loses one for a Continental gentleman
- 27 Cowardly lady from Argentina!
- 28 Beat about a letter from Greece

**Thank you to
Mrs. Margaret Miller for this
crossword puzzle.**

Answers on Page 42

K I D S C O R N E R

If there are any children out there in Bangkok who would like to write something for the Kid's Corner in Outpost, please do so.

Send to: Bea Grunwell c/o Outpost, British Club.

THE STORY OF THE IMP (GOBLIN)



Did you know that Imps really exist and that they have different names in different countries? In Belgium they are called "Kleinmanneken" which literally translated means "Little Man", in Swedish "Tomtebisse of Nisse", in Russia "Domovoi Djefoesjka and in the Netherlands "Kabouter". There are male and female Imps. Normally, you would only ever meet male Imps, as the females seldom go outside their homes.

The male Imp wears a red pointy hat. He has a fully grown beard, that turns white long before his hair on his head. He wears a blue shirt, which is very much like the Thai shirts, and a leather belt around his waist with a bag, in which he carries his tools such as a knife, small hammer, drills etc. He wears brown-green pants and felt boots, shoes made of bark or clogs, depending on the country he lives in.

His skin colouring is like any human being apart from rosy applecheeks, especially at a later age. The nose is straight or slightly turned up. He usually has grey eyes, with some species having brown eyes because of mating with trolls in the old times. The eyes are surrounded by lots of little crows feet and laughter lines, this does not mean they cannot suddenly look very earnest.

The female is dressed completely in grey or mat-khaki. Until she gets married she wears a green hat, with her long plats peeping underneath. After marriage the hair is hidden by a kind of headscarf with a pointy hat on top. Because of the grey colour they are wearing it is very dangerous for the females to go outside their homes as owls can be mistaken and can hurt them very badly with their claws, before they realise it is an Imp woman they have caught and not a mouse.





Imps usually live for about 400 years. They are a very strong race and live very healthily, they don't eat too much, they have no big worries and exercise a lot. They do however smoke pipes and love low-alcoholic drinks.

Imps have a lot to do with animals, they seem to be on the same wave length with them and therefore a lot of animals in the forests and sometimes even on the farms rely on imps to help them out of tricky situations. The only animal Imps don't like is the cat, especially the wild housecat, that is not happy in a house or in the wilds. But wild animals like wolves, lynx, bears and boars, who are by no means soft and cuddly animals, respect the Imps and know they can rely on them.

For example foxes have terrible problems with ticks, they hide in the hair on their heads and the fox itself cannot reach them. The Imp waits until the ticks are asleep and removes them with one single twist, anti clockwise.

When the antlers of two deer are entwined during a fight, the Imp will cut them loose and this way release the usually very hungry animals. The antlers have no feeling in them, so sawing can be done without a problem. When a cow or a goat has "the sharp", that means has eaten something sharp,

like a piece of glass, a potato peeler, or some barbed wire, usually the farmer finds them first. But in some cases in remote fields the Imp will operate on the hurt animal. A lot of rabbits could and would be saved if they were able to relax more when they are trapped.

When an animal has been shot or hurt in a trap, Imps lead them into dense growth in the forest and sometimes for periods of two weeks or more, take over the daily care. Squirrels quite often forget where they have hidden their supplies for the winter, a local Imp will help them and take them to their stores.

Spiders are not necessarily big friends of Imps, but an Imp will never purposely break a web as this can cause bad luck. Otters are used by imps to cross rivers or lakes. The otter lies high in the water and brings the giggling Imp to the other side. (Swimming is very dangerous for Imps because of the fish always on the lookout for a nice snack.)

If you want to know more about Imps you can read it in a book called

THE LIFE AND WORK OF THE IMP

by Rien Poortvliet, with illustrations by Wil Huygen.

Or you can let me know you are interested and I will write some more in the next edition.

Bea Grunwell



PICK-ME-UP COCKTAILS

After sorting out your fitness and coping with stress I thought you might be in need of a "pick-me-up". Ever heard of a Freddie Fudpuke, Banana Cow, or Elephant Walk? No, these are not peculiar diseases only to be contracted in the Land of Smiles, these are cocktails. Below are a few for your enjoyment. Cheers!

FREDDIE FUDPUKER

Ice Cubes
30 ml (1 fl oz) Tequila
Orange Juice
15 ml (1/2 fl oz) Galliano
Cherry

Fill tall glass with ice cubes. Add Tequila and orange juice to fill three quarters of the glass. Float Galliano on top and garnish with a cherry.

KISSING THE BRIDE PUNCH

Serves 12

1 Punnet of Strawberries
Icing Sugar
180 ml (6 fl oz) Cognac
2 Bottles (750ml/26 fl oz) Champagne

Place strawberries in a punch bowl and cover with sugar. Add Cognac and refrigerate for 6 to 8 hours. Before serving add Champagne (well chilled). Note: it is not necessary to add ice to this punch.

BANANA COW

45 ml (1 1/2 fl oz) Cream
30 ml (1 fl oz) White Rum
30 ml (1 fl oz) Crème de Banana
Dash of Grenadine
Nutmeg

Pour cream, white rum and Crème de Banana into a cocktail shaker with ice. Shake and strain into a cocktail glass. Sprinkle nutmeg on top and serve.

RED EYE

Beer
Tomato Juice
Mix and Serve

ELEPHANT WALK

Cracked Ice
30 ml (1 fl oz) Dry Gin
15 ml (1/2 fl oz) Tequila
15 ml (1/2 fl oz) Fresh Orange Juice
Dash of Grenadine
Dash of Angostura Bitters
1/2 Slice of Orange and Lemon
5 cm (2 inch) stick of Cucumber

Fill an old-fashioned glass with cracked ice. Add gin, tequila, orange juice, Grenadine and bitters. Garnish with orange, lemon and cucumber. Add a swizzle stick and serve.

MAI TAI

60 ml (2 fl oz) Light Rum
30 ml (1 fl oz) Jamaican Rum
1 Teaspoon of Sugar
15 ml (1/2 fl oz) Lemon Juice
15 ml (1/2 fl oz) Almond Liqueur
Crushed Ice
Sprig of Mint
Pineapple Spear
Maraschino Cherry

Pour light and Jamaican Rum, sugar, lemon juice and Almond Liqueur into an old-fashioned glass with ice. Mix well. Add crushed ice to fill and stir gently to combine the ice with other ingredients. Garnish with a sprig of mint, a pineapple spear and a marashino cherry. If Mai Tia mix is available just add spirit.

CROSSWORD ANSWERS

From Page 39

1	B	R	I	T	I	S	H	C	L	U	B
	E	I	T	H	S						
7	R	E	P	A	T	R	I	A	T	E	D
9	C	O	L	R	I	I	D	O	G		
	A		P	A		P	O	N		P	
15	A	N	T	I	R	F	R	E	E	F	
R		N		E	F	E				I	
18	T	R	O	T	A	T	E	A	S	T	
	E		O		U	T	P	O	S	T	E
26	V	A	N	N	A	E	B	A	T		
29	D	I	F	F	E	R	E	N	C	E	S
	N	I	T	O	T						
30	P	A	T	T	A	Y	A	R	O	A	D

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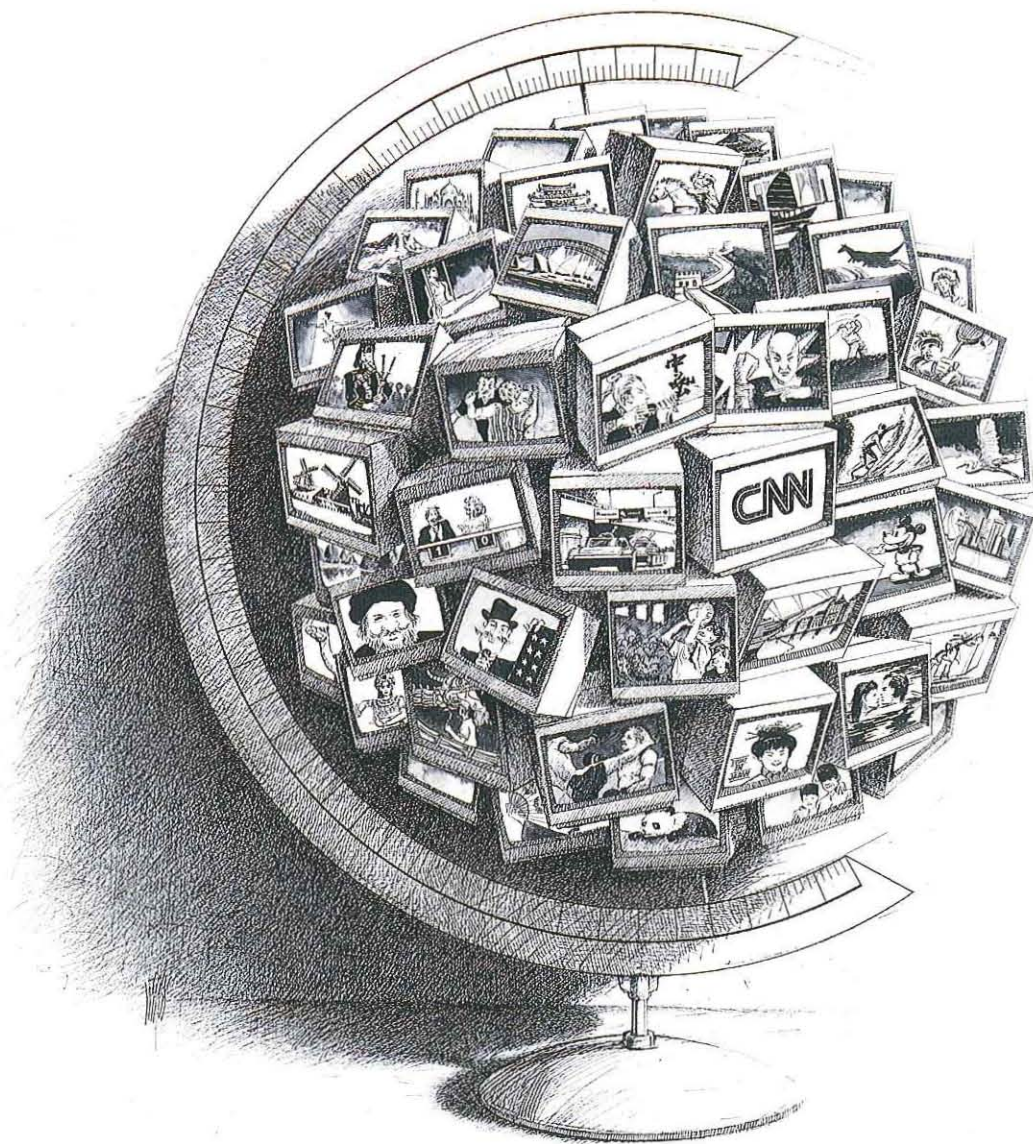
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Keith Bell
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Fax 235-1560



ACTIVITIES

Anyone who is interested in participating in any aspect of the following activities should contact:

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Bridge	Sunisa Vatanasuk	277-4462	Squash	Alexis Welsh	260-1973
Cricket	Brian Lewis	253-0557	Stamp Collecting	Jack Dunford	236-0211
Darts	Frank Hough (Lions)	231-0852	Swimming Coaching	Caroline Scarborough	256-0296 (0) 255-8278
Football	Orin Baldwin (Unicorns)	399-4582		Dagmar Buschbeck	233-1455-7 x 1
Golf	Alex Forbes	260-1950		Margaret Cullen	392-1371
Ladies' Golf	Paul Nears	252-8530	Tennis	David Haworth	260-7305 x 28
Outpost	Lavita Hughes	391-2688	Badminton	Pauline Dalton	318-5648
	Bea Grunwell	258-9509			

OVERHEARD IN THE BAR, SALA, CLUB, TELEPHONE, CAR ETC

Sometimes you just happen to be near someone and overhear a conversation,
here are just a few snippets.

Member

Could you let me have 100 pieces of headed
British Club Paper?

Office Girl

Yes Madam, I will put you through to the chef so
you can place your order.

Manager

... while in this office, please speak to me in low
dulcet tones and do not disagree with me
in any manner!

Driver Involved in Accident

The guy was all over the place, I had to swerve a
number of times before I hit him.

Driver

An invisible car came out of nowhere,
struck my vehicle, and vanished.

Chairman of Rugby Section

She is having the whole rugby team there.

Member

He is deaf in his right eye.

Member's Wife

You could almost comb my hair with
that stubble.

Member

Where is your wife?

Other Member

Where all good wives should be, at home.

Committee Member

I don't want to talk about it.

Wife

My husband is the short bald one ,over there.

Other Wife

Oh, and mine is the even shorter balder one,
over there.

Child by Pool

Mum, the service is absolutely terrible,
can I go and complain?

Mother

And if you break both your legs,
don't come running to me!

Member in Squash Court

I'm here spending quality time with
the children.

Maid after cutting off tassles of priceless Persian carpet

I thought Madam say "I no want mess!"

Wife to Maid

Do not use so many aerosols,
they damage the ozone layer.

Maid

But Madam, I don't know where to
buy ozone layer.

Member

Two Irish Coffees, please.

Waiter

Sorry Madam, no cream,
can I bring your Irish on the locks?

Son (3) after hearing a Basque rugby team is visiting next month

Daddy, what you need those
b for anyway?



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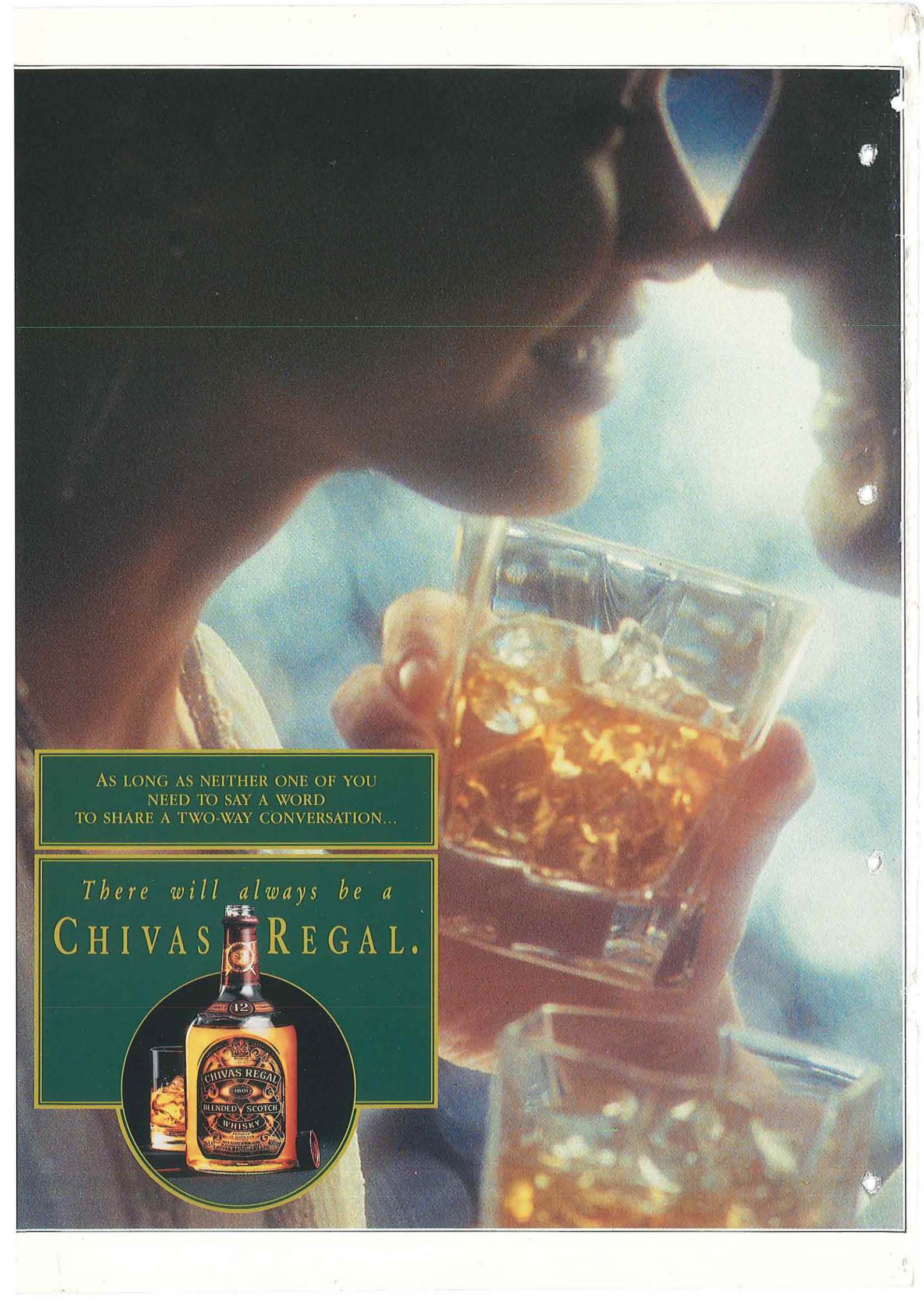
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NEED TO SAY A WORD
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