



Outpost

M A G A Z I N E



F E B R U A R Y • 1 9 9 7

- Christmas Surprise in Lords • Golfers lose 'The Bell' •
- Inter Club Mixed Doubles Nearly-Rans • Mixed Spoofing Night •



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Jane's Saturday

5:00am: Woken by a noisy Saylor in the soi.

7:00am: Same breakfast as yesterday.

9:00am: Spent 2 hours in traffic buying groceries.

12:00 noon: Scrambled eggs on toast - again

2:00pm: Phoned Joanna but she's apparently in Kathmandu

4:00pm: My tennis game washed out by rain

7:00pm: Soi flooded so ate at home. John didn't like the food

9.30pm: Bored so went to bed early

Joanna's Saturday

5:00am: Watched the sun come up over Mount Everest

7:00am: Had some incredible goat cheese and ham for breakfast

9:00am: Bought fabulous Nepalese jacket in market

12:00 noon: Ate lunch in a Tibetan camp in the hills

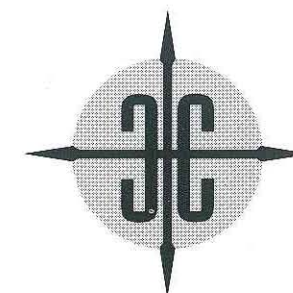
2:10pm: Phoned Jane only to learn she's bored with the traffic

4:00pm: Had tea with our Sherpa guide before wishing him goodbye

7:00pm: Watched exquisite dance show over a candle lit dinner

9.30pm: Went to bed excited about tomorrow's trip to Bhutan

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Travelling Well



For all the comfort of modern aircraft technology and services, the part of travelling most dreaded by travellers is ironically, travel. Air sickness, a cramped sitting position and swelling in the legs, all combined with bland food can make a journey miserable. Yet with some preparation you could actually enjoy the flight and the pampering of the cabin crew.

Air Sickness

The first thing to consider when trying to avoid air sickness is to get a seat assignment in the wing section of the aircraft, which suffers least movement. Medication you can take for air sickness falls into three groups. One is scopalmine, often available as a dermal patch which can be stuck behind the ear. The medicine is effective for up to three days and is usually free of side effects.



Dr Lyndon Laminack
Area Medical Director
AEA International

The second group of medicines are anti-histamines such as the popular Dramamine or Dimenhydrinate, and Marzine also known as Cyclizine. There is also a group of



dopamine antagonists, such as Metaclopramide or Maxalon.

No medication is totally without side effects and it is best to consult your physician on what you should take, especially if you have other medical problems.

Other Woes

The dry cabin air can also make a traveller dehydrated and cause a dry itch to develop. Drinking coffee, tea or alcoholic beverages will only exacerbate the situation, causing the kidneys to expel even more water. You would be well advised to stick to water or soft drinks and remember to drink about 25% more than you usually do. Moisturising creams also help with dry skin.

Rising altitudes and lower air pressure can cause bloatedness as air in the gut expands. You should avoid flatulence-causing foods such as beans before flying. Legs can also swell due to impaired venous return of the blood. Just take a walk around the cabin to help restore circulation. Remember also to drink more water to reduce the risk of thrombosis due to the reduced blood flow.

The Final Leg

The end of the journey can be the worst of all. Air pressure changes during landing can cause pain because pressure in the middle ear fails to equalise. Wiggle your jaw or suck on a sweet to help open the eustachian tube to facilitate pressure equalisation. If this fails, perform the Valsalva Manoeuvre, i.e. pinch your nose, close your mouth and blow gently. Remember to do this often, before pain sets in.

Finally, after landing, there is the matter of jet lag. Melatonin is a popular way of alleviating the effects, but caution should be exercised; its effectiveness as well as the optimum dosage have not yet been fully studied.

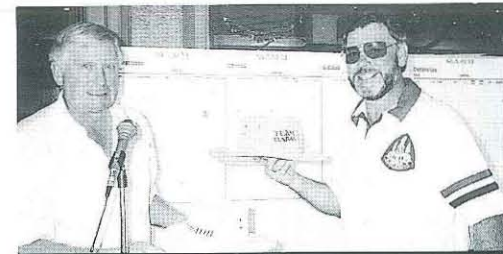
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British Club

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



Contributions

If you would like to contribute to Outpost please contact Gaynor on Tel/Fax: 237-4031



The British Club

is a family, sporting and social club with an international membership
For details about the Club contact the General Manager on 234-0247 or 234-2592; fax: 235-1560



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Christmas Crossword Champ

Here is the picture of Christmas crossword competition winner Sarah Henton receiving her prize bottle of wine just in time for the seasonal festivities; congratulations Sarah. What you can't see in this photo are her father and brother lurking nearby in the Sala and eyeing that bottle eagerly...

Gaynor de Wit



Crossword fiend Sarah with seasonal prize

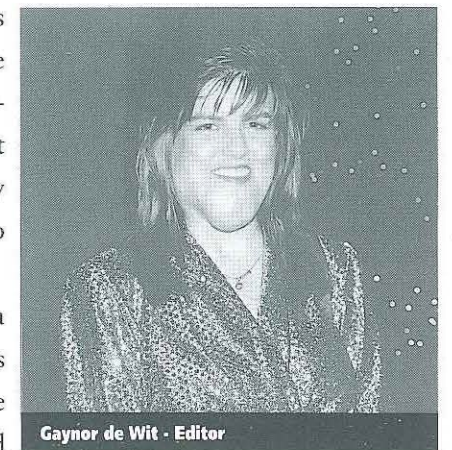
From the Editor

A couple of months ago I mentioned taking lots of photographs of the many occasions at the Club and, indeed, last month I was spoiled for choice with over a hundred photos covering just a handful of events. This is not the case this month, where there are considerably fewer pictures throughout. I am not able to attend every event the Club holds, so I would be very grateful if those people who do take their cameras to events could let me borrow the results. For instance, I hear the New Year's Eve River Cruise went swimmingly (as it were), so if those people using cameras that night could pass some of their photos for inclusion in March's Outpost (to be returned about six weeks later), it would be nice to see how everyone enjoyed themselves.

New Cards

I stand corrected about a slightly pessimistic comment in last month's editorial - the majority of the new, hi-tech member cards are here and have been for over a month now, and while we are waiting for some more to arrive there are still several of you who have still to submit your photograph and signature in application for these new cards. Some people were present in the Suriwong Sala when my old card spontaneously shattered in early January; a timely reminder that I had to collect my new one. So don't forget to drop by the Reception next time you're at the Club and swap old for new. The new cards look

much smarter, being a deeper royal blue; hopefully by the time you read this they might even work... at the time of writing, Checkpoint Somchai was still experiencing some of those technical glitches that Dugal mentions in his report, in that when the new cards were inserted into the receptors there was no noticeable effect on the gate; however, one presumes that something is being done by somebody somewhere to rectify this minor point. In Outpost this month is a report from the Christmas Lunch, during which there were some unexpected



Gaynor de Wit - Editor

guests as well as the traditional visit from Santa. There's a new form of puzzle for the thinkers and doodlers among you, and one of Trixie's poems which she gave me before leaving for Cyprus in December. Finally, there's an interesting article on medical insurance from an Australian journal penned by Club member Peter Coeshott, which will start what will be an occasional item this year on health-related issues either donated by or inspired by members.

Gaynor de Wit
Editor

From the Manager

As I write this report I am looking forward to heading off to Perth, Western Australia, for a short holiday (by the time you read it I will be back!). This signifies to me that my first "busy season" is over. In April I will have



Tom Bain - General Manager

been at the Club for a full year, but I have now been able to experience most of the Club's major social occasions. Of course, the first time around is always the most difficult as you don't really know what to expect for each event, whereas most of the staff and members do. It is also difficult to suggest changes

until you've seen how it all works. So during 1997 it will be my second time around for the major functions and I am sure that here and there minor changes can be implemented to (hopefully) improve these events.

This year's Christmas Ball attracted over 500 people to wine, dine and dance the night away on the back lawn. Some people complained that the band were not quite up to scratch, but most people appeared to have a really great time. Similarly the New Year's Eve river cruise went well. Over 200 people

signed up and we used two boats for the cruise. A buffet-style meal was available with plenty of good music to dance to later. As usual the fireworks displays at midnight were spectacular.

Members who have not obtained their new membership cards, which are necessary to operate the new security gates, are asked to do so as soon as they can.

The maintenance staff are now busy around the Club making sure that everything is spruced up and repaired or repainted where necessary, so that there are no remaining signs of the heavy usage that the Club has endured over the festive season.

While I am in Australia I will be interviewing prospective candidates for the position of Sports and Recreation Coordinator which is a proposed new position that the Committee is considering. According to the calibre of the applicants and expectations in terms of salary, the Committee will decide whether to hire a Sports and Recreation Coordinator or continue with the valued services of Sportathlon. More soon!

Tom Bain
General Manager

Management News

Security Gates

As the new security system is now operational would all members who have not submitted their applications for new cards please do so, so that the new security system can be fully implemented.

Member get Member

The member get member scheme still takes place at the New Members Night each month. The names of the proposers of all new members are put into a hat and the first drawn wins a Bt 1,000 voucher to spend at Lords. The catch is that the proposer must be present to claim the prize. If he/she is not present then the prize goes to the seconder, otherwise it is redrawn! The winner of January's award was Graham Kean, who proposed new member Derek Johnson.

Club Maintenance

The Club is starting to regain its normal bright appearance after the drubbing taken during the months of October, November and December. However, there is still plenty of patching and painting to be done so the maintenance crew are hard at work. Some members may have noticed one or two trees dying off. These have been attacked by insects but have now been treated so they should be flourishing again soon.

St Valentines Night

There will be a special St Valentines promotion in Lords on Friday 14th February. Please contact Barry for more details and reservations.

New Zealand Wine Promotion

On Friday 28th February there will be a New Zealand Wine promotion in Lords. For Bt



Winning proposer Graham with new member Derek

700 there will be a set meal (including NZ lamb) and appropriate NZ wine with each course. Please book at reception or in Lords.

Croquet Evenings

Croquet evenings this year will be held on the following Fridays: 28th February, 28th March, 25th April. All equipment, sandwiches and Pimms will be provided. Please contact the GM or D. Haworth for more information.

Club Finances

Members will be pleased to hear that the Club's finances were in good shape at the end of the 1996 financial year. Operational income was 6% above budget for the year and expenditure was 3% below budget, a good result.

New Menus

New menus have now been introduced in the Churchill Bar and Lords. A new poolside menu is being prepared and will be available soon.

New Members

Gareth and Wendy Simpson



Gareth, Wendy and proposer Ian

Another of the SGS contingent, Gareth is a chartered loss adjuster on an open contract and is the organiser of the 'LFB' competition for the insurance industry, something to do with dieting... Wendy's occupation is listed as their son William,

four months old, who was born towards the end of their previous posting in Bahrain, but she does swim sometimes. Gareth plays cricket, golf and squash and enjoys wine tasting and theatre.

Craig Perry and Nina Hadden

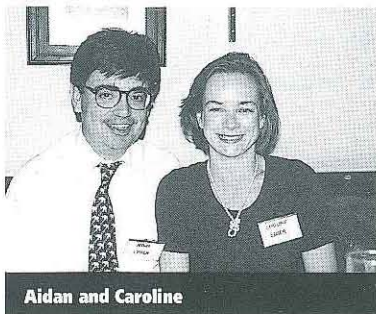


Craig and Nina

Here "indefinitely," Craig and Nina have just spent five years in Indochina (Cambodia and Laos) after postings in Singapore, Malaysia and Fiji. Craig is the Regional Manager for Continental Indochina and likes rugby, squash and

motorcross while Nina is completing a degree in Business and Finance by correspondence and enjoys squash and horseriding.

Aidan and Caroline Lisser



Aidan and Caroline

Both Aidan and Caroline are tennis players although at the time of writing I have seen only Aidan on court, and he also plays golf. Aidan is the Detergent Director at Lever Bros for the next few years and

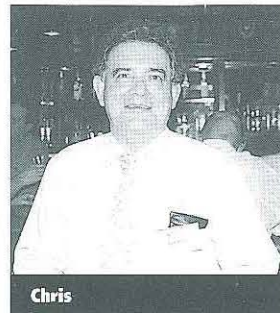
lists his hobby as cigars, while Caroline en-

joys the theatre and is already involved in the Bangkok Community Theatre with their upcoming production, although her exact role had been modestly crossed through!

Christopher Bruton

Chris was on his own this evening as his wife Wandee is in Australia with their three children who are at school there: Phanwadee

18, Katalya 15 and Kalaya 14. Chris is a director at Dataconsult and has lived here for 25 years, having previously worked in Malaysia and around Indochina. He plays a "limited amount" of sport but enjoys Asian art, culture and travel and is interested in rural education work, mainly in Bangladesh. Wandee plays tennis and swims and also enjoys travelling.



Chris

Derek Johnson

Previously in Rome and Hong Kong, Derek is the Technical Director for Mouchel and expects to be here for 5 to 10 years; he's a squash player and must be horribly fit as he's into half-marathon races and mountaineering. Apart from his hobbies of playing jazz/blues saxo-

phone (he says "badly") and cooking, Derek



Derek

is a devoted fan of the Spanish Pyrenees and he used to do crisis counselling for a suicide hotline.

Dr John and Sunthorn Henshaw

John has worked all around the world in connection with wildlife studies, national parks, wildlife breeding, etc, in fourteen different countries; he has been here before but is here to stay this time as he hopes to retire here. He is a self-employed consultant biologist working for the UK company Biosphere Consultants. Neither he nor Sunthorn play any sport.



John and Sunthorn

Alan and Rosemary Jope

The other Lever Bros recruit tonight, Alan is the Personal Products Director and is quite a sportsman, playing golf, soccer, tennis and rugby. He and Rosie have an 18-month-old daughter, Amy, with another on the way. Rosie enjoys tennis, aerobics, watercolour painting and ceramics; both she and Alan are able to roll their tongues and it looks like Amy will be able to as well!



Rosie and Alan

Dr Eric and Alison Craswell

Eric and Alison were in the UK, the US, the Philippines and Italy before coming here; both play golf and tennis and Eric also plays squash and is into computers while Alison enjoys classical guitar, choir music and weekend painting.

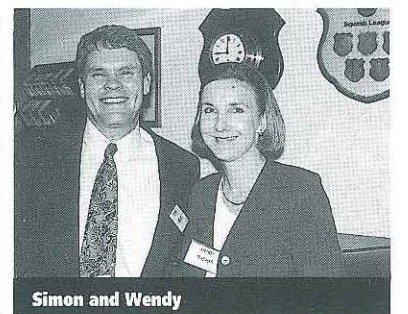
Their two children are at college down under. Alison is also a Museum Volunteer and works with young children with special needs; Eric is the Director General of the International Board of Soil Research and Management, so your soil is safe with him...



Alison and Eric

Simon and Wendy Thomas

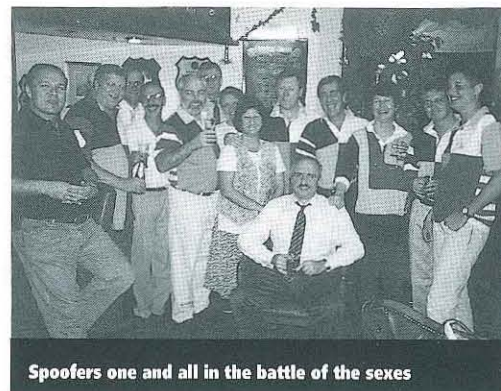
Here for three years already, Simon is the General Manager with APV while Wendy is the Executive Director for the fairly recently established South African-Thai Chamber of Commerce. Both play tennis and squash, Simon also plays golf (please see the Golf Section report! - G) and Wendy badminton; they have two children: Emma, 6, and Ritchie, 3, who was born here in Bangkok.



Simon and Wendy

Mixed Spoofing

This jovial picture shows the spoofing regulars preparing for their annual pre-Christmas round with the ladies, the only day of the year that the stronger sex are allowed to compete. Unfortunately I could not stick around to see who was still standing by the end of the evening, but if tradition is anything to go by a good time was had by all. There was some strategic reason why Vince was seated but, blame the festive spirit, I can't remember what it was.



Spoofers one and all in the battle of the sexes

Gaynor de Wit

St. David's Society Annual Ball

Featuring the Hong Kong Male Voice Choir, this year's St. David's Society Annual Ball promises to be a great event!

Friday 7th March 1997

7.00 pm

The Oriental Hotel

Formal or National Dress

Tickets: Baht 1,700

For further details and tickets please contact Carol Sandarusi on tel. 591 0694, Pina Davies on tel. 811 3976 or sign up at the British Club Reception.

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Griffiths Farewell

The Badminton Section said a fond farewell to Peter and Pauline Griffiths in mid-January as they head off on a fabulous tour of Australia and Europe before deciding where to retire (tough life, isn't it?) sometime later this year. Peter was one of the stalwarts of the weekday sessions and his and Pauline's contributions will be greatly missed. Pauline even forgave me for calling her 'Janet' in one of my editorials, which as misfortune would have it was the name of Peter's first wife... Anyway, good luck for wherever you end up setting down roots.

Soi 22 Courts

Further to the skilled map drawn out by our one and only Secretary, Barry, there is a slight verbal amendment to make: please note that once you have passed the school on your right hand side of Soi 22 (coming from Sukhumvit Road) it is three sub-sois along, not the sub-soi immediately on the corner of the school. We would like to apologise for any inconvenience or getting lost that this slight slip may have caused, especially to men who are infamous for their inherent dislike of asking for directions.

To put your mind at ease, Anant is drawing up for us a far more accurate map which will appear in next month's issue. In the meantime, those wanting further details about where we play and when and how much can contact any of the committee:

Lek Farang



Peter and Pauline Griffiths during opulent times - at the Racquet Ball in June '96

Committee of the Badminton Section

Chairperson* Gaynor de Wit

Day tel: 285 4721-2

Secretary Barry Whittaker

Day tel: 260 1210

Wife Wanna Whittaker

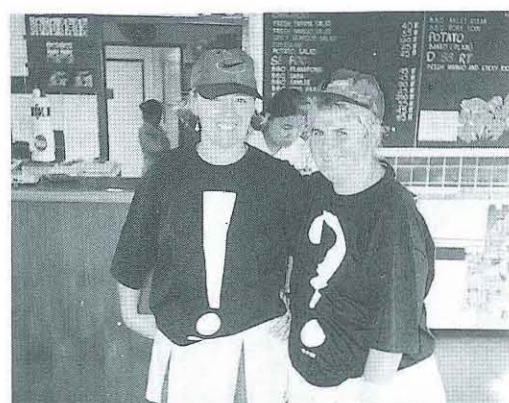
Day tel: 321 4599

(* how this is still the case has yet to be determined)

The Tale of the Vanishing Team

League and Ladder

Thanks are due to ProjectsAsia Management Ltd who have generously agreed to sponsor the BC Singles Tennis League for one year commencing with the November League which was completed on 9th December 96. The following winners were awarded with nice T-shirts:



Tennis OK, punctuation needs working on!

- League 1: Richard Ellis
- League 2: Bruce Gordon
- League 3: Ken Linthicum
- League 4: Lawrence Lipman
- League 5: Terry Adams
- League 6: James Marshall
- League 7: Yubharet Visitsunthorn
- League 8: Shelagh Weekes
- League 9: Kate Henton

Congratulations to Shelagh Weekes who not only won her division league but also the winner of the best whipper of the month. The January '97 league is running and all matches must be played by 16th February. Please be reminded that ALL league matches will automatically count as ladder matches.

Jaree Lee

Inter Club Mixed Doubles Tournament

14-15th December

Sad to say over the last 3/4 years, these Inter Club Tournaments have proved to be a major problem for BC Tennis Section and this one was no exception. One might suppose that there would be plenty of support for these two-day events from the playing members but in fact this has failed to materialise. All sorts of reasons have been proffered to explain this malaise, the usual one being the chosen date. However, as the events are spread fairly evenly throughout the year and still the support is not forthcoming for any of them, one must inevitably conclude that this format is not a practical one for the somewhat itinerant nature of the BC membership. This is an on-going problem and, short of complete withdrawal, perhaps it is something that our venerable Tennis Committee should try to address.

Portents for the team were never going to be good with the dearth of competitive lady players. However, it did appear that there would be plenty of willing men at least and indeed up to the preceding Friday afternoon we had 13 names on our list.

The outlook changed dramatically by 5pm, by which time we had only four confirmed male players for a minimum requirement of 5. With some last minute juggling and many frantic phone calls we did eventually manage to cover the shortfall, having already been forced to bring in 3 lady players from other clubs by kind dispensation from the organising committee.

Against this background it was not really

surprising that we were unable to win a single match, although we did come close in two of them...

Results as follows, with winning pairs:

BC 1 - 4 Krung Thai Bank (Bruce & Grace)
BC 0 - 5 RBSC

BC 2 - 3 Royal Air Force (Surin & Supanee, Bruce & Marina)

BC 2 - 3 Royal Navy (Surin & Supanee, Bruce & Supanee)

Actually holding a team together over the two days proved to be a nightmare and an experience to which your scribe will be extremely reluctant to subject himself to again. Sickness, jetlag, hangovers, lateness of the hour and sudden urgent engagements elsewhere were just some of the reasons why players were not able to turn up for their matches. Nevertheless, except for the last two matches we somehow managed to play with a full house.

In the case of the match against Kasetsart, the result was already in their favour so they had no objection to our playing one pair twice and with Royal Thai Navy they kindly allowed me to play twice with different partners and count the result. But still to no avail. The tournament was held at the Panya Sports Club and what a magnificent venue it turned out to be. Four brand new outdoor courts surfaced with a similar acrylic finish to ours but unlike our own in that lighting was to international standards of excellence. Additionally, two beautifully designed indoor courts were used throughout and proved to be very popular especially during the heat of midday. Superb changing and shower facilities



Two of the League winners, Kate Henton and Shelagh Weekes, with prize t-shirts

ties together with numerous restaurants, a 4-court badminton hall, twin-tabled air-conditioned table tennis room, golf driving range and an absolutely huge swimming pool completed the facilities. By far the best venue so far for these events and K. Surin is to be congratulated on his choice as well as the excellent organisation of the tournament in general.

In spite of all the difficulties experienced by your scribe who is now more or less entirely hairless (More or less? - G), we did manage to have some fun and some good tennis along the way. But searching for the BC's finest moments in two days bereft of any famous victories; these were not on court at all but were undoubtedly to be found at the impromptu karaoke given by no less a personage than your Team Captain himself along with K. Surin, Chalathip and other assorted singers including the Panya owners who found themselves serenading in the midnight hour to a completely empty house!!

Enough said.

Gord Orlmighty

Calendar

British Club Sports and Entertainment Calendar - February



Sunday

Opening Times

10am-11pm **Churchill Bar**
11.30am-2pm **Lords Restaurant - Lunch**
6-10pm **Lords Restaurant - Dinner**
7.30am-10pm **Poolside Bar**
6am-9pm **Fitness Centre - Mon-Sat**
9am-9pm **Fitness Centre - Sun/Hols**
9am-5pm **Thai Massage - Tue/Sun**



Monday

Sports - Contact the following:

Badminton **Gaynor de Wit 237-4031**
Cricketer **Peter Young 679-7644**
Golf **Geoff Lamb 326-0381**
Rugby **Joe Grunwell 262-0220**
Squash **David Turner 279-1234**
Soccer **Peter Rodgers 240-0678**
Tennis **James Young 714-9040**



Tuesday

Venues

Soi 15 **NIST grounds**
Soi Nares **Behind Bangrak Police Station**

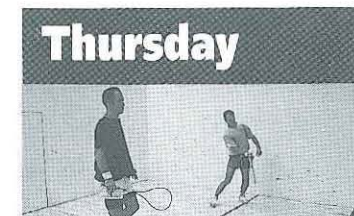
Golf - As advertised



Wednesday

Sports - Contact the following:

Non-BC Sports
Ladies Golf **Will Agerbeek 259-7019**
BCLG **Eileen Cook 295-4596**
LIGIT **Lois Carson 258-5295**
Hockey



Thursday

**Chinese New Year
is on Friday 7th;
Welcome to the Year
of the Cow !**



Friday

**Wednesday 14th
February is Valentine's
Day so show somebody
you love them**



Saturday

8am **Junior Tennis**
8-11am **Tennis Coaching**
4.30pm **Casuals Soccer - Soi 15**

7.30 am **Golf Club Champs-Vintage**
11am-1pm **Badminton Mix-In-Soi Nares**
24-6pm **Tennis Tournament**
5-7pm **Children's Video**

8am **BWG Mahjong**
2pm **Aerobics**
6-8pm **Squash Coaching**
7-9pm **Tennis Team Training**

7.30 pm New Members Night

7am **Ladies Golf**
2.30pm **Ladies Squash**
7-9pm **Soccer Training**
8-10 pm **Badminton - Soi 22**
8-11pm **Friendly Bridge**
9pm **Gentlemen's Spoof**

9.30am **Aerobics**
5-8pm **Squash Coaching**
6-9pm **Tennis Mix-In**

6-9pm **Squash Mix-In**
7pm **Aerobics**
7-9pm **Rugby Training**
8-10 pm **Badminton - Soi 22**

9.30am **Aerobics**
4-9pm **Sportathlon Tennis Coaching**

8am **Junior Tennis**
8-11am **Tennis Coaching**
4.30pm **Casuals Soccer - Soi 15**

Children's Sports Activities

Tennis Coaching
Swimming Coaching

Friday Evening & Saturday Morning
Saturday Morning

Don't Forget !!

**To treat a loved one (or a potential!) with dinner
at Lords for St. Valentines Day on the 14th**

11am-1pm **Badminton Mix-In - Soi Nares**
3-6pm **Tennis Mix-In**
5-7pm **Children's Video**

8am **BWG Mahjong**
2pm **Aerobics**
6-8pm **Squash Coaching**
7-9pm **Tennis Team Training**

7am **Ladies Golf**
2.30pm **Ladies Squash**
7-9pm **Soccer Training**
8-10 pm **Badminton - Soi 22**
8-11pm **Friendly Bridge**
9pm **Gentlemen's Spoof**

9.30am **Aerobics**
5-8pm **Squash Coaching**
6-9pm **Tennis Mix-In**

6-9pm **Squash Mix-In**
7pm **Aerobics**
7-9pm **Rugby Training**
8-10 pm **Badminton - Soi 22**

9.30am **Aerobics**
4-9pm **Sportathlon Tennis Coaching**

Valentines Food Promotion-Lords

8am **Junior Tennis**
8-11am **Tennis Coaching**
4.30pm **Casuals Soccer - Soi 15**

11am **Golf - Muang Ake**
11am-1pm **Badminton Mix-In - Soi Nares**
3-6pm **Tennis Mix-In**
5-7pm **Children's Video**

8am **BWG Mahjong**
2pm **Aerobics**
6-8pm **Squash Coaching**
7-9pm **Tennis Team Training**

7am **Ladies Golf**
2.30pm **Ladies Squash**
7-9pm **Soccer Training**
8-10 pm **Badminton - Soi 22**
8-11pm **Friendly Bridge**
9pm **Gentlemen's Spoof**

9.30am **Aerobics**
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4-9pm **Sportathlon Tennis Coaching**

New Zealand Wine Night

Croquet Evening

The Bell and the Bowl

December was a quite month for golfing (too many parties and balls to attend). We all said a sad farewell to Joan Adams who played her last match with us against the Golfers Cocktail Lounge. The Medal final was played at Royal with a fight to the finish by the finalists.



Flight Winners: A - Mike Corey, B - Bernie Adams, C - Greg Lambert

Medal Final

Sponsored by Riche Monde

The results are as follows:

Flight A winner: Mike Corey (69)

Runners Up: Mark Verheyen (74), Ray Fazackerly (77)

Flight B winner: Bernie Adams

Runners Up: Peter Bond (77), Bruce MacKenzie (79)

Flight C winner: Greg Lambert (78)

Runners Up: Phil Hall (78), Angela Poustie (80)

Near Pin: Angelo Ferrer, Chris Poustie, Mike Poustie, Mike Corey

Long Drive

Ladies: Hazel Fazackerly

Men: Des Keane

There was a separate match for the non-

qualifiers which saw Peter Griffiths with a nett score of 66 and runners up Angelo Ferrer and Ernie Jurgens with a nett 70.

'The Bell' Challenge - 15th December

The final event for the Golf Section in 1996 was against the Golfers Cocktail Lounge for 'The Bell' which was played at Vintage on the 15th December (the day after the BC Xmas Ball I might add). Unfortunately, some of us were bleary eyed through lack of sleep and too much imbibing! The format was Matchplay Stableford, also the BCGS awarded prizes to the best three pairs. The GCL won with 6 matches to the BC's 4 with one match halved. The match was followed by a BBQ at Vintage. The results for the best three pairs as follows:

Winners: Roger Fitzgerald and Phil Hall (79)

Runners Up: Jim Roe and Mike Poustie (73),

Diana Lamb and Lauren Lambert (72)

Near Pin: Roger Fitzgerald, Joan Adams, Sriwan Forrest, Alex Southcombe and Jim Roe

Long Drive

Ladies: No one made the fairway

Men: Phil Hall

Keep up the good golfing

Lauren Lambert

Club Day - 6th January

This was the day selected to compete for 'Bernie's Bowl', incorrectly advertised by the section captain as 'Bernie's Bowels'. However, the number of participants was not conducive to running a competition of this stature, so an alternative format was selected.

The seven players that turned up just after midnight at the President Club for an extremely early tee-time of 7.30 am included one new member, Simon Thomas, who is a non-Norwegian from South Africa. The other six players shall all be mentioned later in the report. The event was generously sponsored by the Golf Section and all the prizes available were donated to worthy causes, i.e. replacing Des Keane's lost balls. The format for the day was a pairs Stableford average or in the case of one team a triples Stableford average. The results were as follows:

First: Mark Reading, Phil Hall and Bob Carpenter (32 pts).

Second: Bernie Adams and Peter Bond (32 pts)

Third: Des Keane and Simon Thomas (30 pts)

Near Pins on the par threes: Simon Thomas, Mark Reading and Peter Bond. Nobody hit the first par three green (was it still too early or too dark?)

Men's long drive was won by Simon Thomas on a countback from the other six players who also unsuccessfully competed for the ladies long drive.

Best individual efforts went to Peter Bond and Mark Reading, who both contrived to get 34 points each.

Birdie prizes went to Des Keane and Mark Reading.

Watch out for the next attempt at organising Bernie's Bowl, an event not to be missed.

That's all for the report on golf, except for a little story about a new member to a golf club who was at the golf club for dinner on the



Best Pairs Winners Roger and is that you, Phil, hiding under the hat?

Saturday night and was asked by the club captain to join with him in a four-ball at 7am the following morning. The chap replied that he would be delighted to join but asked the captain to wait because he "might be a few minutes late." The Captain agreed, and the following morning the chap arrived on the tee at the appointed time.

The round of golf was completed and the chap, playing right handed, managed a gross score of 72 for the eighteen holes. The Captain was extremely impressed with this performance and promptly asked the chap to partner him in the following Sunday's best ball competition, which was due to start at 7am. The chap readily agreed but asked the Captain's indulgence if he was "just a few minutes late." The Captain, not entirely pleased, agreed as the chap was such a good player.

The day of the competition arrived and, much to the pleasure of the Captain, the chap turned up on time. The competition was completed, but this time the chap played left handed and hit a gross 73. The Captain was almost at a loss for words that somebody could play so well both left and right handed



Geoffrey and 'The Bell' just out of reach

and who was always apologising beforehand that they "might be just a few minutes late" when asked to be on the tee.

Anyway, after the prize presentation, the Captain asked the chap for an explanation of why one week he plays right handed and the next left handed. The chap in reply offered the following, "Whe I wake up in the morning and I am laying on the right side of my wife, I play right handed. If I wake up on the

left side of my wife then I elect to play left handed. It really is as simple as that."

The Captain accepted this explanation but still asked what the chap would do if, in the morning, he was lying on top of his wife! The chap replied that then he would be "just a few minutes late."

Simon Thomas has played golf both left and right handed and last Sunday was 'just a few minutes late.' Please draw your own conclusions.

Happy Golfing

Bernie Adams

Forthcoming events: 2nd February - Club Championship Round 2 at Vintage with tee-off at 7.30am; 16th February 'Kitchen Sink' match against the Bangkok Cosmopolitan Ladies Group (venue still to be confirmed, check notice board closer to the date). The Inter-Societies is to be held over the weekend of 21st/22nd February.

Farewells

T

he Club waved goodbye to the following members in December:
Peter and Christeen Baker, Mike and Outpost poetess Trixie Brann, Norman and Caroline Bright, Graham and Lois Carson, Edward Eramanis, Wal and Patricia Gotovac, David and Ann Holliday, Gillian Hunter, Eric Jelinek, Mel and Judi Leddy, Chris and Susan Leon, Andrew and Alison Mann, Philip and Jacqueline Raeburn, Philip Russell, Vajari Stewart and Thomas and Linda Telford.

Double Grid Puzzle

A Grid with a Difference

For this Double Grid puzzle, simply solve the clues A to J and enter the solution in the spaces. Each space is numbered, so you can enter each letter into the corresponding numbered space in the Quote Panel at the bottom of the page. Reading straight through (some

words are split onto the next line) you will find a quotation from a famous literary work. The initial letters of the solved clue A to J, reading down, will give you the name of the author. See if you can guess the name of the literary work from which the quote derived.

Clues

- A** Take it and be on the attack
- B** A gold coin . . . for His Majesty?
- C** Fail to adhere . . . or succeed? (2 words)
- D** Unknown state? Nay, I'm Tony!
- E** I'd a tear - to shed around
- F** Now move Neil and get a famous DHL novel (3 words)
- G** Loin sent round - was the butcher rude?
- H** Departs in biblical language
- I** Advice is useless if it falls on this (2 words)
- J** Tread easy for a Sunday in spring (2 words)

1	2	3	4	5	6	7	8	9											
10	11	12	13	14	15	16	17	18											
19	20	21	22		23	24	25												
26	27	28	29	30	31	32	33	34											
35	36	37	38	39	40	41													
42	43	44	45	46		47	48			49	50	51	52						
53	54	55	56	57	58	59	60												
61	62	63	64	65	66	67													
68	69	70	71		72	73	74												
75	76	77	78	79	80		81	82	83										

Quote Panel

44	79	29		50	12	62	35		77	9	64	52
18	66	34		76	61	42	26	83	55		11	71
24	13	80		43	54	15		33	67	58		81
69	8	28	78	53	1	46		20	25		39	
57	38	3	22	60	16	31	65		7		19	56
48	6	47	37	75	14		10	45	51	72	27	40
30		82	59		32	68	4	63	49		73	17
41		2	23	74		36		21	70	5		

Are You Covered - Medically?

A It is very important to choose healthcare insurance after careful analysis of the schemes available. It is too late to learn from the hospital bed that the insurance excludes, in whole or in part, cover for your medical condition. Equally, there is no point in paying high premiums for insurance that is too comprehensive for your needs, e.g. pregnancy cover for a single man! To help you choose the most appropriate healthcare insurance for your circumstances, here are some of the points to consider:

Countries

As expatriates you could be in a country of generally high costs with well developed medical services, such as Singapore or Hong Kong. For these countries it would be wise to choose comprehensive cover that includes out-patient treatment and general practitioners, since these costs can be quite high. Perhaps not so necessary is evacuation insurance if you are happy to be treated in the hospitals of these developed countries.

Less developed countries, such as Cambodia or parts of Africa, frequently do not have suitable hospitals for in-patient treatment and the prime requirement in the event of serious medical condition is to get out of the country. Thus evacuation cover is very important. Of less importance is out-patient and general practitioner cover because normally these simple services are not expensive.

Levels of Cover

Most insurance companies have three levels of cover that broadly follow this pattern:

- **Basic** - centred on in-patient treatment only, with perhaps some limited out-patient treatment included
- **Comprehensive** - adds full out-patient and general practitioner treatment to the basic cover
- **Super Plus** - adds routine dental treatment and maternity cover

It may not be cost-effective to opt for the Super Plus unless routine dental treatment and maternity cover are important, perhaps as part of an employee benefits package or when you are in a country with high medical care costs.

Basic cover may be tempting in that it covers in-patient costs and the premiums are relatively low. Yet this could be a misguided saving in the event that a serious condition develops that requires extensive out-patient treatment. In the long run, you may find it a more sensible choice to take the middle scheme (i.e. Comprehensive) that covers both in-patient and out-patient treatment.

Area

The majority of schemes give a choice of area of cover. The most important choice, with the most effect on premiums, is whether or not North America is included. Don't pay for cover in America and Canada if you are unlikely to visit these countries. Even if you are going there for a short visit, check to see whether the insurance scheme allows restricted "out of area" cover. Some insurers offer Worldwide cover less America and Canada but allow typically 6-10 weeks and approximately £8,000 out of area cover in North America. This can save a great deal on premium costs if you are happy with that level of cover.

A limited number of schemes base their premiums on the area in which you reside for the majority of the year. This is beginning to work against those living in Asia, where premiums have risen above those for the Middle East and Europe during the past three years.

Fine Print

Read it. Please.

Look carefully at the definitions of out-patient, day care and in-patient treatment. Then go through the exclusions very carefully so

that you know exactly what is covered. Some points to look out for:

- Organ transplant - any limitation on the amount? If so, is the cover sufficient?
- Chronic illness - covered? Many insurance schemes do not cover chronic illness.
- 365 days cover: some well known schemes only provide cover for 180 days a year.
- Age 65 - will insurance cover be provided at age 65 plus?
- Division of cover - some schemes allocate upper limits on different elements of healthcare, e.g. for surgeon's fees, hospital beds, etc. This tends to make it difficult to understand the levels of benefits and often results in less being paid in response to a claim than expected. Plenty of insurers offer comprehensive cover without restrictions (e.g. allowing a "full refund") and these schemes are normally a better choice.

Evacuation

Most, if not all, healthcare insurers contract out the evacuation service to specialist companies. A few schemes offer the option of evacuation but most expatriate schemes include it as an integral part of the insurance. Typical benefits should include: evacuation to the nearest country with suitable medical facilities, return to the expatriate location after treatment, payment for a relative or friend to accompany the patient, burial or repatriation of a body.

The key point with repatriation is that it must work instantly when it is needed. Choose only insurance that has evacuation provided by the well-established companies in this field with 24 hour emergency centres and air ambulances available in your area.

Claims

Like evacuation, you need efficient claims payment without irritating deductions made because the cover is not comprehensive. Reputation is perhaps the best guide; ask friends

and acquaintances for recommendations. You will soon hear about the reputation of insurance companies operating in your area. Be cautious and only insure with major companies with a strong record of efficient international healthcare. It does no harm to talk to hospital administrators, who are ideally placed to view the efficiency of claims payment.

Beware of companies who employ loss adjusters to handle their claims, since their role is often to reduce payment to the minimum.

Premiums

You have to expect premiums to rise, particularly in Asia, where medical costs have risen 30% in the last four years. As healthcare improves in the developing countries, costs rise, which is not unreasonable when you consider the payment required for better-trained doctors and more complex equipment, quite apart from the general level of inflation.

Peace of Mind

At the end of the day, you are paying an insurance premium for healthcare because the cost of medical treatment can break the financial resources of a family and companies do not wish to be at risk for potentially high unbudgeted costs. Go for quality and rest easy in the knowledge that, should a serious medical problem arise, the best treatment available is fully covered by your insurer. This treatment should include, at the minimum, both in-patient and follow-up out-patient treatment for serious conditions, such as cancer.

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Recipe

Mocha Shortbread

Making biscuits has always been a family favourite and shortbread especially makes a great gift as well as a tasty home snack. The frosting adds that little bit of difference but is of course an optional extra and people like myself who are allergic to chocolate could create different frostings to suit. Me, I prefer my shortbread simply sprinkled with castor sugar.

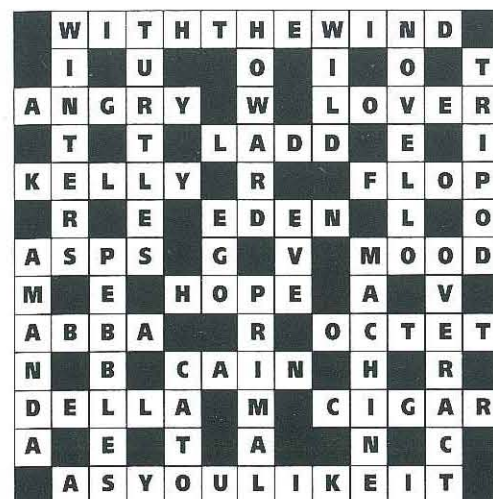
Ingredients

- **Dough**
- **1/2 cup (1 stick) softened butter, cut into chunks**
- **1/4 cup granulated sugar**
- **1 1/4 cups unsifted all-purpose flour**
- **3 tablespoons cornstarch**
- **1/2 cup semisweet chocolate chips**
- **1 tablespoon finely ground coffee (Turkish grind preferable)**
- **Chopped pistachios for garnish**

Method

- 1** Preheat oven to 325F
- 2** In a mixing bowl, combine the butter, sugar, flour, and cornstarch. With your fingertips or pastry blender, work the mixture until it is crumbly, with no big lumps. Press the mixture into a large, firm ball. Cover with plastic wrap and let rest for 15 minutes.
- 3** On a pastry board, roll out the dough to 1/2-inch thickness. With a sharp knife, cut out desired shapes and place on an ungreased cookie sheet and place in oven.
- 4** Bake for 440 minutes, until golden. Cool slightly before lifting from the cookie sheet.
- 5** To make the frosting, place the chocolate and finely ground coffee in a small saucepan over low heat and melt. Blend together with a wooden spoon. Dip the edge of each cookie into the coffee-chocolate mixture. Sprinkle with nuts and cool on a wire rack.

Solution to the crossword from January's issue:



Bliss

If you feel sad and filled with gloom
All by yourself in a lonely room
With no one beside you to hug and kiss
Just close your eyes and think of Bliss

Bliss is an emotion deep and warm
Like being loved and sheltered from harm
Bliss is to be needed by someone dear
Someone who loves you from year to year

Bliss is a baby's hand on your face
So warm and tender, so full of grace
Bliss is two chubby arms around your neck
Two lovely red lips that pucker and peck

Bliss is being in a garden of flowers
Somewhere to stroll for hours and hours
Bliss is breathing some clean fresh air
Feeling a cool breeze blowing your hair

Bliss is being on God's sweet earth
Looking at yourself and feeling a 'worth'
Bliss is laughing and hugging yourself
Thanking the Lord for all your wealth.

Trixie Brann, 1996

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Christmas Lunch in Lords

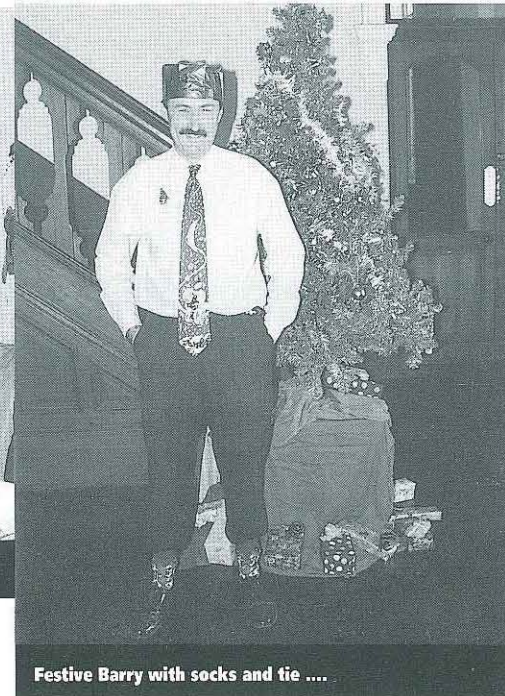
Christmas Surprise!

Christmas Day at the Club still proves popular with many members, with 63 eating Christmas Lunch in Lords and over 30 for dinner in the evening. As the photos show, everyone enjoyed themselves as they tucked into the delicious festive food and mulled wine and posed for photos with Santa as he dished out little stockings with presents to all the diners.

There was a special Christmas surprise for one family: just before lunch was served, two Santas entered the room and proceeded to shake hands with some of the diners, starting with the Marshall family table... some of them claim that they suspected immediately, but for others it was a complete surprise when the Santas removed their beards to reveal Tony and Julie Marshall, Andy's parents, who were believed to be spending Christmas in the Black Forest! Unbeknown to any

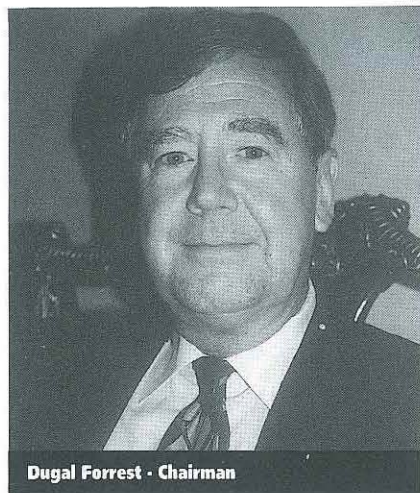
of the Marshall clan, Mr and Mrs Marshall Senior had faxed ahead to the Club six months before informing them of the stunt they wanted to pull on their family, even though Andy and Lisa hadn't booked the table until a few weeks before Christmas and only confirmed it to Andy's parents by fax on the day they were supposed to fly to Germany. That's one Christmas present that won't be forgotten in a hurry! At least the other diners were able to join in the fun as, with the Marshalls arriving an hour late, several tables were informed of the impending surprise while they were waiting and so were watching the Marshall table expectantly when the first two Santas walked in!

Gaynor de Wit



From the Chairman

At this time of the year the Club's AGM starts to appear on the horizon and it is my duty to ask all of you to make every effort to attend and let your committee know your views. This year we have set Tuesday March 25th as the date so please note that date down now.



Dugal Forrest - Chairman

I should also like to ask any of you who might be interested in joining the committee for next year to let this fact be known. The influx of new and enthusiastic members is essential to the effectiveness and dynamism of any committee and ours is no exception. So please stand up and be counted. The new security gates are now fully operational and I hope not causing anyone too much inconvenience. There are bound to be one or two glitches until everything gets ironed out so I would ask you all to be as patient as you can. Please also make sure you collect your new membership cards from Reception, if you have not already done so.

May I also take this opportunity of reminding everyone the Club's rule regarding mobile telephones in the Clubhouse. Please remember that the use of such telephones in the Churchill Bar, Lords or any function held in the Clubhouse is not allowed and that includes leaving them turned on to receive incoming calls. If anyone wishes their mobile telephones to remain active whilst they are in the Clubhouse, would they please leave it with Reception with clear instructions as to where they may be found should an incoming call be received. There appears to be an increasing number of people, members and/or their guests, who are unaware of this requirement, so please keep it in mind when you visit the Club.

There are a number of events scheduled for this month, details of which will be found elsewhere in this issue. Do support them if you can and enjoy them; that's what they are there for. Over to you.

Dugal Forrest
Chairman

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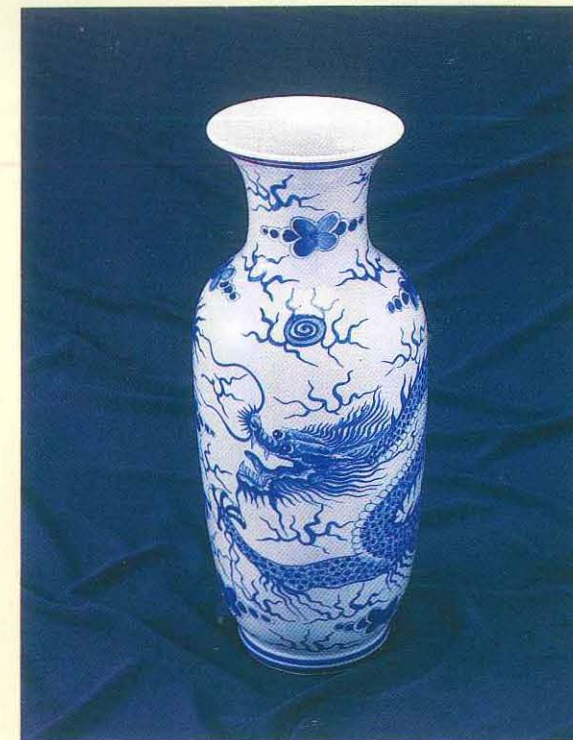


**Tom
Bain**

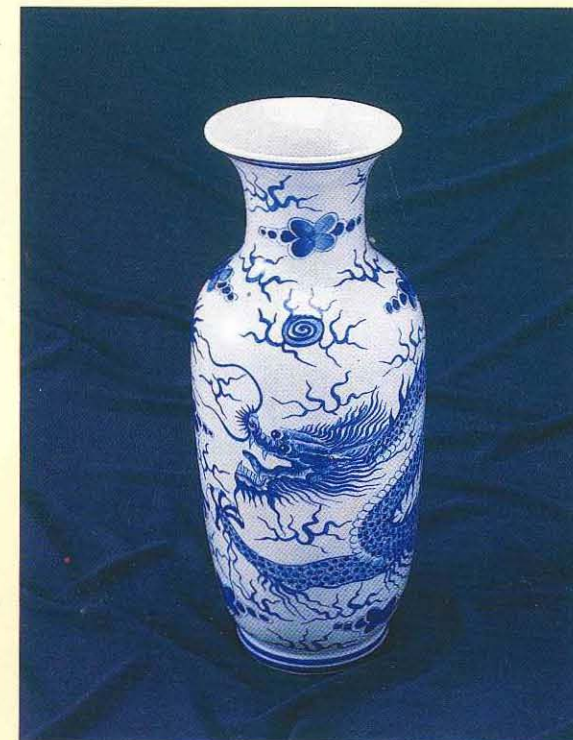


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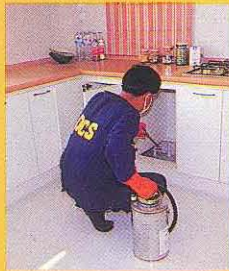


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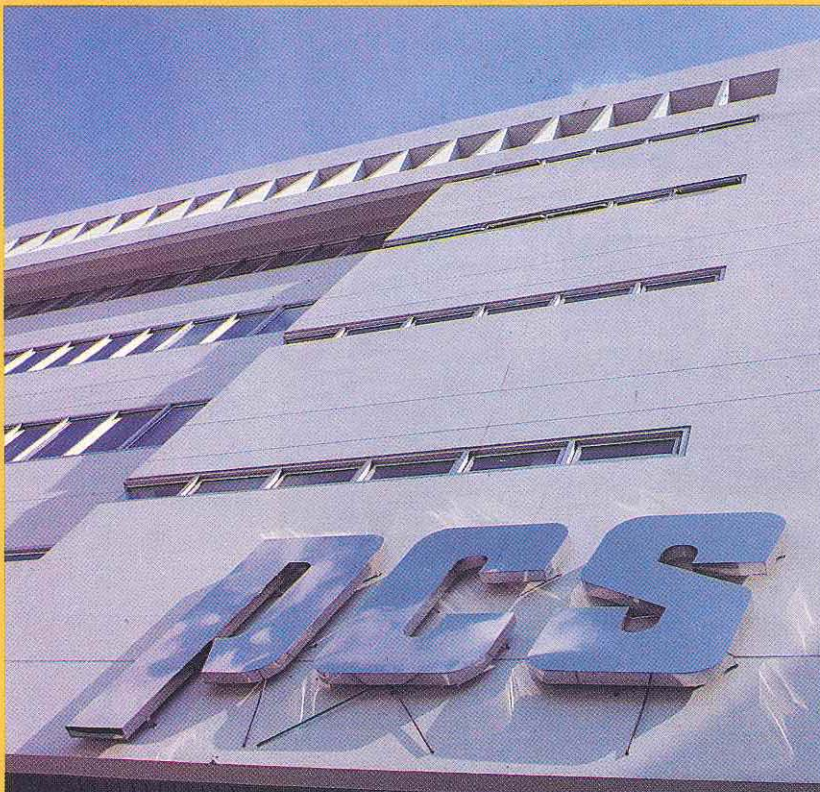
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