# MONTHLY MAGAZINE OF THE BRITISH CLUB

# This space for



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# Allowrie CHEESE



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The Jolly Green Giant has gone. What a difference the white tiles have made to the Swimming pool vista. And what a difference it should make to the cleanliness of the pool area now that the building work has been completed. The 1 million baht donation for the new car parks will greatly relieve the financial pressure on limited Club resources and more than compensate for the scheduled 6 weeks of inconvenience to members. (Further details in Jing Jok).

To counteract all those comments (well both of them) that Outpost is becoming a "ladies' magazine" we will be including a Page 3 from next month - so watch out all you ladies round the pool! We may even start a centre fold if we can find any decent male talent round the pool.

Apologies for the poor quality of the squash photographs in last month's Outpost. Unfortunately we are working with very old printing equipment but the management are currently reviewing alternatives.

Could we please remind all contributors to Outpost that the submission deadline is the 15th of every month.

And finally, spotted in the Aberdeen Evening Express: "To get an indication of the weather conditions, a coastguard on the spot was asked to estimate the wind speed. He was sorry, he replied, but he didn't have a gauge. However if it was any help, the wind had just blown his Land-Rover over a cliff." Signature - Telephone Fat (is

ANNE STUART

CEAU SEE JACTURE LASTE TES



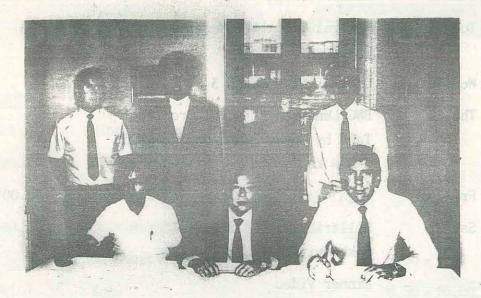
MARCH		
Sat 1	Dinner Video	
Sun 2	Dinner Buffet	
Tue 4	New Members' Committee Night.	
Wed 5	Quiz Night - Round I	
	On Court Tennis Social	6.30 - 9.30
Fri 7	Yoga	8.30 - 10.00
The Book to	St. David's Celebration - Royal Orchid	
Sat 8	Swimming Tests	9.00 a.m.
	Dinner Video	
Sun 9	Swimming Gala	11.45
	Dinner Video	
Tue 11	Ship's Visit - Pub Night	
	appearant to the second responsible of the s	
Wed 12	Quiz Night - Round 2	
Thu 13	BWG Visit to the Teak Palace -	no register the v
	Vimarn Mek - Telephone Pat Garvey	
	251 6555, Jean Parrott 258 0680	
	Bambi	
Fri 14	Yoga	8.30 - 10.00
	St. Patrick's Celebration	

Sat	15	Dinner Video. Snakepit Party	
Sun	16	Dinner Buffet	
Tue	18	General Committee Meeting/ Chairman's Dinner	
Wed	19	Quiz Night - Round 3	
Thu	20	BWG Luncheon at Royal Orchid.  Talk by Susan Brant on 'Creating a New You'.	
Fri	21	Yoga	8.30 - 10.00
Sat	22	Hilltribe Sale, ISB Soi 15 Sukhumvit	9.30
		Dinner Video	
Sun	23	Dinner Buffet	
Mon	24	Haggis 'n' Dance	
Tue	25	A.G.M.	
Wed	26	Quiz Night - Grand Final	
Thu	27	BWG Coffee Morning Telephone Pat Garvey 251 6555	
Fri	28	Yoga Ton expendit at d	8.30 - 10.00
Sat	29	Dinner Video	
Sun		Dinner Buffet	

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ing as "good heighbours" in this matter is a tremendous credit to both companies and something for which the BC is graveful.





Signing the historic agreement are Mr. Thira Wipuchanin (centre) for AIA, Mr. Ong-Art Liangsiri for TOC and Mr. Arthur Phillips for the BC.

Negotiations which started a year ago were successfully concluded on the 18 February when an agreement was signed between The British Club, The American International Assurance Co. Ltd. and Thai Ohbayashi Corp. Ltd. whereby, in compensation for the inconvenience caused to The British Club, its Members and Staff during the period of construction of the new AIA office building, AIA agreed to finance the resurfacing of the car parking areas and access roads within the Club's premises "free of charge". This work which has a value to the Club of approximately Baht 1.3 million is due to commence within 15 days and to be completed within 90 days.

The effect of this work will be to raise the level of the car park by several centimetres, improve drainage and generally to enhance the appearance of the Club premises.

The attitude of AIA and the cooperation of T.O.C. in acting as "good neighbours" in this matter is a tremendous credit to both companies and something for which the BC is grateful.

# QUIZ NIGHTS

IN THE CHURCHILL BAR

# EVERY WEDNESDAY

# IN MARCH

Starting at 7.30 p.m. come and enjoy fun evenings where teams from the following compete for the Title:-

"BC Quiz Champs 1986"

\* General Committee

\* Soccer Section

· Outpost Editors

\*St. Patrick's Society

\* Golf Section

\* St. George's Society

Darts Section

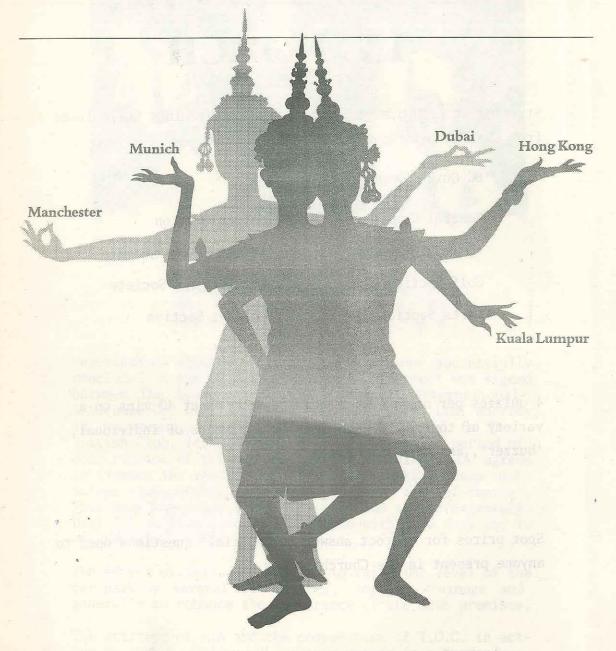
· Cricket Section

4 quizzes per night, each quiz to last about 40 mins on a variety of topics. Rounds will be a mixture of individual, 'buzzer', and team questions.

Spot prizes for correct answer to 'special' questions open to anyone present in the Churchill Bar.

7

# We now fly direct in five new directions.



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### ST. VALENTINE'S DANCE FEBRUARY 14

It was down memory lane, with the Suriwongse Room beautifully decorated for the village hop, fairy lights and heart balloons, etc.. and the magnificent Lachy Thomson Band making their first appearance at the B.C. since 1973. Even the Beatles could not have made such a triumphant comeback, and we hope to see much more of Lachy, Paddy, Laurie, Rudi, Andy, Joe and the bass-player whose name I've forgotten.

The Chairman of the Club, as he glided around the floor demonstrating a fox-trot, was heard to say, "Can't we have this every weekend?". It would indeed be great to have a dance at least every month, so, members, please make your suggestions to the Entertainments rep. if you know some other good bands.

Your Entertainments rep. managed to dance with almost every lady in the hall, and everyone was so out-of-step that the poor floor stood no chance of discovering a vibration sympathetic enough to collapse to, although some of the dancers did.

There was just the right number of people, about 80, and we reckon that 100 or so would be the limit to enjoy oneself and have enough room, so book early next time.

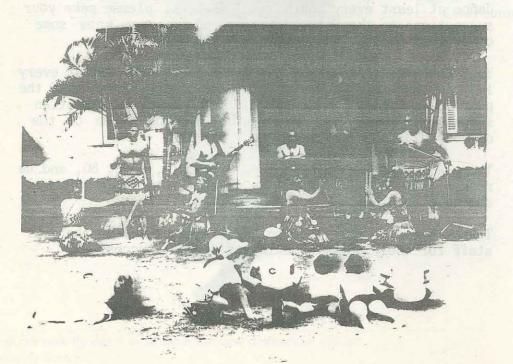
Thanks again to Col. Thomson and his band, and to the B.C. staff for their work in making it a great success.

### MAORI CULTURAL EXHIBITION

BRITISH CLUB FRONT LAWN

SUNDAY 16TH FEB





The invitation was irresistible. There I was, after just three months in Bangkok, being invited to meet the Committee of the British Club. Wonderful, social recognition at last, new horizons opening up.

The appointed day came, and in best bib and tucker I took myself off to the Club. I bounded up the stairs, as directed by the lovely lady at reception, and missed my first warning signal. My file, into which I had duly recorded each previous visit, was missing.

On entering the designated room, I suddenly realised I'd blown it. Normally, as a socially experienced businessman I can walk into a room, spot host, mark out who matters and who to ignore and select a spot equidistant between bar, food, loo and exit in about 3 seconds flat. Not so today. First problem, no food and no bar, so no handy waiting station while measuring up the company. Second problem, impossible to spot host, who is normally near the door nursing a sore hand and trying to catch a waiter's eye. Finally, the party itself was divided into a series of small clusters, with that tight shoulder to shoulder formation that is the body language equivalent of a No Trespassing Sign.

Immediate reaction is to beat a hasty retreat but I was saved from social disgrace by the timely arrival of a waiter and the promise of something amber to steady the nerves. While waiting its arrival, I realised that my social leprosy was increasing, as the assembled throng is not homogeneous but divided into three types, none of which included me.

There are Named People, .with little white cards on their chests bearing their names in illegibly small print.

There are Smilers, who seem to be attached to the final group --

The Card Carriers.

Look, I'm not normally that slow but I had just twigged. I was a Card Carrier, but had no Card. Hence, Leper. Quick search and there, where the food should have been, was my folder. I grabbed this and, with the renewed confidence that comes from being a belonger, set off to breach the body wall. My target was one of the Named People, as I'd detected Smilers and Card Carriers were being deferential towards this group.

Immediate rebuff because I did not have a Smiler in attendance. Retire hurt, join fellow Leper edging towards the exit. He explains that Smilers are proposers, Named People are Committee members and Card Carriers new members. My problem is as a new boy in town, a member of the Committee had been kind enough to propose me. Hence my Smiler was also a Named Person. Quick sprint to the notice board, fix on the face of my proposer, back to the room and established target. Introduce myself, quick social chat.

Named Person then reaches for my card. Going to check my attendance record I thought - glad they don't let just any fly-by-night in. This is my sort of Club. He flips to the back page and seems to stare for an unnecessarily long time at the inside of the back cover. After all it is blank, but I sense I'm in trouble. Maybe my tie is too conservative, or perhaps too formal, since he was not wearing one. But this is not the Australia Club, I thought. A gentle hand guides me to one side. Give me the bad news in private, how civilized.

No list of Committee Members, he explains, showing as an illustration the file of some gad who has not even bothered to show up. Pen produced, list of names added, signs with a flourish against his own. Six of those, he says, and you're in.

Give me a clear goal and there's no stopping me. Five more Named Persons to chop my card and I can retire downstairs and get on with the serious business of being a fully fledged member of the British Club.

Now you've all done it (unless you are borrowing this mag or are An Other Half) but lining up in little queues clutching your folder, grinning inanely and making polite conversation to a Named Person while half a dozen other hopefuls, complete with Smilers, hover indiscreetly in the background waiting for a chance to pounce, doth not a social occasion make. For a start, it's hard to keep the conversation going when you both know your only objective is his signature so that you can yell Bingo and head for the bar (I sound like an alcoholic.)

So what was the point? Did you want to meet me? Easy, buy me a beer. Do you want me to know about the club? Easy, invite the relevant Committee Members along. (Is there a bar Committee?). After all, my dreaded folder has my interests marked.

Hell, I'd buy the beer.



### HAGGIS N' DANCE

The Saint Andrew's Society finds itself in the happy position of having an overabundance of haggis in stock - 20 kilos of the delicious stuff in fact.

The Society and the British Club will therefore host a Haggis N. Dance at the British Club on Monday 24th March to which all are welcome.

The format will be much the same as the popular dance practices held before the Annual Celebration in November. There will be no cover charge and a meal of haggis, tatties and (simulated) neeps will be served free of charge. Who said the Scots were mean!

For those who do not enjoy haggis (can there be such people?) the British Club will lay on a regular buffet.

Once again, all are welcome, members and non-members so come along and enjoy an evening of haggis and country dance .... F R E E!

Linest Not for the day end sonner of a fine test table

donnted by Corean and Sons was Dave Ferrusan who played

Yours Aye,

IAN I. STUART Hon. Secretary

Dress: - Very casual Time: - 7.30 p.m.

salve number. Best best the way Terry Suath with 22 points

ST. ANDREW'S SOCIETY

Golf Championship

In what turned out to be an opportune outing in terms of practice and team selection for the Inter-Societies competition later this month, the St. Andrew's Society held their annual Golf Championship on January 25, 1986. Normally reasonably efficient when it comes to organising things, the society had slipped up in this area and had omitted to have the championship in 1984. An earlier attempt to organise 1985's had produced only 2 entries. On this occasion, however, 22 members/guests turned up at Don Muang Airport course to contest both the 1984 and 1985 events.

The course was very crowded and the first nine holes took over 3 hours to complete. The second half was a little quicker at around 2½ hours but, despite the frustrations of such a slow round, some good scores were returned.

The main competition of the day, for the lowest gross score and The Leonowens Trophy - 1985 championship, was won (for the 6th time in the nine years since it started) by Ian McLean with an 82 which, to Ian's disgust, included 4 bad shots! The committee had decided that the 1984 championship would go to the next lowest gross provided that person had, in fact, been in Thailand in 1984. After a countback, the 1984 champion was found to be Norman MacDonald just beating Chieftain Paul Buckland by one stroke.

Lowest Net for the day and winner of a fine teak table donated by Gerson and Sons was Dave Ferguson who played off 30 to end up with a net 71. Bill Burr was a close second with a net 72 playing off 24. Bill collected a dinner for two donated by the Angus Steak House.

The day's Stableford competition was won with 35 points by Jock Millar-Stirling. Best front nine was Ian Hendrie with 17 points on a count-back from Mike Crowther with the same number. Best back nine was Terry Smith with 22 points. Longest drive was Bill Burr, nearest the pin (hole 8) was Hastie Weir and, on hole 16, Norman MacDonald.

Two booby prizes were available. The first for the second highest score was won by Mike Pomfrett who was judged to still have hopes of improvement so his prize comprised a hat to make him look like a golfer, a set of practice balls to help him play like a golfer and a set of tees shaped like naked women to help keep his head down. Highest scorer of the day was Duncan Niven who collected a jigsaw puzzle in case he would like to spend his weekends doing something other than playing golf.

Despite the slow round, the day was enjoyable and participants went straight from the course to the Hyatt Central Plaza where the use of the health club had been allowed to those members attending the Burns' Night Ceilidh. The main prizes were presented during the evening.

Shortest Smile of the day: Norman MacDonald holding the 1984 championship trophy for about 30 seconds before handing it to 1985 winner Ian McLean.

Saying of the day: "How can someone who looks as if he just walked out of Belsen hit the ball 300 yards?" (Identities of those involved on request.)

Committee decision of the day: Penalty for bringing down an aircraft in flight - one stroke per engine - (helicopters are a free drop).

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# The Bangkok St. George's Society

### THE BANGKOK ST. GEORGE'S SOCIETY

The Bangkok St. George's Society Council for 1986 is

Eric Turner

- President

Terry Adams

- Hon. Secretary

Ian Boulton

- Hon. Treasurer

Bryan Baldwin

- Publicity

Arthur Phillips

- Constitution

David Frost

- Golf and Sports

Clive Brook-Fox

- Membership

Cheryl Sinsabaugh

Nick Pettinati

New Members are welcome, not to say actively sought after, so if you are interested please contact one of the above. You should be of English descent, not necessarily back to Hereward The Wake, and if you haven't actually had the blessing of walking on England's green and pleasant land, you must at least know where it is. Join now while stocks of sports shirts and ties last!

### ST. GEORGE'S SOCIETY ANNUAL BALL

This premier event on Bangkok's social calendar will be held on Friday 25th April 1986 at the Hilton Hotel on Nai Lert Park.

To avoid disappointment please put the date in your diary now. More details, including an application form, will be circulated soon by the President, Eric Turner.

Meanwhile the Dragon, portcullis, Beefeaters' uniforms etc., are all being checked over for what promises to be a wonderful evening.

# THRIFT HIRE UK CAR HIRE

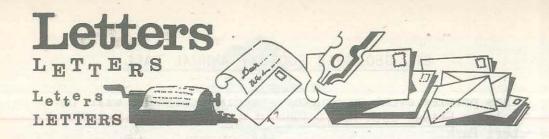
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BRITISH EMBASSY, BANGKOK.

31 January 1986

Mr A Phillips Chairman British Club 189 Surawongse Road BANGKOK 10500

Dear tratur

When I arrived in Bangkok in 1981, to take up my post as Ambassador, the Chairman and Committee of the Club were good enough to extend to me the privilege of honorary membership.

Now that I am due to leave Bangkok at the end of my term, I am writing to thank you all for the privilege that was given to me. It is one that I have greatly valued and, as you may have noticed, I have been an active member of the Golf Section.

With very best wishes, and thanks again, to yourself, the Committee and all members of the Club.

Jours su cerely, Justin Staples

H A J Staples

THE WORLD'S GREAT DISEASES ..... by Dr. Septimus Crank

### MALARIA

Malaria means bad air. The latter day Romans attributed their frequent fevers or agues to poisoning of the atmosphere by the malodorous Tiberian marshes. This, and a number of other interesting and fanciful theories, did not turn out to be correct; but the name stuck. The real cause of malaria was finally discovered in 1880 by a French doctor working in Algeria; one Alfonse Laveran. He was looking down his microscope one day at a fresh blood sample obtained from a patient with malaria (or as the French call it 'Paludisme') and noticed something crawling about inside the red blood cells. When he triumphantly announced his discovery to the august Academie des Sciences in Paris, he was greeted with the usual hoots of derision that the scientific community reserves for any major and revolutionary discovery. Eventually others started "seeing things" down the microscope and the existence of the parasite was confirmed.

How did it get into the blood cells? The discovery of transmission (i.e. how you get it and how you give it to someone else) of malaria was the result of years of painstaking research by a young Indian Army officer. Surgeon-Major Ronald Ross already knew from the pioneering work of Manson that mosquitoes could transmit a parasitic infection; in this case filariasis - the cause of elephantiasis. Both he and Manson suspected that the mosquito might also transmit malaria. He was eventually able to demonstrate "pigmented bodies" (little round "egg" forms of the parasite) in the stomach walls of two "dapple winged" mosquitoes (now known as anopheles) which he had bred from larvae and "fed on" patients with malaria. He then knew that the mosquito was the intermediate host of the parasite but how did it get back to infect man? At this time he was working in Calcutta

but he was unable to complete the story because of lack of subjects! He was then forced to use a malaria infection in sparrows as a model and showed that these round, egg like bodies in the stomach wall of the mosquito became swollen and eventually burst to release small worm like organisms which wriggled up through the body cavity and invaded the unfortunate mosquito's salivary glands. They were then inoculated when the mosquito next fed. He had now described the entire life cycle and was later rewarded with a Nobel Prize like Laveran before him.

It should be pointed out that it is the female anopheline mosquito that drinks blood and carries malaria. The male, as is so common in nature, is entirely innocent. Only the anopheline mosquito and not the one now biting your ankle can transmit malaria. There are many different malarias of mammals and birds but in general they are not shared between species. Four types of malaria parasite like to live in us whereas those which prefer monkeys, field mice, canaries, ducks etc. stick to their own fare. Occasionally man is naturally infected by monkey malarias (giving rise to much ribaldry) and the malarias of man can be induced to live in certain accommodating monkeys.

What then happens after an anopheline mosquito has inoculated you with these small wriggly things (sporozoites)? They go straight for your liver and then relax for a week or so. The liver's owner is meanwhile blissfully unaware. After the "incubation period" the liver cell in which the uninvited guest has been growing suddenly bursts into the blood stream. liberating a large number of small equally wriggly parasites. (now called merozoites) The next stop is a passing red blood cell. With a speed that would do credit to Messrs Black and Decker, the merozoite drills a hole in the red cell wall and enters, seals up the hole and proceeds to eat the new accommodation. In three of the four human malarias, it takes the diminutive driller two days to grow so large that it bursts its new home. In the other type it takes three days. When the red cell bursts it releases many little daughter drillers (merozoites) who invade other red cells and so on. Now you start to feel unwell!

The progressive multiplication of the parasite and destruction of the red cells is associated with fever and feeling awful. Let us assume that the unfortunate host does not succumb shortly afterwards and tries to fight off the invasion, as indeed most do. The body's immune defences will be wheeled out and ordered to start attacking the red cells containing parasites. They eventually clear the infected cells and the patient recovers. Meanwhile after

a period of multiplication a proportion of the parasites become bored with what is essentially asexual reproduction and as in spring .....sexual forms of the parasite now appear in the blood waiting anxiously for transport in the next anopheline mosquito to bite the suffering host. During biting saliva is inoculated to stop the blood clotting and blood is aspirated through the long proboscis into the mosquito's stomach. Love will go unrequited until the sexual forms are taken into the mosquito gut in the blood meal. There, by all accounts, conditions are conducive and "fusion" takes place. We are now back to the egg stage that Major Ronald Ross observed when he dissected two dapple winged mosquitoes.

There is one addendum to the story which has only relatively recently been discovered. It has been known for many years that some malarias can recur months or years after the first attack. How can this be fitted in with the above story? Apparently in two of the relapsing malarias (vivax and orale) some of the forms that invade the liver after the infecting mosquito bite, do not develop immediately. Instead they go to sleep (they are called hypnozoites from the Greek, hypnos meaning "sleep".) These sleeping forms can wake at any time although in malarias contracted in northern latitudes they tend to wake up to coincide with the next year's short summer. This is a particularly cunning adaptation, as transmission can only take place during the short summer mosquito breeding season.

### 

There are four types of malaria in man, two of which are important in Thailand. The serious one is falciparum malaria accounting for about half of the cases here and responsible for almost all the malaria deaths in the world (over one million each year.) The other is vivax malaria; this is one of the two malarias that tends to relapse. Falciparum malaria is dangerous for two reasons. First, unlike the other types, it has no built-in check on the number of red cells it will invade - in other words whereas vivax malaria will not occupy more than two per cent of the body's red cells, falciparum can continue multiplying and can theoretically occupy all the red cells. Anything over five to ten per cent tends to kill the host. This reflects a lack of evolutionary sophistication on the part of the parasite i.e. it is not very intelligent for a parasite to kill its host (these subtleties are usually lost on the afflicted patient.) The second reason why falciparum malaria is so dangerous is rather more complicated. In the other three

(benign) human malarias the parasites grow from very small drillers to occupy the entire red cell, and the entire process occurs throughout the blood vessels of the body. If you have vivax malaria and take a drop of blood from the tip of your finger, stain it, and look down a microscope you will see some of these swollen mature parasites just ready to burst the red cells. If you have falciparum malaria and do the same thing you will only see young "ring" forms, you will not see any of the mature forms. This parasite likes to hide in the blood vessels of the brain and heart while it matures and bursts. This tends to clog up the circulation and make these important organs malfunction. In most cases the disease is halted by drug therapy of the body's own immune defences. However a proportion of those with falciparum malaria will succumb. particularly young children and pregnant women, if treatment is delayed or, as in many parts of the world, not available.

What does all this mean to the average expatriate suffering the rigours of tropical life in deepest Bangkok? Not much usually as anopheline mosquitoes will not breed in or around Bangkok (50 kms radius) and there is, therefore, no transmission. They are fastidious creatures and, in contrast to the aforementioned Tiberian marshes the "bad air" can be considered a good defence against this cause of fever. It is also quite difficult, Buster, to "catch" malaria in Pattaya or Hua Hin. In fact most of the places in Thailand where the average British Club member (management excepted) strays are relatively safe - as far as malaria is concerned anyway. In order to catch malaria it is usually necessary to be out during the rainy season, in a forested or partly forested area reasonably near the Thai border, at the time of day most mosquitoes bite (night time.) It is not possible to be specific on the best places to go to catch it as the areas of transmission are irregularly scattered over the country, but in general they are mostly situated near the East, West and Southern borders. The rarity with which farangs really get out into these areas is reflected in the number of people you know who have had malaria in Thailand. The majority of malaria cases "imported" to U.S.A. or U.K. in recent years have come from Africa. Very few have come from the large body of tourists to South-East Asia. Nevertheless there are approximately 200,000 cases of malaria each year in Thailand. While all this is very reassuring, it should not breed complacency-weekend trips to more exotic places within Thailand are becoming more commonplace. For example there is transmission in Khao Yai particularly in the rainy season. Remember that it only takes one bite from an infected anopheline mosquito.

Some of the more common questions raised are:-

- 1. What is all this about killer strains of malaria in Thailand that cannot be treated by drugs?

  This question really refers to falciparum malaria, the other malarias remain well behaved and easily treated. There is probably nothing intrinsically more unpleasant about falciparum malaria contracted in Thailand compared with, say, Africa, but it is true that drug resistance is an increasing problem here. Drugs that are highly effective in Africa are of little or no use here. However it is not untreatable. There are effective drugs here too but resistance to these is also increasing and the future prospects are not good.
- 2. Why do other visitors arrive taking antimalarial drugs?

  When a doctor looks at his list or map of the world it clearly and correctly states that Thailand is a malarious area. It does not state that the risks to the usual visitor (Bangkok Pattaya Chiang Mai) are vanishingly small.
- This is a controversial question. In my opinion most visitors should not take antimalarial prophylaxis unless they are definitely going out into "the bush". Many of the drugs prescribed are simply ineffective against our resistant local parasites. All drugs have side-effects. The drugs used in anti-malarial prophylaxis are very safe but there is a small incidence of serious side effects. If everybody visiting Thailand takes antimalarials then a few will develop these serious adverse effects. The risks from the drugs then exceed the risks

from catching the disease.

Two strategies are then possible, either keep some antimalarials with you to take if you get a fever (and treat the presumptive infection) or more sensibly be aware that, during and up to two months after visiting the malarious area, a "flu" like illness could be malaria. Although the doctors here are very well aware of the problem, it will not be the first disease that springs to your country G.P.'s mind as he reads the mercury edging to the top of the thermometer. Give him a clue such as "I have just returned from a Delux-i-tours gem digging holiday along the mosquito-infested Thai-Kampuchean border. All the other members of our package tour perished from the fever. Do you think this temperature and chills could be malaria, doctor?" Those in receipt of an aspirin suppository should claim their money back!

# YOGA

YOGA, YOU, YOUR HEALTH

THERE IS NO "KEEP-FIT" IN YOGA
THERE IS FITNESS IN YOGA

SO - WHAT IS YOGA?

DO I HAVE TO BE EXPERIENCED IN EXERCISES TO DO YOGA?

DO I HAVE TO DO THE HEADSTAND?

DO I HAVE TO SIT WITH MY LEGS IN THAT PRETZEL

POSITION?

WILL I QUICKLY LOSE INCHES AND POUNDS?

To all of these questions, the answer is no! But read on. Let me begin by saying that the yoga you do will fit only you and, as you grow in yoga, so will the expertise of your postures and, therefore, the benefits you reap will become greater. A phrase I often use is:

Your present maximum will be your future minimum.

Yoga is non-competitive. You follow the instructions of your teacher and carry on at your own ability - not that of the instructor or the person in front of or behind you. The method of Hatha Yoga I teach is that of B.K.S. Iyengar. We teach in a way designed for health - one that involves the whole body in each asana or posture, and extends to the emotional and mental aspects of the individual as well. The word yoga is derived from the Sanskrit root Yuj, meaning union, to join. The message of yoga is that the body (through asanas), the mind (through concentration) and the spirit (through meditation) cannot be separated and that the three-fold aspect of our being must unfold and evolve as a unit - as one - joined.

### THE HEADSTAND OR SIRSASANA:

Many people of all ages who have done yoga for years never do the headstand. This is not to say they do not do a posture that is similar (inverted) to gain the same benefit.

Most people, if they have no neck or back problems, can do the headstand after having done yoga for some time. In a future article I will explain just why the headstand and some of the other asanas I mention are so important.

### PRETZEL/FULL LOTUS OR PADMASANA:

Again, if you are not able to accomplish this posture (and most people can after several months of yoga), you can do the half lotus posture.

### THINNER, SMALLER, LIGHTER:

It's all really up to you, and the way that this is accomplished is body awareness - and this yoga will give you. This awareness will help you to know what's right for your body, to help it function in a way that over-indulgence in any form becomes unneeded, unwanted. The postures will help to firm the body and reduce inches, relieve tension and stiffness and with the breathing exercises learned, purify the entire system. So the answer to this last question is - yes - and it is permanent; not quick and not temporary.

It would be very easy for you to begin yoga today. The first lesson and every lesson always begins with proper posture - Tadasana. You can do it now. Stand against the wall, flatten your head, shoulders, buttocks and heels to the wall. Stay there for several seconds and be aware of what you are doing. Now walk away in that same manner. Try to walk like this all the time. Tuck in that stomach.

Remember - "Your body is your friend and home with whom you spend your life. You live with it, eat with it, relax with it, move with it, sense with it, all your life." Perhaps this quote will just bring to the surface exactly how important your body is - how important you are.

Yours in yoga,

JOAN C. FRENCH



ZULU DAWN

Peter O'Toole Burt Lancaster

This film concentrates less on the schoolboy heroics of Michael Caine and Stanley Baker, of its predecessor "Zulu", than on the empire mad (Victorian) politicians who start a war that the inept General (lovingly played by O'Toole) cannot win. A fascinating picture of the worst of the Raj attitude but an enjoyable film of its genre. Like Zulu, it was filmed where the battles actually took place.

ON GOLDEN POND

Henry Fonda, Katherine Hepburn, Jane Fonda

A bitter sweet film about the changing patterns within the seasons of family life. I was as wide awake at the end of the film as at the beginning - a rare event for me - so its rating for viewability was 100%.

Henry Fonda portrayed a belligerent ego - centered, old man with a grudge against everyone. This character was balanced by Katherine Hepburn playing the wife who walked a tight-rope between devotion to her husband and her maternal instincts to her daughter.

Some beautiful photography of the life around the lake which made me feel homesick for a cold climate, away from this heat and humidity.

### CHUEN CHOM ARCADE -SHOPPING WITH A DIFFERENCE

Chuen Chom Arcade, Ngarmwongwan Road, Bangkhen, is the outlet for goods made in the prisons. Recently opened, it stocks beautiful handmade dolls of all styles, woven materials, children's clothes, cushions, basketwork and many other useful and decorative items. The dolls are especially lovely, ranging from clowns to gorgeously dressed western-style dolls with long hair to cuddly Thai farmers complete with topknot and sarong. Prices are much lower than in the Bangkok stores.

The arcade also houses a first class Thai restaurant with a goodly selection of cakes, pastries and breads made in the prison.

To find Chuen Chom Arcade go out on the airport superhighway, past Central Lardprao. Turn off the superhighway at the Ngarmwongwan Road exit. The arcade is a new white building on the left-hand side just opposite Klong Prem Prison. There is plenty of parking.

Open seven days a week from 9-5 it is worth a visit, for a good meal and reasonably priced, high quality goods. The prisoners receive a percentage of all goods sold so your purchase will be for a good cause.

LEONIE VEJJAJIVA

# Well Worth Reading

WELL WORTH READING

well worth reading



Herman Wouk is probably more famous for "The Caine Mutiny" (a Pulitzer Prize novel) and "The Winds of War" (screened on British television last year). However, well worth a read is "Don't Stop the Carnival", an amusing comedy set on an imaginary island in the Caribbean. The descriptions and observations of Caribbean life will be pleasantly familiar to those who have visited or lived in the area, yet the general theme of the book could just as easily be applied to farangs in Thailand.

The main character is a successful Broadway publicity agent called Norman Paperman. He is an uptown guy, particular in his dress, a witty and charming conversationalist who keeps up to date with all that is necessary for a smart Manhattan lifestyle. However, he becomes bored and tired of the rat race and on a whim he decides to buy the Gull Reef Club on the island of Amerigo. Ignorant of such matters as financing the expensive venture and hotel management, he is convinced he can make the project a success.

Almost from the moment Norman Paperman arrives at the Gull Reef Club things start to go wrong. Local problems of labour laws, water shortages, unreliable and bankrupt builders, island customs etc. plague him. The book is almost reduced to slapstick comedy at one point which is a little out of keeping with Herman Wouk's witty and colourful observations and razor sharp cracks. His characters are all so well described, often tongue-in-cheek but breathtakingly accurate. Much of the book is dialogue and the spelling is according to pronunciation, creating the West Indian atmosphere. The Club is saved from almost total disaster by a mysterious half-mad Frenchman from Guadeloupe. He and his crew sort out all the physical problems with the hotel, and then most of the personal situations are resolved in various ways, some for the better.

This is a good light read which should amuse most people. At times it is compulsive but it is never demanding. Well worth reading and most suitable for travel.



.... Congratulations to Gran and Grandad Lewis on the birth of their grandchild. Also congratulations to Jamie Hassiem Thompson on his safe arrival - Brian and Kartini are both doing well.

.... Thanks to Jim Howard for his very funny articles on "Foreigners of the World". Unfortunately by the time we censored them there was nothing left!

.... Richard Hopkins has taken over as Bard of the St. David's Society, following Leonie's resignation. Leonie's trip to US took longer than she had originally intended and she was unable to take part in the St. David's preparations.

.... After trying cricket and tennis Gary Crist is still looking for a sport he's good at.

.... How did Jack Dunford land a part playing himself in the 'Cinderella' pantomime and how did Alan Barlow get his black eye?

.... Why was Bob Coombes doing forward rolls in the Royal Orchid last month?

.... The Haggis has been recaptured whilst boarding a plane to Aberdeen during the January 25th St. Andrew's Ceilidh. It has been remanded in custody and will make its final appearance on March 24th - God willing.



### COME ON YOU BRITS!

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Mid-February sees the British Club in a stronger position than they have been for many years, top of the thirty-over league with only one defeat in four matches, and unbeaten after two matches in the fifty-over league.

BC vs Post Publishing Co. 30-over league. 1st February BC won by 5 wickets

Brian Thompson was wheeled out of the Khyber Pass to make a return to a BC side which, with Nick White on tour with another team, Mac Sayer departed to Melaka, and Tom Ryan still injured, looked distinctly fragile on the bowling side. Thus it was that the opening batsmen of a Post side sent in to bat by Jack faced an unusual opening attack of Craig Price and Neville Clissold. The Post batsmen had been scoring freely in recent matches, but the makeshift opening attack managed to keep the scoring rate low; the first wicket fell when Mike Binns took a low diving catch at silly mid off off Neville, and the second opener was out trying to force the pace. This wicket provided Mike Binns with his first wicket for the British Club, and Terry Adams with the first of the four catches that came his way during the afternoon and the first of the two that he held. Despite some useful ground fielding, this was not going to be our day for holding catches, and the middle order batsmen were beginning to dominate proceedings at 99 for 3 when David Hall was called on as BC's seventh bowler. His first ball bowled the Post's top scorer middle stump on the second bounce; his third ball took the Post cricket correspondent's off stump; and the fifth ball demolished the stumps of the Post skipper. Nothing surprising in all that, I hear you say. No, the surprise came in Hall's freakish second over, in which he was hit all around the ground for 13 runs and was immediately taken out of the attack. Jack, having bowled out his allotted six overs in a bid to have bowled enough overs to get into the national averages, now turned to Brian Thompson to ask how he thought he might manage his first over for BC in two years. The reply cannot be printed in a family magazine like this, but it contained a suitably qualified version of the word "fast" and Brian duly bowled an over with one wide but only three runs, a creditable performance at this stage of the game. Craig rounded off proceedings with a maiden, but the

Post had managed a very handy score of 130 for 8 off their 30 overs, enough for three out of a possible five bonus points. Terry Adams and John Bertacco made a great start when BC batted, putting on 79 for the first wicket before Terry was stumped off the Post skipper in the eighteenth over. John was bowled soon after, five runs short of his 50, and three other wickets fell cheaply before Neville and Jack came together to hustle the remaining runs and pass the Post total with thirteen balls to spare.

BC vs Post. 50-over league. 9th February.

BC won by 167 runs

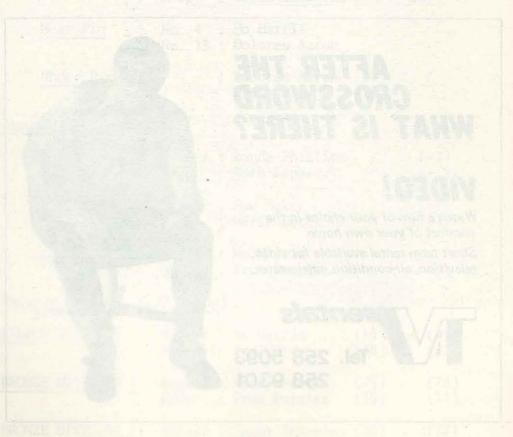
Jack won the toss for the eighth time this season and BC batted first on a wicket which had some early morning dampness still in it. This no doubt explains the early dismissal of David Hall, caught off a rising ball. After this the wicket reverted immediately to a ridiculously easy pace and all the rest of the batsmen scored freely. Terry Adams scored his first fifty in Thailand and shared the season's highest stand to date of 108 with Craig Price. Craig was caught behind after making 70 off 79 balls, with 9 fours and a six. Nick White, hobbling from the after-effects of playing for another team, knocked up a quick 21. Neville Clissold came in and while he played himself in carefully to make fourteen, he saw 81 runs being scored at the other end. 53 of these came off 26 balls from the bat of new BC player Chris Cowper. The knock included three fours and four sixes, one of which cleared the sight-screen by a considerable margin and brought roars of approval from the 35,000-strong crowd, despite the fact that there was a rival attraction in the form of the finish of a horse-race going on nearby. This recklessness was soon brought to an end as a strained groin forced Chris first to call on a runner. and finally to retire completely. This brought Brian Thompson to the wicket; having failed on the second ball to run Neville out by the customary twenty yards, he then treated the crowd to an aggressive display of batting and hit six fours on his way to 35 not out off 26 balls. BC ended on 281 for 7, their highest recorded score ever.

With the bowling attack again considerably weakened (Nick White was not fit to bowl, and Chris Cowper had to be replaced as wicket-keeper by Brian Thompson), it was perhaps just as well that we had so many runs on the board. Despite losing an early wicket in Craig Price's opening over, the Post team scored freely and reached 76 for 2 in very quick time. But the collapse began as Neville took the first of his five wickets, Hall taking a straightforward catch at mid-on. Neville succeeded, unusually for him, in bowling three batsmen (two of them playing on

in a hopeless muddle), and his other wicket came from a Brian Thompson stumping. Terry Adams was brought on for his first BC over ever and he did what he had always insisted he could do in the nets if only the top net didn't sabotage his bowling style when he took a sharp return catch in his only over for two runs. Destroyer Hall was brought on to polish off the last batsman, and the Post were all out for 114.

This was Neville's last game for BC, as he returns to Australia at the end of the month. In his nine matches with us he has taken 6 catches (and is thus leading fielder), taken 22 wickets (more than our leading wicket-taker for the whole of last season) and scored 119 runs at an average of 19.8. Clearly, he is going to be a great loss to us. The performance of Chris Cowper, on the other hand, must strengthen us as we go into the second half of the season; I don't think we've seen such big hitting from a BC batsman before.

In March, watch out for 50-over matches against AIT (9th), Wanderers (17th) and Chiengmai (22nd), and a 30-over match against Chiengmai on the 23rd.





### Darticles

The new Johnnie Walker Bangkok Darts league starts in March and we have to register our players at the beginning, so sign up now. You don't have to be an expert, in fact it's better if you're not - you'll only embarrass the rest of us. The only things you need to know are: which day is Thursday, the difference betwen the point and the feathered end and the difference between Kloster and soda water.

Why not call someone who knows, like Bryan Baldwin on 221-1895, Terry Adams on 211-5808, or Peter Tinson on 235-7074-5.



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# LADIES' GOLF

So far this season we have had a really good turn-out for our competitions. It's good to see everybody rested after the festive season and raring to go again!

We welcome two new members so far - Jenny Sharples and Margaret McEwan. Hope you will both enjoy our golfing days.

### COMPETITION RESULTS

January 14th - STAI	BLEFORD	_			
Flight A			Dolores Aaron Ruth Kennedy		38 pts 35 "
Flight B			Maureen Hyde Joyce Cadwallad	ler	38 '' 35 ''
Near Pin			Mo Harris Dolores Aaron		
<u>Under Par</u>			Dolores Aaron Maureen Hyde		
January 21st - BOGE	<u>Y</u>		Names Sur		
Flight A			Kanda Phillips Ruth Kennedy		(+2) (+1)
Flight B			Sue Baker Merle Decot		(-1) (-3)
Near Pin			Mo Harris Prue Pointer		
January 28th - L.G.	U. MEDA	L	J eff tol eten		
SILVER DIVISION			Mo Harris Pam Hardy	(18) (18)	(75) (87)
BRONZE DIVISION I			Wendy Morris Prue Pointer	(23) (19)	(76) (77)

: Merle Decot

(77)(79)

BRONZE DIVISION II Winner: Jenny Sharples (36)

R/Up

Near Pin No. 4 : Mo Harris No. 13 : Margaret Ross

Long Drive No. 18 : Wendy Morris

### February 4th - STABLEFORD

Flight A		Mo Harris Margaret Ross		pts.
Flight B	X60 7.188	Mariko Shimada	34	.11
- 228 2	R/Up	Anne Hendrie	33	11
Flight C	Winner	Jenny Sharples	40	-11
		Diana Wingfield	38	11
Near Pin		Wendy Morris Mo Harris		

Under Par : Dorothy Hartgerink (71)
Jenny Sharples (70)

### February 11th - T's & F's

Flight A	Pam Hardy Wendy Morris (on a c/back from Nielsen & Ruth I	33½ 36½ n Lise Dencker- Kennedy)
Flight B	Anne Hendrie Penny Whalley	34½ 35

Flight C Winner: Sue Baker 32
R/Up: Maureen Hyde 33½

Near Pin No. 4 : Maureen Hyde No. 13 : Trish Blackburn

Under Par : Maureen Hyde (66)
Wendy Morris (69)

### L.G.U. MEDAL 1985

The overall winners for the L.G.U. MEDAL in 1985 were as follows:-

SILVER DIVISION: Joan Jurgens
BRONZE DIVISION: Anne Hendrie

### FORTHCOMING COMPETITIONS

March 4th Stableford

March 11th )

March 18th )

ASTRAL CUP (Stroke Play) at NAVATANEE

Starter: Mo Harris (Tel: 258-5603)

L.G.U. Medal

### KITCHEN SINK

March 25th

This is a fun STABLEFORD Competition for BCLG and FLOGG ladies to compete with or without their husbands. The date set for this is Saturday April 26th at The ROSE GARDEN. Please keep this date for your diary. The entrance fee will be \$100. Please sign up at The British Club or with your Captain on Tuesdays. The tee-off time is 10.30 a.m. and there will be food and drinks afterwards with the prize giving. We have room for 68 players only so please sign up in good time - unattached men also! You will be given a partner for the joint competition and have an individual ladies' and men's competition. Lots of prizes will be given, so come out in force.



## GOLF

Twenty six golfers played into darkness at the Rose Garden last Sunday. In a match sponsored by Pepsi-Cola the New Year produced many new faces in the winners' circle once the sun went down.

### Results were:

"A" Group	1st - L. Houghton 2nd - H. Weir 1st Nine - D. Frost 2nd Nine - L. Vize	36 pts 33 " 19 " 16 "
"B" Group	1st - K. Armstrong 2nd - M. Harris 1st Nine - A. Rider 2nd Nine - E. Turner	38 " 37 " 14 " 19 "
Long Drives	- Ladies - M. Ross - Men - D. Humphreys	
Closest Pin	- J. Garvey, C. Hare	The Dur Forter

Ted Bates sponsored the outing at Railway Golf Course. Thirty-eight golfers played an extremely fast round - just 4 hours. The weather was warm with a cooling breeze.

"A" Group	1st	- Tom Moran	37	pts
	2nd	- H. Weir	36	11.1
	1st Nine		18	11
		- Bob McEwen	20	11
"B" Group	1st	- Reg Laville	39	11
	2nd	- Les Kentwell	35	11
	1st Nine	- M. Hyde	19	11
		- R. Bissett	19	11
Long Drives	- Men	- Ian McLean	Kenz .	
	- Ladies	- Marg Ross		
Closest Pin	- Marg Ross	, Hasty Weir		



### RUGBY

This month's activities have focussed on getting fit for the Singapore Sevens. From an available pool of about 25 people and despite late call-offs, we have managed to find 9 willing to travel down there in search of fame and glory. The training sessions have been moderately well attended and we have had three useful sessions on a full pitch. You could almost notice an increase in fitness, sharpness and speed - but let's not get carried away.

Watch this space next month for a full report (hopefully prepared before our editorial deadline).

Following the sevens we have a couple of visiting sides lined up, the latest to request a game being Muscat RFC. There is also the Hong Kong sevens to look forward to (although, of course, we will not be playing.) Preceding that event is the Hong Kong Football Club Centenary 10-a-side tournament to which we hope to be sending a side - provided we can locate a few more bodies.

Any recent arrivals out there interested in a game? You don't have to be a hulking brute (we already have our shore of hulks and several brutes) but relevant experience is an asset since, with no-one knowing what the game is all about, coaching is limited. We are basically a social side with aspirations to greatness so anyone with a pair of white shorts who can hold a pint and read a songsheet is in with a chance. Anyone who knows all the verses of Eskimo Nell or holds an international cap is an automatic selection. Phone Terry Smith at 253-0557 or come to Soccer/Rugby training on the club back lawn Tuesday & Thursday at 6.15 pm.



### The Mean Machine Grinds Back into Gear

And, finally, so too has the SS correspondent whose lastminute despatches have until today not managed to meet the iron deadlines imposed by Outpost's mean new Politburo. This temporary lack of match reports is a classic example of how failure to adapt to changing realities leads to major bungling.

Which of course brings us neatly to the SS, languishing in mid-season in an uncomfortably low position - third, which for us is appalling-in the Farang League.

And what has caused our fall from grace? Why have we turned in poorer results so far than in the previous four or five seasons?

Is the opposition any stronger? Undoubtedly. Are we any weaker? Relatively. Is the refereeing any worse? Impossible. But are these reasons sufficient to explain the string of dismal performances, even when we have run out winners? No; this year we're guilty of gross complacency born of our historic dominance over the other Farang League teams. We're so accustomed to winning, usually both the Cup and the League, that we seem to believe victory is automatic. This misconception has led us to an extended period of wingeing, posing and the inevitable bungling.

As usual, those who think they know better about selection are forever wingeing. Those who think they can play better are forever posing. And the net result is the SS ends up bungling.

In seasons past we have always played one or two games which have been absolute horrors. But we seldom lost them - last year's disaster against the French being a notable exception. But after such rude awakenings we came back stronger, more determined, and, dare I say it, fitter than ever. Not so this season. Our results so far speak for themselves:

26th Nov	BC vs I	Les Gaulois	5-0	won
1st Dec		Indian Cougars	2-1	won
10th Dec	BC vs		1-2	lost
13th Dec	BC vs S	Scandinavians	3-1	won

7th 12th		BC BC	VS VS	Daimler Benz Russians	1-3	lost
16th				YTSA	4-1	won
21st		BC	VS	Swiss	1-0	won
30th		BC	VS	Germans	1-4	lost
	Feb			Les Gaulois	walk-over	(3-0)
16th	Feb	BC	VS	I.S.B.	6-1	won

And here is our current league standing:

	P	W	D	L	GF	GA	Pts
D. Benz	12	9	1	2	37	12	19
ISB	13	7	3	3	32	22	17
B. Club	11	8	0	- 3	29	13	16
Germans	11	7	1	3	28	17	15
Swiss	13	4	5	4	29	26	13
YTSA	11	4	3	4	24	21	11
Scans	10	5	1	4	19	17	11
Indians	. 11	3	2	6	24	28	8
Gaulois	12	1	2	9	13	37	4
USSR	10	0	0	9	8	49	Ó

The three defeats mean this season so far is our poorest in recent years. The 4-1 defeat against the Germans is, according to the venerable D.G. Wallace, our worst within ancient memory (his). And perhaps the most worrying feature is that we didn't deserve to win any of these three games.

For once ISB were more composed, more consistent and still physically resilient as the game wore on. They really fought for the result, and showed us up in doing so. Against Daimler Benz we encountered a team who, man for man, were more skilful and better able to last the pace. And when we met the Germans they played us at our own game, and beat us handsomely.

However, there is a glimmer of light at the end of the tunnel. In the last couple of games we have shown greater cohesion, better morale, more aggression and a shade more stamina. About time, and only just in time. We cannot afford to lose any more games, nor even drop a point.

In our crucial second game against ISB the old fighting spirit appeared for the first time this season as we crushed them 6-1. The SS Mean Machine is finally back in gear, and maybe in time enough to bulldoze our way back to the top.



Your correspondent is delighted to report that January has seen a high level of activity on the Squash courts. Not only have the 14 January leagues been completed but two interclub matches were also played and the Junior squash section has shown signs of becoming a popular attraction to our younger players.

The winners and runners up in their respective leagues were as follows:-

DIVISION	Winner/Runner Up	Games won (* = max. points)
1	Mervyn Rattray	15*
	Ian Newth	12
2-	Keith Davison	15
	Ron Madden	13
3	John Sill	9
		6 - 100
4	Derek Johnson	14
	John Morgan	
5		13
		alaied 8 missi
6	Jim Johnstone	15*
	Hugh Bradridge	13
7	Bill Wilcox	9 4 4 4
nions of all su	Ian Stuart	
8	Carolyn Tarrant	9 mete
	Sue Kunzman	
9	Alan Barlow	12*
	Peter Almeren	ricado 7 divida
10	John Thorp	
	Katie Price	grap 9 etts -0.2
11	Craig Stewart	15*
	Ian Scott	12

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### DIVISION

12	Jane Riley Brian Hughes	15° 13
13	Wendy Kentwell David Clark	123
14	Margaret Currie Brigitte MacDonald	11 10

Congratulations are also due to Howard Rutter who won the month's prize for the greatest number of ladder games played (7) and to Wendy Kentwell who progressed twenty slots up the ladder to B31.

A Junior Ladder has been formed and will run in parallel with the main ladder with junior players being able to participate on both ladders. This it is hoped will encourage junior players to play amongst themselves more often and to attract other juniors to become involved with the game of Squash. Enquiries about the junior squash activities should be directed to either Margaret Currie or Amanda Young who will be pleased to assist any juniors with their squash. The ability of Juniors to play a high standard game was recently dramatically illustrated when a team of seven 13-15 year olds from the Royal Bangkok Sports Club took on seven of BC's division 1 and 2 players and beat them with a thrilling 4-3 result. The Juniors defeated BC's first three seeds including the current league and ladder leader Mervyn Rattray and brought home to those watching the effect that other off-court activities such as earning a living, alcohol, smoking and late nights etc. can have on an adult's physical performance and fitness. To be fair to the BC team, the RBSC Juniors have been training, we gather daily, for the past three months with our former Captain Len Alexander and certainly a number of the Juniors seem well on the way to becoming top class players. Anyway, well done the RBSC Juniors and how about the BC Juniors forming a team to challenge their BC Seniors or perhaps RBSC's second team.

BC again had to call upon talent from the higher leagues to take on a visiting team of lady squash players from the Hong Kong Football Club's squash section. Among the visiting team was one of Asia's leading lady squash players and so BC fielded a team of six men and three ladies, namely, Colin Hastings, Nick White, Tony Laven, Les Currie, Keith Davies, Roy Barrett, Jantze Davison, Sue Kunzman and Id Hastings. The BC team eventually won the match 6-3 which was gratifying as the HK team had showed such form on court as to attract a considerable spectator gallery.

A match scheduled to be played against the Chiang Mai Gymkhana Club on Valentine's night unfortunately had to be postponed due to the visitors not being able to complete their team line up; perhaps there was some undue influence from other quarters but who would have thought that a Valentine was more important than a game of squash!

The recently circulated questionnaire on squash facility development will have been fully discussed at the AGM, so for the moment suffice it to say that nearly every respondent requested the poolside bar opening hours to be extended. This has now been effected and the bar will be open until 10 p.m. every evening. Again a common complaint was the changing facilities and these will be improved as soon as the club's maintenance staff have completed more pressing structural work to the main clubhouse.



We have received a very encouraging response to the Tennis Questionnaire in February's Outpost and, as a result, the following activities are being arranged.

- 1. A Ladies' Tennis Afternoon will take place on Tuesdays from 3.00 5.00 p.m.
- 2. A Club evening will be held once a week on a trial basis in March starting Wednesday 5th from 6.00-9.00 p.m.
- 3. A Doubles Tournament has been arranged with 4 sections; each section has been allocated one evening to play its games on a Round Robin basis. The winner of each section will then go in to the semi-finals.

There has been a significant demand for coaching both at Senior and Junior levels, and those interested will be contacted in the near future.



# Membership Matters I



The following were elected to Membership of the British Club in February 1986

### ORDINARY:

Mr.	D.L.	Diamond	Shell Company of Thailand Ltd.
Mr.	E.M.	Geary	International School Bangkok
Mr.	D.J.	Hornby	Department of Lands
Mr.	P. J	enkinson	P.P.F. Asia Ltd.
Mr.	D.G.	Longmuir	Canadian Embassy
Mr.	R.E.	Madden	Canadian Embassy
Mr.	B.J.	Mancel1	Thai Industrial Gases Ltd.
Mr.	A.G.	Rogers	Standard Chartered Bank
Mr.	F. Wa	aller	FMA Corporation Ltd.
Mr.	R.G.	Wareham	A.F.T. Co., Ltd.
Dr.	J.S.	Watson	Crown Agents

### NON-VOTING:

Mr. J.P. Bertacco Department of Lands

### LADIES PRIVILEGES:

Miss R.M. Dunham Saudi Arabian Airlines

### UP-COUNTRY:

Miss J.M. Walker Southeast Asian Outreach

### ASSOCIATE:

Mr. P. Karnchanachari National Thai Co., Ltd.



# Status of Membership I



### The current membership status is as follows:

Honorary	=	10
Ordinary		335
Non-Voting		3
Associate		55
Ladies Privileges		35
Up-Country		25
Candidates		28
	TOTAL	491
Absent		827
GRAND	TOTAL	1318

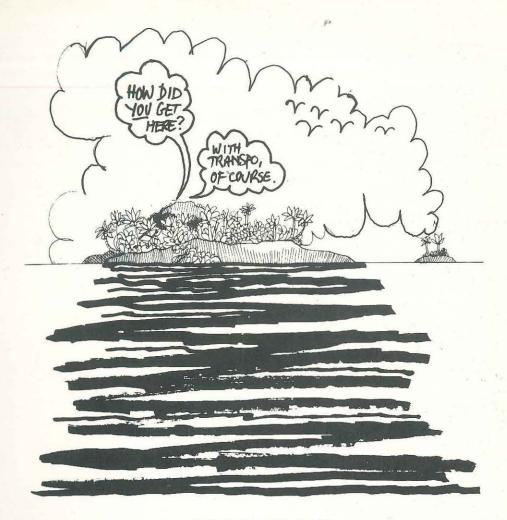


in the second second	OFFICE	HOME
ARTHUR PHILLIPS (Chairman)	258 0380	314 1069
JACK DUNFORD (Vice-Chairman/Food & Beverage)	236 0211	286 1356
GEOFF PERCIVAL (Hon. Treasurer)	-	314 2464
REG LAVILLE (Finance)	234 0821 x 23	252 8655
BERNARD GROGAN (House & Grounds/Club Devlp.)	258 0379	258 5614
RICHARD ELLIS (Membership)	253 0318	251 0742
DAVID WALLACE (Sports)	271 1427	279 8663
BRIAN HEATH (Personnel)	282 9161 x 191	321 1723
BRIAN LEWIS (Jingjok)	252 0267	391 4628
RICHARD HOPKINS (Entertainment)	286 2642	211 9620
**********	*****	*****
DAVID WILLIAMSON (Manager)	234 0247 234 2592	258 8522

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

Billiards/Snooker	Ron Armstrong	390 2445
Bridge	Geoff Crittenden	424 0101 x2639
Cricket	Jack Dunford	236 0211
Darts	Mike Majer	513 1970
Golf	Barry Hyde	393 0556
Ladies Golf	Mrs. M. Harris	258 5603
Rugby	Terry Smith	236 7078 236 9505
Soccer	Craig Rennie	236 0205 236 4281
Squash	Peter Young/	252 8216
<u>Dquabii</u>	Tom Annas	233 0649
Swimming Practice	Mrs: Erika Majer	252 7492
(Khun Choon)		
Swimming Gala	Mrs. Erika Majer	252 7492
Tennis	Bruce Pointer	233 2020

XXXXXXXXX



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to be enjoyed neat and chilled or try

King Peter: 1 part Peter Heering · 2 parts tonic water · fresh lemon juice to taste · plenty of ice

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