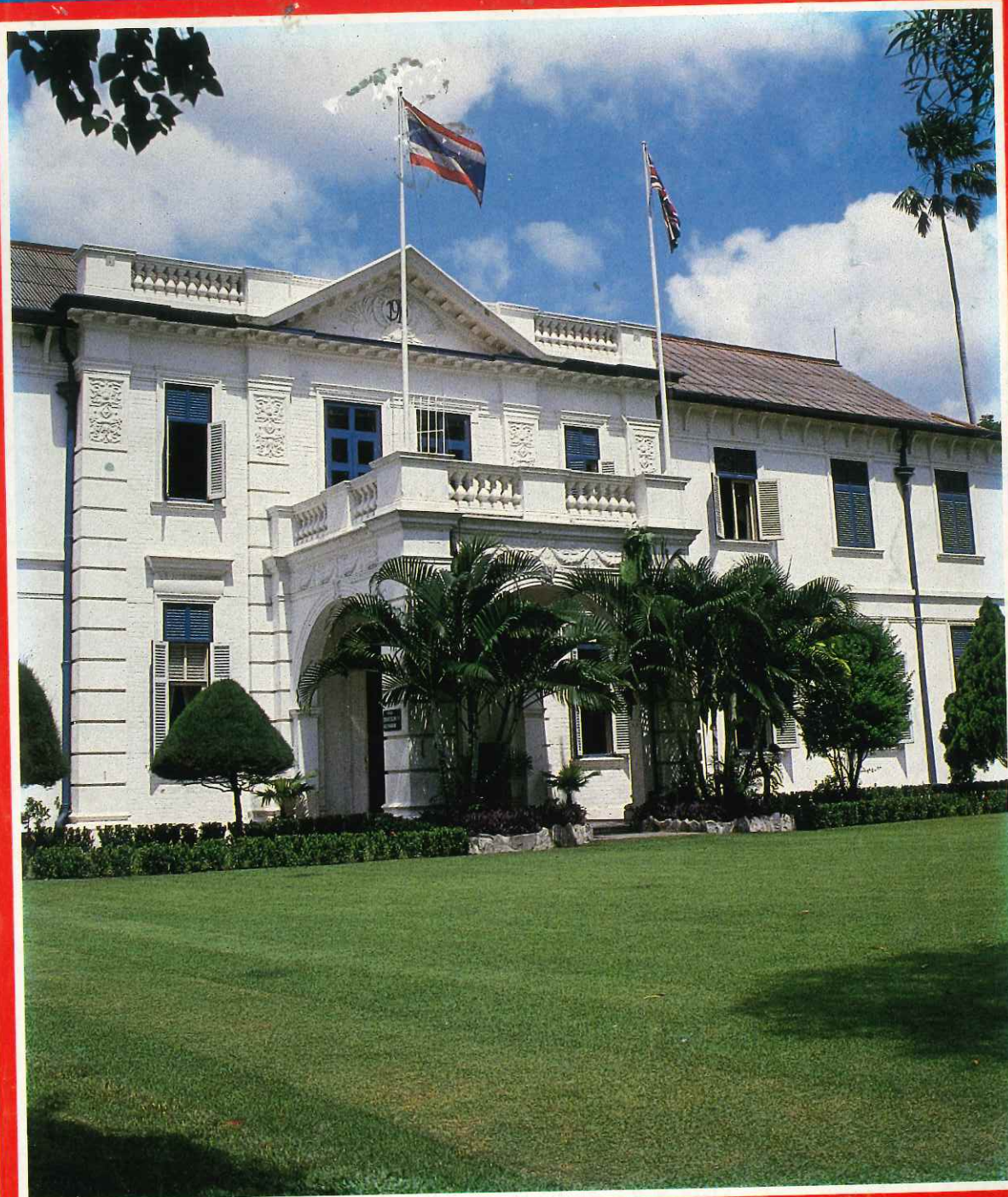


# OUTPOST

MONTHLY MAGAZINE OF THE BRITISH CLUB

MARCH 1987



# Call the Professionals The Professionals call on...



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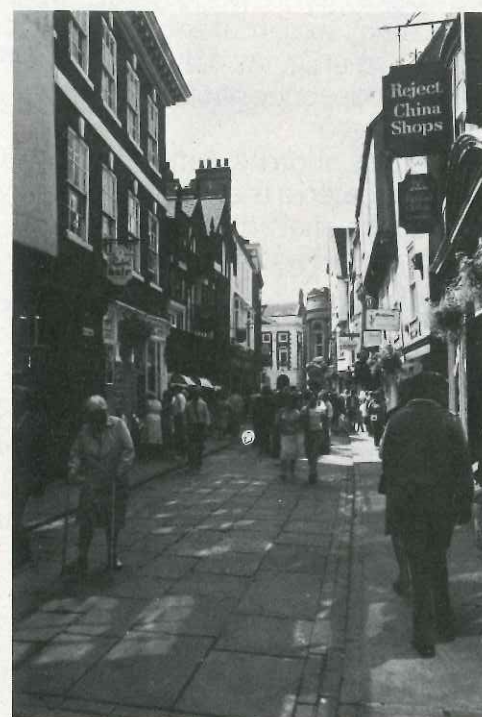
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# Make the most of your British Expatriate status

When you decided to work abroad, you knew that your decision would bring many advantages. Most people regard two of these as being particularly important.

Earning more money and paying less tax.

But, for most people, these benefits are likely to be short-lived. The trick is not just to be better off whilst you are actually abroad, but to ensure that you continue to enjoy advantageous tax treatment long after you come home.

*However, this can only happen if you plan your financial affairs properly before your return to the UK.*

## Examples of costly mistakes can include:

- Failing to claim your tax refund due for the year of departure from the UK.
- Realising a profit before departure from the UK or a loss before returning home.
- Owning UK properties in the wrong names.
- Wasting a wife's annual tax allowances.
- Failing to recognise the significance of currency movements when disposing of investments, which could even result in Capital Gains Tax being paid on a loss.
- Falling foul of the complicated residence rules which determine UK tax status.
- Leaving money on deposit in UK Banks and Building Societies.
- Failing to establish a personal 'tax shelter' for investments, which can reduce taxation substantially when you return to the UK.
- Stopping National Insurance Contributions while you are away.



**Head Office**, Crescent House, Crescent Road, Worthing, Sussex, BN11 1RN, England  
Tel: Worthing (0903) 31545/6 and 36223/4  
Telex number: 87614 Answerback: FRY LTD G  
Offices in London and Exeter.

Unfortunately, few people realise this fact, and they pay a severe penalty. For example, many expatriates believe – mistakenly – that UK tax only concerns UK residents. A misconception which can prove expensive.

As UK tax legislation becomes more and more complicated it is essential to receive expert professional advice if you are to capitalise on your expatriate status.

## A more professional service

At Wilfred T. Fry, we provide a comprehensive tax advisory service, designed specifically for the overseas resident and based on more than 80 years' experience in assisting the British expatriate. Indeed, we now act for clients resident throughout the world, concentrating on taxation and personal financial and investment planning, with the emphasis on individual advice.

Our new booklet 'The British Expatriate' provides a guide to the most important ways in which you can make the most of your British expatriate status. For your free copy simply complete and return the coupon below.

To: Wilfred T. Fry Ltd, Crescent House, Crescent Road, Worthing, Sussex, BN11 1RN, England.

Please send me more details of your personal tax advisory service, together with my free copy of 'The British Expatriate'.

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date of intended return to UK \_\_\_\_\_

## FROM THE EDITOR

### OUTPOST NEEDS YOUR HELP!

**W**E on the staff of *Outpost* are delighted to know that you, our readership, enjoy your monthly dose of Club happenings.

We were even more pleased to hear one recent comment of "I thought *Outpost* just happened". Sadly, this is not the case. For the past 18 months, *Outpost* has been manned by a team of Editor (Anne Stuart), Proofreader (Barbara Fancy), Liaison (Terri Jezeph) and Diarist (Lindsey Barlow). All expat teams expect a regular turnover of people and the *Outpost* team is no exception. The first of our team departs at the end of March and the following months could see a few more changes.

We need replacements.

Each month we hold our Editorial meeting on the 12th, which is the copy deadline date. At this meeting we sort through the articles that have been presented and we plan for the following month.

Our articles are gathered from two sources. Many Club members write to us: poems, letters and articles. These are printed in the next issue or are scheduled for the next again if there is a duplication of topics.

To allow a degree of continuity we work to set features every month and try to slot articles into each theme. If we know of anyone with an unusual hobby, journey or comment that would be interesting for our readers, then we will ask them to write an article.

As features become exhausted, we drop them and add new ones. If anyone has an idea for a new feature that they would like to have in *Outpost* then please tell us about it. It is your magazine! If you want to contribute, then please do so. Any article, marked *Outpost*, and left at Reception will find its way.

If you would like to work on *Outpost*, then please contact any of the present team. Otherwise, please remember: *Outpost* does not happen by itself and in a few months it may not happen at all.

Anne Stuart  
14.2.87

# DIARY

## MARCH

Sun	1	Buffet Supper	from 5.00 p.m.
Mon	2	<i>British Women's Group Mahjong – Wordsworth Room</i>	9.00 a.m.
		Ladies' Tennis	3.00-5.00 p.m.
		New Members' Night/Happy Hour	5.30-9.00 p.m.
Tue	3	Ladies' Golf – Tel: Wendy Morris 258-4090	
		Yoga	8.30-10.00 a.m.
		Bridge	7.30 p.m.
Wed	4	<i>British Women's Group Bridge – Wordsworth Room</i>	9.30 a.m.
		<i>Museum Volunteers' Lecture "The Art of Ayutthaya" by Janine Gray at the National Museum</i>	10.00 a.m.
		Cricket Practice	
		Tennis & Squash Club Night	from 6.00 p.m.
Thu	5	Ladies' Tennis	8.30-10.30 a.m.
		<i>Bangkok Community Theatre Club Night at the Teen Club, USIS, Sathorn Road</i>	7.30 p.m.
Fri	6	Yoga	8.30-10.00 a.m.
		<i>St. David's Society Dinner Concert at the Hilton</i>	
Sat	7	Swimming Tests (by invitation only)	from 9.00 a.m.
		Cricket – 50-over vs Wanderers at RBSC	10.00 a.m.
		Tennis Weekend in Chiangmai	
		Dinner Video	6.00 p.m. & 8.00 p.m.
Sun	8	Cricket – 30-over League vs RBSC at Polo Club	
		Tennis in Chiangmai	
		Swimming Gala 12 midday	
		Buffet Supper	from 5.00 p.m.
Mon	9	<i>British Women's Group Mahjong – Wordsworth Room</i>	9.00 a.m.
		Ladies' Tennis	3.00-5.00 p.m.
		Happy Hour	5.30-9.00 p.m.
Tue	10	Ladies' Golf – Tel: Wendy Morris 258-4090	
		Yoga	8.30-10.00 a.m.
		Bridge	7.30 p.m.
Wed	11	<i>British Women's Group Bridge – Wordsworth Room</i>	9.30 a.m.
		<i>Museum Volunteers' Lecture "The Art of the Bangkok Period" by Ruth Gerson at National Museum</i>	10.00 a.m.
		Cricket Practice	4.30 p.m.
		Tennis & Squash Club Night	from 6.00 p.m.
Thu	12	Ladies' Tennis	8.30-10.30 a.m.
		<i>BAMBI Meeting at British Club</i>	9.00 a.m.
		<i>British Women's Group Wine Tasting &amp; Cold Buffet Lunch at Choice Foods: Tel: Carol Silver 258-8494</i>	11.30 a.m.
Fri	13	Yoga	8.30-10.00 a.m.
		<i>St. Patrick's Ball</i>	
Sat	14	<i>Children's Morning at Neilson Hays Library</i>	10.00-11.00 a.m.
		<i>Mime Show &amp; Kite Making</i>	
		Dinner Video	6.00 & 8.00 p.m.
		Cricket – Nations Trophy at Polo Club and RBSC	
		Tennis Section Club Annual Championships – Semi-finals	

Sun	15	Cricket – Nations Trophy at Polo Club and RBSC	
		Tennis Section Club Annual Championships – finals	
		Buffet Supper	from 5.00 p.m.
		Tennis Buffet Supper and Award Ceremony	
Mon	16	<i>British Women's Group Mahjong – Wordsworth Room</i>	9.00 a.m.
		Ladies' Tennis	3.00-5.00 p.m.
		Happy Hour	5.30-9.00 p.m.
		Committee Meeting	
Tue	17	Ladies' Golf – Tel: Wendy Morris 258-4090	
		Yoga	8.30-10.00 a.m.
		Bridge	7.30 p.m.
Wed	18	<i>British Women's Group Bridge – Wordsworth Room</i>	9.30 a.m.
		<i>Museum Volunteers' Lecture "Thai Temple Compound and Mural Painting" by Eileen Deeley at National Museum</i>	10.00 a.m.
		Cricket Practice	4.30 p.m.
		Tennis & Squash Club Night	from 6.00 p.m.
Thu	19	Ladies' Tennis	8.30-10.30 a.m.
		<i>British Women's Group Lunch at Royal Orchid Sheraton – Janine Gray will show slides of Burma. Tel: Jean Parrott 391-5335</i>	11.30 a.m.
Fri	20	Yoga	8.30-10.00 a.m.
Sat	21	Cricket – 50-over vs Chiangmai in Chiangmai	10.00 a.m.
		Dinner Video	6.00 & 8.00 p.m.
Sun	22	Cricket – 30-over vs Chiangmai in Chiangmai	
		Buffet Supper	from 5.00 p.m.
Mon	23	<i>British Women's Group Mahjong – Wordsworth Room</i>	9.00 a.m.
		Ladies' Tennis	3.00-5.00 p.m.
		Happy Hour	5.30-9.00 p.m.
Tue	24	Ladies' Golf – Tel: Wendy Morris 258-4090	
		Yoga	8.30-10.00 a.m.
		Bridge	7.30 p.m.
Wed	25	<i>British Women's Group Bridge – Wordsworth Room</i>	9.30 a.m.
		<i>Museum Volunteers' Lecture "Ceramics – Ban Chiang to Bangkok" by Midori Sasaki at National Museum</i>	10.00 a.m.
		Cricket Practice	4.30 p.m.
		Tennis & Squash Club Night	from 6.00 p.m.
Thu	26	Ladies' Tennis	8.30-10.30 a.m.
		<i>British Women's Group Coffee Morning – Susan Brandt on Colour/Fashion. Sale of Freshwater Pearls &amp; Lapis at discount prices. Tel: Sheila Fairweather 253-2443</i>	9.30 a.m.
Fri	27	Yoga	8.30-10.00 a.m.
Sat	28	<i>Hilltribe Sale at International School Soi 15</i>	9.30-12.00 a.m.
		Dinner Video	
Sun	29	Cricket – 50-over vs Indian CC at RBSC	10.00 a.m.
		Buffet Supper	from 5.00 p.m.
Mon	30	<i>British Women's Group Mahjong – Wordsworth Room</i>	9.00 a.m.
		Ladies' Tennis	3.00-5.00 p.m.
		Happy Hour	5.30-9.00 p.m.
Tue	31	Ladies' Golf – Tel: Wendy Morris 258-4090	
		Yoga	8.30-10.00 a.m.
		Bridge	7.30 p.m.

Note: Non-club events are in italics

# CLUB ROUNDUP

## New Zealand Day Celebration



The soccer section showing off their ball skills!



The Maoris entertain.



That famous pair of ~~Seamen~~ Australians  
~~Germans~~ Kiwis  
 Where do they come from?  
 Answers please on a stamped addressed postcard.



Want to buy a slave mister?



J. Dunford making an unseemly grab at the snooker team's second prize bottle of Scotch.



V. Swift attempts to break the individual 'boat race' record.



The victorious soccer team admiring their first place spoils.



Individual winner Ben Piper being awarded his trophy and prize by organiser Dugal Forrest. That should stop people kicking sand in Ben's face!

TEAM	NO.	SWIMMING	BOAT RACE	FOOTBALL	CRICKET	TOTAL
A	TENNIS	3	1	3	2	10
B	GOLF	7	2	1	2	22
C	SWIMMING (1st & 2nd)	5	5	3	5	21-5
D	BOAT RACE	1	3	8	1	20
E	FOOTBALL (1st & 2nd)	2	8	3	5	24
F	CRICKET (1st & 2nd)	4	7	5	6	28
G	BOAT RACE	6	4	2	4	19
H	FOOTBALL (1st & 2nd)	8	6	5	8	35



The "computer age" arrives at the B.C.!

# LETTERS

Bangkok  
29th February

Dear Mother,

Three months now. How time flies. It feels like only yesterday when we left Tunbridge Wells, though we seem to have been here ages and we are getting to know the place really well.

We've finally moved into our own house. It's really nice and quite close to Ken's office. It will be better, of course, when the telephone line is connected to the house, but the landlord says that will be any day now. We were lucky to get the house: we're told the previous tenants left suddenly without giving a reason. There's a large open space next door that used to have a big old house on it – the landlord says it will probably be turned into a park. There were men there this morning taking measurements so I expect they'll be planting trees next week. More parks are certainly needed here, there's nowhere for children to play: I often see hopscotch lines drawn in the middle of the road.

You asked about the language – I'm not having too much difficulty making myself understood when I speak clearly, but I think I'll do a six-week intensive course to learn Thai properly. I was always good at French, wasn't I?

I have great plans for our garden here – where to put the lawn and the roses. There's a dear little bird table but I shall have to move that to somewhere where it gets more shade – silly place to put it, at the end of the garden in the full sun. There's an odd little wall around the house itself – Ken says it's probably to keep out snakes, but he always did like a joke!

Yes, it is hot, but we're quite used to that now (we must be very good at settling into foreign places!) The people here seem to think it's a bit cold though, I even saw some little braziers burning on the pavements earlier this month.

Ken's really enjoying his job now – it's all a question of tea money, he says – just the same as England, everyone wants longer tea breaks, don't they?

Love to all,  
Mandy

(For Mandy's first letter home, see our December issue, p. 16)

# Non-stop to London.



## 3 direct flights a week.

Catch the only non-stop flight to London Heathrow  
every Friday night with British Airways  
or fly our convenient direct flights on Saturday and Tuesday nights.

### BRITISH AIRWAYS

The world's favourite airline.

Does dreaming REALLY foretell the future? Do your nocturnal fantasies hold the secrets of the universe? Do you worry that your dreams say more about you than you realise? Do your trains of thought run on time? Does your chewing-gum lose its flavour on the bedpost overnight? What does it all mean?

## ARE YOU ALL HERE?

Find out NOW with this simple test.

### 1. Do you usually dream in...?

- a) Colour
- b) Black and white
- c) Teletext

### 2. Do you believe that dreams...?

- a) Colour your motivation
- b) Shape your destiny
- c) Bunch your duvet feathers down the wrong end

### 3. When do you achieve the best sleep pattern for dreaming?

- a) Immediately your head hits the pillow
- b) Just before waking
- c) During the opening credits of a Fay Weldon drama

### 4. In what position is your dream/fantasy activity greatest?

- a) Foetal
- b) Lying on your back
- c) Lying through your teeth

### 5. How do you think alpha waves affect your life?

- a) By subconsciously stimulating brain patterns
- b) By making Radio 3 disappear from your car set under bridges
- c) By defrosting chickens in less than 17 minutes

### 6. How do you remember your dreams?

- a) Write them down immediately
- b) Wait till you wake before writing them down
- c) Ask the bogeyman under the bed to remind you

### 7. With which type of surreal concepts would you most associate your dreams?

- a) The irrational juxtaposition of commonplace imagery (after Magritte)
- b) Anthropomorphic expression of mythology and paranoia (after Bosch)
- c) Gaudy self-mutilation, self-publicity and floppy watches (after the Speaking Clock)

### 8. To whom do you find it easiest to relate your dreams?

- a) Your mother
- b) Your hairdresser
- c) Your defending counsel

### 9. In a typical harrowing-pursuit nightmare, with whom do you more readily identify?

- a) The pursued
- b) The pursuer
- c) The catering staff selling hot-dogs to gloating on-lookers

### 10. Which of the following images do you find the most erotic?



### 11. Which of the following fantasy images do you find the most distressing?

- a) Seeing your name on a casualty list
- b) Seeing the name Bobby Ewing on a cast list
- c) Seeing the name Kent on the Civil List

### 12. Which of these lines suggest impending disaster?

- a) "I have a dream"
- b) "I gotta horse"
- c) "I gotta headache"

### 13. To what do you attribute your worst nightmares?

- a) Eating apples, cheese, etc before retiring
- b) Short-sighted Government policies
- c) MFI bedroom furniture

### 14. Do you believe so-called wet dreams to be the product of...?

- a) Sleeping in the nude
- b) Sleeping in the bath
- c) Sleeping in the Tory backbenches

### 15. What does dreaming of a phallus suggest to you?

- a) Handling a gun
- b) Growing a crop of large vegetables
- c) An unhealthy preoccupation with tabloid journalism

### 16. In which prophetic dream would you place the most credence?

- a) An imminent train/plane crash
- b) The winner of the Grand National
- c) Reagan and Gorbachev talking long enough to declare war

### 17. What does this image suggest to you?



- a) Fatalities
- b) Two barrels of beer
- c) A winning Spot-the-Ball entry

### 18. Do you believe in the telepathic powers of the unconscious?

- a)
- b)
- c)

### 19. Why not?

### 20. How do you react to a déjà vu?

- a) Same as last time
- b) Same as next time
- c) I told you before

### 21. Finally: how would you rate Adler's hypotheses on subconscious reinforcement of the Inferiority Complex?

- a) A pipedream
- b) Delusion of academic grandeur
- c) Not a patch on Tommy Reilly's "Just An Ordinary Copper" (Dock Green University Press)

Mostly c) You are either approaching genius, sectionally insane or clinically dead. If you can't tell which, answering magazine quizzes isn't going to help. Don't ever wake up. Just write "I bequeath my worldly goods to the Langdon Institute of Passive Banking" and get a solicitor to fill in the details.

SOURCE: "Something Sensational To Read on a Train of Thought" (Ed. Bracknell & Winnersh, Faculty of Intellectual Somnambulism, Openaftermidnight University).

### HOW TO SCORE

If your answers were mostly a) You appear to be level-headed, rational and rate, on a scale of Hitler to St Francis of Assisi, as tolerably well-balanced. Dreams are not important to you. Their feelings are naturally mutual.

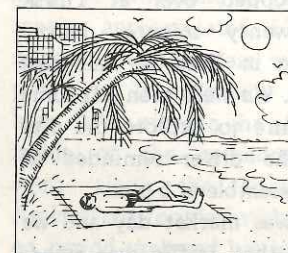
Mostly b) Fantasy seems to override logical thought; reason gives way to serendipitous conjecture, flights of fancy and bloody-well pay attention while I'm talking. You probably believe this, too, is an illusion – in which case, so are you. You brought this upon yourself.

## TRAVEL LOG

### Koh Larn Island Resort



Hire your own boat for a day trip.



UNADVERTISED and rarely visited, Koh Larn Island Resort makes a welcome change from the usual weekend trip to Pattaya, especially for those of you seeking a complete escape from the noise and pollution of Bangkok.

The ferry trip from Pattaya bay to the southern tip of the island takes about one hour, with access to the beach being achieved in a small rowing boat. If you travel mid-week, when you arrive don't be surprised to find that you are the only people staying there apart from the hotel staff.

Accommodation is in small, brick bungalows, and we found the ceiling fans adequate for sleeping at night, although the electricity is only switched on from 6 pm 'til mid-night. The food is generally simple, Thai and tasty, with nearly all dishes comprising seafood, and very reasonably



White sand clean water.  
priced.

The major attraction is the coral beach with its white sand and sparkling blue sea, and just a short swim away, coral reefs teeming with a myriad of colourful tropical fish. Such a change from



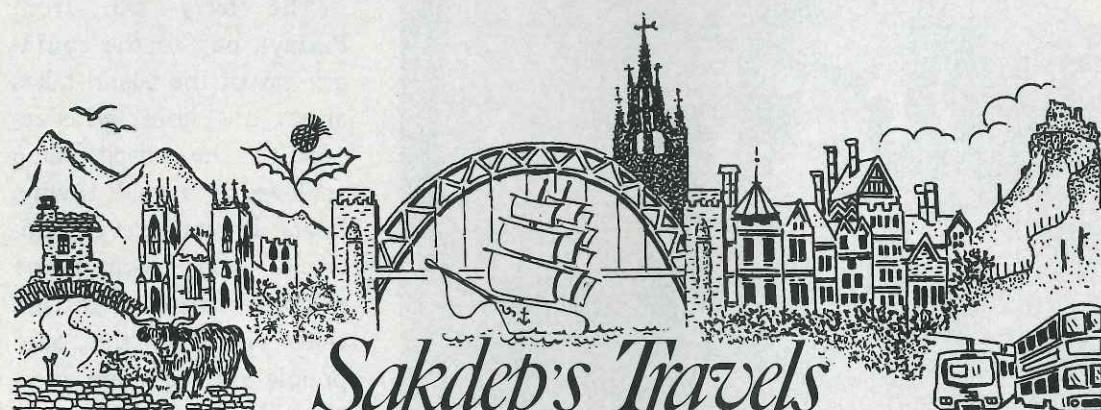
Peaceful beaches.

the sewage-laden sea around the mainland and the normal overpopulated hotel swimming pools.

Booking is through Speed Marine in Soi Prapinij Suan Phlu, Bangkok (Tel. 286-2154) and very reasonably priced. Not

everyone's idea of a perfect holiday, but if you want a complete break for a few days, Koh Larn is a delightful retreat.

*Ed: Also makes a great day-trip from Pattaya. Boats can be hired and bargained for on the main beach.*



**A** must for visitors to Britain to be included in sightseeing programmes. Our trip to York was arranged through a travel agency. We bought a 'York tour package' for £4 per person and were transported by the Priory coach.

We left home quite early on a freezing cold morning just merely walking round the corner to the picking-up point on the sea front road. It was very windy at the time. The coach arrived before we froze and started off as soon as everyone boarded. On the way

we stopped over at Thirsk for twenty minutes before arriving in York at half past twelve. We were then left some free time to explore the city and the driver reminded us to re-assemble at 5 p.m.

It was market day and we found that traffic was rather

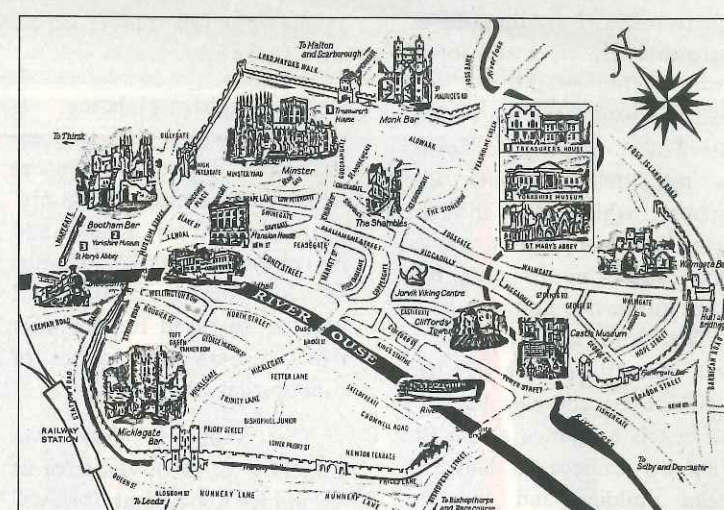


The Majesty of York Minster.

heavy owing to the volume of tourists filling the city. Some of them came from across the channel in Europe and I heard them conversing in different languages.

Apparently, York was planned to protect itself by the four great city walls mounted on towers and fortresses – Bootham Bar, Micklegate Bar, Monk Bar and Walmgate Bar namely surrounding on each corner of the city.

Without being guided and not knowing where to go, we first viewed from a far distance the glorious York Minster immensely stood up in an enormous size with magnificent spires atop. The Minster was undergoing restoration because of being hit by a lightning bolt and caught fire leaving behind serious structural damage. A notice said the cost of repairs approximated £2 per minute! Stained glass was reputed to be originally made here. After viewing the elegant inside of the cathedral we went along the Shambles. Amidst the footpaths abounded period timbered houses and



An open-air market by the shambles.

shops selling various souvenirs, sweets & chocolates, foods, silverwares, paintings, costume and all sorts of thing that would undoubtedly satisfy most visitors. We felt as if we had returned back to the past with the atmosphere of these quaint English scenes. Many photographs were repeatedly taken.

After a luncheon we turned off to the Piccadilly road following to nowhere as we didn't know where next to go. We, however, came across the Merchant Adventurers' Hall, a

smart timber-framed house, so we dropped in awhile for drinks. Not far away from the Hall we approached the Castle Museum but did not go in there, just sitting around its pleasant grounds and walking up a stone paved stairway which led to the Clifford's Tower singly mounted on the top of a high hill which provided a nice spot for city viewing.

We could not spend ample time to stay in one place as long as we would have liked. Our time was limited as we

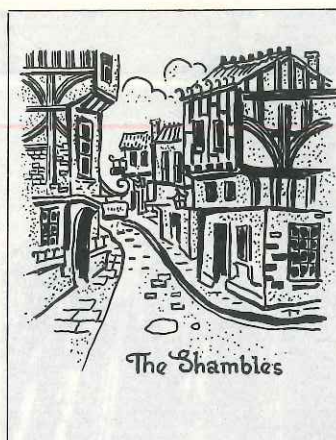
had to rush off to other places. Unfortunately we lost a lot of time walking around the long east city wall from the Fisher-gate Tower to the Red Tower to see the Walmgate Bar fortress which we thought (from the map) was a castle. This caused us to miss out many interesting points.

The time would soon be over. Nevertheless we still had a chance on our way back to the coach to glance at the St. William's College, a half-timbered building and then to quickly drop into the Treasurer's House located nearby the Minster. Some souvenir purchases were quickly made

at the very last minute before we left the city.

After arriving home we thought about with our enthusiasm interesting places which our limited time prevented us from seeing and hoped we could have a chance to visit York again. It would have to be saved for our next trip as there were a lot of other places still to visit.

This visit to York was somehow of great value for us all and we hoped that York will never in the extending future change much of its current marvellous characters of period existences.



Next month I visit Cragside.

## 600 TOP EX-PATS READ OUTPOST

Shouldn't they be reading your ad?

### RATE CARD

Colour			Black & White		
Outside Back Cover	6,000	baht	Full Page	4,500	baht
Inside Back Cover	5,500	"	Half Page	2,500	"
Inside Front Cover	5,000	"	Quarter Page	1,500	"

### Series discounts:

3 insertions — 3%, 6 insertions 7%, 12 insertions 15%.

### CONDITIONS

1. Artwork must reach the British Club by the 14th of the month previous.
2. Spot colour is available for black and white ads at an extra cost of 1,500 baht per colour.
3. Illustrated artwork can be produced by the printer at the following costs.
 

Full colour	—	4,000	baht
B&W full page	—	2,000	"
B&W half page	—	1,000	"
4. Non illustrated artwork on request.
5. For further information please contact The Manager,

The British Club  
tel: 234-0247, 234-2592

THE BRITISH CLUB, 189 SURAWONGSE ROAD, BANGKOK 10500, THAILAND

# The Mystery Motorist

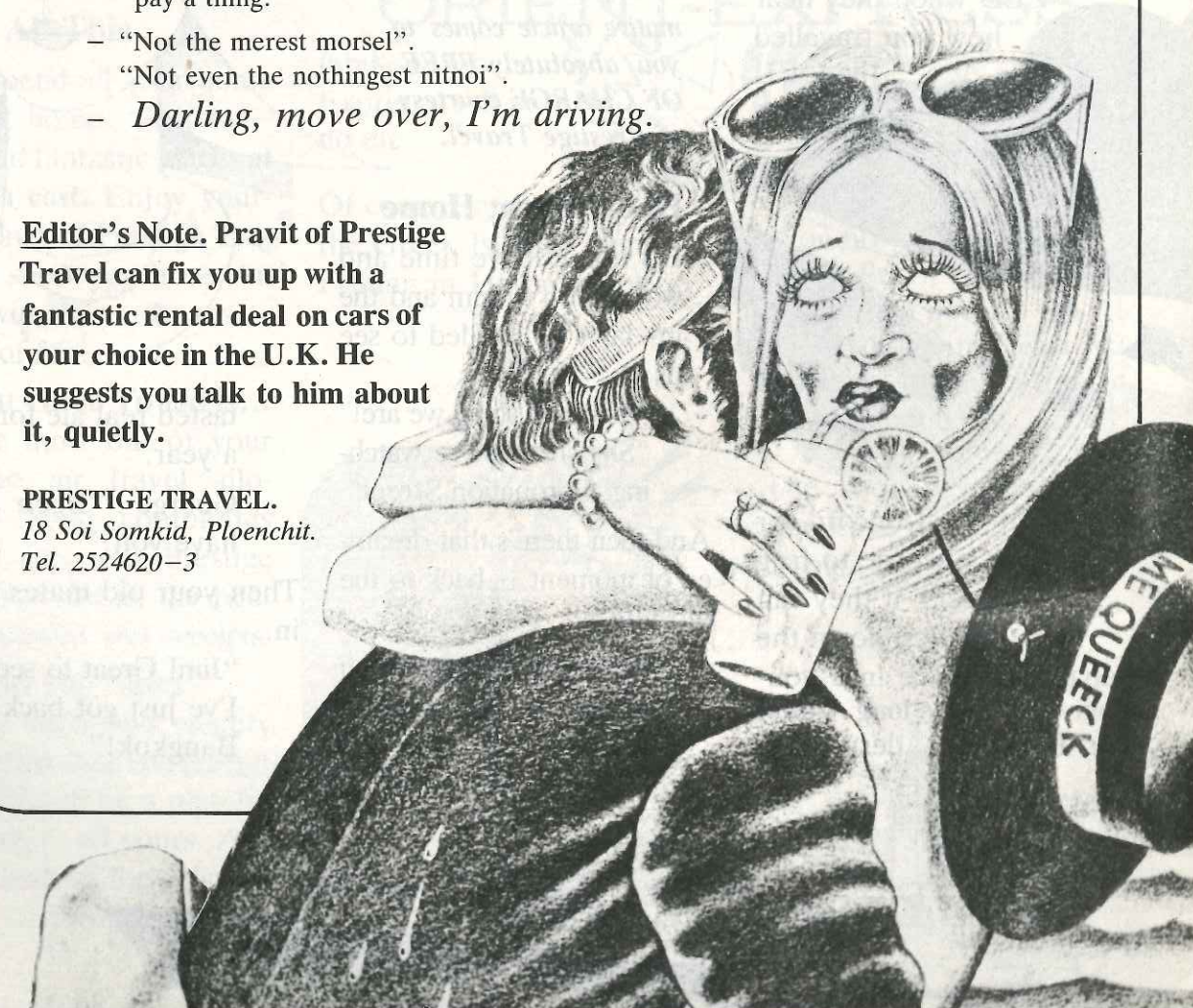
A back seat romance by "Woods" of Reigate

*He Slipped his arm around the cushioned recollection of her waist.  
"Darling, just think! Three glorious weeks touring the Sceptered Isle"*

- "The sceptic what?"
- "England my love. Driving around it. Seeing all. Old world pubs. Country churchyards..."
- "Driving in what? A coffin?"
- "A car my dear. A magnificent modern vehicle of locomotion. Fully insured. Unlimited mileage. A new expensive car—but incredibly cheap."
- "Whose jalopy are you borrowing this time?"
- "Not borrowing darling. Renting. From Woods of Reigate."
- "I'm not going to bloody Reigate"
- "You don't have to. They're at every airport—Heathrow, Manchester, you name it."
- "Alright. Where did you get the money and I'm not going to bloody Gatwick either".
- "But Prestige Travel has fixed it all out of my air travel allowance. We don't have to pay a thing."
- "Not the merest morsel".
- "Not even the nothingest nitnoi".
- *Darling, move over, I'm driving.*

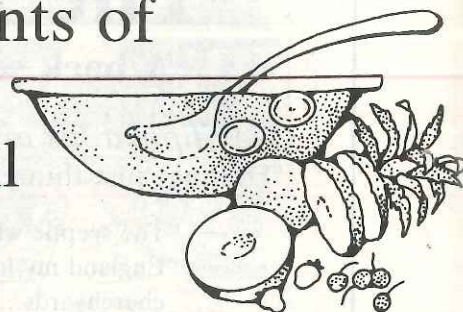
**Editor's Note.** Pravit of Prestige Travel can fix you up with a fantastic rental deal on cars of your choice in the U.K. He suggests you talk to him about it, quietly.

**PRESTIGE TRAVEL.**  
18 Soi Somkid, Ploenchit.  
Tel. 2524620-3



# REVEALED AT LAST !!

## The Prestige\* ingredients of Khun Pravit's Traveller's Cocktail



### Amaze your Friends

Read this article and you will learn about ways of stretching your home-leave travel allowance in ways hitherto unthought of, let alone heard about.

Your friends will be AMAZED when they hear how you travelled the QEII, flew,

screaming kids in the back – ALL FOR THE PRICE OF YOUR COMPANY – PAID FULL – FARE ECONOMY TICKET. Put down your glass and read, pausing every so often to sip thoughtfully.

*\* This fascinating & informative article comes to you absolutely FREE OF CHARGE courtesy of Prestige Travel.*

### Home Sweet Home

It's home leave time and wow! Won't mum and the in-laws be thrilled to see us.

"Yoo hoo, here we are!"  
"Sh-sh – we're watching Coronation Street"

And then there's that dreamed of moment – back to the old pub.

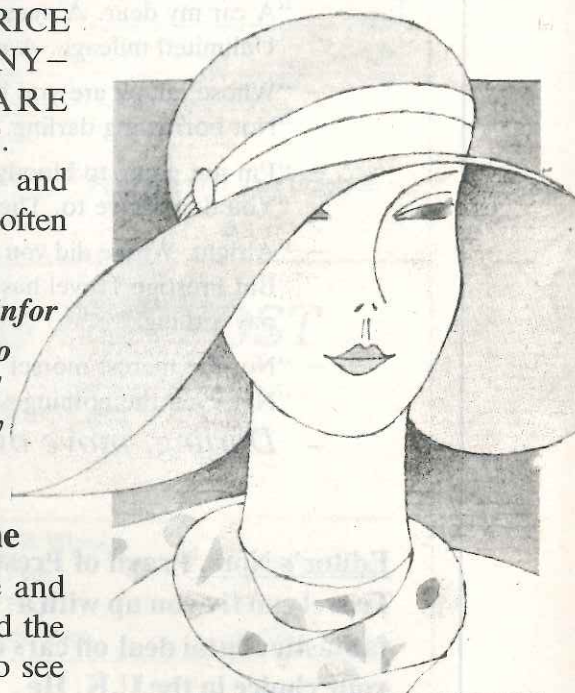
"Evening George! Pint of the best will you... Marvellous. Haven't

tasted real ale for over a year."

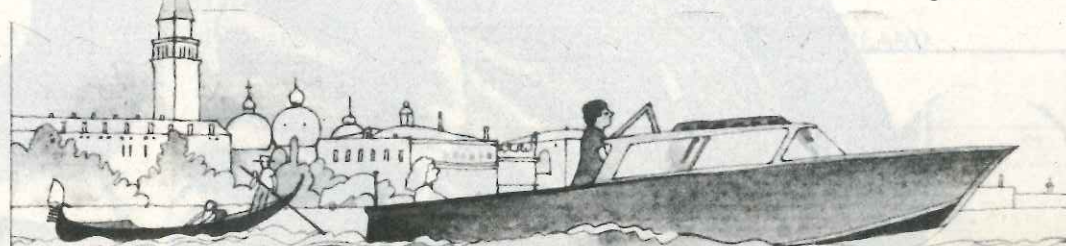
George : "Been away have you?"

Then your old mates come in.

"Jim! Great to see you. I've just got back from Bangkok!"



Concord (or Concorde to frog readers, if they can read), floated down the canals of Venice in a gondola renewing long-forgotten Romance despite two



Jim : "Oh yer? Well, you ought to see my bloody electricity bill."

Fred : "Bangkok eh? Well, I wouldn't fancy it myself. Can't stand arabs. How do you fancy Arsenal this Saturday."

Soon the joys of home leave begin to pall and the frequently heard question "When are you going back then?" takes on an ominous significance.

### Avoid All This

Don't spend all your home leave at home. Visit far-away and fantastic places at no extra cost. Enjoy yourself. Pravit of Prestige Travel can show you how. An hour with him means a month of fun.

### All You Have To Do is...

Get the most out of your full-fare air travel allowance! Most companies provide this and Prestige Travel provides all the right documentation and receipts.

### Lords of the Skies

For the high and mighty who get first class entitlement the world can be a plateful of oysters – all yours. Ask Pravit about all the delicious extras you can get.

### Tomorrow's Tycoons

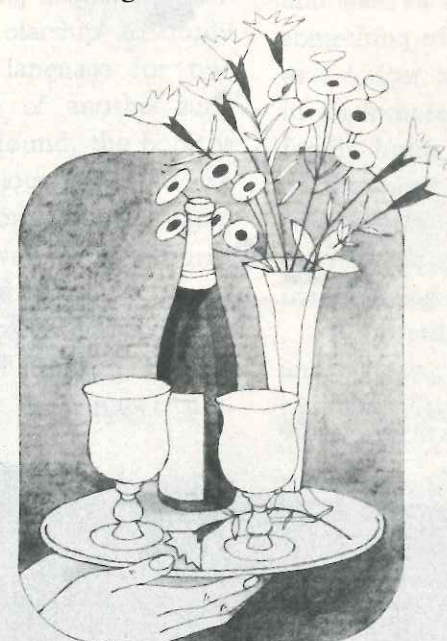
If you are entitled to business class or full fare Economy Class, wonders can be worked. How about a trip to New York on the QEII, look around the States for a while (or take a cruise down to Miami, then fly back to London on Concord ou, Concorde). All at no cost to you.

Or enjoy a few kilometers of spaghetti in Italy and roll through Europe from Venice to London on the

## ORIENT-EXPRESS

fabulous Orient Express. All at no etc.

Of course, a cruise in the Greek Islands, Game Fishing in Hawaii, Golf in

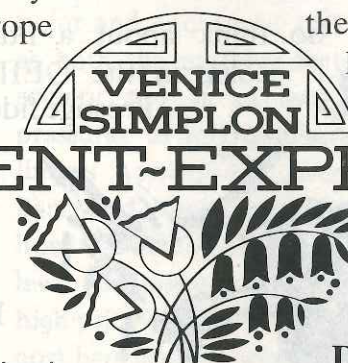


the Bahamas... all and more on Pravit's magic menu. Tell him where and he'll get you there. Or ask him if it's possible to get 6 weeks free car hire in the UK. It is.

And as Prestige Travel is agent for Utell International, you can save a great deal of money on a choice of 3,000 hotels, worldwide.

### APEX too!

Even if you just get an APEX ticket, Khun Pravit somehow turns it into a round-the-world trip with lots of goodies on the way. So don't



be shy – give him a call.

### Astonishing Dexterity

If you are going Down Under, Pravit can do all this upside-down! Scrutinize Japan. Relax in Bali or even fit in a free trip to London.

The sooner you discuss your leave plans the better the plan can be. So call...

**PRESTIGE TRAVEL**  
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# How to take a £92,000,000 voyage for next to nothing.

In April the beautiful QEII emerges from 92 million pounds worth of ministrations by the meticulous huns. In ein Wort, she's totally refitted and even more better than ever.

If you thought you had to be a tycoon with an astrakhan collar and a personal cigar cellar to sail on her, then you have gravely underestimated the cunning Pravit (sole agent QEII, Soul Singer etc). In his inscrutable oriental manner he can somehow fix it so the jocks at the Bank don't notice a thing.

So think about a little slow dancing to the violins in the QEII's ballroom and enjoy Pravit's Prestige fiddle.

Plus New York, New York, or a cruise down to Miami and a Concord (Oui, Concorde!) flight back to London.

It's all free. Ask him.

**Prestige Travel**  
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Ploenchit,  
Tel. 2524620-3



## WELL WORTH READING

### Pictures from the Water Trade

By John David Morley

**T**HINK "Japan" and what comes to mind? The prints of Utamaro's courtesans, tea ceremonies on Mount Fuji in the snows, ritual suicide? These images clash resoundingly with those of bullet trains and coachloads of Japanese tourists bedecked with cameras. Reading "Shogun" and watching "The Seven Samurai" gives (presumably) a distorted view and does nothing to explain electronic, high-rise Tokyo, rumours of unhappy Japanese marriages and economic success. No guidebook or holiday is going to sort out this wealth of disparate images, but "Pictures from the Water Trade" goes some way towards explaining Japan.

Written by a young, single, Englishman who won a scholarship to study Japanese culture and language for two years, this is the tale of another such person. Witty and profound, the book is not written as autobiography, but we must assume it is Morley's own experiences. It is not a travel book — tourist sites are totally ignored and only one or two places outside Tokyo and Toyama are mentioned. It is not a novel — there is no plot, though there are some richly-drawn characters.

Instead, the book is a series of scenes from a few years in Japan as lived by a man with no responsibilities, a restricted income and an interest in society and

language. After the initial surprises of arrival, our narrator (Boon) soon finds his natural habitat, the water trade of the title: low life, the life of bars and night-clubs. Boon sees Japan from this viewpoint and, moreover, sees the water trade as both the unifying factor in a complex society and as an escape valve for the pressures of modern Japanese life. Boon lingers nostalgically over the variety of bars and their denizens and describes how this sector of society fits into multi-level Japanese society: the high-class, high-price bars at street level, the lower-cost bars both above and below this.

But it's not all bars and water trade. Boon lives in several places whilst in Japan and each of these locations helps him see something of family and community life: as a lodger in a household he is a pawn in an intense struggle for space within a family home; as a tenant he sees a little of the same struggle in the community as a whole; as a guesthouse boarder he experiences some of the problems of living behind paper-thin walls.

Boon tells us something of traditional and contemporary social custom: watching the cherry tree bloom, the funeral of a grandfather, a marriage engagement against family wishes. Boon enters Japanese society in many different ways — as the flatmate of a man whose family invite Boon to family celebrations, as the

lover of two bar girls, as a teacher of English, as an apprentice calligrapher. Whilst Boon's love affairs are rather sad, other experiences are funny: the grandfather who strokes Boon's beard and mohair sweater, apparently believing one to be an extension of the other; the grand-uncle who arrives with a parrot in a cardboard box, taking shelter from a predicted earthquake; the mealtimes in the bachelor flat:

"Sugama did no cooking. He opened tins. On festive occasions he emptied the contents of tins onto plates. He did not actually prepare meals; he presented the illusion of meals. By crowding the table with chopsticks, sauces, salt and pepper, an ashtray or two, perhaps the evening paper, he artfully sought to raise Boon's hopes that somewhere in this miscellany he would also find something to eat."

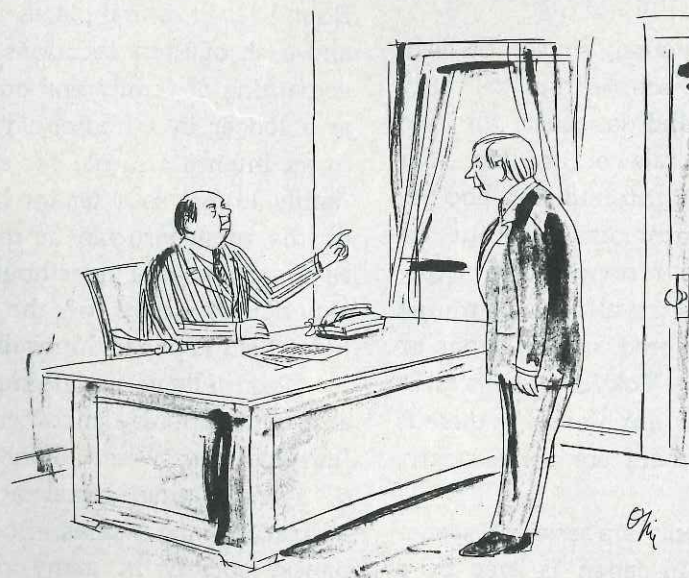
Other chapters are given over to a discussion of the relationships between behaviour, society and language. This may sound tedious but in fact provides fascinating insight into a culture and is of

a quality usually only available in the pages of learned journals and in far more turgid prose. Boon (or is it Morley himself?) speculates upon such questions as the self-sacrifice of Japanese women in marriage and motherhood, fatalism, the Japanese understanding of the individual's role in his community (be it office, home or sports club).

Boon all but sinks into the murky depths of the water trade, but eventually feels the need to return to a European identity. Perhaps this book is Morley's attempt to order and understand his impressions of Japan, which had become confused by standing too close. "Pictures from the Water Trade" evades all possible classifications, except that of being a good read, and likely to whet the appetite for a posting to Japan.

Jacqueline Piper

(Available at the Neilson Hays Library and bookshops – paperback publisher Flamingo, 1986).



"Before you go any further, McPherson, I should warn you that you're beginning to win this argument."

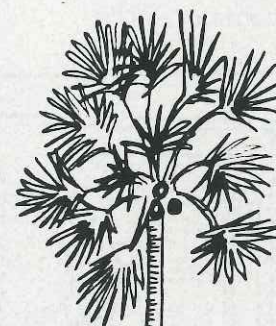
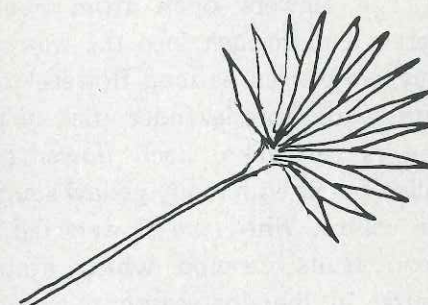
# THAI PLANTS

## Palmyra Palm

**A**WAY from the Gulf and into the drier parts of Thailand, the palmyra palm takes over from the coconut palm, occupying a dominant place in the landscape and replacing coconut palm as a supplier of both food and fibre. No part is wasted.

Often seen growing on the bunds between paddy fields, palmyra palm grows to a height of about 21 metres as a slender column topped with a head of fan-shaped leaves. Large black fruits (lontars) are produced at the base of the leaves: the fruits contain a transparent white kernel which is soft and rather jelly-like. In Thailand this is eaten as a dessert fruit with coconut milk and sugar.

In India and Thailand the palm is important for producing sugar ("jaggery"). If the sheath surrounding the flower is cut, copious sap oozes out, and this may be drunk as toddy or boiled down to produce jaggery before it ferments. If fermented, the sap can be distilled to make arrack. Palm flowers can be tapped throughout a five-to-six-month flowering season – a single palm can produce 20 litres of sap daily. Upcountry in Thailand you will often see makeshift ladders attached to palmyra palms for easy climbing to fruit, flowers and leaves. The leaves are used for mats, fans, thatching, etc. whilst the trunks of felled palm provide a strong, durable timber.



*Borassus flabellifer*

**Queen crepe myrtle or Queen's tree**  
*Lagerstroemia speciosa*



*Lagerstroemia speciosa*

One of Bangkok's most frequently planted street trees, the Queen's tree,

is apparently very resistant of difficult growing conditions and thrives even along the busiest thoroughfares. Its size and long life make it suitable even for narrow streets. The tree grows moderately fast to become a small tree (up to eight metres) but occasionally a height of 25 metres may be attained. Native to India and southern China, this tree has been spread throughout the tropics because of its lengthy flowering period and striking flowers.

The flowers open from February/March and through into the wet season; they are carried as long flowering spikes with 20 or more lavender, pink or purple flowers per spike. Each flower has six frilled petals with many yellow stamens at the centre. When the flowers fall, small green fruits develop which eventually shatter in the dry season to spread the seeds they contain.



"It's my first husband. He's trying to win me back."

# CHILDREN'S CORNER

## Magic

Double, double, toil and trouble;  
Fire burn, and cauldron bubble.  
Fillet of a fenny snake  
In the cauldron boil and bake;  
Eye of newt, and toe of frog  
Wool of bat, and tongue of dog,  
Adder's fork, and blind worm's sting,  
Lizard's leg and owlet's wing,  
For a charm of powerful trouble  
Like a hell-broth, boil and bubble.  
Double, double, toil and trouble;  
Fire burn, and cauldron bubble.

William Shakespeare

These are the ingredients of a witch's potion, boiling in the cauldron – definitely a bad spell, and a bad smell too! The three witches who concocted this foul soup were definitely not the sort of people you'd invite home for tea. If you should be unlucky enough to meet a witch on your way home from the British Club one dark night your best defence would be to jump into a klong; witches can't cross water. However, they don't mind salt water, and sail out to sea in eggshell boats to brew up terrible storms. Children who were given a boiled egg for their supper used to be told to break the empty shell once they'd finished eating:

You must break the shell to bits, for fear  
The witches should make it a boat, my dear,  
For over the sea, away from home,  
Far by night the witches roam.

Here's a good spell to say to yourself when you see a new moon:

Moon light  
Moon bright  
New moon  
Seen tonight  
I wish I may  
I wish I might  
Have the wish  
I wish tonight.

Whisper the rhyme, then turn round three times with your eyes closed and make a wish. Perhaps it will come true! And now here's some magic tricks for you to do (you'll have to practise the first three a lot before you can perform in public, but the last two are simpler).

1. Making the magic wand appear from nowhere.

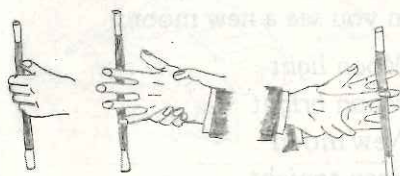
You will need a wand – a wooden dowel painted black, with a strip of white at each end.

Hide the wand inside your sleeve by attaching it to your left wrist with a rubber band. You'll have to wear a long-sleeved shirt. Keep the palm of your left hand facing away from the audience, bow and join your hands. Take the magic wand in your right hand, and separate your hands, quickly pulling the wand out of your sleeve. If you can do this fast, the audience will be astonished, and nobody will guess where the wand came from.

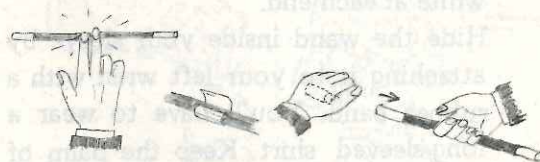
2. To make the wand float.

a. Take the wand in your fist

With the other hand get hold of your wrist and slowly spread your fingers apart. The wand seems to be floating. The picture below shows how this is done!



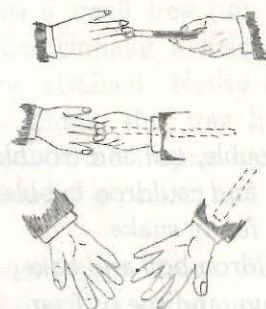
b. Make a ring from sellotape and stick this around the wand, with the sticky side outside. By pressing your hand firmly on the sellotape it is possible to make the wand float. Afterwards, put the wand in your fist and slide the sellotape off it. The tape stays hidden in your hand, and you can give the wand to someone from the audience to examine.



3. To make the wand vanish.

Make a fist with your left hand and push the wand into it. The wand seems to be vanishing, although actually you are pushing it up your sleeve. When the wand is entirely

pushed in, you can show that both your hands are empty.



4. Producing a chicken from a hat.

You'll need a hat and a feather.

Grandly announce that you are about to pull a chicken out of the hat then pull the feather out instead and tell everyone that the bird has flown!

5. Write the word 'What' on a piece of paper. Put the piece of paper in your pocket and say to a friend;

"I know what you're going to say next."

Your friend is certain to say 'What?' You can then produce your piece of paper to show that you were right!

And now some more tricks for

### April Fools' Day

April 1st is All Fools' Day, when people try to trick each other. No-one really knows the reason for this strange custom; one suggestion is that it was the day Noah sent the dove from the ark and it returned without finding land. Oh, one important point – after midday, the joke rebounds on the joker and the intended victim can say –

*April Fools' Day's past and gone,  
You're the fool and I am none.*

So, make sure it is still morning before you play these tricks on your friends and relatives –

Point to a dark corner of the room, under a chair perhaps, and back away fast shouting and screaming "Aaaugghh – there's a horrible great big spider over there! It's huge! It's hairy!" Once everyone has leapt onto chairs and started yelling, you can shout "APRIL FOOLS!"

Glue the inside pages of an old newspaper firmly together so that it's impossible to open them. Then on April 1st, get up early, remove the inside pages of the newspaper and put the pages you have stuck together inside the front pages. At breakfast let your father or mother struggle and grumble for a few minutes before saying 'April Fool'!

Push a scouring pad into a pot of earth. On March 31st, casually tell your mother that your friend's hobby is growing cacti and he has some rare specimens. Then on April 1st give her one of these unusual plants

as a special present. Say that the 'cactus' needs a few drops of tepid water, then wait until your mother is carefully tending the scouring pad before saying 'APRIL FOOL' (And then behave beautifully for the rest of the day!)

Lastly, the jokes:

Teacher: If I gave you three rabbits, then the next day I gave you five rabbits, how many would you have?

Girl: Nine.

Teacher: Nine?

Girl: Yes, miss. I've got one already.

Teacher: If you had £10 in one pocket and £20 in the other, what would you have?

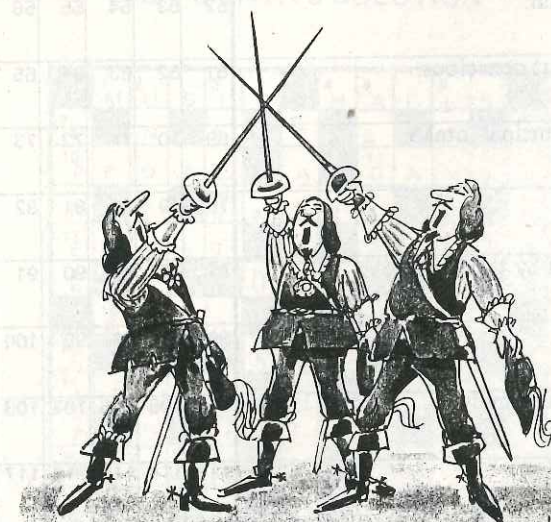
Boy: Somebody else's trousers, sir.

Girl: Please, sir, I wish we lived in the olden days.

Teacher: Why?

Girl: Then there wouldn't be so much history to learn.

Next month; Knock-knock jokes!  
See you then!



"Every man for himself!"

## DOUBLE GRID PUZZLE

**S**OLVE the clues A to P and enter in the spaces. Each letter is numbered – transfer the letters to the correspondingly numbered spaces in the big square, and reading straight through (some words may carry over to the next line) you will find a quotation from the autobiography of a well-known actor. Reading down, the initial letters of the solved clues A to P will give the title of the book.

A) Deceived about fifty and leaked out.	1	2	3	4	5	6	7	8		
B) Mount yours and air your favourite view.	9	10	11	12	13	14	15	16	17	18
C) Not included.	19	20	21	22	23	24	25	26		
D) Ken seems put out in a state of submission.	27	28	29	30	31	32	33	34		
E) "O Ban the Bomb!" The cry is heard-in a Scottish resort.	35	36	37	38						
F) Just bits and pieces.	39	40	41	42	43	44	45	46		
G) "All the world will be in love with _____" (Romeo & Juliet)	47	48	49	50	51					
H) In good order in the main.	52	53	54	55	56	57	58	59	60	
I) A weak end maybe – but conscious.	61	62	63	64	65	66	67	68		
J) Smash quickly for a matutinal intake.	69	70	71	72	73	74	75	76	77	
K) Devotion to.	78	79	80	81	82	83	84	85	86	
L) His plight at sea – saved by this?	87	88	89	90	91	92	93	94	95	
M) Correspondence.	96	97	98	99	100	101	102	103		
N) One port up, perhaps, but timely.	104	105	106	107	108	109	110	111	112	
O) Supervised and disregarded.	113	114	115	116	117	118	119	120	121	122
P) "I would dedicate this Nation to the policy of good _____" (Franklin D. Roosevelt)	123	124	125	126	127	128	129	130	131	

					100	19	92	76	48	112			75
95	106	81	58	16	86	40		88	123		45	9	
124		69	29	68	2	113	15	27		122	35	107	
116		84	37	120	83	8		101	20	4	99	55	
51		74	39	70		12	117	78	85	30		103	
109	129	21	73	94	47	89	33		80	43	6	79	
	130	105		61	36	10	114	65		1	127	22	
	98	111	7	71	56		128	13		59	125	21	
64		49	63	82	24	28	108	46		62	54	91	
90		11	87	110	25		131	104	17	121	34		
118	38		77	14	115	42		72	44	26		23	
97	66	5		50	3	126	53		93	18	60	96	
32	41		52	57	119	67	102						

## LAST MONTH'S SOLUTION

	1	M	2	U	S	3	I	C		4	H	5	A	L	6	L	S	
7	S			N			N		8	C			L			O		
9	10	P	E	D	A	L			A			11	G	A	V	E	L	
		R		E			12	E	X	T	R	A		E			C	
13	E	G	R	E	T				A			14	E	P	R	O	F	
		E		S				15	U	S	E				S		A	
		16	S	T	A	G			T			17	A	L	M	S		
18	C		A					19	A	R	C				E		20	S
21	H	A	N	D		22	S			O		23	C	R	E	A	M	
		A		D			24	I	M	P	E	L		T			I	
25	S		C	I	O	N				H			26	E	X	I	S	T
		E		N			G			E			F		N		E	
		27	O	G	L	E	S					28	S	T	A	G	E	

## BRIDGE



## BRIDGE

**T**HE bridge sessions on Tuesday evenings are in general well attended. The atmosphere is very pleasant and there are usually different winners at each session. We had in the past year a 2½-month-long running competition. As the finish of this competition was towards the end of the year the prize-giving evening with surprises and an evening full of bridge was postponed till March. The exact date will be announced well in advance so all bridge players can keep that evening free. The winners of the competition were Harry Kurd and Peiter Schoenmakers and the runners up were Paula and Leonard Chimitz. Celeste and

Mike Cave were also placed.

Every Tuesday, however, there is still the worry about how many will come and how many tables we will have. That's why we would like to urge all bridge players to make their Tuesday evenings free. If you have no partner, give us a ring and we will try to find you one. We are compiling a list of names and telephone numbers so we can contact the players. This year we will have competitions and will try to have some matches between different clubs.

Looking forward to many evenings of bridge.

P. Schoenmakers

## CRICKET



## CRICKET

**T**HE British Club Cricket Section have had a splendid month, sweeping all before them with masterful displays of all-round batting, bowling and fielding prowess. Rarely has the club scaled such heights.

Those in the know may well have noticed a certain amount of inaccuracy in this month's opening paragraph, but one has a certain amount of responsibility towards those readers who have no interest whatever in cricket and who just glance at the opening lines of the article; there's no point in having them share our despondency after a month of woeful displays in every department but that of Kloster-downing.

**25th January. 50-over League vs Sports Club. Lost by six wickets.**

**British Club** 134 all out (Dance 33, Hough 19, Grocock 17, Extras 16, Piper 13, Dunne 11)

**RBSC** 138 for 4 (Hough 3-0-12-1, Piper 5-0-27-1, Dance 9-3-29-1, White 10.2-1-31-1)

Hopes were high as we took to the field that this would be our first victory over the Sports Club since 7th May 1982. In particular, we had what looked like our strongest batting line-up for many years, with both Dance and Price available for the first time this season. Jack decided to drop himself for this game and Alistair,

captain for the day, began well by winning the toss. He confidently sent his "strongest batting line-up seen for many years" in to do battle and sat back to watch. Nigel Grocock, playing his first league match for the British Club, opened the batting with Ben Piper, and scored a single off the first delivery of the match. This, however, was a burst of enthusiasm seldom to be repeated during the next hour-and-a-half, as Nigel, reminding one very much of a slimmer Terry Adams on a slow day, saw off three partners and the first half of the overs while scoring 17 runs. Very good in a fifty-over match as the anchor-man role, IF things were going right at the other end. However, ... Piper began well and hit three good-looking fours before being run out; White, playing himself in patiently, was unfortunate to be bowled first ball; Dance, determined not to hang around, looked as though he were going to swing the scoreboard our way with a rapid 33 out of the day's best stand of 45 before being caught off a mistimed drive; and Craig Price faced seven deliveries for one run before being bowled. Frank Hough and Nicky Dunne then put on 26 for the sixth wicket before four wickets fell for 16 runs. The unlikely pair of Hall and Binns saved face a little by putting on 21 for the last wicket, but 134 did not look enough.

This proved to be the case, as the RBSC openers raced away to 105 before the first wicket fell. David Cohen, playing his first match for the club, came on as first-change bowler after White and Dance had failed to make an impression. David, reminding one very much of a taller Dave Smith on an erratic day, proceeded to give away 33 runs in his 3 overs. Decidedly this was not going to be a day for newcomers. Although some keen late bowling meant that RBSC took seven overs to get the final 7 runs needed for victory,

the BC total was still passed with twenty overs in hand.

**31st January. 30-over League vs AIT. Lost by 84 runs.**

**AIT** 131 all out (Dance 6-0-16-3, Piper 6-0-28-3, Hough 2-0-6-2, Dunford 4-0-14-1)

**British Club** 47 all out (Dunne 14, Hassan 10)

This match was notable for the massive traffic-jam from Bangkok to Rangsit, the return of Olly de Braekeleer from Malaysia for a one-match guest appearance, the first appearance of Happy Hassan, and the lowest score ever by a BC team against AIT. On a difficult pitch, the AIT openers did well to reach 41 before their first wicket fell. Then there was something of a collapse as they went first to 47 for 5, then to 81 for 8. The tail-enders, however, kept the array of BC change bowlers at bay as they saw the score through to 131, which on this pitch was a very respectable score, and, as it turned out, way beyond the BC batsmen. The first three BC wickets fell for eight runs, with David Dance going cheaply for the first time this season. Hassan and Dunne stopped the rot with a stand of 26, but when both were out on the same score, the innings crumbled, and we were reduced once again to drinking more beer than they did after the game.

**1st February. 30-over League vs Wanderers. Won by 7 wickets.**

**Wanderers** 85 all out (Cohen 6-1-25-4, Price 6-0-15-3, Hough 5-0-17-1, Miller-Stirling 3-0-17-1)

**British Club** 86 for 3 (Dance 38 not out, Grocock 34)

This month's only victory! And the match in which the newcomers of two matches ago came good. After an early run out had removed one of the Wanderers' openers, our opponents progressed

steadily but slowly to 23 for 1 off the first ten overs. The next two overs changed all this fart-arsing around, as my grandmother would have said; David Cohen bowled a ten-ball over consisting of four wides, a long-hop despatched for four, and two wickets, while the first-three balls of the following over, from Jock Miller-Stirling, produced a four, a six and a wicket. This meant that 1½ overs had produced 3 wickets for 19 runs. David Cohen went on to take two more wickets, and Craig Price produced a spell of two overs, 3 wickets for four runs to add to his earlier economical opening spell, as wickets fell steadily and Wanderers were all out for 85. When BC batted, Craig again went cheaply, soon followed by Nicky Dunne, but Nigel Grocock played splendidly for a rock-like 34, being unlucky to be out just seven runs short of victory, while David Dance continued his excellent season by racing to 38 not out. Despite the seeming size of the victory, BC were in the twenty-ninth over by the time they passed the Wanderers' total.

**7th February. 30-over League vs Indian CC. Lost by 3 or 4 wickets.**

**British Club** 136 for 8 (Dance 69, Dunne 15, White 14, Rider 11)

**Indian CC** 141 for 6 or 7 (Piper 6-0-18-3 or 4, Dance 5-1-24-1, Hough 4.2-0-29-1, Price 6-0-37-1)

The match started nearly an hour late as the ground had been over-watered; it would therefore have been a good toss to win, with a tricky wicket and a soggy outfield facing the early batsmen. In the event, it was the BC batsmen who faced these hazards; the Indian bowlers, with a mixture of wides and a lot of leg-side bowling, surprised the early batsmen with the occasional straight one, and we were soon deep in trouble at 32 for 5. Nicky Dunne stood firm with David Dance, however, and the latter soon began to cut

loose in familiar fashion. He shared stands of 37 with Dunne, 35 with Rider, and 24 with Hall before being caught off the fifth ball of the penultimate over for 69 off 54 balls. Binns rounded off the innings with a four off the only ball he faced, and 136 for 8 looked like a useful score, especially after the disastrous start. In the Indian innings, Craig had an early success, but this brought in a very classy-looking batsman, who scored 27 elegant runs before proving his class by "walking" for a catch behind that the umpire did not give. This rather proved to be the end of sportsmanship as far as the Indian innings was concerned, however; Ben Piper, bowling extremely well, took his second wicket when he clean bowled the Indian number four, who was on one run at the time. This was the end of the over and time for the drinks-break, during which the umpire was persuaded by his batsman-brother to say that the bails had been removed not by the ball but by the wicket-keeper. Unbelievably, they stuck to this story, and the bowled batsman came out for the second half, where he went on to make 24 runs and a substantial contribution towards the Indian victory. Binns and Dunne took excellent catches and Piper finished his spell with two more wickets, but the atmosphere was hardly conducive to enjoyable cricket, and the match ended in considerable acrimony.

The only bright spot in the match was David Dance's innings, which took his aggregate for the season to 462 runs at an average of 57.75, passing Craig Price's total of 423 in the 1984-85 season, and well on the way to passing Craig's record-breaking aggregate of 543 last season.

#### STOP PRESS:

The Indian match was declared null and void by the Thai Cricket League on the grounds that the Indian team had

played specially-imported players. It is its option to replay this highly disagree- unlikely, however, that BC will take up able match.

#### Fixtures for March

Saturday 7th March	50-over vs Wanderers	RBSC Ground
Sunday 8th March	30-over League vs RBSC	Polo Ground
Saturday 14th March & Sunday 15th March	Nations Trophy (6-a-side)	Polo & RBSC Grounds
Saturday 21st March	50-over vs Chiangmai	Chiangmai
Sunday 22nd March	30-over vs Chiangmai	Chiangmai
Sunday 29th March	50-over vs Indian CC	RBSC Ground

David Hall  
10/2/87

## DARTS DARTS

**A**S the new darts season is due to start soon we thought it would be nice to have an AGM. It was a good thing we held it in the Wordsworth Room rather than the telephone box at the end of the soi where we usually have it (or where some of the members say they have had it), because 14 turned up.

The officers, if you can call them that, were elected as Captain Roger Daniel (Nai Dai), Vice Captain (who knows all about it) Peter Downs, Treasurer Terry Adams, and Secretary Bryan Baldwin.

Talking of the Treasurer, he's responsible for claiming a £100 fine from

anyone who scores 3 or less in a league match. No less than 17 players achieved this rare distinction last year, Major contributors being Bryan (£800), Roger (£600) and Mike Majer (£500).

All remaining players should be ashamed of themselves! They are obviously not turning up often enough, not being selected often enough, not drinking enough Kloster or are cheating by going for the 19's.

Dinner was followed by the awards presentation. Principal trophy winners were:

1. Most tons for half a season (6)
2. First player to be sent down under for bad play
3. Lowest number of closes (0)
4. Lowest number of closes & tons (1 each)
5. Lowest everything
6. Best underwater darts player
7. Award for throwing the occasional silly one
8. Dartist Extraordinaire

Peter Tinson  
Eric Turner  
Linda Tinson  
Pat Daniel  
Orin K.  
Erika Majer  
Siriwan Miles  
Mike Miles

9. 4 tons at highest Kloster level
10. Thinnest player to score 8 tons and 7 closes
11. Highest number of holes-in-one
12. Most improved (5 tons in a quarter season)
13. Highest number of cheese sandwiches
14. Signing most scoresheets
15. Largest number of flights
16. Most tons standing on one leg (4)
17. Most tons (17)
18. Most tons (17)
19. Ladder Champion
20. Misspent Youth Award (most closes) 20

A prize was not awarded for highest score, because no-one scored more than 140. This mediocre total was achieved by Bryan 4 times, Andy twice and by Terry Adams, Mike Evans, Mike O'Connor, Roger Daniel and Peter Downs.

On Thursday 12th March we will hold the Annual British Club Open Darts Challenge. The Castrol Cup, presently

held by David Frost and the Ladies' Cup, held by Linda Tinson, will be up for grabs. Starting time is 8 p.m. so if you know how to throw up, come along to the Club and show everyone just how bad the regulars can be.

And if you want to play in the new league on Thursdays, contact Roger Daniel, Terry Adams or Bryan Baldwin.

David Frost  
Peter Downs  
Andy Pickup  
Mike O'Connor  
Terry Adams  
Roger Daniel  
Mike Evans  
Arthur Phillips  
Terry Adams  
Bryan Baldwin  
Mike Majer  
Mike Majer



## SQUASH SQUASH



**T**HE Annual General Meeting of the British Club Squash Section took place on 11th February 1987.

Eighteen members attended and a new committee was elected unanimously, namely Les Kentwell, Sue Kunzmann, Margaret Currie, David Jezeph, Rudi Sirr, Andy Hawkins, Mike Geary, Jane Rodgers, Barbara Overington and Mike Kelly.

The outgoing chairman (Les Currie), in his opening address, drew attention to the fall in Squash Section membership and the consequent reduction in revenue. Various remedies were suggested. However it was left to the incoming committee to devise ways of stimulating interest and encouraging greater utilisation of the facilities. The outstanding court 3 building loan was the subject of much discussion. It was agreed that one solution to this mill-stone was to ask the General Committee to write it off. The new committee should also consider recommending to the General Committee that competition

charges should be resumed if there was sufficient interest. It was fully accepted by the meeting that it was up to Squash Section members to ensure that the section increased its membership.

The Chairman mentioned that in the near future court 1 would be closed for renovation for one week, and separately court 2 would be closed for two weeks.

In closing the meeting, the Chairman thanked the outgoing committee for its support. The meeting in turn accorded the outgoing chairman a round of applause.

For those who are interested, copies of the minutes of the A.G.M. are posted both on the clubhouse notice board as well as on the squash notice board.

The Squash Committee would like to hear from any members who wish to put forward constructive suggestions which could lead to increased use of the squash facilities.

Mike Kelly (Secretary)

## NEED SOME MONEY?

### COULD YOU SELL THIS SPACE?

If both of the above appeal to you, then phone David Williamson now! A few hours a month could bring in a lucrative nest egg. We will pay 10% commission on all the new advertising you can bring in. How much you earn is up to you.

# TENNIS



**T**HE three January fixtures announced in the February *Outpost* plus a match against the Japanese Association on 1st February brought some highly competitive tennis to the British Club courts.

On Friday, 16th January, a ladies' match against the American Women's Club was organised by Terry Merry. Twenty-four matches on both the grass and hard courts were played and the British Club won the morning 15-9.

## Representing the British Club

Helen Benham  
Mal Chessman  
Julia Freeman  
Jackie Gramond  
Elaine Kelly  
Terry Merry  
Barbara Noon  
Uschi Reinecke

## Representing the American Women's Club

Noi Frink  
Pat Johnson  
Irene Moser  
Uschi Muhlig  
Nila Riemann  
Joanna Shaw  
Laura Stamp  
Kay Woodson

\*\*\*\*\*

The friendly Round Robin held on Sunday, 25th January, was organised by Bruce Pointer. The following people participated:

Helen Benham  
Fiona Casbon  
Celeste Cave  
Jane Kefford  
Elaine Kelly  
Mary Nicholson  
Fiona Richmond  
Bua Wyder

Michael Cave  
Roger Hough  
Simon Hough  
Fritz Kunzman  
John McCartney  
Kassem Narkprasert  
Nigel Nicholson  
Bruce Pointer  
Derek Tonkin

and played eight rounds of six games. The winning man moved up, the lady down and the two losers divided – or at least that was the general idea! After some interesting partnerships and lots of fun, the winner was Kassem with Roger Hough as runner-up, and in the ladies' section Helen Benham was first and Bua Wyder second.

\*\*\*\*\*

The match on Friday, 30th January, against the Kowloon Cricket Club was downgraded to just a friendly get-together and several sets of men's doubles were followed by a few beers in the bar. The Kowloon Cricket Club has extended an invitation to the British Club tennis section to visit, but with trips to Chiang Mai, Penang/Singapore and Germany already scheduled, this may have to be put off until later in the year.

## JAPANESE ASSOCIATION EDGES OUT BRITISH CLUB

In the second encounter between the two clubs, the Japanese Association of Thailand edged out the British Club on the latter's courts by a score of 13 to 11 matches on Sunday, 1st February 1987.

The Japanese Association took an early lead as they won three of the five women's doubles matches played. They followed this up by increasing their lead when they took four of the six men's doubles matches to lead 7 to four.

However, the British Club came storming back to take seven out of 12 mixed doubles matches to narrow the lead to 12 matches to 11. The deciding match, a final men's doubles match, saw the Japanese nail down the victory and to post a final lead of 13 matches to 11.

Detailed results of the matches are as follows (with the British Club players listed first):

### Women's Doubles:

Mal Chessman and Uschi Reinecke beat Yukie Hino and Kumiko Kizawa 9-8 (8:6).  
Helen Benham and Terry Merry lost to Michiko Ohnishi and Yamaguchi 1-9.  
Kristeen Chappell and Jackie Gramond lost to Shiraishi and Tazaki 4-9.  
Bua Wyder and Duang Wray lost to Fumiyo Sakuma and Sato 8-9 (5:7).  
Helen Benham and Terry Merry beat Yamanishi and Hirano 9-2.  
Kristeen Chappell and Jackie Gramond lost to Michiko Ohnishi and Ishii 7-9.

### Men's Doubles:

Dick Chessman and John Kelly lost to Hanao and Haluhasu Masunari 5-9.  
Bob Merry and Steve Chappell lost to Yutaka Ono and Utsunomiya 6-9.  
David Benham and Kasem Narkprasert beat Keiji Kazawa and Masataka Yanai 9-5.  
Mervyn Rattray and Gordon Martin beat Yoshimasa Nakamura and Yamanishi 9-1.  
Chris Wray and Sucharit Rungsimuntoran lost to Kenishi Ohnishi and Tazaki 3-9.  
Mervyn Rattray and Bob Merry lost to Hanao and Hayao Kanbanyashi 7-9.

### Mixed Doubles:

Mal Chessman and Dick Chessman lost to Yukie Hino and Hanao 1-6.  
Bua Wyder and John Kelly beat Kumiko Kizawa and Masunari 6-3.  
Terry Merry and Bob Merry lost to Shiraishi and Yutaka Ono 1-6.  
Helen Benham and David Benham beat Fumiyo Sakuma and Utsunomiya 6-2.  
Kristeen Chappell and Steve Chappell lost to Yamuguchi and Keiji Kizawa 5-6 (6:8).  
Duang Wray and Kasem Narkprasert lost to Michiko Ohnishi and Masataka Yanai 1-6.  
Jackie Gramond and Mervyn Rattray beat Sato and Nakamura 6-4.  
Uschi Reinecke and Gordon Martin beat Yamanishi and Yamanishi 6-2.  
Duang Wray and Chris Wray lost to Ishii and Kanbayashi 5-6.  
Bua Wyder and Dick Chessman beat Tazaki and Tazaki 6-0.  
Mal Chessman and John Kelly beat Ozone and Kenichi Ohnishi 6-1.  
Uschi Reinecke and Sucharit beat Sato and Nakamura 6-2.

Upcoming events include the Chiang Mai weekend which sees over 20 members of the British Club jetting their way to Thailand's northern capital. Highlights next month!

**NOTE:** Ladies not going on this weekend are urgently needed to play in a friendly match against the American Women's Club of Singapore on Friday, 6th March, 3-6 p.m.

The finals of the Club tournaments will be held the weekend of 14/15th March. There will be a buffet supper and awards ceremony the evening of the 15th. A sign-up sheet will be available at the Reception Desk.

## "Oh! My aching back!"

**H**OW many times have you experienced "back ache?" Sometimes very temporary and sometimes to the extent that you have to see a doctor – with a definite injury. Then you may require manipulation or surgery. Well, you are not alone. It is noted that over 50% of us experience back pain during our lifetime. This is particularly applicable to those of us from the western world where the percentage figure is much higher. But most problems are simply due to tension, and muscular tightness, which comes from poor posture, being overweight, inactivity and lack of abdominal muscle strength. Another main cause is the chairs and sofas we sit in. Certainly, if you take a close look, you will see that they do not lend themselves to correct posture. One can see that in some automobiles the seats, even when in the upright position, have a defined curve – leaning towards the back.

### A few tips for those with sensitive backs:

- Don't get fat, and if you are overweight, make an effort to lose some of those pounds.
- Don't wear high-heeled shoes, ladies. Or, wear them only when you must.
- Don't reach. Any object held at arm's length has the full leverage of your arm behind it by the time the effect reaches your back. Just stretching for the hot pepper sauce across the table could spell trouble.
- Sit so that your knees are higher than your hips. To do this you can use a small footstool (easily attained at a basket shop).

- When getting off a chair, put one foot forward and SLIDE off the chair. Let your legs do the work and get up with a straight, extended spine. Use BOTH legs.
- When driving, push the front seat of your car forward so your knees will be higher than your hips. This will reduce the strain on back and shoulder muscles.
- Never sit or stand in the same position for prolonged periods. Move around. Keep weight evenly distributed on both feet – don't shift weight to one leg as it is very bad for the hip and lumbar region.
- A small pillow placed at the base of the spine when sitting gives ease to the back.
- When turning to walk from a standing position, move the feet first and then the body, as in left and right face in the military.
- Open doors wide enough to walk through comfortably.
- When lifting an object – even if it is a scrap of paper – let your legs do the work. Squat directly in front of the object, keeping it close to your body, then slowly rise to a standing position.
- When bending over, even if you are on the edge of the bed to tie your shoes, lean with a straight line – both shoulders dropping evenly. Keep your back straight and do not tip to one side.

**REST ANY STRAINED MUSCLE.** Use heat to relieve pain.

**THEN EXERCISE TO STRENGTHEN YOUR BODY.**

Research has shown that four out of five

back pains will get better within two weeks.

A little exercise every day is far better than a whole lot on the weekend.

**YOU ARE AS YOUNG AS YOUR SPINE IS SUPPLE AND HEALTHY.**

### Sleeping Positions:

Pain and stiffness often occur in the morning due to sleeping positions. First of all, a firm mattress should be used. We all have our "favourite" sleeping positions (and side of the bed), but there are alternatives.

– A position that results in flexion rather than extension of your lower back puts less strain on the spine.

– If you sleep face down, of course your lower back curve is considerably increased, especially if you have a very firm mattress. Change to an alternative position or place a small pillow under one hip so that your lumbar (lower back) is not completely extended.

– If you sleep on your side with one knee bent, place a small cushion under your top knee so that it does not fall into a position that puts an unnecessary strain on your back.

– If you prefer to lie on your back, your lumbar spine is usually extended in an exaggerated way. Place a long, narrow cushion under your knees to help to flex this area.

**WHEN GETTING OUT OF BED .....** bend your knees, roll over towards the edge, both shoulders facing the edge, use your hands to push your body upright dropping the legs over to the side, then stand up. Do this slowly and feel no strain on the back – also prevents light headedness when rising.

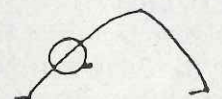
### Now some simple exercises:

Do some of these every day if you are a sufferer. Don't wait until your back hurts.

These are therapeutic exercises that can be done to lessen pain as well as strengthen the back.

### ADHO MUKHA SVANASANA; DOWNWARD DOG:

Keep back straight for a good stretch. Arms well in front. Use the heels at wall, also.



### TABLE STRETCH:

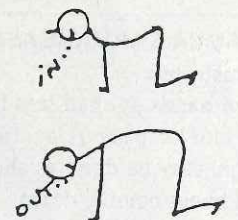
Keep your back straight. Learn to use the big muscles of the legs (thighs etc.).



### CAT POSTURE:

On your knees with hands flat on floor – fingers pointing outwards.

As you breathe in – lower back, raise head. As you breathe out – lower head and raise back. Do this in slow, rhythmical motions. Do up to ten times.



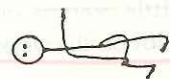
### SIDEWAYS STRETCH:

Lie on your back. Bend your knees and take them to one side, keeping the opposite side down to the floor. Do this as many times as you wish, from side to side.



### CROSS-LEGGED STRETCH:

Lie on the floor, legs straight. Cross left leg with the knee bent over right leg. Use right arm to press down on left knee. Keep the left side of your body firmly to the floor, arm outstretched. Look towards the ceiling. Repeat on opposite side.



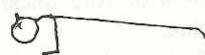
### FORWARD BEND STRETCH:

Sit back on heels or between them with knees bent. Stretch over your legs - stretch arms over your head walking fingers away from body, breathe slowly and relax.



### PURVOTTANASANA: FRONTAL STRETCH:

Sit on floor with your legs straight out, take hands behind you, fingers pointing away from body. As you exhale, lift body, push on toes, and drop head. Repeat.



### NOSE TO KNEES:

Lie on the floor. Bring knees to chest - stretch your back. Now bring nose to knees. Take hand to back of head and stretch a bit more.



### HEAD TO CHEST:

Lie on your back with knees bent. Interlace your fingers behind your head. Bring your head forward until you feel the stretch. Hold for 5/10 sec. Repeat 3 times.



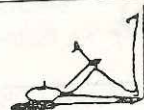
### KNEE TO CHEST:

Lie on your back as illustrated. Bring knee to chest and hold feeling the stretch. Repeat several times breathing out as you bring knee to chest. Alternate knees.



### LEGS AT WALL - STRAIGHT:

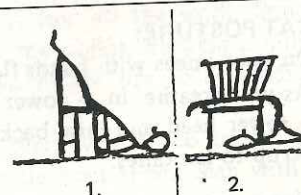
Buttocks against the wall. Legs up straight. Bring one leg to chest. Then the other. A pillow (small) may be used under your head.



### SALAMBA SARVANGASANA - SHOULDER STAND w/CHAIR:

As illustrated:

1. Use hands at chair legs for support, put buttocks to rest on seat of chair and keep shoulders firmly on the floor.
2. Can also be done as shown across a chair. Keep thighs on chair. Bend knees coming down.



This is not a routine - do any of these exercises when you have time - but be sure and take time. Just take ten minutes two or three periods during the day.

Yours in Yoga,  
Joan C. French  
Tel: 253-9638

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ANYONE WHO IS INTERESTED IN PARTICIPATING IN ANY ASPECT OF THE FOLLOWING ACTIVITIES SHOULD CONTACT:

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## TIME TO SWING

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