

# OUTPOST

MAGAZINE OF THE BRITISH CLUB, BANGKOK



MARCH 1994





# Our Winning Formula

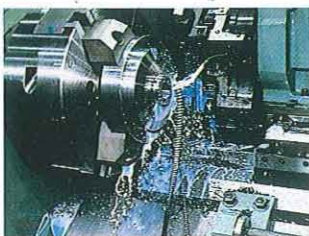
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#### CONTRIBUTIONS

If you would like to contribute to Outpost Contact Bea Grunwell on 2589509. All photographs articles should be received by Bea on 1st of each month.



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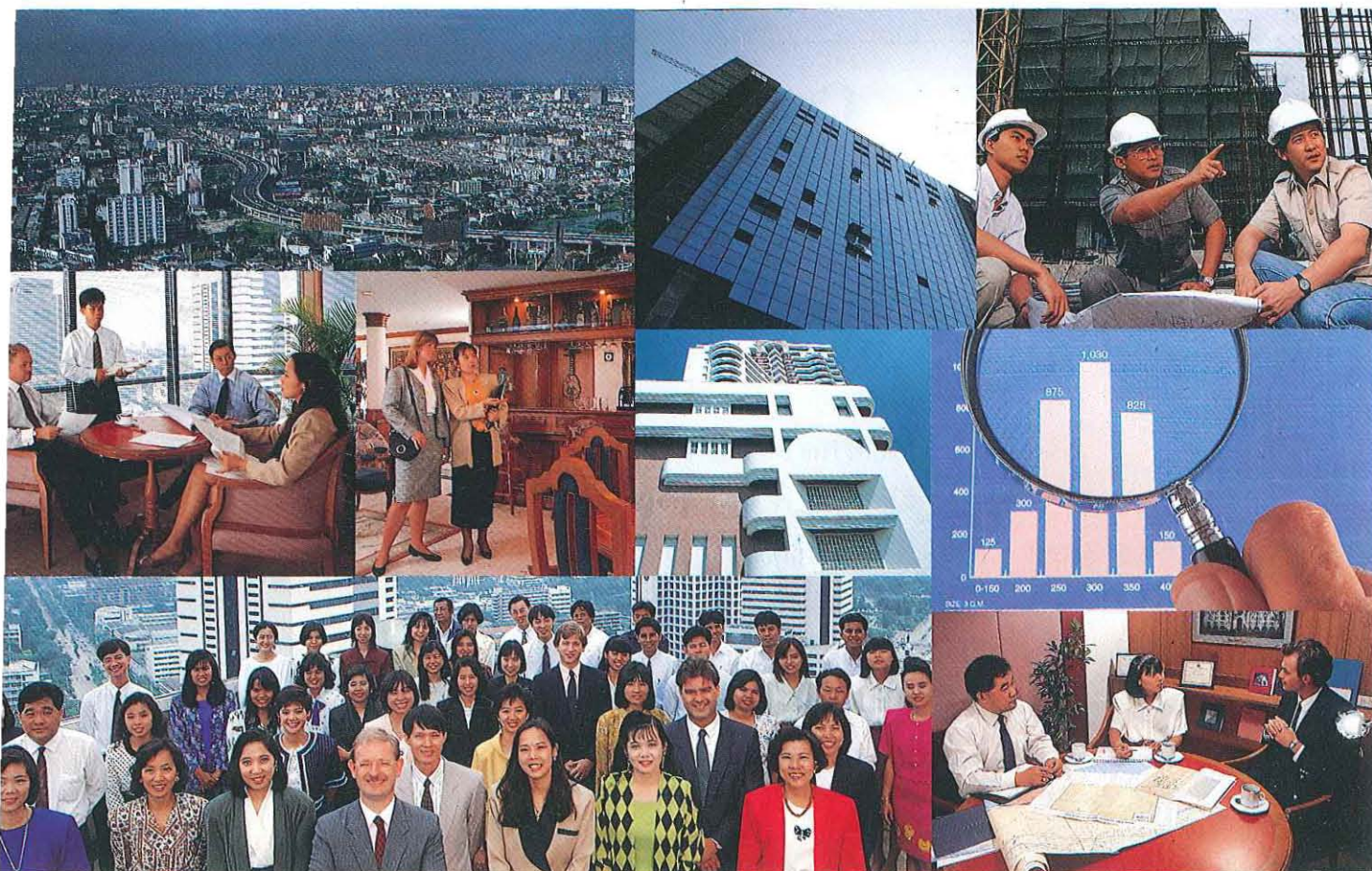
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# FROM THE EDITOR



Dear Readers,

What an exiting month for expatriates in Bangkok, the St. David's Ball on 4th March, the Rugby No Talent Night at the BC on March 11th, 13th brings us Mothering Sunday, the St. Patricks Ball on March 19th, 20th Spring begins in UK, 23rd and 24th the Hong Kong 10's followed on 26th and 27th the Hong Kong 7's, 27th Palm Sunday and also the start of British summer time, 28th my birthday (thought I'd slip that one in Joe), and in the middle of all these dates one of the most important ones: the A.G.M. of the British Club on 15th March.

Outpost must take this opportunity to thank all Committee Members for their support during the year, and

wish the new Committee all the best.

The Club is yours, did you know? It is no good sitting round the bar or pool, complaining about everything and saying how you would do it better. If you feel you have anything to contribute, why not come along and say your say. Even offer your services on the Committee, you don't have to have been here for twenty years or even two to join the committee.

In Outpost this month, another letter from our favourite penfriend, Mr. James Reid, I must ask you all to write in because it would be nice to see other peoples point of view in Outpost.

The usual sports sections, an article to keep your children happy whilst travelling, how the voice is used and where it comes from, children's pages and a few bits and bats.

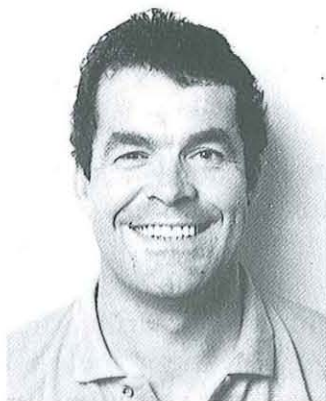
The Annual Report and Memberships list should be out sometime this month, I have no nails left, and do not want to see the computer for a while. I hope the BC and I have not made rash promises and all will be well with this up-to-date version of the Yearbook. Thanks to all the advertisers, who so willingly part with their money

time and time again for British Club publications.

Now, I still do not have any volunteers to write articles, or interview new members on NMN. I am starting to be convinced now, that the only persons who write are the people that write in Outpost at the moment, and we all know who they are. ANY TALENT AROUND???? Don't just save it for the No Talent Night, put pen to paper and write something about you, your life as an expat, your travels, your favourite restaurant. Send photographs of funny signs, restaurant names, menus etc. I promise faithfully, we will print almost everything.

*Bea Grunwell*  
Editor





## FROM THE MANAGER

**"B**eware the ides of March" is probably a good maxim for the month of March because not only do we have the Rugby Section's "NO TALENT NIGHT" to look forward to on the eleventh of March, but a few days later there is the A.G.M.! But then to refresh the parts that the Rugby Section's entertainment certainly do not reach and to resurrect the cultural standards of the Club later in the month, there is the Bangkok Com-

munity Theatre Dinner Play to look forward to as well. It promises to be a busy and exciting month at the Club! While still on the social scene, it is good to report that British Airways have decided that their major sponsorship in support of the Club this year will be for the 1994 Christmas Ball, thus the 'World's favourite airline' is continuing to help the Club wherever they can and we are very grateful to them for this continued assistance.

On a quite separate note, members will notice (hopefully!) that there is a new section in the magazine entitled "Management Notices". I have asked for this section to be included simply as a way of trying to open up more lines of communication between the members and the staff, so as to

be able to offer explanations to members for developments at the Club or to publicise proposed adjustments in procedures. I also hope to be able to publish a selective list of reciprocal clubs in our next magazine, this would be in more detail than in the handbook and will advise members of the facilities on offer at our reciprocal Clubs.

Lastly, thanks once again for all the advice and comments I have been getting from members, I am very happy to receive tips on aspects of Club life or suggested ways of improving the service we provide.... please keep them coming!

*David Viccars*  
General Manager

## MANAGEMENT NOTICES

### LOST PROPERTY

There have been several recent cases of members losing items of property whilst at the Club. May we please take this opportunity of urging all Members to take good care of their belongings whilst at the Club and also ask that if Members find belongings which have obviously been mislaid by their owners, to kindly take these items to reception where there is a lost property book. All lost property is recorded in this book at the box outside the office is cleared each month

claimed items being given to slum charities.

### MEMBERS ACCOUNTS

Members will soon notice a major difference when they receive their monthly statements .... they will be considerably lighter! The plan is that we will post out to all Members an overall statement of their account showing all the major movements on their account in the last month and a chit summary indicating what chits have been signed, on what date, at what amount and for how much (indeed

these sheets have been sent out already to members with their accounts in order to familiarise all members with these forms). Once the system is understood by all and everyone is content, the chits themselves will not be sent out with the monthly bills. Instead we will be giving members a copy of each chit they sign at the time they sign it. This will enable us to produce members accounts more quickly and will also save on postage costs. Should members have any queries on their chit summary then the office will hold copies of all chits and can easily and quickly resolve any concerns.



## FOR YOUR INFORMATION

**THE BRITISH CLUB  
ANNUAL GENERAL MEETING  
WILL BE HELD ON  
TUESDAY 15TH MARCH 1994  
7PM IN THE SURIWONG ROOM**

**REMEMBER:** ACCOUNTS NEED TO BE FULLY PAID – MEMBERS WITH OUTSTANDING ACCOUNTS ARE NOT ENTITLED TO VOTE.

### CHILDRENS GAMES

The Club has purchased various games and activities which are proving very popular. Unfortunately, one of these has already been stolen.

We have a signing out system now for all equipment and games and parents must take responsibility for anything their children have signed out.

Anyone who has been to the Club recently will have seen how successful the games are, so please keep them intact.

The games include: Chequers, Chess, Tumbling Towers, Mastermind, Connect 4, Car Race, Dominoes, Microblocks (like Lego), Trouble, Twister and Boggle. All available at the Sala by the Tennis courts. Activities include: Short tennis, Table tennis, Roo-Bound and Tennis return (ball on a string game).

---

The St. Patrick's Society has the Honour to invite Members and their guests to the ANNUAL ST. PATRICK'S BALL at the Grand Hyatt Erawan Hotel on Saturday March 19th 1994.

Cocktails will be served at 7.30pm and Dinner at 8.30pm.

Irish Comedian and excellent singer Mr. Bill McMahan is flown in from Ireland and there will also be a dance band.

So for lots of surprises and first class entertainment book your tickets now with the St. Patrick's Society.

---

The organisers of THE MEDIEVAL NIGHT would like to apologise profusely for cancelling this event. Everything was organised, people had bought (and brought) lots of goodies from far out places like Hong Kong, Singapore, England and Australia to make this evening a success. Unfortunately due to lack of interest of the membership the whole thing had to be called off.

To help make events like this a success, please support the club, sign up and come along, the traffic will stay bad for a long time to come, the best times are always had at the British Club Bangkok.

---

SWIMMING LESSONS By Dagmar Buschbeck have started again at the British Club pool on Saturday morning.

TIMES: Older children: 9.30am – 10.30am, Younger children: 10.30am – 11.30am, Beginners: 11.30am – 12.30pm. For more information please call Dagmar at 275 7009.





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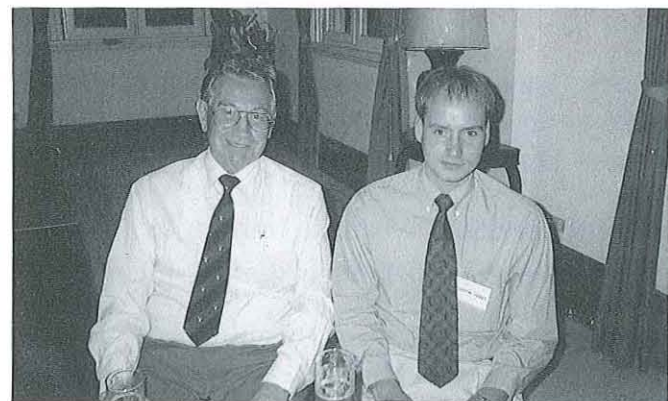
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NOTE: FROM JAN. 3RD OUR  
NEW ADDRESS WILL BE:  
8th Fl., Maneeya Center Bldg.,  
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Bangkok 10330. Thailand.



# New Members

*The New Members Night was held on February 7th, in the Suriwong Room (love the lighting, it's so flattering Ed.), with what seemed like hundreds of NM queuing up to speak to everyone. I had scores of volunteers ringing me to do the interviews, so if you want to go on the waiting list for December next year, please give me a call. (Joke!!)*



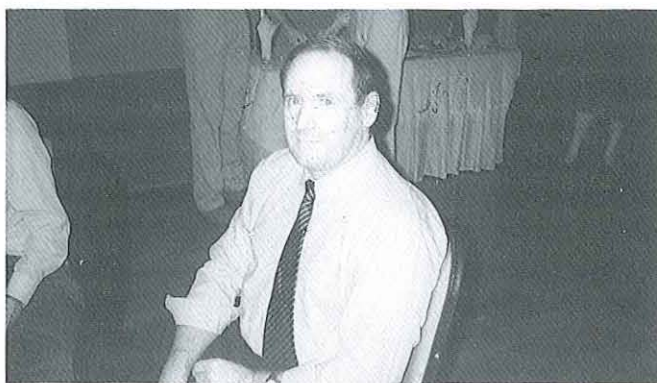
Martin Hedes from Denmark works for ABB Power, an electrical engineering company. He was introduced to the club by Bob Whitaker. Martin is single and has been in Bangkok for about 2 years. He is very keen on chess and wondered if there was a chess section at the BC. He is already playing badminton and also enjoys table tennis, squash and tennis. He is a workaholic.



Peter Svarrer also Danish was introduced by Carolyne Hansen, he works for Maersk as their Assistant Senior Management Executive. He has been here for 6 months and is getting married in September. His fiancée Gitte is coming to Bangkok at the end of this month, but their marriage will be in Denmark - the traditional way in Gitte's hometown. Peter plays golf, tennis and snooker and also enjoys swimming. Gitte likes golf and squash. Carolyne said Peter would be a bonus to the Club, he says he loves Bangkok apart from the pollution.



Mark and Dawn Fletcher (UK). He works for International Legal Counsellors and is following Fran Kucera and Phil Charlton (remember him??) around the world. Dawn was a marketing manager for Prudential and BUPA in the UK and is looking for a job here with a work permit, any offers please call her. Mark enjoys squash, tennis, badminton and photography. He also design board games. I suggested he'd make a British Club board game and he asked me immediately to put the money up for it. Dawn likes photography, dressmaking and sports in general.



John Wild has been in Bangkok for 2 years, he is here with the Military Technical Training School to try and bring their training programmes up to date. He is Australian, married to Denise and they have four sons (18/16/11/8) all keen sports players. They are into ice hockey, field hockey and soccer. John enjoys all sports but mainly rugby and he was a paleanthologist (sorry if this is spelled wrong but could not find it in any dictionary, but if you are one then you are looking for fossils, B.) in Australia and used to go on field trips with several museums. Denise is a quilter and also John's typist.



Sonia and Graeme Hastie from Australia have been here for 9 weeks and arrived directly from Sydney. Graeme is here with Lend Lease (T) a project management company. They have 2 children Joshua (10) and Jessica (9), they are both at the New International School. Sonia enjoys water aerobics (3 times a week), aerobics, touch football, net ball, indoor soccer and is starting to play tennis. Graeme likes tennis, hockey - in Australia -, squash and all sorts of other sports.



## New Members



Pritpal Singh Gill and his wife Manjit are Singaporeans and have been here for 4 1/2 years. He the GM for President Park and wants to join the BC because he used to enjoy the atmosphere in the clubs in Singapore and as the Capitol Club is a business he will come to the BC for the necessary relaxation. They have 2 daughters (11 and 10) they are both in Bangkok Patana. Pritpal enjoys hockey, cricket, rugby and squash and Manjit likes tennis, squash and aerobics. There seemed to be some sort of a thing going on between Pritpal and Nigel about golf handicaps but as I am not very up to date with golf terminology, it went completely by me.



Rudolf and Hetty van Nunen, I had been waiting for them for several months being Dutch and all. Well, they finally made it. Rudolf keeps himself busy as the Chef at the Arnoma Swissotel. The have been here for 2 years and were in the States before. Hetty is a brave lady as she is teaching their 11 year old son Peter at home according to an American Home Schooling system. Peter likes golf, tennis, music (Jazz) and ice skating in the W.T.C. Hetty enjoys tennis, reading, origami, embroidery and crocheting. Neither of them does the cooking at home as they live in the hotel. Rudolf is doing a programme for Thai t.v. about Alkmaar - the cheese market and the Hollandse Nieuwe - Dutch herring. He is also a committee member of the Association of Thai Chefs.



Harry and Clare Mann had been waiting for an interview for a long time as I got carried away with my Dutch people. They had to take their mother (in law) to the airport, so a quicky it was. They are both accountants for the Rayong Refinery Co, but live in Bangkok. Harry likes tennis, squash and football and Clare is into tennis, squash and swimming. They have a one year old daughter, Rachel, who loves the BC pool. They have been in Bangkok for one month.



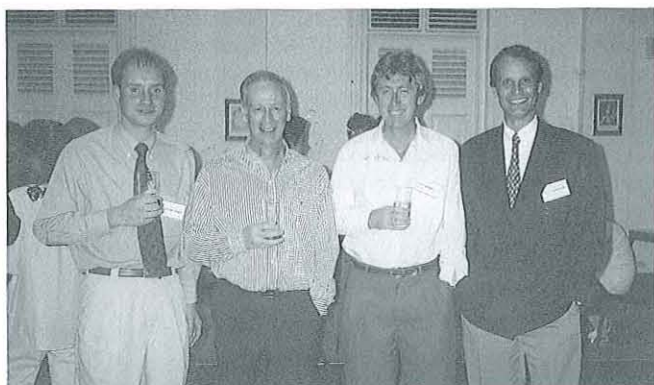
Edward and Marlene Eramanis are Singaporean, he is in Bangkok with Oriental Diamond Trading and is going to sell my husband a nice few stones for my anniversary present. They have been in Bangkok for 4 1/2 years and took their time scouting around which club to join, but they finally made the right decision. They have 3 children 2 boys (15 and 8) and a girl (5) they all love to swim. Edward likes squash, swimming and badminton and Delia Oakins told me (I don't know if this is true) that Marlene spends all morning on her beauty routine and loves to swim and shop, enjoys aerobics and massages. They love Bangkok and Marlene has found lots of things to do in the car whilst in traffic jams.



Paul Lefebure a Franco Mauritian has been here since 15th December with his wife Marilyn and sons Fabien (14) and Guillaume (4), their daughter Clothilde (18) is in school in Mauritius. Apparently, Fabien is an excellent all rounds sports man, but a particularly good tennis player, so tennis section watch out. Paul is here with Inchcape and said that whilst in Mauritius his hobbies were beach, beach and cycling. He can have the beach here too but need a safe place for his biking exploits. His wife, Marilyn, enjoys aerobics and making friends.



# New Members



Paul and Sarah Barrit, were introduced to Bangkok and the Club by Bill and Mae Barr, Sarah is already a member of the BWG of course and has seen half of Bangkok before they have even moved into their house. Paul is here with Guardian Insurance and has been here for 1 week. They have two children, the 5 year old daughter has just started in Patana School and their 14 year old son is in school in the UK. They were in Malaysia (3 1/2 years) and Pakistan (4 years) before and find the social climate in Bangkok quite refreshing. Paul enjoys swimming and squash and Sarah likes tennis. They also like eating good food and look forward to trying out restaurants with an ever growing circle of friends.



Paul Greenhalgh - a very common name in Lancashire, there are thousands of them according to Paul, has been in Bangkok for 2 weeks. He is here with APT a construction chemicals company. He is "nearly" married and fiancée Tracy is coming out in two weeks. She is also a chemist and will work for APT. Paul enjoys drinking, football and travel and Tracy enjoys keeping fit and aerobics. OK Paul??



Colin Monk is here with Christiani & Nielsen as a Section Manager. His wife Dawn was living it up in Koh Samui so was not available for the interview. They have been in Bangkok for 1 month. Colin enjoys swimming, tennis and anything and everything. Tracy enjoys holidays and exploring Thailand.



Laurence and Carol Smith (UK) have been here for 6 months. Laurence is here for Pfizer Int. Corp. a large American pharmaceutical company and is their General Manager. They have 2 daughters of 10 and 13 both at ISB. Laurence enjoys squash, running, weight training and rugby. Carol is a "homemaker" according to Laurence and a housewife according to her, she also says she is a born volunteer and will do anything for a worthy cause, she is also involved with the school.



Geoffrey and Barbara Rydon (Oz), he is here with MBF a Banking and Finance Company. They have 3 children a girl of 4 and 2 boys of 6 and 2 resp. The two eldest ones are at Patana School. Geoffrey enjoys golf, tennis, reading and travel and is not a serious drinker. I don't know what made him think that he was, but Mai Pen Rai. Barbara loves horse riding, tennis, travel and hopes to become computer literate whilst in Bangkok and would like to go to Thai cooking classes.

## LATEST EDITION TO THE BRITISH CLUB FAMILY

Jariya Anne Williamson who joined the British Club at 17.50pm on 6th January 1994, weighing in at a stunning 3,000gm, would like to report that she and her mother are both very well but her father is still in shock!





# Badminton



*"Chairman David with Secretary Gaynor... drinks are required!"*



*"Treasurer Mike of Yore!"*



*"Captain Wanna with Committee Member Bary: say cheese!"*

## MEET YOUR COMMITTEE!

*This merry band of five distinguished folks make up the Committee for the Section for this year; anything to say, say it to us! Now you know what we look like, feel free to approach us for all sorts of information, especially about Badminton!*

With loads of matches on the not-so-distant horizon, we Badmintonians are regroup-ing and attempting to broaden the range of players.... i.e. recruit loads 'a' people. As this mag is being type-set or even bromided, we will be holding a Round Robin (February 20th), not only as a fun bit of competition but also to check out the talent amongst you. We are aiming to hold one such tournament (Round Robin-type event) or a match against outsiders, hopefully every month to keep you lot on your toes this year, so be prepared for an active time of it. Your committee is working flat out (lying down on the job? -G) to devise activities for the Section, but any ideas are muchly welcomed. You

can help - for example, ask your Company if they would like to challenge us!

Furthermore, once we have increased the general activity level of the section, which has been kind of lacking somewhat over the last chaotic month or so, we hope to restart the ladder using a different format, details of which to be announced later.

In the meantime, we always welcome to new members so encourage those friends of yours to take up this noble sport.

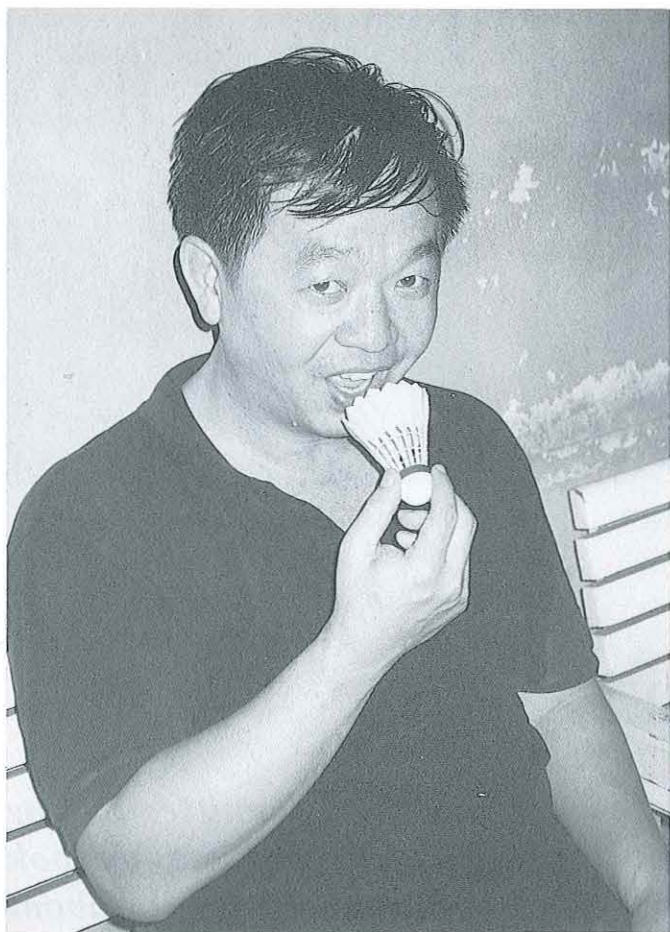
Finally, next month on the 24th is our chance to retain the Racquet Day Cup following our commendable performance last year, whereby we trashed the Tennis and Squash sections at their own games, literally, and did the name

of the Badmintonians proud. Any great racquet-wielding sporting all-rounders, etc. please contact a member of the committee who will point you in the direction of the team organiser for this event (undecided at time of scrawling). Actually, any seriously well-built sporting bods can contact me directly, you'll be in very safe hands...

Yours

Lek Farang  
XXX





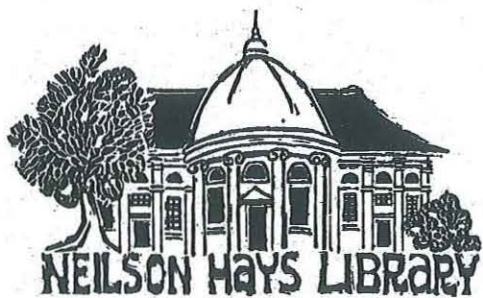
*"Heavy breathing Henry"*

## GAYNOR GUIDE TO BADMINTON

Perhaps I should rename this the Henry-guide, as the next couple of month's tips come from the man himself, player of the year Henry Cherdumphai. This week's gem is about the SHUTTLE BLOW-JOB:

Many a player at Bang Rak or Soi Klang will have seen this phenomenon (see photo) - Henry breathing deeply into the open end of a shuttle-cock... and you've always wanted to know what he's doing, and been too afraid to ask. Well, here's the answer: he's softening the glue. Yup, the deep breaths from the bottom of the lungs contain fairly warm air (not much less than 37 degrees C of course) and that hot and moist air warms and softens the glue which holds the feathers in place in your average Joe-Shuttle. Doing this, Henry assures me, makes said shuttle considerably less brittle, which renders it considerably less breakable, which in turn makes the thing last much longer. Sensible stuff.

It's brilliant when you know, isn't it??



### NEILSON HAYS LIBRARY

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The Nelson Hays Library next to the British Club  
has the best books-old and new in Bangkok.  
Open Monday through Saturday 9:30 a.m. – 4:00 a.m.  
and Sunday till 12:30 p.m.



# Pension Planning For Business Gypsies

**W**ithout a corporate structure to rely on, today's business gypsy often has to initiate his or her own personal pension scheme.

This is not as straightforward as it looks. One trap for first-time players is the assumption that advice from your friendly insurance salesperson comes gratis.

## *There's no such thing as a free lunch.*

In most pension schemes, commission comes off the first year's contributions and can amount to as much as 60 to 100% of your initial payment.

Okay, so the guy has to earn a living like you. But think it through.

How long do you think it takes for your second and subsequent years' payments to recover from the significant reduction of that first year's investment and begin earning?

Depending on the scheme, it usually takes many years.

## *Don't worry – help is at hand.*

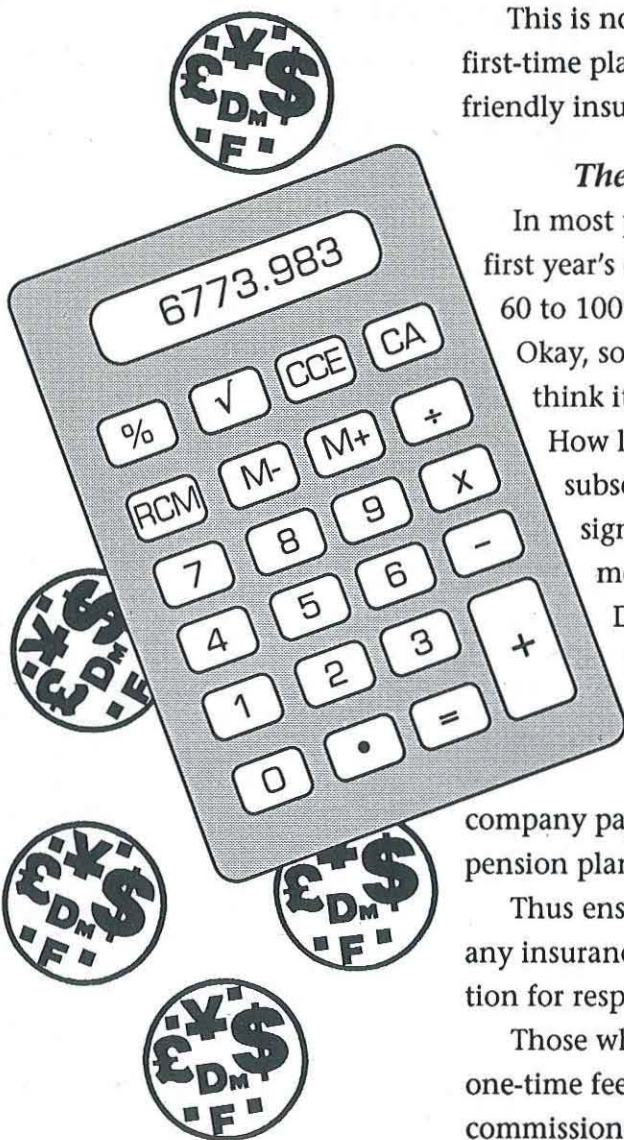
One highly reputable U.K. insurance pension company pays out no commissions at all – on flexible pension plans with no penalties.

Thus ensuring the lowest operating expense ratio of any insurance company in Britain and the highest reputation for responsible financial management.

Those who represent that company ask only a realistic one-time fee which is dramatically lower than the usual commissions deducted.

Which means your first year's investment begins working immediately.

*If you'd like more details about how World Portfolio can organise an individual pension scheme for you at absolutely no obligation – with no unsolicited phone calls or unexpected visits – simply fax your business card to 652 0733. Or call Peter Downs on 652 0730/1/2 for more details.*



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The monthly group mugshot: BCB vs Silom Club Aces



Multi-winner Christine and Eileen winning the Ladies Handicap doubles

*The highlight of this month has to be the Finals of the Club Championships on Sunday 13th, the climax of three months of many superb and well-fought matches. A must for all you connoisseurs of the sport, this is the best it gets within the Club.*

This year we may split the finals and perhaps hold a mix-in from 1-4pm, match times pending, to ensure that certain players get a break between matches just in case they make it to more than one final... mentioning no names! Well worth watching, these usually produce some excellent tennis, an example to us all. Thanks now to the sponsors of this event, whom I'll name when I have a list in my hands. By the way, the Finals being held on the 13th therefore replaces the normal second-Sunday tournament. The prize-giving dindins will as usual follow one week later, on Saturday 19th.

March is also pencilled in to be a tour month, either to KL or Penang (contacts pending), there is anuvver Singles league and the Pennant competition strides on. Looking ahead slightly, next month is the Racquet Day on the 24th, a chance to avenge ourselves and eradicate our not-overly-spectacular performance of last year from memory!

But on, on, on to January's hash-ups:

## PARADISE SPORTS COACHING RESTARTED – 6TH JANUARY

That man of clogs and hairy chest returned to the club this month to spend the next 6 weeks knocking some shape into another motley crew of wanna-be-Surins/Pats/etc. This time they were all decked out in pukka t-shirts, kindly donated by Inchcape Branded Lifestyle Products, the distributor of K-Swiss sports shoes, and didn't they just look smart? (See photo) With all this coaching Maurice should be getting quite good by now, so I'm expecting to see victories this year...

## WEEKEND EMULGEL HANDICAP TOURNAMENT – 8TH/9TH JANUARY

Later dubbed the Triumph of the Lambs, this was one heck of a weekend for that particular family, with Maurice

pulling off quite a stunt organising two days off competitive tennis and the rest of his family walking off with several of the honours! Steve Golsby also shone in this event, running himself into the ground in his successful bid to win events. With a simpler handicap system than has been seen in previous such events, some nutters like my good self ended up playing Saturday afternoon and all of Sunday, having not played for 3 weeks, and those individuals who excelled themselves were hardly allowed enough time off court to down a cup of tea. But it was good fun and produced some interesting matches, and of course we have to thank Mel Leddy for organising sponsorship by his very own Voltaren Emulgel, that marvelous stuff for strained muscles (I'm already a convert), which helped pay for some fairly substantial prizes (see photo), making a change from the tin of balls. However, forgive me if I'm wrong, but do I detect a slight irony in the fact that we slogged our guts out for two days, stiffening every fibre in the body and rendering ourselves immobile and in agony by the Monday morning, in order to win something which eases muscular pain?!

Whatever, the results were as follows:

### LADIES SINGLES

Christine Lamb won this in a closely fought final group

### MENS SINGLES

Nicholas Lamb beat Dave Haworth in a good final where youth overcame beauty (is that right? -G)

### LADIES DOUBLES

Christine (that name again) and Eileen strolled off with the honours for this one, beating Carol Young and Tharntip 5-2

### MENS DOUBLES

Steve Golsby in his first glorious moment, with equally



steady newcomer Kamol beating Dave H and Andy Hunter 4-3 in a match where the ball coming from the latter team entered orbit on every other shot; and

## MIXED DOUBLES

Steve Golsby (again) and Gaynor triumphing over Bruno and Eileen 4-1, with the match not going to 7 games due to Steve having an urgent dinner appointment at the Shangri-La and Bruno responding to an urgent requirement for a chef at the same...

Again, thanks to the sponsors Ciba-Geigy for injecting a little class into the Sunday evening's event, especially the expert handling of prizes by the wonderful Judi Leddy (this enough grovelling for future such sponsorship? -G), to Maurice for sacrificing his own tennis to the organisation of this event - he played, but one can't really concentrate when one is responsible for all that lot, which of course explains his performance, and for son Nicholas helping fathom out a handicap for each player, whether it made sense to you or not!

## BCB VS SILOM CLUB - 16TH JANUARY

This report being the last piece of quality prose supplied by El Gringo Simon Fox:

Returning to more familiar territory, this - despite fielding as strong a team as we have managed to run out for many a year, we still managed the ignominious scoreline of 1-21. The Silom Club were just too good and too consistent for us! Even though our players looked to be at least as talented (if not as wily) as theirs, they practice every day and we don't and therein lies the story.

On a more positive note, the score does not really reflect the match in most of the pro-sets (first to 9 games) we scored 5 or 6 games, and no pair suffered the embarrassment of a whitewash, which was an improvement on the last occasion we played the Silom Club back in 1991 ... However, everyone enjoyed the challenge of playing against such good opponents, and our spirits remained good throughout. Thanks in this must also go to our opponents - it takes 2 teams to make a one-sided match fun for all.

Special mention this time: to Andrew Steedman, current Club Mens Champ, playing in his first Club match, and with Megan McBain the only winner of the day; to Kamol, also a first-timer with us, who had excelled himself in the Handicap thing a weekend earlier, and last and most definitely least, a mention for the truant Fran Kucera, by all reports unexpectedly detained in Patpong... there'll be none of that where he's gone (Singapore).

One final word: our mens team is now in good shape with plenty of talent competing for our team places. We are however not so luckily endowed with match-level lady players. So if any lady reader with good playing experience has been shy of getting involved in the section, please think again and get in touch with Eileen Cook. Our country needs you...

## PENNANT BANGKOK LADIES LEAGUE RECOMMENDED - 19TH JANUARY

Yes, session two got underway this month with a much

expanded membership including the Japanese, Swedes, RBSC and the Silom Club and the results for the first round for us lot, as reliably supplied by our club rep Eileen, are two wins and two losses. This is reflective of our overall performance in the previous session which finished in December, the results of which I am now in a position to supply:

GROUP 1: Vanessa Barrington-Johnson and Chalatip Dunn., Brits

GROUP 2A: Stella Fox and Tharntip Cowie, Brits

GROUP 2B: Sandra Oney and Jill Lang, Yanks



Howard receiving his Goodbye card while Amy looks on



Paradise Sports Coaches in uniform for this somewhat ghostly photo line up

GROUP 3: Rody Burton and Janice Outlaw, Yanks

So we won two groups and were placed in the other two, not a bad old showing, if you ask me.

## CLUB ALDIANA TOUR - 22ND/23RD JANUARY

The bi-annual trip to Hua Hin with families in tow proved yet again to be a popular alternative to a weekend in the Big Smoke, with not only what sounded like a murderous coaching, mix-in and tournament schedule to pack in, but also some unrelated activities going on, such as sailing (?). Hopefully someone who went will actually write something resembling a brief report or will tell me if anything juicy went on by the sea for the next ish.



## THE FAREWELLS

And weren't there a lot of high-ranking departures this month? Heck, we lost some of the (numerous) Committee, for heavens sake! As reported last month, Mens Captain Simon and Secretary Stella went out in true Mexican style at the end of January - a good do in the sala with an absolutely wicked nachos cheese dip. Memorable, especially as I was repeating Chili Con Carne for the whole of the first set of a Pennant match at 9am the following morning! However, may I be the first to recommend a club tour to Mexico City later on this year...?

Howard also deserted us this month, off to Hong Kong to redesign the skyline there; also a member of the esteemed committee and a regular team member. And in case you were wondering, yes, the engraving did get done... just in time for the Club Championships and this year's names to go on!

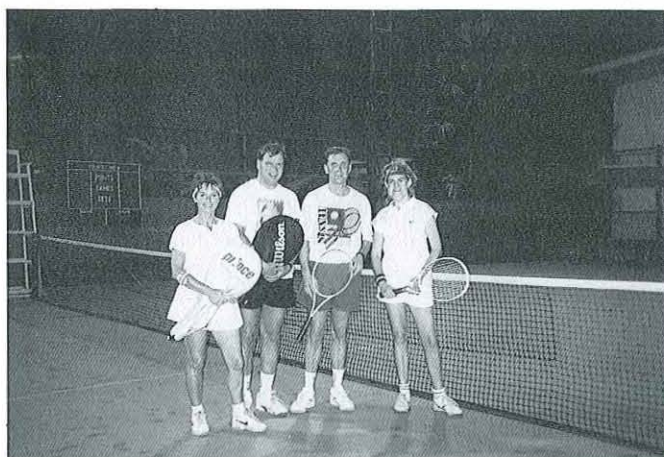
Finally, another regular match player and current Mens Doubles Champ, Fran Kucera disappeared to that 'fine' place, Singapore for a 2 year stint. Going out in style by not turning up to the Silom Club massacre due to being out cold in a drunken slumber until noon-ish that day, Fran will be missed by the team on which he has often excelled himself. We wish all those who have deserted us all the best and have asked them all to keep a spare bedroom ready for us when we descend on them on tour.

## COMMITTEE WITTERINGS

With Simon, Stella and Howard gone, your praiseworthy committee would like to officially welcome Shelagh Weekes, John Bueno and Surin Dunnvatanachit on board. Shelagh is in charge of children's coaching, John Bueno has adequately filled Howard's shoes as odd-job man (organising engraving, etc.) and as sponsorship gatherer, and Surin has taken over the role of match organiser utilising his extensive contacts in other Bangkok clubs. Many thanks to these people for volunteering to help maintain the high standards you expect from your section.

## OTHER NEWS

- The hard courts were repainted in January, I hope everyone noticed this fact. A great improvement, the new rubberised surface is definitely slower than the previous skating rink and also, the balls last considerably longer - having played a couple of 2-hours matches on them recently, the ex-new balls still had hair on them and were still yellow-ish in colour at the end of it, gone are those days of balding grey-ish orbs after one measly set.
- There is one light still playing merry hell, but only one at time of writing, which is a much more tolerable situation than previously.
- The British Embassy have named the day! The re-scheduling of this match means that it was shifted from January to 21st February, so should be all over with by now with my film at the developers as you read.



Finalists in the Emugel Mixed Handicap Doubles



Simon and Stella with the ubiquitous card and presents

d) I almost forgot the December ladder winners:

1st	Surin Dunn
15th	Roger White
30th	Stella Fox
45th	Gaynor de Wit

With the Baht 500 won by no less than new committee member Shelagh Weekes (this is not fixed, honestly!).

NOTE: There are no league results for December coz the Singles league got stretched until the end of January (results next month), and even then several matches weren't played. A hopeless shower.

Right, that's it for another fun-packed edition of The Secret Diary of the Tennis Section, average age twelve and a half, see you in April.

Keep the grip,

Me





The winning team behind captain Peter



Captain Peter shows who is in command

**1994 Got off to an excellent start - on 2nd January we played the first event of the year at the beautiful Royal Golf and Country Club. We hope to play all our medals this year on this course. 36 Players turned up, quite a large number for this time of the year, unfortunately though, there weren't enough caddies to begin with, the regular caddies had taken an extended New Year holiday. nevertheless, caddies from neighbouring golf courses came to the rescue!**

## 2ND JANUARY 1994 – STABLEFORD

1st	– Neville Bayliss	42 Points
2nd	– Norbert Straub	39 Points c/b
3rd	– Andrew Hunt	39 Points

## 16TH JANUARY 1994 – CAPTAIN'S DAY – ROSE GARDEN – MATCHPLAY

The much delayed Captain's Day was finally held on 16th and what an enjoyable day it was. 33 People participated in this event with the Captain's Team, Peter Ingram winning the Davison Cup from Ex-Captain's Team Dugal Forrest 8.5 to 5.5 points.

Near Pins – S. Rapee, Peter I., Alex S.

Long Drives – Men : Eric H,  
Ladies: Dixie (Fantastic!)

## 30TH JANUARY 1994 – CLUB CHAMPIONSHIPS – LAEM CHABANG

A record of 52 people were signed up for this event, surely the most we have had for a long time and the first time we have ever had 14 LADIES COMPETING. For some unknown reason, the bus that was to take some members from the British Club to Laem

Chabang never showed up and so those that were not expecting to drive the long journey had to do so. We apologise for this and hope our next bus trip will be more successful. Everyone arrived more or less on time and although it was a long day, some members turned in very good scores. For those of you that have not as yet played on this beautiful Jack Nicklaus course, make sure you do soon. Green fees are reasonable during the week and weekends.

Our next competition on 13th February, Bangpoo will see the final of the Club Championships, but at present the following are leading:

### MEN

Lowest Gross	Dave S.	77
	Peter I.	78
	Eric H.	81
	Dugal F.	82

### LADIES

Christine Selwyn	95
Pat Copp	98
Lynda H.	105
Cheryl L.	105

Lowest Net	Norbert S.	64
	N.Buttery	68
	Dugal F.	69

Pat Copp	65
Mam Pickup	71
Cheryl L.	79

Near Pins – Peter I, Mike B, Cheryl L, Dave S.

Long Drives – Men: Alex S,  
Women: Cheryl L.



*With the Chiang Mai tour and New Year behind us it was time to get into the cricket season proper...*

*Three fixtures were set for January, although the way the T.C.L. (Thai Cricket League) were carrying on with the rescheduling of games willy-nilly it was almost a surprise to have played any games!*

## JANUARY 9 - 50 OVER BC GAME

Getting 11 players for this fixture was, well - impossible! Many people were still enjoying Chrissy vacations but nonetheless 10 able bodied players took to the field at the RBSC Polo Ground to play the Wanderers Cricket Club.

Once again Skippy Young lost the toss - (can this guy do anything right!?) and the Wanderers elected to have a bat. This game was not only important due to it being the first of 50 over league season but it would be that Run-Machine-Geoff Cooper's farewell performance. More on that later.

Anyway the Wanderers battled reasonably well in compiling a total of 9/223 or as you English would say 223 for 9! At one stage they were 79 for 1 and a middle order collapse saw them flounder to 139 for 6. No one was quite sure what started this downfall - perhaps it was the surprise bowling tactics of newcomer to the British Club - the very talented Joe "Ian Botham" Barker-Bennett.

Joe was tossed the ball after Adam Caro had bowled tightly for 1/11 in his opening spell. Well there's nothing like a 1c3 ball over to begin your career in Thailand - especially the four consecutive wides to begin your first over.

But to be fair, Joe was underdone, lack of nets practice had us all pretty rusty after Christmas.

After being in real deep poop at 139/6 the Wanderers' tail wagged somewhat and they finished the 50 overs at a respectable 223 for a giving the BC boys something to work at.

Adam Caro and Charles Boudeville were the pick of the bowlers, both sending down 9 economical overs and finishing with. 1/23 and 1/28 respectively. Sir Jackson Dunford bowled 10 and although taking a bit of stick in his first 5 he collected two valuable victims. Oh, and the Captain did send down 10 overs also, and although Saturday night seemed to be affecting his health, managed to send 3 boys back to the pavilion.

So with a run chase on Andre Tissera and that very youthful Dave Rendall strode to the wicket. Tissera battled longer than usual and looked in wonderful touch during his 12 minute stay. His departure enabled last game player, Superbat, the Bangkok's Bradman, Geoffrey David Cooper to enter the fray. Coops had earlier wicket kept in Frank Hough's absence and had done a sterling job, especially stopping some of Barker-Bennett's wides in front of gully!

Cooper and Rendall batted very sensibly for a partnership of 99 runs before Skippy Young harshly but fairly adjudged the likeable Kiwi run out for 38. This was during over 29 and the BC required a rate of around 5 an over - a cakewalk if Cooks decided to hit out - which is exactly what he did. He dominated in a partnership of 95 with Marcus Hanlon of which Coops scored all but 10 or 15.

Geoff made a wonderful 134 off 118 deliveries, his last 51 runs coming off only 18 balls, super stuff!!

Cooper assured the BC victory as only 18 runs were required when he holed out on the boundary and the BC were home with 7 overs remaining and 6 wickets in hand. This was Geoff's second highest score in his 3 season's for the BC and his 5th Century I believe. He's off to continue life back home in the land down under.

## 23RD JANUARY - 50 OVER BC GAME

The second game of the season was against A.B.A.C. and the less reported on this the better. Many players were again unavailable, including Cooper, Rendall and Jack Dunford. Captain Young was also on work commitments but the side was strengthened by the returns of veterans Nick White, Frank Hough, Craig Price and new opening bat Brian Diamond, who was already averaging above 50 in the pre-season games.

The scoreline probably is as far as we should go.  
BC - 66 all out    A.B.A.C. - 67/2

Charles Boudeville top scored with 19 and Dr. White chipped in for 13. A day the BC would sooner forget.



## 29TH JANUARY - 25 OVERS PAV'S GAME

A tough game can always be expected against the Thai Cricket Club who have two star players, Luke and Larn Tongyai. On this day the Pav's might be lucky both brothers were unavailable. The Pav's fielded a strong side led by Captain Hough and the veteran David Lamb. Two BC players made their debut for the Pav's on this cool Saturday afternoon at the Polo Grounds. Caro and Young. Captain Hough was wishing Young had worked all Saturday instead of just mornings and Caro was ... well, not much better.

The Pav's won the toss and elected to bat - good decision!

Opening bat Scobie thought he was facing the last overs and not the first and was promptly dismissed chasing runs. This started the domino effect and before you could say "Australia are beating the South Africans" the Pav's were 52 for 9. It wasn't that the bowling was great it was sheer useless batting ... until .... in strode Frank Hough - the Saviour and along with another new player, Ian Simmons from the British Embassy, put on 50 in a gallant last wicket stand. Frank was in sizzling touch and steered the

Pav's to a respectable 102. Although this would prove to be not nearly enough on a placid polo pitch the TCC boys knocked up the required total with a few overs to spare, and plenty of wickets in hand.

Highlights of their innings include 2 not 1 but 2 great catches by "Square Cut" Scobie and also some very tight bowling by Charles Boudeville, the game was played in good spirit (Really, ED) for the better part and although beaten, the Pav's were soon in fine form once the amber fluid was poured after stumps.

That's all for now but I cannot let Australia's dominance over the South Africans in Adelaide recently go by without mention, well done boys, and also we'll be starting a new feature next month - stay tuned.

Thanks for joining us,

Rickie B.

PS: The lights are on - the cricket nets have lights! Training Wednesday nights around 7.30 ish.

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The **VINTAGE CLUB** is to be run as a private golf and country club solely serving our members and their guests. Casual visitors are, therefore, not allowed.

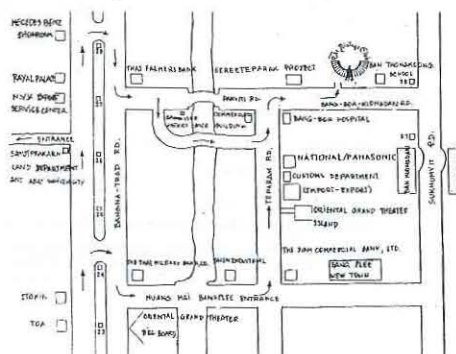
The Club's membership totals 1200, a portion of which is offered to members of the international community residing in Thailand on a yearly basis. The first lot of our Ordinary Membership (Annual) is now on offer; subscription is B 40,000.

Please contact our sales office for further information. **The VINTAGE CLUB** looks forward to serving you and your family and shall endeavour to make your stay in Thailand a pleasant and enjoyable one

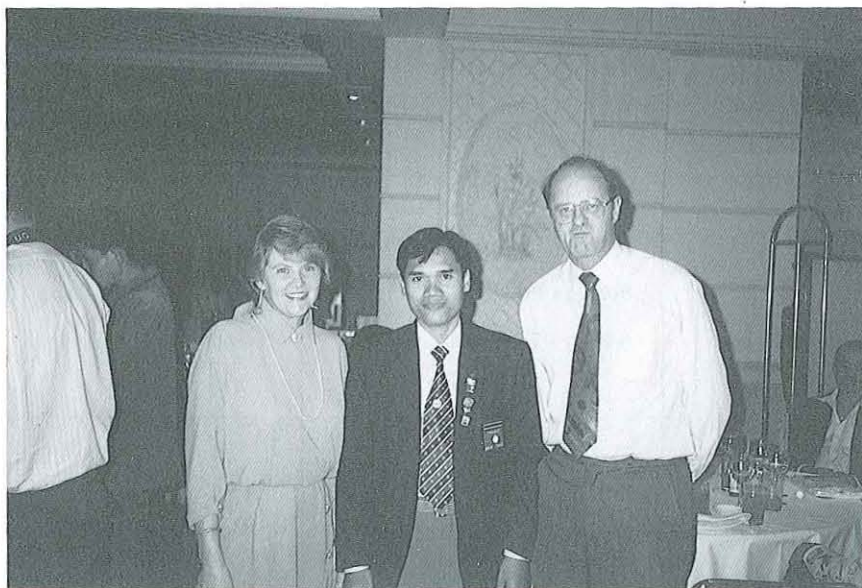


### **THE VINTAGE CLUB**

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Fax: 249 8675







*Trixie & Doug with Rom Surin (Praplup Chaitanasakul) the amateur winner of nearly 1/2 million baht plus 'the' snooker cue. Now turned pro'*

**W**e have got off to a good start in 1994 by playing some cracking frames of snooker for the ladder. Already we have some new names on the rungs.

One of the problems in the past was trying to get people to practice on a regular basis. It has been discovered that the best way to get people together is by organising mid-week matches, leaving the weekends free for tournaments.

If anyone wants to play for the ladder, then ring Trixie Brann on 385 8794, or if anyone wishes to learn the basics of snooker, this can also be arranged. We are trying to encourage more ladies to play, it really is a fun game! Call Trixie for details.

On the 6th of January at the Queens Park Hotel, a reception was held to honour the top snooker players of Thailand. The former Prime Minister Khun Anand Panyarachun was present, along with other dignitaries. The camera crew from Channel 9 was televising the whole presentation. One young man was presented with cheques of almost half a million Baht. Plus the most magnificent hand carved cue that I have ever seen. It took a craftsman over six months to make and has jewels inlaid. The cue has been valued at around one hundred and fifty thousand Baht. The cue cannot be used to play serious tournaments, but may be used to pot the last black only when the opponent has no chance of winning. The young man who was lucky enough to win the cue, will be using it for exhibition matches. We are looking forward to seeing him play in the future in a professional capacity.

During the dinner (one of the best buffets anyone ever saw), which was set around the beautiful pool



*Val & Doug Mather at the reception at the Queens Park Hotel*

area, we were treated to wonderful displays of North Eastern Thai dancers, the musicians all played instruments which they had made themselves and were truly delightful. The young ladies who performed wore beautiful costumes, which were changed frequently for different dances.

Doug Mather, his wife Valerie and myself were the only farangs present at this auspicious occasion and we were greeted upon arrival by the President of the Snooker Association of Thailand, Khun Sindhu Pulsirivong. We were made to feel very welcome and were treated like VIPs, the utmost respect was shown to us by everyone. We are very grateful to Khun Sindhu for inviting us along.

Cue you later,

*Trixie Brann*



# Calendar

## BRITISH CLUB – SPORTS AND ENTERTAINMENT PROGRAMME, MARCH 1994

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<b>1</b> 7 am Ladies Golf 8 pm Bridge 7-9 pm Football Training 9 pm Gentlemen's Spoof 7-9 pm Rugby Training	<b>2</b> 6-8 am Early Bird Tennix Mix-In 5-8 pm Squash Coaching 6-9 pm Tennis Mix-In	<b>3</b> 7-9 pm Rugby Training 7-9 pm Badminton 6-9 pm Squash Mix-In
<b>7</b> 8-10 am Ladies Tennis 9 am BWG Mahjong 5-8 pm Squash Coaching 5.30-9 pm Happy Hour 7-9 pm Badminton 7-9 pm Tennis Practice 8 pm New Members Night	<b>8</b> 7 am Ladies Golf 8 pm Bridge 7-9 pm Football Training 9 pm Gentlemen's Spoof 7-9 pm Rugby Training	<b>9</b> 6-8 am Early Bird Tennix Mix-In 5-8 pm Squash Coaching 6-9 pm Tennis Mix-In	<b>10</b> 7-9 pm Rugby Training 7-9 pm Badminton 6-9 pm Squash Mix-In
<b>14</b> 8-10 am Ladies Tennis 9 am BWG Mahjong 5-8 pm Squash Coaching 5.30-9 pm Happy Hour 7-9 pm Badminton 7-9 pm Tennis Practice	<b>15</b> 7 am Ladies Golf 8 pm Bridge 7-9 pm Football Training 9 pm Gentlemen's Spoof 7-9 pm Rugby Training	<b>16</b> 6-8 am Early Bird Tennix Mix-In 5-8 pm Squash Coaching 6-9 pm Tennis Mix-In	<b>17</b> 7-9 pm Rugby Training 7-9 pm Badminton 6-9 pm Squash Mix-In
<b>21</b> 8-10 am Ladies Tennis 9 am BWG Mahjong 5-8 pm Squash Coaching 5.30-9 pm Happy Hour 7-9 pm Badminton 7-9 pm Tennis Practice	<b>22</b> 7 am Ladies Golf 8 pm Bridge 7-9 pm Football Training 9 pm Gentlemen's Spoof	<b>23</b> 6-8 am Early Bird Tennix Mix-In 5-8 pm Squash Coaching 6-9 pm Tennis Mix-In	<b>24</b> 7-9 pm Rugby Training 7-9 pm Badminton 6-9 pm Squash Mix-In
<b>28</b> 8-10 am Ladies Tennis 9 am BWG Mahjong 5-8 pm Squash Coaching 5.30-9 pm Happy Hour 7-9 pm Badminton 7-9 pm Tennis Practice	<b>29</b> 7 am Ladies Golf 8 pm Bridge 7-9 pm Football Training 9 pm Gentlemen's Spoof	<b>30</b> 6-8 am Early Bird Tennix Mix-In 5-8 pm Squash Coaching 6-9 pm Tennis Mix-In	<b>31</b> 7-9 pm Rugby Training 7-9 pm Badminton 6-9 pm Squash Mix-In

### OPENING TIMES

CHURCHILL BAR	10 am-11 pm
LORD'S RESTAURANT	11.30 am-2 pm 6 pm-11 pm
POOLSIDE BAR	7.30 am-10 pm
FITNESS CENTRE	Mon-Sat 6 am-9 pm Sun + Hols 9 am-9 pm
THAI MASSAGE	Tues-Sun 9 am-5 pm

### VENUES

ALL EVENTS ARE AT BRITISH CLUB  
EXCEPT THE FOLLOWING:-

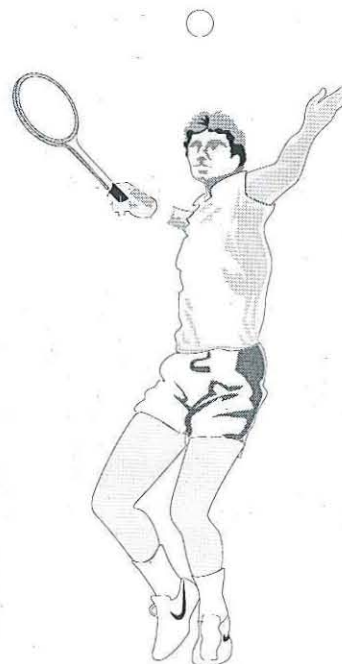
CASUALS FOOTBALL	- BANGKOK PATANA SCHOOL
BADMINTON (SUNDAYS)	- NEAR BANGRAK POLICE STATION
BADMINTON (MONS-THURS)	- SOI KLANG RACKET CENTRE
LADIES GOLF	- AS ADVERTISED

### ALSO THIS

St. David's  
St. Patrick's  
No Talent M  
Hong Kong



FRIDAY	SATURDAY	SUNDAY
<b>4</b> 6-9 pm Tennis Coaching 8.30 pm T.G.I.F. 9 pm Accumulator Lucky Draw 7 pm St. Davids Ball* – Oriental Hotel	<b>5</b> 8-10 am Childrens Tennis 10-12 noon Tennis Coaching 4.30 pm Casuals Football	<b>6</b> 11 am-1 pm Badminton 1 pm Squash Handicap Mix-In Children Sports and Video
<b>11</b> 6-9 pm Tennis Coaching 8.30 pm T.G.I.F. 9 pm Accumulator Lucky Draw 8 pm No Talent Night	<b>12</b> 8-10 am Childrens Tennis 10-12 noon Tennis Coaching 4.30 pm Casuals Football	<b>13</b> 11 am-1 pm Badminton 3-6 pm Tennis Mix-In Childrens Sports and Video
<b>18</b> 6-9 pm Tennis Coaching 8.30 pm T.G.I.F. 9 pm Accumulator Lucky Draw	<b>19</b> 8-10 am Childrens Tennis 10-12 noon Tennis Coaching 4.30 pm Casuals Football 7.00 pm St. Patrick's Ball – Grand Hyatt	<b>20</b> 11 am-1 pm Badminton 3-6 pm Tennis Mix-In Childrens Sports and Video
<b>25</b> 6-9 pm Tennis Coaching 8.30 pm T.G.I.F. 9 pm Accumulator Lucky Draw	<b>26</b> 8-10 am Childrens Tennis 10-12 noon Tennis Coaching 4.30 pm Casuals Football	<b>27</b> 11 am-1 pm Badminton 3-6 pm Tennis Mix-In Childrens Sports and Video



## MONTH

## SPORTS SPORTS SPORTS

If you are interested in joining one or more of the Sports Sections of the British Club, please contact the following person(s), they will be happy to tell you all about their particular sports!

BADMINTON	David Overington	312 0100
CRICKET	Peter Young	314 2520
DARTS	Frank Hough	642 1500
GOLF	Stuart Davy	367 1000 (F)
RUGBY	Joe Grunwell	271 2574
SNOOKER	Mike Brann	385 8794
SQUASH	Barbara Overington	258 7306
SOCCER	Peter Hodggers	240 0678
TENNIS	Maurice Lamb	272 4530

### NON BRITISH CLUB SPORTS:

LADIES GOLF BCLB	Wil Agerbeek	259 7019
LIGIT LADIES GOLF	Eileen Cook	287 3605





# **THE BRITISH CLUB ANNUAL GENERAL MEETING WILL BE HELD ON**

**TUESDAY 15TH MARCH 1994  
7PM IN THE SURIWONG ROOM**

If you find any member of staff particularly helpful, please fill in the form below and send to Mr. David Viccars, to recommend this staff member for the quarterly staff incentive bonus. Line managers are not eligible for this bonus as they will be helping the Manager balancing the votes from the membership.

## **STAFF INCENTIVE SCHEME**

I WOULD LIKE TO RECOMMEND THE FOLLOWING STAFF  
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STAFF MEMBER .....

DEPARTMENT .....

REASON.....

CLUB MEMBER.....

CLUB NUMBER .....



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Group Picture Dundee Cup



The Committee for 1994 consists of the following:

Captain: Barbara Wehrle, Vice Captain: Gail Paoli, Hon. Secretary: Sue Burley, Hon. Treasurer: Gail Paoli, Handicap Secretary: Lavita Hughes, Prizes: Ade Bolding and Joke Amelvoort, Special Projects: Gill Hough, Member at Large: Christine Selwyn.

FROM THE CAPTAIN: I would like to thank you for the honour of being the Captain of the BCLG for 1994. I would also like to thank Wil and the entire Committee of 1993 for a job so well done.

## WEEKLY COMPETITION RESULTS

### DECEMBER 14, 1993 - BCLG MEDAL (15) STROKE PLAY

Winner "Silver": Gui Young 71, Runner up: Magda 78

Winner "Bronze I": Sue 79, Runner up: Margaret 81

Winner "Bronze II": Lorna 71, Runner Up: Sandee 78

NEAR PINS: #6 Margaret, #8 Will, #12 Sue, #17 Ade

LONG DRIVE: Silver Gui Young, Bronze I Ade, Bronze II Lorna



Magda Ruttin, Lavita Hughes, Sui Yong Oh, Barbara Wehrle

### JANUARY 4 1994, BCLG MEDAL (16) STROKE PLAY

Winner "Bronze I": Margaret 75, Runner Up: Ade 85

Winner "Bronze II": Sally 72, Runner Up: Marilyn 78

NEAR PINS: #6 Margaret, #8 Yoshiko, #12 Vera, #17 Margaret

LONG DRIVE: Silver Yoshiko, Bronze I Ade, Bronze II Sally

### JANUARY 12 1994 - BETTER NINE

Winner "Silver": Christine 34, Runner Up: Kitty 42

Winner "Bronze I": Ade 36.5, Runner Up: Sue 37

Winner "Bronze II": Sally 34

NEAR PINS: #8 Kitty, #12 Christine

### JANUARY 18TH, 1994 - DUNDEE CUP COMPETITION - STROKE PLAY

There were 5 major prizes - the results as follows:

WINNERS: 1st: Barbara 71, 2nd Christine 73, 3rd Gui Young, 4th Ade 77, 5th Margaret.

NEAR PINS: #6 Magda, #8 Gui Young, #12 Barbara, #17 Lavita

LONG DRIVE: Silver Christine, Bronze Ade

*Congratulations to all the above.*

### DUNDEE CUP

On behalf of the BCLG I would like to thank Mr. Dave Stewart, Managing Director of SGS Stewart Project Management Serv. Ltd. for his sponsorship. The format of the competition was Strokeplay.





Winner: Barbara Wehrle (right), Runner-up: Christine Selwyn (left)

Unfortunately, Mr. Stewart was not available this year to join the 15 ladies who competed for the prizes.

#### UP COMING EVENTS

On Sunday February 20, 1994 our 6th Annual "KITCHEN SINK" competition, "Belles vs Brutes". SPONSOR: ROB SELWYN - MOBIL OIL The members of the BCLG host the mens section of the British Club.

#### WELCOME

We would like to extend a warm welcome to 4 new members who have joined the BCLG this month: Gayla James, Kathy Marinelli, Allison Stevens and Yoshiko Fukuda.

#### NOW HEAR THIS!!

An invitation was extended to the British Club members to attend the LADIES OPEN AMATEUR GOLF CHAMPIONSHIP OF HONG KONG. The qualifications for the event were persons holding a LGU/USGA handicap of 16 or under. As a result, four members from the BCLG are accepting the invitation to join in the championships match.

They are Christine Selwyn LGU 12, Kitty Stor LGU 14, Lavita Hughes LGU 15, and Wil Agerbeek LGU 16.

The date for the competition is March 7th - 10th.

Our thoughts and best wishes go with you. We will keep you posted with the results in our March Newsletter.

Happy Golfing  
Barbara Wehrle

ST. DAVID'S SOCIETY



BANGKOK

### The St. David's Society Annual Ball

Friday 4th March 1994  
7pm

Venue: The Oriental Hotel

Presenting  
The HongKong Welsh Male Voice Choir  
Plus dancing till late

Tickets: Baht 1,400

Available from: Pat Lewis 385 8497  
Lin Lintott 252 7816





From Left to Right: Mark Partridge, Alan Lovell, Jon Prichard, Suzanne Partridge, Keith Rowley, Joe Grunwell, Tim Martin, Peter Hutton, Jim Howard

*Welcome back everybody. After a short break for Christmas and the New Year we find ourselves starting a new Rugby season.*

Already two fixtures have taken place and the TRU have recently published the agenda for the season.

## AGENDA

JULY 23/24

KODAK 7'S

AUGUST/SEPTEMBER

15 - A SIDE TOURNAMENT

SEPTEMBER 24/25

HAT YAI 7'S

DECEMBER 17/18

CHIANG MAI 7'S

Details of BC season will be published in next month's issue.



## AGM

On Tuesday 25th January, the section had it's AGM at the British Club Suriwong Room, where a large gathering turned up to voice their opinions and drink free beer. There were some changes to the committee which are shown below;

### 1993/1994 COMMITTEE

### CHANGES

Chairman	J. Grunwell	
Treasurer	A. McDowell	K. Rowley
Secretary	T. Martin	
Fixtures Secretary	J. Howard	
Social Secretary	B. Grunwell	S. Partridge
1st Team Captain	J. Prichard	
1st Team Vice	A. Lovell	
Barbarians Captain	L. Niven	M. Partridge

The Chairman would like to thank the outgoing Committee Members for their hard work and efforts during last year and welcome the new Committee Members and express his hope that they went into this with their eyes wide open.

them. Luke is the youngest player in the club at just 18, 8 of his team mates on Sunday's game were more than double his age.

These 2 games were not classic encounters by any means, but they were played in the true fashion of Barbarian rugby. It is clear that the Barbarians are going to enjoy another wonderful season and make many friends along the way.

Good luck, Mark

*M.Y. Opic*

## NOTICES

On 5th and 19th of March the British Club is showing the International Games on television in the Churchill Bar. Do come along and enjoy watching excellent games and an excellent atmosphere in the Club.

Why stay home when your home away from home is the BC Bar!

## MATCH REPORT

### PARTRIDGE PEAKS THEN PLUMMETS

This was the story behind Mark Partridges first weekend at the helm of the Barbarians. On Saturday 29th January, Partridge led his understrength troops to an overwhelming 3-17 victory over Rangsit University. 3 Tries a piece for Alan Black and Tim Martin, two of which were converted by Graham Carson.

However, in a rematch the following day, a stronger Barbarians side struggled to take control and were foiled by 3 break-away tries which cost them dearly in a 22-19 defeat. Perhaps it was the compulsory celebrations the night before!

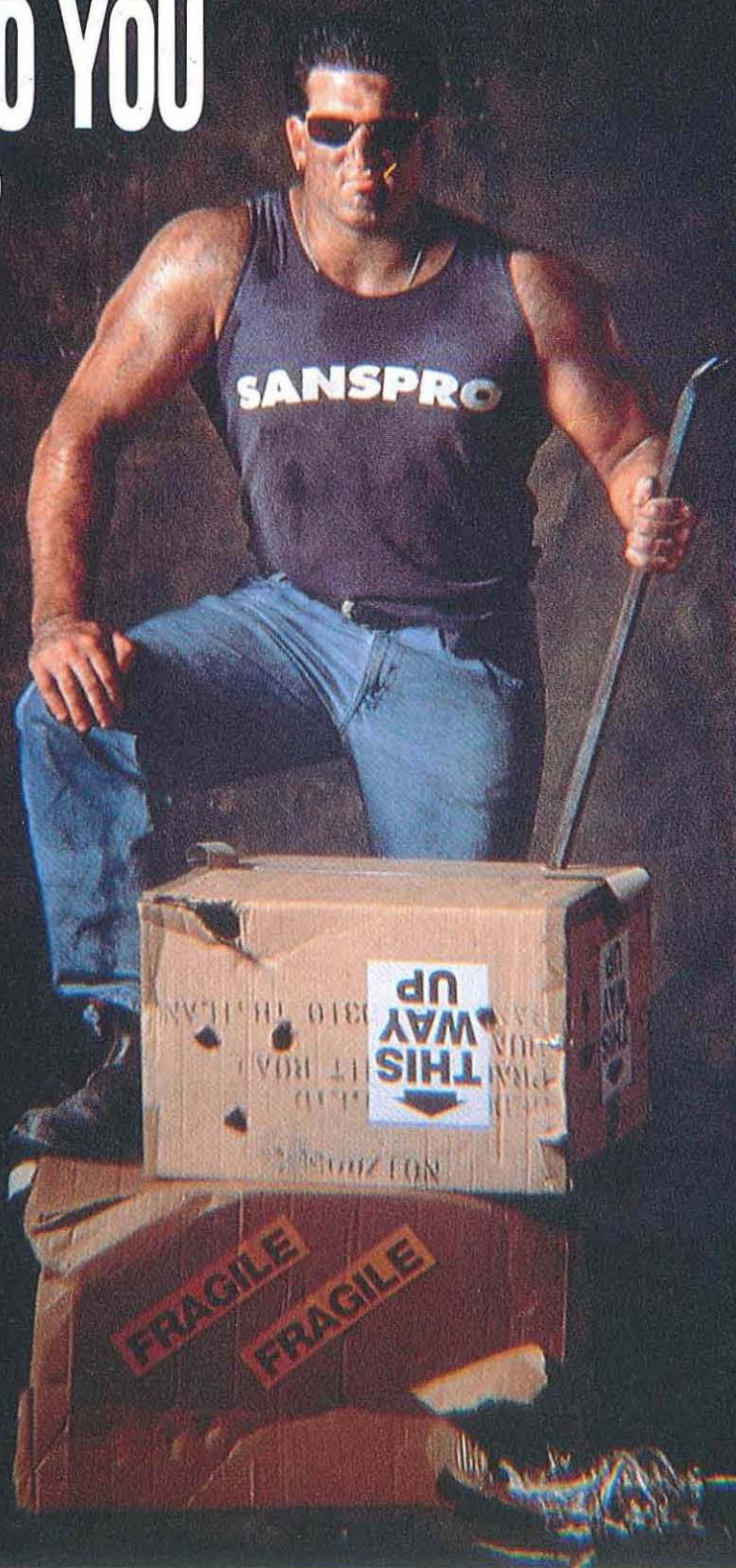
Tries were scored by Glynn Breeze, Tim Martin and Luke Wild with Grunwell converting two of

## 11TH MARCH THE NO TALENT NIGHT

Hope you have all signed up for the No Talent Night. This is one of the most spectacular nights in the British Club, you have never seen so much home-grown talent. Bankers playing bitches, to players Rawhiding it, to ladies Patponging it, to yellow dot bikinis to a strip by Miss Rugby 1993, we had it all last year. This year promises to be just as good and maybe better. Ticks only B500 incl. meal, some drinks and a doorprize!



# WHERE DO YOU WANT IT?



## YOU'VE SEEN THIS GUY BEFORE.

You have to move, you call a big name mover and the next thing you know he's at your door. And he's unforgettable in the worst sort of way. He thinks your lampshades look better with dents. He confuses your Ming vase with your basketball. And he leaves his mark, usually with his dirty boots on your Persian carpet.

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# THINGS PEOPLES SAY

## Tourist about Stonehenge

'When are they going to finish it?'

'When are they going to put the windows in?'

## ..... about Windsor Castle

'Why did the Queen build her house so near the airport?'

## ..... about Britain

'Why are ice cubes rationed? Are two in a soft drink a joke?'

'Why is the cricket score always given after tea?'

'Why do you butter sandwiches?

How come they're so thin?'

'Why is the beer always warm?'

'Why are the showers so bad?'

## ..... about the British

'Why do you say sorry all the time?'

'Why does everyone wear black?'

'Why do you hate compliments?'



## A five year old to his mum

Mummy, you know those kisses on escalators? No son, what do you mean? Well, you know those kisses on escalators or something. Kisses on what??? Well, YOU told me about them few days ago.

Mother thinks .... Aah, you mean Eskimo kisses (nose rubbing).

Yes, 'course, well .....

## A mother to her five year old

If you fall out of that tree don't come running to me when you break your legs.

## An almost five year old to his mum (he's learning to spell)

Mummy, can I have a .... what starts with huhuhu? I don't know son, what starts with huhuhu? An hickeycream of course.

Mummy, I know what fire starts with. Oh, really, what does it start with? Fu... Fu... (and yes, he did finish the word).

## A driver to his "madam" upon asking if he would take a coffee table to a friend

In Thai "What do you think I am, Thai International Moving?" and yes, he was asked to leave.

## A landlady, upon complaints from tenants about the disgusting state of the Soi and the building site next door.

'Oh yes, but the people on the other side are a lot worse of.'

## Note from a maid

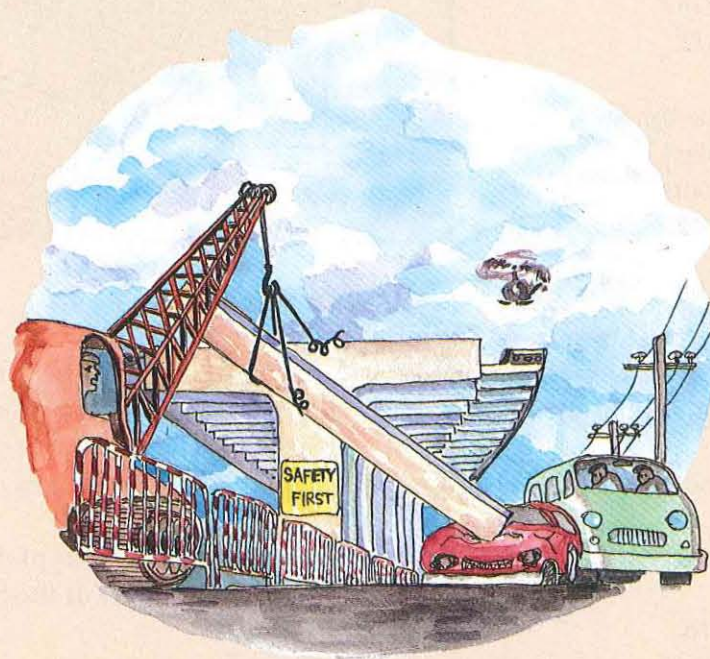
She phone, she Soi 49, she go, she no no, she call, I no no.

Noi

*If you have overheard any funny things from children, husbands, maids, drivers, please send them to Outpost and you can let all members enjoy them.*



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## Guess who this is

Guess who this member's wife is. Solution on bottom of this page.



Solution:  
AUPRIZNEARSTDNGE





*Here are a few games and/or activities for you to do during the weekends or school holidays. Ask your mum or dad to help when there are sharp tools involved.*

## OUTDOOR GAMES

### French Cricket

You will need \* a bat, tennis racket or flat piece of wood \* ball \* two or more players

One player holds the bat while the other bowls. The object of this game is to stop the bowler hitting your legs below the knees with the ball. But you can't move your feet! The bat may be held anywhere round the legs. If the ball hits your legs, you're out, or if you hit the ball with the bat and someone catches it (a catch), you're also out. 'Runs' are scored by passing the bat round your body and changing it from hand to hand behind your back. Each rotation of the bat counts as one run. You can only score a run if no other players have the ball. Players swap positions and the one who scores most runs wins.

### French he

The player chosen to be 'he' must catch one of the other players by touching them on some part of their body. The player caught becomes 'he', but must keep her/his hand on the place where he/she was touched, and keep it there until she has touched another player. If he/she was touched on the foot, he/she has to hop after the others.

### Chain he

The player chosen to be 'he' runs after the others. As soon as he/she catches one, the second player links arms with the first and they run together to catch the third. The third then links arms and the three must run together after the others. The last player to be caught wins.

### Bean Ball

These heavy balls are great for juggling. Place a small handful of dried beans or pulses on a square of cling wrap and gather up the cling wrap around the beans to form a ball. Cut off the neck of a balloon and discard. Ask a friend to pull open the balloon and push the ball of beans into it. Repeat with another balloon covering the

hole on the last one so that the ball of beans is completely enclosed.

### Ball Game

#### Team game with bean balls

Divide the players into two equal teams, give each leader a bean ball. Teams stand in a line with their legs apart. The leader throws the ball back through her legs and those of the team, to the last in line. This player runs to the front and repeats the throw. Carry on until the leader is back at the start. First back to the start are winners.

## GROWING THINGS

### Avocados

Stand the stone in a jar of water with a narrow neck so that the blunt end is just touching the water, or balance it by pushing cocktail sticks into the stone - then watch the roots develop! When the shoot has emerged, transplant the seedling to a 13cm (5in) pot of soil based compost.

### Pineapple plant

Cut off the top of a pineapple and cut away any soft flesh (ask your mum or dad to help). Leave to dry for 24 hours, then place the crown of leaves in a 13cm (5in) pot of soil



based compost. In time it will develop a tiny root system and the leaves will continue to grow.

## Alfalfa sprouts, mustard and cress seeds

Save the shells from your boiled eggs to grow Hairy Scaries. Paint faces on the shells. Fill the shell with cotton wool, moisten with water and sprinkle with seeds. Water every day and in three or four days they'll need a haircut.

***TIP** Make great egg cups from egg boxes! Stick to bases together, trim the top one and paint with poster paint.*

## Broad Beans

Soak some broad beans in water for a few hours until they swell. Line a jam jar with blotting paper round the sides, up to the neck. About halfway down, put broad beans between the jar and blotting paper. Pour about an inch of water into the jar and it will soak up to the top of the blotting paper. Make sure there is always enough water to keep the blotting paper wet. Keep it in a dark cupboard until it germinates, then bring it into the light.

## SKIPPING RHYMES

Several players can play these, skipping with a long rope

### Teddy Bear

**Teddy Bear, teddy bear, touch the ground**

(touch the ground with one hand)

**Teddy bear, teddy bear, turn right around**

(turn right around)

**Teddy bear, teddy bear, go up stairs**

(move legs up and down as if going upstairs)

**Teddy bear, teddy bear, say your prayers**

(hold hands as if praying)



**Teddy bear, teddy bear, turn off the light**

(hand switches off light)

**Teddy bear, teddy bear, say : 'Good night'**

(holds hands together at side of head)

### Granny in the kitchen

**Granny in the kitchen** (1st skipper)

**Doing a bit of knitting, in comes the burglar** (next jumps in)

**And frightens her away** (1st jumps out)

## BIRTHDAYS

The players call out the months of the year, each player skips until their birthday month is called, when they must run out and another player takes their place.

## WORD GAMES

If you're on a long car journey or stuck indoors on a rainy day, keep everyone amused with some of these games.

### Fizz Bang

The first players starts by saying 'one', the second says 'two' and so on, until the number five or a multiple of five is reached. The

player must then say 'fizz' instead. Similarly when a seven is reached, the player must say 'bang'. Play the game as fast as possible. When a player makes a mistake they have to drop out of the game, or if there are only two people playing, you must start the game again from 'one'.

### Animal, vegetable or mineral

One player thinks of something and the other have to guess what it is by asking questions, always being : Is it animal, vegetable or mineral? For example, a goldfish would be an animal, a tree would be vegetable and a lorry would be mineral. From then on the player is only allowed to answer yes or no to questions.

## TONGUE TWISTERS TO TELL

How much wood would a woodchuck chuck, if a woodchuck could chuck wood?

If a woodchuck could chuck wood, the wood that a woodchuck would chuck is the wood that a woodchuck could chuck if it would chuck wood.

Peter Piper Pipkin picked a peck of peppercorns, if Peter Piper Pipkin picked a peck of peppercorns, where's the peck of peppercorns that Peter Piper Pipkin picked?

Forty thousand feathers around a thrush's throat.

Mary Mack's mother's making Mary Mack marry me, and my mother's making me marry Mary Mack. So I'll have to marry Mary to get Mary to take care of me, We'll all be making merry when I marry Mary Mack.

She sells sea shells on the sea shore, the shells she sells are sea shells I'm sure. So, if she sells sea shells on the sea shore, then, I'm sure she sells sea shore shells.

Red lorry, yellow lorry, red lorry, yellow lorry.



# Moveable Beasts



## HOW TO TRAVEL WITH KIDS IN TOW

Travelling with children need not to be a nightmare, if you know a few tricks of the trade says Sheila Sang for Essentials.

Travelling parents often debate whether it's best to suffer an overnight journey (you arrive tired but not as tired as if you'd suffered wide-awake children all the way), or to travel during the day (you can all get a good night's sleep when you arrive and wake up fresh to start your holiday).

\* If you're travelling by car, going overnight is really only an option when your children have car seats in which they can sleep comfortably.

\* Your night-time wait at the return airport may be less comfortable than your outward trip.

It's a good idea too take something soft so children too big for your lap can lie on a (possibly) cold tiled floor.

\* If your journey is going to be broken - for example, car/airport/plane - bear in mind that in-transit sleep is likely to be broken too, unless your child has Rip van Winkle tendencies.

\* Overnight travel by bus can be excellent for children. Bring something to wrap them in and to use as a pillow.

\* Cost wise the benefits vary. Fly by nights often pay less but on ferries you have to pay extra if you want any comfort.

## FIVE WAYS TO SAVE YOUR SANITY

**We don't have to tell you that kids get bored easily on a long journey, but there are ways to make the travelling easier - for you and them. Use your five point**

**plan and you'll be the one with smiling kids (and normal blood pressure).**

1. **Keep 'em comfy.** Most kids will happily sit in the middle of a growing pile of discarded toys, crumbs and crisp packets and turn their discomfort into irritation with you - mum and dad. Keep an eye on their clothes - if they're likely to get damp through drink, dribble or worse, keep a change handy. Make sure they're not too hot (or cold in Thailand) as well.

2. **Take some toys.** If your child has been wanting a special new toy this may be the time to give it; an old favourite is important, too. But whatever else you give in tom don't allow anything noisy - your kids may be delighted with a jack-in-the-box but no one else will be!

3. **Play some games.** Daft games start with 'peep bo'. Now's the time to widen your repertoire.



Here are some of our favourites.

- Car words: try to spot number plates that spell words.

- What is it? Describe an object, then answer questions, about it with yes/no answers until someone guesses it.

- The never ending sentence: Each person adds a word in turn, not including 'and' or 'but'. The loser is the first to finish the sentence.

4. **Lay on the music.** If you have the energy, nerves of steel and/or total privacy, a good old sing song can cure anything from boredom to travel sickness, but tapes are the travelling parent's best friend. And if you want to avoid rapid brain death from over exposure to Baa Baa Black Sheep or Take That, plug your child in to a personal stereo. Cheapo versions cost under BPS 10, sturdy toy ones are more expensive but will be year round favourites and also let you control the earphone volume.

5. **Keep essentials to hand.** Apart from your basic Kid Kit (food, drink and something to clean with), keep a couple of things for you to do when you've got a spare minute. Try to keep everything in one compact bag, so you're not caught without it at the vital time.

## IN CAR SAFETY

### At home ... (UK)

It is now the law that everyone in a car should belt up, provided there are suitable belts. Anyone sitting unrestrained, even in the back seat, has a 95% chance of being injured in a 30mph crash - and the impact is equivalent to a fall from a second-floor window. Unrestrained passengers can also cause serious injury to others in the car. Nine out of ten children (in the UK) travel in car seats, but worryingly, on-the-road checks

repeatedly show that many aren't used properly, thereby reducing protection. Before you decide that this does not mean you, remember that one of the main problems with car seats, which are fitted by using existing seatbelts is that, contrary to expectation, they don't automatically suit all cars. Indeed, very few can be fitted correctly with the existing seat belts in a number of popular cars such as Metros, Peugeots and Vauxhall Novas. To fit well, the seat must have little or no play and the seat belt buckle mustn't rest on the car seat frame where it could shatter on impact. If you can't achieve this in your car, it's vital to use a fitting kit - they're easy to install and cost about BPS10 from car shops such as Halfords (A good idea for a present from home?? Ed).

Another problem area is harness adjustment: many people don't realise the importance of fitting it snugly each time the seat is used. If it is too loose, you risk serious neck, spine and internal injuries in a crash.

### .... and away

If you're hiring a car, most rental companies (in UK) supply car seats free where they're required by law and for a small fee where they're not. Don't accept a car seat that looks as if it may have been damaged, or if the webbing is frayed. It's against the law in many countries, including France, for under 10's to sit in the front seat. If you're fly/driving, you might like to be on the safe side and bring your own - under fours paying for their ticket can use their car seat on the plane, so long as the airline is warned in advance.

Editors note: We all know that seatbelts are not "law" yet in Thailand, but why not use them as we must have all been used to them at one time whilst in our home countries. So many children are not strapped in in the back of the car and quite often one can spot children in the front seat, pushing their cute little noses right up to the front window. If anyone knows of a good, reliable garage where to fix seatbelts in the rear of the car, please let Outpost know. I am sure there must be lots of people interested in this information.





## Letters

*Once again a letter from our regular correspondent, Mr. James A. Reid. There must be more than one person in the whole of the British Club who has something to write or comment on. Come on, ladies and gentleman, make this column a readable one and let's have lots of you write letters and suggestions. This cannot be an airing space for one member of the Club!*

*Also on the request of more articles re Gemstones from Richard McGregor, when someone promises articles for Outpost, I am always more than happy to put them in. Unfortunately, sometimes articles are promised and very optimistically I then promise members "more of the same later" and the supply dries up immediately. So please, if you make promises for a regular supply of articles, do keep them coming.*

Dear Madam,

Nothing like "Letters to the Editor" to add a bit of interest to our Club Magazine the "Outpost". At least, I am hoping that this is the case. Letters can express opinions, right or wrong to those that read the, and raise questions and concerns that beg an answer.

I must thank Mr. J.W. Grunwell and Mr. D. Forrest, both members of our current committee, for their replies in the January issue of the Outpost to my letter in the December issue of the Outpost.

What they both focussed on was my concern about the "Playing Field Fund". Mr. Grunwell is no doubt correct that the idea of B5,000 from every new member's entrance fee being placed in such a fund, had previously been discussed at length, by both the general committee and sports committees, and that it had been agreed unanimously by all concerned. However, before any such decision can become legal, it has to be voted on at an A.G.M. or E.G.M. In his letter, Mr. Forrest informs us that this vote was taken at an E.G.M. and not the A.G.M. as indicated by Mr. Grunwell, and that the vote was 58 for and 49 against. This is what counts, and it was far from unanimous!

Forgive me if I was exaggerating a bit by stating that the meeting was "loaded with rugby players". After all, is it not a fact that over fifty percent of the BC Rugby team are not even members of the British Club, so could not be at the meeting in the first place.

Anyway, what I wanted to know, what was being done with all this money, where was it, and how much is it. I pursued the matter further, and was informed by a reliable source, the Accountant, that it does not in fact exist, in cash that is. All the B5000 payments are going into the Club's General Account, for the use of, but a book entry is made to the Credit of the "Playing Field Fund".... in other words: "We have it, but we don't got it" – so we are not losing anything. Mr. Forrest's letter confirms this, I think!

So, now we have another A.G.M. upon us, and how many of us are really concerned about the future of our Club. I have been a member for many years, though I was away for a while, and this Club has never been better, in my view anyway, but it has taken a lot of work, a Professional Manager, like Keith Bell, along with a whole lot of shouting and argument, to get it this way. It is all part of the established democratic procedures, as mentioned in the last paragraph of Mr. Forrest's letter. We must all agree with him. This Club belongs to the members, and we have some very dedicated and concerned committee members, but the committee is not a power unto itself, an oligarchy! We the members must participate by attending the A.G.M.'s and E.G.M.'s and making ourselves heard. We can also write letters to the Outpost of course.

There are many important issues coming up at this next A.G.M. so everybody that can, surely has a duty to

be there. If we just do not bother and leave it to the next guy, then these important meetings will be loaded. (Whoops! There I have said it again.)

"On the lighter side" - I am enclosing a cut out of a Letter to the Editor, written by the late Mr. W.A.R. Wood, 1968 I think it was, all his working life in "Siam". It is about the late Mr. L.T.G. Leonowens. I think everybody has heard about "Anna and the King of Siam". It was not just a story, it did happen! This letter by Mr. Wood is like a window into the past. I am sure a lot of members will find it interesting. Most of what he writes about of course, takes place in the last century, because our British Club was even built.

There was an article in the December issue of the Outpost "The Magical, Mysterious World of Gems" by Richard McGregor. It ended by saying "Next issue ... etc. etc.", but in the January issue of the Outpost, not a sign of it. Myself and I know quite a few members found it very informative, so if there is more, can we have it?

Sincerely,

James A. Reid  
R11



Sir,

## THE LATE MR. L.T.G. LEONOWENS

In your Sunday magazine of 28th January there appeared an article headed "A unique Englishman".

In all my ninety years of life I have never before read such an absurd farrago of trash as this article. The writer seems to regard the late Me. L.T.G. Leonowens as a sort of mythical figure, like Merlin or Robin Hood, onto whose name it is legitimate to pin any kind of ridiculous fable. I resent this treatment of a man who was a good friend of mine in my younger years and who died comparatively recently (1919).

It is not correct to say that Leonowens' mother, Anna, was deported from Siam. She let after she had completed her contract to educate the children of King Maha Mongkut. At that time the King of Siam did not possess the power to deport a British subject. King Chulalongkorn always had a liking for young Louis, and gave him, when still a very young man, a commission as Major in the Army, and a forest concession in the North. He later obtained further concessions from the Chief of Chieng Mai. At that time the teak forests were still in the hands of the Northern Chiefs. In 1878, being then twenty-five years of age, Leonowens married Caroline, younger daughter of Mr. (later Sir) Thomas George Knox, British Consul-General, by whom he had two children a son and a daughter.

Mrs. Leonowens spent a good deal of time with her husband in Chieng Mai. It would be wrong to represent him as a man of strict moral principles, but his amatory exploits have been enormously exaggerated. He at one time formed an alliance with a Chieng Mai Princess, and he had relations with several other women; but the number of his "wives" was nearer four than forty, and he certainly never took any of them on a raft to Bangkok. When he was in Bangkok he lived with his wife, Caroline. She must have been fairly tolerant, but I doubt whether she

would have been willing to unload those annual rafts. I doubt also whether your contributor has ever seen a Chieng Mai raft. I would like to see him pilot one of those craft through the Me Ping rapids, with a cargo of forty ladies on board. Anyhow, Leonowens could not have put them up in the Oriental Hotel, which he did not buy until 1892, shortly before his wife's death.

During the greater part of the eighties, Leonowens and his wife lived at Chieng Mai. In 1892 they went down to Bangkok, where Leonowens bought the Oriental Hotel, and interested himself in other enterprises. His wife died there in May 1893. After her death, Leonowens continued to gravitate between the North and the South until 1896, when he more or less settled in Bangkok. It was at this time that I first met him, and we became good friends, in spite of the difference in our ages. He was then aged forty seven and I was eighteen.

About a year later, Leonowens became engaged to Miss Rita McLachlan, the adopted daughter of a well known engineer of those days and his wife. In those snobbish days, engineers were held to be B2 citizens, but the McLachlans were an exception. They were members of the United Club, an acid test of gentility.

The wedding took place in 1898. The religious ceremony was in the old Protestant Church, situated in the Borneo Company compound, and the Consular wedding was conducted by the late Mr. W.J. Archer. The entry in the register is in my handwriting.

The second Mrs. Leonowens being only eighteen years of age, it was generally thought, that the marriage was likely to prove to be an unhappy one. In fact, it was a great success. In 1901, when I was going to England on my first leave, I travelled to Singapore with Leonowens and his wife, and stayed with them for several days in the Raffles Hotel. I spent nearly all my time in their company, and found their mutual devotion quite touching to behold.

I recollect a curious incident on the voyage down on a ship of the Norddeutscher Lloyd Line. That was

at the time of the South African War, and the Captain, one night at dinner, made some very offensive remarks about the British Army, Leonowens and I both stood up, and demanded an apology. When we threatened to report the incident to the Company's Head Office, the Captain apologised, but with rather ill grace.

Not much later, Leonowens formed an amalgamation with the firm of Denny, Mott and Dickson, teak merchants, and became L.T. Leonowens Ltd. It is incorrect to say that they were the principal exporters of teak from Siam. Their business, though important, did not equal that of some firms.

About 1908 Leonowens and his wife settled in England, where he died in 1919, leaving his wife a sum of about BPS 60,000. After his death, Mrs. Leonowens for some time ran a shop in South Kensington, where she sold Siamese curios, silk etc. She dies about 1924.

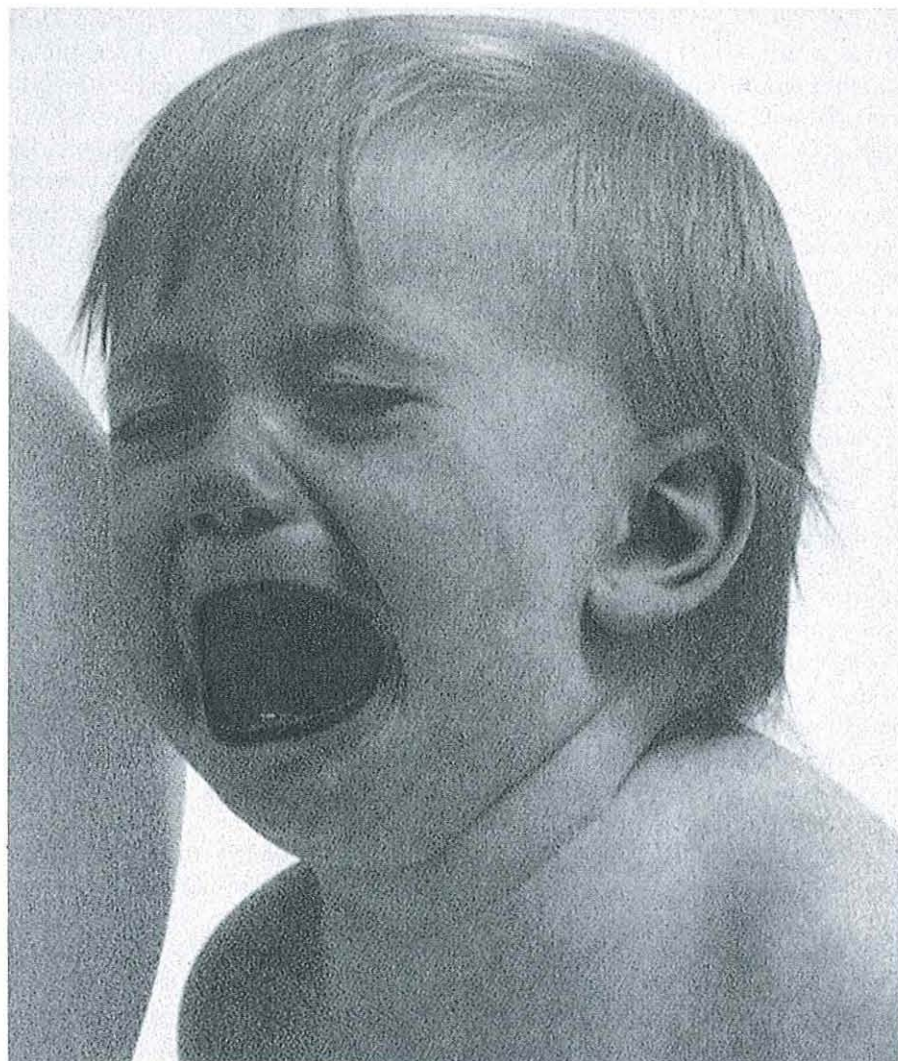
To revert to Mrs. Anna Leonowens. Your contributor seems to imply that her later years were shrouded in some sort of mystery. This is not the case. She settled in Halifax, Canada, where she devoted herself to the care and education of the children, her son Louis and daughter Avis. She died in 1915.

Maybe my account of the life of my old friend is less sensational than given by your contributor, but it has the merit of being true, insofar as my memory serves me. And it is a pretty good memory.

Chieng Mai  
W.A.R. Wood



# Sound Effects



*Our voice is so unique that friends can identify us on the phone before we've said our name. Many people believe that the voice is the true window of the soul.*

## HOW IT WORKS

Your voice box (the larynx) lies at the back of the throat, at the top of the windpipe. It has a vertical slit in it which lies open when you are silent, allowing air to pass through without a sound. On each side of the slit there is a fold (vocal folds) of muscle and mucous membrane. These folds, usually known as vocal cords, tighten as you speak and the slit almost closes. The lungs and diaphragm act as bellows, pushing out air over the vocal cords. These in turn act like rubber bands, producing a low sound when they're more relaxed and a higher pitched sound when they're tensed up.

## EACH TO HER/HIS OWN

Each of us has differently shaped mouths, throats and nasal cavities, contributing to the resonance of the sound we make. The resonance depends, too, on how well we use our heads and chests in the production of sound, as singing teacher Penelope Austin explains: "Small children use their voices absolutely perfectly. They can scream for hours at high pitch without damaging their voice. They are using their full resonance, breathing deeply from the abdomen and diaphragm" Our outlook and state of mind also contribute to the tone of our voice. Anxiety, for example, causes tension in the back of the throat which can produce a constricted voice. When we're relaxed, we come out with something richer, mellower, more fruity.

## VOCAL COLOUR

Pavarotti's voice is probably the one we all know best for the rich, full coloured tone - he's using all the resonance he can. "The choirboy tone", explains Penelope Austin, "is described as a white tone, pure, straight and possibly lacking colour. A dark tone, such as Magnus Magnusson's is not such an expressive sound, but it has a more commercial image; it can sound authoritative, logical, practical. Terry Wogan and Gloria Hunniford have in common rich speaking voices with plenty of colour.

## BREAKING VOICES

The male hormone, testosterone, is produced in big surges during adolescence, causing a change in the shape of the larynx and also an enlargement of the vocal cords - the bigger they are, the deeper the sound that's produced.

## VOCAL TURN ON

Dr. Lillian Glass, author of *He says, she says*, found in a survey that 95% of us are aroused by the sound of our partner's voice. When she asked men to define the ultimate sexy voice, Kathleen Turner was number one. She also confirmed that most of us find a low-pitched, elegant tone sexy.

## LOSING YOUR VOICE

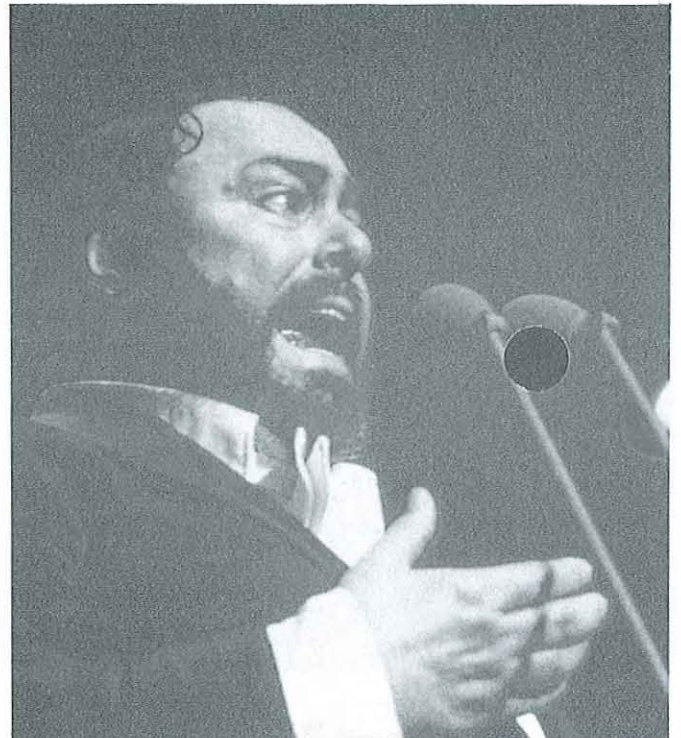
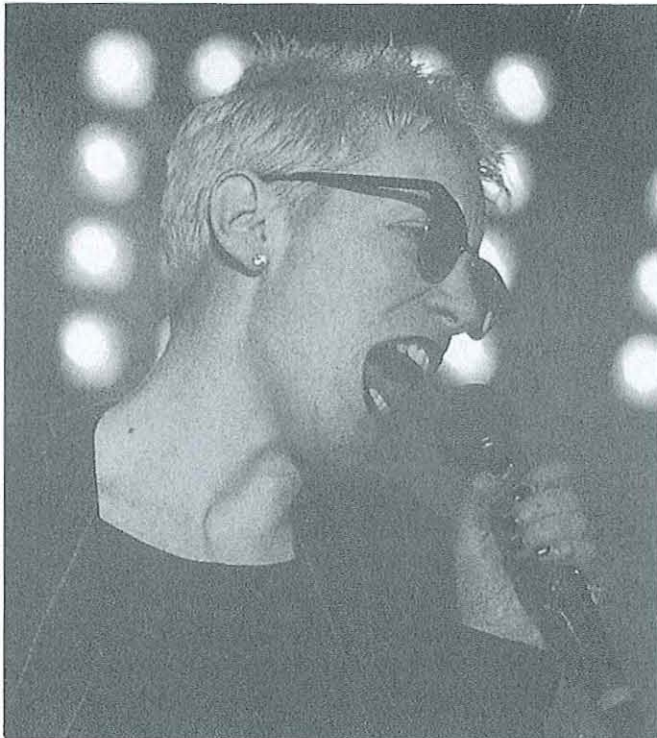
Lots of things can contribute to the sensation of a sore throat and hoarseness leading to losing your voice. The larynx becomes swollen, restricting the free escape of air through the vocal cords.

If you strain your voice through shouting or smoking, you may experience hoarseness. "We call this vocal abuse", says Catherine Milton, Consultant Ear, Nose and Throat surgeon at Kent and Sussex Hospital, "the voice should be completely rested or the vocal cords may be damaged."

A sore throat is a common symptom of a viral infection, such as colds and flu. "Again the voice should be rested - you shouldn't force yourself to go to work. If it is not rested, you are more likely to develop a polyp or swelling on the vocal cords." Be sure to drink plenty of fluids.

Glandular fever, or infectious





mononucleosis, is characterised by glands that are so swollen that it is difficult to swallow (so it feels like a sore throat) and a raised temperature. "If you suffer a sore throat for more than a fortnight", says Catherine Milton, "see your doctor."

Sore throats in children often herald glandular fever, chicken pox, measles, mumps, or whooping cough. "One type of croup," warns Catherine Milton, "can be life-threatening, so it is very important for parents to take heed of sore throats, coughing and difficulty in breathing."

Pertussis (whooping cough) is a potentially fatal childhood disease. Antibiotics have little effect, and the infection is serious, as it may cause lung damage, brain damage or death. All infants should be immunised in accordance with a strict set of guidelines - don't hesitate to discuss the matter fully with your doctor.

Hypothyroidism (reduced thyroid activity) is a condition that produces a change in the quality of the voice. It commonly affects women over 40 and the voice grows huskier. "The vocal cords on examination look bulky", explains Catherine Milton, "there is also a slow weight gain and the metabolism slows down". This condition is treated with drugs.

Polyps, cysts and other benign tumours can develop on the vocal cords to a size that obstructs the airway. These are usually the result of chronic laryngitis - inflammation of the voice box, usually caused by smoking. Emphysema (difficulty and eventually inability to breathe), nearly always caused by smoking, affects the voice too. The most serious disorders causing loss of voice are cancers of the larynx, oesophagus and lungs.

"Ninety-nine percent of all cancers of the larynx", warns Catherine Milton, "are smoking related. There is a change in the voice and pain and difficulty in swallowing. With lung cancer, almost always caused by smoking, there is a change in the quality of the voice which is caused by damage to the nerve supplying the left vocal cord - the one affected by lung cancer. Cancer high in the oesophagus, in the area of the pharynx (part of the throat), can also affect the vocal cords."

## BREAKING GLASSES

The rate of vibration of the vocal cords differs in women and men. This rate, known as frequency and measured in hertz (Hz) is usually between 125 and 145Hz in men, although it can be as deep (or low) as 90Hz. A woman's tone varies from 230 to 250Hz, rising to 300Hz in a high pitched woman's voice. The deepest bass note usually hits 66Hz, while the highest soprano is about 1056Hz. When this frequency of soundwaves hit a glass, the bombardment shatters it.

an's tone varies from 230 to 250Hz, rising to 300Hz in a high pitched woman's voice. The deepest bass note usually hits 66Hz, while the highest soprano is about 1056Hz. When this frequency of soundwaves hit a glass, the bombardment shatters it.

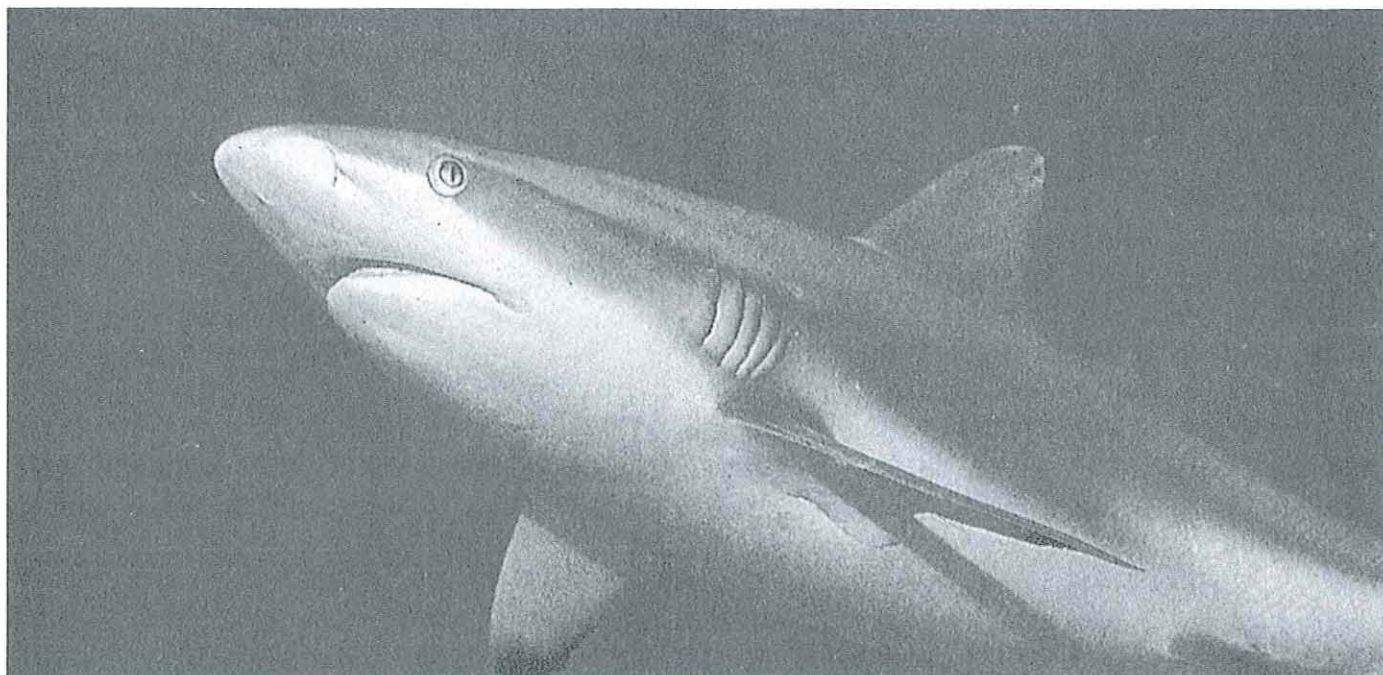
## TAKE CARE

"If you have a sore throat", advises Catherine Milton, "rest it as much as you can and gargle with two soluble aspirin in water - spit it out when you've gargled. Don't force yourself to go to work and speak as little as possible. Smoking and drinking are the worst things you can do to your voice", she warns. And Penelope Austin adds that "smoking has a very bad effect on the vocal cords. You can hear straight away the effect that tar and smoke has. You will in later years suffer continual hoarseness, and the voice will deepen and coarsen."

The voice box powered by the diaphragm and lungs, all need treating well if they are to be at their best - a good diet nourishes the parts that matter, exercise releases tension and helps posture, and sleep refreshes a tired, thin voice and sore throat.

An article by Anne Charlish for Essentials





## DID YOU KNOW?

### Let him have oysters

Oysters have a long reputation as an aphrodisiac and now researchers have uncovered a scientific reason for their claimed effect on your love life. According to US research, a shortage of the mineral zinc, which oysters are particularly high in, affects the male sex hormone, testosterone, and the volume of sperm. If your budget won't run to oysters, other zinc-rich foods include ginger root, lamb chops, steak, pecan nuts, brazil nuts, liver, egg yolk, walnuts, green peas, parsley and turnips.

### The fats of life

An increasing amount of research suggests that a diet high in fruit, vegetables and fish can help prevent cancer. But just what are the magic ingredients in these foods that protect against the disease? The front runners are vitamins C, E and beta carotene (which is converted into vitamin A in the body.) But some intriguing new research shows that GLAs - fatty acids found in evening primrose oil, starflower oil, other plant oils and fish

- may also help beat cancer. Research suggests that they may attack cancer cells directly and help stem their spread. They also seem to boost the body's natural defence mechanisms and increase the efficiency of radiotherapy and drug treatments.

### Paracetamol

Too much paracetamol can kill. If you have a headache, a cold or flu, never exceed the maximum dose (4g, or eight tablets a day) and check if paracetamol is contained in any other medicines you are taking, so you don't accidentally take too high a dose.

### Sharks

Did you know sharks have an amazing immune system and rarely contract infections. Wounds heal rapidly and they rarely get cancer, even when exposed to toxic chemicals.

### Skin

Did you know women's skin ages faster than men's? Women in the 20 to 40 age group have 40% more wrinkles than men of the same age.

### The bear truth

The sleeping habits of the black bear could hold a clue to combatting osteoporosis. Scientists have discovered that when black bears hibernate, although their weight falls, their bones



actually grow stronger. It is suggested that the recycling of bodily waste materials that takes place during hibernation somehow acts to stimulate bone growth. We await with interest how this might be translated into a preventive technique for women.....

### Did you know...

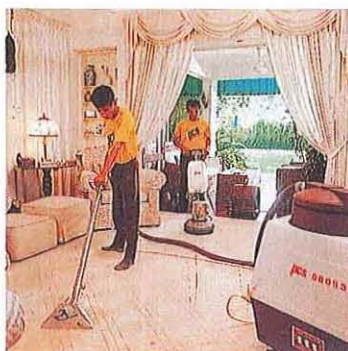
Sperm quality has declined over the last 50 years. Men today are more likely to be infertile, suffer testicular cancer and other problems affecting their reproductive and urine systems than their grandfathers did.



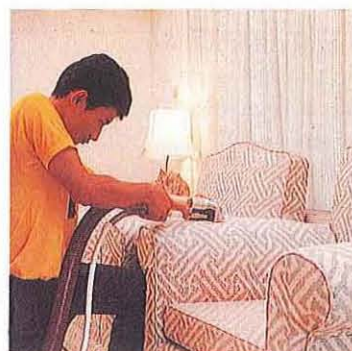
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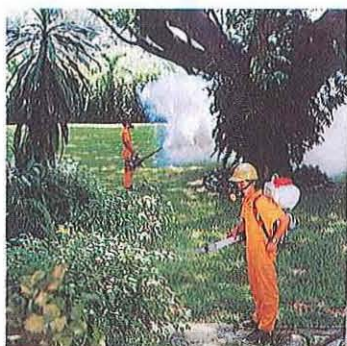
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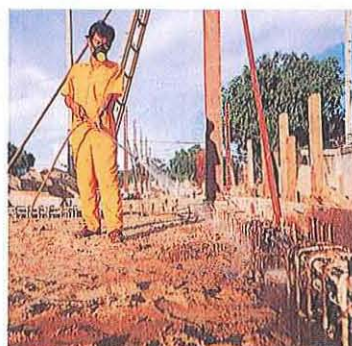
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and on construction sites



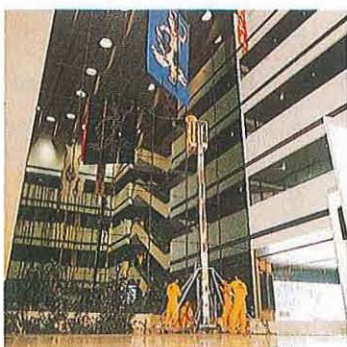
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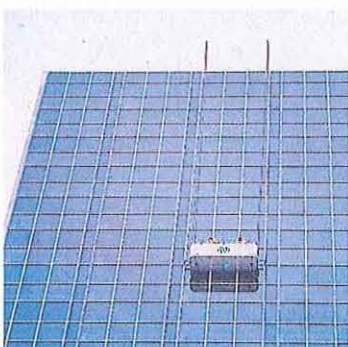
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# The Final Countdown

## FROM THE CHAIRMAN

**A**t a recent committee meeting, during some very tense discussions regarding the club's financial situation, I blurted out, for some reason, that the British Club was a club and not a business. I cannot recall if the comment was relevant to the debate but I do remember that one or two of the committee members took me to task on this statement. Suitably castigated, I did agree that sound and prudent financial management was essential if the club was to continue to operate in a climate of improving facilities for its members.

But in hindsight I am not sure if I was wrong. Should profit be the driving motivator? How can it be if we continue to spend money on upgrading facilities to cater for the great



variety of sports and activities that even in the most popular sections only account for just a small fraction of the club's total membership. And what about the food and beverage? Should we not try to provide a pleasant, friendly atmosphere with prices kept below those to be found at hotels and restaurants throughout the city. And just how commercial do we want to

be? Do we need posters and banners blaring away the names of corporate sponsorships, festooned throughout the club's grounds. And how about a never ending turnover of contracted staff providing services put out to the lowest bidder versus the friendly and familiar faces of long serving staff?

I know for certain that I do not have definitive answers to the above questions. And it is also true that this year's committee has had to struggle to keep up with the costs brought on by the heavy expenditure of recent years. But I guess that's all part and parcel of the business of running a social club.

*Nigel Oakins*  
Chairman

## COMMITTEE MEMBERS

### Mike O'Connor

*Finance*

235-1560 (O)

### Joe Grunwell

*Sport*

271-2574 (O)

271-2225 (F)

258-9509 (H + Fax)

### Alex Forbes

*Personnel*

541-1970 (O)

541-1436 (F)

### Nigel Oakins

*(Chairman/Personnel)*

240-3700 (O)

240-3679 (F)

258-8228 (H)

### Des Keane

*(Hon/Treasurer/Personnel)*

256-7474 (O)

256-7473 (F)

### Dugal Forrest

*(Vice Chairman)*

398-3807 (O)

399-1564 (F)

312-5656 (H)

### Maurice Lamb

*(Entertainment/Sport)*



272-4530 (O)

277-9003 (H)

272-4538 (F)

### Jack Dunford

*(Personnel/House & Grounds)*

236-0211 (O)

236-7000 (F)

286-1356 (H)

### Roger Daniel

*(Food & Beverage)*

287-0969 (O)

287-4797 (F)

### Colin Hastings

*(Membership/P.R./Outpost)*

240-3700 (O)

240-3843 (F)

332-7101 (H)





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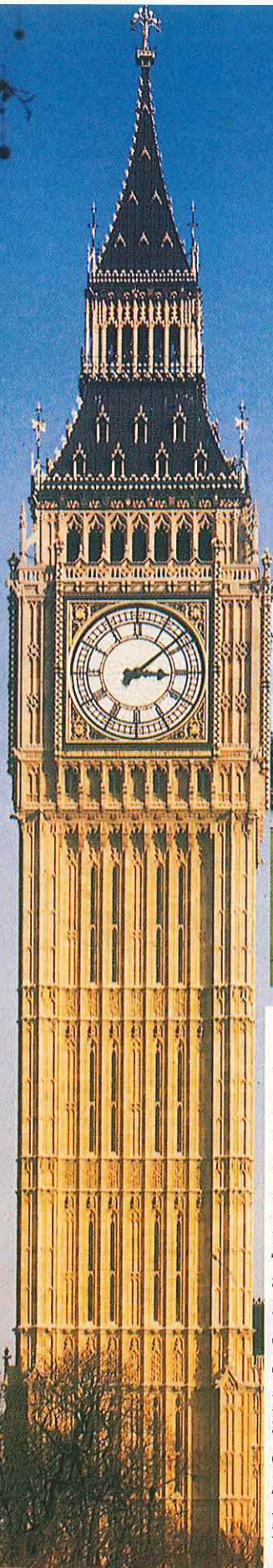
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