



Outpost

March

M A G A Z I N E

2000



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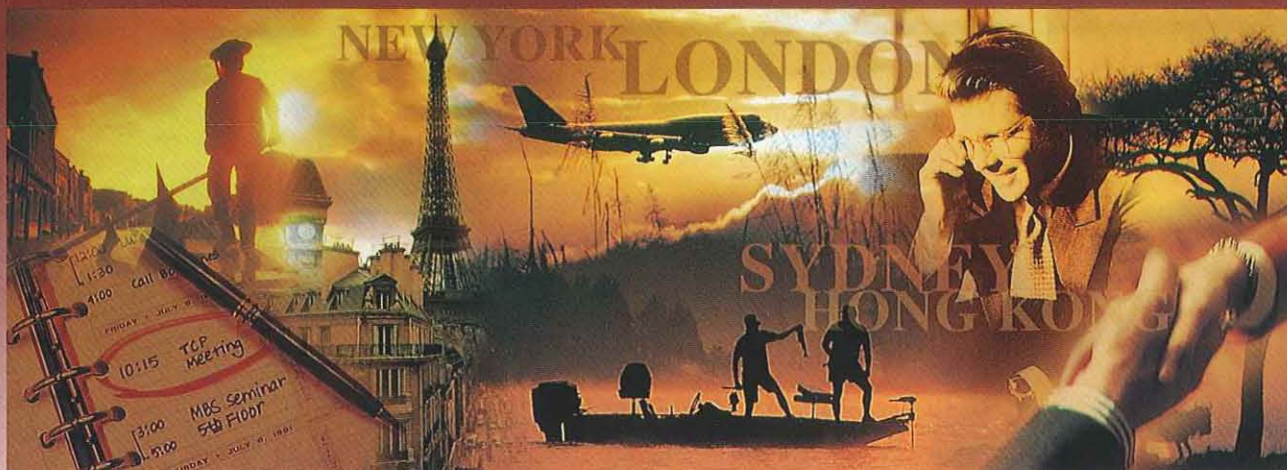
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The British Club

is a family, sporting and social club with an international membership.

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Contributions

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Outpost Magazine

The contents of this magazine are not necessarily the opinion of the Editor, the General Committee or the management.



On the Front Cover:

New members Steve & Dodes Smith

Spencer and friends

Members enjoying the Jamaican food promotion

Smiles from Steve and Ka Kee, even in defeat

German and British Chamber tennis teams

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Taking up a lot of time for many people this month are the various preparations for the Club's Annual General Meeting to be held on the 28th. For any new members who are unsure of what this all entails, take a glance at the Chairman's report on page 9 as this will clarify the significance of this event in the Club's calendar. For all those brave or daft enough to stand for election or re-election to the General Committee, then I wish you luck on the night.

Always on the lookout for fresh ideas to amuse the Club's members, this month Damon is calling for supporters for a Downhill Ski Section! Hmmm, interesting. Last month's newspaper reports of a touch of ground frost on that big hill north of Chiang Mai, has obviously raised the interest of some Club members who enjoy chillier climes and hurtling down hazardous frozen mountainsides. If this craziness appeals to you, then their first meeting is on 20 March at 7:30pm in the Slalom Room.

Still on the sporting front, there's plenty of other things going on for the less foolhardy. Take a look at "Make a Note" on the Calendar page to see what's happening over the coming weeks. There's certainly some great tennis and swimming events for the kids. This month sees the sad departure from the pages of *Outpost* of Major Henry Goodface (Rtd). An obituary to the old duffer can be found inside and I, for one (possibly the only one), will miss him. My gratitude goes to Damian Jaume, who is leaving Thailand shortly, for giving us Goodface. Best wishes, Damian, for the future.

Goodface is not the only departure this month. My days with *Outpost* are numbered and by the time this issue reaches you, I will have moved on to greener pastures - Vintage Golf Course, Subhaprueck, Muang Ake, and Forest Hills being just some of them. Yes, I'm taking a not particularly well-earned break to try and improve my golf, learn Spanish, bridge and how to make contact with a tennis ball. Gaynor de Wit will be back in the Editor's chair - I was really just keeping it warm for her!

During 1999 I was delighted to see an increase in the number of members contributing to *Outpost*, especially to the Letters page. Please don't stop. I believe the Club deserves to have its knuckles rapped every so often and grievances should be aired, but don't forget that the occasional letter of thanks for a job well done can work wonders in spurring the staff and management to greater achievements and even better service. Besides, it's a jolly nice thing to do sometimes.

So, it's over and out from me.



Sherry Conisbee

Sherry Conisbee
Retiring Editor



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An Englishman might say.....

" If one motivates oneself to increase ones level of physical activity, henceforth creating a favourable metabolic response, one could possibly expect a complimentary effect on the form of ones posterior. "

An American might say.....

" GETTING OFF YOUR BUTT IS THE FIRST STEP TO MAKING IT SMALLER! "

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A date for the diary

The Annual General Meeting will be held on 28 March in the Surawongse Room at 7.00pm. The AGM is not an occasion that immediately engenders enthusiasm in members. However it is one of the most important events in the Club's calendar. Whether there are contentious issues on the agenda or not, it is the members' opportunity to question the General Committee on the performance of all aspects of the Club's activities throughout the year. A good debate is usually guaranteed. Just make sure your account is up to date as this is a condition of entry to the meeting.

This is also your chance to have your say in the election of the General Committee. We have received several nominations but once again I would urge anyone with sufficient interest, enthusiasm and commitment to contact me to discuss the degree of responsibility and involvement required.

Finally, I would like to thank the current General Committee for their efforts throughout the last 12 months. Several members of the GC feel they are unable make the commitment to the Club that these positions require. Dugal Forrest, Peter Corney and Bernie Adams will be standing down at the AGM and I am very grateful for their perseverance in difficult circumstances. Jamie Woodford has also advised that due to a pending relocation he is unlikely to be able to continue. Gentlemen, I trust we will be able to call on your experience and counsel should the situation arise and on behalf of the membership I thank you once again.

I look forward to seeing as many of you as possible on the 28th.



James Young

James Young

The British Club General Committee 1999/2000

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Club Staff

Barry Osborne
Acting General Manager

If you have any questions about the British Club or if you have any suggestions, please call any of the Committee Members above or the General Manager on 234 0247, 266 4734 or 266 0597 or email us on <britclub@loxinfo.co.th>

O K, here we go again...

Last month I asked members to contact me if they had any ideas for future Club functions. Within hours of receiving his copy of *Outpost*, Chris Poustie contacted us with the excellent idea of having a "Grand National" night, to be shown live on the big screen in the Suriwongse Room. Keep your eyes peeled for further information on this event which is taking place on 8th April. Many thanks, Chris.

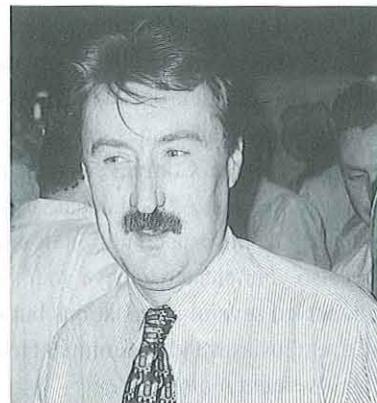
Looking back to February we had another great month at the Club. The poolside sala is busier than ever and the recent daily sales reports are most encouraging. Thanks are due to Damon and his team of coaches who have been keeping the kids busy, allowing mums and dads the chance to relax with a glass or three of the amber nectar. This time of year also sees the tennis championships in full swing (pun intended!) and this obviously helps with the poolside sales figures. Whatever the reasons, it is good to see that the usual downturn at the Club after the Christmas and New Year rush hasn't happened this year. In February we also catered a curry night in Lords Restaurant for 50 members of the St George's Society and in the same week we cooked up some truly exotic dishes for the Jamaican food promotion. Although only 7 booked for this, 67 people turned up - including 3 Jamaicans who vouched that the food was authentic! This was the twentieth food promotion held at the Club and I would like to thank everyone who comes along and supports these special dinners. Our next food promotion will be an Eastern European one, either later this month or in April - it may not sound too exciting but the recipe book looks enticing, honestly!

Despite it coinciding with a long weekend break, the Bar Quiz on 18th February attracted a huge crowd, presumably all turning out in the hope of beating Swampy and his Master Spoofers into bottom place. I won't spill the beans on exactly what happened as you can read all about it in next month's issue.

Looking forward for a moment, we have a trip planned this month to the Carlsberg factory in Ayutthaya, where you get the chance to drink... I was going to say 'copious' but it's difficult to spell and even harder to say, so I'll settle for 'keg-loads' of beer before boarding Tubtim to sail back to Bangkok. There will be full BC catering on board offering a curry dinner to soak up the liquid lunch. A note of caution however - the toilets on board are 'Thai style'!

On a more serious note, I'm sure that most of you are already aware of the Club's upcoming AGM to be held in the Suriwongse Room on Tuesday, 28th March. Please do your best to attend.

Well, time to sign off now, but once again thanks for continuing to support your Club. See you around.



Barry Osborne

A stylized, handwritten signature of Barry Osborne in dark ink.

Barry Osborne
Acting General Manager

Annual General Meeting

An important event in the Club's calendar, this takes place on Tuesday, 28 March at 7:00pm in the Surawongse Room and all members are encouraged to come along and cast their votes.

Carlsberg Ayutthaya Trip

11 March

Join us for the first BC outing of the year. We will be touring the Carlsberg factory in Ayutthaya, sampling their fine brew and enjoying a curry buffet on the way back to Bangkok aboard a river boat. This is always a popular trip and only a few places remain, so contact Khun O urgently to reserve your seat. Cost: B800 per head.

South African Wine Tasting

24 March

Spend an enjoyable time sampling wines from South Africa, courtesy of Mr. Tom Westbury of PTK Management & Marketing. The evening starts at 7:00pm in the Snooker Room, where you can enjoy delicious canapés and free samples of wine, with the opportunity to order your favourite bottles on the night. Sign up at Reception.

Easter Egg Hunt

23 April

Something totally different this time! You'll have to keep an eye out for details

as at the time of going to print our plans aren't finalised, but it will be along the lines of an egg hunt on the back lawn to amuse the children, followed by an optional group tour to a safari park, with catering provided by none other than the BC!

Eastern European Food Promo

28-30 April

How drab you say! Not so, as the cuisines from this vast region are as interesting and varied as the countries themselves. Don't take our word for it - sign up at Reception and taste for yourself. The cost of B500 per head includes a welcome drink. Children under 12: B300.

Photography Classes

For a variety of reasons, the advertised photography course did not happen. However, the Club will be offering classes in the form of one-day tutorials and/or shorter programmes. Stay tuned.

Social Dancing

Ever seen 'True Lies' and wanted to tango just like Schwarznegger and Curtis? Well you can! Just sign up for social dancing starting on 2 May and learn how to tango, waltz, rumba and cha cha. Everything's laid on for you except the red carnations! The course ends with a dance party on 27 June when everyone can strut their newly-

learned stuff. Speak to Damon Nemish in the Fitness Centre for full details.

Call for Help

The British Club is attempting to fully revive some of the BC sections that haven't been too well supported lately. These include snooker, aquatics, darts, cricket, scuba and the new sailing section, so if you're interested in any of the above, please contact the SRC, Damon Nemish, and he'll fill you in with what's on offer in these sections.

Club Sports Day

21 May

Advance Notice! This year, besides the sports section teams, non-section members can also enter a team. Each team should comprise 4-7 members, one of whom will be required to monitor a particular game or event. Further details will follow in next month's *Outpost*. This is a fun day! Everybody who joins in has a great time so get your team together quickly, and enter your names with Damon Nemish in the Fitness Centre.

Farewells

January saw the departure of 11 members from the Club and to all of them and their families, we say 'bye for now'. Michael Simoni, Gary Brown, Charles Harrison, Glenn Collins, Elizabeth Doherty, John Sudding, Tim Arnold, Katarzyna Przybylska, Royal Daniel, Dan Bardin and Ronald Drobny. Reporting 'Absent' were John Warham, Colin MacAndrews, Donald McBain, John Marten, Guy Redmond, Nigel Holmes and Seda Ertuna.



Vorsprung Durch Tennis

Yes, the end of January saw the annual battle of pronunciation between the British Chamber of Commerce and our brethren from across the Channel, the German Chamber,



A Channel divides us: the German and British Chambers post-battle

with our shower looking for a third win which would ensure we got to keep the Cup (the Chamber Pot?).

This match was originally delayed from November due to scheduling difficulties, so said the opposition, but methinks it was because their big guns were unavailable that day as on the day we were deprived of the opportunity to retain the prestigious Cup on a permanent basis.

Yes, they won, 18-11, though perhaps we would have achieved slightly higher acclaim had we put out similar-level couples rather than having mixed-skill couples. Locking David Lamb in the changing rooms at 8am may also have helped our score, but that's another story (jus' kidding, David!). Their lack of women by mid-morning meant that some of our ladies had long gaps between sets, but everyone played at least twice.

Most remarkable feature of this match was the prompt start, at 8am, which is stunning not only for them but particularly for us – what happened?!

The Brits comprised: Annie, Ardi, Bruce, Cheryl, Dale, Daniel, David L, Ek, Gaynor, John, Liz, Louisa, Ken, Manos, Marc, Marcello, Nisa, Panee, Pat, Tom, Wayne and Zandra. Greg was seen to play a game at one point, in between various food courses, but I noted with interest that the GTCC scoregirl had omitted his name from the scoresheet. Now I could have sworn that I saw him with racquet in hand mid-morning, so either I was hallucinating,

it was a hologram to disguise the fact that he'd ordered something *else* to eat, or the score wasn't worth recording.

Well done to Paul Strunk and his merry players for relieving us of the onerous responsibility of looking after yet another cup, and cheers to the BC staff for the buffet of curried everything. Oh, and many thanks to David Blowers for arranging the team and for volunteering not to lend his skills to the game but staying instead in the wine bar, sorry, sala to organise foursomes.

One thing: the report and full scoresheet of this match by the GTCC took less than TWO DAYS. OK, I suppose one should expect such efficiency from the Germans, but British Club budding reporters, take note!

Captain's Scramble

Mid-January saw another hardy pile of players rouse themselves almost before

sun-up and chuck themselves around the court until lunchtime at the invitation of Cap'n Bruce. My memory of this event is somewhat blurred by being there only in body for most of the morning, but Flash Gordon assures me that there were some very tight games between the sixteen pairs and everyone slogged it out for a total of two hours (4 half-hours) and had a lot of fun. It may have been quite sunny, which would explain James Young's red-dish face (the pic probably looks better in black and white...); it certainly wasn't due to his performance, as he and Nan Bruton won in style with 40 games, with the all-wimmin team of Betty and Annie Wong snapping at their heels with 38. Winner of the December Scramble Marc N. wasn't on the winners' podium this time round but still managed to snaffle a bottle of wine with Annelies for achieving the highest number of games in half an hour (12). Booby prize (more bottles of wine – almost worth losing for!) went to Yubharet and Pat. The pairings were: James & Nan, Betty & Annie W, Marc N & Annelies, Yubharet & Pat, Lawrence & Jenny, John H & Christine K, Linda & Ka Kee, John P & Annie J, Anton & Marc Ehler, David B & Sharon Ehler, Eileen & Kate, Eiji & Pilai, Tom C & Nong N, David H & Raymonde, Hideki & Lorraine, and Zandra & Wandee. Yummy curry buffet enjoyed muchly after all that sweaty activity and a big thanks again to the Cap'n Flash for his hard work.

CHAMPIONSHIP FINALS DAY!!

All tennisophiles are invited to a full day of tennis on Sunday 19th March from 9am onwards! Watch the best of the best at the British Club pit their wits, strength, stamina and cunning against each other in the ultimate showdown in Club tennis!

The singles will go on at 9am, with the doubles starting early in the afternoon, so make a date with a chair in the wine bar, er, the Surawong sala and enjoy a great day of tightly-fought matches, ooohs and ahhhs, fast serves, spins, jammy let cords, and so much more!

**Those looking forward to watching fellow tennis players teetering on the top step of the umpire's chair while attempting to turn round and sit down will however be disappointed, following the redesign and strengthening of said chairs during the year, which has taken all the fun out of this particular spectator-sport. Ah well.*

Tennis



German Chamber boss Paul fingers the Chamber Pot for the first time in three years



Many players were more interested in the Australian Open men's singles final being televised live in the Sala rather than the live-ish action on our own courts



Runners-up Betty and Annie looking chuffed with their cr, wine



British Chamber Big Cheese Greg on his first meal of the day, while team members David and Marc look away



Scramble winners James and Nan with first place bottles of wine



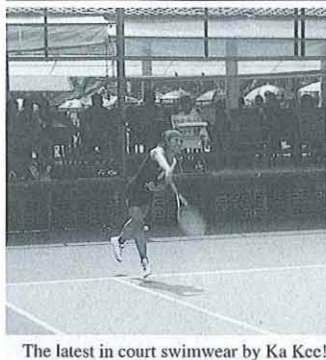
Yubharet with timekeepers Tawcekiat and helper



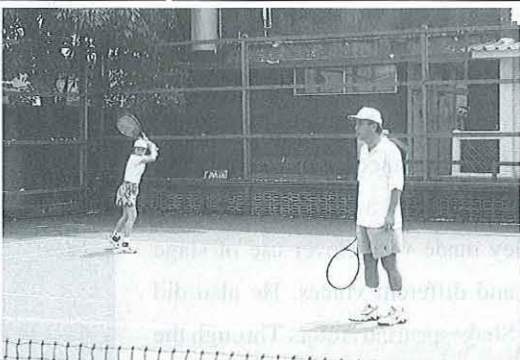
Highest individual match score winners Marc and Annelies, who had changed into swimwear after the Scramble



Booby prizes Yubharet and Pat with yet more wine



The latest in court swimwear by Ka Kce!



A Thespian's View, Ahem!

When an amateur theatre group (of a very high standard, of course) goes off to the theatre to watch performances from "the Bard", there's bound to be trouble, they're bound to be hard to please. But, trouble there was not and pleased we were.



Doing the hump-back

On Friday 28 January, Daniel Foley came to town and put on a unique performance of a number of (yes, "a number of" but I'll come back to that later) Shakespeare's plays at the British Club. Well, being theatre-types, a cultured (read rowdy) bunch of Bangkok Community Theatre (BCT) members - plus other British Club members and friends - were there to check this guy out.

And were we in for a treat? There was no sitting back in our seats and waiting to be entertained. Oh no, this was audience participation - full on (which of course secretly delighted the BCT members, but we had to appear calm and modest and wait to be invited on stage - oh apart from Barry Daniel, who was up there at every opportunity, once as a dead Juliet, once as Hamlet, and once just as Barry as I recall). Now where was I? Oh yes...

Audience participation... In one night we saw *Romeo & Juliet* - that famous love story which crosses the divide between the Brits (Ged Allen) and the Ozzies (Dodes

Smith) - well it did that night. We saw *Hamlet the Swede*, masterfully portrayed by probably the only Swedish BC member; we saw *The Elizabethan Actors* (aka Jonathan Hughes, Jonathan Truslow and Truslow nephew) doing *Richard III*, or *Henry V*, - I always get those mixed up, oh and much more.

But fortunately, Daniel Foley couldn't bear to let us make fools of ourselves all night - and many of us who were there are perfectly used to that! Daniel gave us some gems of performances too. *Midsummer Night's Dream* was a highlight for me as Mr Foley made very clever use of stage masks and different voices. He also did "Great Shakespearian Actors Through the Ages" and while Barry Daniel wasn't amongst them, Sir Laurence Olivier was, as were John Wayne and Al Pacino - very funny indeed!

The members of the audience were also kept on their toes all night with a Shakespeare Quiz. Here goes - 2 Basil Fawlty's - what Shakespearean character

is that? Well, it's Perroclease of course!!! (I can't vouch for the spelling on that one). So we were questioned, we were entertained, we learnt and we laughed. It was a real fun night and on behalf of the BCT, and the other audience members, I'd like to thank Barry Osborne and the rest of the BC staff for organising such a wonderful evening. But just one thing... How many plays did Shakespeare write????

Lisa Cockette (C255)



A captivating performance by Ged and Dodes

(Photos continued p.15)



Friends, Romans, Countrymen...



For France!



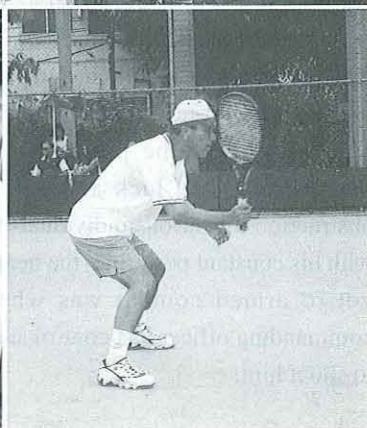
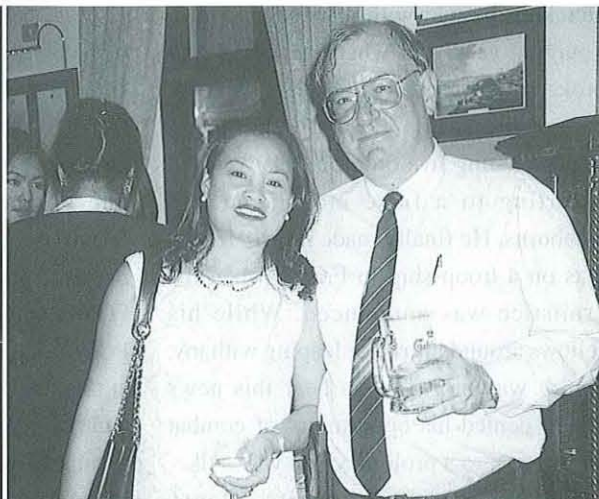
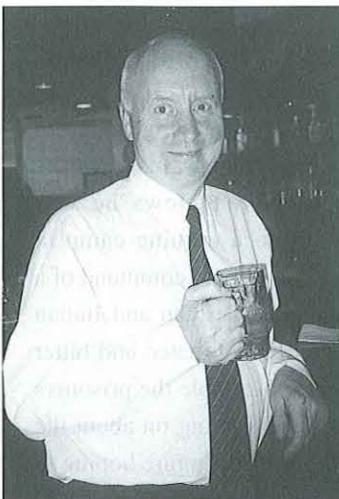
Typical audience scene

Through the Lens

Down at the Club



Marc and James, plotting their course to the final...



Goodface - May he Rest in Peace

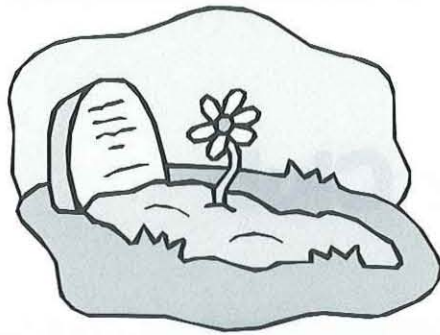
An obituary by his younger brother, Rupert Goodface.

It is with a great deal of relief that I am able to inform you that Maj. Henry Goodface passed away on 1st February 2000.

The doctor's report states that he was apparently the world's only direct human fatality of the Y2K bug, an ironic twist in view of his last article. Quite how this happened no-one knows but it was clear that having already been seriously out of touch for the whole of the last half of the 20th century it just was not possible for him to exist in the new millennium. The Major died as he would have wished it, in his favourite Churchillian pose, that is slumped in an armchair with a cigar hanging out of his mouth and a glass of brandy clutched in his hand.

Henry Goodface was born on the 31st January 1900. From an early age he showed a great interest in all things military and made a right pest of himself, lying in ambush and leaping out and attacking people with a wooden sword. Fourteen years old when the Great War broke out, he tried every trick in the book to get himself signed up including impersonating five different relatives and resorting to a false moustache and sideburns. He finally made it in 1918 and was on a troop ship to France when the armistice was announced. While his fellows around him were leaping with joy, Henry was mortified to hear this news which denied his opportunity of combat and went into a prolonged ten year sulk. During the inter-war years, Henry remained in the army and continued to make every effort to get transferred to one of the world's trouble spots. But through a combination of the ponderous army bureaucracy, bad luck and deliberate obstruction by various individuals fed up with his constant pestering, the nearest he got to armed combat was when his commanding officer lost control and tried to shoot him.

As his frustration mounted, he became increasingly irascible and his views more and more extreme. Only during the thirties as the threat of war loomed once again, did he regain some of his zest, his delight at the coming of war being in stark contrast to the gloom of all those around him. He was often heard urging Hitler on to further territorial transgressions leading some to mistakenly believe he was pro-Nazi while



in fact he simply wanted his chance to "have a go at the Boche!"

But it was not to be. Having made no number of enemies amongst his superiors due to his outspoken views he was consigned firstly to a training camp in Scotland and eventually to command of a POW camp holding German and Italian POWs. Thoroughly humiliated and bitter at this, he used to assemble the prisoners and harangue them, ranting on about the greatness of the British Empire hoping to incite them to try and escape so he could shoot someone. Unfortunately the prisoners thought it was all a huge joke and looked forward to his speeches as a welcome break from the monotony of camp life. To his great chagrin many of the prisoners continued to write to him after the war thanking him for his kindness. The army managed to get rid of him after the war through a special agreement giving him promotion to Major if he would leave,

but he never recovered from his lack of military success and decided to become the archetypal "grumpy old man" although not yet fifty years old. It was in this role that Henry finally found his calling. Although he was perfectly serious about everything he said, to others he was a caricature of the Victorian Englishman, and he found a niche for himself writing articles, doing some radio work and even making the occasional television appearance in more recent years.

The increasing liberalism of the sixties and seventies gave him no end of opportunity to lash out at all and sundry, his comments on the Beatles ("I'm not an entomologist so don't ask me about insects.") Arthur Scargill ("...that bolshy Bolshevik bastard.") and Edward Heath ("If he conducted an orchestra the way he ran the country Elgar would end up sounding like Schonberg.") being quoted in the popular press.

Due to his extreme chauvinism, he could only be a covert admirer of Thatcher and the best he could manage when asked if he supported her was to say, "If she'd been a man she'd have actually made quite a good prime minister." In the post-Thatcher years his views have become increasingly extreme and his comments on Major and Blair are unprintable.

Neither I nor anyone else who knows him will miss the miserable old bugger, but for all his reactionary views it has to be said that he never hurt a fly in his life.

May god forgive him and forever rest his soul.

Rupert Goodface

*Written and contributed by
Damian Jaume (J79)*

Squashed' Em!

We have been busy in friendly matches with other local teams – we even managed to win 2 of them!

BC vs Thai-Japan Dindaeng Club

On Saturday, 29 January, the BC took on the Thai-Japan Dindaeng Club and won - 9 games to 6. The individual results were as follows :-

Peter C	3-1	Thongchai
Ja	1-3	Sarun
Charles	0-3	Uthain
Dick	3-1	Jarus
Andre	3-2	Arkhom
Tom	3-2	Jatuporn
George	1-3	Vorapoth
Chris	1-3	Somkid
Ignacio	3-1	Thanase
Marvyn	3-2	Nopphadol
Peter N	1-3	Sunti
Del	0-3	Jitra
Howard	3-0	Pensiri
Uwe	3-0	Sansanee
Wayne	3-0	Sivane

BC vs Rajapruek Club

This match was played on Saturday, 22 January and the BC won 9 games to 2. The results were as follows:

David	3-0	Uthain
Dick	1-3	Chaturan
Ian	3-0	Somkid
Peter	3-1	Vorapoth
Tom	3-1	Nopadol
George	3-0	Santi
Simon	3-0	Chumchanit
Marvyn	3-0	Tinnakorn
Chris	3-0	Aree
Suharsh	1-3	Surin
Ignacio	3-0	Kumthorn

BC vs Mercure, Pattaya

Played on Saturday, 12 February:

Peter	0-3	Eddie
Tom	0-3	John
Marvyn	2-3	Jon
Phil	1-3	George

Squash Magazines

The squash section has a subscription to Squash Player Magazine. Copies are kept in the drawer by Court 1 for all members

to read, but please place them back afterwards. If you want to read it on the web instead, then check out this web-site: <http://www.squashplayer.co.uk/>

You can also try The Internet Squash Federation at <http://www.squash.org/> or The Professional Squash Association – Men's pro-game at <http://www.psa-squash.com/>

Last Month's Quiz

You were all either totally confused or totally apathetic on this one as only one person gave me an answer – obviously quizzes here need large prizes to get any interest. Never mind, for those interested the answer was a “no let”. For there to be interference there must be a shot to be played. The incoming player left the ball to come off the wall (his choice) and because it ‘nicked’ there was no shot to return.

Play Better Squash

The serve: Everyone knows that you serve from one service box, the ball must hit the front wall above the cut line, below the top line, and travel into the opposing back quarter court without hitting the floor or touching the wall above the line. The ball may strike the sidewall or back wall (below the lines). One part of the service rule that many people miss is that regarding feet. The server must have one foot (or part of a foot) inside the service box. Like all times in squash, on the line is ‘out’, so if your foot is on or touching the line it is ‘foot fault’. You may have just your toe or heel on the floor in the box, but it must touch the floor, not be lifted, or dragged across the line. Watch the pros and you will see 9 out of 10 plant their one foot flat in the box to avoid giving away silly points.

Off the back wall: During last week's match with Pattaya there was a discussion on balls coming off the back wall – “it must be a let” – not always. In the case of turning, discussed here a couple of months ago, where the player follows the ball

around, or in ‘mental turning’ where the ball travels behind his body but he does not physically turn a player can expect a let, but never a stroke. He can play the ball if he feels it is safe to do so.

If a player tries to volley a shot, misses and collects it from the back wall at the second attempt, this will invariably be a let situation, as the outgoing player will have been trying to avoid the first shot, not the second. See section 10 in the rules – ‘further attempts to play the ball’.

If a player makes no attempt to play a lob to the back of the court, but shapes to take it off the back wall it will be a stroke if the outgoing player has not cleared sufficiently. Remember – poor strokes will not, and should not, be rewarded.

Squash AGM

The AGM is on Sunday 5 March, following the mix-in. Come along and make your thoughts known – you can even help out on the committee if you want, but at least help us finish the sandwiches and beer.

Enjoy your squash.

Phil Hall



Motley crew from Pattaya meets motley crew from Bangkok. And yes, John Nutkin (back row) was kneeling down when we took this, or he couldn't get under the balcony.



That moment of realisation that the handicap wasn't enough. You'll get it right next time David!

Slugs and Snails and Puppy Dog Tails

Here's the type of litter no-one complains about, and certainly not BC member Sarah who was waiting with all the excitement and anxiety of a pregnant mum for these pups to arrive. The proud parents of these 6 puppies are Lucy and Jimmy, Sarah's two playful Pedigree Pongos.

If your hand is reaching for the phone to call and reserve one of these delightful dalmatian puppies, well forget it! People were queuing up to provide good homes for them and four have already been placed. The remaining two (Tom, the smallest of the males, and Molly, the odd-one-out with her brown and white spots) are particularly lucky as they get to stay with Sarah and her husband Ged, neither of whom could bear to part with them. Thanks to Sarah and Ged for providing us with this happy tale - and congratulations on raising such healthy pups. Here's some advice for Molly and Tom:

- * You will not play tug-of-war with Ged's underwear when he's on the toilet.
- * The rubbish man is NOT stealing your stuff.
- * You will not eat the cats' food, before or after they eat it.
- * You will not throw up in Ged's car.
- * You will not roll on dead seagulls, fish, crabs, etc.
- * You will not chew Sarah's toothbrush and not tell her.
- * There is no doorbell so you will not bark each time you hear one on TV.
- * The sofa is not a face towel. Neither is Sarah's lap.
- * You will not wake Ged up by sticking your cold, wet nose up his bottom.



101... no, just 6 of them



"Still room up here for one more"

Nine Lives not enough

"Tyger, Tyger burning bright in the forests of the night. What immortal hand or eye, could frame thy fearful symmetry."
(William Blake - Songs of Experience)

Just as the Year of the Dragon rolled in, life for poor Tiger - resident rat-catcher at The Creative Partnership - came to an abrupt end. Chased by a stray dog across the busy Thanon Chankaow, he never made it back from The Secret Garden on the other side.

Tiger found a home with us at TCP shortly after his original farang owner had to depart to the UK, sadly leaving him behind. Gaynor recalls he hid behind a plant pot for the first 2 days, afraid of his surroundings and the roar of the print machines, but finally emerged to take up his duties as pest controller and loyal friend

to our printer, Tui. He hung out here for 3 happy years until his unfortunate demise. A sad tale, yes, but before you turn up on our doorstep with a replacement cat, we're delighted to say that we've already found one - a 3-month old female named...

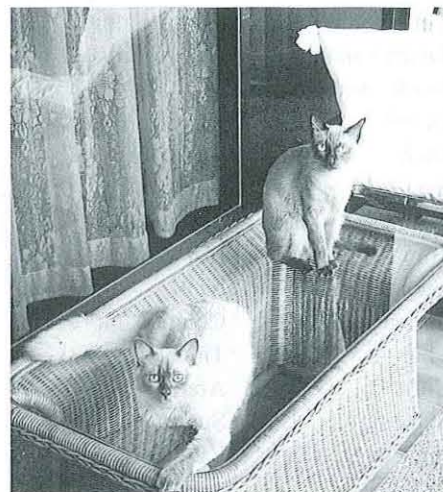
Rambo, purrrrrh!



Mission: to seek and destroy

Adopt us!

Young and beautiful, Lily and Ming are strictly indoor cats, used to a lot of pampering, love and good food. They are in need of a stable new home. Call 286 6499 if you can provide one.



Pussy Purrrfection

Sherry Conisbee (C242)

How Much Am I Bid for André?

David Lamb managed to spice up the two-day Club Championship by holding a players' auction on the Saturday night. After, the first-round players were asked to bid for the eventual winner.

Net score leaders after the first day were André Tissera, James Young, Sriwan Forrest and Joom White. Bets were flying and the pot rose to 20,000 baht. Anoja Tissera demonstrated her loyalty by putting 1,600 baht on André. Such unwavering faith paid off as André emerged winner after day two and Anoja walked off with 10,000 baht. Everybody had a supporter and I would like to thank Peter Ford for being such a gentleman by placing money on four-putt Carter.

The course at Forest Hills was in good form and the weather was delightful. There were also plenty of steaks for dinner - Mark

Verheyen managed to polish off two T-bones. The winners at the end of the two days were:

Men's Gross	Simon Clarke	160
Men's Nett	Andre Tissera	139
Ladies' Gross	Sriwan Forrest	190
Ladies Nett	Karen Carter	148

Medal Final

Held at Royal Lad Krabang, the winners were:

Flight A	Bernie Adams & David Lamb	70
Flight B	David Henton	67
Flight C	Joom White	67

There was an outright winner for Flight A but that had something to do with count backs, low handicaps and the Royal and Ancient. Both Bernie and David played well so they can share the honours.

Please note that all the Medal competitions will be held at Subhaprueck this year.

Next Outings

Sat & Sun, 11 & 12 March - venue and time to be confirmed.

Sun, 26 March, 11:00am - Match vs Wanderers at Natural Park Ramindra.

Thur, 6 April - New Members Day.

Sun, 9 April, 12:00 noon - Medal at Subhaprueck.

Karen Carter

The St. George's 40th Anniversary Ball

**Saturday, 22nd April 2000
Siam Inter-Continental Hotel**



A great night of music and entertainment to celebrate the 40th Anniversary of the St. George's Society with marching and great dance music provided by the one and only Band of HM Royal Marines!

Here's what you get for your money:

- Traditional English style dining – roast beef and Yorkshire pudding, and Stilton cheese!
- Early morning soup to keep you going on the dancefloor!
- Sumptuous breakfast in the hotel at dawn!
- A fine selection of red and white wines on each table!
- Free beer all night!

The St. George's Ball – Truly an English Experience!

Tickets: Baht 2,500, reservations in advance only. For further information please contact:

Terry Adams on T: 01 639 3856, email <taadams@samart.co.th> or

Mike Talliss on T: 245 7200 x1233, email <mike.talliss@pareuro.com>

Calendar

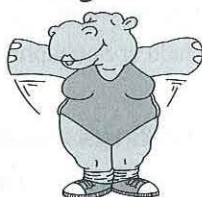
British Club Sports and Entertainment Calendar - March 2000

Sundays



11 am - 1 pm	Badminton - Soi Nares
12 noon - 2 pm	Sunday Carvery - Lords
3 - 6 pm	Tennis Mix-in
5.30 pm	Sunday Carvery - Lords
6 - 8 pm	Happy Hour

Mondays



8.00 am	BWG Mahjong
9.30 am	Aerobics
6-7 pm	Masters (Adult) Swim Training
6 - 8 pm	Happy Hour
7 - 9 pm	Tennis Team Training

Tuesdays



7 am	Ladies Golf
8 - 10 am	Ladies Tennis
10.30 am	Aqua Aerobics
3 - 5 pm	BC Swimming Instruction
6 - 8 pm	Happy Hour
7 - 9 pm	Football Training
7.30 pm	Darts
8 - 11 pm	Friendly Bridge
9 pm	Gentlemen's Spoof

Wednesdays



9.30 am	Body Shaping
4.30 - 9 pm	Squash Coaching
6 - 8 pm	Happy Hour
6 - 9 pm	Tennis Mix-in
6.30 pm	Cricket Nets

Thursdays



8 - 10 am	Ladies Tennis
10.30 am	Aqua Aerobics
6 - 7 pm	Masters (Adult) Swim Training
6 - 8 pm	Happy Hour
6 - 9 pm	Squash Mix-in
7 - 9 pm	Rugby Training
9 - 10 pm	Hockey

Fridays



9.30 am	Step Aerobics
3.30 - 6 pm	BC Tennis Coaching for Children
4 - 6 pm	BC Swimming Instruction
5.30 pm	Swimming - Junior
	Squad Training
6 - 8 pm	Happy Hour

Saturdays



9 am - 12 noon	Squash Coaching
9 am - 1 pm	BC Swimming Instruction
4.00 pm	Casuals Football
6 - 8 pm	Happy Hour

MAKE A NOTE!

- Junior tennis tournament takes place on 10 March (doubles, 6-9pm) and 12 March (Singles 3-7pm) with the finals on 19 March.
- Aquatics AGM, 11 March, 1:00pm poolside. Anyone who is interested in helping with the swimming galas, please drop by or contact Damon Nemish.
- Sailing Section Meeting, Thursday, 16 March, 7:30pm, Silom Room. This is an important one so anyone interested should please attend.
- Downhill Ski Section!! For anyone interested in skiing, come to the first meeting on 20 March at 7.30pm in the Silom Room. No skis needed!
- British Club AGM, 7pm on 28 March. Full details are being circulated to members.
- BC Swimming Gala: 2 April at 9:00am
- Only a few places remain for the Carlsberg Ayutthaya trip on 11 March. Contact Khun O for details.
- Sign up at Reception for our South African Wine Tasting at 7pm on Friday, 24 March.
- Intersection and Family Sports Day, May 21st. This year non-sports section members can enter a team. Each team should comprise 4-7 members, one of whom will be required to monitor a particular game or event. This is a fantastic day of fun and everyone is encouraged to join in. More details in the next issue of *Outpost* and watch for flyers.

For more news and further details on the above, check out 'Management News' on page 11.

Sports - Contact

Aquatics	Michele Law	295 4595
Badminton	Anant Leighrahathorn	654 0002-29
Bridge	Ernest Lee	612-3580 ext 503
Cricket	Nick White	246 0832
Football	Martin Conisbee	366 0432
Golf	Bernie Adams	675 6123
Rugby	Jon Prichard	662 6376
Sailing	Damon Nemish	266 0597
Scuba Diving	Peter Gary	634 7792
Squash	Peter Corney	381 7240
Tennis	David Blowers	285 4721-2

Venues

Badminton	Soi Nares, behind Bangrak Police Station
Aerobics	Squash Court 3
Casuals Football	Colgate Ground, Rama III
Massage	Near the BC Squash Courts

Opening Times

10 am - 11 pm	Churchill Bar
11.30 am - 2 pm	Lords Restaurant (Lunch)
6 pm - 10 pm	Lords Restaurant (Dinner)
7.30 am - 10 pm	Poolside Bar
6 am - 9 pm	Fitness Centre
9 am - 9 pm	Fitness Centre (Sundays/Holidays)
9 am - 6 pm	Thai Massage (Tues-Sun)

Edible Essentials

There are many theories on what percentage of this or that makes up a healthy diet - none of this and lots of that - but the reality is that the best diet for one person is not necessarily the best for another.

We are all individual in our needs and metabolism and therefore nothing is 'right' for everyone. However there are some generalizations which I will share with you as they provide a good place to start on your road to health, fitness and a perfect healthy diet.

Food basics

Let's start with the basics. Food is made up of the following types of energy sources: Protein, Carbohydrates and Fats. All of these are digested by our bodies, and eventually turn into glucose which the body will use, store as glucose in the liver and muscles, or store as fat throughout the body. (This is a simplified generalization but it makes the whole concept easier to follow if this is assumed true). Some fat may not make this full digestion if the body decides it does not need any more glucose for energy, so it will immediately be stored as fat.

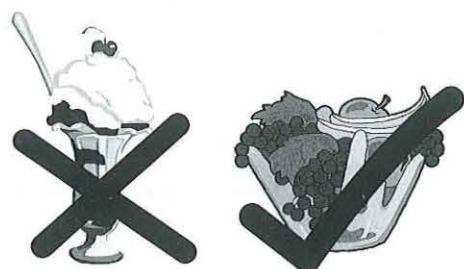
A healthy diet should have the following percentages of the above-mentioned nutrients, as recommended by the Canadian Diabetes Association.

Protein 0.86g/kg of body weight per day

Carbohydrates 50-60%

Fats <30%

Now that we know how much of these to eat, what exactly are carbohydrates, fats and proteins and where do we find them in real food terms?



Carbohydrates

Simply described, these are breads, cereals, vegetables and fruits. The more natural the state of these, the better they are for you. That means that brown bread, which is made with less refined flour, is healthier for you than white bread made of a very refined flour. Why? There is more fibre (more on this later), vitamins and minerals in brown bread. This is because the refining process has not removed them. Enriched white bread may have added vitamins and minerals, but overall the more natural bread is healthier for you.

Protein

This classification encompasses chicken, beef, pork, all animal meats, fish and some vegetables such as beans and lentils. Protein is necessary as it contains many of the amino acids we need to build and rebuild our bodies. It is necessary in limited quantity as mentioned above, but people in developed countries tend to eat far too much of it. With the above formula, a 65kg person would need to eat only 55 grams or 2 ounces of protein a day. This again is a generalization and athletes or very active people would need more to help repair muscles damaged from the exercise they do. If you are uncertain exactly how much that is, next time you

are in the supermarket ask the butcher to cut you 55 grams of your favorite meat. You will be surprised at how little it actually is! The biggest problem with protein is not only how much we eat but that there is usually a high percentage of fat connected to it. If you pick the leaner cuts of meat, you will be half way there.

Fat

Fats are oils (from nuts, vegetables, olives etc), butters, margarines, animal fats (that white gelatinous part on the outer edge of your pork chop or bacon), and fish oils. There are good fats and bad fats, ones which can help lower cholesterol, and ones which will build up in your arteries. For now, however, consider all fats as less than 30% of your total calories. A basic American diet can be as high as 50-60% of calories due to eating 'fast food' so frequently which is highly processed and fat is often added to make it taste better. Fats are to be limited in your diet as they give you very little vitamins and minerals but lots of calories per serving.

Okay, now we know how much to eat of what and basically what these foods are, so let me give you some examples of real food. The table below gives you a simple description of what the main energy is (in terms of calories) from each food source. The large ranges in the percentages are because you cannot be specific without describing the exact food.

Type of food	Rough estimates of the main source(s) of calories		
	Protein	Fats	Carbohydrates
Meats (Chicken, beef, pork etc)	lots	Some-yes	no
Breads - Pastas	little	little	lots
Fish	lots	some-yes	little
Fruit	none-little	none-some	lots
Vegetables	little	none	lots
Dairy	yes	yes	some

Note: None 0-5%; Little 5-10%; Some 10-30%; Yes 20-50%, Lots 40-95%.

The table below lists some examples of good, okay and poor types of food under each category. Some of them are not as healthy because of added ingredients or sauces, others are less healthy because they have few vitamins and minerals and others because they contain many calories per serving and people may find it difficult to eat only a little.

The above examples are only to give you an idea of which are healthier in relation to the preparation and/or additives. The healthier options are lower in fat and higher

only other items to discuss are sugar, alcohol and fibre.

Sugar

Sugars occur naturally in all fruits and vegetables as well as many dairy products. The sugars have different names like lactose and fructose but they are all sugars. Refined sugar – the white stuff you put in your coffee - is not the healthiest choice if you need to have something sweetened; the less refined brown sugar is better for that purpose. Sugars should be a small part

minerals in alcohol. Even though beer is made from wheat, and wine from grapes, there is little nutritional value in either. However, a little alcohol is healthy as it thins your blood and help people to relax. Over usage though, is not recommended.

Fibre

Studies show that fibre is one of those food ingredients that is good for our health. Basically fibre is that portion of food that your body cannot fully digest and turn into energy, such as the stringy bits in vegetables (like celery), and various parts of grain. It is this difficult-to-digest bulk that keeps you “regular” (no further explanation needed), and which may reduce heart disease. How do you get this wonder substance? Eat plenty of vegetables and whole grain breads, pastas and whole grain rice.

Points to note

- Eat most of your meals during the morning and day-time when you are most active and your body can use it.
- Reduce the amount of food consumed at night when you are less active.
- Enjoy daily exercise.
- Moderation and variety is the key.

There you have it - all the ingredients for a healthy diet! All you really need to do is lower the fat intake and increase the amount of vegetables and “natural” whole grain products you eat. Keep the added sugar to a minimum and only drink alcohol in moderation.

Damon Nemish

Sport and Recreation Coordinator

Type of food	Examples		
	Good	Okay	Poor
Chicken	Chicken breast (no skin) grilled	Fried Chicken breast with skin	Deep fried chicken with skin and breading
Beef	Trimmed sirloin, grilled with little oil or butter	T-bone fat not removed grilled with lots of butter	Fillet grilled with lots of butter and hollandaise sauce
Breads	Whole wheat or multi-grain bread	Rye or medium brown	White bread
Rice	Long grain and brown rice	Mixed brown and white rice	White rice/sticky rice with syrup
Fish	Any fish steamed or boiled	Fish grilled with little added butter	Deep fried fish in a batter (which will hold extra oil)
Fruit	Any raw or plain fruit	Cooked fruit or fatty fruits: mango, coconut	Deep fried fruit with sugary fatty sauces
Vegetables	Any raw or plain vegetables	Vegetables fried in butter or oil	Vegetables fried in butter or oil with added fatty sauce
Dairy (milk)	Low or no fat milk	2% or full fat milk	Evaporated milk with added coconut oil

in vitamins and minerals than others in the same row. (Comparison between the different rows is beyond this article.)

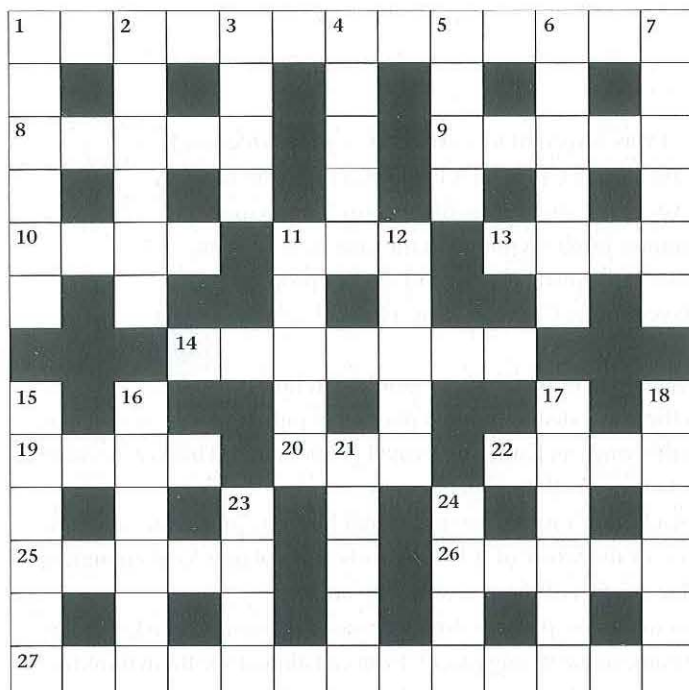
Now that you know what the food energy sources are, how much of each type of energy source on average you should eat, and the different types of food and their approximate energy source makeup, the

of your daily diet, and added sugars even less. Stay away from extra sugary foods or at worst have only a small taste to satisfy your craving.

Alcohol

Alcohol is empty calories. By that I mean that there are few, if any, vitamins and

Movies & Music, Quotes & Quips



There's a little bit of something for everyone in this crossword compiled by Margaret Miller to help keep you entertained in March. Give it a try... the solution will appear in the April issue.

Clues

Across

- 1 _____ (with 24 Down). Nominated for an Oscar in 1999 (6,7)
- 8 _____ Gay... performed an historic mission in 1945
- 9 The Press dubbed her The Peoples' Princess
- 10 Poets' name for Ireland
- 11 "____! It is, it is, the cannon's opening roar!" (Byron)
- 13 An old movie was East of this garden!
- 14 "Daughter of Jove, whose iron _____ the bad affright."
(Thos. Gray - Hymn to Adversity)
- 19 "Far from the fiery _____... sat grey-haired Saturn" (Keats-Hyperion)
- 20 "In married life, three is company, _____ is none." (Oscar Wilde)
- 22 "The Heavens reject not the desire of the moth for the _____" (Shelley)
- 25 "I thank thee that I am not as _____ men are." (Gospel of St. Luke)
- 26 "Most women are not so _____ as they are painted." (Max Beerbohm)
- 27 "What lenten _____ the players shall receive from you!"
(Shakespeare-Hamlet)

Down

- 1 Director, Mr. Spielberg
- 2 Yehudi's instrument
- 3 He got them in two by two!
- 4 Mr. Ustinoff
- 5 "Young _____ and the Treasure of the Peacock's Eye"
(TV sequel to Indiana Jones)
- 6 Heroine of Noel Coward's "Private Lives"
- 7 Star of musicals... _____ Stich
- 11 Bette Davis film - "All _____ Eve"
- 12 Operatic movie tenor - _____ Lanza
- 15 D.H. Lawrence novel - "Women _____" (2,4)
- 16 Fred Astaire starred in it (3,3)
- 17 Bring into musical accord
- 18 "All things _____ and beautiful" (children's hymn)
- 21 What the fish was called in the movie
- 23 Aesop's Fox or Rabbit
- 24 See 1 Across

Solution to February's Puzzle

- A Trickled
- B Hobbyhorse
- C Excepted
- D Meekness
- E Oban
- F Oddments
- G Night
- H Shipshape
- I Awakened
- J Breakfast
- K Adherence
- L Lightship
- M Likeness
- N Opportune
- O Overlooked
- P Neighbour

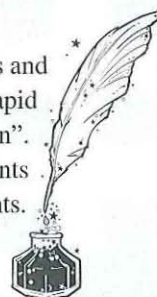
Reading down, the initial letters spell "The Moon's A Balloon", the autobiography of film star David Niven. The completed quotation is:

"Nessie appeared in the bedroom door, naked except for black stockings held up above the knees by pink garters with blue roses on them, and pink high-heeled shoes."

14 Feb 2000

Gentleman's Spoof?

Reading the piece entitled 'Gentleman's Spoof' a few months ago, I was surprised to learn of the various rules and terms that have been invented for what is a basic drinking game, the purpose of which is to encourage the rapid onset of inebriation in all concerned. What is more surprising however, is the application of the term "Gentleman". It seems to me as though the use of this term, and the rest of the mumbo-jumbo reported in the article, represents a thinly-veiled effort to raise to a level of public acceptability the crude and oafish behaviour of the key proponents. Leaving aside the loud and intrusive way in which the game is played in the Churchill Bar, I have 2 specific arguments with these so-called gentlemen.



Firstly, over the past few months, I have been dismayed at the savage way in which these gentlemen turn on those unfortunate enough to allow their mobile phones to ring in the bar. I dislike mobile phones in public places as much as anyone, but to round on fellow members, or worse - their guests, in this way can hardly be termed gentlemanly. This is especially so since the most ferocious attacks have always been reserved for ladies. Well done gentlemen.

The second argument has to do with the language that gets used. And I don't mean the occasional hushed curse from someone experiencing a bad turn of luck, but the ritualistic and mindless use of the worst of 4 letter words at a volume loud enough to carry the full length of the main bar and around the corner to the far reaches of the non-smoking annexe.

There are 2 issues here. The first is that there are often ladies present in the bar, perhaps dining or meeting friends for a few hours of relaxation at the end of their day. They must think that they have come to the wrong place! (You can almost see them thinking: Can this be the British Club? No, we must have come to the wrong place - there are no gentlemen here!)

The second issue has to do with the staff, many of whom are also ladies, who have to put up with this behaviour week after week, after week. Unlike those offended members who elect to make themselves scarce as the evening progresses, they cannot leave as the alcohol levels rise and the behaviour degenerates to that more reminiscent of a workingman's club. What must they think of these British gentlemen?

I don't mind a bit of high spiritedness and I enjoy seeing people have a good time, but if these gentlemen cannot conduct themselves in a manner more befitting their self-appointed epithet, I think they should remove themselves to a private room where their natural behaviour will not offend those of us who understand the meaning of the term "gentleman".

Philip Pain (P174)

Reply from the Acting GM

Gentlemen Spoofers, take heed!

Unfortunately this is not the first time eyebrows have been raised at the conduct and language of the gentlemen at the bar on a Tuesday night. An offer of a private room for the spoofing sessions has been politely declined in the past, as understandably the spoofers enjoy the jovial and relaxed atmosphere of the Churchill Bar.

Hopefully the above letter, which echoes the sentiments of other BC members, will serve as a big enough prod to all spoofers - and indeed anyone else who uses the bar - to refrain from behaviour and language that is offensive or rude to others.

Barry Osborne

February 2000

To the Editor,

It's a long story but I will try to make it short! We are unusual members, my husband and I, in that we are in Bangkok for 6 weeks, go back to Paris for 6 weeks, and come back again for 6 weeks, and this we've been doing for about 15 years.

We use the Club nearly everyday when we're here and love this Club. We think that, well managed, it would be the best in Bangkok; but many members have become unhappy and only one in fifty is aware he can write in the "Complaints Book" located in the Fitness Club but the members dare not do it by writing... too lengthy, and they prefer to speak directly to someone - but to whom? Most of the time they see no-one and certainly not the GM these past years! Things have changed. We remember one going around many times a day in every part of the Club, introducing himself and listening to what was going wrong. Happy days!

Nearly everything in the salas and around the swimming pool has become weird and very dirty, the old supervisor has retired, the girls don't know what to do (so do nothing!). Some of us decided it was time to "do something" but because some of them didn't have time or were not courageous enough, they asked me, the 'French Frog', to promote Khun Arpha Rittirak, who has worked for the Club for 32 years, to be given the poolside supervisor's role on a permanent basis. She knows all about the members, their children and even their grandchildren! Of course, before doing the petition I asked permission to do so and the answer was "can do". The right amount of signatures has to be around 100 because this makes 10% of the membership and only a few are interested in the poolside. In less than a week, only coming a few hours a day, I raised nearly 300! Members were very proud to be asked for their advice - one very old member even said, "It's the first time my advice has been asked in 30 years, surely it's the last time!"

So I feel that all those kind people I disturbed by explaining and asking for their signatures need to know what happened to "our" petition, and because we are again leaving at the end of this month for 6 weeks, I think it's fair to put the letter I received from the Chairman in *Outpost*. The members have to realise that they are not aware to know who will be the best supervisor and that "the GC are elected to represent the members but should not be instrumental in staff appointments..." etc. So we have to wait another month and a half at least to have the place cleaned, to have a supervisor and be happy - OK! No problem, as they say in Thailand. That makes more than 500 people unhappy (wives, husbands and children included; they couldn't sign the petition, it was the cardholder only). But I can tell you that if the GC went around and asked the members what they wished to change, it would fill a whole *Outpost*! During that one week, I was the one who received all the complaints and the good ideas to make the Club cleaner, better and easier to use. I agree with the GC - they are elected to represent the members and make their wishes come true, but maybe nearly 300 signatures representing around 500 people is not enough to represent us...

Sincerely yours,

Adrien & Isabelle Carcasson (C200)

Chairman's Reply to the Petition:

February 8 2000

Dear Mrs. Carcasson,

The General Committee (GC) received your petition of support for Khun Arpa and noted the considerable number of members who wish to see her appointed to a permanent position. It is the GC view that while we are a members club and the GC are elected to represent the members we should not be instrumental in staff appointments other than senior management. As I am sure you are aware, there are many aspects to a supervisor's role that are not directly visible to the membership and these factors must also be taken into consideration. The BC management must take responsibility for the actions of the staff. In this regard your support will be passed to the incoming General Manager who I feel certain will take account of the sentiment.

I can assure you that both the GC and management value the staff at the BC very highly and are looking to provide additional training in order to provide greater job satisfaction and a better service to members. This body of people is our greatest asset. There are absolutely no plans for wholesale changes to our personnel or to bring in new managers. The new GM will assess our needs and make recommendations accordingly.

I would like to thank you for your considerable effort in raising this issue and if more members took a similar interest, the BC could only benefit.

With kind regards.

Yours sincerely
James Young

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Pssst... The Tax Man is Out to Get You!

Don't panic! But be aware that there are two major legislative changes coming into force for the new tax year commencing 6 April 2000 that will affect British expatriates.

These changes are a continuation of the avowed policy of the government to crack down on tax loopholes, especially those affecting UK nationals working and living abroad. These changes build upon changes made in previous tax years and the expectation is that future budgets will continue in this vein, which seems popular within the UK, if not within the UK expatriate community.

Change 1

Investments and savings plans domiciled in British offshore territories (such as the Isle of Man or the Channel Islands) will have to be disclosed to the Inland Revenue by the investment companies under certain circumstances. If the investment company has any reason to believe that you are UK resident and you receive a gain from your investment or savings plan which is more

than twice the annual basic rate tax allowance band (currently Sterling 26,000) they are obliged to report this to the Inland Revenue.

There is currently no arrangement for information to be passed by the Inland Revenue to other tax authorities outside the UK, although this has not been ruled out for the future. Confidentiality can, however, be maintained by the completion of a non-resident declaration, and furthermore many favourable schemes remain in place to provide complete or partial tax-exemption to UK expatriates planning to return to the UK. It is vital to obtain the appropriate tax advice prior to 6 April to ensure that you are not caught out by this change in legislation.

Change 2

Personalised bonds will cease to get

favourable tax treatment after 6 April. However, if a bond was set up before that it will retain favourable treatment as long as the investments are all 'mainstream' (i.e. no private property, shares in private companies, etc.) The thrust of this is to prevent for instance shareholders in private or newly floated companies receiving the tax benefits of personalised bonds on such shares. AIM companies can be included for minority shareholders (below 10%). To retain tax benefits for the future, investors must complete an endorsement preventing the bond from investing in such esoteric investments in future. This endorsement must be finalised before 6 April 2000 and all investors should obtain advice before that date.

(If you need some advice or want more information on the above, contact BC member Paul Gambles at MBMG International, tel. 255 6865-7.)



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Can't Keep Aunt Khae Away!

With a total of 31 years to her credit as an employee of The British Club, Khun Penkhae Pickorkit is certainly deserving of her reputation as a reliable and trustworthy member of staff.

Khun Penkhae was born in Ubon Ratchathani Province and completed her secondary education at a Missionary School where she also learnt English. Better known to friends and colleagues as Aunt Khae, she started work at the British Club back in 1966 as a poolside waitress. She recalls that at her interview with the Club Manager (Mrs. Mada at that time), she was asked to write the words 'Sausages' and 'French Fries'. This presented no problem for Aunt Khae and she got the job, but taking orders at the highly popular new swimming pool area at the Club, where not everyone ordered sausage and french fries, proved a lot more difficult. She tried to memorise the whole menu in English but eventually found it easier to write down the first letter of the item ordered, rush to the kitchen to look at the menu and just hope she could remember the rest.

In 1977, after 11 years at the Club, Aunt Khae left to have a baby but in under a year she was back at the Club which was

now under the managership of John David. This time Aunt Khae was asked to work in Lords Restaurant as a waitress. Lords in the old days was not much different than it is today, recalls Aunt Khae; just the colour of the curtains, carpets and walls were different. In those days, however, not so many large functions were held in Lords but they catered for about 40 people daily at lunch and dinner.

With another change of Manager - this time to David Williamson - came another role for Aunt Khae. She moved to Reception where she stayed for 4 years before an opportunity arose that she couldn't refuse. Her niece had opened a small Thai restaurant in New Zealand and needed some help with the cooking, waitressing and cleaning. It was hard work, but she enjoyed the experience and had a little free time to travel. Her most memorable trips were to the apple orchards in New Zealand. Unfortunately visas don't last forever, and when hers expired she returned to Thailand



Khun Penkhae

and to the Club, by this time being managed by Keith Bell.

Today, Khun Penkhae has notched up 7 years as a receptionist and 24 as a waitress. - what an outstanding record of service! Wish her a few more successful years at the Club when you see her in Lords.

Interviewed for Outpost by
Ratchanida Tippayalert
Administration Officer

New Members



Louise and Timothy Porter



Kevin and Alison Lceland-Cunningham



Andrew Davies and Annie Jones



Dan Raviv



Jennifer Short



Doyle Toups



Jacqueline and Clifford Grove

Jerome and Noi Kelly



Jerome and Noi

and playing with his Scalectrix, proving he's still a kid at heart!

Kimir and Pinky Shah



Pinky and Kimir

tennis and enjoys aerobics, and channels her creativity into designing jewellery.

Dale Lamb and Sarah Richards



Dale and Sarah

very most of their time here.

Somyos and Somjai Watanapalin



Somjai and Somyos

Steve and Dodes Smith



Steve and Dodes

MD at Lawton Consultants, Jerome (known by many as 'Santa') has been in Thailand for 8 years and currently holds the presidency of the St. Patrick's Society. He and Noi have a 6 month old daughter whose main purpose in life, according to Jerome, is to wake daddy up from sound slumbers. Noi enjoys volleyball and swimming while Jerome's favourite pastimes are golf, squash

New Indian member Pinky and her husband Kimir are both with Exim-Diam Co Ltd, a diamond and jewellery business, and they and their 7 year old daughter have been in Thailand for 8 years. Kimir is quite a sporting all-rounder enjoying everything from cricket and badminton to darts and chess but his favourite recreation is swimming. Pinky plays badminton and

Taking after his 'old man' (long time BC member David Lamb), Dale is an enthusiastic sports fan who particularly enjoys hockey, golf, tennis, rugby, squash, snooker and table tennis - in fact he'll try his hand at basically anything. Sarah admits to being a novice tennis player but an expert at sunbathing, and is taking every opportunity to do just that - in between

Keen badminton and table tennis players, both Somyos and Somjai are with Hua Aik Trading Company. They have two children, a son of 14 and a daughter of 13. Somyos also enjoys a round of golf, and Somjai likes playing the piano. With two kids of their own at school, they appreciate the importance of education and do their bit to help with sponsorship at one of the remote schools in Thailand.

Moving here a short time ago from Singapore, Steve and his family have adjusted smoothly to life in Bangkok and are already enthusiastic supporters of the BC. American Steve, who is Deputy Regional Manager for Coca-Cola Thailand, and his Aussie wife Dodes (who looks ready to become a regular contributor to *Outpost*) have 2 children - Spencer who has just started at ELC Country School, and Sophie who will be joining her brother at ELC after Easter. A very sociable couple, both Steve and Dodes enjoy golf, tennis, reading, gardening, outdoor activities with their kids - and the company of good friends.

Dominic and Atchara Whiting



Dominic and Atchara (Jay)

Press Officer for the Delegation of the EU, Bangkok-born Dominic spent 18 years in the UK and a year as a student in Spain before returning here 6 years ago.

He's a fan of soccer and is already well known in rugby circles as a talented player - in fact he's just been elected as the new first team captain for the BC Rugby Section. Jay is a jewellery designer with Mian Teck Export and her hobbies include cross-stitch, sewing and painting. With their first child on the way, undoubtedly there'll be a few minor adjustments to their lifestyle over the coming months.

Thomas Vaizey



Tom

A lawyer with Johnson, Stokes & Master, Tom is from the UK but prior to his arrival in Thailand a year ago, he lived in Hong Kong, India and Vietnam. Tom

admits to a lengthy absence from the football pitch, but he's keen to get back out there. (*No better place for footie than at the BC, Tuesday evenings -S.*)

(More new Members' photos, on p.27)

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Jamaican Food Promotion

(See p.31)



Members enjoying a touch of the Caribbean in Lords Restaurant

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Food Fit for Kingston

Sweet Potato Casserole, Mango Daiquiris and the best of Jamaican reggae were some of the attractions at this special Jamaican food promotion held in Lords Restaurant over the weekend of 11-13 February.



Despite only 9 people reserving places, 67 members actually showed up, including 3 guests from Jamaica who had heard through the Bangkok grapevine that the food was authentic and the evening worth attending. They heard right!

The buffet contained a great selection of West Indian specialities including artichoke salad, avocado and crab salad, Pepperport with coco bread, red pea soup with spinners, jerk pork, lobster sans

souchi and barbecued prawns, all rounded off with Blue Mountain Coffee with Totes. Unfortunately we couldn't get our hands on any Jamaican Red Stripe Lager, but diners didn't go thirsty - they had a choice of cocktails to conjure up the Caribbean such as fruit daiquiris, Vodka Slush and Blue Caribbean.

Sponsors for the event were **Khun Anont** and **Khun Somnuk** and special thanks go to Air-Jamaica and the Jamaican Tourist

Authority in London for providing the decorations for the restaurant including some great posters of palm-fringed sandy beaches and coral reefs.

Our next promotion is in April - the twenty-first to be catered by the BC - and will feature dishes from Eastern Europe. The recipes look delicious so I hope to see you there.

Rasta Baz



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Spencer's Own Toy Story

Newsflash... Cartoon Network's very own Scooby Doo helps a young British Club member to celebrate his 5th Birthday Party at The British Club!



l - r standing: Ashley (Mr. Potato Man); Jodi (Army); Jaimie (Teletubby); Spencer (Buzz Light Year); Ellie (Ballerina); Liam (Superman), Rebecca; Alexander (Star Wars); Bella (Princess and Spencer's latest 'squeeze'); Spencer's sister Sophie (Tinker Bell); Aidan (Power Ranger); Jake (Woody). Sitting: Tania and her sister Nisha

Sunday, 23rd January saw one little boy called Spencer F.J. Smith bright-eyed and bushy-tailed in the wee hours, understandably so because today he was turning 5 years old and having all his "bestest friends" to his Scooby Doo Birthday Party.

As we arrived at the BC to apply the finishing touches, the skies were blue, the sun was just beginning to filter through the trees and the birdies were already up and breakfasting happily outside the pretty shuttered windows of the Suriwongse Room. I have to admit that I was in a cold sweat as we entered the BC as I recalled Spencer's 3rd birthday party at the Swiss Club in Singapore...

At that time two American friends, Molly and Tim, had kindly volunteered the services of their family mover (they had 3 under four) to help me relocate several dozen pre-blown helium balloons with lengthy curling ribbon attached to each one (it was my idea to tie a packet of Droste chocolates to the end of each balloon to weight them to the floor and haphazardly arrange them around the room). When we arrived for collection of the balloons at 8:00am for the party starting at 10:00am, I was dismayed, to say the least, to find

that only about five had been blown up and not a single ribbon attached. After feeling that it would have been quicker to blow up the balloons with the hot air we were now directing at the shopkeeper for his inefficiency and for putting our schedule in total disarray, we headed for the cars and with a lot of shoving and cursing got all the balloons into the 2 vehicles and headed off to the SC.

All was not well on arrival as we soon realised that the bunches of balloons, ribbons and Droste pastilles had become hopelessly intertwined.. uggghhhh! With a lot of determination, patience and luck we somehow managed to separate the cunning little pastilles whose obvious motive was that there was safety in numbers!

With all this in the not-too-distant past, I was stunned and thrilled to find on opening the creaky old wooden doors of the Suriwongse Room an artistic and creative array of birthday paraphernalia to delight my visual senses. An enormous, wonderfully painted banner took pride of place on the far back wall which stated with great authority "HAPPY 5TH BIRTHDAY - SPENCER". The walls, doors and chairs were festooned with bright clumps of blue, green, white, pink,

red and yellow balloons, and as the morning progressed and the balloon-machine man never faltered, the bright clumps found themselves on the banisters, in the entry foyer, on the notice board and blowing around in the bushes in the front garden.

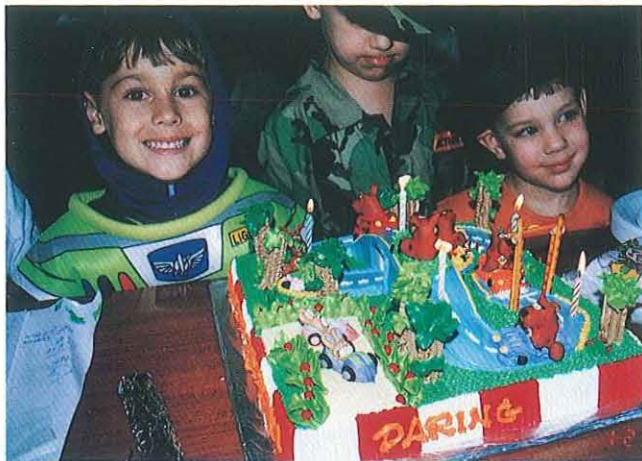
The orchestrators and absolute superstars of this marvelous event were Khun Baz and Khun Awe together with their wonderful team, and once again we thank them most sincerely for making Spencer's 5th birthday such a memorable occasion, not only for us but for Spencer and his friends. At Spencer's request, because he himself fancied wearing a Buzz Light Year costume from Toy Story which he had received that morning for his birthday, all of his 20 guests wore their favourite costumes too. We had characters from Star Wars, Princesses of many descriptions, Tinker Bell, Power Rangers, Dalmatians, Raggedy Anne, a cross between Superwoman and... well, we're still trying to figure out the rest of that costume, and bunnies.

All of these characters chased each other happily around the room shrieking - luckily it was early Sunday morning and there was no-one downstairs to be disturbed - and enjoying a smorgasboard of traditional party games. The children played "Pass the Parcel", always a number one hit, and another favourite in our house "Statues" which came down to a draw between two very good players who could not be cajoled into moving even their eyes or mouths. Tears are inevitable when it comes to "Musical Chairs" but frankly no-one likes to be put out in that game!

A new game which we learnt at a birthday party the week before, was "My Favourite Things". For those not familiar with it, the birthday child - in this case Spencer - sits in front of his friends asking, "What is my favourite colour? Food? Animal? Ghost? Monster?" The game works best if the child posing the questions doesn't also answer them in the same breath!

Always interesting is "Pin the Tail on Scooby Doo"! No moment at this party

Party Perfection



Spencer, Jadi, and Ashley with the Scooby Doo birthday cake

was tenser than when every child had been rounded up and was patiently awaiting their turn to pin the tail on Scooby, when one youngster (who had grown somewhat attached to Scooby Doo and didn't want his mummy marking the picture with other children's previous attempts) took it down! During the quietest few minutes of the entire party as all the juniors watched the impasse with great interest to see whether in fact the game would ever be able to start, some intense negotiation took place, a small box of smarties was discreetly slipped into the offender's back pocket and, yes, Scooby's tail could be hung once again.

The finale and 'pièce de resistance' of our wonderful party was the specially ordered Scooby Doo Birthday Cake. If we say so ourselves, it was brilliant and the only oversight by the bakery and ourselves was that there were only 6 Scooby Doo's to be shared between 21 children. No wonder my 'better half' happily gave up the cake division to me.

Anyway, as usual I am rambling, but would like to conclude by thanking my friend, Heather, for coming to the rescue with her valuable supply of birthday banners, decorations and party bags, and again to Khun Baz and his team for making this a wonderful, memorable day. Also to Khun Awe, who timed the food beautifully. The fairy bread, chicken, pizzas, sandwiches, jelly and icecreams, cupcakes and all the other mouth-watering food was devoured ravenously by all cartoon characters and oldies alike. Thank you.

Take it easy and enjoy.

**Ciao,
Donamici**

P.S. If you need any recommendations on where to shop for your own children's party, then contact me (Dodes Smith) as I have some great suggestions.

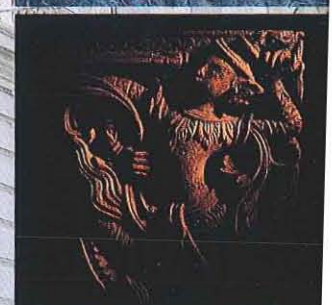
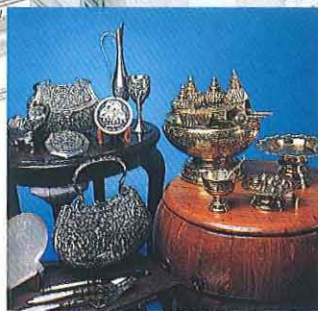
(More photos, p.34)



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Party Perfection



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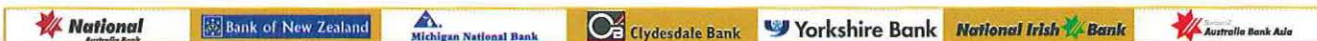


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