



OUTPOST

THE BRITISH CLUB
BANGKOK

MARCH 2007



Forward March!

Club Development - A Tale of Two Bars

BC Tennis Championships, AGM!!, Formula One, St Patrick's green buffet

the
NEW TRAVEL COUTURE
by SIRI SATHORN



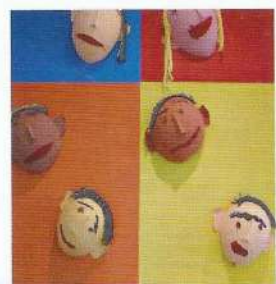
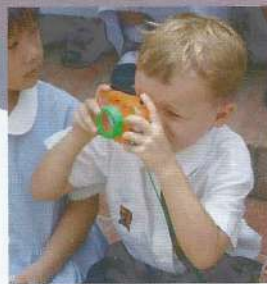
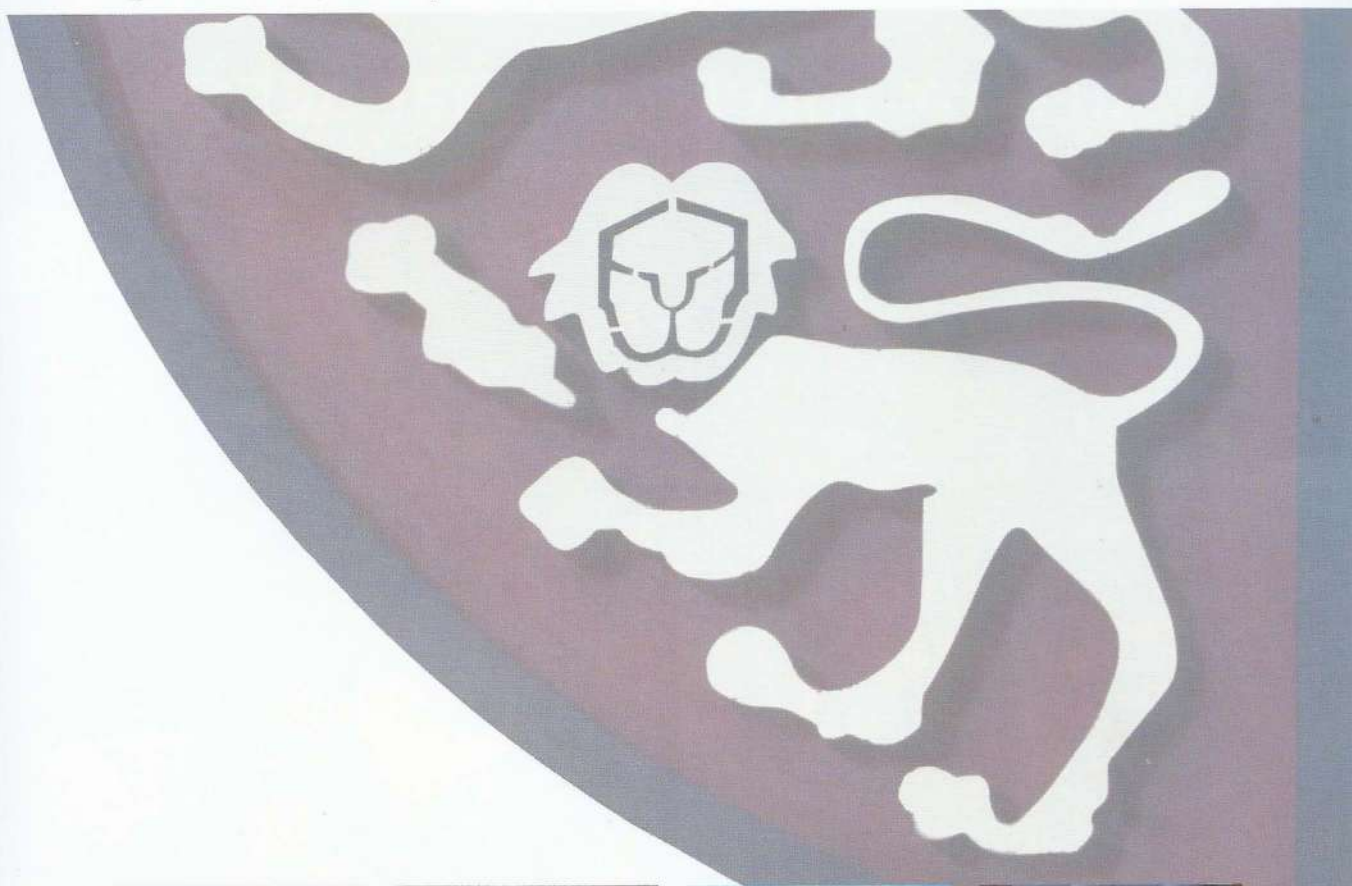
Siri Sathorn redefines your travel accommodation with stylish residences, and enhances your stay with impeccable service and chic comfort.



 **SIRI SATHORN**
A Beaufort Serviced Residence

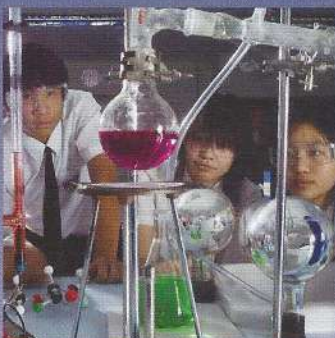
Embellish your vacation in style. We are delighted to assist in planning your stay with us. Call us at **+(662)266-2345** or visit **SIRISATHORN.COM**.

shrewsbury international school



express yourself

Scholarship Awards at Harrow International School



Do you excel at tennis? Are you amazing on the trumpet? Does your maths always add up? If you answered 'yes' to any of these Harrow International School could be the school for you. We are offering the following Scholarship Awards to prospective students in the Academic Year 2007 – 2008;

- Music - ability with two instruments (one to at least Grade 6) and musical leadership.
- Sport - (Years 10 to 13) to represent the school in two sports, plus academic/coaching ability.
- 1st Language - seeking English, French, Mandarin and Japanese native speakers.
- Academic - (Years 12 to 13) excellent academic potential for A-level examination course.

Full details of each scholarship can be downloaded from our web site at www.harrow.school.ac.th/scholarship.pdf

For more information about
your child's future
please contact us

Tel: +66 (0) 2503 7222 Ext: 1127, 1129, 1130

Fax +66 (0) 2503 7223

Email: admissions@harrow.school.ac.th

Web: www.harrow.school.ac.th



HARROW
INTERNATIONAL SCHOOL



CONTENTS



Chairman's Letter	5
Postscript by the CEO	6
Bazza's Banter	7
What's Going On	
Your guide to Special Club Events	8
Announcement of AGM	9
Doctor Who	9
Formula One – Australian GP	10
Sport on TV	10
Cricket World Cup	34
Regular Weekly Events/Opening Hours	12
Monthly Calendar	22-23
Club Features	
Susie's Kids Korner	14
On the Menu	24-25
Development Corner – A Tale of Two Bars	27-29
Club Events & Notices	
Pie Drive for Sister Joan	11
Give a Dog a Hand – Be A Sponsor	13
Report on January EGM	34
Upcoming Attractions	
Disney/Pixar's NEMO on ice	39
Looking Back	
Annual Members' Gathering	16-17
Bar Quiz (January)	20
Annual Staff Party	30-31
Sports	
Sports, Games & Activities: times & prices	33
Little League Soccer	32
Tennis	36-38
Golf	40-41
Sudoku	34
Crossword	35
In Touch	
Reciprocal Clubs	
(Royal Automobile Club of Australia)	42
Hellos & Goodbyes	43
New staff	43
BC receives preservation award	43
Club Contacts	44



Staff let their hair down - The hard working BC staff had a great time at their annual 'party' and it will be a long time before Hua Hin recovers - see pp 30-31.

Tennis – how fast is too fast?

In this month's issue the Tennis Section's report features serving speeds of the BC players, which titillated my interest and got me Googling tennis serves to find out just how fast the best players in the world can serve. Here are some of the top servers in men's tennis, all recorded during matches using modern radar equipment:

- Goran Ivanisevic 135 mph (217 km/h)
- Mark Philippousis ('Scud') 141mph (227 km/h)
- Greg Rusedski 149 mph (240 km/h)
- Andy Roddick 155mph (250 km/h)
- In 1931 'Big Bill' Tilden was credited with 163.3 mph (262.8 km/h) but this must have been with a wooden racquet and, quite frankly, it's not credible.

In women's tennis, Venus Williams was out in front with 127 mph, with Serena right behind at 125 mph, but that was until last year, when 35 year-old Brenda Schultz-McCarthy (Brenda who??) hit the fastest serve in women's tennis history, clocked at 130 mph. The world record serve was recorded in the first round of the 'Western & Southern Financial Group Women's Open qualifying tournament, held in Mason, Ohio' (not exactly a Grand Slam event . . . well, Brenda was trying to make a comeback!).

"At 130-140 mph, you are pushing the limits of the human being's ability to return the ball," says Howard Brody, retired physics professor and longtime tennis researcher.

Brody says the radar guns used to clock serves measure the speed of the ball as it leaves the racquet. Fortunately for returners, air resistance and the friction of the bounce slow the ball. "As a general rule of thumb, the ball, when it crosses the opposite baseline, is going at about half that (initial impact) speed," says Brody. That still means the returner has only about a half second to react and hit the ball.

Brody and others are advocating an increase in the size of the standard tennis ball, which they say would slow down the game.

In this mad March issue there are five hidden Nemo fish! The first two persons (under 14 and one per family) to contact Barry or Ben at the Club and correctly state the locations of **all five Nemos** will each win a ticket to Disney/Pixar's *Nemo On Ice*! To help you along, here's what one looks like but it doesn't count!



EASTER ART COMPETITION

If you can't find the Nemos, never mind! It's time for all budding young artists to get out your crayons, pens, brushes and paints – for the Outpost Easter Art Competition! Just paint or draw an Easter themed picture and deliver it to Khun Ben in the BC Office by March 18th. You haven't long, so better start now! Oh, and you must be under 14. The winning work will be featured on the front cover of Outpost, and the artist will receive a free ticket to the BC's Easter Sunday Extravaganza. How eggciting!

HOT TIP: Grab a computer, get onto the Internet and go to <http://www.google.co.th/> and select 'images'. Type 'Easter' into the box and hit 'Search Images' and up will come thousands of Easter images to inspire you to create a really great Easter picture!

Billy Beefeater

Anyone for tennis?

Khun Mam keeps her eye on the ball at the BC Tennis Championships. This year's finals will be held on 31st March and promise some very competitive tennis.



OUTPOST MAGAZINE

The contents of this magazine are not necessarily the opinion of the Editor, the General Committee or the Club's management. Criticisms and suggestions are welcomed by the Club's management or by Veritas Enterprises.

OUTPOST is produced on behalf of the British Club by Veritas Enterprises. For advertising inquiries contact Jim Fowler (081-844-7015 or Jim@VeritasEnterprises.com); and for editorial matters contact the Editor at OutpostEditor@VeritasGraphics.com

The British Club is a family, social and sporting club set in relaxing grounds, conveniently located between Silom and Surawongse Roads, with an ever-growing international membership.

The British Club

189 Surawongse Road, Bangkok, Thailand 10500
Tel: 02 234 0247 Fax: 02 235 1560
Entrance via Silom Soi 18

True quality rises above all else

Northpoint offers you:

- Pattaya's most prestigious address with 80m frontage on Wong-Amat Beach
- Extensive facilities including sky gardens, state of the art fitness centres and swimming pools
- Spacious 12 Rai site with lush gardens, tiered sun decks and established shade trees
- Exceptional mix of units with an emphasis on design, function and quality finishes
- Established track record of Raimon Land Plc
- Relevant authority approvals obtained
- Construction commenced and on program
- Attractive payment terms

**Don't miss the Point. Visit our spectacular
Show Suites now and surround yourself with success.**



Other quality developments by Raimon Land ...



THE LAKES
CONDOMINIUM

THE
LEGEND
SALADAENG

THE
LOFTS
YENNAKART

KATA
GARDENS

NORTHSHORE
CONDOMINIUM

The Heights
Phuket

THE RIVER



RAIMON LAND

...developing a better environment

+66-3822-5870 northpointpattaya.com

Northpoint
ABSOLUTE BEACHFRONT LIVING

Project owner: Raimon Land Plc, Registered capital Baht 2,977,571,568 (Paid up capital Baht 2,108,370,871), Registered address at 22nd Floor Unit 2201-3 The Millennia Tower, 62 Langsuan Road, Lumpini, Pathumwan, Bangkok 10330, Site location: on title deed no. 1236, 1389 Lot no. 99, 100, Naklua subdistrict, Banglamung district, Chonburi province, Project area: 12 Rai 0 Ngan 54 Sq.Wah, Northpoint project have got approval the EIA (Environmental Impact Assessment) report by the ONEP (Office of Natural Resources and Environmental Policy and Planning) since 15th December 2006 and have got the construction permit since 28th December 2006 too. Presently mortgaged with Siam Commercial Bank Plc. Construction starts (approx) Q4 2006 Construction completion (approx) Q4 2009. Juristic person will be registered after project completion and common area fee will be paid by customer to the project Juristic person according to Sales and Purchase agreement and/or regulations of the condominium Juristic person, contact Tel. no: Bangkok +66-2651-9600 Fax no. +66-2651-9614 and at Pattaya contact Tel. no. +66-3848-8613 (automatic 3 lines).

Letter from **the Chair**



Dear Members,

It is hard to believe that we are now at the end of another Committee year and that I have now served 5 consecutive years on the GC. This is the maximum time that a member may serve according to our Constitution, and I will therefore not be standing for re-election in March. Although inevitably there have been frustrations along the way and 5 years

is probably time enough, it has been a real privilege to take part in such an exciting time in the Club's development and I leave with very mixed emotions. I am delighted however that all the remaining GC members will be standing again and, if re-elected, will ensure that there is continuity through this important development phase.

Club Development – Phase 1

By the time you read this, the new Membership Services office, the lobby and new Churchill Bar will have opened and we very much hope that members are enjoying these new facilities. Details and photos of the closing and opening parties can be seen in 'Development Corner' on pages 27-29, including the ribbon cutting by the British Ambassador, H.E. David Fall, who graciously declared the bar open for business in its new location. The next day demolition began in the old Churchill Bar and although it was admittedly a nostalgic occasion after so many years of service, we hope that members are as excited and enthusiastic about the designs for the new facility as we are. You can see them in the new Membership Services office on the ground floor of the Clubhouse.

To coincide with the opening of the new Churchill Bar, Barry and Khun Laak have rejuvenated the old bar menu and are now busy preparing a brand new menu with many exciting new dishes ready for the opening of the new café/bar. As part of a continuing effort to improve services, and also in preparation for the opening of our new facilities, Simon has also recently outsourced a new training programme for our F&B service staff. The training has so far been very well received and will hopefully result in improved service to members generally.

Website

On February 19th, at the opening of the new Churchill Bar, we also took the opportunity to launch our newly upgraded website and all members with email addresses will have already been sent a personal password in order to log-on to the member section. The new site will be more active with regular promotional updates and also includes a new 'discussion forum' which we hope is more user friendly and will encourage lots of lively debate! If you have not received a password and would like to visit the site, please contact Simon or Khun Bank, our Membership Services manager.

Naming Competition for new Café/Bar

After receiving over 100 names for the new café/bar, the decision to go with "The Verandah" was made by members who sent in their votes and was then unanimously endorsed by the GC at the beginning of February. We thank everyone who submitted entries, and the winners will receive a complimentary meal in the new café/bar when it opens at the end of March.

Extraordinary General Meeting – January 31st

Voting members will be aware that an EGM was called at the end of January by 10 Club members who put in a motion challenging the tendering process of the Phase 1 development. At the EGM, the General Committee had the opportunity to explain our decision-making process and to reaffirm our confidence that the process was transparent and legitimate. Full details of the results of this meeting can be found on page 34. Suffice it to say, the motion was not successful, and I would like to take this opportunity to thank those members who gave us so much encouragement and support during this time. While we would urge members to try to resolve any issues with the GC before the need to call an EGM arises, the meeting was a good opportunity for all to air their views, and we have now received some very welcome offers of help and advice from members who are experts in the construction and/or project management industries. As a result of this, we have now set up a special Professional Advisory Panel to the DRSC, which will prove invaluable in Phase 2 - a significantly larger undertaking.

Annual General Meeting – March 20th

A reminder to all Ordinary and Country members that this year's AGM will be held on Tuesday, March 20th at 7:00 pm in the Suriwongse Room. The official calling notice was sent to all Ordinary and Country members on February 26th, so if you have not yet received this, please do let us know. More details of the AGM can be found on page 9 and I strongly encourage all voting members to attend. This is your Club so please take this opportunity to have a say in its future. Last year only 35 out of approximately 700 voting members attended, which was a very disappointing turnout and only just quorate.

Thank You!

Finally I would like to say a very big thank you to all my colleagues on the General Committee, the Development Rolling Subcommittee and the Treasury Work Group, who have all put in more hours for the benefit of the Club and its members this year than you can possibly imagine. My sincere thanks also go to Simon, Barry, Khun Prem & Khun Laak who continue to do such a great job in managing our Club, and I would also like to thank you, our members, for so much encouragement and support during my two years as Chairman.

I look forward to seeing you around the Club soon.

Best regards,

Angela Daniel

Chairman

BCB General Committee 2006/2007

Postscript by **the CEO**

Dear Members,

We certainly hope you are enjoying the new facilities and that you are making the most of the Churchill Bar, the new menu and the many specials and promotions we have on offer.

The work on The Verandah should now be well underway and we hope you like what you have seen on the renderings and the materials board. Look out for notices regarding the opening of The Verandah towards the end of the month. I would like to thank everyone for their suggestions in the naming of the new outlet.

We have some new faces around the Club and there are more details about them on page 43. We are continuing our training programs, which we believe will ultimately lead to greater satisfaction in the service we provide to our members.

As usual, I look forward to seeing you often around the Club.

Simon Roberts

ceo@britishclubbangkok.org



Temple cares for the sick and abandoned

(This article condensed from various press reports in local and international media – BB)



Most of the emaciated HIV/Aids patients who came to Wat Phra Baht Nam Phu came there to die. But now Thailand's hospice for severe AIDS patients is having to cope with an increasing number of people saved by anti-retroviral treatment but who still fall victim to the social stigma associated with the disease.

The temple, which is built at the foot of a small mountain in Lop Buri, 150 kilometers north of Bangkok, is home to 550 AIDS patients, including 140 children. It supplies food, generic drugs and other medication as well as basic accommodation. Many patients are surviving by continuously taking anti-AIDS medicine and the overall expenditure is costly – about three million baht each month.

Although patients are living longer, they find it almost impossible to integrate back into society because of widespread discrimination, especially in the workplace.

The temple struggles each month to provide basic care for all its patients. "But we can't tell them to leave. They have nowhere else to go" says its founder, Alongkot Dikkapanyo, a 53-year-old Buddhist monk, who left a promising career in engineering at the ministry of agriculture at the age of 26 to become a monk.

The idea of turning a temple into an AIDS hospice started in 1990 when two young HIV-positive men came to Wat Phra Baht Nam Phu, which means "the temple of Buddha's footprints" in Thai, and asked Alongkot if they could stay.

"Nobody wanted to look after them," Alongkot recalls. "In the first three years, nobody came to my temple. I received threats. I understood that people were afraid of infection. Even other monks said a temple should be a place for monks, not for AIDS

patients," he says. But Alongkot refused to give up. "Some families dropped off patients at the temple and never saw them again. But many patients came here by themselves, even with their children, saying they had no other places to go. No place, no money, no work, no food," he says.

Some 20 nurses help care for patients at the temple, which has a full stock of anti-retroviral AIDS drugs that are widely available in Thailand at minimum costs under its health program. But the temple still has no doctor and receives "very little" money from the Thai government, depending almost entirely on funds from the Thai royal family and private donations, Alongkot says.

Jamong Somana, a 38-year-old who used to drive a Coca-Cola delivery truck, came to the temple four months ago after his parents told him they could no longer care for him. Jamong has not heard from them since. "If you have sex, please protect yourself from AIDS. If you don't, you will live your life in sadness," says Jamong, who got HIV from a prostitute. Next to Jamong, Sam Nian, a 49-year-old housewife, says her daughter brought her here three weeks ago. Sam, blind due to the disease, says her daughter and other family members have never visited her at the hospice. "I got AIDS from my husband, but I am not angry at him," she says with a smile. Her husband died of AIDS three years ago.

"I tell my patients not to worry about anything and not to feel sad because I don't want them to die in loneliness. I want them to die peacefully," Alongkot says.

The British Club is currently organising a trip to Wat Pra Baht Nam Phu Temple where we will host a small party for the children and take along badly needed gifts and food. If members wish to donate gifts, would like to come along and help us out, or would like more information, then please contact Khun Prem or Barry Osborne in the Club's Office.



Forward March!

Dear Members,

Last month as promised we took 90 kids from the Thungmahamaek orphanage for a fun-filled day out to the Dream World Theme Park. The kids had a blast with the highlights definitely the giant log flume and the trip to the icy cold snow town. The kids also had plenty of fun at KFC for lunch - in fact we took over the whole store and the KFC staff laid on extra games and gifts. A great if rather exhausting day out. And there's more - we still have a sum of money left so we are going to the Wat Phra Baht Nam Phu Temple in Lopburi where we will host a small party for the children and take along badly needed gifts and food. The Temple is featured on page 6 of this edition of *Outpost*. The Temple takes care of AIDS victims many of whom are children. Here the patients are looked after until they die. Many of the ashes remain uncollected by the victims' families so they are stored at the Temple. If members wish to donate gifts for our trip to the Temple, would like to come along and help us out, or would like more information, then please contact Khun Prem or myself in the Club's Office.

On 1st March we will be celebrating St David's day here at the Club with a Welsh buffet in the new Churchill Bar. The Buffet includes Roast Leg of Lamb, Lamb Cawl, Chicken Leek & Broccoli Casserole, Rhubarb Crumble, Welsh cakes and lots more. There's no need to book - simply show up. Available at both Lunch and Dinner times.

We will once again be celebrating St Patrick's Day at the Club, but one day early on the 16th, with our unique 'Green' Buffet . . . yes a Buffet with foods all a shade of green or with links to the Emerald Isle. 'No Fixed Abode' are on board to entertain us and there will be a promotion on Guinness, Irish Whiskey and of course the Club's delicious Irish Coffees. The Buffet is available at Lunch and Dinner and costs Baht 300.

Last month we held a Free Soccer School here for the kids with Matt and Darren from the Little League. Around 25 children and their parents showed up for a morning of fun followed by a free lunch for the kids. The Little League Clinic will start proper this month and members can sign up at the Fitness Centre. The Soccer Clinic seems like great fun and a number of celebrity coaches including Steve McMahon are lined up. The Little League is the first academy in Thailand set up here at the Club. The Academy is run by Paul Masefield of ESPN fame and the programme is suitable for children of all ages. For more information contact Khun Amnaj or Rit in the Fitness Centre.

The monthly bar Quiz is still continuing and going from strength to strength. It is now temporarily situated in the Suriwongse room whilst the Verandah Bar is under construction, but once The Verandah is opened the Quiz will move to its new home in The Verandah. Full F&B service is available. The Quiz is great fun and there are big B&B prizes for place getters and great spot prizes of house wine sponsored by Crown Relocations. To book,

sign up at the reception or send a fax or email to Khun Ben or myself.

On March 24th we are off once again to Muang Thong Thani to see the Annual Disney On Ice show. This year's show is brand new and is coming to Asia for the first time. It features the ever popular little fish Nemo!!

We have booked excellent seats for this event but hurry - places are filling fast. The coaches leave from the Club at 8.30am and the show starts at 10.30am, with full English sound track.

The Club's AGM will be held on Tuesday 20th March at 7pm in the Suriwongse room and is open to all Ordinary and Country members from the core nationalities (for more see page 9).

Look out for our Easter Extravaganza planned for Sunday 8th of April from 11am until 1pm. There will be a special Easter carvery laid on in the Suriwongse room and a children's video on the big screen later in the afternoon. We will also have a selection of Easter goodies in the poolside cake counter and Khun Boonchao will be making his delicious Hot Cross Buns as from April 1st. They are also available for take away and are only 40 baht each. March also sees the tennis section's championships in full swing with the finals taking place on March 31st. If you sit in the Suriwongse sala during this month you are sure to see some great competitive tennis matches taking place.

We welcome aboard Khun Susan who has joined us as our new Food and Beverage Manager. She will be based initially at poolside in an effort to improve our level of service. Susan has worked in England for eight years and has lots of experience and good English Skills. Last month all service staff received the first in a series of service training lessons in a course run by Khun Neungruethai from the Dusit Thani college. This will be followed up with further training lessons throughout the year.

If you are still suffering from the excesses of the festive season then don't forget we have our own professional trainer here at the Club. Pop into the Fitness Centre and see Amnaj who can design a fitness programme just for you and at an excellent price. After the vigorous Fitness Training why not enjoy a relaxing massage with Khun Chanpen or Saiphon here at the Club. This can be booked in advance through the Fitness Centre.

Well that's about it for another month. I look forward to seeing you around the Club.

Regards,

Barry Osborne
General Manager



Special Events at the Club this month

** SAINT DAVID'S DAY

Thursday, 1st March, Churchill Bar

We are celebrating St David's Day with a Welsh buffet available at both Lunch and Dinner times in the Churchill Bar. The Buffet costs 300 baht per head and includes Leek & Potato soup, Lamb Cawl, Braised Leeks in Cheese Sauce, Welsh cakes, Rhubarb Crumble and lots more. There is no need to book - simply show up and join in the fun.

** DETECTIVE VDO NIGHT - MORSE

Thursday, 8th March, 7-9pm, Suriwongse Room

Join us for our latest episode of Morse - MASONIC MYSTERIES: the tables are turned when all clues point to Morse in the killing of his lady friend - so who is out to get him? There is no charge for this event but we ask members to please book in advance as this helps us with our seating arrangements. Full F&B service is available.

** DOCTOR WHO - 2005 SERIES

Sunday, 11th March, 11am-12.30pm, Wordsworth Room

Episodes 9 and 10 of the 2005 new series, re-shown by popular demand. For details, see opposite page.

** CRICKET WORLD CUP

Starts Tuesday, 13th March, 9.30pm, Churchill Bar

It's late night cricket action in the Churchill Bar from 13th March to the end of the month and beyond - see page 34 for details.

** DETECTIVE VDO NIGHT - FROST

Thursday, 15th March, 7-10pm, Suriwongse Room

Join us for a double episode of Frost - BENEFIT OF THE DOUBT (parts 1 & 2): Frost is irritated by his new partner - the two try to solve a gruesome murder, then a surgeon at a local hospital disappears, and complaints roll in when a man impersonating Frost harasses the women of Denton. There is no charge for this event but we ask members to please book in advance as this helps us with our seating arrangements. Full F&B service available.

** SAINT PATRICK'S DAY (Minus One)

Friday, 16th March, Churchill Bar

We will be celebrating St Patrick's Day one day early here at the Club with a Green foods buffet available at Lunch and Dinner times at just 300 baht per head. All foods in the Buffet are a shade of green or with links to the Emerald Isle, including Broccoli & Stilton soup, Roast Leg of Lamb, Irish stew, Bailey's cheesecake and lots more. There'll be promotions on Guinness, Jameson's Irish whiskey and Irish coffee; music in the evening from 'No Fixed Abode'; and lots

of games with prizes to be won. No need to book - simply show up and join in the craic. (*The what? -ed*)

** FORMULA ONE - AUSTRALIAN GRAND PRIX

Sunday, 18th March, 10am, Churchill Bar

LIVE on the Big Screen. See item on page 10 for more details.

** DOCTOR WHO - 2005 SERIES

Sunday, 18th March, Noon-2.15pm, Wordsworth Room

Episodes 11, 12 & 13 of the 2005 new series, re-shown by popular demand. For details, see opposite page.

** QUIZ NIGHT

Monday, 19th March, 7:30pm, Suriwongse Room

Due to renovations, the March Quiz night will be in the Suriwongse Room. And on a Monday! Get a team of friends together and come along to join in the fun. There are 4 rounds of 19 questions, all rounds ending in the dreaded "common denominator". There are also 3 spot rounds where you have the chance to win a bottle of wine sponsored by Crown Worldwide Relocations. The cost to enter is 100 baht per person. Teams of up to six persons.

** THE BCB ANNUAL GENERAL MEETING

Tuesday, 20th March, 7pm, Suriwongse Room

For details, see opposite page. Get involved in the running of your Club!

** DISNEY/PIXAR'S NEMO ON ICE

Saturday, 24th March, Leave BC at 8.30am

Join us for this fantastic new ice show, featuring this year the ever popular little fish "Nemo" - on ice! We have booked a limited number of tickets for the first show in English on Saturday March 24th. Coaches leave from the Club at 8.30am and the show begins at 10.30am. Tickets cost 1,550 baht each, which includes entrance to the show and transportation from/to the British Club. To book, sign up at the Clubhouse reception or send a fax or email to the Club. For further information please contact Khun Ben or Barry.

** MONTHLY WINE TASTING

Friday, 30th March, 6-9pm, Suriwongse Room

Join us for our regular monthly wine tasting completely free of charge and featuring wines from all over the world. Four companies will be here to let members try unlimited samples of their wines. Members can also purchase wines at specially discounted prices and the Club will create a range of canapés to compliment the wines. What a great way to start the weekend - free wines in the comfort of your Club.

Attention all Ordinary & Country Members!

Annual General Meeting

Tuesday, March 20th, 2007, 7:00 pm

PLEASE RESERVE THIS IMPORTANT DATE IN YOUR DIARIES AND GET INVOLVED IN THE RUNNING OF YOUR CLUB!

This year's Annual General Meeting will be held in the Suriwongse Room on Tuesday, March 20th at 7:00 pm. All Ordinary or Country members are urged to attend in order to consider and approve: the affairs of the Club, the Club Accounts, the Appointment of Auditors, and to elect a General Committee for the 2006/2007 term.

If you are eligible to vote, but cannot attend the meeting, you may give your proxy vote to another Ordinary or Country member. Proxy forms will be sent along with the official calling notice. Please note that each member may only hold one proxy vote. If you are not sure whether you are eligible to attend the meeting, please contact our CEO, Simon Roberts, or our Membership Department for clarification.

Please note that according to our rules, a spouse may not attend the meeting along with the member. Only one person per family membership may attend and vote at the meeting. However, members may nominate their spouse to attend the meeting and vote on their behalf, provided that they are paying subscriptions at the rate applicable to married members, and that the spouse is eligible for Ordinary or Country membership in their own right. If you wish to nominate your spouse, an application form must be sent to the Club at least 24 hours in advance of the meeting. These forms will also be distributed to members along with the Official Notice.

General Committee Member Nominations

Please do consider contributing some of your time for the benefit of the Club and its members this year. If you would like more information regarding time commitment or responsibilities, please contact the Chairman, Angela Daniel, or any other current General Committee member. In brief, if elected you would need to devote a few evenings a month to meetings at the Club, and should anticipate assuming responsibility for one or more key areas such as Strategy & Development, Food & Beverage, Treasury, House & Grounds, Communications, Constitution & Rules, etc. The basic ethos is that the General Committee determines policy while Management controls the daily operation of the Club.

If you do decide to stand for the GC, please ask our CEO for an application form. You will need a Proposer and Seconder, who are either Ordinary or Country members, to sign the form. The list of nominees received so far was sent out with the official Calling Notice and is also posted on the Club Noticeboard. However you can send in your nomination at any time up to the AGM (we will add your name to the list posted) or even stand from the floor if you wish.

WE LOOK FORWARD TO SEEING YOU THERE!

THE JOURNEY OF A LIFETIME CONTINUES . . .

We complete our re-run of the 2005 series of Doctor Who on two Sundays in March. . .



The Doctor Dances

Sunday 11th March – 11am-12.30pm

'The Empty Child' and 'The Doctor Dances'

Set in January 1941 at the height of the London Blitz in World War II, The Doctor and Ace are tracking a rogue alien probe . . . when they meet the dashing Captain Jack Harkness, 'The Doctor' and a strange child who wants to know "Are you my mummy?"

Special Guest Star: Richard Wilson (*One Foot In The Grave*)

Sunday 18th March – Noon-2.15pm

'Boomtown' followed by the season finale 'Bad Wolf' and 'The Parting of the Ways'

Set in modern day Cardiff, then 200,100 years in the future, various game shows reveal a sinister enemy at work . . . "Anyone for Barcelona?"

Special Guest Stars: Ann Robinson (*Weakest Link*), Davina McCall (*Big Brother*), Trinnie Woodall & Susannah Constantine (*What Not To Wear*)



Anyone for Barcelona?

Starring Christopher Eccleston, Billie Piper and John Barrowman.

All children from 8 to 80 are welcome!



Lewis-Hamilton ...
the new British
F1 hope

F1 ... A NEW HOPE!

March 18th sees the start of the 2007 Formula 1 championships with the Australian Grand Prix restored to its traditional opening slot.

At 10am, yes guys early call I am afraid, twenty-two drivers will line up in twenty-two cars in Albert Park, Melbourne for the first of 58 laps required to complete the 308 km race and it will all be live in The Churchill Bar and on the BIG SCREEN in the Wordsworth Lounge, for those under 18 years of age.

2007 will be a strange year ... for a start there is no Michael Schumacher for the first time in 15 years and 250 Grands Prix; the first championship with only one brand of tyre manufacturer; and for the first time in a half a decade there is a new British hope 22 year-old Lewis Hamilton. Lewis, winner of the Formula Renault championship in 2003, Formula 3 Euroseries in 2005 and the GP2 series in 2006 joins the McLaren team for 2007, alongside twice World F1 Champion Fernando Alonso. The full team lineup for 2007 is

Team	Driver 1	Driver 2
BMW SAUBER	Nick Heidfeld	Robert Kubica
FERRARI	Kimi Raikkonen	Felipe Massa
HONDA RACING F1	Jenson Button	Rubens Barrichello
MCLAREN MERCEDES	Fernando Alonso	Lewis Hamilton
RED BULL RACING	David Coulthard	Mark Webber
ING RENAULT	Giancarlo Fisichella	Heikki Kovalainen
SPYKER F1 (ex Midland)	Christijan Albers	Adrian Sutti
SUPER AGURI	Takuma Sato	Anthony Davidson
TORO ROSSO (unconfirmed)	Vitantonio Liuzzi	Scott Speed
TOYOTA	Ralf Schumacher	Jarno Trulli
WILLIAMS	Nico Rosberg	Alexander Wurz

See you at 9.30am for the race warm-up!

SPORT ON TV

"I LIKE TO WATCH"

March 3 rd	Soccer	FA Premier League	9pm-2am
4 th	Soccer	FA Premier League	8.30pm-1am
10 th	Soccer	FA Cup Quarter-Finals	9pm-2am
10 th	Rugby	England v. Italy	8.30pm-10.30pm
10 th	Rugby	Scotland v. Wales	10.30pm-0.30am
11 th	Rugby	Ireland v. France	10pm-Midnight
13 th	Cricket	West Indies v. Pakistan	9.30pm-4am
14 th	Cricket	Australia v. Scotland	9.30pm-4am
14 th	Cricket	Kenya v. Canada	9.30pm-4am
15 th	Cricket	Sri Lanka v. Bermuda	9.30pm-4am
15 th	Cricket	Zimbabwe v. Ireland	9.30pm-4am
16 th	Cricket	SA v. The Netherlands	9.30pm-4am
16 th	Cricket	England v. NZ	9.30pm-4am
17 th	Rugby	Italy v. Ireland	8.30pm-10.30pm
17 th	Cricket	India v. Bangladesh	9.30pm-4am
17 th	Rugby	France v. Scotland	10.30pm-0.30am
18 th	Rugby	Wales v. England	0.30am-02.30am
18 th	F1	Australian Grand Prix	10am-Noon
18 th	Cricket	Australia v. Netherlands	9.30pm-4am
18 th	Cricket	England v. Canada	9.30pm-4am
19 th	Cricket	India v. Bermuda	9.30pm-4am
19 th	Cricket	West Indies v. Zimbabwe	9.30pm-4am
20 th	Cricket	SA v. Scotland	9.30pm-4am
20 th	Cricket	NZ v. Kenya	9.30pm-4am
21 st	Cricket	Sri Lanka v. Bangladesh	9.30pm-4am
21 st	Cricket	Zimbabwe v. Pakistan	9.30pm-4am
22 nd	Cricket	Scotland v. Netherlands	9.30pm-4am
22 nd	Cricket	NZ v. Canada	9.30pm-4am
23 rd	Cricket	India v. Sri Lanka	9.30pm-4am
23 rd	Cricket	West Indies v. Ireland	9.30pm-4am
24 th	Cricket	Australia v. SA	9.30pm-4am
24 th	Cricket	Kenya v. England	9.30pm-4am
25 th	Cricket	Bermuda v. Bangladesh	9.30pm-4am
27 th	Cricket	Runner-up Group D v. Winner Group A	9.30pm-4am
28 th	Cricket	RU-A v. W-B	9.30pm-4am
29 th	Cricket	RU-D v. W-C	9.30pm-4am
30 th	Cricket	W-D v. RU-C	9.30pm-4am
31 st	Cricket	W-A v. RU-B	9.30pm-4am

When there is only one main sport it will be shown on the Plasma screen in the Churchill Bar; when there are two, the second will be shown on the side TV.

PRESENTATION SLUMS MISSION BANGKOK

<http://www.sisterjoan.info>

Pie Drive

Delicious hot pies made with fresh ingredients and covered with a flaky pastry. The BEST pies you have ever tasted! The Lady Pie Bakery and Restaurant, located in Phuket, is run by Susan "Lady Pie" from Australia. As a special favour to us in Bangkok, Lady Pie has agreed to provide her delicious pies to raise money for Sister Joan Evans PBVM and feed our cravings for top quality pies, including meat pies, pot pies, sausage rolls and desserts. Guaranteed to please!



Sister
Joan
Evans
PBVM



About the Mission

The Presentation Slums Mission run by Sister Joan Evans assists the underprivileged living in the Klong Toey slums of Bangkok. The Mission provides support for the slum community through a variety of programs, including food and education support. Sister Joan Evans is a retired Australian religious sister whose primary aim is to encourage and support children and young adults from the slums in their efforts to obtain an education. All profits from sales will be donated to Sister Joan.

Each pie sold will raise up to 50 baht:

100 pies will provide:

- 1 child's school fees for the year
- 12 families' dinner
- 200 children's school bus fares

1000 pies will provide:

- Milk for 120 babies
- Uniforms for 120 school kids
- Lunch for 120 school kids for a month

Available pies include:

Aussie Meat Pie	The No. 1 best seller with minced lean beef and onions in rich beef gravy.
Steak Pie	Lean pieces of tender steak slowly cooked in onions and Lady Pie's special ingredients to give a rich tasty experience.
Chicken Pot Pie	Chunks of chicken and vegetables in a gravy.
Vegetable Curry Pie	Market fresh vegetables cooked in a Thai green curry sauce.
Sausage Roll	Six inch pork mince mixed with onions and spices encased in puff pastry.
Pasties	Tasty English style Pastie with ground beef and vegetable mix inside puff pastry.
Apple Pie	Traditional favourite with delicious imported Granny Smith apples with a hint o' cinnamon.

Your donation helps Sister Joan continue her work.

For an order form and pricing, please send an email to:

sisterjoanpies@gmail.com

or pick up an order form at the British Club

REGULAR WEEKLY EVENTS

MONDAYS Wordsworth Lounge

9:00am-12:00noon

BWG Mahjong

TUESDAYS Churchill Bar

8:30pm-late

Spoofing

WEDNESDAYS Churchill Bar

7:00pm and 8:00pm

PRESTIGE WINES ACCUMULATOR

Any member could win from Bt 5,000 to Bt 25,000 - prize increases each week.

BOTTLE DRAW - somebody present in the Bar will win a bottle of whisky, tequila, vodka or gin.

7:30pm

THURSDAYS Churchill Bar

6:00-9:00pm

Chess

Silom Sala

7:00pm and 9:00pm

Kids' VDO It's free. Includes free Nestle Sundaes for the kids.

SUNDAYS Silom Room

1:30-3:30pm

CHILDREN'S ACTIVITIES. Games, videos, crafts, soft drinks and snacks with Khun Susie. Cost: FREE

Suriwongse Room

3:00pm onwards

Bridge tournament

NOTE: Due to renovations, the regular Buffets are not available in March *unless* advertised at the Club. Please check Club notice boards for the latest information.

Official Opening Times

10:00am - 11:00pm

Churchill Bar

7:00am - 10:00pm

Poolside Bar (last food orders - 9:30pm)

6:00am - 10:00pm

Fitness Centre (Mon-Fri)

6:00am - 9:00pm

Fitness Centre (weekends)

9:00am - 6:00pm

Thai Massage (Tues-Sun)

Join the International Bookclub

The group is for people who are interested in reading and want to meet up with like-minded souls who enjoying talking about books.

We meet on the last Wednesday of the month at 7.30pm at the bookstore known as Books @ 53 in Sukhumvit Soi 53.

The group is made up of people from different nationalities and backgrounds and there are men and women in the group.

Books that have been chosen for discussion in the past have covered a number of subjects and from authors from around the world. All books chosen are in English.

The meetings are very relaxed and informal. *Members come and go, as often they have to miss our meetings due to work and other*

commitments. There is no application form or fees involved, though we ask for a 50 baht donation, as there is tea/coffee available from the coffee shop and wine at the meetings. Each meeting is focused around one book that has previously been chosen by the members attending earlier meetings.

Please do join us for any of our meetings; we are always looking for new members. All you need do is attend any of our meetings.

Books @ 53 is a large bookstore just 200m on the left as you turn into Soi 53 from Sukhumvit Road; the nearest Skytrain is ThongLor. There is a 10% discount for books purchased by Bookclub members.

Any queries please contact Terri by email: t_jezeph@hotmail.com

Give a Dog a Hand – Be A Sponsor

Ever seen an abandoned pup alone on the street and wished you could take him in? Ever seen a dog in great physical discomfort and prayed someone would help? At Soi Dog Rescue we help hundreds of Bangkok's homeless dogs and cats each year. We give them medical care to help them back to health, we sterilize them so they can be free of the burden of continual litters; we help them find loving homes so they don't have to return to the streets. You too can lend a hand. For just a small amount each month, you can sponsor a dog through Soi Dog Rescue. Your money will help mend a broken leg, clear chronic mange, cure blood disorders, and do so much more.

You Can't Change a Dog's Past, But You Sure Can Change His Future!



**"My boyfriend
refuses to have safe sex"**

**Get your pet to the vet
Neuter & spay... it's the only way**

**Soi Dog
rescue**
www.soidogrescue.org

*Make a difference...
Become a
Muttketeer!*



*All for one? No.
Some for All!*

'The Three Muttketeers' Sponsorship Package

Soi Dog Rescue welcomes sponsorships to help all the needy cats and dogs in our care. Some of the deserving animals that come through our doors are not photogenic and some are not even friendly! Understandably, they are often overlooked by potential sponsors, who naturally choose the adorable or the heart-rending cases.

That is why we have devised the Muttketeer Sponsorship Package. Under this plan, we invite you to follow the progress of one particular dog, chosen by you from a list of dogs in our care. You can share in the magic of watching this dog heal in body and mind, learning to relax and have fun, perhaps for the first time in its life.

The best part of this plan is that the funds you commit will go towards helping **ALL** the needy animals in our care. You may never know them, but your help and kindness will touch each one of them. However unlovely, sick or untouchable they are, they too need our help. At Soi Dog Rescue we love them all ... and ask that you give for all.

The Three Muttketeers Packages

- Packages 1-3 are for a minimum of 6 months.
- Should your sponsored dog be lucky enough to find a forever home, or is well enough to return to his community area, you will be offered another dog whose progress you can follow.
- If you wish to donate more per month than the packages state, then Three Woofs for you!

1) *Athios*

For \$20 (Thai Baht 800) per month you will receive a certificate of sponsorship and an update and photo each month via email.

2) *Portlios*

For \$30 (Thai Baht 1,200) per month you will receive a certificate of sponsorship and monthly updates and a photo via email, plus special occasion cards from your chosen dog.

3) *Aramis*

For \$50 (Thai Baht 2,000) per month you will receive a certificate of sponsorship, monthly updates and photos via email, special occasion cards from your sponsored dog and a free gift from Soi Dog Rescue.

4th & Final D'Artagnan

For a one-time sponsorship of \$100 (Thai Baht 4,000) or over you will receive a sponsorship certificate... and a warm, fuzzy feeling.

Quarterly Newsletter

All sponsors will receive an emailed copy of our quarterly newsletter to keep you up to date with our activities on behalf of the stray and abandoned cats and dogs.

To become a sponsor, just email sponsorship@soidogrescue.org or pick up the phone and call Sherry @ SDR on 081 611 2865



SUSIE'S Kids Korner

Join me in
the Silom Room
every Sunday!

BOREDOM BUSTERS!



Dress Up a Candleholder

This easy craft - decorating candleholders - offers an hour's worth of activity and light and warmth. To make one, you can cut or tear pieces of coloured tissue paper, then glue them to a glass jar or candleholder to make the design you like (a brush makes applying the white glue easier). Overlapping the different colours creates a stained-glass effect that's especially pretty. After the design dries, put a candle in each holder and light it for a warm and cheery dinner hour.

Paint a Batch of Beetles

Go buggy over this open-ended project: decorating a colony of brightly coloured beetles. Try to spread your bug-making over two afternoons—one to mould the beetles and one to paint them.

To start, mix a cup of plaster of Paris according to the directions on the box. Pour the mix bit by bit into disposable plastic spoons and let them dry overnight (you can usually make 20 to 40 at a time and save some for later). The next day, pop the bugs out of the spoons and paint them with acrylic or tempera paints. An insect guide can offer some fun inspiration for colours and designs.

Painting the bugs can take up the better part

of a rainy afternoon, but you can also extend this project in other ways. For example, make your beetles more functional by gluing them onto magnets. Or challenge yourself to create an interesting beetle cage from any supplies around your house (toothpicks are a good jumping-off point).



Build a Skyscraper

A big case of boredom sometimes requires a big cure - like this towering, build-it-yourself skyscraper. Made from stuff you already have around the house, it will keep you busy for hours. Start by collecting cardboard boxes in various sizes.

Tape the boxes shut with packing tape, then stack and tape them atop each other. Using markers or crayons, decorate the boxes with windows, columns, gargoyles, mailboxes and so on. You can also add some 3-D touches, such as tissue paper flowers and bushes, construction paper flags or even some plastic figurines.

CRAFTER'S TIP: If you don't have plain brown boxes, wrap yours with packaging paper or turn them inside out and tape them back together.



CORNY



Kids Can Tell

What did the alien say to the gas pump?

- Take your fingers out of your ears and listen to me!

What fast food do sea monsters eat?

- Fish and ships.

Where do tough chickens come from?

- Hard boiled eggs.

What do you get when you cross a rottweiler and a collie?

- A dog that bites off your arm, but then will go and get help.

What did the porcupine say to the cactus?

- "Is that you mommy?"

What do prisoners use to call each other?

- Cell phones.

What did Geronimo say when he jumped out of the airplane?

- ME!!!

Why do sea-gulls fly over the sea?

- Because if they flew over the bay they would be bagels!

What did the grape do when it got stepped on?

- It let out a little wine!

Where do bees go to the bathroom?


- At the BP station!

What did the judge say when the skunk walked into the court room?

- Odour in the court!

What did the fish say when he swam into the wall?

- Dam!



**Our new packages
aim to deliver
healthy babies
and happy moms.**



We're prepared to provide complete care for you and your baby.

Bumrungrad offers a choice of 20 Ob/Gyn's trained in the US or UK – plus 54 pediatricians representing 19 subspecialties, ranging from pediatric nutrition to cardiology and critical care for sick infants.

To make new moms even happier, we designed our 2007 delivery packages to educate, pamper, and reward you. All delivery packages cover expenses for labor and delivery rooms; 2 nights* single room accommodation (incl. meals) for mother; nursery for baby; medicine, supplies, equipment, doctors' and nurses' fees. For more information please contact 02-667-2400.



Build a bear for your baby

New mothers who give birth at Bumrungrad the rest of this year* receive a coupon for a free teddy bear at the popular Build-A-Bear Workshop™. Your baby's first teddy includes a recording of your voice inside.

Delivery Packages

- Natural delivery B.42,900
- Delivery with anesthetic B.52,900
- Cesarean section B.61,900

Plus our Happy Mommy Happy Baby package:*

- Expectant mothers' classes, free of charge
- Breast-feeding training, free of charge
- Discount for vaccinations for baby and mother
- Discount on a health checkup for mother during the year after delivery
- Framed photo to commemorate your baby's first day

* Package applies for babies born between 15 February and 31 December 2007. Caesarian package includes 3 nights stay.

Thailand's First JCI Accredited Hospital

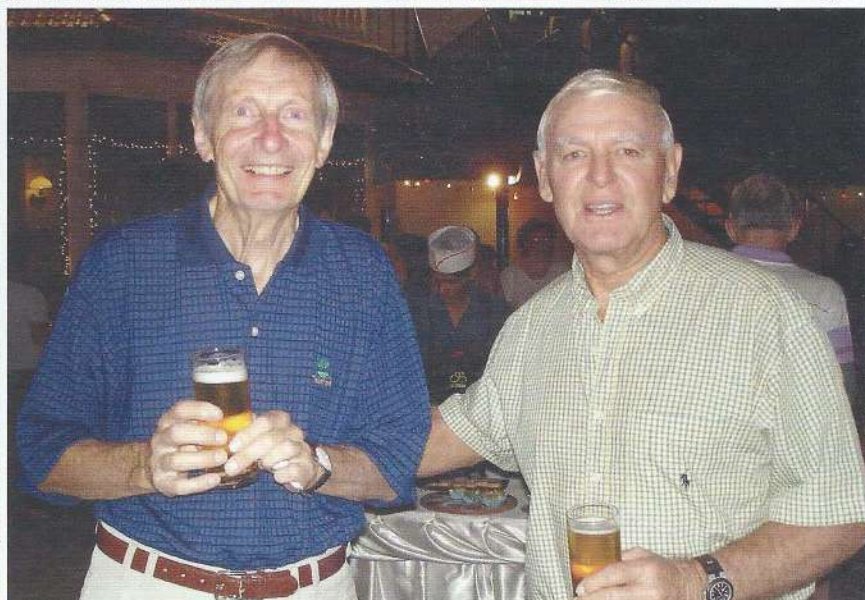
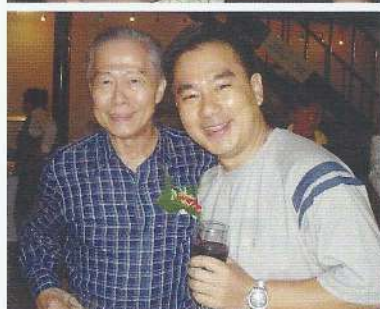
33 Sukhumvit 3, Bangkok 10110, Thailand Tel: +66 (0) 2667 1000 Fax: +66 (0) 2667 2525
www.bumrungrad.com



**Bumrungrad
International**
A World of Care

Labor and delivery rooms equipped to give mothers a calm, comfortable environment • Natural Birth Center • International-standard fetal monitoring
Breast feeding support team • Level 3 neonatal intensive care unit staffed by US-trained pediatricians specializing in newborn diseases and care

LOOKING BACK



**BRITISH CLUB
MEMBERS GATHERING
AND 20 YEARS PLUS
MEMBERS NIGHT**



Annual Members' Gathering



The Club's annual "gathering of the members" took place this year on 30th of January with over 130 members attending the event. Although open to all members, the focus of the gathering is the '20-years-plus' group, those who have been members for 20 years or more – all 112 of them.

The evening got off to a pleasant start with an open bar from 6.30 to 8.30pm and also four wine companies presenting a tempting variety of wines for members to sample and purchase at specially discounted prices. In addition to the delicious range of canapés and carvery items created by Khun Laak and her team, the sushi and sashimi also proved very popular with the members. During the course of the evening a light jazz band provided the perfect musical accompaniment.

Following an introduction by CEO Simon Roberts, the Club Chairman, Angela Daniel gave a short speech welcoming all members and then it was time for the annual group photo for the Club's photo gallery.

We started this event three years ago and it makes a perfect beginning to get all members together for the Club's first major gathering of the new year. It was great to see so many familiar faces, many of whom stayed on until well after the official 'wrap-up' at 9pm - or headed off to the Churchill Bar to make a late night of it.

Keep Smiling

Isn't it better if you can smile continuously and shiningly? Laser Smile and Waterlase MD, the latest development in dental technology, enhance and brighten your day with less time, and more comfort, using no shots, no drill and leave no pain after the treatment.

Laser can be used in a wide range of dental treatment starting from surgical procedure, cosmetic treatment of gummy smile restorative and reducing tooth sensitivity. A laser is an instrument that produces a very narrow, intense beam of light energy that may or may not be visible to the human eye. When laser light comes in contact with soft tissues, it causes a reaction. The beam of light produced by the laser has ability to remove decay in a very precise manner; thereby allowing our dentist to retain as much of the healthy tooth structure as possible. Laser is used to remove only the decayed portion of a tooth without the annoying vibration and whining sound associated with a conventional drill and often reduces the need for a local anesthetic.

It is more conservative than the drill in removing decay because of its selectivity for the softer, darker, decayed tooth structure. It may remove new decay that occurs around existing gold and porcelain crowns. If the decay extends below the gum line, laser can gently contour the gum so that the tooth and gum can be restored to health. Using the dental drill in this area could cause bleeding and lacerated tissue.

Certain types of lasers can be used to detect decay without taking X-Rays. The aspect of laser surgery that most people appreciate is its comfort. While no treatment is always painless, the laser may reduce the need for postoperative pain medication and may reduce swelling and bleeding.

Using Laser Smile, with specific bleaching gel can whiten your teeth within 30 to 40 minutes. The treatment is performed in a dental chair by a professional dentist. It is the quickest and most dramatic way to whiten your teeth when compared with normal bleaching. Laser Smile and Waterlase MD can also be used to open the gum covering the tooth without bleeding, pain, and swelling. Furthermore, the pain subsides very quickly with this treatment. It also immediately reduces the oral ulcer pain and provides complete healing in approximately three or four days from one or two weeks. It can cut the muscle line or tendon without bleeding and requires no stitching; the wound recovers quicker without swelling and less pain than normal surgery. It reduces sensitivity pain in the absence of analgesic or filling. In case of chronic gum disease which can be cured by plaque removal or root debridement, Laser Smile can get rid of infected granulation tissue. This results in painless wounds with better healing, no swelling and shorter recover time.

Mr. Ernst U Tschoepke Senior Legal Officer of the United Nations, UNMIK in Kosovo has been introduced to this treatment a few years ago. He since then has been using this treatment as he found it very comfort and convenience. He received the treatment from Dr. Chompoonuch Chitrapatima, Laser Dentist, American National Board certified Cosmetic Laser Dentistry and Certificate in Laser Dentistry. Dr. Chompoonuch is the first person who brings in this technology to Thailand. "I am experiencing laser dental treatment for over two years now. In my opinion, laser dental treatment is one of the major advancements dentistry has made. The results of the laser dental treatment I have been undergoing hereby far exceeded my expectations. The treatment itself is very comfortable and free of the usual discomforts like anesthesia by injections that are accompanying traditional dentistry. In fact, I managed to fall asleep during more than one treatment sessions. Without hesitation, I would recommend laser dental treatment to any dental patient, and I am convinced that laser dental treatment will play a similar role in dentistry as penicillin did for human medical treatment" commented by Mr. Ernst U Tschoepke.

PHYATHAI HOSPITAL,

The FIRST in Thailand

to bring in DENTAL LASER TECHNIQUE, Water Lase MD.



Water Lase MD



PHYATHAI
HOSPITAL

โรงพยาบาลพญาไท



The FIRST in Thailand to bring in DENTAL LASER TECHNIQUE

No Shot No Drill No Pain In Most Cases



Water Lase MD

DENTAL LASER CENTER

Suitable for both cosmetic such as esthetic smile design, smile makeover and medical dentistry including fillings, root canals, porcelain veneers, oral ulcers, bridges and gum treatments.

Laser Dentist, American National Board Certified
Cosmetic Laser Dentistry and
Certificate in Laser Dentistry

For more information, Please Contact

E-mail : onestop@phyathai.com

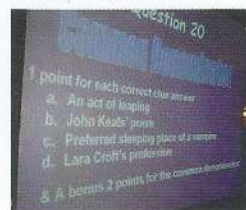
Website : www.phyathai.com



End of an era . . .

The last 'Bar Quiz' to be held in the old Churchill Bar took place on Tuesday, 23rd January, and attracted nine teams, including newcomers 'Wawa'. Although 'Shhhhhhhhhhhh' could have been a new team, its members look strangely familiar . . .

Regretfully, Billy couldn't make it to this one and neither could Jim's Junkies, but here are some photos to remember it by.

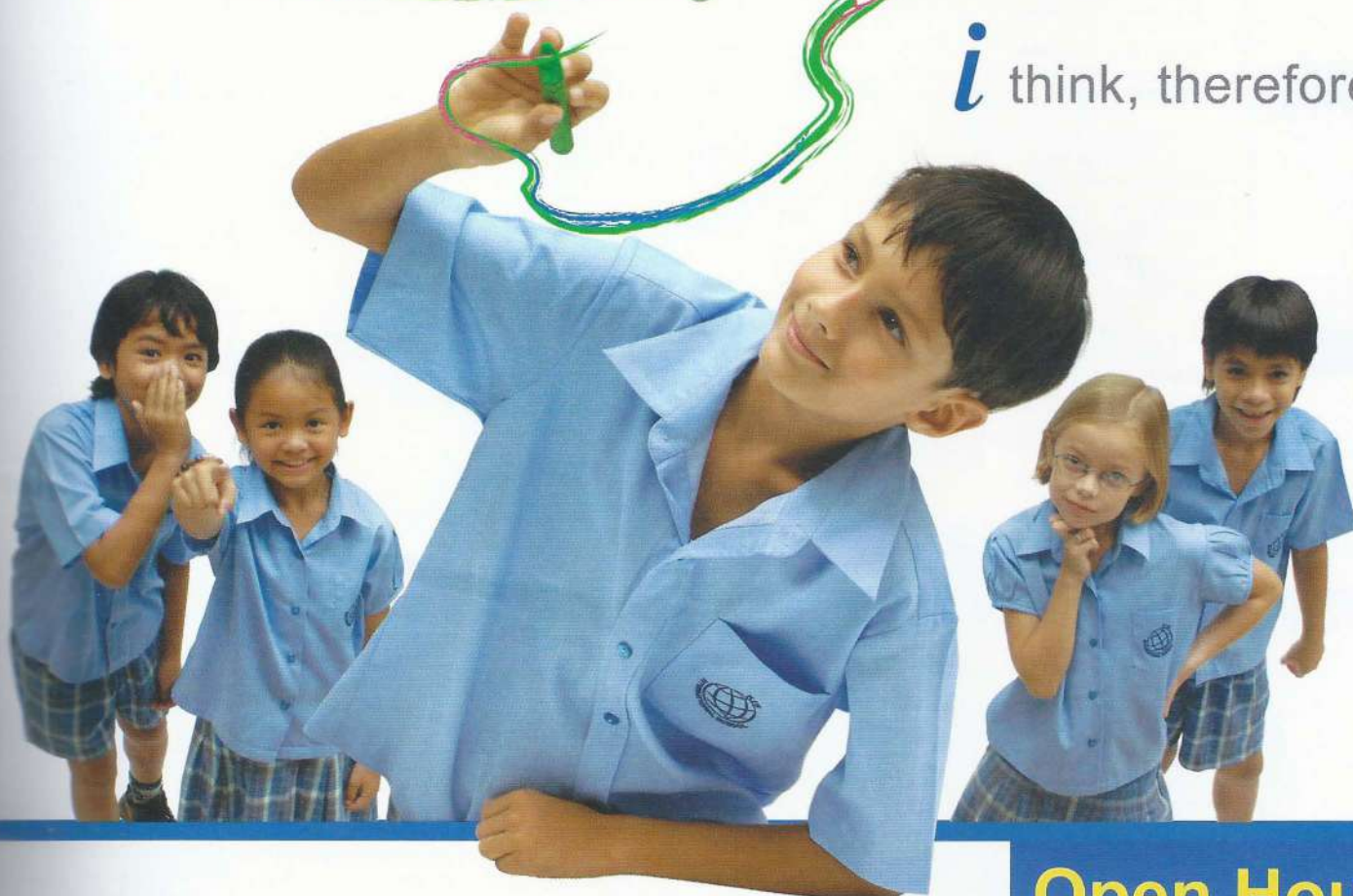


Oh, and the scores:

1. Bangkok Gentlemen Spoofers	133	6. Bookworms	97
2. Shhhhhhhhhhhh	113.5	7. Six No trumps	92
3. Pirates	113	8. Wawa	91
4. Some Other Team	111	9. BGGs	73
5. Southerners	110		



i think, therefore IB



Thinkers, inquirers, communicators, risk takers, knowledgeable, well-balanced, principled, caring, open-minded and reflective... qualities that are encouraged in an International Baccalaureate student... qualities that give your child the foundation to become a successful global citizen and lifelong learner.

KIS offers the International Baccalaureate Primary Years and Middle Years Programs, leading up to the pre-university Diploma Program. By combining IB philosophies with our academically challenging curriculum, the programs promote inquiry through the quest for *knowledge* and *understanding*. Our teachers have the qualifications, experience and passion to ensure the individual needs and learning styles of your child are met and that they are *inspired* to be the best they can be.

The *spirit* of KIS is one of community, caring and warmth. Come and share our love of learning and life that is abundant in all we do.

Open House

Sunday, March 25, 10am
details on www.kis.ac.th

kis

International School
Knowledge Inspiration Spirit



www.kis.ac.th

Tel +66 (0) 2274 3444

BC CALENDAR MARCH – The Month at a Glance

Sunday



Europcar

www.europcar.co.th

4 10:30am-2:15pm
Squash Mix-in

Silom Room
1:00-3:30pm
Children's Activities

Churchill Bar
3:00pm
Bridge Tournament

3:00-6:00pm
Cricket Practice

Back Lawn
3:00-5:00pm
**LITTLE LEAGUE
SOCCER CLASSES**



11 Wordsworth Room
11:00am-12:30pm
**DOCTOR WHO –
2005 SERIES**

Silom Room
1:00-3:30pm
Children's Activities

Monday

**Why settle for the second,
when you already have the BEST!**

Door to door service of vehicle with Chauffeur and Short Term rental.
Long Term rental or full maintenance leasing for company executives
with irresistible rates.

All new fleet of late 2006
Reservation : 02 696 8240
info@europcar.co.th



5 9:00am-12noon
BWG Mahjong

6:00-10:00pm
Tennis Match Play

12 9:00am-12noon
BWG Mahjong

Tuesday

Have you found the FIVE NEMOs
hidden in this issue of Outpost?
Two tickets to 'Nemo On Ice' to be
won! Details page 3.
(Nemo on this page does not count!)

And for the creative, it's the Outpost
EASTER ART COMPETITION. More
great prizes – Details page 3!

6 8:00-11:00am
Tennis Ladies Mix-In

7:00-9:00pm
Football Practice

13 8:00-11:00am
Tennis Ladies Mix-In

9:00-10:30am
Ladies Tennis Clinic

Churchill Bar
8:30pm-late
Spoofing

9:00-10:30am
Ladies Tennis Clinic



Wednesday



7 5:00-6:30pm
Junior Tennis

6:00-10:00pm
Tennis Mix-in

6:00-8:30pm
Cricket Practice

Churchill Bar
7:00 & 8:00pm
**PRESTIGE WINES
ACCUMULATOR**
7:30pm Bottle Draw

14 5:00-6:30pm
Junior Tennis

6:00-10:00pm
Tennis Mix-in

6:00-8:30pm
Cricket Practice

Thursday

1 8:00-11:00am
Tennis Ladies Mix-in

5:15-9:00pm
Squash Mix-in

7:00-9:00pm
Rugby Practice

9:00-11:00pm
Hockey Practice

Churchill Bar
Lunch & Dinner
**ST. DAVID'S DAY
Welsh Food Buffet**
6:00-9:00pm Chess

8 8:00-11:00am
Tennis Ladies Mix-in

5:15-9:00pm
Squash Mix-in

7:00-9:00pm
Rugby Practice

9:00-11:00pm
Hockey Practice

Churchill Bar
6:00-9:00pm Chess

Suriwongse Room
7:00-9:00pm
**DETECTIVE VDO
NIGHT Morse**



15 8:00-11:00am
Tennis Ladies Mix-in

5:15-9:00pm
Squash Mix-in

7:00-9:00pm
Rugby Practice

Friday

2 2:00-5:30pm
Junior Swimming
Classes

5:00-6:30pm
Junior Tennis

6:00-10:00pm
Tennis Mix-in

Silom Sala
7:00-9:00pm **Kid's VDO**

9 2:00-5:30pm
Junior Swimming
Classes

5:00-6:30pm
Junior Tennis

6:00-10:00pm
Tennis Mix-in

Silom Sala
7:00-9:00pm **Kid's VDO**

16 2:00-5:30pm
Junior Swimming
Classes

5:00-6:30pm
Junior Tennis

6:00-10:00pm
Tennis Mix-in

Saturday

3 7:00-9:00am
Adult Tennis Classes

9:00am-1:30pm
Junior Swimming
Classes

9:30am-12noon
Cricket Practice

Wordsworth Lounge
1:00-2:00pm Yoga

10 7:00-9:00am
Adult Tennis Classes

9:00am-2:00pm
Junior Swimming
Classes

9:30am-12noon
Cricket Practice

Wordsworth Lounge
1:00-2:00pm Yoga

17 7:00-9:00am
Adult Tennis Classes

9:00am-2:00pm
Junior Swimming
Classes



Churchill Bar
3:00pm
Bridge Tournament

3:00-6:00pm
Cricket Practice

Back Lawn
3:00-5:00pm
**LITTLE LEAGUE
SOCCER CLASSES**

18 Churchill Bar
From 9:30am
**FORMULA ONE -
LIVE
Australian GP**

Wordsworth Room
noon-2:15pm
**DOCTOR WHO -
2005 SERIES**

Silom Room
1:00-3:30pm
Children's Activities



Churchill Bar
3:00pm
Bridge Tournament

3:00-6:00pm
Cricket Practice

Back Lawn
3:00-5:00pm
**LITTLE LEAGUE
SOCCER CLASSES**



25 Silom Room
1:00-3:30pm
Children's Activities

3:00-6:00pm
Cricket Practice

Back Lawn
3:00-5:00pm
**LITTLE LEAGUE
SOCCER CLASSES**



6:00-10:00pm
Tennis Match Play

19 9:00am-12noon
BWG Mahjong

6:00-10:00pm
Tennis Match Play

Suriwongse Room
7:30pm
BAR QUIZ NIGHT

**CROWN
RELOCATIONS**

26 9:00am-12noon
BWG Mahjong

6:00-10:00pm
Tennis Match Play

7:00-9:00pm
Football Practice

Churchill Bar
8:30pm-late
Spoofing

9:30pm-late
**CRICKET WORLD CUP
STARTS**

20 8:00-11:00am
Tennis Ladies Mix-In

9:00-10:30am
Ladies Tennis Clinic

7:00-9:00pm
Football Practice

Suriwongse Room
7:00pm
**ANNUAL GENERAL
MEETING**

Churchill Bar
9:00pm-late
Spoofing



27 8:00-11:00am
Tennis Ladies Mix-In

9:00-10:30am
Ladies Tennis Clinic

7:00-9:00pm
Football Practice

Churchill Bar
8:30pm-late
Spoofing

Churchill Bar
7:00 & 8:00pm
**PRESTIGE WINES
ACCUMULATOR**
7:30pm Bottle Draw

21 5:00-6:30pm
Junior Tennis

6:00-10:00pm
Tennis Mix-in

6:00-8:30pm
Cricket Practice

Churchill Bar
7:00 & 8:00pm
**PRESTIGE WINES
ACCUMULATOR**
7:30pm Bottle Draw

28 5:00-6:30pm
Junior Tennis

6:00-10:00pm
Tennis Mix-in

6:00-8:30pm
Cricket Practice

Churchill Bar
7:00 & 8:00pm
**PRESTIGE WINES
ACCUMULATOR**
7:30pm Bottle Draw

9:00-11:00pm
Hockey Practice

Churchill Bar
6:00-9:00pm Chess

Suriwongse Room
7:00-10:00pm
**DETECTIVE VDO
NIGHT Frost**



22 8:00-11:00am
Tennis Ladies Mix-in

5:15-9:00pm
Squash Mix-in

7:00-9:00pm
Rugby Practice

9:00-11:00pm
Hockey Practice

Churchill Bar
6:00-9:00pm Chess

29 8:00-11:00am
Tennis Ladies Mix-in

5:15-9:00pm
Squash Mix-in

7:00-9:00pm
Rugby Practice

9:00-11:00pm
Hockey Practice

Churchill Bar
6:00-9:00pm Chess

Churchill Bar
Lunch & Dinner
**ST PATRICK'S DAY
(Minus One) Green
Foods Buffet**

Silom Sala
7:00-9:00pm **Kid's VDO**

23 2:00-5:30pm
Junior Swimming
Classes

5:00-6:30pm
Junior Tennis

6:00-10:00pm
Tennis Mix-in

Silom Sala
7:00-9:00pm **Kid's VDO**

30 2:00-5:30pm
Junior Swimming
Classes

5:00-6:30pm
Junior Tennis

6:00-10:00pm
Tennis Mix-in

Suriwongse Room
6:00-9:00pm
WINE TASTING

Silom Sala
7:00-9:00pm **Kid's VDO**



9:30am-12noon
Cricket Practice

Wordsworth Lounge
1:00-2:00pm Yoga

24 7:00-9:00am
Adult Tennis Classes

9:00am-2:00pm
Junior Swimming
Classes

9:30am-12noon
Cricket Practice

Wordsworth Lounge
1:00-2:00pm Yoga

**DISNEY/PIXAR'S
NEMO ON ICE**
Leave BC 8:30am



31 7:00-9:00am
Adult Tennis Classes

9:00am-2:00pm
Junior Swimming
Classes

9:30am-12noon
Cricket Practice

Wordsworth Lounge
1:00-2:00pm Yoga

**BC TENNIS
CHAMPIONSHIPS
FINALS DAY**



On the menu . . .

Culinary dates to remember . . .



On March 1st we will be celebrating St David's day here at the Club with a Welsh buffet available at both Lunch and Dinner times in the Churchill Bar. The Buffet costs 300 baht per head and includes Roast Leg of Lamb, Lamb Cawl, Chicken Leek & Broccoli Casserole, Leek & Potato soup, Rhubarb Crumble, Welsh cakes and lots more. There is no need to book - simply show up and join in the fun.

And we'll be celebrating St Patrick's Day at the Club, but one day early on the 16th, with our unique 'Green' Buffet . . . yes a Buffet with foods all a shade of green or with links to the Emerald Isle, including Broccoli & Stilton soup, Roast Leg of Lamb, Irish Stew, Bailey's cheesecake and lots more. 'No Fixed Abode' will be on board to entertain us and there'll be a promotion on Guinness, Irish Whiskey and of course the Club's delicious Irish Coffees. The Buffet is available at Lunch and Dinner and costs 300 baht per head.

And now for two delicious examples of Welsh & Irish cuisine . . .



Rib of Black Mountain Beef and Leeks in Parsley Sauce

Servings: 4

Level of difficulty: Easy

Preparation Time: 45 minutes

Cooking Time: 1 hour 30 minutes, depending on weight of beef rib

Ingredients

For the roast

- 1 beef rib
- 2 tbsp vegetable oil
- freshly ground salt and pepper

For the leeks

- 4 leeks, cleaned and diagonally sliced
- 2 tbsp Butter
- 1 tbsp white flour
- 450ml chicken or vegetable stock
- 3 tbsp crème fraîche
- generous handful chopped parsley

Method

1. Preheat the oven to 200C. Grease a roasting tray with oil.

2. Rub the joint with the salt and pepper and cook for 10 minutes per 500g for a medium rare (perfect pink) result. 20 minutes per 500g will cook it all the way through. Leave the joint to rest for 10 minutes before carving.

3. Blanch the leeks in boiling salted water for 3-4 minutes until soft but still retaining a little bite. Drain and set aside.

4. Heat the butter in a saucepan and stir in the flour, stirring constantly as if making roux.

5. Remove the pan from the heat and whisk in the stock, a little at a time, until fully incorporated.

6. Return the sauce to the heat and continue to cook for 5-10 minutes, until thickened.

7. Stir in the crème fraîche and parsley. Season to taste and stir in the leeks.

8. Carve the beef into slices and serve with the leek sauce.

Cocktail of the Month - March

Casablanca

1 oz	Bacardi light rum
3 oz	Pineapple juice
1 oz	Coconut milk
1/2 oz	Grenadine syrup

Shake all ingredients. Pour into a fancy glass
Garnish with a slice of pineapple



Braised Lamb Shanks with Champ

Servings: 4
Level of difficulty:
Intermediate
Preparation Time: 25
minutes
Cooking Time: 2 hours
30 minutes

Ingredients

- 2 tbsp plain flour
- 4 lamb shanks, 8-10cm long
- 2-3 tbsp Olive oil
- 4 Onions, sliced
- 6-7 garlic cloves, crushed
- 2-3 rosemary and thyme sprigs, finely chopped
- 300ml dry white wine
- 150ml Balsamic Vinegar
- 2 strips lemon rind, (optional)
- salt and fresh ground black pepper

For the champ:

- 1kg floury potatoes, such as King Edwards or Maris Piper
- 300ml creamy milk
- 50-85g Butter
- 6 Spring onions, finely chopped
- salt and fresh ground black pepper

Method

1. Preheat the oven to 150C/gas 2.
2. Combine the flour with salt and freshly ground black pepper. Spread on a plate. Turn the shanks in the seasoned flour, shaking off any excess.
3. Heat the oil in a flameproof casserole over medium heat. When hot, add the lamb shanks and fry until browned all over. Remove with tongs or a perforated spoon and set aside.
4. Lower the heat slightly, then add the onions, garlic and herbs to the casserole. Gently fry until golden and softened. Raise the heat and add the wine and vinegar. Bubble furiously for 2-3 minutes until reduced.
5. Return the shanks to the casserole. If you like a lemony flavour, add a couple of strips of lemon rind. Cover tightly with greaseproof paper and a lid. Place in the oven and cook for 2 hours or more, until the meat is falling off the bone. Turn the shanks from time to time, and add more wine if the liquid is evaporating.
6. Half an hour before you want to eat, start cooking the champ. Put the potatoes in a large pan of salted water. Bring to the boil then simmer for 15-20 minutes until tender. Drain in a colander and return to the pan. Cover and let them sit for a few minutes.
7. Put the milk and 50g of the butter in a small saucepan. Bring to the boil, then add the spring onions. Turn off the heat and leave to infuse.
8. Mash the potatoes, then beat in the infused milk until smooth. Season to taste and transfer to a warmed serving bowl. Make a well in the centre and add the remaining lump of butter to melt into the champ if you like. Serve with the lamb shanks.



Phad Thai

Serves 4

Ingredients:

- 8 oz (250 g) rice noodles (*Kwuay Teow Sen Chan*)
- 1/4 cup dried shrimp/prawns
- 1 whole egg
- 1/4 cup 1-in (2.5-cm) lengths chopped chives
- 1 cup bean sprouts
- 1/2 cup fried tofu
- 2 tablespoons dried unsalted turnip, cut into small pieces

Sauce:

- 3 tablespoons oil
- 5 garlic cloves (*kratiem*), minced
- 2 shallots
- 1/4 cup (2 fl oz/60 ml) fish sauce (*nam pla*)
- 1/4 cup (2 oz/60 g) Palm sugar
- 2 tablespoons tamarind juice (*ma-kaam piag*)
- 1 tablespoon tomato ketchup

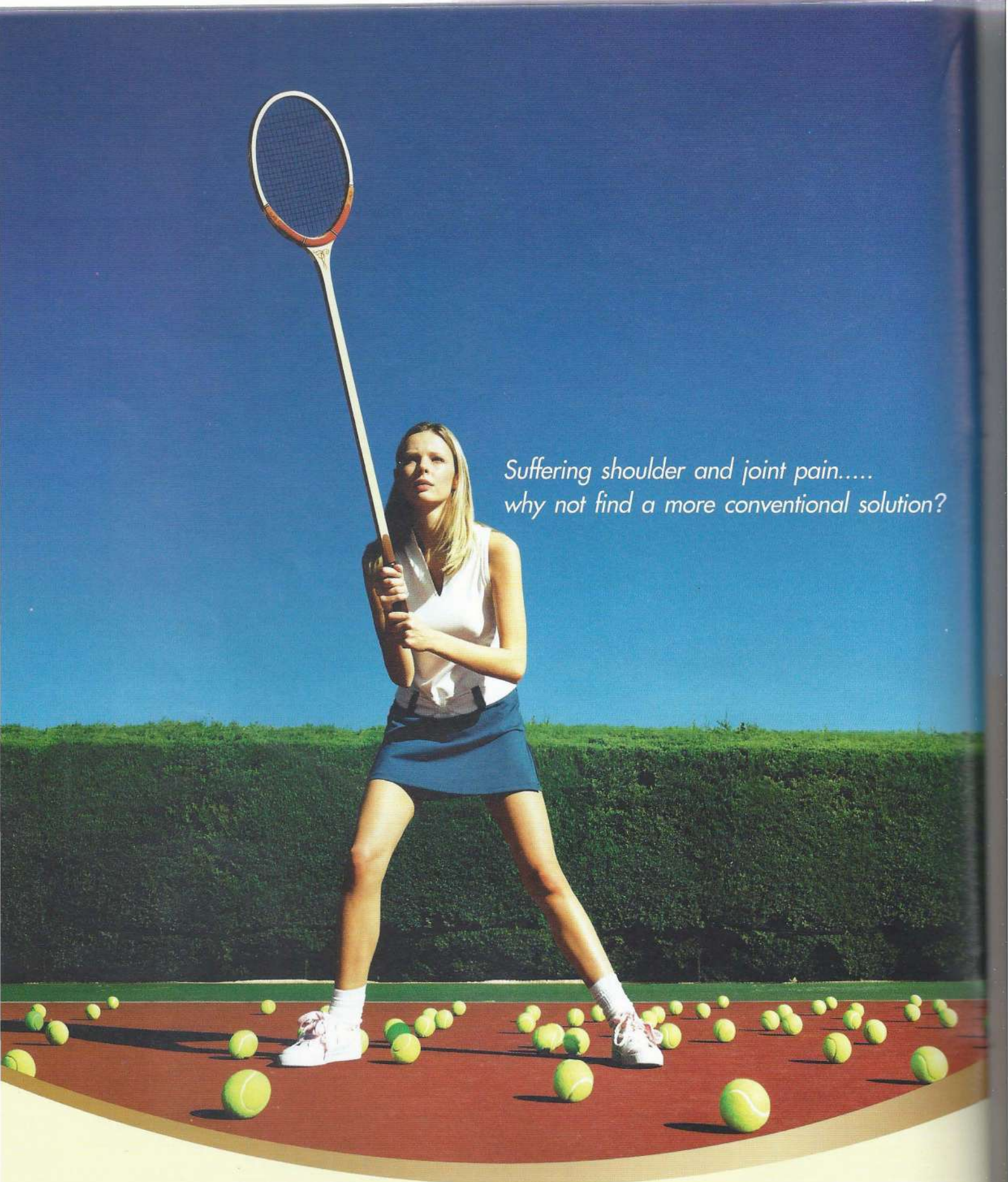
Garnish:

- 1/2 cup bean sprouts
- 1/2 cup chopped chives
- 1/4 small banana blossom, cut into strips (optional)
- 1/2 lime, cut into wedges
- 1/4 cup (2 oz/60 g) ground roasted peanuts

Method:

1. Soak the rice noodles in cold water about 5-10 minutes or until soft. Drain, and set aside.
2. Heat a large skillet until hot, then add the oil, garlic, shallots. Stir-fry until garlic and shallots golden brown. Add fish sauce, palm sugar tamarind juice and tomato ketchup. Stir-fry the mixture until thoroughly combined.
3. Add the noodles and stir-fry until translucent. It may be necessary to reduce the heat if the mixture is cooking too quickly and the noodles stick.
4. Turn the heat to high add the egg, stir in the tofu and turnip, bean sprouts and chives and cook until the egg sets, stirring gently. Thoroughly combine the mixture, and continue cooking over medium-high heat for about 2 minutes until most of the liquid is reduced.
5. Mix in the chives, peanuts and bean sprouts. Place on a serving dish, arrange the bean sprouts, chives, banana blossom and lime attractively and serve.





*Suffering shoulder and joint pain.....
why not find a more conventional solution?*

Come to see the BNH Shoulder and Joint specialists
to find out which treatment can work for you.
BNH Shoulder and Joint Centre



DEVELOPMENT CORNER

PHASE 1 - NEARS COMPLETION

By the time you read this you should all have had a chance to enjoy the 'New' Churchill Bar, experience the new Lobby and use the new Membership Services. We hope you are enjoying these new facilities. Work has started on converting the 'Old' Churchill Bar and computer renderings of this new outlet can be seen in Membership Services. As you can see we are aiming to develop a stylish, contemporary outlet that can service all members at different times. Completion of Phase 1 is on schedule for the 31st March 2007.

PHASE 2 - OPTIONS

With the completion of Phase 1, we can now concentrate on Phase 2, the Poolside. Unlike Phase 1, which was essentially a refit of existing rooms, Phase 2 will be a complete 'Knock-down & Rebuild' of the existing poolside building and incorporation of new buildings with the existing two Salas. We also need to seriously look at replacing the Swimming Pool that is now in its fifth decade of service.

Members have suggested many facilities that they would like to have at poolside, ranging from a spa to a family dining room, an elevated sports hall to on-site badminton courts. All of these ideas will be looked into and costed to enable us to put to members a variety of options, including what can be

delivered for each level of financial commitment and what we can afford.

PHASE 2 - FINANCING

With this in mind, we are in the process of testing the funding options available to us, which will then clearly define the scope of Phase 2. We are looking at a wide variety of options from member's long-term debentures to Corporate Sponsorship or even Corporate Membership. Obviously the more money we can secure without putting the Club into debt, the more extensive Phase 2 can be.

PHASE 2 - THE NEXT STAGES

Phase 2 is much more substantial than Phase 1 both in terms of the actual physical development and the management of the associated downtime of any facilities. As such we have asked several members from the construction industry to act as advisors and are actively seeking alternative options for members as the project progresses. The first draft of the project timeline will be posted on the notice board in the near future. This will include another development presentation to the Membership in April/May 2007.

If funding can be secured early enough, it would be hoped to call an EGM to approve Phase 2 by August 2007.



Caption competition. What has Jack just said to Angela?



A Tale of Two Bars

The Closing: Over 80 members attended the closing party on Saturday February 17th to say good bye to the Churchill Bar in its present location. There was free drinks for two hours, Paddy Dickson entertained on the piano and, with the excellent gourmet canapé buffet, the Churchill Bar closed in style. Marker pens were provided and members were invited to leave their mark on the walls . . .

The Opening: On the following Tuesday, February 19th, over 180 members came along to the official opening of the new Churchill Bar by HE David Fall, The British Ambassador. The photos tell the story . . .



32 minutes before opening time



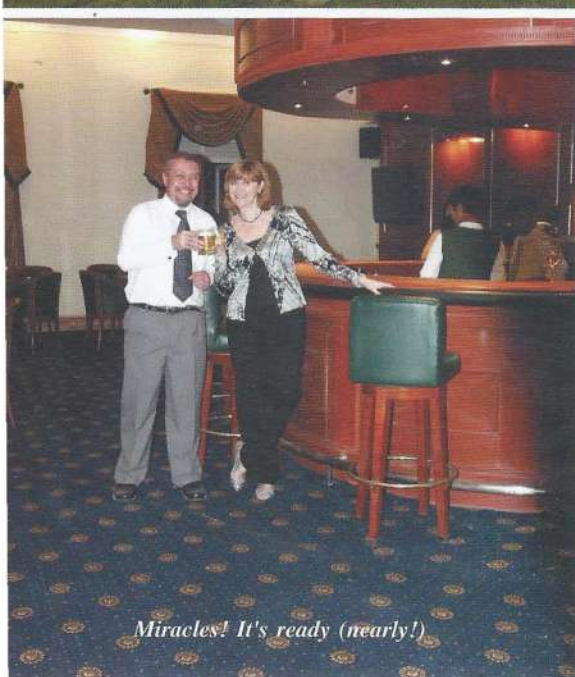
The Ambassador didn't mind waiting . . .



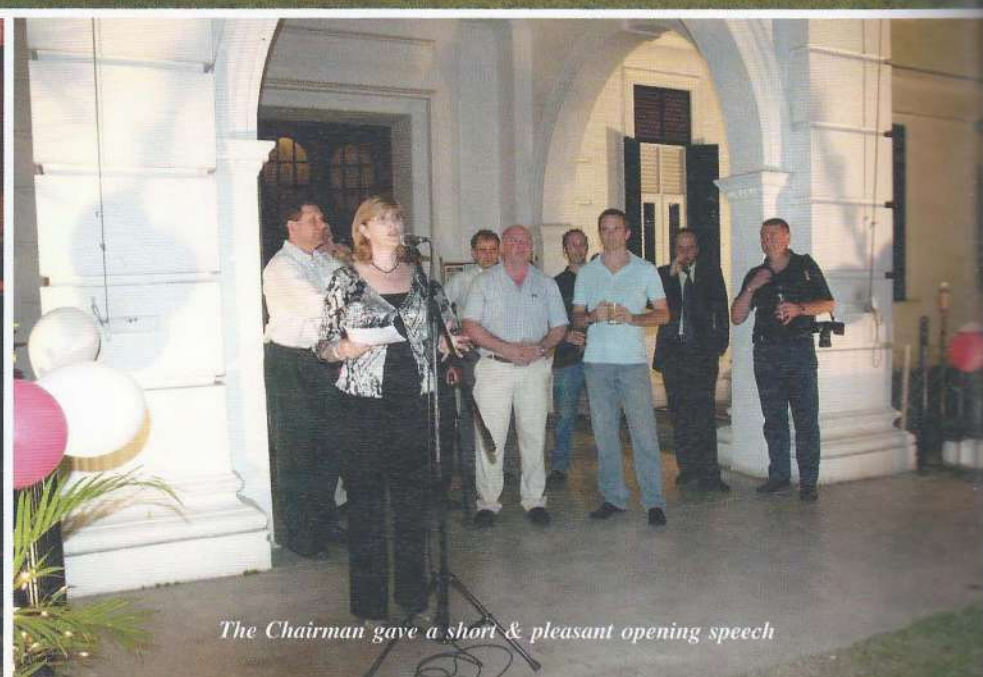
Mmmmm . . . and the creamed spinach vol-au-vents were good too



The pavilion, with open bar and really tasty canapes



Miracles! It's ready (nearly!)



The Chairman gave a short & pleasant opening speech



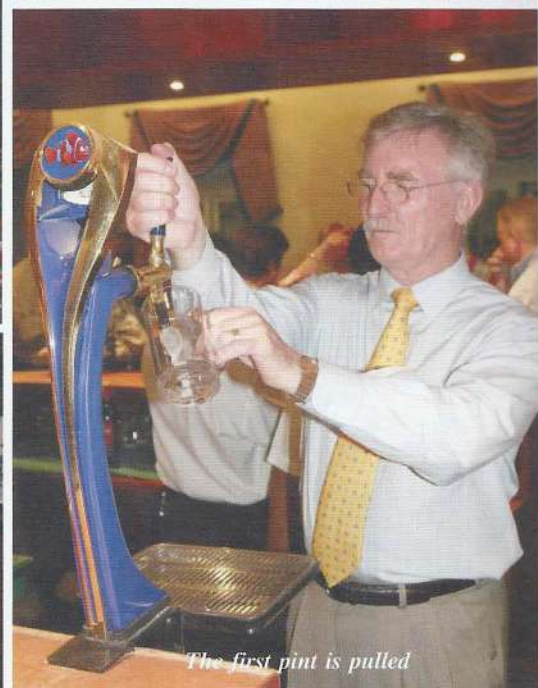
The Ambassador gave another short & pleasant opening speech with a very funny Churchill anecdote



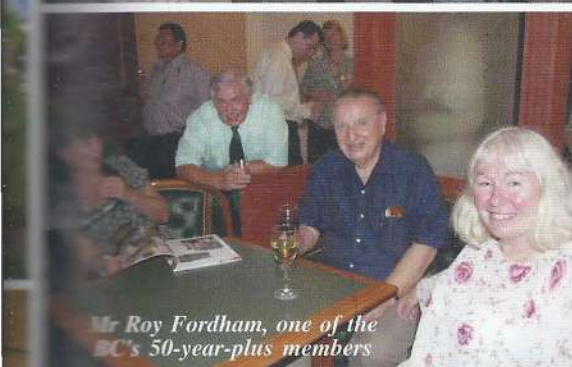
The MOMENT arrives



Full house



The first pint is pulled



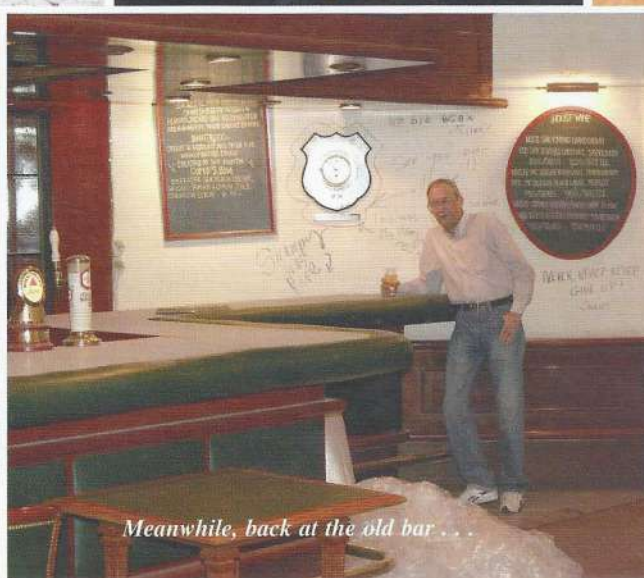
Mr Roy Fordham, one of the BC's 50-year-plus members



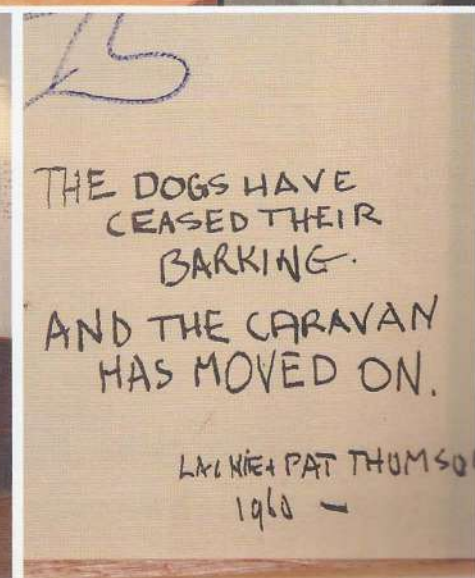
In goes the piano



Just like old times



Meanwhile, back at the old bar ...



The Annual Staff Party





The Club's Annual Staff Party took place this year on Monday 15th January and we headed off for the normally quiet resort of Hua Hin - if only they knew what would hit them!!

We were due to leave at 5am but after a few late arrivals and buying last minute supplies we actually left around 6.45am !!

There were two coaches: one with no Karaoke and ac and limited supplies of alcohol - the Sensible Bus!! - which was relatively empty; and then there was the Disco / Karaoke and Bongo Bus with lots of alcohol, which was PACKED !!! The Party began.

First stop apart from mandatory toilet breaks was Mrigadayavan Palace in Cha Am built by King Vajiravudh (Rama VI) in 1924 for his Chief Aide-de-camp (and also his wife).

After an hour it was all aboard and straight to Hua Hin for a few hours on the beach and a delicious seafood lunch with a few more beers thrown in.

After lunch the party really began in earnest and a certain Western farang on the beach (might have been German!) really appreciated our mobile disco, drums and karaoke that complemented the peacefulness on the beach - indeed the look on some tourist faces, as they spied our eskies of beer and the 76 Thais with two sober Westerners taking over the beach, was a sight to be seen.

Games includes football , tug-of-war, basketball and

a curious game of doughnut eating from paper plates placed on the sand (!!) and quite tasty they were too.

It was rather nice to see the few tourists we had not frightened away helping out with the third, fourth and fifth attempts at some kind of tug-of-war.

All too soon it was time to leave the beach, freshen up and hit the next spot.

We found an Issan "Country Pub" along the lines of a Tawandaeng that opened early just for us. The Name was LOOK Nam and it was the highlight of the day for some of our younger staff.

Here the staff really let their hair down and joined in with the band. Before very long the whole dance floor was full - a few staff even joined the band on stage. In fact the dance floor got so full that one of our staff had to dance on the tables (!!) and a very good dancer she was too.

After making a favourable impression on the pub it was, all too soon, time to board the buses back to Bangkok. The staff were still full of life and the Bongo drums and karaoke kept playing all the way back home - and it was a long trip, due mainly to the large number of relief pitstops. . .

And of course, the next day the Club opened as normal and there was not a sore head in sight . . .

Isn't that amazing?

Little League Soccer Carnival

On Sunday, 10th February, 20 children and their parents attended our Little League Soccer Carnival held on the back lawn of the Club. There was no charge for the event - it was a chance for the children to learn new soccer skills and have fun with Darren and Matt who are the Little League coaches.



The kids also had fun with the many organized games and received free little league shirts which had been signed by Steve McMahon (Liverpool FC and England international player) and Paul Masefield. After the Carnival all the kids and parents tucked into a free luncheon.

The Little league proper starts at the Club on March 4th.

Dates: 4, 11, 18, 25 March, 1, 8, 15, 22, 29 April, 6, 13, 20, May

Times: Sunday 4-6 years - 3-4pm
7-10 years - 4-5pm

Cost: 250 baht per session .
(all pupils will also receive a soccer shirt)

For further information please contact Amnaj or Rit in the Fitness Centre.





Regular Sports, Games & Activities

Aerobics

Monday 10:30-11:30
Wednesday 10:30-11:30

Aqua Aerobics

Tuesday 10:30-11:30
Thursday 10:30-11:30

Chess

Thursday 6:00-9:00pm - Churchill Bar

Cricket

Wednesday 6:00-8:30pm Practice - Back lawn

Football

Tuesday 7:00-9:00pm Practice on the Tennis Court

Hockey

Thursday 9:00-11:00pm Practice on the Tennis Court

Rugby

Thursday 7:00-9:00pm Practice on the Tennis court

Spoofing

Tuesday 8:30pm until late - Churchill Bar

Squash

Thursday 5.15-9.00pm Mix-in
And 1st Sunday of every month 10:30am-2:15pm

Swimming

Friday 2:00-5:30pm junior classes
Saturday 9:00am-2:00pm junior classes

Tennis

Match Play
Monday 6:00-10:00pm
Mix-in All Standards
Wednesday 6:00-10:00pm
Friday 6:00-10:00pm
Sunday 4:00-6:00pm
Ladies Mix-in
Tuesday 8:00-11:00am
Thursday 8:00-11:00am

Tennis Coaching

With Nelson Thein . . .
Friday 4:00-6:30pm: Junior tennis
Saturday 7:00-9:00am: Adult tennis

Yoga

Saturday 1:00-2:00pm in Wordsworth Room

Sports/Activities Price List

Aerobics

Aqua Aerobics

Cricket

Massage

Squash

Squash courts

Swimming

Tennis

Adult Tennis

Junior Tennis

Tennis courts

Tennis knockers

Yoga

Bt 4,000 for 10 sessions; drop-in Bt 500 per session
Bt 4,000 for 10 sessions; drop-in Bt 500 per session
Use of cricket nets - Bt 300 day/Bt 600 evening if lights needed
Thai massage/foot massage - Bt 250 per hourly session
Private coaching with David Lines - Bt 700 for 1 hour; group session
Bt 1200 per 45 min
Bt 50 per 45 min
Classes with Bangkok Dolphins - Bt 3,500 for 10 lessons of 30 min
Private coaching with Nelson Thein - Bt 800/hour
Private coaching with Khun Jang - Bt 550/hour
Bt 3,500 for 10 lessons (Saturday morning - beginner to advanced)
Bt 3,000 for 10 lessons (Friday)
Bt 30 per hour am/Bt 90 per hour pm
Hourly knocking sessions with - Khun Kaew (Bt 500), Khun Tom (Bt 400),
Khun Phon (Bt 300), Khun Champ (Bt 250)
Bt 1,000/month; Bt 300 per lesson

PLEASE NOTE: For all sports and activities, members are requested to please BOOK IN ADVANCE. Just 'showing up' may result in disappointment . . .

All sporting activities can be booked through the Fitness Centre. For Churchill Bar games - just show up!



ICC Cricket World Cup
WEST INDIES 2007

THE CRICKET WORLD CUP ... HOWZAT!

Sadly for those of us in Thailand, the Cricket World Cup is a late evening viewing, as all matches will start in the West Indies at 9.30am, being 14.30 GMT and thus 9.30pm here ... however, all matches will be shown **LIVE** in The Churchill Bar until the last member leaves!

The four Groups for the first session of matches (from 13th to 25th March) are:

Group A	Group B	Group C	Group D
AUSTRALIA	Sri Lanka	NEW ZEALAND	Pakistan
South Africa	India	ENGLAND	West Indies
SCOTLAND	Bangladesh	Kenya	Zimbabwe
The Netherlands	Bermuda	CANADA	Ireland

Our March schedule, subject to final TV confirmation:

13 th	West Indies vs Pakistan	
14 th	AUSTRALIA v. SCOTLAND	Kenya v. CANADA
15 th	Sri Lanka v. Bermuda	Zimbabwe v. Ireland
16 th	South Africa v. The Netherlands	ENGLAND v. NEW ZEALAND
17 th	India v. Bangladesh	Pakistan v. Ireland
18 th	AUSTRALIA v. The Netherlands	ENGLAND v. CANADA
19 th	India v. Bermuda	West Indies v. Zimbabwe
20 th	South Africa v. SCOTLAND	NEW ZEALAND v. Kenya
21 st	Sri Lanka v. Bangladesh	Zimbabwe v. Pakistan
22 nd	SCOTLAND v. The Netherlands	NEW ZEALAND v. CANADA
23 rd	India v. Sri Lanka	West Indies v. Ireland
24 th	AUSTRALIA v. South Africa	ENGLAND v. Kenya
25 th	Bermuda v. Bangladesh	

After these qualifiers, the SUPER 8 series starts almost immediately:

27 th	Runner-Up Group D	v.	Winner Group A
28 th	Runner-Up Group A	v.	Winner Group B
29 th	Runner-Up Group D	v.	Winner Group C
30 th	Winner Group D	v.	Runner-Up Group C
31 st	Winner Group A	v.	Runner-Up Group B

SUDOKU PUZZLE

Each Sudoku has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

Our second Sudoku puzzle is rated 'difficult' and so may be a little easier than the first - but don't get overconfident ...

Solution times:

< 20 mins: Sudoku freaks, geniuses and skilful but modest BC members.

20-40 minutes: well done!

40-60 minutes: keep practising ...

60+minutes (or give up): come and join Billy & the Sudoku no-hopers for a beer!

Good Luck! The first correct entry to reach Barry or Khun Ben wins a bottle of house wine.

February's Sudoku winner was Ken Wilson, who did it in less than 30 minutes (according to his wife). Congratulations Ken!

RESULT OF EXTRAORDINARY GENERAL MEETING

Held on 31 January 2007

On 1st January 2007 an EGM call was received under Rule 25 from 11 Ordinary members of the Club:

THE EGM MOTION

"No development works are to be commenced on site until a proper, transparent and competitive tender has been carried out to engage a contractor."

THE EGM VOTES

The motion was lost by 175 votes to 45, comprising:

- > 21 of those present voted in favour, 48 were against and 10 members abstained.
- > The Discretionary Proxies were 1 in favour, and 4 against.
- > The Directed Proxies were 23 in favour and 123 against, with two disallowed for non-payment of accounts. 15 were received after the deadline.

The meeting was duly called on 31st January 2007 and notice sent to all Ordinary and Country members.

At the start of the meeting (at 7.20pm) 79 club members were in attendance and the meeting was concluded after a number of speeches and debate at 8.30pm. The motion was defeated (for full voting results see box).

After the meeting, most members adjourned to The Churchill Bar for the Midweek Carvery and a few beers.

Paul Cheesman

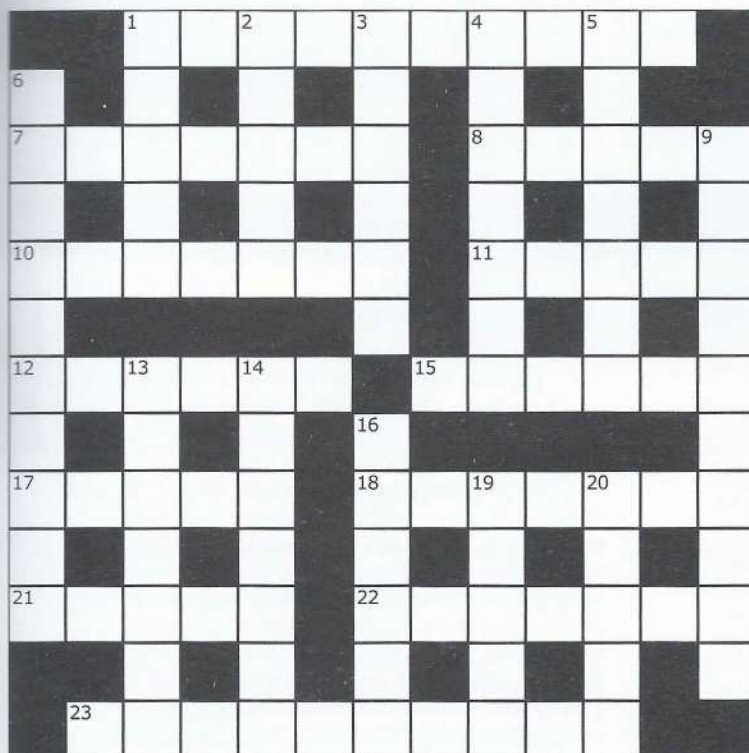
Honorary Secretary

BCB General Committee 2006/07

			5		9			
				2				
9	5	7	1		6	4	2	8
2		9		6		5		1
	6	5				2	8	
7		1		5		3		9
6	7	2	3		4	8	9	5
				7				
			2		8			

Crossword Competition

CROSSWORD PUZZLE



February Solution

Across: 1 Service, 4 Claps, 7 Beehive, 8 Avoid, 10 Sing, 11 Dream, 13 Asia, 14 Rye, 15 Oven, 16 Grill, 17 Bill, 20 Fling, 21 Bravado, 22 Manse, 23 Nemesis.

Down: 1 Sobs, 2 Reel, 3 Coventry, 5 Liverpool, 6 Privateer, 9 Australia, 10 Starlings, 12 Pedigree, 18 Bass, 19 Tots.

Clues

Across

- 1 He has lots to sell.
- 7 He'd Aunt confused . . . beset by a 16 Down.
- 8 Mend a mess . . . to recompense.
- 10 A little something stashed aside. (4,3)
- 11 Beats about . . . helps the criminal.
- 12 Formerly cheeky? No . . . an ace!
- 15 Military show – pricking your skin.
- 17 A side can make mental images.
- 18 Delays and gets undressed! (4,3)
- 21 Popular name for an African beast.
- 22 More prepared for action.
- 23 Secret arts redrawn for American public transport. (6,4)

Down

- 1 Somehow a stub borders upon.
- 2 Dishy young lass in USA!
- 3 No 1 Dig-plant used for dyeing.
- 4 Falls in North America.
- 5 Global high spot.
- 6 In confusion cleaner hid ornamental light.
- 9 Music player . . . Honour . . . Stronghold . . . together make for unease.
- 13 Foretell the future.
- 14 Put things back.
- 16 Trip is for a ghostly presence!
- 19 Ornamental topper.
- 20 Leaves out.



Be the first person to submit the correct entry for this month's puzzle to Barry or Khun Ben and receive a bottle of wine.

The winner of the February crossword was Mr Stephen Eaton (pictured) who nipped in with his correct entry just ahead of John Sands. If this keeps up, next month's crossword could be VERY close indeed!

Quote of the month:

“When you first start trying to be a pro . . . it is the “Win to Eat” approach you should take. The “Eat to Win” comes later, if you actually make it.”

By Enrique

Fun and Games

Our match against the POT was cancelled just 24 hours before the event was due to start at the BC (some say they were afraid of losing, ha!) but our thanks must go to captain Marc for throwing together a fabulous, last-minute inter-club extravaganza (see photos) that drew some 22 enthusiastic tennis section members of all levels!! Welcome back Bernard, who was participating in a Club event for the first time since being sidelined by tennis elbow for more than a year.

The two players sharing one racquet event – new to most of us – was won by Marcel and Andrew who edged Mireille and Mineko. Fast learners they were! We'll all do better next time now that we've figured out that the key to winning is simply hitting slow, high balls so that each player has enough time to hand the racquet to his/her partner.

In the double handicap event, Zandra and Mireille outplayed Marilyn and Anais, the talented and ever-improving youngster from whom us 'ole timers' could learn a thing or two about consistency and footwork . . . And with a 30-0 handicap, they also downed the hard-hitting pair, Bruce and Steve . . . Marilyn and Anais chalked up two solid wins, one over papa Marc teamed with Christine, and the other, against mama Na who partnered with Mike – the latter pair probably a tad worn out after battling for 90 minutes before clinching their marathon set against Kanachalee and Natacha, 13-11.

We also had the rare opportunity to measure the speed of our serves. Each player had three chances to get a first serve in the box and Marc's tennis gun did the rest. Here are the results! Kudos to Natacha, the fastest gun among the ladies with a blistering first serve clocked at 133 km/h and to Steve Coward, the fastest among the men with a serve at 149 km/h.

Speed serving test Results	km/h
Annie Wong	71
Zandra	94
Anais	96
Kanchalee	79
Rudee	116
Marilyn	97
Natacha	133
Mireille	120
Mineko	65
Steve Coward	149
Bruce	123
Bernard	107
Mike	90
Pairoj	126
Andrew	123
James	134
Richard	82
Marc	142

Tennis Nutrition

Note: these tips are for high-level competition so adjustment to “real life” should be made in our case. Hopefully, you will get the point (and win points too) by reading this interesting article found (and slightly edited by us) on the USTA Website.

Tips for the Nutrition Advantage

By PAGE LOVE, M.S., R.D., L.D.
(Sports nutritionist, Nutrifit and Nutrisport Consulting and USTA Sport Science Committee (Atlanta, GA.))

Tennis has evolved into a “power sport.” Players need to sustain the quick anaerobic movements required by the sport for matches that can last several hours. The competitive tennis season is also held during the warmer months where a high heat index and hot court surfaces are common environments. *These conditions make tennis players targets for dehydration and heat illness.* The tennis training diet should be focused on high-energy foods and adequate hydration, timed appropriately before and after multiple competitions. The following guidelines help develop successful nutrition and hydration practices for players.

Pre-Match Eating and Hydration Guidelines

Tennis players need to pay special attention to their pre-match meals and beverage choices, as these foods and fluids may need to last for hours during tournament and multiple match play.

Players must learn to select pre-match meals and snacks that are:

- ☆ Familiar to them and known to settle hunger
- ☆ High in carbohydrate to supply energy for muscle reserves, moderate in protein and low in fat
- ☆ Quickly digested (not too high in fibre or fat)

Examples of pre-match meals and snacks rich in carbohydrates are **pasta, bread, fresh fruit, granola bars, energy bars and sports drinks.**

Meal Guidelines

LUNCH (3-4 hours prior to competition)

- Turkey or grilled chicken sandwich with mustard
- Saltine crackers
- Apple
- 1 cup skim milk
- 8 oz (240ml) serving of Gatorade

PRE-GAME SNACK (1-2 hours prior to competition)

- Fruit yogurt or banana



- 1 cup of water
- 1 Gatorade energy bar
- 20 oz (600ml) Gatorade thirst quencher

Hydration tips before players hit the court:

- ❖ Limit/avoid caffeinated beverages (iced teas, coffee, colas) especially right before and after match play. These may cause additional fluid loss as urine.
- ❖ The night before, fill and chill squeeze bottles or sports jugs and bring to each practice or match. Each player should have a minimum of 2 litres available courtside.
- ❖ Consume enough fluids throughout the day so urine is a light or pale yellow colour before starting a match.
- ❖ Drink 17 to 20 oz (500-600ml) of fluid within 2 hours pre-match.

Fluid Needs During Play

Thirst is not a good indicator of hydration level. Adequate fluid consumption is a player's best bet for beating dehydration and heat illness. To keep tennis players performing at their best, encourage fluid consumption every 15 minutes and especially at changeovers. Players should consume 5-10 oz. (150-300ml) of fluid (sports drinks containing 14g/8oz carbohydrate and electrolytes are ideal) every 15-20 minutes for optimal hydration and performance.

Favour sports drinks to enhance rehydration. Sports drinks contain carbohydrate and electrolytes, like sodium. Consuming carbohydrate during play has been shown to help players maintain more power and accuracy with serving and ground strokes in long-match play. Gatorade contains 14 g carbohydrate per 8 oz, which is quickly absorbed and used by working muscles. Sodium replacement is also important since a significant amount of sodium can be lost through sweat during long tennis matches.

Post-Match Nutrition

Players should eat foods and drink fluids that replenish muscle energy stores and electrolytes lost in competition. Here are some "must follow" rules for healthy,

competitive play and quick recovery from exertion in the heat.

- ❖ Eat carbohydrates as soon as possible, preferably within 30 minutes of a match. Begin by drinking a sports drink as you walk off the court.
- ❖ Replace 150 percent of body fluids lost or at least 20 oz per pound of weight loss within 2 hours of a match.
- ❖ Eat a high-carbohydrate meal that also contains a lean protein source within 2 hours after play to maximize muscle glycogen recovery (rebuild energy stores) and to support protein synthesis in muscle.
- ❖ During tournament play, be sure to include carbohydrates, protein, fluid and sodium in the evening meal to quicken recovery from play. Consider lightly salting foods and consuming foods and beverages that are natural sodium sources.

Example of Post Match meal -

- 2-3 cups of pasta with marinara sauce (light in meat and fat content)
- 2-3 slices of garlic bread (light on margarine)
- Salad with vinaigrette or low fat dressing
- 2-3 cups of Gatorade or low fat milk or energy drink

OR

- 2-3 cups of Chinese-steamed rice with vegetables and chicken stir-fry
- 2-3 cups of Gatorade or low fat milk or energy drink

Avoid high-protein and high-fat foods as these will contribute to dehydration.

As tennis players play under intense heat and prolonged match situations, it is important to keep them well conditioned, fed and hydrated. When these guidelines are followed, players will serve up a powerful match to any opponent.



BC Annual Tennis Championships 2007

Participation in this year's Championships is close to a record high with over 120 Tennis Section members placing a total of over 260 individual event entries.

At 57, the men's singles entries

TENNIS

were just short of the 64 required for a full draw, which was last achieved in the record year of 2003.

Obviously with this year's very large draw it is essential for all players to cooperate by completing their matches within the time frame. We are therefore happy to report that to date with the exception of a few 'stickers' good progress is being made, particularly by the ladies.

Furthermore as it is our aim to assist players in every way possible to complete all their matches, we are putting back the Finals Day date from Saturday 24th March to Saturday 31st March.

Kindly make a note of the new date in your diaries to ensure that you do not miss out on what promises to be one of the best finals days on record, with many fine players in very close competition for the top spots.

Bruce G.



Tip of the Month:

Repetition and trust are the main elements of a good tennis stroke ... hitting without purpose on the tennis court does no good for your game; **you should always aim at a target, move your feet, and get positioned correctly, even when you are warming up.** If you feel you have a shot that is a weakness, do not treat it as such during practice, but practice... and most of all **enjoy** what you do!

FOOD
by PHONE

Great food
Delivered

Food by Phone offers over **3,000**
different dishes from over **55**
of Bangkok's finest restaurants
delivered to your door **Promptly**

02-6634663
www.foodbyphonebkk.com



Parand

Nemo's
Australian Style Sea Food



Himali
Chia Chia

Dulio's



Les
Nymphéas
French Restaurant



Jasmine Chinese
Restaurant

Papa
Alfredo's



MOROCCO PLACE
LIBANESSE RESTAURANT

Food
STOP



TSUBAKIYA
つばきや



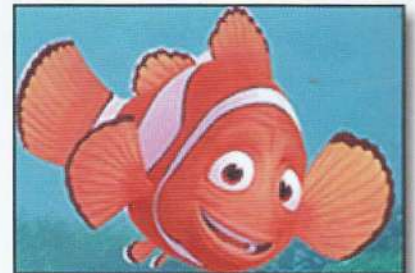
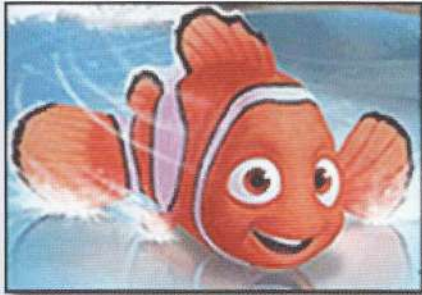
GREAT
AMERICAN
RIB
COMPANY

chesa
Swiss Cuisine





THE BRITISH CLUB
BANGKOK



Disney On Ice presents
Disney/Pixar's

Finding Nemo

Saturday March 24

*The adventure returns!
to Impact Arena*

Leave BC at 8.30 a.m.

Show at 10.30 a.m.

Tickets@ B. 1,550/person

Please sign up at Reception

Limited tickets

Orin has been away a lot this month meditating on retreats up country, so I am on my own for the moment. We will certainly miss Orin's very individual and amusing write-ups and hope she can be persuaded to resume them when she is back playing golf.

Seara Matchplay Finals



Well done Joom - next year George!

The battle of the giants commenced at Bang Pakong with the rest of the field playing doubles matchplay on a blind draw. George and Joom battled for the Cup and Pat and Peter Gale were in competition for the Plate. The course was pretty full and the going slow - there are still a lot of tour groups out there - but the contenders finished with very close results. Joom pipped George at the last hole after a fantastically close and exciting game; yes, golf is a very exciting game! Peter and Pat tied after Peter made a comeback from being three holes down. It is never over, til it's over, or until the fat lady sings and I was too busy playing my own game to do that. We wait to hear the result of the replay for the Plate.

The rest of the field thoroughly enjoyed our 'no pressure' game with a prize for the team who won by most holes, which went to Gordon and Tom. Karen and I were well up on the game against Barry and Frank, but I lost it a bit thanks to the guys who made me laugh too much to putt! Sorry Karen. Technicals: Peter Skinner, Peter Gale, Roy and Tom took the near pins; Yurachatr and Pat - ladies and mens long drives and it was too dark on the last hole for a long putt award - told you it was a slow game!

January Medal

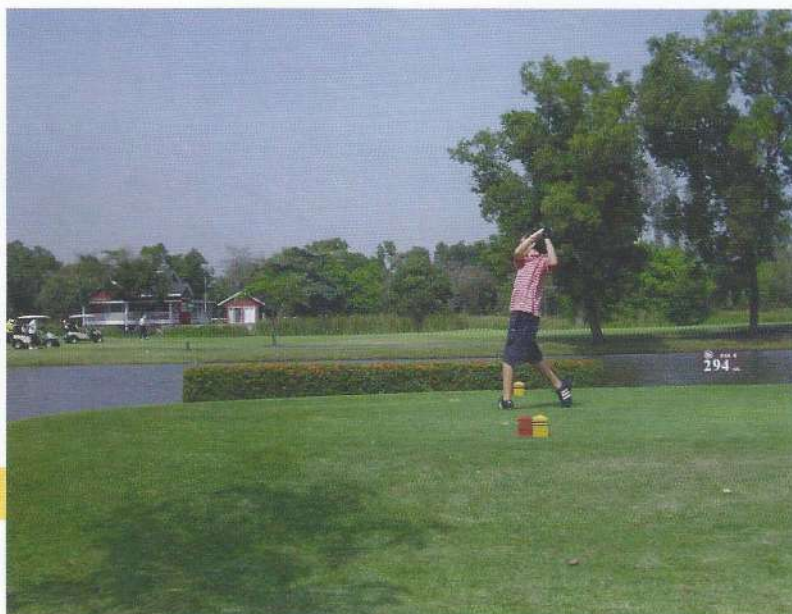
As usual we had a very good turnout for this popular monthly



David wins A, Brian takes B

event and we got off early. We welcomed new member Adam Brown; the latest member of this talented golfing family to join the B.C. Golf Section. Adam will put in three cards to get his handicap and it won't take long for this to be a very low handicap indeed. Henry is playing brilliantly and is now off 18 and Adam is showing similar talent with a great all-round game. Maybe it's not unusual for boys to be able to knock the skin off the ball, but Henry and Adam have that natural feel around the greens too - ah well, it is nice to watch even if we can't all do it.

David Humphries made the game look easy and walked away with the medal for flight A, with a nett 70, Peter Brown was second on countback with 71 and Jeremy Watson third. Flight B was won by our illustrious Captain, Brian, with a great nett score of 67, Gordon (just hanging on to his handicap, but you will have to let it go Gordon IT WILL BE COMING DOWN) with 72 and Belinda 75. No surprises for the long drive prizes, which went to Karen H. and Frank. Long putt to Maureen and two near pins to Yurachatr and two for Dennis Dixon, who we welcomed as a guest. Hope to see you again Dennis.



Adam hits through the ball



One of the famous four



Finally a winner!



*Typical apres golf gear ...
no they are off to a wedding*

Club day at Kiarti Thane



Dynamic duo

This January has been an excellent golf month with a game being organised by the B.C. every weekend. This is by popular demand - we just can't get enough opportunities to prove to ourselves that we really are better at this than the last three thousand games would suggest and we have just had bad luck or bad caddies or bad weather. When I was waiting to have my first lesson a seasoned golfer said to me that playing golf was more painful than childbirth - How did he know! You only have to listen to the cries of anguish all around you to realise this. Plus we hate ourselves; call ourselves, prats, tonkers and a whole lot worse every time we make a mistake - and we make a lot. The tennis courts are full of Dr. Jeckles, but believe me put them on a golf course and Mr. Hyde hurls himself out. Well, we still love it - after all if it was easy who would want to play?

Pete Gale and Pat played their re-match and the rest of us were partnered in a better ball stableford competition. The scores should have been good, and they were: three teams scored 41; in second place with a creditable 43 came husband and wife team, David and Cheryl Lamb (how come they seem to play so well together, whilst the other husband and wife teams snarl their way around the course - or is that just Barry and I?). First with a really impressive 45

were our Captain, Brian and my captain, Barry. There must have been some very good golf in that four ball, because the other two were Peter and Pat, fighting it out. Peter won this time and he takes the plate this year. Should you wish to know what Mary and I scored, contact us direct - we are not going public on this one. Thanks again to Seara and Pat Dean for sponsoring the matchplay.

Next month we have a three day trip to Soi Dao as well as our usual medal and Hassal stableford events. In April we will be heading off to the wonderful Forest Hills, Saraburi, for the three day Dunlop Cup event, sponsored by David Lamb. Forest Hills is about an hour and a half to two hours drive from Bangkok and is a really beautiful course. Those of us who find it difficult can pause and appreciate the beautiful scenery and fresh air there. If the golf is really bad you can take a drive and find the Choc Chai ice cream shop, which has been a great source of comfort in the past. The accommodation is excellent and it's nice to know that it won't take us too long to get home after the event.

Hope to see you out there - laughing or crying.

Valerie

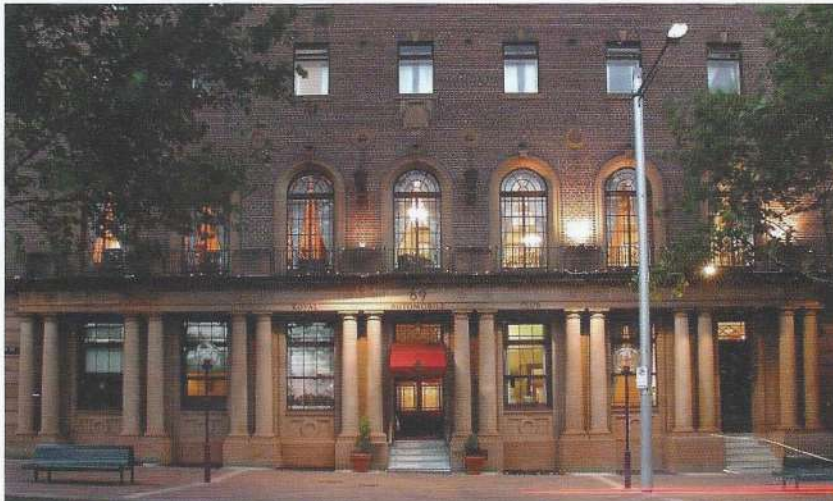


Reciprocal Club Benefits

As an active British Club Member, you are entitled to enjoy the full use of other associated Club facilities around the world. This month we feature the reciprocal club . . .



The Royal Automobile Club of Australia



Established in 1903, the same year as the British Club, The Royal Automobile Club of Australia (RACA) is housed in its own dedicated and heritage listed building, right on the harbourfront in the centre of Sydney's cultural and heritage precinct. Sydney's icons, the Harbour Bridge and Opera House, are within view and an easy stroll from RACA. Government House and the Royal Botanic Gardens are just across the road, and just minutes away are the NSW State Library, Parliament House and the Mint, with the Art Gallery of NSW and the Domain nearby.

The RACA welcomes Reciprocal Club members to stay or visit the Club and, in addition to providing an excellent jumping-off point for Sydney's main attractions, offers superb dining and meeting facilities and exceptionally priced accommodation.

Club amenities include: Members' Bar, Harbour Room Restaurant, Billiard Room, Reading Room, Athletic Club with Sauna & Steam Room, Six Function Rooms, and Accommodation (41 rooms) ranging from single to deluxe.

Website: [http:// www.raca.com.au](http://www.raca.com.au)

For more information please contact the Membership Department at membership@britishclubbangkok.org

If you regularly visit an overseas club that is not already reciprocal with the British Club, please do let the Club know and we will see if reciprocation can be arranged.

HELLOS

Welcome Aboard!

Please join us in welcoming the following new members and their families. We look forward to seeing them around the Club.

1. Gordon & Rosemarie Milne
2. Andrew Yates
3. Dean & Chittima Thompson
4. Songpathara Snidvongs Na Ayuthaya
5. Frank & Naoko Kodriguez
6. Tom & Noelle O'Brien
7. Ben Taylor



BC receives preservation award for Clubhouse

Last year the Club was honoured to win a Gold Award from the Siam Architect's Society for the repainting and preservation work we carried out on the Clubhouse building. Khun Prem recently went to collect the award, as well as a certificate, from the Patron of the Society, HRH Princess Maha Chakri Sirindhorn at Chitlada Palace. This award will take pride of place in one of our new outlets.

and GOODBYES

Farewell and best wishes to . . .

1. Frances J. Richard
2. Ian & Alison Woodward
3. Martin Doyle
4. Helen Heslop
5. Mark & Diane Purslow
6. Sandra & Wiet Pruim
7. Tim & Wenli Bettelley
8. Paul & Danika Graham
9. Robert & Lisa Waller
10. Martin & Sherry Conisbee
11. Maylee & Paul Thavat
12. Peter & Pensiri Brongers
13. Trevor & Linda Adams
14. Winton & Elizabeth Wild
15. James & Lena Patterson
16. Prapas & Lancy Adisayathepkul
17. George & Susanne Morgan
18. Steven Gibson

New Staff

We are fortunate to have three new staff members add their talents to our team here at the Club:-

Khun Sriayuthaya Phungbun Na Ayudhaya

(or Khun Bank as she is more commonly known) joined the Club in November last year as Public Relations Manager and PA to the CEO. Her portfolio includes membership and liaising with the editors of *Outpost*. Bank has a degree from Thammasat University and has already made a very positive impact at the Club.

Khun Pattaraporn ('Susan') joins us as our new Food and Beverage Manager. She will be based initially at poolside in an effort to improve our level of service. Susan has worked in England for eight years and has lots of experience and good English skills.

Khun Jintana ('Jin') has recently joined us as our new waitress for the time being based in the new Churchill Bar. She has an easy name to remember – just think of 'gin' & tonic!!

We hope members will manage to say hello to them on your next visit. Welcome to the Club and we wish you well in your new roles.

Barry Osborne



Getting in touch

General Committee		email
Angela Daniel	Chairman	chairman@britishclubbangkok.org
Mark Hamill-Stewart	Hon. Treasurer	gc@britishclubbangkok.org
Stuart Blacksell	Vice Chairman + Sports	gc@britishclubbangkok.org
Nick Day	Vice Chairman + Information Technology	gc@britishclubbangkok.org
Paul Cheesman	Hon. Secretary + Constitution & Rules	gc@britishclubbangkok.org
Sally Crossley-Smith	Strategy & Development + F&B	gc@britishclubbangkok.org
Alex Bowden	Membership & Communications	gc@britishclubbangkok.org
Dale Lamb	House & Grounds	gc@britishclubbangkok.org
Gavin Broad	House & Grounds	gc@britishclubbangkok.org
Office		
Simon Roberts	Chief Executive Officer	ceo@britishclubbangkok.org
Barry Osborne	General Manager	gm@britishclubbangkok.org
Premrudee Tanyaluck	DGM Finance	premrudee@britishclubbangkok.org
Bank Phungbun Na Ayudhya	Public Relations Manager; PA to CEO	membership@britishclubbangkok.org
Ruengrit Turiwongse Amnat Saklebpradu	Manager Poolside & Sports Manager Fitness Centre	sports@britishclubbangkok.org
Benjawan Sirathong	Functions & Events; GM secretary	eventbooking@britishclubbangkok.org
Sports Sections		
Badminton – Anand Leighrahathorn	Golf – Brian Brooke (bbrook@loxinfo.co.th)	
Bridge – Winlock Hsu/Charelene Wang (winlock@duraform.co.th)	Rugby – Jon Prichard (jpach@csloxinfo.co.th)	
	Spoofers – John Boisclair (Benedict@ksc.th.com)	
Cricket – Zeeshan Khan (shan@bangkokgemmart.com)	Squash – Peter Corney (peter@acagroup.com)	
Football – Peter Rodgers (p_a_rodgers@yahoo.co.uk)	Tennis – Marc Nussaume (marcnus@hotmail.com)	
Loyal Societies		
St Andrew's – Alan McAllister (mcallister@hotmail.com)	St George's – Gale Bailey (galebailey@hotmail.com)	
St David's – Darren Jones (Darren.j@shrewsbury.ac.th)	St Patrick's – Gerald Wright (gerryw@amantaresources.com)	
Associated Groups		
Australians in Thailand	http://www.ait.org.au	
Babies and Mothers Bangkok International	http://www.bambiweb.org/	
Bangkok Music Society	http://www.bms.in.th/	
British Chamber of Commerce Thailand	http://www.bccthai.com/	
Bangkok Community Theatre	http://www.bct-th.org/	
British Women's Group	http://www.bwgbangkok.com/	
Committee for Coordination of Services to Displaced Persons in Thailand	Jack Dunford - jack@tbbc.org	
Masonic Lodge of St. John	Chris Moore - lasanne@loxinfo.co.th	
New Zealand Society	http://www.nzocietythailand.com/	
New Zealand-Thai Chamber of Commerce	http://www.nztcc.org/	
Society of Professional Engineers in Thailand	Chris Moore - lasanne@loxinfo.co.th	
Thai Canadian Chamber of Commerce	http://www.tccc.or.th/	
Miscellaneous		
BCB Webpage	online	http://www.britishclubbangkok.org
Outpost Submissions	Member magazine	outpost@britishclubbangkok.org

The British Club 189 Surawongse Road, Bangkok, Thailand 10500. Telephone: 02 234 0247, Fax: 02 235 1560



NIST offers a truly international education to its culturally diverse students aged 3 to 18. As the only school in Bangkok offering all three International Baccalaureate programmes, NIST has become the leading IB school in both Thailand and South East Asia.

Being independent of national systems, NIST is able to employ the best educational practices and practitioners from around the world. Our aim is to develop students who have the skills necessary to be life-long learners, confident leaders, decision makers and responsible citizens.

For further information call NIST on 02-651 2065, visit our website at www.nist.ac.th or send an email to admissions@nist.ac.th

a truly international education
Est. 1992 United Nations related. Accredited by CIS & NEASC



NIST - New International School of Thailand
36 Soi 15 Sukhumvit Road, Bangkok 10110 Thailand
Tel: (02) 651-2065
Fax: (02) 253-3800
email: nist@nist.ac.th www.nist.ac.th



ความห่วงใย ใส่ใจได้ทั้งใจ... สมิติเวช
"We Care" at Samitivej



โรงพยาบาลสมิติเวช
SAMITIVEJ HOSPITALS
SUKUMVIT | SRINAKARIN | SRIRACHA

We Care

0-2711-8181
www.samitivejhospitals.com