

VOLUME 2 ISSUE 7 APRIL/MAY 1993

OUTPOST

MAGAZINE OF THE BRITISH CLUB, BANGKOK



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MAERSK



12
Rock With Laughter



32
Cricket



27
Rugby No Talent Night

contributors

Please contact Bea Grunwell on 258-9509 if you would like to contribute to Outpost. All articles and photographs should be received by Bea by 1st of each month.

cover

Illustration by
Khun Wattanakorn Boonjaiyai

The British Club
189 Surawongse Road
Bangkok 10500
Tel: 234-0247 234-2592
Fax: (66 2) 235-1560
Via the Reception

The contents of this magazine are not necessarily the opinion of the editor or the committee

OUTPOST

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THE CREATIVE PARTNERSHIP



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Tel: 285 4721-2
Fax: 285-4723

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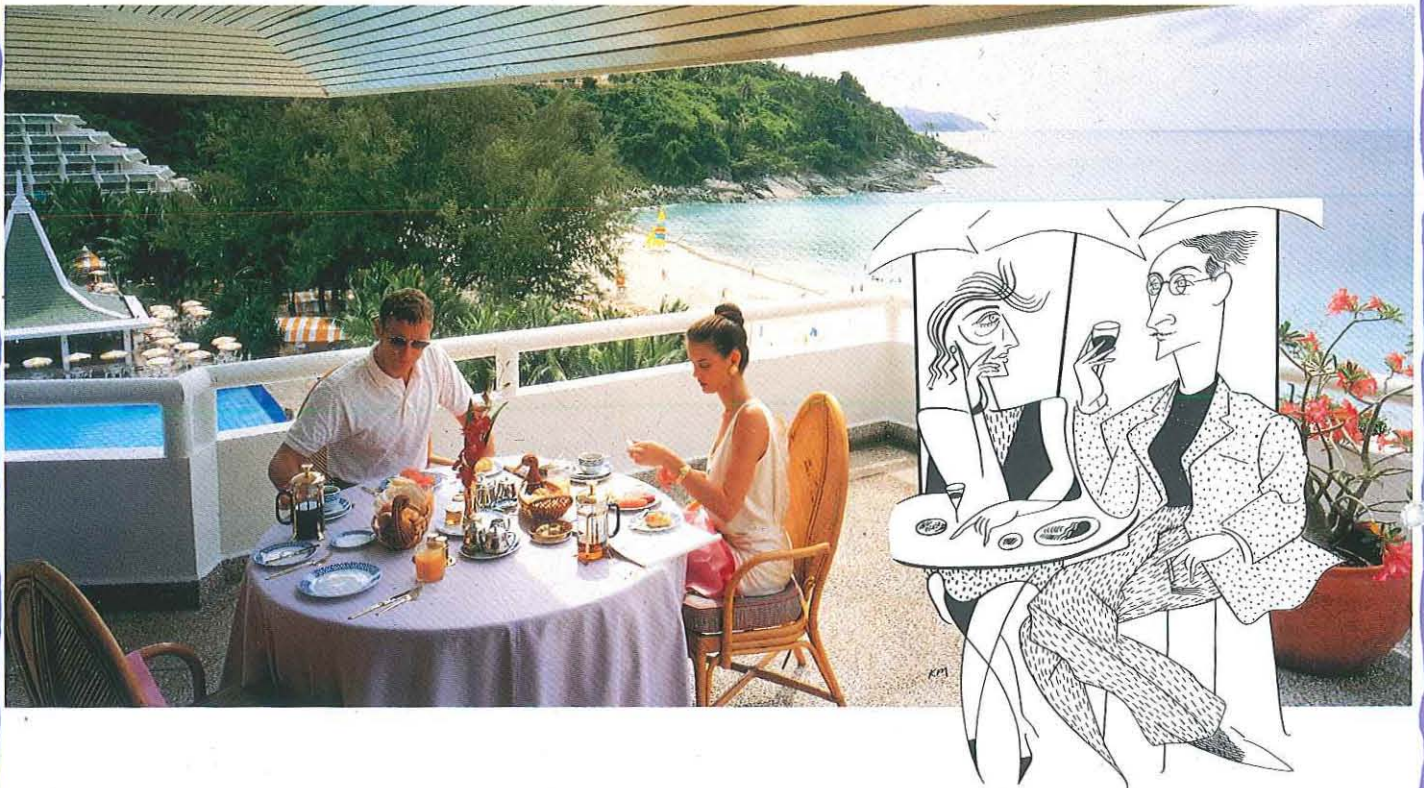
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FROM THE MANAGER

Dear Readers

would like to take this opportunity to introduce Mr. George Stanners to you. He is the British Club's new Expatriat Executive Chef/Training Instructor.



George, a seasoned Chef for many years, worked and trained in the North East of England and has gained valuable experience working in Africa. he has been in Thailand for two years assisting a number of restaurants with menu planning and staff training.

Keith Bell

IN MEMORY OF A DEAR LADY



Khun Pisami died after a short battle with cancer on 17th February 1993 aged 55. Pisami's life evolved around the British Club and the children, whom she took care of in the Dining Room, the Sala and at Flicks for Kids, it's hard to imagine someone like her not being here to greet you with her warm smile. Pisami was as much an institution as the Churchill Bar, having served the Club on and off for 25 years.

The British Club Management regrets not being able to inform all members in time, as we are sure a lot of you would have liked to attend the funeral.

Because of her love for children we thought it fitting to Khun Pisami's memory, to set up a fund, which will be administered by the British Club and to be named at a later date, to educate her granddaughter now and in the future. This fund can also be used for other staff members' children.

To those Club Members who have already contributed we thank you. Others who would still like to contribute, can do so by filling in the attached form, to be returned to the Club office marked for the Manager's attention.

NAME CLUB NO.

SIGNATURE

I wish to contribute B towards the Khun Pisami Memorial Fund and authorise the Club to debit my account accordingly.

FORTHCOMING EVENTS FOR MAY

MAY

3

Labour Day Holiday

5

Coronation Day

8

Roland Storm in Concert

20

21 and 22 Christchurch Fine Arts Sale

28

Bangkok Patana International Day

Remember, check all the sports pages for upcoming events ... and don't forget the regular features listed below

members round-up

Do you have a special announcement to make or will you be celebrating a special occasion?

Send your details to Bea Grunwell prior to the 1st of each month on fax/telephone number: 258-9509 and we will do our best to include every message.

REGULAR FEATURES

Monday 9.00 am BWG Mahjong Wordsworth Room
5.30 to 9.00 pm Happy Hour
Tuesday 7.00 am Ladies Golf
8.00 pm Bridge Silom Room
Football Training
Wednesday 6.00 pm Onwards Tennis & Squash Club Night
Thursday 8.00 pm Darts • Rugby Training
Friday 9.00 pm Accumulator Night
Saturday 6.00 pm Flicks for Kids
Sunday 11.00 to 1.00 pm Badminton
5.00 pm Flicks for Kids
3.00 to 6.00 pm Tennis Afternoon
5.00 pm onwards Family Buffet

• New Member's Night is on the first Monday of the month except for Public Holidays, please call for details.

members round-up

LEAVING

This issue the BC has to say farewell to several members, we wish them well in their new postings and hope to see them again.

John Cochrane, Steven and Alison Bryan, Ian and Diana Grimwood, Philip and Sally Cave, Mrs. P. Caithness, Stuart and Anne Scott, J.L. King, Chris and Gaynor Ward, Roger White, Mr. S. Sorrensen, Ms. Bernadette Ulens, Paul and Veronica Blanche-Horgan, James and Polly Russel-Tracey.

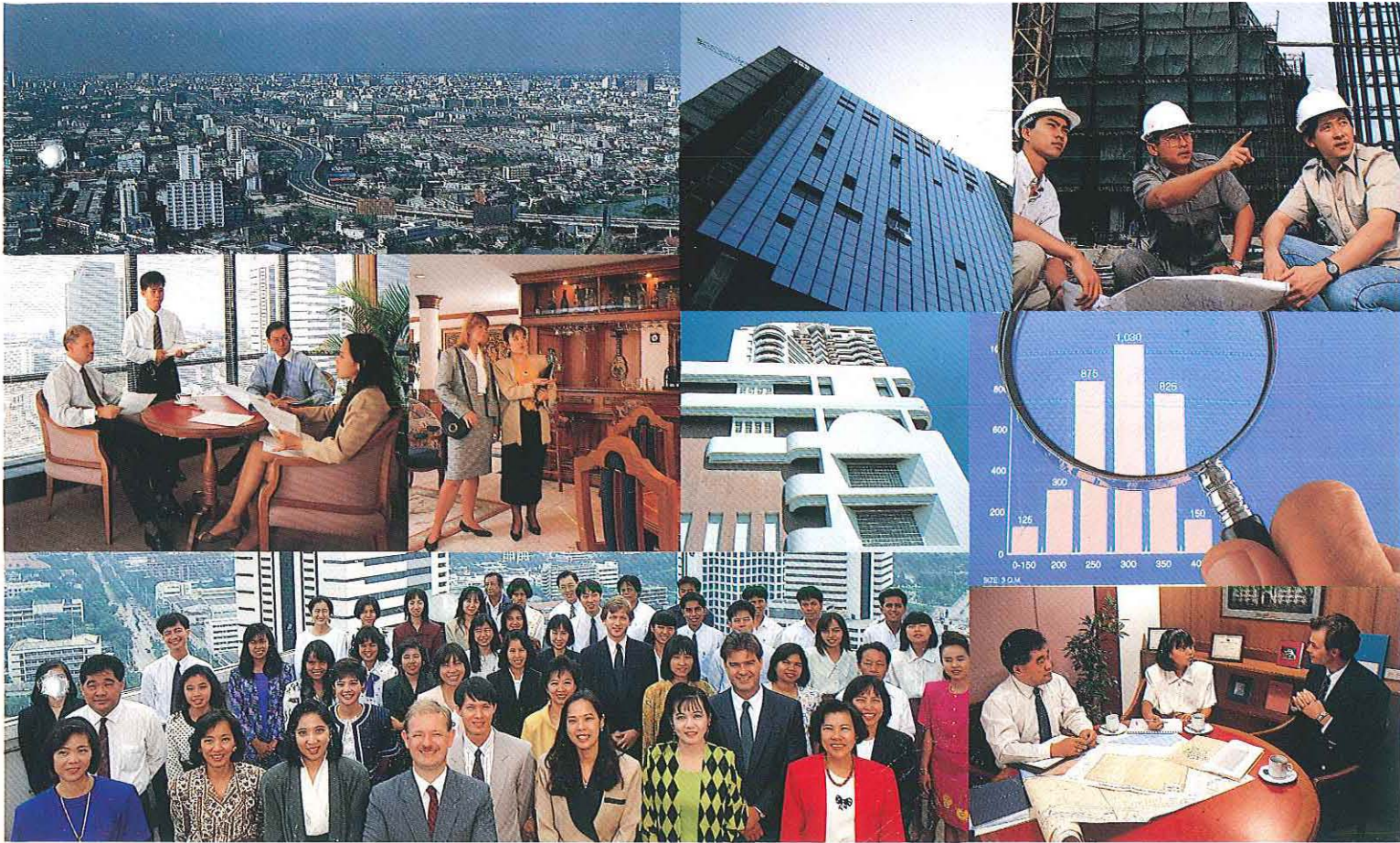
If you have any announcements to make for this column please let me know.

You can contact me on 258 9509 (tel/fax).

ACTIVITIES

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

Billiards/Snooker	Terry Dockerty	236-5114	Rugby	Joe Grunwell	541-1970
Bridge	Sunisa Vatanasuk	277-4462	Squash	Alexis Welsh	260-1973
Cricket	Brian Lewis	253-0557	Stamp Collecting	Jack Dunford	236-0211
Darts	Frank Hough (Lions)	231-0852	Swimming Coaching	Caroline Scarborough	256-0296 (0)
	Orin Baldwin (Unicorns)	399-4582			255-8278
Football	Alex Forbes	260-1950		Dagmar Buschbeck	275-7009
Golf	Paul Nears	252-8530		Margaret Cullen	392-1371
Ladies' Golf	Wil Agerbech	259-7019	Tennis	David Haworth	260-7305 x 28
Outpost	Bea Grunwell	258-9509	Badminton	Pauline Dalton	391-4948



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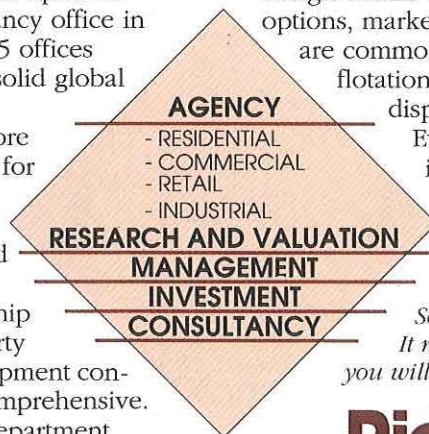
Real estate agency is our core business, built on solid values for more than 200 years. That's experience, and it gives our clients a definite edge. We find the right premises at the right price or sell or lease to blue-chip clients. Our world-class property management skills and development consultancy make our services comprehensive.

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supply and demand in Thailand and throughout Indochina. We tailor that essential information to your development plans. And we advise on every aspect of your project from design details to market image, financing options, marketing and sales. Our valuations are commonly used for major public flotations, foreign investment and disposal of assets.

Everything we do is to proven international standards and we learned long ago how important it is to keep you informed every step of the way.

So make a call to Richard Ellis. It may be the wisest investment you will ever make.



Richard Ellis
International Property Consultancy

Oh dear, apologies again. This time I committed the biggest blunder ever, it honestly never happened before (and will probably never happen again). I went round all the new members and made some charming photographs, I have never seen such a bunch of attractive, photogenic people together in one room. And then ... disaster struck, I tried to open the camera to get the film out, I suddenly felt myself age about 25 years, I had forgotten to put the film in. Apologies were made by me on the night, to anyone I might have missed out on this faithful Monday 1st of March, sorry and hope to snap you again on another occasion. If we do meet again, just tell me to take your picture and it will be published in the next issue of Outpost.

ANYWAY HERE FOLLOWS ARTIST'S IMPRESSIONS OF THE NEW MEMBERS.



Eric Jelinek, from London, was in the Club with his proposer Phil Xumsai and lovely girlfriend Fiona Hamilton. She will be popping in on him on a regular basis from England at which times they don't wish to be disturbed. He can however be disturbed when she is not around, you can find him at British Airways where he is the new Country Manager. Should we have had photographs you could have seen for yourselves what an extremely attractive couple this is. (Enough, Eric???)ED)



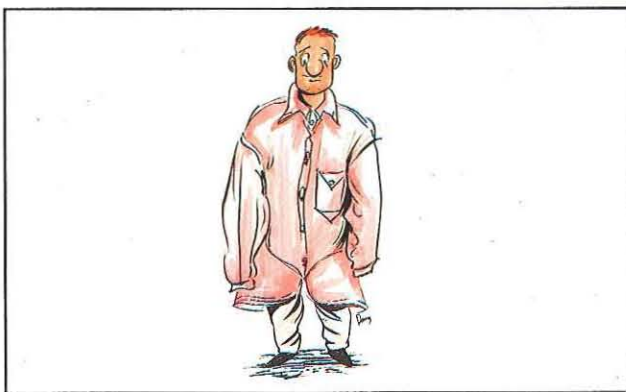
Timothy and Vanete Barr from UK and Brazil resp. have two children Sarah (9) and Phillip (3). He is here with International Drilling Fluids. They met in San Paulo during the Carnival, Tim was working there at the time and Vanete lived there. He then went on to Papua New Guinea whilst she stayed safely at home in Kuala Lumpur. He was on a 5 week rotation. You notice of course they gave me lots of interesting facts of life. Tim also told me that in Brazil the women make love 8.2 times a month and Brazilian thugs are notorious for stealing ponytails of unsuspecting longhaired ladies. He plays golf, tennis, squash and golf and Vanete looks in the shops



Bernard and Helen Rayner from the land of Oz have been here for 2 months. He works for Schlumberger and they have two boys of 3 and 2 years old. Bernard plays tennis and Helen plays golf. They also told me they are into Erotica, Needlework, Spooning and Leather. Helen later qualified this as quilting, cooking and upholstery lessons.



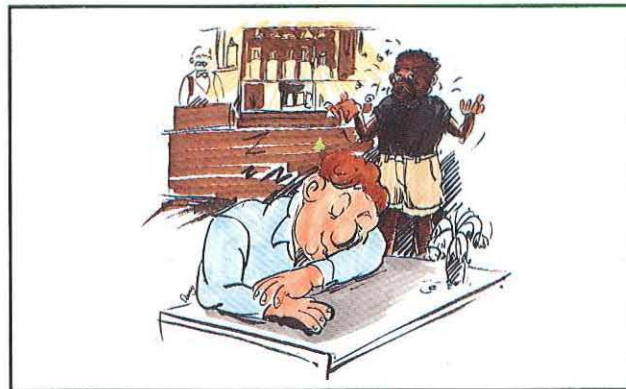
Julian and Fiona Cole from UK. He is the new GM of Chase Manhattan Bank and they have been here since December 7th. Before coming to Bangkok they spent 3 1/2 years in Tokyo, so should your company post you to the Land of the Rising Sun, Fiona can inform you on the best places to shop, eat etc. Fiona enjoys aerobics and he watches. They also collect elephants in all shapes and sizes, they have gathered 450 of the beasts in the last 3 years.



Peter Hockley from Milton Keynes was wearing a delightful petunia coloured pure silk shirt, which would have looked lovely on a photograph. He is a middle school teacher at Bangkok Patana and spent the previous 7 years in Manila as a teacher. He recently joined the Soccer Section and they nicknamed him Captain Silly Shorts. He enjoys tennis, travel and the cinema. He loves Bangkok and is extremely fond of South East Asia.



John and Chris Gabriel from UK and South Africa resp. came here from the UK. They are both Market Researchers but TIT after all, so just John works for Deemar. They have 4 children ranging between 20 and 27, 2 are in UK and 2 in South Africa. John enjoys bird watching and cricket, they both enjoy travelling. They are both avid Wildlifers and went through Namibia where they had a wonderful time studying the birds and the bees.



Ian Walton (UK) could hardly be dragged away from Keith whilst in a joke telling session with him at the bar. Another bachelor girls, and no photographs!! Sorry! All I can remember is that he was wearing a black t-shirt and had a good tan so investigate for yourselves. He has been in Dubai for 9 years and is an Insurance Broker. He did apologise for this however and admitted to being an avid trainspotter, golfer, tennis player and footballer.



Nicholas Bean, a bachelor from Runcorn (Cheshire) is here with Dywidag Consortium J.V. He was described as an "introvert, alcoholic scumbag", but seeing is believing and I think he is a charming man who will have the single ladies looking after him whilst he is in Bkk. He enjoys badminton, tennis and squash and spends most of his badminton playing time in front of a fan

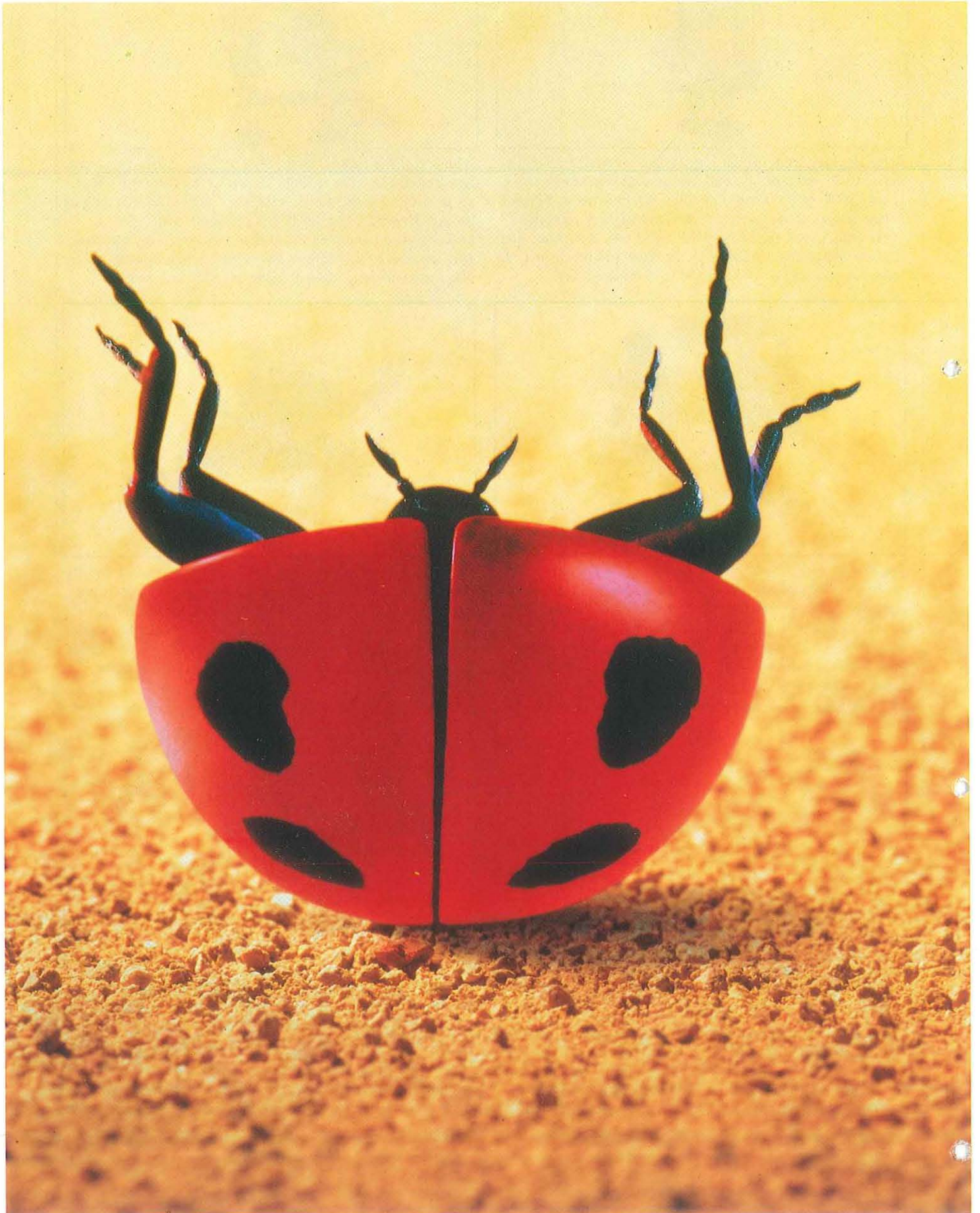


Jane Sinclair, Coca Cola's latest addition. She will be their Legal Council, so tread carefully young eligible bachelors, she is an intelligent, eligible bachelorette to enjoy the delights of Bangkok with. She has been here six months. Jane (Australian) has been here before, in the 80's she was on an exchange programme with a Thai student and spent one year living with a Thai family and went to a Thai school. She speaks Thai like a native some say. She also enjoys tennis and squash and is learning to play golf.



Alf and Irene Newton were in deep conversation with Terry Dockerty when I took their picture. Alas, you will just have to meet them in person. Alf is a Brian Rix look-alike and works as a Project Engineer for CCP-JRP Consulting Engineers. Alf has been here for 4 months and took Terry Dockerty's daughter in hand on the New Years Eve Cruise. They live in South Africa (when not traveling all over the world) where they have two daughters married to South Africans. They were in Singapore, the Gulf, Saudi and Zimbabwe before joining us in Bangkok. They both love the theatre and amateur dramatics, Alf on stage preferably in pantomimes and slapstick roles and Irene backstage doing costumes etc.

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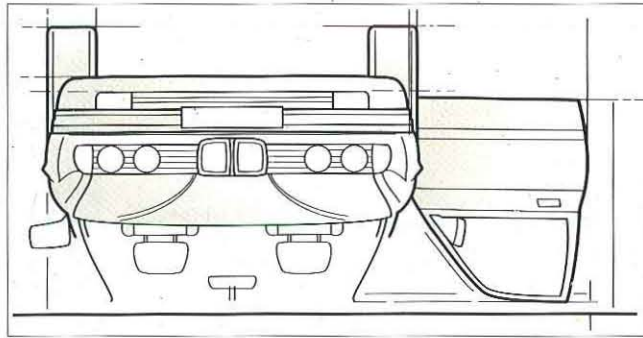
Unfortunately, certain accidents cannot be avoided.

It is however, reassuring to know BMWs are equipped with a variety of "passive safety" features which greatly reduce the risk of injury.

Consider the BMW's bodyshell. Like a beetle, a hard shell protects the body inside. The BMW passenger cell has been designed to offer optimum protection to those within. This has been achieved by substantially reducing the number of welding seams on the cell itself, thereby increasing rigidity and strength. Even in the unlikely occurrence of a rollover or side-on collision the passenger cell will provide exceptional protection. That's not all,

built-in crash sensors will switch on the interior lights and disengage the central locking, making the doors easier to open.

Other "passive safety" features include



carefully engineered crumple zones which absorb the force of impact, specially designed front and rear seat belts, and airbags to cushion the driver in

event of a collision.

But preventing collisions in the first place is the idea behind BMW's "active safety" features. Every BMW is equipped with ABS (anti-lock brake system). Ergonomically designed seats keep you comfortable and alert. And the sophisticated suspension system ensures superb stability even in emergency manoeuvres.

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JANUARY 15TH KHUN TEWAN IN CONCERT

After a Thai style BBQ with foodstalls and all the trimmings Khun Tewan with his own band gave a thrilling performance to crowds of people on the back lawn. Dancing went on until well after midnight.

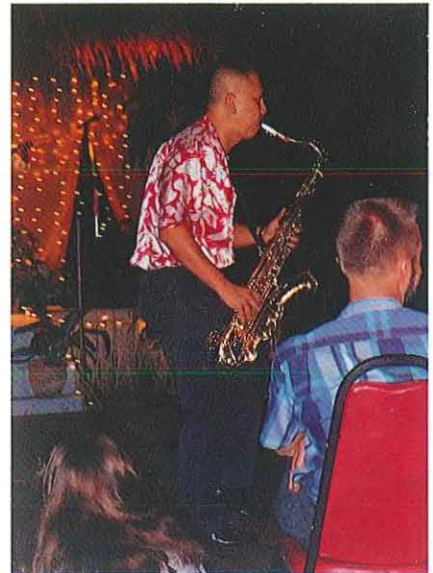


Rock With Laughter

ROCK WITH LAUGHTER AFTER DINNER VARIETY SHOW SATURDAY FEB 20

This show starred RUDI WEST a cheeky faced "New Comic" who, since his first TV appearance in 1986 as winner of New Faces, has gone from strength to strength.

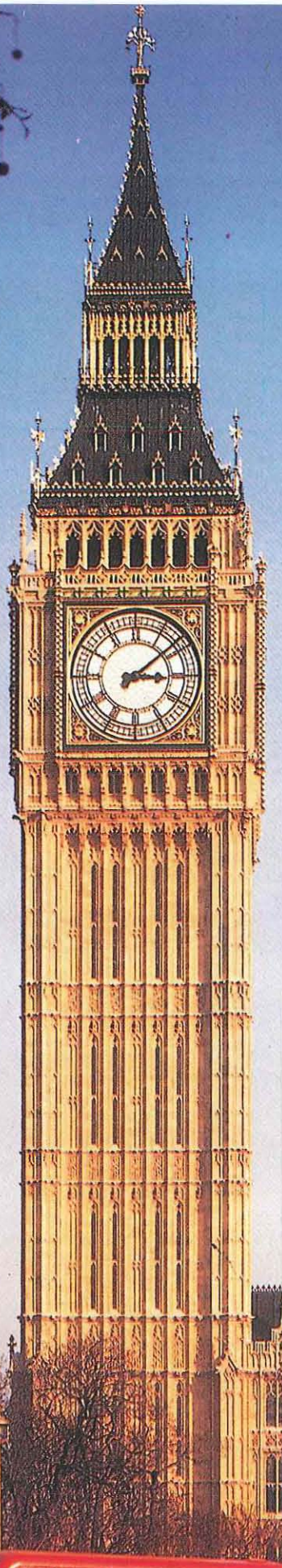
He brought with him two young ladies, who call themselves "Live Wire", Lynne and Penny, very talented performers who provided us with a combination of superb harmony and unique comedy routines. A good night was had by all.



Khun Tewan in Concert



Sharon demonstrating step aerobics



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BLACK TIE

THURSDAY 4TH MARCH



Yuri + Constantine Black Tie

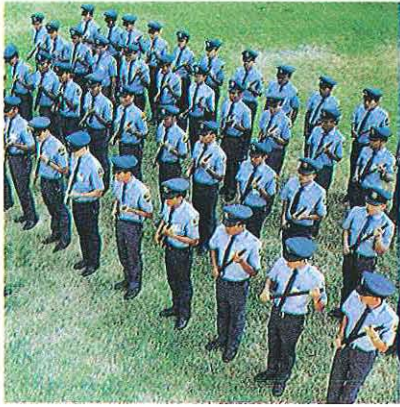
The Suriwong Room buzzed with excitement on Thursday, when we were first served with an excellent dinner of Scotch Broth, Steak and Mushroom Sauce and Creme Caramel all prepared by new Chef George Stanner. The two ladies of Black Tie entertained us on piano and cello with music from several West End Shows. And then the curtain closed, the announcements were made ... and we all suffocated due to an enormous amount of smoke pouring from the smoke machine obviously handled by an over excited smoker.

But Mai Pen Rai, Yuri, born in Sydney and Constantine born in China, with a Greek father and Russian mother (thought you'd like to know ED), one of the girls is from Sri Lanka and the other from England, gave us an absolutely brilliant show ranging from Cats to the Warsaw Piano Concerto. Don't forget to go and see them when they are back next year, they deserve a packed room and come highly recommended by all that were there on 4th March.



Maren enjoying a bit of culture from Black Tie

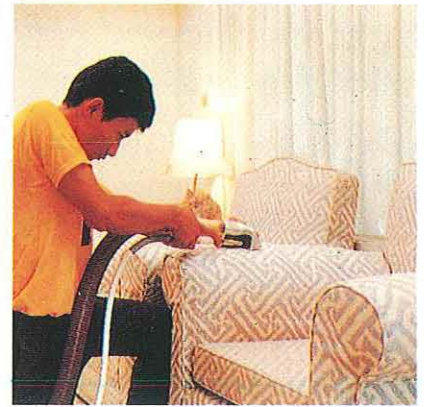
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Carpet cleaning



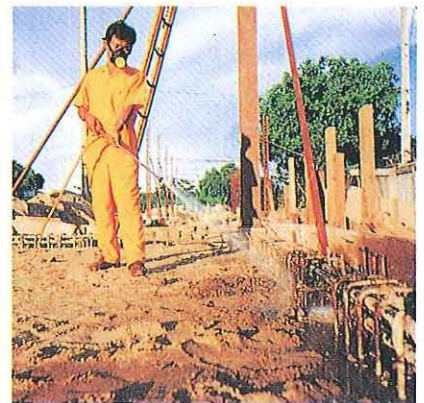
Upholstery care



Eradication of mosquitoes and other insects



Termite control in the house



and on construction sites



Cleaning offices



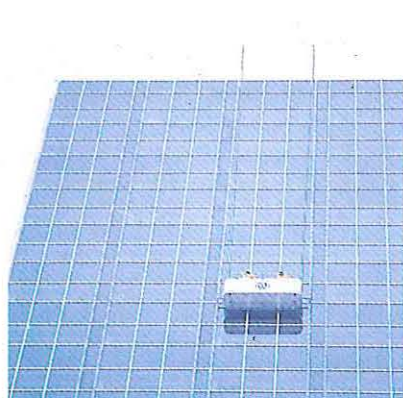
department stores



and factories



Interior and



Exterior window cleaning



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DEWI'S DOINGS

By the time you read this the boys will have had a superb St. David's Ball at the Oriental. The Bard will have waxed lyrically, the choir from Hong Kong brought tears to many an eye and we will have consumed a sumptuous feast. (Of the latter, there can be no doubt, as Pat and Liz spent most of January and February testing various menus at the Hotel!). Hopefully it will also have been the chance for us to meet a new Ambassador (Head of the Delegation of the Commission of the European Community, Glyn Morgan from Swansea. We are of course delighted to see both he, and his wife Margery, in Bangkok and have great pleasure in offering the Ambassador Honorary Membership to the British Club.

Regrettably, since last month's Outpost we have bade farewell to Al and Mary Lou Bryant plus David and Enfys Johns, whilst Monica and Tom Taylor depart this month. We wish all well.

On a happier note I congratulate Martin and Suzy Dawson on enrolling a new 8 lb. member, Andrew Robert whilst I bid new, somewhat larger, members Alf Hodges, Gilbard and Jackie Honey-Jones, Peter and Denise Lewis and Eirlys and Myrddin Hughes a warm welcome.

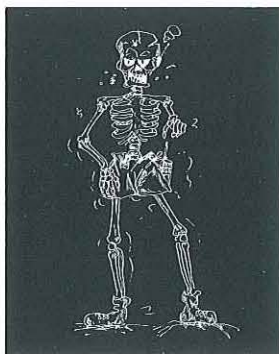
And so, to the sporting scene. Our golfers may not have exactly swept the medals at the Inter Societies Golf Tournament, but that had nothing to do with Phil Steins' heroic efforts as Convenor. Next year, when we organise the event, we will have to modify the rules - any suggestions?

Finally, it would, of course, be churlish of me if I did not congratulate our friends of St. Andrew for their comprehensive victory at Murrayfield and, steeped in remorse, pass on my sincerest condolences to the valiant men of St. George whose voices "swung low" in defeat at Arms Park!

DEWI

CAN YOU DO THIS.....

OR THIS



OR THIS



Then you should enter the British Club Bangkok (BCB) letterhead and Logo competition. You don't have to produce finished artwork - just the idea - flags, bulldogs, anything with a British flavour, to go on all our club's stationary and publications.

The winner will win a family weekend in Hua Hin.

So put pen, pencil, brush, anything to paper and send your ideas, rough or finished to the Editor of Outpost or Frank Crocker, c/o the British Club.

See the Club Notice Board for Competition Closing Date



อสังหาริมทรัพย์ มืออาชีพ

If you're having trouble reading this headline, then perhaps you should be talking to us.

If you are searching for a new residence, choosing a new office or navigating your way through complex negotiations with local landlords and officials, Colliers Jardine Thailand can save you considerable time and expense.

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K I D S C O R N E R

TRUE OR FALSE?

SOME OF THESE FACTS ARE RIGHT 7 SOME ARE WRONG.

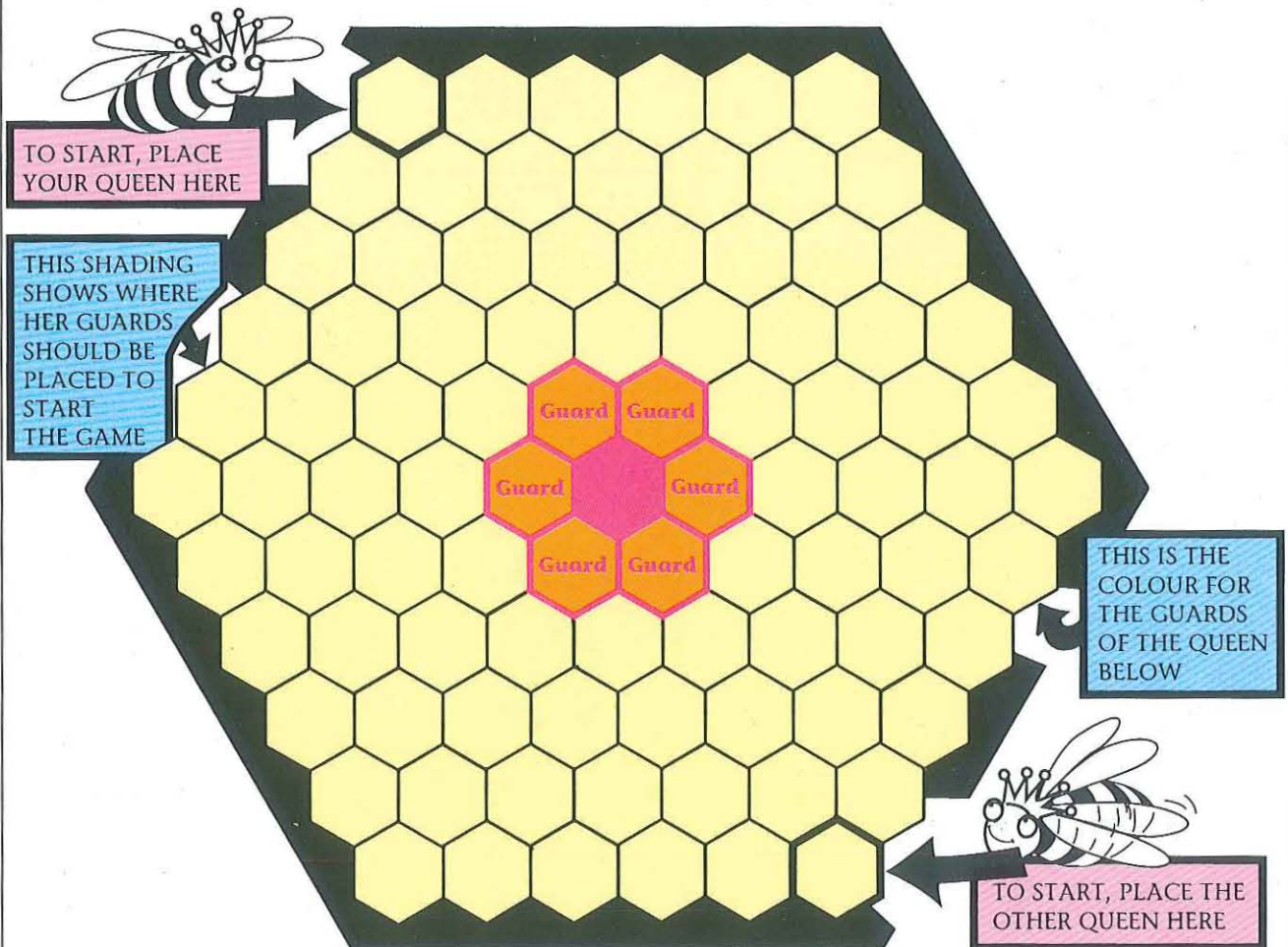
Put a tick ✓ in the space on the right if you think the statement is correct. Put a cross ✗ if you think it is untrue. Page 21 for results!

1. A DODO is an extinct bird.	
2. A DODO is a lizard found in Australia.	
3. A WEIMERANER is a type of sheep.	
4. A WEIMERANER is a breed of German hunting dog.	
5. A STEGOSAURUS is a kind of dinosaur.	
6. A STEGOSAURUS is a writing instrument.	
7. The SUN is our nearest star.	
8. The MOON is our new nearest star.	
9. A BRITISH BLUE is a kind of cheese.	
10. A BRITISH BLUE is a breed of cat.	
11. LAWSUITS are gowns worn by Judges.	
12. The EMPIRE STATE BUILDING is in Sydney.	
13. The ARAB HORSE is the purest breed of horse.	
14. The ARAB HORSE is really a North American breed.	
15. The GREAT WALL OF CHINA is older than the Great Sphinx of Egypt.	
16. The GREAT WALL OF CHINA was built about 214 B.C.	
17. The GREAT SPHINX of GIZA, EGYPT was built about 2550 B.C.	
18. KING HENRY VIII of ENGLAND had six wives.	
19. HENRY VIII had eight wives.	
20. CALLIGRAPHY is another word for map making.	
21. CALLIGRAPHY is the art of writing.	

SOLDIERS & THE QUEEN

THE PLAYING-BOARD FOR THIS ANCIENT GAME IS LIKE A HONEYCOMB. THAT'S BECAUSE IT'S ABOUT BEES!

1. Two can play this game.
2. Each player needs a Queen and 6 Guards in his/her own colour. Ask Mum or Dad to help you make some counters from some buttons or even small coins or bits of paper.
3. Place your counters on the board in the position shown.
4. You move your counters one hexagon at a time either towards the centre or sideways. NEVER move backwards.
5. If one of your Guards moves between two enemy counters you must return him to the outer ring on your next turn.
6. If your Queen moves between two enemies she must be moved on your next go, but she can go to any part of the board.
7. If one of your Guards and your Queen are flanked by the enemy, your Queen must be moved first on your next go.
8. Only a Queen can occupy the centre hexagon. If the Guards surround it, no one wins!



Answers TRUE OR FALSE 1. ✓ 2. X 3. X 4. ✓ 5. ✓ 6. X 7. ✓ 8. X 9. X 10. ✓ 11. X 12. X 13. ✓ 14. X 15. X 16. ✓ 17. ✓ 18. ✓ 19. X 20. X 21. ✓

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HOSPITALISATION AND SEX

In last months issue I explained why I do not recommend people to insure against the cost of Outpatient's Services "from the ground up". This month I will tackle the really expensive problems we need to consider very seriously.

Far more necessary than insuring Outpatients treatment is cover for "In-Hospital-Accommodation, Treatment and Services", which can also include pre-hospital diagnostic services and post-hospital follow-up treatment. The extent of this cover varies between insurers and also the various Plans they offer, as well as the country in which you buy the Policy.

Danger signals

There are three very important things you should watch out for when shopping around for realistic cover:

1. What is the overall limit per person per year and also per medical condition?

If you are offered a Policy with low limits then you should be aware that there is a very serious danger that you will not have enough cover to pay for essential treatment. Remember that you can't buy half an operation - it's all or nothing. So having a low limit means that you might as well think twice about buying the cover in the first place. To put that another way, how much do you think your good health and prompt, quality medical treatment is worth?

You may be thinking that to buy a high limit cover is vastly more expensive. Not so. Obviously it is more costly, but by no means in proportion to the amount of the benefit. The simple explanation is that all operations have a basic price, but comparatively few cost as much as, say, complex heart or brain surgery. Statistics work in your favour, so as major surgery is relatively rare, the overall cost to the insurer is relatively low. On the other hand, if you do need a bypass and you have a low limit, the impact on your pocket will probably cause another heart attack - so be warned.

And before anybody says "Hospitals are cheap in Thailand", first of all, don't make a terrible mistake and assume that they are right (or alternatively, please remember that phrase "You get what you pay for") and secondly, what happens whenever you go overseas for business or on holiday? The cost of treatment in some countries overseas can be staggering, and



IN LIFE YOU ARE EXPOSED TO ALL KINDS OF RISKS OF ONE SORT OR ANOTHER...

illness or accidents can strike any time, any place, no matter how healthy or careful you think you are.

2. What are the Sub-limits, for example, for Room and Board per day?

There are schemes around which pay small amounts, say, up to Bht 500 per day, for Room and Board. Hospital rooms in Bangkok can cost up to Bht 3,500 per day, a similar price to a 4-star hotel, so who is going to pay the other Bht 3,000+? A week in hospital and you're already Bht 21,000 out of pocket. Watch out for other appropriate Sub-limits as well, such as per Surgeon's visit.

3. Is there a "Surgical Schedule" or "co-

insurance"?

A Surgical Schedule is a list of numerous surgical procedures, many of which (unless you are a doctor) you will probably not have heard of, often several pages long, and about as interesting as reading a medical dictionary. Against each procedure there is a percentage shown, and typically this percentage indicates how much of the maximum surgical benefit should be claimed for that particular procedure. There is nothing worse than groaning in your hospital bed and discovering that even if the overall limit is high enough, and the Room and Board will also be covered, the Surgical Schedule limits the amount claimable by 50%.

Some may include even tougher

restrictions, where you yourself have to bear a stated percentage of every operation beyond a basic amount. This may be referred to as "co-insurance", and the amount you may have to contribute towards the cost of treatment may be substantial. If you shop around, Policies are available without a Surgical Schedule and co-insurance, at much the same cost.

EMERGENCY ASSISTANCE

Let's go back to Indonesia, Vietnam or California. Suppose you are an ordinary Thai or Brit, you're on your travels and are unlucky enough to break a leg or fall seriously ill. What do you do in a strange country, with maybe no idea where to find either a good doctor or the money to pay for emergency treatment? Some insurers will come to your rescue and give you active assistance 24 hours a day, 365 days a year, anywhere in the world. Some won't.

Emergency Medical Assistance and Evacuation Services are now available as extensions to some Healthcare Policies sold in Thailand. These are extremely valuable, low cost, life-saving closely related facilities. They are invariably provided through insurers by specialist medical assistance companies who operate a worldwide network of 24 hour, multi-lingual Alarm Centres with portable life support equipment, and staffed by aeromedicine trained doctors.

Emergency Assistance comes in a variety of levels of support. Depending upon the insurer and Policy concerned, you may get no help at all. You may have to find a doctor and hospital, pay for all treatment costs yourself up front, which could be a substantial sum, and then recover any insured items later.

An improvement on this is that some insurers give a so-called "credit card" valid at a number of medical facilities in Thailand. At first sight this may appear attractive - you simply go to a nominated facility and they will bill the insurer direct. However, major drawbacks are that in an emergency you may be out of reach of a nominated facility anyway, and may have to contribute to the cost if you go elsewhere.

Probably the best solution is to choose a Policy which includes 24 hour Emergency Assistance and payment guarantee service via a worldwide "Hotline". This means that wherever you happen to be - overseas or upcountry - you can get your hospital bills guaranteed and settled by your insurers.



EMERGENCY EVACUATION

If you are travelling overseas, in serious medical situations it is possible that locally available treatment may be non-existent or inadequate. If you have just had a major heart attack or an accident, this is life-threatening. You cannot just nip back to Bangkok and consult your usual GP - you may not live long enough.

This is where the Emergency Medical Evacuation service steps in. Their real speciality is in evacuating critically ill patients from obscure locations to the most appropriate medical facilities, which could be half-way around the globe. I have seen these teams in action, and I can vouch for their devotion and thorough professionalism.

All the patient or a friend has to do is to pick up the phone, and the Alarm Centre will take over. Often the nearest competent specialist doctor will be despatched to the scene to render immediate assistance and stabilise the condition. If medically necessary, evacuation by air ambulance or commercial aircraft to the most appropriate location will be arranged, together with all essential medical equipment, escort doctor and nursing support. The insurance policy will pick up the enormous costs involved.

SEX

Now that I've really got your attention, I need to comment briefly on two aspects of the facts of life. Firstly, as you are no doubt aware, there are differences between "his" and "hers". To put this very delicately, "her" plumbing is rather more complicated and apt to go wrong than "his". What this means is that whilst women on average live 4 years longer than men, they need to consult doctors more frequently. The good news is that they can get cheaper Life Assurance, but

the bad news is that some insurers charge higher rates for medical expenses cover.

Secondly AIDS related conditions and sexually transmitted diseases are excluded from these policies.

MATERNITY BENEFITS

Still on the subject of sex, another major medical expense concerns pregnancy. Maternity Benefit cover is normally only bought for married ladies of child-bearing age. This might not strike you as surprising, but the significance is that the only people who buy it are the ones who expect to join the pudding club and make a claim in the not too distant future.

To the insurers this "anti-selection" signals that large claims are inevitable fairly soon, and therefore the premium charged and the Policy condition will reflect the obvious. Cover is normally limited to a specified amount per pregnancy, although on the better schemes this amount is automatically increased to a higher figure should covered complications arise, such as the need for a caesarian delivery.

COSTS

How much does Medical Expenses insurance cost? This is not an easy question to answer because it depends upon a number of factors including the insurer concerned, the age and sex of the person(s) covered, the benefits and limits selected, and in which country they usually reside. To give you an idea, the annual premiums tend to range in Thailand between about Bht 2,000 for a child to Bht 12,000 for a 39 year old adult, and this would give cover up to Bht 2,000,000 per person per year. However, somebody up to age 64 could well be paying significantly higher.

Just in case this sounds expensive, next time you see your doctor I suggest you ask him how much it really costs for surgery followed by a few days in hospital, not just here, but also overseas. Buy your cover now, while you can still afford it.

ABOUT THE AUTHOR

ABOUT THE AUTHOR

Derek Pratt, a Fellow of the Chartered Insurance Institute, is the Technical Director of Commercial Union Assurance Company (Thailand) Ltd., one of the leading insurers in Thailand. Derek has worked for CU for over 24 years, including 18 years in Asia. Now on his second tour in Thailand, Derek joined the British Club in 1978.

Next month I will be looking at accidents of another kind.

7TH FEBRUARY 1993 - ROSE GARDEN- 1992 MEDAL FINAL

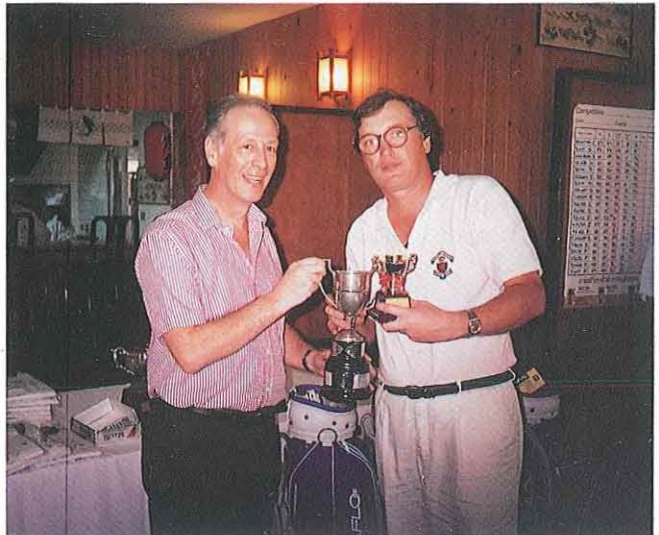
This was a stroke play competition of full handicap:

Gross Winner: D. Stewart 78
 Net Winner: D. Forrest 70 (81-II)
 Day Prizes: P. Speed net 66
 R. Barrett net 69
 G. Hunt net 69

Near Pin : Christine Selwyn, R. Barrett, P. Smith, G. Hunt

Long Drives: P. Smith, Linda Hunt

Our sincere thanks to Caldbeck MacGregor for generously sponsoring this event with the splendid Dimple Trophies.



Club Gross Champion - Dave Stuart

CLUB CHAMPIONSHIP

The results from the Ekachai outing on 24th January were combined with those of 7th February at Rose Garden with the following outcome:

Club Gross Champion	: David Stewart	161	(83+78)
Club Net Champion	: Stuart Davy	147	(66+81)
Ladies Gross Champion	: Christine Selwyn	188	(97+91)
Ladies Net Champion	: Lavita Hughes	164	(89+75)

We would like to express our deep appreciation to Guardian Assurance Co. for their excellent sponsorship, and to thank Bill Barr for making the trek out to Rose Garden to present the prizes in person.

14th February - MUANG AKE - BCLG "KITCHEN SINK"

The BCLG hosted an excellent day's outing at Muang Ake which was the annual battle, where the BCLG "Belles" challenge the BCGS "Brutes".

The Belles beat the Brutes 5 points to 3 in this pairs matchplay event; well done ladies, and many thanks for the warm welcome.



Ladies' Gross Winner - Christine Selwyn

INTERSOCIETY WEEKEND

Although not a club event, many of our members took part in this annual stableford competition. We simply wish to record that this years winner was St. George's Society.



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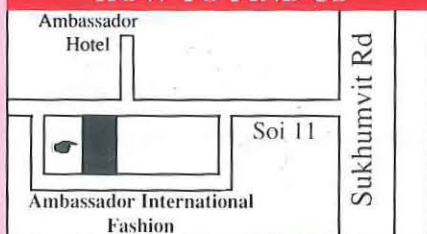
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KITCHEN SINK - "Belles" vs "Brutes"

Sunday 14th February the Men and Ladies were competing against each other for the Annual Kitchen Sink Trophy. The format of the competition was a team event, Pairs best ball matchplay. It was played at Muang-Ake Golf Course, and as it happened the "Belles" after several years (1989), finally managed a 5/3 win. The now historic "Kitchen Sink Frying Pan" returned to its rightful holders again. Of course the girls were glad they won, but it was not for the result that we shall remember this game so much, as for the spirit in which it was played and the enjoyable day everyone had. The previous years we were lucky to have a sponsor for this event, unfortunately this year we have had to do without.



The winning team



Dugal presents the trophy to Wil Agerbeek

FORTHCOMING EVENT

Inaugural Cup - BCLG vs BCGS

This will be the second year we will play for this Cup, at the moment the Men are holding it, so the girls are looking forward to this event. The format of this competition is Stableford, the ten best scores from each team.

Wil Agerbeek



How happy we are!

THE NO TALENT NIGHT

25TH FEBRUARY 1993

Once again a great success for the rugby section. A fully booked room with people still phoning up at 3pm to ask if they could join.



Stella all grown up



The laughing Policeman

The new stage looked great although it did take up a third of the room. Jane and I were very worried how suddenly the list of attendance went from 70 to 125, and how could we get all these people in when last year we had problems fitting in 120?

With Andy Simmonds mathematical brain and Joe Grunwell's logic we changed the tables around and around until finally we came to 128 (the numbers had gone up in the meanwhile.) Then Keith came up and said Mr. and Mrs. So and So would like to come have you got room?..... Yes, of course. More moving around, more telephone calls. One of the Blues Brothers phones to say that instead of the original 4 there would be 8 of them now. Mai pen rai, a bit more shuffling; breaking walls, and thoughts of where we should do this next year. In the end most people did not seem to mind too much. A little mistake was made at the two "top" tables though, Andy and Joe suddenly found themselves with no seats, and as these were the only ones Jane and I had planned we received distinct grumbling noises of: We will do it ourselves next year. Of course you may have noticed two holograms around on 27th, Andy and Fiona had already left for England but decided they would stay for the No Talent Night. (Much to the delight of Susan and Simon Dakers, whose hospitality they had been enjoying for the last 6 weeks or so.) Thanks very much anyway Andy and Fiona, you were great helpers on the day, especially Andy for looking after the door and the money so capable all night. We had a wonderful stage manager, Gloria Moore, who only realised on the night what she got herself into. Maurice Lamb on the lights got the most stick of everyone, but try and turn the lights on and off at the Suriwong Room for yourselves one day, it is more complicated than well I don't know what. Thanks Maurice. Jon Prichard of course, leave it to him to talk away an evening, he did a wonderful job and will be imposed upon again next year.

Our sponsor for the evening was PEPSI COLA, who sent along the lovely Yvonne, who said she had not had such a good evening for a long time and that is after entertaining Mr. Bean Himself, Mr. Hammer and all the foreign talent Pepsi is importing in to Thailand at the moment. So there.

Our other main sponsors for the Hong Kong Tour are the Hongkong and Shanghai Bank, their manager turned up with the parents in law, I hope they enjoyed it a little bit. Thanks to both of our sponsors, without you it could not have happened.

We had fish and chips in newspapers - of course in England this has been banned for a few years - mushy peas, vinegar and even forks or spoons. The general verdict was they were delicious. After this another fine English treat, Rhubarb Crumble with custard. Yum.

Beer and wine were available, but ran out before the show started as far as I know, but sitting in the front is not always the best thing, especially not for getting drinks.

The show was opened with the sheet number, a repeat from last year and very well done by 5 of the rugby players, there was comedy from the Tennis Section here follows an excerpt from Gayonor's report (note the biased reporting BEA)

Another fine racquet. Also known as CENTRAL CHAOS" or BUT MUM, I WANT RUGBY BOOTS!", this praiseworthy attempt at amateur dramatics by some of the less self-conscious and more foolhardy members of the Tennis section gained critical acclaim from the audience and rung a bell with anyone who has ever set foot in a Central department store (or ever set foot on our grass courts in rugby boots?). Indeed, several people commented that it was probably the funniest original sketch of the evening (no biased reporting here).

We were introduced by David, who reportedly did something quite rude while playing the flute one-handed (I was backstage at the time)... indeed, it

r u g b y

was probably the naughtiest act of the night - the Rugby section stunned us all by their tameness. I suppose they consider the standard trouser-dropping, etc, as "talent" and therefore reserve such fine performances for the bar.

To be honest, I have no idea how we pulled it off, what with our star brat, Simon Fox, stuck in a...um... Lahore, and the emergency drafting of the very brave Roger as replacement big-kid at 5pm on the day. However, despite the panic script-learning and revisions, not to mention the occasional prompts from my good self, it has to be said that Roger put in an absolutely heroic performance, having never even seen us rehearse, and the fact that he lost his place after the first page of the script only added to the spontaneity of the acting. Even the condom got a bigger role than was scripted for it!! Certainly from my point of view, whatever Roger did was unexpected, and script-innovation and ad-libbing were definitely the order of the day. It put years on me - I felt decidedly Mumsy by the time I came off stage!

The sales girls (Stella, Gwen, Maria and Rita) were extremely true-to-life: disinterested in sales and obsessed with nits 'n' zits, and Andrew was perfect as the inane, gormless assistant. In fact, he looked positively at home in the role, can't imagine why. And Paul, also a late-drafted cast member (first rehearsal the night before) shone as that irritating Thai-who-jumps-the-queue, yes, we've all seen him, the one with the mobile 'phone. His ability to speak a "nidnoi" Thai amazed us all - we thought his vocabulary only stretched as far as "Sahm Klosters, khrap."

So with the appropriate prods at the Rugby section and all the topical jokes (the sponsor digs were added minutes before going on stage, mostly thanks to Andrew), we raised several laughs and I believe we did the strong Tennis section presence proud. Yes, when it comes to absolutely no talent at all, you can't beat us for originality!!

Note: This talented bunch have been asked to perform again at the Tennis Dinner, also the Meggison Band has now been contracted to play at the Racquet Ball in June.

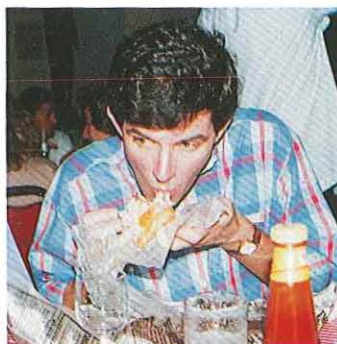
We had the devil himself Mr. Brian Lewis, who scared the hell out of us with his monologue: Welcome to Hell. He was still in his role at the St. Davids Ball a few weeks later when he danced with me...I don't know if I'll ever recover.

The Gobstoppers costumes did very well in the ultra violet lights maybe not as spectacular as last years Patpong, but a good effort anyway. The Barbershop Quartet thrilled us all with their talent. This was supposed to be a No Talent



Above: "Bitch" oops Bridge
Right: Welcome to Hell

Below Left: Fish + Chips the Yan Kee way
Below Right: Pept Store "Zits + Nits"



Night Boys, they even imported some talent from the UK. The Meggison Band (this year obviously with rehearsals) gave us a great performance. The BWG bridge section showed us the ins and outs of being on the table. Coach Gill Hough had obviously lost her voice in her wine glass, but had the performers in fits of laughter with her rubber. The Scumbags had us all singing-along with Sloop John B, one of them would not leave and spent the rest of the evening behind stage hoping to come on again in a solo performance. Female impersonator Roy McGregor showed us his all, with wives cringing in the front rows, Messrs. Pomfret, Looker and McGregor Jr. (on the bagpipes) carried it off once again and had the whole room in stitches. Please don't rehearse next year, heaven knows what will happen then.

The Blues Brothers - well, the first four letter word all evening, sorry if we have offended anyone, but apparently they did this in real life - or so Andy told me - their greatest success of course Rawhide (twice), they made a big effort this year even rented their own equipment! The singing policeman (a bit of culture) led by Simon Hornby suddenly saw a growth in their force with amongst others Frank Hough joining in. We'll have to remember Simon next year as a source of getting some great costumes, he says they also have whips!! Joe Grunwell and Mike Pincock as Mr. Bean and Companion on the bench, for me certainly was the highlight of the evening. Well done boys!! Finally, the mysterious Miss BC, after all

the effort of getting the music for the stripper, - thank you Alex Forbes - and several hours of rehearsal, the rugby sections own darling, Mr. Alan Lovell gave a tantalising strip and had some people guessing.

Once again Stuart Edwards found himself viewing the show in black and white as he did a great job videoing the whole lot. These will be available for sale, when I get around to editing the lot on a tape and have them copied. Watch out on the Rugby Notice Board for further details.

As my camera packed up on the night, we are rather short of pictures. If anyone has good piccies of the night, could you please lend me the negatives???

We also collected Bht 18,000 on the night with the raffle, the Rugby Section must thank everyone on the night, you have been very generous. We have been able to purchase one heart monitor for Mahidol Hospital, where it will be used to monitor premature babies. At the moment this hospital have a lot of babies dying because there are no incubators or monitors available. It is heartbreaking to see mothers with these tiny - some weigh only 1 kg - one packet of sugar - babies, hoping for a miracle. With the other two monitors we will be able to buy from previous functions, we hope the British Club will make a difference. Thank you all for your generosity and hope you will be along again next year.

If I have left anyone out, it is just that I have been so overwhelmed by all the talent that I cannot see the trees through the forest. Thanks!!!

Bea Grunwell



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After a quiet December, the league players were back in action for the January league which was generously sponsored by ICI. There were 12 leagues in all and some interesting results. Dick Anwar, after losing to Peter Corney, had to defeat David Hedge 3-0 to obtain the required points, this is no mean feat even when David has been celebrating the night before. Dick won 3-0 and league one, which was a just reward for his steady improvement over the last 12 months. Alan Black and Andy Narramore are also rapidly closing the gap on the league one players. Barry Daniel is also looking very fit and on his way up the ladder.



Ken and Dean from the Southern Californian Team with mementos of their visit to the BC.



Alexis Welsh: Shall I have a fag or be a fit Californian



Andy Neville + Peter at after match supper



Andy pouring spiked drinks for the visitors

BCB versus Southern California SRA

10th February 1993

A team of 14 squash players were selected, according to ladder position and availability, to play a visiting Southern California Squash Team, who were on a Far East Squash Tour.

The visiting team won by 9 rubbers to 4.

A curry buffet and exchange of trophies in the Churchill Bar finished off a most enjoyable evening. Many thanks to the BCB staff for their usual cheerful service.

Barbara Overington

The results were as follows:

Peter Corney	Vs	Kevin Jernigan	0-3
David Hedgev	Vs	David Pope	0-3
Andre Tissera	Vs	Terence Tchen	0-2
Andy Narramor	Vs	Rob Filuk	0-2
Barry Daniel	Vs	Mark Moses	0-3
Guy Hindley	Vs	Frank Schmidt	0-3
Robert Nottingham	Vs	Tharon Takaki	1-3
Paul Tuffy	Vs	Ian Chadwick	1-2
Marvyn Lewis	Vs	Jeremy Stone	2-0
Phil Hall	Vs	Kathy Metz	2-0
Neville Downer	Vs	Steve Powell	2-0
Simon Davies	Vs	Ken Paslaqua	2-0
Mike Rickard	Vs	Lyn Schmidt	2-0
Caroline Jones	Vs	Amy Ashdale	1-3

The following was forwarded by Neville Downer in response to some of the bad language occasionally heard from one or two players, even when playing against the fairer sex.

Arrrhoew! Aaaaaah! The excruciating noise coming from a corner of the British Club caused no consternation to those within hearing range except my aunt Rose. Not being fully convinced that I was living and working in the civilised world, auntie required little to cause mis-givings as to her, and indeed her nephew's, safety a good 6,000 miles away from her semi in Orpington.
B*****!!!

Frozen to the spot and wide eyed as she was, and looking even paler than her usual powdered, whitewashed appearance.

"Good God alive, what are they doing to that man over there?"

"Who, er what? Oh, he is just enjoying a game of squash."

Oooohhhhh no, s###**@**@!!

"Huh." Not just an ordinary scoff, more like being shot down in flames. My dear old grandma really misnamed this offspring. Better perhaps Deadly Nightshade, Stalin, Crippen, the mind boggles. Boggling had to cease because she was launching into another salvo. "This sort of thing goes on a lot over here, doesn't it? Those red whatsits. I know, we read about them nearly every day at home, I even saw a film about it, the killing something or another."

"Fields?"

"Don't interrupt. Yes, probably, I can't recall. Squash indeed, huh!" (Another confirmed kill.)

"You were always more than a little economical with the truth I can recall, young man."

Young! I hadn't been called that since Harold MacMillan was never having it so good. I could like her after all.

"Squash, I've seem squash on the T.V. with you, remember? That Yengi whatsit, you know?"

"Jangh..."

"Don't interrupt. Anyway he didn't make a sound and he was playing for the world championship; he is foreign too!"

In a last ditch effort to prove my point, I guided Rose towards the courts. Alas the door burst open and a boiling remnant of humanity staggered out, slumped to the ground and started up a morbid conversation with himself.

The powdered whitewash recoiled in horror.

"Sadist! Pervert!"

She stormed out of the Club, onto an aeroplane and into Orpington.

The old ##%\$\$**!!! But that bit about Yengi whatsit, she could be I could agree with the old you know she could have a

Neville Downer

ISPA WORLD RANKINGS (SEPTEMBER 1992)

MEN			WOMEN		
1.	Jansher Khan	PAK	1.	Susan Devoy	NZ
2.	Chris Dittmar	AUS	2.	Martine Le Moignam	ENG
3.	Chris Robertson	AUS	3.	Michelle Martin	AUS
4.	Rodney Martin	AUS	4.	Cassandra Jackman	ENG
5.	Jahangir Khan	PAK	5.	Robyn Lambourne	AUS
6.	Brett Martin	AUS	6.	Heather Wallace	CAN
7.	Tristan Nancarrow	AUS	7.	Liz Irving	AUS
8.	Ross Norman	NZ	8.	Susan Wright	ENG
9.	Sami Elophura	FIN	9.	Lisa Opie	ENG
10.	Peter Marshall	ENG	10.	Sarah Fitzgerald	AUS

Well done to the winners and all participants, the standard of squash is definitely improving.

We are also changing to the 'Dunlop XX' ball which is slower than the green 'Dunlop XT', all the other clubs (which also have slower air conditioned courts) have the 'Dunlop XX' ball as standard.

It is planned to have a combined Singapore trip with the Tennis Section from Friday 30th April to Monday 3rd May (public holiday), please read the notice board for further information.

The January ladder was won by Jeremy Pollard who is now B1,000 richer and David Hedge who is B500 better off.

LEAGUE RESULTS

League	Winner
One	Dick Anwar
Two	Alan Black
Three	Andy Narramore
Four	Howard Randall
Five	Barry Daniel
Six	Robert Nottingham
Seven	Keith Welsh
Eight	David Scott
Nine	Mike Jackson
Ten	John Bellis
Eleven	Jan Crooks
Twelve	Kamal Sandarusi

IMPROVE YOUR GAME

There is a classic character in squash called "the front wall starrer". They are the players that strike the ball majestically to the back of the court, driving their opponent to the rear, and then, having taken command of the "T", undo their previous good work by neglecting to keep their heads turned so that their eyes can track the course of the ball, enabling them to prepare their next move.

Remember that, by keeping your eyes on the ball, you can better anticipate the opponents' return. even if you have good reflexes your eyes should always be on the ball and taking in the opponents swing.

All of us must watch that little black ball - not the front wall, and not just the man.

THE RULES OF SQUASH

Squash is a potentially dangerous game - two fearsome competitors in a confined space, with dangerous weapons and a dangerous projectile.

The most important rule is that if interference (or a dangerous situation) occurs, STOP and play a 'let'. Without going through all the specific rules, you can minimise the risk of injury by bearing in mind the following points.

- a. Don't hit your opponent with the ball
- b. Don't swing your racket if there is a risk that you may hit your opponent.
- c. Don't hit the ball after you have turned
- d. Don't run into your opponent
- e. Don't push, barge or push off from your opponent
- f. Keep your swing compact, and excessive swing is very dangerous
- g. Make every effort to get out of an opponent's way to give them the entire front wall to aim at.
- h. Don't hit the ball after the end of a rally or after a call of 'let'.
- i. Remember that when the rally ends, your opponent will probably relax; so do not swing your racket or hit the ball, you may cause injury.

Good luck in your games and remember with the hot weather coming up it is even more important to drink plenty of liquids during the hour prior to your match.

Happy squashing,
Peter Corney

17th January - BC WIN AT A.I.T.

First for the B.C. for their game at A.I.T. was not the winning, as we have done that before, but the fact that all the boys were there on time for the game. While we were all in good spirits we were not all physically as fit as we could have been. Brian Lewis had some kind of leg injury that seems to afflict him every season, Frank had strained the fat in his side and Craig was still feeling the effects of his bout with the green bottles the night before. Still, there were 11 players all raring to go. In the absence of the good Doctor, Steve Frances and Craig opened the innings in grand style, pushing nearly 5 runs an over we were motor-ing along until Craig who was seeing more than one ball took a swipe at the wrong one and was bowled for 13. Steve hung in there for a little while and was eventually dismissed for 14. Wickets continued to fall at regular intervals. The Sheriff Nottingham not troubling the scorer too much, D. Gill fresh from his heroics last week failed to trouble the scorers at all. Andre looked good to start with, as he always does, wristbands washed, pads sparkling and scored a decent 21 but failed to go on with it and was out for 21 which put us into the tail. As has often happened this season the tail wagged. Led by Adam who scored a good 55 and Frank in an unusually subdued innings of 20 odd put us back onto the road of recovery. Breaking the 200 run barrier was our goal and with 9 wickets down for 187 we didn't like our chances with young Chris Shaw striding out to the middle. Chris a fast bowler of some pace but a bit of a rabbit with the bat didn't inspire confidence in the rest of the cynics. However, with Brian at the other end limping from end to end and Chris slaying the bowling to all corners of the oval put us over the 200 and quite a way further. In fact, the tenth wicket stand between these two was a BC record and broke the longest standing record for the BC. Their stand of 48 was enough for us to get to 235. Chris ended up with 20x and Brian 20x. 235 at A.I.T. on their unpredictable track was a good score. Chris who opened the attack took a wicket and his partner at the other end Adam took a brace of wickets. Jack, Peter and Steve each took a wicket but it was left to 'Man of the Match' Andre to do the real damage. Andre took four wickets as well as taking three catches, all with a sore hand.

And so the BC had restricted the powerful batting line-up of our opponents to 218 and thoroughly deserved the victory. So far an unblemished record in both leagues this season and we eagerly await next weeks encounter with the undisputed favourites for the competition.

24th January - FIRST DEFEAT FOR THE BC

"Defeat builds character" or so a saying goes, if it is the case then the BC has a lot of character after their defeat at the Sports Club on 24th of January. The BC had assembled at the ground at 10.15am for a 10.00am start only to find the opposition had six men. Our mighty Atom Caro and that long curly haired Pakistani (acting for his moustachioed captain) tossed at 10.35am, concerns about fading light and not finishing on time prompted this early action. The opposition with only 7 men lost the toss

and were put into the field in what could only be called a compassionate gesture on our captain's behalf. An overcast sky, a hint of moisture in the wicket and a suggestion of movement on the pitch failed to persuade our captain to be merciless.

The two openers Dr. (I have returned) White and Craig started cautiously against an accurate attack. The doctor was beaten by a brilliant ball which influenced him to take a slash at the next ball but only succeeded in getting an edge. This brought to the wicket the Sheriff Nottingham who had the misfortune to face one of the best overs of seam bowling seen at the RBSC for many years. He survived that over ("I wasn't good enough to get a touch!") and a few more. A change of bowling an over before the first drinks break brought about his downfall. Having faced 22 balls of pace and not hitting too many of them, his face lit up at the sight of the slow full toss that came his way. His face quickly turned to despair when he missed it and was bowled. (1 run). The fall of a wicket in the over before drinks can sometimes be disheartening; the sight of Andre spooning a catch to deep mid-on three balls later was disastrous. From a comparatively safe, if somewhat slow, 1-50 we now tottered at 3-51. Steve Frances popped up an end for a time before he was beaten by the second bounce of a very slow delivery and was bowled for 6. Craig was still there and started to pick up the pace slightly. Unfortunately he misjudged a full toss and was caught by the keeper for 44. Dave Rendell was out next ball charging down the wicket and was stumped for 7. Peter Young and Adam took the next drink break, Peter enjoying his longest stay at the crease for the BC. After drinks he finally managed to hit one but was out soon after for his highest score for the BC, 5. This brought in D. Gill who with Adam gave the score some respectability. After some gazelle type running between wickets and some lusty hitting Dennis was out for 15. Chris Shaw again showed Adam why he should have been #11 and was bowled first ball. J. Dunford "the rock: of many BC innings walked out to face the final 4 overs. Adam sensing the end in sight opened up before he was bowled for 69. Jack ended up at 7 n.o. and was heard to comment "nobody can stay with me".

A highly respectable 186 was set for the opposition which at least gave our bowlers something to bowl at. Seeing only two of our players managed to score over twenty a score of 186 was somewhat unexpected.

We had one of the opposing openers caught by Adam of Andre early but that was to be our only success. Nobody bowled badly but we were just out-classed by the opposition. The most interesting over of the game was the Sir Jackson over of 6, wide, 6, wide, 6, dot, four and was then mercifully cut short. Craig was promised an over with 14 runs left for the opposition to get. Peter thought about this before letting 16 runs come off 4 balls to end the game. We took the defeat in good spirits and have nothing to be ashamed about.

50 over league : played three - won two
25 over league : played one - won one

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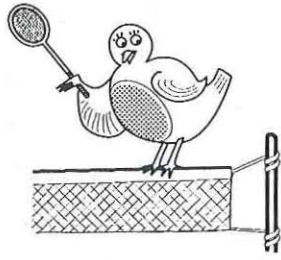
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W E G O F U R T H E R



No sign of showers in April here! This month brings the report on the highly successful Round Robin (which I won, by the way), a progress report on the coaching (the reason why I won), and great news on the competition front. And cor blimey strike a light, if the Chairperson hasn't got off her Lycra'd backside and written something!

This first part belongs to the Round Robin, held on Sunday 21st February, which was great fun and a complete success. Maurice Lamb did a sterling job on the organisation front, grateful slap on the back from all of us there. The day consisted of six mixed doubles matches in total, so there were definite signs of wear and tear on the less-fit members amongst us (I include myself, before you ask), but produced some close, hard-fought matches and some unexpectedly good partnerships. One gentleman was 'discovered' when he was found to have won every game - one Peter Kirketerp, who tied equal first with our resident good 'un, Henry, on 90 points. Wanna got a special prize for playing as a man to make up the numbers, many thanks for working that much harder, Wanna! Even so, she came third with 83 after the top two men! Then there's the ladies' bit... aw shucks, this is so embarrassing for such a modest soul - I won it, with 84 points, so the large bottle of Mek-hong was all mine. Ha! And that despite only 4 hours sleep and a not inconsiderable amount of alcohol the previous night. Taew was runner up with a score of 76, although in the blood-rush to the head I totally forgot to present her with a prize until everyone had gone - apologies!!

There were, of course, booby prizes for those who had done, er, not so well. These treasured items were "won" ('scuse the expression) by Kathy Grant on 50, and one David Bryant (mate o' Gavin's), who roped in the lowest score of the day, 43. It was of course my duty to remind those "lucky losers" of my motto - that everyone only remembers who came first and last! Finally, I have to say that I felt my presentation was somewhat more graceful than Pauline's, whose first words on presenting me with my prize were: "Who would've believed it?!". Charming, I can't think what she meant. Talking of her, would you credit that you would ever see the following?:-

CHAIRPERSON'S BIT

Most of my fellow badminton colleagues know that I can run and leap around a badminton court like a lunatic, but how many of you knew that I could write...? So here's the proof. Thought I'd help out that de Wit character here - not that she needs it, she's doing great (Like it! More of this please. - G.).

I have to admit to being totally thrilled with the response we have had to our new section. The enthusiasm is fantastic, however, the skill is somewhat lacking... with this in mind, we, your hard-working committee set out to find us a badminton coach to help put matters right.

We found a fabulous Thai guy called Aphichart ('Appy chap to us B.C.ers). His qualifications are that he a) plays for the national team, b) is very friendly and c) is idiot-proof. We are booking him on a monthly basis at the moment. That means you sign for coaching on 4 consecutive Saturdays at the respectable time of 12 noon till 2 pm. 4 Saturdays

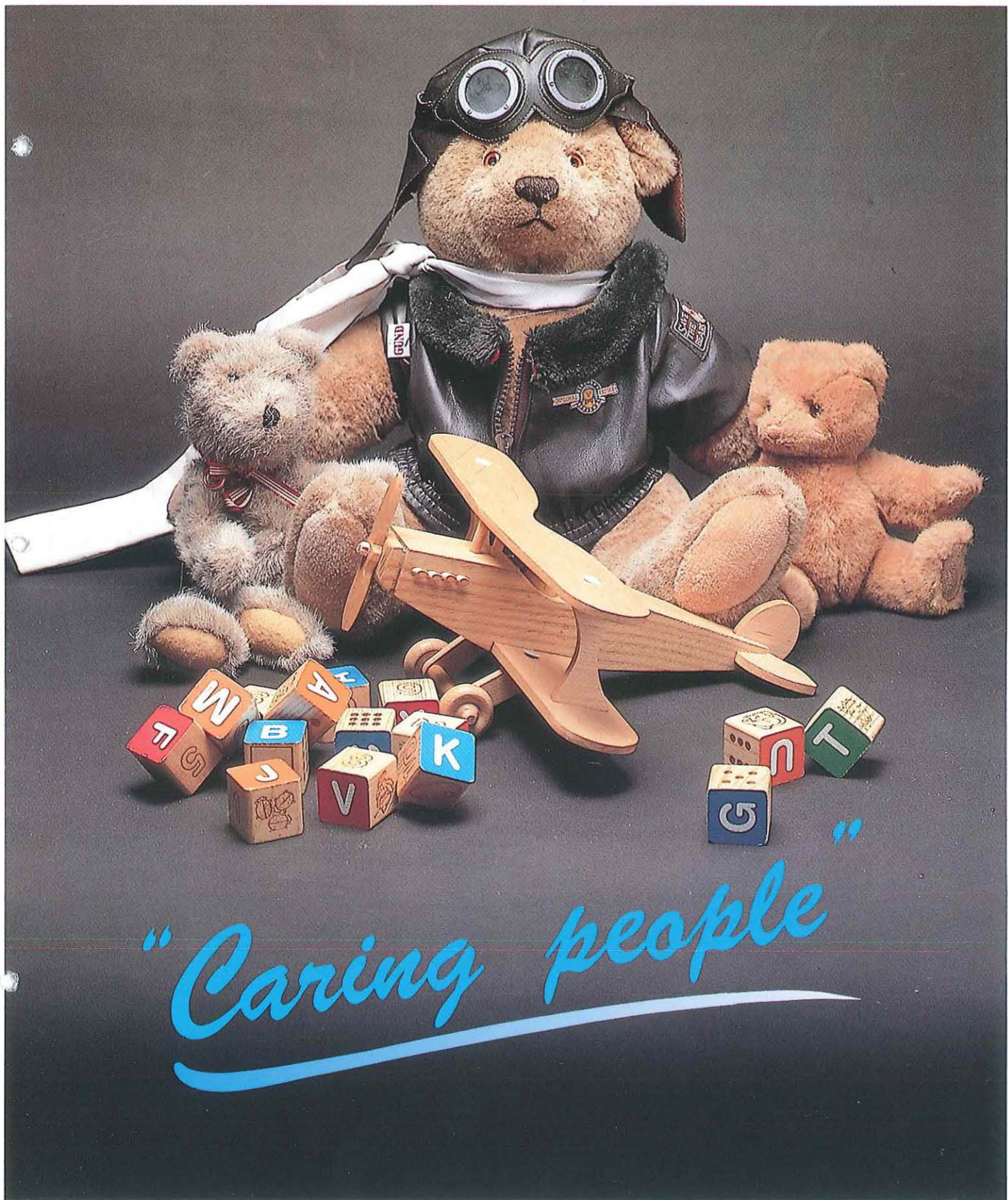


Left: Taew, 2nd place lady.... and Pauline aint letting fo of that prize!

Below Left: Gaynor winning first prize

Below Right: David, men's booby prize winner





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Henry, joint first men's winner

constitutes a course, which isn't too tiring and we are finding it both constructive and lots of fun.

'Appy chap says (in Thai, of course) that he can't make silk purses out of sows ears, but he is getting us moving around the court a lot better (even that de Wit character!) and making us work together more

as teams. It's an exhausting couple of hours but well worth the effort. Take that as fact from someone who thought she was doing OK before the course. If you're interested give me a call and I'll tell you more about what you have got to look forward to.

**See you on court!
Pauline Dalton**

Gaynor's footnote: It can only be a tribute to Apichart that I won the Round Robin in such spectacular style (modest git), the self-styled "laziest cow on court" (quote Pauline) has shown nowt short of a revolutionary improvement! Certainly, I feel I know more where to stand now, how to anticipate, and to coordinate with my partner. Everyone should try it, honestly, and I'm not on a commission.

Talking of the coaching, there is some video footage of a couple of the sessions, which we hope to show sometime as family entertainment. I would classify it somewhere between Looney Toons (comedy) and Disney (pure fantasy); hilarious viewing indeed. More on this as it happens.



The buffet crowd



Kathy, ladies booby prize winner



Coach "Appy chap with (L to R) Kathy, Maria, Eirlys and Wanna

WE HAVE BEEN CHALLENGED!!

Yes, there are more indications that outsiders believe that they can take on the mighty Badmintonians! Fruitcakes of the first order! By the time you read this, we should have held a friendly match against the Dywidag Consortium J.V. (the long version of this company name sounds like what Thai women do to their straying menfolk!), scheduled for mid-March. As usual, report and piccies in next ish.

Also, there are rumours of our first out-of-town challenge: in Pattaya, playing at the Ambassador City, Jomtien Beach (any excuse for a weekend away). This is expected to take place sometime end-March/early April, details a tad sketchy at time of writing. More in May's wee missive, when it will probably be all over.

Here's wishing you all a Happy Easter. Get bunny-like on them courts!

Gaynor de Wit

THE GAYNOR GUIDE TO BADMINTON

Your ear-to-the-ground 'ere has detected a gripe from certain members about the WARM-UP, so here's a reminder about the point of this vital exercise. Everyone should take note here, I'm not a wise old owl for nothing, you know.

The warm-up is quite straight-forward: it literally means the warming up of muscles to be used in the ensuing games. Very few people ever warm up properly (we were shown how to do it in coaching, and it knackered some of us!), and the importance of a good knock-up, even for social play, is greatly underestimated.

The idea is not to outwit the opponent by smashing down hard, or to deliberately make the shuttle unreachable, i.e. by chipping those nasty little dropshots I hate so much. It is pointless. (Worse, it is anti-social, and we can't have that in the British Club now, can we?). Save all that for the game, when the added blood flow from increased levels of adrenalin enables muscles to better respond to sudden movements. Strained or torn muscles from "over-doing it" on un-loosened muscles is no barrel of laughs, I can assure you.

Hence, the minimal warm-up should consist of several long rallies allowing the opponent to practise overheads and waist-highs without excessive running or jolting movements.

Please take heed, it's for your own good.

*Hi footballfiles,
Happy Songkran and Easter to everyone although by the time this reaches
you the 'dooking' and dousing and rolling of eggs will
probably be past.*

*'Spring has sprung the grass is ris I wonder
where in the League the BC is.'*

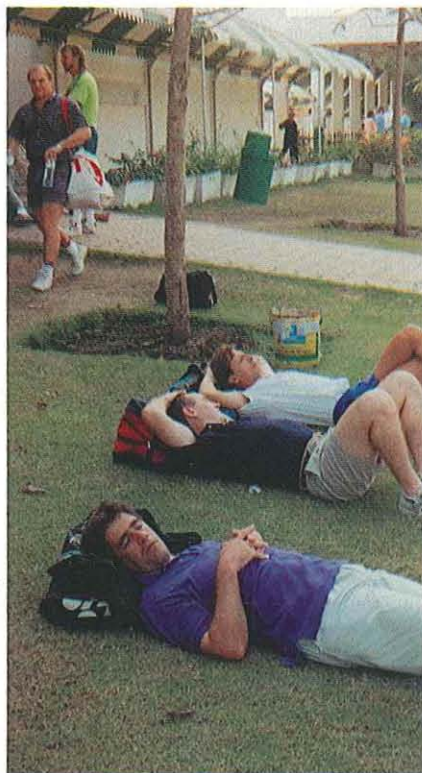
*I'm afraid it has not been a good month as we have been knocked off
top spot and are currently second as a result of two defeats.*

MATCH REPORT

The month saw the appearance of another new venue for football with the opening of the new ISB football field at their Nichada Thani campus and we made the long trip out there for a fixture at the unusual time of 13:30 hours on a Sunday. Our opposition the Young Thai Sikh Association (YTSA) must have found this too unusual as they failed to appear despite confirming the previous Friday and we were therefore awarded a 3-0 walk-over in accordance with League rules. This is not a satisfying way of gaining points and a week without a competitive game was to prove a serious disruption to our rhythm.

The next game was undoubtedly the most important of the season as we played the Royal Bangkok Sports Club (RBSC) on their own pitch. We held a two point advantage over them in the League but they had a far superior goal difference. A win would leave us four points clear with six games remaining whilst defeat would leave us second and the league wide open. The game was typical of so many against RBSC. It was closely contested with lots of good football and it was always likely the first team to score would go on to win. We had the best three chances of the first half but squandered them all. The second half was again territorially ours but we entered the last quarter with still no score. Hindsight tells us we should have shut up shop by putting on an extra defender from our legions of substitutes and keeping it tight. Hindsight is great but we went for the killer touch as is our style and we were caught with a fast counter attack and went one nil down to an excellent RBSC strike. It was then, rightly, caution to the wind as we pushed for an equaliser but with five minutes to go while stretched at the back instead of walloping the ball up field we tried to play it out of defence. The RBSC intercepted and bingo, it was two nil down and as we say in Scotland "tatties o'er the side".

As said earlier it is possible that the missed game was a contributing factor as we appeared to be



It's a big game but no sign of pre match nerves
"Kumegai vs BC"

that inch out on our shooting and the timing was not as slick as of late but we will never know. We certainly had no such excuse for the next game against the Italians who are enjoying their best ever season and, for the first time, mid table respectability.

As the fixtures worked out this came only three days after the RBSC game and was again at ISB's excellent new pitch which must have the largest playing area in Thailand. We had a much changed team as injuries and work commitments robbed us of Steve Casteldine, Peter Hockley and most important of all Captain Willie Carruthers. We started off averagely but still managed to create and miss two eminently scoreable chances. We lost ace striker Ian Mackenzie to a muscle injury after only twenty minutes and this was a turning point. We started to give the ball and initiative

away to the Italians with the generosity of Chamberlain at the famous Munich meeting and on one such turn-over they scored to lead one nil at half time. Mama mia, fantastissimo and other such Italian superlatives were heard. There was a strange lethargy in our camp but a feeling that we would eventually overcome was strengthened when Angus Campbell scored an excellent equaliser early in the second half. The Italians, give them their due, did not capitulate like they did in 1943 and instead counter attacked and thanks to two defensive errors in quick succession scored twice to go three one up. We threw on our remaining substitutes, stepped up a gear and attacked in waves. Jim Boyd scored a cracking second goal and the Italians put up a rear guard action as tough as Monte Casino although this time they held on and won three two. Two games lost in succession, the second of which we should have expected to win comfortably and that may have been part of the reason for our demise. The season appeared to be falling in and the next game was to be against an improving ISB team where we knew we were to be without several key players but most notably goalkeeper Paul Barber, top scorers Gus Campbell and John Cochrane and

football

again Captain Willie. Due to an important business commitment we were only to have Jim Boyd, Tom Keenan and Vaughan Elias for half the game also. This was to be a true test of our strength in depth and defeat would put paid to all hopes of the League.

We got off to the best possible start when we scored straight from the kick-off thanks to excellent work by Ray Hughes on the left wing in dribbling past three players before cutting the ball back to Nigel Oakins who tapped in. Seventeen seconds gone and one nil up. Visions of headlines such as "Nippy Nige Nabs Nifty Ning Naati goal" crossed my mind but I wouldn't be that corny or would I. Apart from the last ten minutes of the first half when the ISB team hit a purple patch and were kept out by three fine saves by a third choice goalkeeper modestly forbids me to name, the game was all B.C. This became evident midway through the second half when ISB despite being a goal down started time wasting. There was however always a chance they could have struck a late equaliser and all credit to lesser lights making their first appearances of the season for sound performances at the back. In this category are Alan Mays making a welcome comeback and Chris Gavin, Unocal's latest addition, making his debut. Chris played professional football in the N.A.S.L. and shows considerable promise. It is hoped he will apply for Associate membership of the Club and he has the ability to be a future stalwart.

CASUALS CORNER

Two major fixtures apart from internal club games were held during the month. The first saw the debut of the aforementioned Chris Gavin in a game against SGS, significant also for the return of 'Houghman' and Brian Lewis. They are all coming out of the woodwork. In a comfortable performance we won four nil with two goals apiece from Houghie and the heaviest man on the park Jimmy Howard showing he can still put more than Kloster away. John Gallacher had his customary near miss before inviting Ratcatcher to replace him and show him how it was done.

The second game was intended as a joint wake for Norman Bright who was departing on a months leave to GET MARRIED and John Cochrane, that enthusiastic and talented regular of the Casuals, Jools and the First team who is departing for OZ and a lucrative contract off the field. Norm unfortunately had to leave the day before and we could not give he or John a win as in a close game the Terminators won 2-1 with the oldest man on the park (yes even older than Ratcatcher Howard) Arthur Ruttle scoring our goal. Oh, John Gallacher had a near

miss but not as near as his near miss the game before which goes to show even his near misses are no nearer.

In the evening many players repaired to Jools Bar where in a moving ceremony owner Kim Fletcher retired John Cochrane's number seven jersey for good and presented it to him.

POST-SCRIPTS

Another busy month gone by as in addition to the action above Peter and Jane Rodgers hosted a 'pilot' horse racing night at their home which in addition to being a lot of laughs raised Baht 4,000 for club funds. Thanks to both of them, Catrina and Adam for their efforts and hospitality. We plan to do this on a larger scale at the Club later in the year.

It was a sad month as we said farewell to John Cochrane. In the year he has been with us John made his mark both in mid field and up front and scored some crucial goals but none more special than the one which gave us a draw against Bobby Charltons All Star team in Singapore. Our best wishes go with John and he leaves behind many fans as can be seen from the photograph. Welcome to the section Chris Gavin and his wife Juliette and welcome back for a second time to Brian Quiquley.

What of the month ahead. The Farang League will reach its climax by the time you read this and we will be into the RBSC Floodlit Trophy. The latest league news in that the RBSC are two points ahead of us and we are two points ahead of the Scandinavians. In a scandalous match against the French however one RBSC player was adjudged to have assaulted a Frenchman and broken his arm. He was sent off and the referee was forced to abandon the game as the French did not want to continue. The League Committee are to meet to determine what will happen to this fixture and this may alter matters. It is a very unfortunate event and very untypical of the Sports Club who as their name suggests are usually good sports.

The other 'biggie' to be played in the coming month is the annual Scotland - England match to be followed by a dinner dance in the Club and the presentation of trophies among which is the coveted Frank Haffey Cup. The Scots are hoping current holder John Gallacher will shake off his 'near miss' tag. Mrs. Alice Cosgrove could well have been speaking for John's mother when she said "My son was born to play for Scotland. He has all the qualities, a massive ego, a criminal record, an appalling drink problem, and he's not very good at football". Sorry John!

Meanwhile

What about the man who kept his wife under the bed.

He thought she was a little potty.

or

What do you get if you cross a football team and an ice cream.

Aston Vanilla.

Why did the cowboy take a hammer to bed with him.

Cos he thought he would "hit the hay" - ouch.

What's yellow and lives off dead beetles.

Yoko Ono.

And finally in anticipation of the Scotland England game.

The local flea pit in Govan is showing Ben Hur. Comes the part of the film where they throw Christians to the lions, and all of a sudden the silence of the cinema is disturbed by someone shouting: "Stop the film, stop the film. Rats terrible, rats terrible. "The manager stops the film and comes down to see what the trouble is. He finds 'wee Shewie' with his bottle of Irn Bru and Brasso, still shouting, "Rats terrible, rats terrible."

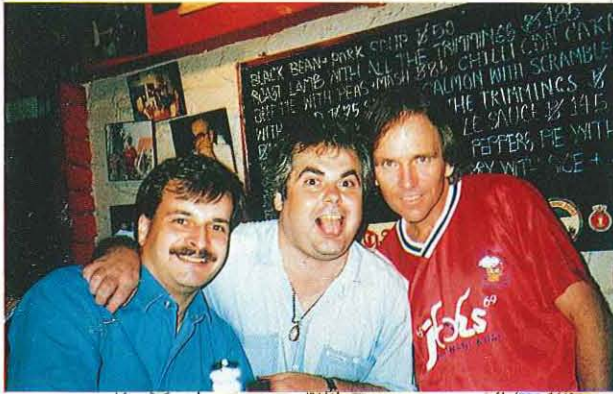
"What's the matter?" asks the manager. Shewie demands that they stop throwing people to the lions. The manager suddenly hits on an idea to shut the wee man up: "Listen, Shewie, they're throwing Catholics to the lions." This appeals to Shewie, who being a staunch member of the Orange Lodge, now feels free to sit back and watch the rest of the film.

So the film starts again, only to be stopped five minutes later by Shewie shouting: "Stop ra film, rats terrible, rats terrible." The manager makes a beeline for wee Shewie and asks why he is ruining the film again. Says wee Shewie: "Rats terrible," - pointing to the screen - "There's a lion sitting up there doing nothing."

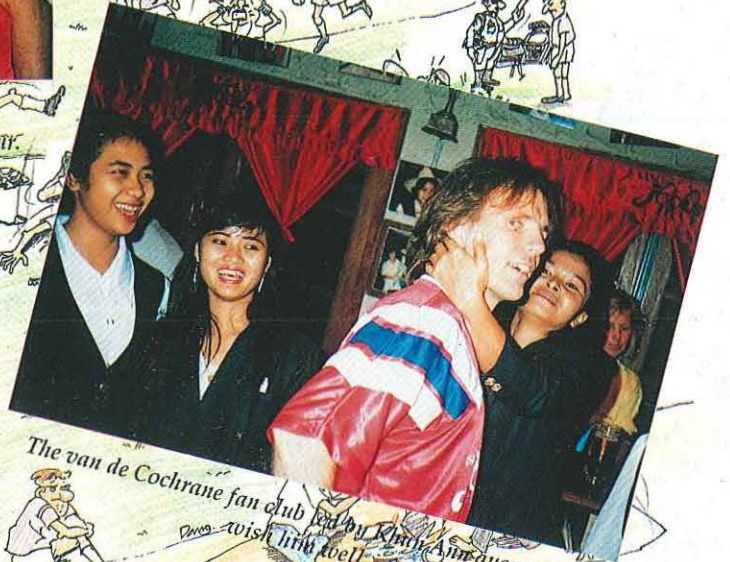
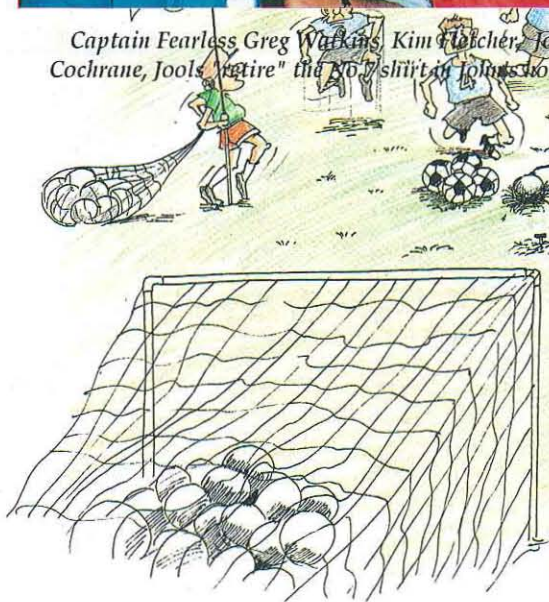
'Scoop'



football



Captain Fearless Greg Watkins, Kim Fletcher, John Cochrane, Jools "retire" the No. 7 shirt in John's honour.



The van de Cochrane fan club led by Kathy Amque up to wish him well.



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DATES FOR YOUR DIARY

TENNIS/SQUASH TOUR TO SINGAPORE

Leaving Bangkok on Friday 30th April, matches on Saturday, Sunday and Monday. Return when you wish. More details from David Haworth on 261 8028 (home) or 260 7305/8 (office)



2

Mardi Gras Fun Tournament

CLUB CHAMPIONSHIP

Over the last two months some keen competitive spirit has been displayed by those who have entered this years Club Tennis Championships. More than 60 members entered the Championship this year and, as in all good tennis tournaments, some of the top seeds have, at the time of going to press, already bitten the dust, - some in the first round. The standard of tennis in the plate tournament therefore promises to rival that in the main championships.

Amongst those who fell at the first hurdle were David Ingham (sliced out by Andrew Francis), David Haworth, John Cochrane, Simon Fox and Ray Liang, who was ousted by new recruit Andrew Steedman, all in the Mens Singles.

Finals Day will be held after this issue of 'Outpost' has been put to bed, but a full report will appear in the next issue.

AMERICAN TOURNAMENT

Some 30 people entered the American Tournament on 7th february 1993, and after four hours of hard fought tennis, Rachel Lind and Steve Golsby, Maureen Harbeck and Owen Williams, and Gaynor De Wit and Geoff Lamb emerged as winners of the three groups.

Unfortunately there was not time before the impending BBQ, to play any finals to decide the overall winners, and prizes were presented to all six players. This is the second time in a month that Rachel and Maureen have emerged amongst the winners and husbands Colin and Ian have decided that they are no longer the underdogs who need the encouragement of champagne for every victory.



1

Mardi Gras - Pancake Race

MARDI GRAS FUN TOURNAMENT

Sunday 28th February, saw some high quality, precision tennis during the Mardi Gras Fun Tournament. Played in the true spirit of all Mardi Gras activities worldwide, colour and fun were very much the order of the day.

Four handpicked teams started off with some normal (?) tennis - closely followed by 'balloon tennis' in which players were attached to a balloon by the wrist. One or two balloons were mistaken for tennis balls but on the whole most came through unmarked. On to three-a-side tennis next. Trying to work out who was 1, 2 or 3 was an interesting exercise, conversations such as "It's yours", "No, it's mine", "That's what I said", "oh blast, I missed it" were heard plaintively from all courts.

Our intrepid players next launched themselves into left handed tennis (or right handed for us 'lefties'). Balls flying everywhere is a fairly accurate description of what followed.

On to one of the highlights of Mardi Gras - headgear. Winners of each game were forced to don welders' gloves, then goggles, safety helmets and finally a BC Tennis Section T-Shirt (a prize for being

seen in public wearing the aforementioned?). Odd, is it not that some played better with the gear on than they do normally?

Once we'd prised the gentlemen away from watching the step aerobics another round of 'proper tennis' was polished off but by this time I was so confused I really wouldn't like to say definitely! A traditional event followed - Ladies and Gentlemen's pancake races, using some delicate pancakes thoughtfully provided by the British Club. Gentlemen required some practice at tossing pancakes on the move and had a trial 'walk-through', ladies of course did not and spent the time checking for dirty marks on the frying pans.

Final event of the afternoon was mixed six-a-side tennis which for those who don't like running around could be quite a useful addition to the Annual Championship agenda.

Another fine buffet on the front lawn provided by the BC ended the day. All in all a really good afternoon and very enjoyable. Thanks to Maurice Lamb (again!!) and the committee for the organisation and to all the teams - and no, I can't remember everyone's names or the order in which we all finished. Suffice to say - Congratulations to all!!

HANDICAP TOURNAMENT FOLLOWED BY FAMILY BARBECUE AT 6 PM.

Sunday 25th April 1993 2pm - 6pm

Please sign up on the tennis section noticeboard

8th May 1993 ROUND ROBIN TOURNAMENT

2pm to 6pm, just turn up at 2pm. Followed by barbecue and Annual general Meeting of Tennis Section at 6pm.

30th May 1993 - RACKET TOURNAMENT VERSUS SQUASH AND BADMINTON SECTIONS

11am to 6pm followed by buffet a 6pm. Members of tennis section required to play either tennis, squash or badminton.

TENNIS LEAGUE IN JUNE

4th, 5th and 6th June 1993 - TENNIS WEEKEND AT CLUB ALDIANA, HUA HIN

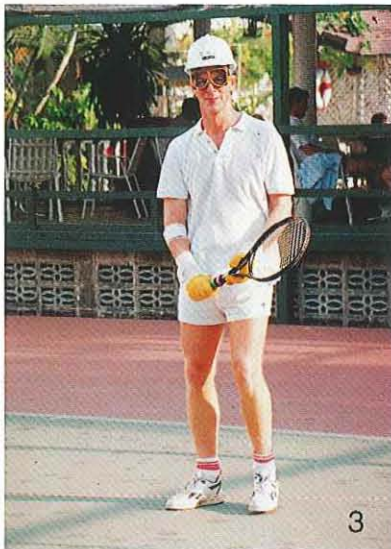
More details from Stella Fox on 287 2744

12th June 1993 - THE RACKET BALL

More details later but make a date in your diary for the best ball of the year

20th June 1993 - TEAM TOURNAMENT

2pm to 6pm followed by barbecue at 6pm, just turn up at 2pm



Mardi Gras - Headgear handicap



One of the American Tournament winners Maureen Harbeck with Maria McIntyre



Geolf hamb, gaynor de Wit American Tournament winners with Maurica Kamb

THE NEW LINKS OF BANGKOK

Finally it has happened, one of the BC members
actually sent in an article for publication in Outpost.

Thanks to Mr. A. McManus you can now read all about golf in Bangkok.

Before we get into the meat of the subject, did you hear the one about Bryan Baldwin and Dugal Forrest? They were playing golf upcountry, so far away from Bangkok that the locals had never seen a Farang playing this strange game.

They were guests of the local chief and politely insisted that they play at the brand new course. Consequently, there was a large and eager audience as these two strange beings approached the first tee.

A brisk breeze was blowing up the first fairway, touching at times, 50 miles per hour, as Dugal and Bryan tossed for the honour. Dugal won, teed up his ball and then stood looking at the audience with an appearance of patience which anyone knowing him, would not have trusted an inch.

What the audience were doing was commentating in varied local dialects upon the force of the wind, the magnificence of the clubhouse, the state of the local elections and numerous other topics, including Bryan's fishing hat. The babble of sound was tremendous, only partially dissipated by the gale.

None of those present, of course, could be expected to know that death-like silence should have been their portion, and that Dugal had been known to threaten legal action against people dropping pins half a mile away whilst he was trying to hole a four-foot putt.

As the wee master continued to remain inactive, other than a rather deliberate and ominous tapping of the right foot, the noise became even greater. There were inquiries as to whether he had already done it, and if so, where had it gone, and if he had not what was he waiting for?

Dugal could take no more. He turned to the chief and asked for silence. After even more noise, they got the gist and stood to attention. Dugal stepped up to his ball, took careful aim and with that lazy Woosnam-like swish, the ball shot off quail high into the wind, landing 250 yards up the middle.

Death-like silence. They had seen him hit it, but no-one was prepared for the result. No one in fact had seen where the ball had gone. It had simply passed out of their



ken and so they remained silent, not wishing to offend the striker with applause, in case no applause had been earned.

Bryan stepped up, remarking that his last golf round had been like a maximum dart score - 180 (60 each six holes). Anyway, the crowd was ready for him, realising that, in fact, perhaps the missile went rather further than they had the right to expect. Bryan took his usual heave - a lucky one that saw club actually connect with ball. It went shooting off the heel, 60 degrees off line, carving a trail through flower beds and trees, ending with a tight right. They'd never seen anything like that before.

Dugal's expression, never too sunny in action - or even in repose - would have frightened the lives out of a platoon of armed Algerian terrorists.

But how could anyone who had never seen golf played before know any better? And how could anyone who has never seen Dugal hit a golf ball, guess that that is the way it ought to be done?

Sir Winston Churchill once remarked "Golf is the art of getting a small ball into a small hole with implements entirely suitable for the purpose. "Should he be present in "his" bar two years ago he might have added "if you can ever get onto a Bangkok course!"

Things have changed rapidly. Apart from the implements and balls being radically better suited, Bangkok has seen its numbers of holes and driving bays more than doubled over the past two years. Both good and poor courses are easy to get on to, addicts can buy a simulated golf course set-up and play in their office for the cost

of a colour notebook computer.

16 new courses (some 27 holes a piece) have opened in the Bangkok area (pegged as being within daily driving) over the past two years. This includes the Khao Yai area, Pattaya and surrounds, River Kwai and Hua Hin. At least 19 other projects were under construction in April 1993.

Adding all that up with existing courses and driving ranges, in terms of acreage, we will have something approaching 22,500 Rai under attack by balls and clubs by the end of 1994. That is just over 9,000 acres or 3,584 hectares. This is course only, not associated real estate.

How busy will these courses be? Well, it greatly depends on how commercial the golf course owners are. Let us assume that the current number of golf course players (not driving range only paupers) is around 16,500 (average player playing twice a month) and a steady growth occurs due to increased tourism and falling green fees, there will be about 20,500 players by the end of 1994 including visitors.

Dividing the number of acres by the number of players, your average hacker is squeezed into the equivalent of 0.439 of an acre. Now that's a bit tight, as it represents a rather thin Par 4 - 395 yards long and 4 yards 1 foot 6 inches wide. (Tokyo's golfers are faced with "fairways" some 2.3 inches wide).

Anyway for Thailand, looking at a standard hole width of 35 yards we have one million forty thousand and six hundred yards of Tifway or Zoysia fairway extending into the horizon - that's 591 miles of par 4's, or a straight line from Green Valley Bangna to Hanoi's Kings Valley golf development.

So ladies and gentlemen, as I am pretty certain that no such mystical length of sward exists, and that all this golfing terrain is right here in Bangkok, I respectfully suggest that by the end of 1994, you will be completely surrounded by golf courses. I suggest that you give up complaining and enjoy them!

A. McManus

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EGGS, EGGS & MORE EGGS

With everybody getting egg on their faces, here follow a few of the old time favourites:

SCOTCH EGGS

Homemade Scotch eggs are delicious served with a green or tomato salad.

1lb (1/2kg) pork sausage-meat
 1 small onion, peeled and finely chopped
 1 teaspoon (1x5ml spoon) dried mixed herbs
 4 eggs, hard-boiled and shelled
 Flour for coating
 1 egg, beaten
 Approx 6 oz (175g) dried breadcrumbs
 Oil for deep-fat frying

Put the sausage-meat, onion and mixed herbs together in a bowl and mix well. Divide the mixture into four and press firmly around the hard boiled eggs. Roll in flour, then dip in the beaten egg. Coat with the breadcrumbs, making sure that the sausage meat is evenly covered. Chill in the refrigerator for at least 1 hour before frying.

Heat the oil gently in a deep-fat fryer until it is hot enough to turn a stale bread cube golden in 20 to 30 seconds (180-190C/350-375F on a deep frying thermometer). Fry the Scotch Eggs two at a time for about 10 minutes until crisp and golden brown. Drain on absorbent kitchen paper and keep warm while frying the remaining Scotch Eggs.

OEFS FLORENTINE

Eggs and spinach together make a very nutritious light luncheon dish.

01 1/2 lb (3/4 kg) spinach, stalks removed
 Salt
 1 oz (25g) butter
 Pinch of grated nutmeg
 Freshly ground black pepper
 4 eggs
 2 oz (50g) Cheddar or Cheshire cheese, grated

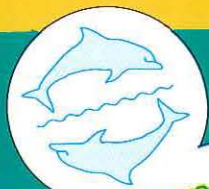
Wash the spinach and put in a large saucepan with salt to taste. Heat gently until juices flow from the spinach, then cover the pan and cook gently for 5 to 10 minutes or until the spinach is tender. Drain and chop. Return to the rinsed-out pan with the butter, nutmeg and pepper to taste, and allow to dry out for a few minutes, over a gentle heat. Meanwhile lightly poach the eggs in gently simmering water. Put the chopped spinach into four individual gratin dishes or on large flameproof serving dish. Place the drained, poached eggs on top. Sprinkle with the cheese and brown under a preheated hot grill for 2 to 3 minutes. Serve immediately.

CONVENT EGGS

Rich and creamy, Convent Eggs look most attractive if served in individual cocottes or ramekin dishes

1 tablespoon (1x15ml spoon) butter, softened
 4 eggs
 salt and freshly ground black pepper
 4 tablespoons (4x15ml spoons) fresh double cream

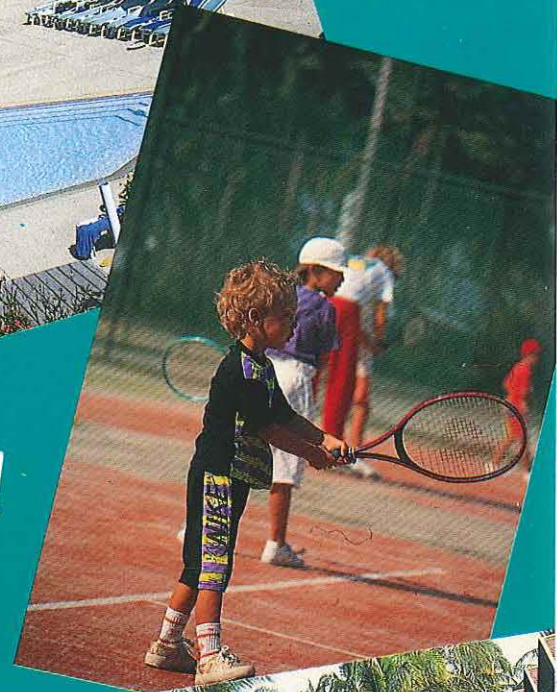
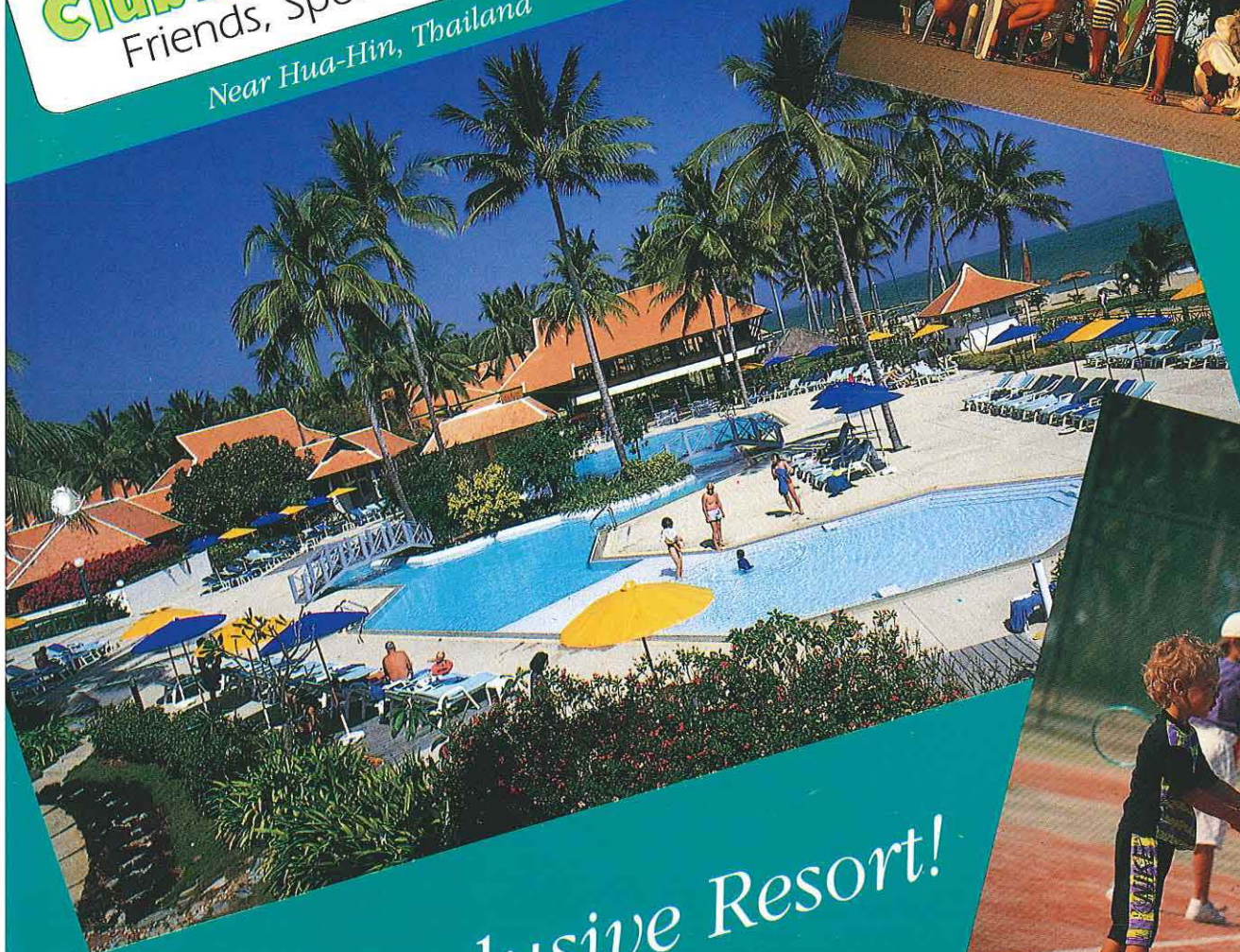
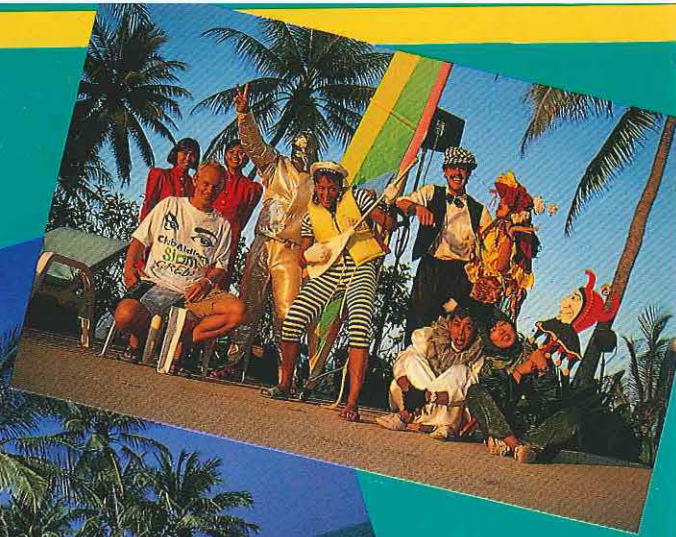
Brush the insides of the cocottes or ramekins with the butter. Break in the eggs, season to taste with salt and pepper, then carefully spoon 1 tablespoon/1x15 ml. spoon cream over each egg. Place in a roasting tin half full of water and cover with buttered grease-proof paper or foil. Bake in a moderate oven (180C/350F or Gas Mark 4) for 10 to 15 minutes or until the eggs are set.



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The following is a contribution from Gaynor De Wit, who seems, apart from everything else, to be quite a talented writer. Anyone who would like to see more contributions from Gaynor, please attack her in the bar, badminton, tennis courts, or anywhere else and tell her Bea needs her!!!

QUOTES AS HEARD (HONESTLY) AROUND THE CLUB



2.

Member's relative commenting on Andrew Francis' (Tennis) acting skills:
"He'd make a great Cat Whittington's Dick."



5.

(Badminton) member
"Flat, flat, that's my problem, I've got too much flat!"



7.

Female committee member
"I'm going to have him on the agenda!"

3.

Member
"Well, I won't be using any muscles tonight."



4.

Member
"I love a good warm up."



8.

Member
"It looks worse than it was, he was only taking her (my daughter) home to bed."



1.

Someone at the Club, on seeing photo of Howard Neville and Carol Young (Tennis):
"Who's that boy with the katoey?"



6.

(Badminton) member
"Some like it in front, some like it in back."



9.

Member, after walking off court
"I'm not playing this silly tennis!"



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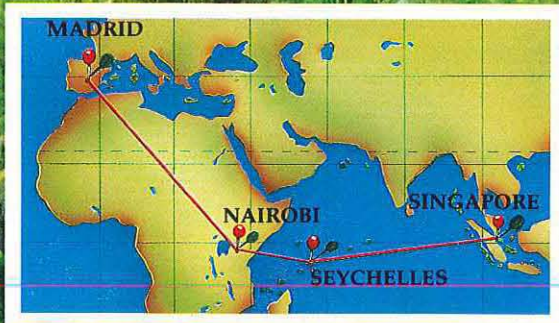
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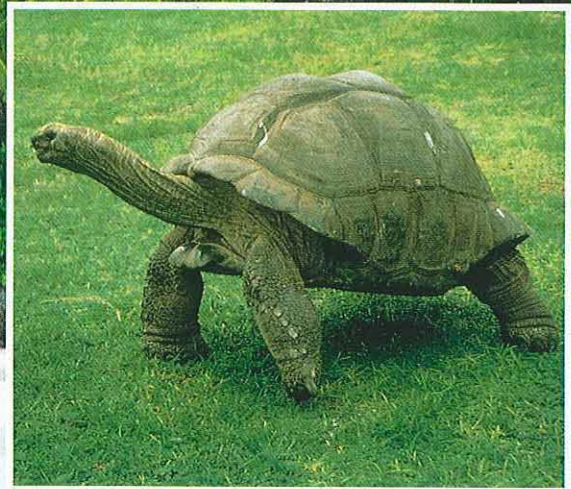
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