

OUTPOST

MONTHLY MAGAZINE OF THE BRITISH CLUB

APRIL 1985



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April, 1985

COMMITTEE

	<u>HOME</u>	<u>OFFICE</u>
Arthur Phillips (Chairman)	314 1069	-
Jack Dunford (Vice-Chairman and Food & Beverage)	286 1356	234 7991/2
Geoff Percival (Hon. Treasurer)	314 2464	259 0063/72 Ext. 540
Reg Laville (Finance)	252 8655	234 4757
Bernard Grogan (House & Grounds and Club Development)	258 5614	258 0379
Richard Ellis (Membership)	251 0742	252 6062
David Wallace (Sports)	279 8663	235 3551
Brian Heath (Personnel)	321 1723	282 9161/191
Brian Lewis (Entertainment)	391 4628	235 3422/6
Colin Hastings (Outpost & Publicity)	258 8487	-
** ** ** ** **		
David Williamson (Manager)	391 6249	234 0247

Members interested in the various Club activities listed should contact the Committee member responsible or the relevant convenor listed on the back page.

Editorial

IT was interesting to note that one subject dominated this year's Annual General Meeting: the opening up of the club membership to an unspecified number of "outsiders," meaning those who would not normally qualify for membership under the present rules.

Several prominent members, not usually known for their radical views, spoke in favour of increasing the ranks of associate members in order to keep the club on a healthy financial footing. Without stating actual numbers, they believed that the club would prosper by an injection of new blood from non-traditional sources.

Surprisingly, little opposition was heard on the night to this fundamental change in the way the British Club operates, though the disappointing attendance of the AGM is not necessarily a fair representation of what the general membership might think on this crucial issue.

Nevertheless, it is the first time (in most people's memories) that such a major re-think has received such attention and, on the surface at least, such support. Clearly, members are now thinking that the British Club, not just to survive but to prosper, needs the extra income that increased membership would bring - and the only way to guarantee such revenue is to open up the associate member category.

There will be opponents, however. Some members believe that the club has a "special and unique atmosphere," British in nature and formed over many decades. To open up the club to "outsiders" would condemn that atmosphere to posterity.

This issue, with its far-reaching consequences, should provide lively debate in the Churchill Bar for months to come.

Membership Matters

NEW MEMBERS

The following were elected to Membership of the Club in March 1985.

Ordinary

Mr. R.F.H. Bisset
Mr. J.E. Gdula
Mr. I.G. Golding
Mr. N.C. de R. Heseltine
Mr. A. Pickup
Mr. J. Osmond
Mr. J.A. Rae
Mr. R.D. Rayner
Mr. C.R. Rennie
Mr. W.F. Schreiber
Mr. I. Stuart

Non-Voting

Mr. D.J. Kluth
Mr. A. Morton
Mr. L.F. Philpott
Mr. M.A. Segar
Mr. J.R. Spur

Ladies Privileges

Mrs. S.C. Larsen

Rejoined

Col. L.A. Thomson
Lt. Col. B.A.O. Ward

Absent

Mr. J.K. Connor
Mr. P.M. Dwyer
Mr. V. Eriksson
Dr. B.S. Hughes
Mr. W.A. Needoba

Resigned

Mr. N. Fairhead
Mr. L.H. Lewis
Mr. M.S. McHardy
Mr. L.L. Wakefield

Status of Membership

The current membership status is as follows:

Honorary	10
Ordinary	352
Non-Voting	6
Associate	52
Ladies Privileges	34
Up-Country	21
Candidates	46
	<hr/>
Absent	TOTAL 521
	763
	<hr/>
	GRAND TOTAL 1284
	=====



First and foremost, it was decided during the recent AGM that our monthly dues should be increased as follows:

1. ENTRANCE FEE

<u>Class of Membership</u>	<u>Entrance Fee</u>
Ordinary & Associate	
Married	B 6,000
Single	B 6,000
Non-Voting	
Married	B 650 (a)
Single	B 650 (a)
Country	B 4,000
Ladies with Privileges	
Married	B 6,000
Single	B 4,000
Country (b)	B 4,000

Notes :

- (a) Payable monthly in advance.
- (b) Qualifying under the general terms of Rules 34-37.

2. MONTHLY SUBSCRIPTIONS

<u>Class of Membership</u>	<u>Entrance Fee</u>
Ordinary, Associate & Non-Voting	
Married	B 600
Single	B 480
Country	B 180
Ladies with Privileges	
Married	B 600
Single	B 300
Country (b)	B 180
Children aged 15 - 20 years of above categories (c)	B 60

Notes :

- (b) Qualifying under the general terms of Rules 34-37.
- (c) Children, aged 21 or over, of Members and Privileged Ladies must apply for Membership in their own right in the normal way.

3. DEPOSITS

All Members and Ladies with Privileges (except Honorary and Temporary Members) elected after 1st October 1981 shall maintain a deposit of B 2,000 at the Club. The status quo regarding deposits shall apply to Members and Ladies with Privileges elected prior to 1st October 1981.

This new scale takes effect from April 1st, 1985. So please note and alter your standing orders with the bank.

On the subject of money, the new committee has already decided to freeze all large-scale expenditure for month to allow for re-appraisal and discussion.

Another interesting development is the promise to limit the time expended on General Committee Meetings: more ground-work should be carried out by the various sub-committees which, incidentally, should ideally consist of 3-4 members.

We're going back in time with regards to the introduction and induction of new members. In the past, new members, accompanied by their proposer and seconder, met the members of the General Committee, on the first Tuesday of the month after their 90-day candidature period. This system has been re-adopted, with immediate effect.

Thus, new members will no longer have to get their books signed by committee members, although they must still ask the receptionist to sign them into the club. This allows the General Committee to see how frequently a prospective member uses the club.

Last but not least, the General Committee is proposing some fairly strict guidelines for itself too. It has been suggested that if a member of the General Committee fails to maintain a 65% attendance record at meetings, he should resign.

More news from this fellow next month.

BE A JOURNALIST

Here's your chance to become a real live newspaperman, or newspaperwoman. Outpost needs a couple of volunteers to help produce bigger and livelier editions of this esteemed publication in the coming months. Experience is not necessary, since we're all beginners anyway. Simply expect to spend one or two evenings a month writing, editing and proofreading the magazine. There's no reward, of course, other than the satisfaction of knowing you helped to make the news.

Volunteers, please contact Colin Hastings on Tel. 258 8487 or through the manager's office.

FRIDAY NIGHT IS PUB NIGHT

OVER the last few months, Friday night at the British Club has been one of non-event.

It has seen the stalwarts of the club disappearing to other bars for their apres lunch business sessions, where there is little entertainment apart from the odd female, and where they are paying the exorbitant price of Baht 25 for their beer, during happy hour only.

Why not come back to the club, where we have attractive, attentive bar staff and cheap beer at Baht 19 for the whole day.

To persuade you, we are commencing a Friday Night Pub Night on 12 April 1985, where you will be able to eat a sumptuous buffet at the give-away price of £ 65, listen to, and join in with, a fantasia of light entertainment that will be provided.

NO CHEAP DRINKS AS THEY ARE CHEAP ENOUGH ALREADY

THE BRITISH CLUB v BRITISH SHIP CHALLENGE

This event was held at the BCB on Monday 18th March and was enjoyed by all present, both participants and spectators.

The ships crews were accompanied by several members of the British Embassy, both male and female, turning the event into a sporting, social event, rather than the all male 'Bash' seen in the past where club members' wives have been reticent about attending.

This is the type of event we will try to continue to present, not only with visiting ships crews, but also with challenges to the various Embassies throughout the year.

The challenge involved Squash, Snooker and Darts, with the BCB Winning the snooker, the ships winning the darts and squash being a draw, a satisfactory result was achieved.

The bar flowed both during and after the challenges were finished, and some rousing songs were heard, accompanied by Richard on the piano.

One sailor was heard to say at 9.00 p.m., that, drunk as he was, he was going to sample the delights of a nearby road. The same sailor, still drunk, was saying what a great night it had been when the writer sloped or slurped off home at 2.30 a.m. accompanied by his wife who was heard to remark, 'Don't blame me in the morning'.

Around 1.00 a.m. the ½ yard of ale was found, but not many challengers. By this time the crew of HMS Plover had dwindled in numbers, leaving most of the crew of H.M.S. Peacock to finish the evening.

The first challenge came from John Rogers of HMS Plover with a time of 31.84 secs. but this being his first ever attempt, that was quite a creditable performance especially as tilted sideways liquid could be seen to be coming out of his ears. The second challenger, the winner on the night, was Brian Peach HMS Peacock in 14.32 secs.

The third challenge, Andrew Mills HMS Peacock in 20.33 secs.

As HMS Plover had no more volunteers, July Folken of the NZ Embassy stood in but was unable to complete.

A BCB stalwart, Martin then tried and came in with a creditable 16.21 secs.

At 1.30 a.m. the writer was challenged to a beer drinking contest by a young lady, a challenge that had to be accepted, why, who knows.

The first half pint was a dead heat in 4.4 secs, with the writer narrowly winning the second half by 2/10 second.

The buffet was very good, thanks chef and staff.

The captain of HMS Plover presented the BCB with the ship's shield which now adorns the Churchill Bar wall.

Our thanks go to all who took part and we look forward to seeing many more of you attend in the future.

Please look for the notices in the club house for future events as flyers will not be sent out.

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MAY DAY FAMILY FESTIVAL

To be held on the back lawn of the British Club on Saturday 4th May 1985.

The proceedings will commence at 2 p.m. with a fancy dress competition for children of all ages. So come on children see what you can do to win 1st, 2nd or 3rd prize.

ALL CHILDREN ENTERING WILL RECIEVE A PRIZE

After the competition there will be :-

- a) Sack, Egg and Spoon, Three Legged and Straight Racing for all ages.
- b) Egg Throwing Contest for Adults.
- c) Sausages on String Contest for Children.
- d) Sausages on String Contest for Adults.
- e) Tug-O-War Children - 10 Boys vs 15 Girls Best of 3.
- f) Tug-O-War Adults - 10 Dads vs 15 Mums Best of 3.
- g) ½ Yard of Ale Competition.

There will also be other events for parents to join in and give the children a laugh.

During the afternoon there will be hot dogs, chicken legs etc. on sale, similar food and prices to Guy Fawkes night.

There will also be whole roasted pigs for something different.

A beer tent will be available for those that wish to avoid the sun and still want a beer and watch the proceedings at the same time. With the childrens events of the afternoon over they will then be able to go to the Suriwongse Room for cartoon films, whilst the parents can relax for a while and enjoy the musical entertainment that will be provided in the beer tent.

There is no charge for attending so please come along and help this to be the fun day for the children and adults that it should be.



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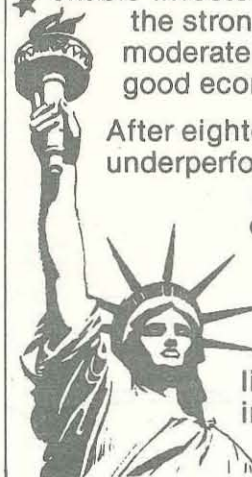


Jardine Fleming

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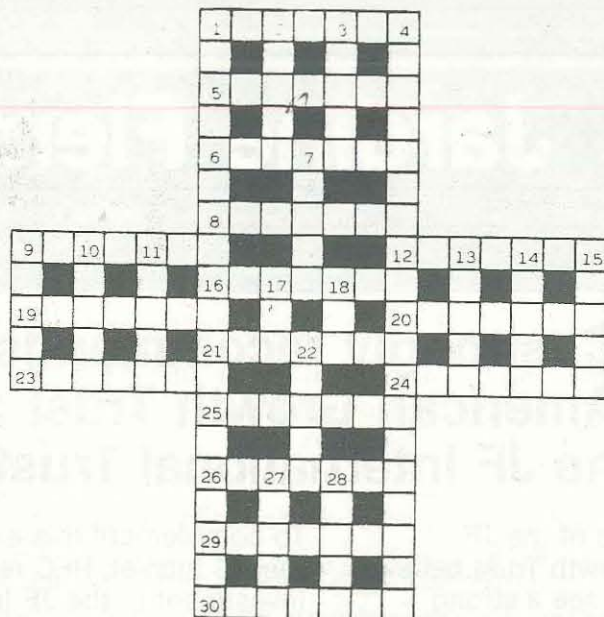
Please send details of the JF American Growth Trust & JF International Trust.



Name: _____ Address: _____

Telephone: (Office) _____ (Home) _____

CLUB CROSSWORD



CLUES:

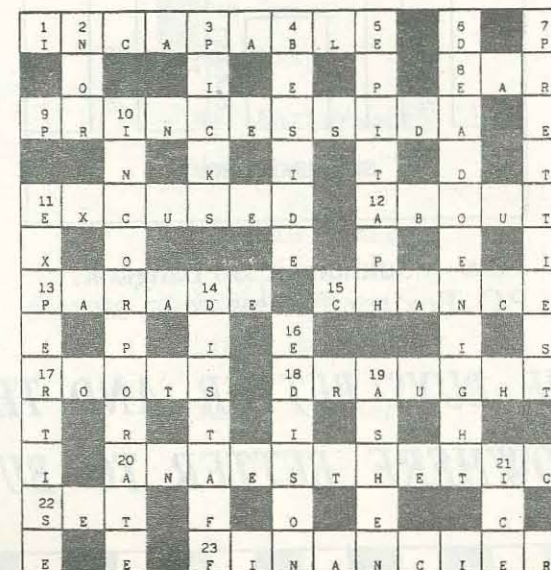
Across

- 1 A cross for Scotland's Patron Saint.
- 5 Not hinged without Ed... you'll have nil!
- 6 In the number of.
- 8 What the foremen do.
- 9 It's Great!
- 12 Give A1 a turn, it's unrefined.
- 16 Soft-eyed little African creature.
- 19 The Bard's Merchant.
- 20 Italian gentleman with a note is mixed up... takes no notice.
- 21 The bowl the landlord filled.
- 23 Cuddles up... for someone's chocolate?
- 24 As an athlete he is no fence-sitter!
- 25 Plan Tim somehow to put it in.
- 26 Change from Turkey or Egypt.
- 29 It is certainly relaxing, but don't be caught doing it!
- 30 Order the first lady to take it easy to be the world's highest.

Down

- 1 But maybe the kids of today croon a ditty about 2½p! (5 words)
- 2 Lot to put together for a game of chance.
- 3 I warble, we hear... it's just topping!
- 4 In 2 down, they might call "Eligible to vote with two fat ladies" but it's a Victorian date. (3 words)
- 7 Rose with a point for a Scandinavian.
- 9 Some grey matter is only Brian all confused.
- 10 Jots.
- 11 Make invalid.
- 13 Crazy rent with nothing for a chap in the highest register!
- 14 They say the country is, truly.
- 15 One is born in the Bangkok Post every day.
- 17 The beasts are gathered here!
- 18 Recline around to make a garland.
- 22 Land of the Prince.
- 27 New York is the big one.
- 28 One of a pair above a note... here's a coil!

Answers to Last Month's Crossword



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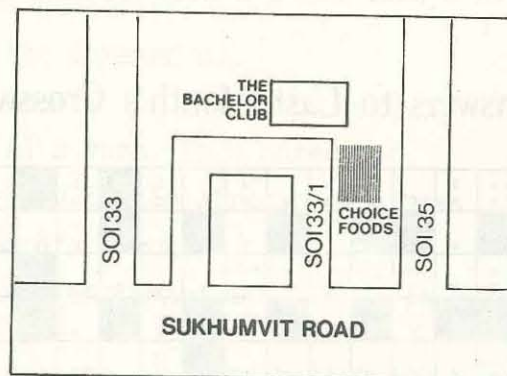
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BRIDGE & MAHJONG

The British Women's Group are holding a Chicago Bridge & Mahjong Morning at the Residency of the British Embassy, Wireless Road; on May 8th 1985, Wednesday. There will be door prizes, Raffles also morning coffee & biscuits - at noon a finger buffet with wine. Tickets are Baht 150.- each - the Proceeds to go to Thai Charities. Bridge players please bring your own partners and Mahjong players their tables of 4. Please come & support our fund raising morning which we hope will also be a fun morning for you as well.

Bridge tickets phone Suzie Vereker 251 3089

Mahjong tickets phone Mai Butterworth 286 6935

Following the Annual General Meeting of the British Women's Group on Thursday 17th January, we would like to advise you of the names of the new Committee elected to office for 1985:-

Chairman	- Fiona Gibson	(286 2556)
Vice-Chairman/ Ploenchit Fair Chairman	- Gillian Pallett	(391 5676)
Hon. Secretary	- Mary Hussey	(251 6414)
Hon. Treasurer	- Molly Bethmann-Hollweg	(392 1019)
Programme Director	- Mechas Parker	(252 8536)
Activities	- Sue Baker	(391 6628)
	- Sue Pike	(391 4023)
Welfare	- Mai Butterworth	(286 6935)
	- Mary Davie	(252 6627)
Ploenchit Fair	- Melanie Pomfret	(391 8896)
Reception	- Sybil Coe	(286 1128)
	- Linda Maxwell	(286 1474)
Special Projects	- Susie Vereker	(251 3089)



SQUASH

The general meeting of the Squash Section was held on Thursday 28th February and the following committee was elected:-

Chairman	Tony Laven
Secretary	Harold Mercer
Treasurer	Tom Annas
Club Captain and Interport TSRA and Coaching	Len Alexander
Club Competitions	Craig Rennie
	Annie Wilkins
	Andrew Morris
League Coordinators	David Jezeph
	Amanda Young
	Peter Young
	Drew Wilkins
Court Maintenance, book forms and results sheets	Tony Laven
Prizes, shirts, and trophies	Harold Mercer

During the month the section has been active as usual. The first match was British Club versus the Thai National Squad, but the evening started with an exhibition match between Thailand's top two players, Vipong and Peerapong. Following this the British Club represented by Chris Platt, Mervin Rattray, Colin Hastings, Mike Withford and Bernie Grogan were defeated quite convincingly, our only winning match being won by Chris Platt.

More recently the British Club represented by Keith Davidson, Geoff Thorpe, Rory MacWilliam and Harold Mercer played the Royal Navy, or at least representatives of two Patrol Boats visiting Bangkok. The match ended with honours being shared evenly, Keith and Rory being our winning representatives. This match was part of a highly successful sports and social evening organised by the British Club. May they become a more regular feature of Club life.

February Ladder Results

Squash returned to ladder activity with great enthusiasm in February and fifty challenges were recorded of which exactly half were successful. For those who like the vital statistic, of the games played 26 were in A Flight, 14 in B, 4 in C and 6 in D. Eight matches featured lady players.

Those people promoted were:-

Flight B to Flight A	Andy Crossley Drew Wilkins Paul Welford
Flight C to Flight B	Howard Rutter David Kluth Robin Hyde Jantje Davison* Annie Wilkins*
Flight D to Flight C	Clive Brook-Fox Rita Dunford Lee Thorpe

* People leaving created a net loss of players from Flight B so more than three players were promoted to restore the number to 40.

Flight toppers, Mervin Rattray, Andy Crossley, Howard Rutter and Clive Brook-Fox get the coveted trophies while Roger Gain once more emerges amongst the prize winners having played most games (6). The progress prize of the month for a jump of 11 places from A37 to A26 goes to Martin Hazell. All prizes not yet collected are now at the reception desk.

March (52) League

Ninety eight players are now fighting it out for the honours in the fifty second league. As we go to press, many games remain to be played but Derek Johnson in Division 3 and Brian Frances in Division 4 are both looking strong, each with 9 points from 3 games. Annie Wilkins is hot favourite in Division 11 with four wins out of four. Meanwhile Division 13 could be anybody's, and it should be an exciting finish.

The following is reproduced with kind permission of Fitness International, Dusit Thani Hotel. By Craig Scott.

Beginners' Injuries - Prevention and Cure

I have decided to devote this article to the beginner and to explain how to avoid many of the aches and pains that are associated with resumption of physical activity after a period of inactivity.

Many of Fitness International members have recently complained of pain in the inside front of the lower leg. These pains are often referred to as shin splints.

This pain can be the result of a variety of injuries. For example, hair line fractures of the shin bone (tibia), will give the same kind of pain as an injury to the tendon which connects the tibialis muscle to the shin bone. In the vast majority of cases it is the latter condition which is the cause of the pain.

However, both injuries are commonly known as shin splints.

The tearing of the tendon can be caused by a number of factors.

Overtraining

Many beginners after years of inactivity will embark on a jogging programme and find they enjoy the activity and show quick improvement. They may develop a positive addiction to running and increase both the duration and intensity too quickly. Some muscles and tendons may not be able to adapt to this increased demand and will tear.

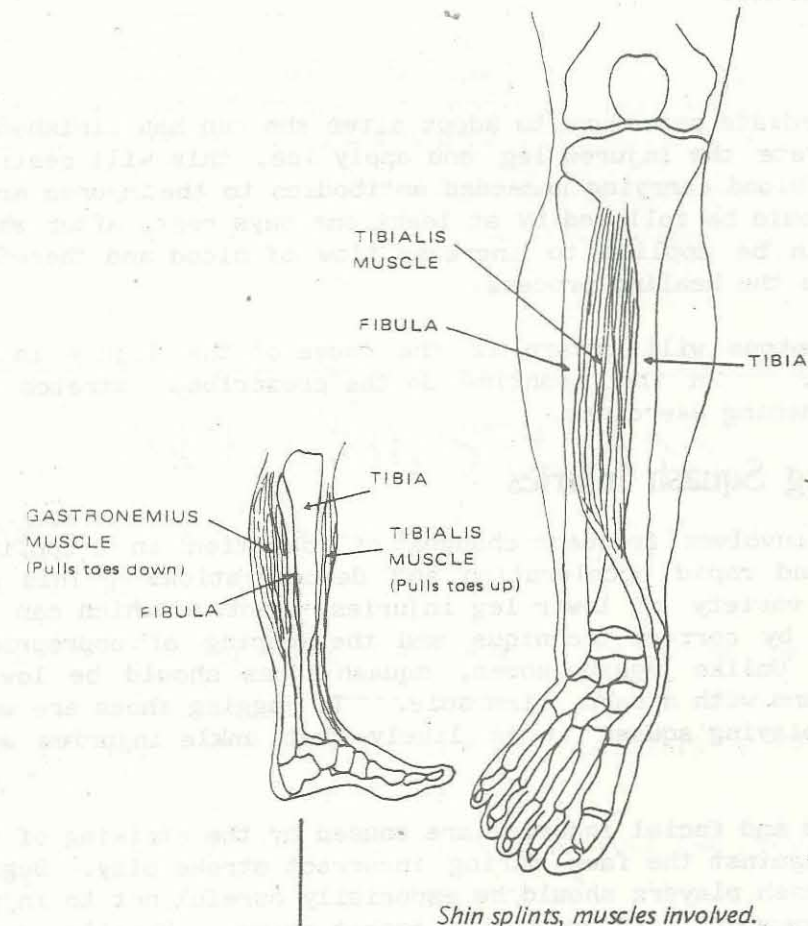
The tendon on the front of the shin bone is especially susceptible to injury and the slight pain associated with a small tear may become progressively worse with each subsequent jog.

Poor Quality Shoes

Shoes of poor quality are also a cause of shin splints. Many shoes sold on the open market are poor imitations of jogging shoes, they neither provide the correct support or cushioning that is required of a good jogging shoe. Good quality shoes rarely cost below £ 700.

Muscle Imbalance

Shin Splints can also result from a muscle imbalance between the gastrocnemius (calf) muscle at the back of the lower leg and the tibialis muscle on the front of the leg. If there is an imbalance in strength between these opposing muscles, i.e. if the calf muscle is pulling a lot harder than the tibialis can bear, the tibialis muscle or tendon may tear.



Inadequate Pre-stretching

If you do not stretch the front and the back of the leg before you run you are also likely to develop shin splints. Adequate pre-stretching prepares the muscle and tendons for jogging. Ideally, you should either bicycle or walk briskly before you do your pre-stretching, so as to increase the blood flow and make the muscles and tendons more pliable.

In conclusion, most people who develop shin splints:

- a) do no pre-stretching
- b) wear incorrect running shoes
- c) run too far, too quickly, too frequently
- d) run on hard surfaces.

If you do all of these it is quite likely you will develop shin splints.

Cure

The immediate procedure to adopt after the run has finished is to elevate the injured leg and apply ice, this will restrict flow of blood carrying unneeded antibodies to the injured area. This should be followed by at least one days rest, after which heat can be applied to increase flow of blood and therefore increase the healing process.

The symptoms will return if the cause of the injury is not removed. In the meantime do the prescribed stretch and strengthening exercises.

Avoiding Squash Injuries

Squash involves frequent changes of direction in a confined space and rapid acceleration and deceleration. This can cause a variety of lower leg injuries, most of which can be avoided by correct technique and the wearing of appropriate shoes. Unlike jogging shoes, squash shoes should be low to the ground with a hard, firm sole. If jogging shoes are worn whilst playing squash it is likely that ankle injuries will result.

Many eye and facial injuries are caused by the striking of the racket against the face during incorrect stroke play. Beginning squash players should be especially careful not to injure their opponent with excessive racket swing. Finally, don't get too near to your opponent during squash especially if you are a beginner.

Strength Training

"Train don't strain" should be the approach that most of us adopt in our strength training. Beginners will suffer excessive soreness if they increase the weight loading too much in the early stages. Connective tissue takes time to thicken and

adapt to increased workloads. Increase the weight in stages, and listen to the instructor carefully to avoid adoption of incorrect technique.

Conclusion

In this article I have attempted to give practical advice in the prevention and the recovery from injuries that might be sustained by beginners.

Some aches and pains may be the result of practices that have not been discussed here. If these injuries persist do not hesitate to contact the instructor.

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SNOOKER

At our annual AGM on Wednesday, March 20, a new committee was formed to carry out the new schedule of events for 1985.

The Committee is:

- Mr. David Hall - Flyers & Publicity
- Mr. Keith Ross - Equipment
- Mr. Dick Anwar - Ladder
- Mr. Harold Mercer - Accounts & Notices
- Mr. Ron Armstrong - Outpost & Tournaments

The schedule of events for 1985 is as follows:

- April 3 - Australian Embassy Fun Night
- " 10 - O'Connell Trophy
- " 24 - Leonowens Trophy
- May 8 - Donofield Cup
- " 22 - Club & Instructional Night
- June 12 - Fothergill Cup
- " 26 - Club Night
- Jul & Aug - No schedule
- Sept 11 - Mabbatt Cup
- 25 - Hamilton Cup
- Oct 9 - Outpost Trophy (2 nights)
- " 23 - " "
- Nov 13 - Leslie Collings Pairs Competition
- " 27 - Ashes



SWIMMING

ENDURANCE TESTS

Saturday 9th March saw some 20 children swimming up and down the pool to see how far they can swim. The idea is, to swim a given distance non stop, and then if successful to receive a badge for your efforts. Before the results, a word on the definition of "non stop" is in order. As with all "tests" there have to be some rules, and in this case, the distance has to be swum, more or less, within a certain given time.

The committee try to exercise a little "flexibility" depending upon the time of the particular child, but, although someone may have tried very hard and completed the distance, if they are well over the time, then we have to say "Sorry, try again next time". On this occasion, there were a number of children who were well outside the allotted time, and at least one or two tears fell into the pool when the results were announced. We very much hope that those who were disappointed will "try again next time", (which will be in May) so keep practicing!

Now to the results!

- 25m James and Sarah Rennie, Lynley and Timothy Strange, Timothy and Lucy Johnston, Jack McConnell, and Alexi Hughes.
- 50m Peter and Judith Rutter, James and Sarah Rennie, Timothy and Lucy Johnston, Lynley Strange, Alexi Hughes, Jack McConnell, and Sam Gain.
- 100m Lucy Johnston, Lynley Strange, and Jack McConnell.
- 200m Jack McConnell, and C.J. Kefford.
- 400m Sophie Majer, C.J. Kefford, and Jack McConnell.
- 800m Morca McConnell, Ben Gain, and Neil Baker.
- 1,500m Phillip Timmins.
- 2,000m Simon Timmins.
- 3,000m Kris Erswell.

Congratulations to all the swimmers listed above, and lets see a bumper turnout in May for the next Endurance testing session.

: SWIMMING GALA RESULTS FOR 10 MARCH 1985 :

* Free for under 7's. X = No previous recorded time.
 C = Comparison with previous best personal time. O = Equals best time.
 - = An improvement in seconds.

Age	Sex	NAME	BREAST		FLY*		I.M.		TOTAL C (STROKES)
			TIME	C	TIME	C	TIME	C	
Under 7s	Girls	BCB RECORD	27.2	-	20.4	-	1.10.0	-	-11 (1)
		Naomi Kent	34.0	-11	30.0	x	1.10.0	x	
		Elizabeth Thorpe	36.6	x	33.6	x	1.19.0	x	
		Judith Rutter	39.8	x	41.3	x	1.30.3	x	
	Boys	BCB RECORD	24.8	-	19.6	-	59.5	-	-1 (1)
		Morcar McConnell	29.8	-1	23.3	+2	1.04.2	+1	
		Philip Timmins	34.5	+3	26.4	+3	1.09.0	+6	
James Rennie		36.2	x	43.3	x	1.29.3	x		
Timothy Strange	36.4	x	48.5	x	-	-			
Timothy Johnston	38.0	x	-	-	-	-			
Peter Rutter	39.7	x	39.8	x	1.27.9	x			
Under 9s	Girls	BCB RECORD	50.6	-	46.4	-	1.45.9	-	0 (1)
		Lynley Strange	1.04.0	x	-	-	-	-	
		Sophie Majer	1.13.5	0	-	-	-	-	
		Sarah Rennie	1.14.0	x	-	-	-	-	
		Lucy Johnston	1.20.0	x	-	-	-	-	
		Angela Ryan	1.20.9	x	-	-	-	-	
	Boys	BCB RECORD	51.0	-	48.2	-	1.42.0	-	-4 (2)
		Jack McConnell	56.5	-3	1.03.6	+8	2.03.0	-1	
		Simon Timmins	1.01.2	-7	1.14.4	-10	2.15.0	+9	
		Nicholas Baillie	1.04.6	0	1.10.0	0	2.20.0	+4	
C.J. Kefford	1.06.2	-2	1.13.9	x	2.15.6	0			
Damian McDonald	1.14.5	+4	1.17.5	-6	2.31.0	-5			
Under 11s	Girls	BCB RECORD	43.9	-	39.8	-	1.30.5	-	-23 (2)
		Jane Warham	58.4	x	-	-	2.12.8	x	
		Eilidh Currie	59.1	-4	-	-	2.14.2	-19	
		Hannah Thompson	1.03.0	+1	59.8	-5	2.05.5	-12	
		Xanthe Kent	1.03.8	-5	-	-	2.17.2	-13	
Under 13	Girls	BCB RECORD	1.31.3	-	1.20.5	-	2.54.0	-	-18 (2)
		Natasha Lovell	1.59.9	x	-	-	-	-	
	Boys	BCB RECORD	1.29.5	-	1.20.9	-	2.50.6	-	-8 (1)
		Kris Erswell	1.40.2	-8	2.02.0	+4	3.53.2	+4	
		Neil Baker	2.05.2	x	-	-	4.07.2	-44	

GALA 10 MARCH

An excellent turnout of 26 swimmers including 11 new swimmers. A big welcome to Timothy and Lucy Johnston, Judith and Peter Rutter, James and Sarah Rennie, Timothy and Linley Strange, Elizabeth Thorpe, Angela Ryan, and Jane Warham. We also welcome back after a long absence Naomi and Xanthe Kent. A farewell to Simon and Philip Timmins who are leaving for a period away.

The results speak for themselves, but particular mention should be made of the following:-

NEW BCB RECORD FOR NAOMI KENT

She knocked a huge 5.5 seconds off the under 7 girls I.M. time. That was definitely worth returning for and we look forward to other records tumbling.

NEIL BAKER managed to improve by 44 seconds his I.M. time.

ZANTHE KENT knocked 13 seconds and 5 seconds off her I.M. and breast times.

HANNAH THOMPSON who was the Improver of the Month last month, reduced her I.M. and fly times by 12 and 2 seconds.

SIMON TIMMINS in his last gala for some time, reduced his breast and butterfly times by 7 and 10 seconds.

But

IMPROVER OF THE MONTH

EILIDH CURRIE

No one improved in all three categories and so we take the best improvement in two. Well done Eilidh! She improved 23 seconds in two categories. I hope the other swimmers will note what I wrote in last month's Outpost and swim in all races next time.

NEXT GALA SUNDAY APRIL 21ST

Strokes will be Freestyle, Back and, of course I.M. Please try to arrive by about 11.45 so that your children can be registered in their races and we can get off to a prompt start.

PROFICIENCY TESTS

As announced last time, the proficiency tests are being changed to those of The English Schools Swimming Association, ESSA. Award winners will be registered at the London office of the ESSA and so when you children go back to England they will have a known award, and can continue up the scale.

The new awards are broadly equivalent to the old BCB fishes as shown below. This shows the award your child should aim for next and as you can see there two higher awards for those swimmers who are Super Fish category.

With these new awards, we must be even more strict on pass-and failing and so, as with the endurance tests, there may be a few disappointments. If you think that your child is ready to take the test, then it would probably be worthwhile to have a word with the swimming instructor first so that 'fails' are minimised.

Don't wait for your child to be invited for a test though before you ask. Although we try to arrange for the instructor to make the first move, sometimes it doesn't happen and rather than waiting for ever, it does no harm to discuss it with him.

The new awards are:-

ESSA AWARD

- Puffer.....1
- Snapper2
- Dolphin3
- Whale
- Shark4
-5
-6

Puffers and Snappers should aim for award 2, Dolphins for 3, Whales and Sharks for award 4 and then for 5 and 6.

Lets have an excellent turnout for the new badges at the test which will be

PROFICIENCY-TESTS 9.00 A.M. SATURDAY APRIL 20TH

PERSONAL SURVIVAL AND LIFE SAVING TRAINING

We are hoping to arrange some training session on Saturday mornings for Survival and Life Saving. Saturday seems to be the only time available so sorry if it's not convenient. The way it is organised depends upon response, but currently we envisage two sessions each Saturday morning. The training will be open to any swimmers who have reached the Dolphin level on the old system, or award 3 on the new one.. It will also be open to adults and providing that you can swim reasonably, we will forego the need for you to demonstrate that you can take your clothes off in the pool and similar delights that the children have to endure.

If you are interested, then you should give your name, or that of your child of course, with a telephone number, to Jane Kefford. Her number is 286-0032 and if you are lucky you might be able to get through to her in the afternoon or evening. If you are thwarted by TOT, a message at the Club will. The cost will be Baht 100 per person per month.

That's all for this month.

SEE YOU BY THE POOL



GOLF

Sattaheep Match on May 11 has been cancelled due to a tournament being held on that day.

AMCHAM vs BC

On March 3rd at Railway Golf Course the annual match between American Chamber and our club took place.

Seventy two enthusiastic golfers competed for many great prizes provided by both camps.

The team match ended with B.C. on top; 32.76 pts. against 30.55 for the Chamber.

Individual Prizes were as follows:

Low Gross - Ian McLean (78)			B.C.
Top Stableford	Amcham - Boonchu	40 pts.	A.M.
" "	B.C. - Zena King	43 pts.	B.C.
3rd Place Overall	- R. Wingfield	41 pts.	B.C.
4th " "	K. Cook	39 pts.	A.M.
5th " "	S. Alpern	38 pts.	A.M.
6th " "	V. MacWilliams	38 pts.	B.C.
7th " "	J. Addis	38 pts.	B.C.
8th " "	M. Ryan	36 pts.	B.C.
9th " "	G. Hoerner	35 pts.	A.M.
10th " "	L. Fortner	35 pts.	A.M.

Everyone got at least one prize, plus a good BBQ was put on by Hyatt Central Hotel at the golf course.

Special Prizes - Closest the Pin - M. Galloway
M. Ryan
E. Allan
K. Radford

Longest Drives - Ladies - M. Ross & V. MacWilliams
Men - S. Jamieson & J. Phillips

Booby Prize - Amanda Young (3 pts.)

After all prizes were presented, a special prize was presented to Malcolm Lazenby, who worked on our golf section committee for two years. Malcolm returns to U.K. on the 5th of March.

Bang Phra - March 17th - St. Patrick's Day

Thirty four golfers enjoyed a glorious day of golf under "green" Irish skies at one of Thailand's pretties & courses.

T-V Rentals sponsored this outing and gave an array of exciting prizes.

Winners for the day:

"A" Division (Medal)

1. Michael Ryan Nov. 74
2. Ron Armstrong Nov. 78

"B" Division (Stableford)

1. M. Baker 31 pts.

"C" Division (Stableford)

1. J. Addis 39 pts.
2. P. Speed 33 "
3. R. Laville 33 "

Calloway Division

1. R. Bissett 37 pts.
2. B. Goninon 37 "

Closest Pin - J. Addis, E. Mallaret

Longest Drive - Men - John Guy
Ladies - Sally Lamb



LADIES' GOLF

As nothing is predictable here in Thailand, the venue for our weekly golf games has again been changed. The Royal Thai Army Golf Club in Bangkok, will again be "our" Tuesday morning golf home. I think they have also missed us as much as we have missed them. So as from April 2nd -- see you all at the Army! (Tee-off 7 a.m.)

The Gestetner trophy -- the dates announced in last month's Outpost have now been changed to May 14th and 21st, still to take place at the Rose Garden.

Forthcoming Events

2 April	Stableford - Army Golf Course	
9 "	(cancelled due to public holiday)	
16 "	Vicky MacWilliam's Farewell day.	Army Golf Course
23 "	All irons	"
30 "	L.G.U. Medal - Stroke Play	"
7 May	Bisque Bogey	"
14 "	Gestetner Trophy (Stableford)	Rose Garden
21 "	" " " "	"

Competition Results

<u>26 February</u>	L.G.U. Medal	Krung Thep, Hua Mark	
Silver Division:	Winner	Vicky MacWilliam	73
	Runner-up	Margaret Ross	80
Bronze Div. 1	Winner	George-Ann Lansford	72
	Runner-up	Zena Woodward	73
Bronze Div. 2	Winner	Gillian Pallett	71
	Runner-up	Deanne Boucher	72

<u>12 March</u>	Par Bisque	Railway	
A Division:	Winner	Vicky MacWilliam	+11
	Runner-up	Mo Harris	+ 4
B Division:	Winner	Eve Doust	+ 9
	Runner-up	Anne Hendrie	+ 7

19 March Astral Cup - Stroke Play: Rose Garden

1st Day Results:

Winner	Mary Hussey	nett 67
Runner-up	Mo Harris	" 69

26 March

2nd Day Results:

Winner	Mo Harris	nett 66
Runner up	Lise Dencker Nielsen	" 69

Winner of the ASTRAL CUP 1985: Mo Harris Total nett 135

1st Runner up :	Mary Hussey	" "	136
2nd " :	Lise Dencker Nielsen		142

These results look as though there were only three girls playing but we had a very good and happy group of 21 players, where 9 handed in score cards with under pars!

Congratulations to Mo and Mary who played so exceptionally well!

A very big thank you must also be extended here to LEVER BROTHERS for their generosity for sponsoring this big event, for purchasing a new beautiful trophy and donating wonderful prizes and giving each participant a complimentary gift box. The old trophy will now be in the trophy cabinet at the British Club.

<u>26 March</u>	L.G.U. Medal	Rose Garden	
Silver Division:	Winner	Vicky MacWilliam	70
	Runner-up	Margaret Ross	83

Bronze 1 Div.	Winner	Mo Harris	66
	Runner-up	Lise Dencker Nielsen	71
Bronze 2 Div.	Winner	Mary Hussey	70
	Runner-up	Jeanie Finch	71

With all this excellent golf from so many of our players, there have been many adjustments in the handicaps.

Deanne Boucher	from 28 - 27
Lise Dencker Nielsen	" 28 - 27
Eve Doust	" 35 - 32
Jeanie Finch	" 31 - 32
Pam Hardy	" 22 - 23
Mo Harris	" 27 - 26
Anne Hendrie	" 39 - 38
Mary Hussey	" 36 - 34
Ruth Kennedy	" 25 - 24
George-Anne Lansford	" 27 - 26

Keep up the good game!

We are very happy that Joan Jurgens returned back from her skiing holiday (with no broken bones!) and look forward to seeing her on the fairways this week. Also delighted to hear that Sheila Kerr and Prue Pointer are out on the practise greens and will very soon be with us again. We have missed you both and happy to hear you are in good golfing form again.

Enjoy your golf!

Lise.



Part of the enthusiastic happy golfers at the Rose Garden before tee-off.



The proud & happy winner:
Mo Harris - receives the ASTRAL CUP Trophy 1985

AFFILIATED CLUBS

CITY	CLUB AND ADDRESS	TELEPHONE
ADELAIDE	The Naval, Military and Air Force Club of South Australia (Inc.) 111 Hutt Street Adelaide 5000	233-2422
BAHRAIN	The British Club P.O. Box 26401 Bahrain	72-8245 72-9394
BRISBANE	Johnsonian Club Johnsonian House 428 Upper Edward Street Brisbane 4000	221-8705 221-8706
CANADA	Ontario Club P.O. Box 7 Commerce Court South Toronto M5L 1A1 Canada	
EDINBURGH	Caledonian Club 32 Abercromby Place Edinburgh EH2 6QE	031-557 2675
HONG KONG	Hong Kong Cricket Club 137 Wong Nei Chong Gap Road Hong Kong	5-747023
KUALA LUMPUR	The Lake Club Peti Surat 642 Kuala Lumpur	98-5133 98-5267
LONDON	Royal Automobile Club 98 Pall Mall London SW1Y 5HS	01-930 2345
	The Naval Club 38 Hill Street London W1X 8DP	01-493 7672
	United Oxford & Cambridge University Club 71 Pall Mall London SW1Y 5HD	01-930 4152

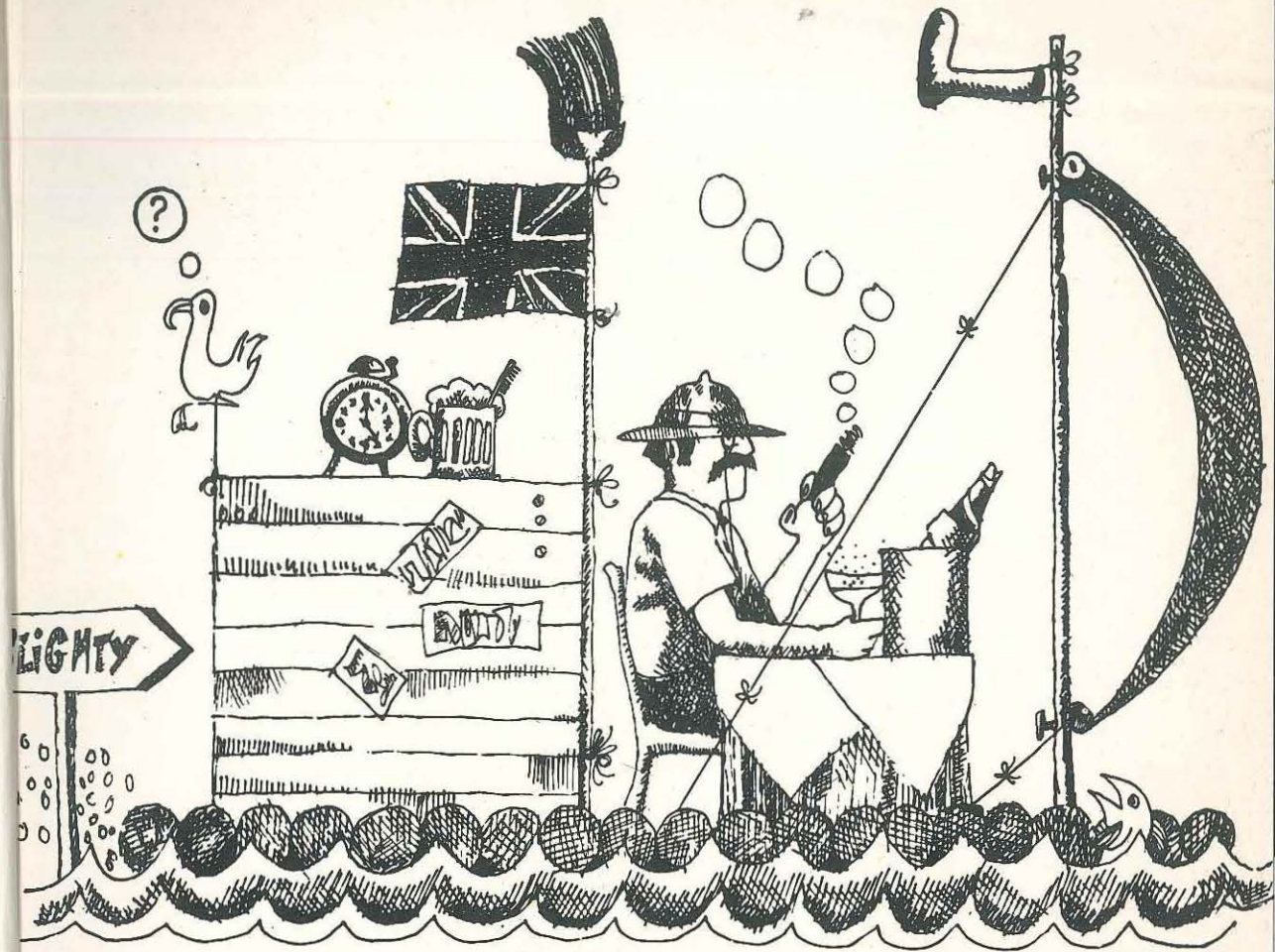
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MANILA	Manila Club, Inc. Magallanes Commercial Center Magallanes, Makati Metro Manila	833-5895
PENANG	Penang Club Northam Road Penang, Malaysia	373-366 373-490 373-507
SINGAPORE	Tanglin Club 5 Stevens Road P.O. Box 3015 Singapore 9050	733-6011
SYDNEY	Royal Automobile Club of Australia 89 Macquarie Street Sydney 2000	17-5656
VICTORIA	Bentleigh Club Yawla Street P.O. Box 218 Bentleigh 3204 Victoria	557-2718



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