

OUTPOST

MONTHLY MAGAZINE OF THE BRITISH CLUB

APRIL 1986



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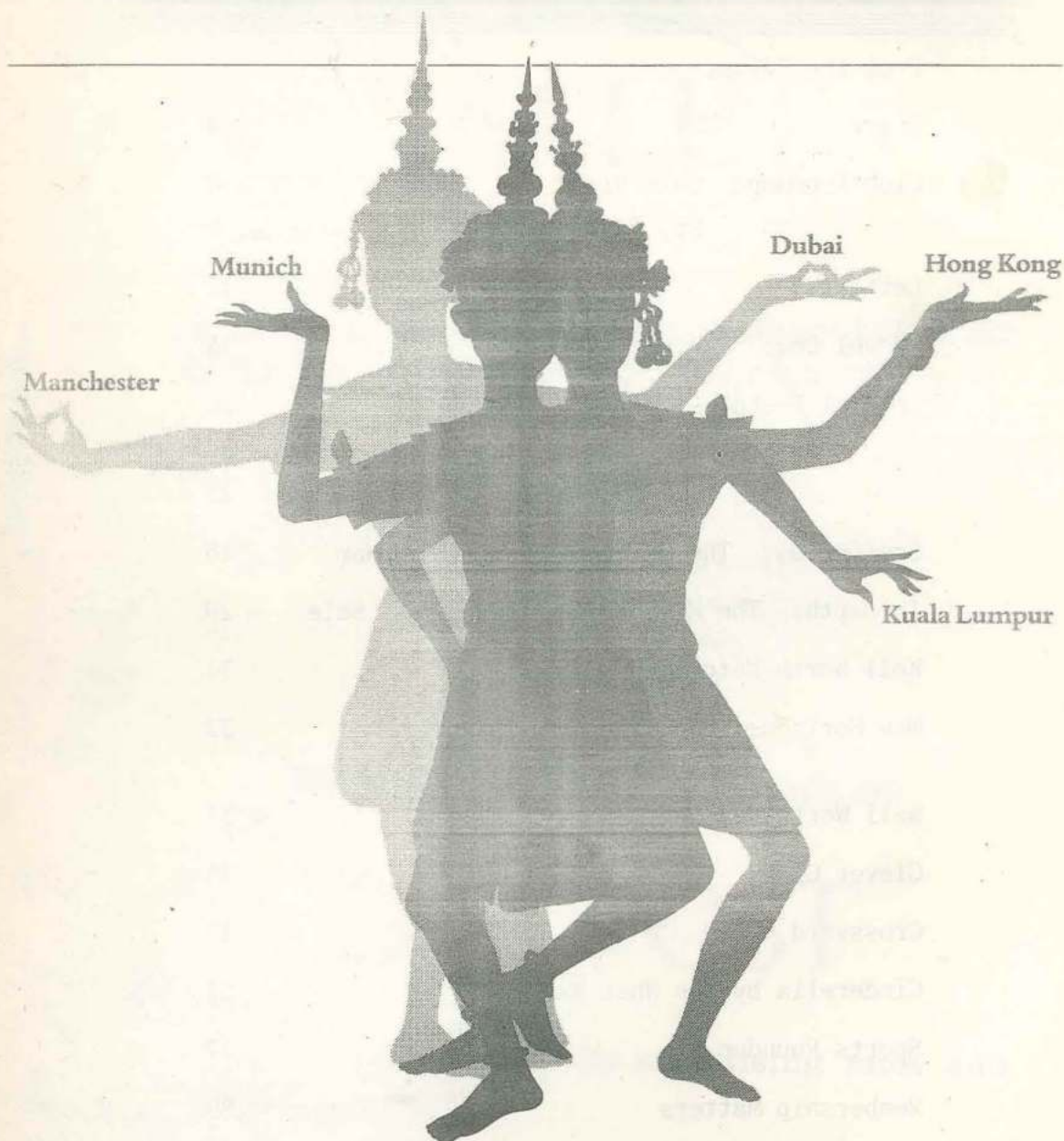
The BRITISH CLUB

189 Surawongse Road, Bangkok 10500 Tel: 234 0247, 234 2592 Telex: 84833 Alcon TH

CONTENTS

From the Editor	3
Diary	4
Club Roundup: Quiz Night	7
St. David's Ball	9
Letters	12
Travel Log: Kanchanaburi	15
Special Features: King of the World	20
Halley's Comet	22
Khondia	25
Scofferies: The Oriental's Sala Rim Nam	28
In-depth: The Hill Tribes Handicraft Sale	29
Well Worth Watching	31
New Horizons: The National Museum Volunteers Group	32
Well Worth Reading	34
Clever Clogs	35
Crossword	37
Cinderella by One What Was In It	39
Sports Roundup	47
Membership Matters	80
Status of Membership	80
Committee: Old and New	81
Activities	82

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From THE EDITOR



A very varied magazine this month with lots of interesting articles from many different sources. We are delighted to have so many contributions.

I particularly loved "Cinderella" by one what was in it - nothing to do with the nice things he said about me!

In reply to Richard Wingfield's letter, we have very modestly decided to reveal ourselves - in the biblical sense of course. Four of us make up the Outpost staff: Anne Stuart, Editor and writer (unless she can find someone else to do it); Barbara Fancy, proof reader, corrector of punctuation (especially mine) and overall supervisor; Terri Jezeph, chaser of contributions and Gestapo officer; Lindsey Barlow, diarist and contributor. We are generally aided and abetted by David Williamson (who also supplies most of the juiciest bits in Grapevine!).

As a team we seem to have been rather accident prone this month. Poor David had to have his nail removed Nazi-style after a wicklow became infected, I fell off a horse and sprained my neck, David Hall (cricket) broke his finger playing cricket and poor Erika Majer (swimming) broke her foot walking UP stairs.

Dinner Theatres seem to be in vogue at the moment. Last month saw "Private Lives" at the Siam Intercontinental and in May the BCT will be performing Somerset Maugham's "Lady Frederick" at the Oriental. This month at the British Club the BCT will be performing "The Actor's Nightmare" and some other very funny pieces during dinner in the Suriwongse Room. Places will be limited so watch out for flyers.

DIARY



APRIL	DIARY	TIME
Tue 1	Yoga	8.30-10.00 am
	New Members' Committee Meeting	6 pm
	Golf Lessons for Children - Diana Wingfield 286-1474 Ext. 7F	
	Ladies' Tennis	3-5 pm
	Bridge	7.30 pm
Wed 2	Tennis	6 pm
	Comedy Video Night	7.15 pm
Thu 3	Ladies' Tennis	8.00-10.00 am
	Golf Lessons for Children - Diana Wingfield 286-1474 Ext. 7F	
Fri 4	Yoga	8.30-10.00 am
Sat 5	Hong Kong Sevens	
	Dinner Video	
Sun 6	Hong Kong Sevens	
	Buffet Supper	
Tue 8	Yoga	8.30-10.00 am
	Golf Lessons for Children - Diana Wingfield 286-1474 Ext. 7F	
	Ladies' Tennis	3-5 pm
	Bridge	7.30 pm
Wed 9	Golf Lessons for Children - Diana Wingfield 286-1474 Ext. 7F	
	Tennis	6 pm
	Sports Video Night	7.15 pm
Thu 10	BWG Family Outing to Siam Park Details from Pat Garvey 251-6555	
	Ladies' Tennis	8.00-10.00 am
Fri 11	Yoga	8.30-10.00 am
Sat 12	Dinner Video	
Sun 13	Buffet Supper	
Tue 15	Yoga	8.30-10.00 am
	BWG Family Outing to The	

	Mall Ice Rink Details from Pat Garvey 251-6555	
	Ladies' Tennis	3-5 pm
	Bridge	1.30 pm
Wed 16	Golf Lessons for Children - Diana Wingfield 286-1474 Ext. 7F	
	Tennis	6 pm
	"The Chocolate Boy" - Alliance Francaise, details on page 45	8 pm
Thu 17	Ladies' Tennis	8.00-10.00 am
	BWG Luncheon at Dusit Thani	11.30 am
	Talk on Gemmology. Telephone Pat Garvey 251-6555, Jean Parrott 258-0680 for bookings.	
	Golf Lessons for Children - Diana Wingfield 286-1474 Ext. 7F	
	"The Chocolate Boy" - Alliance Francaise	8 pm
Fri 18	Yoga	8.30-10.00 am
	Sixties' Night in the Bar	
	"The Chocolate Boy" - Alliance Francaise	8 pm
Sat 19	Dinner Video	
	"The Chocolate Boy" - Alliance Francaise	8 pm
Sun 20	Round Robin Tennis	1.30 pm
	Buffet Supper	
Tue 22	Yoga	8.30-10.00 am
	Ladies' Tennis	3-5 pm
	Bridge	7.30 pm
Wed 23	Tennis	6 pm
	Dinner Theatre	
Thu 24	Ladies' Tennis	8.00-10.00 am
	Dinner Theatre	
Fri 25	St. George's Night	
Sat 26	Dinner Video	
Sun 27	Buffet Supper	
Tue 29	Yoga	8.30-10.00 am
	Ladies' Tennis	3-5 pm
	Bridge	7.30 pm
Wed 30	Tennis	6 pm

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CLUB ROUNDUP



QUIZ NIGHTS

The first Quiz Night on Wednesday 5th March saw the Churchill Bar layout changed again with stage, large tables, microphones and buzzer/lamps to the fore! Questionmaster David Hall and Scorer/Administrator Terry Adams were ready for action.

First to appear were the General Committee and Soccer Section teams. Both quickly lost inhibitions in the initial buzzer round, with Soccer 'buzzing' first but often with incorrect answers and thus giving points away. They ended the first round with minus 5 points compared with plus 6 points for the General Committee. Soccer fought back to go into the last buzzer round with a lead of 5½ points. (The granting of a ½ point is another story) Unfortunately they were then overtaken by the same affliction as round 1, giving away 6 points whilst earning 9 points. General Committee gave no points away, earned 10 points and won by 41 points to 39½.

St. George's Society and Darts treated the audience to an entertaining quiz. The result may well have been a tie had not Darts acted in a similar manner to Soccer in giving away 16 points to their opponents 2 points.

By the time that the third Quiz, between Cricket and Outpost Editors got underway, the audience were well lubricated and eager to offer all manner of hints to the teams. An even first round was followed by a Sports round which, unfortunately, caused problems for the ladies of the Outpost team; they scored 3 points to Crickets' 10 points. This was almost reversed in a subsequent spelling round where Outpost scored 9 points to Cricket's 4 points. However, in the last 3 rounds Cricket earned 28 points compared with Outpost's 15; thus Cricket ran out as relieved but comfortable winners.

The fourth Quiz was preceded by an official protest from the St. Patrick's Society who felt it unfair to ask Irishmen to appear last in a Bar Quiz as by then all their team were 'three parts to the wind'. However, a very boisterous and good natured Quiz ensued. At half-way St. Patrick's had a

13 point lead which was pulled back by a very good Golf team by round 7. Golf ran out 6 point winners, but as both Soccer and Darts had done previously, St. Patrick's lost as a result of giving away too many points.

The second Quiz Night was again well attended, but suffered 'gremlins' in the buzzer system. This was first discovered by the Outpost Editors - sorry Girls, nothing seems to have gone your way; better luck next week.

Golf played Darts in the first Quiz. Having replaced 'Aussie' Barry with 'Brit' Frank (owing to the UK 'bias' in the questions, according to them), they went on to score a record 82 points; 73 of these coming in the final 6 rounds. Unfortunately, Darts didn't get a look in on the buzzer; with the benefit of hind-sight it would seem that they, too, fell foul of the buzzer 'gremlins' but were too polite to complain.

Next on stage were Soccer and Outpost Editors. Extra questions were asked in the first round once it became apparent that the Outpost buzzers didn't buzz; an alternative and less noisy method was then used. After a slow start the Outpost team went into a 9 point lead at the end of the 6th round. This was followed by a buzzer round of Sports questions where Soccer earned 21 points out of a possible 24, and Outpost scored zero points. The final round sealed Outpost's fate with Soccer earning 10 points to Outpost's 1 point giving Soccer a victory by 63 points to 45.

Next was the 'needle' match between St. Patrick's and St. George's. It was all-square after 6 rounds, but St. George's started to pull away and had opened up a commanding 19 point lead going into the final round. St. Patrick's valiant effort in pulling back 11 points was just too late and St. George's won by 57 points to 49.

The last Quiz of the evening was between Cricket and General Committee. Cricket had opened up a 12 point lead by the end of the 6th round but General Committee fought back magnificently to take a 9 point lead into the final round. Again, Cricket came back winning 12 points to General Committee's 4 points, but just failed to win in an exciting climax to the evening, going down by 72 points to 73.

The round-robin League positions after two Quiz Nights indicate that, from League 1, the General Committee are already through to the Semi-finals and will be joined by the winner of the Cricket versus Soccer confrontation next week. In League 2 both Golf and St. George's go through to the Semi-finals; their encounter next week will determine first and second places.

ST. DAVID'S BALL

A host of golden daffodils, over 1000 blooms jetted in by B.A., illuminated the Royal Orchid Sheraton for the St. David's Day Ball this year. Having never been to a Welsh gathering before, we did not know at all what to expect: anyway it was a fantastic night, and we will be going again next year for sure. At the entrance we were surrounded by hordes of little Welsh girls in costume, who gave out daffodil corsages to the ladies and leek corsages to the men... a very nice thought, as the men usually miss out on these things. We greeted the Bard of the Welsh Society, Richard Hopkins, and his charming wife, Nitta, prettily dressed in Welsh costume with "beaver" hat (made by the official military hat-makers to the Palace). Then, picking up drinks on the way, we passed assorted dragons, made of ice, cloth, polystyrene foam and most imaginative materials, skirted the daffodil-strewn fountain, and headed for the Harpist. Her name was Lieve, which seemed a strange name for a woman in Welsh costume. She was magnificent, playing classical and pop as well as old Welsh folk tunes. How lovely to hear a harpist in Bangkok... the U.S. Ambassador's wife agreed with us, when asked if she could hear the harp above the hubble-bubble, saying "I love the harp so much I can even hear it in heaven!"

We were then called to our dinner tables, and the Procession of the Bard began. The glorious strains of "Men of Harlech" sung by 35 full Welsh voices filled the ballroom, and the procession strode into view. John Morgan led with the Prince's Banner, with John Jenkyn grasping the huge ceremonial sword, and then Richard and Nitta Hopkins, looking very distinguished, followed by the entire Hong Kong Welsh Male Voice Choir. They all stopped at Top Table, and the Anthems were sung... we notice that Mr. Tonkin, the new British Ambassador, sung the Welsh anthem very lustily in Welsh, and found out later that this is not the only Welsh song he knows, as he spent 12 years as a boy near Llanelli.

Then came the PEACE CEREMONY, as found at the opening each year of the National Eisteddfod in Wales. The massive sword was held in the air above Richard's head, and half-drawn from its sheath. The audience was asked in Welsh was there peace; on the reply "Heddwch" which means peace, the

sword was rammed back into its scabbard. This happened three times, whereupon the audience heaved a sigh of relief that the Bard would not have to behead anyone! This Call for Peace and the Grace was spoken by the redoubtable Glyn Williams, and the Welsh sounded marvellously poetic and musical.

The Hong Kong Choir then sang the first of their several spots under Berwyn Evans their conductor. They had a great sound and were very entertaining, especially later in the evening, when they had jokes as well as singing. The very funny Dai Fitzpatrick, coming across as a typical Welsh-Irish valleys boy, we found out later was a Barrister in Hong Kong. Terry Brewster did his Tom Jones bit, and was remarkably like him apart from the waistline. The choir also made a presentation of a "horn of plenty" to the Bard... a silver-encircled ram's horn.

During an enjoyable dinner, we had a chance to learn Welsh in the loyal toasts. I now know that "Y BRENIN" means "the King", "Y FRENHINES" means "the Queen", and that the Welsh for St. David is "DEWI SANT". Richard Hopkins' speech was entertaining and informative. We learned that if you can't find a Welsh wit, then two English half-wits are easily obtainable and will do. Our eyes were opened about the great achievements of the Celtic nations, in particular Wales, which Richard referred to as "CYMRU", the Land of Brothers, and described in glowing and oratorical manner as befitted a man with so many preachers in his family.

It was lovely to hear our new Ambassador for the first time, humorously replying to Richard's speech in his first attendance at a big function.

After all this, we let our hair down and danced through till about 3 a.m. A great night, and congratulations to the Bard and his committee for their superb organisation. There were about 220 people present, and the Bard tells us they would really like about 300, to make it easier on the financial side. Well, we'll certainly be jotting down next year's date in red ink, and suggest you do the same, like the visiting Welsh-Canadian we met who was a veteran of many such celebrations, and said that this Bangkok St. David's Ball was the best he had ever been to anywhere in the world. Well done, the Welsh!!!

..... A GUEST

"A GOOD TIME HAD BY ALL"

It was like returning to my youth on Tuesday night (17th March) when The Bracken paid a visit to Bobby's Arms.

The air was thick with smoke and the noise deafening, with both the volume of music and audience participation. The band played a selection of folk songs with great enthusiasm and I particularly liked the way they invited members of a highly appreciative audience to join in some of their songs, giving the evening an authentic "folk club" touch. Mark Holt had even brought his fiddle along in readiness for the occasion. And, quite by coincidence, while prowling the streets of Patpong on a free evening, the band members had met up with one of their ex-members, Jim McIntyre, who joined in the fun with his flute.

A big thank you goes to the St. Patrick's Society for arranging for the band to be flown in from Ireland especially to entertain the Bangkok Irish Community at the annual St. Patrick's Ball held at the Oriental Hotel. The Bracken spend their summer months in Dublin at the Sheiling Hotel singing away to the many tourists visiting Ireland.

I hope they will escape from Ireland's winter again next year and entertain their many fans in Bangkok.



Letters

LETTERS

Letters

LETTERS



From : Lieutenant Commander M.A. Critchley, Royal Navy



HMS PEACOCK
BFPO 1

225/7a

Mr Arthur Phillips
President of
The British Club
Bangkok

14 March 1986

Dear Mr Phillips

I would like to thank you for the tremendous hospitality your club extended to all from HMS PEACOCK during our visit to Bangkok.

The rugby match and the games night were great successes, although I am still feeling the effects of the rugby match!

The excellent facilities of your club were appreciated greatly by all who used them.

Many thanks again for all that the British Club did to make our stay so enjoyable, we hope to be back next year.

*Yours sincerely
M.A. Critchley*



Administration Section

British Embassy

Bangkok

The Secretary
The British Club
189 Suriwongse Road
Bangkok

Your reference

Our reference ADM227/1

Date 3 March 1986

Dear Sir,

The sum of Baht1,173.50 was collected in the Royal British Legion Appeal Box you very kindly put on display at your Club.

A total of Baht8,825.25 was raised locally and this has now been transferred to the Appeal. Thank you for the part you played in raising this sum.

*Yours sincerely
G R Duff*

G R Duff
Administration Officer

The Editor

OUTPOST

7F Esmeralda Court
Soi Ngam Duplee

16th March 1986

Dear Anne,

I am sure I am not the only one to notice an enormous improvement in OUTPOST in recent months. Thanks.

May I suggest another small improvement? Less anonymity by the contributors - they are too modest.

Your "From the Editor" uses the word "we" so I think you must have some assistants. It would be most interesting to know who they are. Their names, jobs and phone numbers in each issue might even help to attract contributions.

The excellent feature "Well Worth Watching" contained, in the March issue, the words "I was as wide awake at the end of the film as at the beginning - a rare event for me". Warming to a fellow nodder, I skipped to the end of the piece to see whose rare event it was only to draw a disappointing blank.

Of the 23 pieces in the March issue, five are signed and 18 are anonymous. I believe Outpost would benefit if you can persuade more contributors to take credit for their work.

Best wishes for future issues.

Richard Wingfield

Richard Wingfield



SEX, SUN and SEA: Basic Ingredients for a Weekend Away

Now that the title has caught your attention, it must be admitted that sex, sun and sea had nothing (well ---- almost nothing) to do with the basic ingredients for our weekend away from Bangkok. The actual ingredients were: easy travel; inexpensive accommodation; and tranquillity, with options of plenty to do. Where? Definitely not Pattaya or Club Med in Phuket. If we think of the opposite of S-S-S, then we turn inland to Mrs. Rhodes' River Kwae Family Camp at Kanchanaburi.

To take our ingredients in reverse order: tranquillity with plenty of options. For an unhurried pace of life and atmosphere, Mrs. Rhodes' camp is certainly to be recommended. An article in its own right could be written on Mrs. Rhodes and Miss Verna - former horseriding instructor of the Polo Club for 40 years and very active secretary to the Bangkok Music Society respectively.

But, to the camp itself.

Accommodation is spartan and food is Thai cooking at its simplest (choice limited, helpings unlimited). The camp offers horseriding lessons (group and individual) and is a super play camp for children. Activities range from cycling, archery, canoeing, swimming, walking, adventure playground - all under close supervision - to simply playing in a very large wooded playground. Great for kids to be kids after the restraints of Bangkok living. The children are closely supervised; from our experience they seem to lap it up, even to the extent of clearing away their own dishes, behaving in the dormitory, taking an afternoon nap, participating in round-the-campfire singing - all under the watchful eye and crisp comment of Mrs. Rhodes and Miss Verna.

The Camp is a superb place to leave the children while the adults do their 'thing'; but adults too can fully participate in the activities of the Camp (as long as they are not over 75 kilos).

On previous visits to the Camp, we had taken in the regular Kanchanaburi tourist sights (River Kwae bridge, Death Museum, a ride on death railway and a visit to Sai Yok waterfalls; all of which are enjoyable in their own right) as well as a river trip in the Camp's own barge at a leisurely pace downstream and upstream; taking in lunch, klosters, swimming, canoeing and Egyptian PE (snoozing).

On this trip, we decided to venture beyond the camp.

Our first visit entailed an interesting drive of 150 kms through valleys and woodland to Khao Lam reservoir. (This is the largest in Thailand.) We at first hoped to rent a boat but this plan was aborted since the negotiating skills of the local fishermen and foresters were much beyond the Thai we could muster. So, on and upwards along the lake, stopping at a viewpoint which proved to be a picturesque mid-morning picnic spot. Seeing tops of mountains (hills, really, but everything is relative) and looking down to the lake and its fingers of inlets certainly makes a change from the flatness of the paddy fields and salt pans around Bangkok. We thought we may as well visit the dam, since we were in the area; this was most memorable in terms of watching a cacophony of monks dismounting from a couple of baht buses and stretching and reassembling their robes. The dam is a marvellous feat of engineering although it doesn't look very impressive, and it holds back 7 cubic kilometres of water.

Now for lunch; that was a bit of a disaster since we had it at quite a well-known hotel in the area also situated on a river (to save its blushes and ourselves from libel, its name, like ours, will be omitted). But, a trip down this river - the River Kwae Noi - was certainly refreshing and included a visit to some caves. These were discovered about fifteen years ago when hunters were chasing wild boar. Inside, the size of the caverns is most impressive as too are the stalactites and stalagmites. Our friends informed us that the caves were larger and more interesting than anything they had seen in Sweden (then again, everything is relative). A tip here, don't take the hotel trip to the caves, just the boat trip and then a nominal payment to the boatman will facilitate a visit to the caves. The final part of our trip involved going off the tarmac on to the red clay roads. Directions to Prasart Muang Sing, Khmer ruins are quite easy. All that is required is four adults with completely different beliefs in how to pronounce the Thai pronunciation of Prasart Muang Sing. If all try, our experience shows at least one gets it right some, but rarely all, of the time.

The ruins are impressive in their own way, not only because of their age but also the rectangular characteristics of the architectural style, the granulated texture of the building blocks and their almost mahogany colour. Perhaps, most of all, the sheer prettiness of the setting makes it worth the visit and detour off the tarmac. It is approximately 29 kms from the River Kwae Camp but directions are not very clear, after the initial signpost. Potholes are included, they are not an optional extra of the detour.

With the sun setting over our shoulders, the return trip to the Camp provided vistas of the sharp profile of the darkening hills with the setting sun reflected in the still water of the fresh English green of the young rice fields.

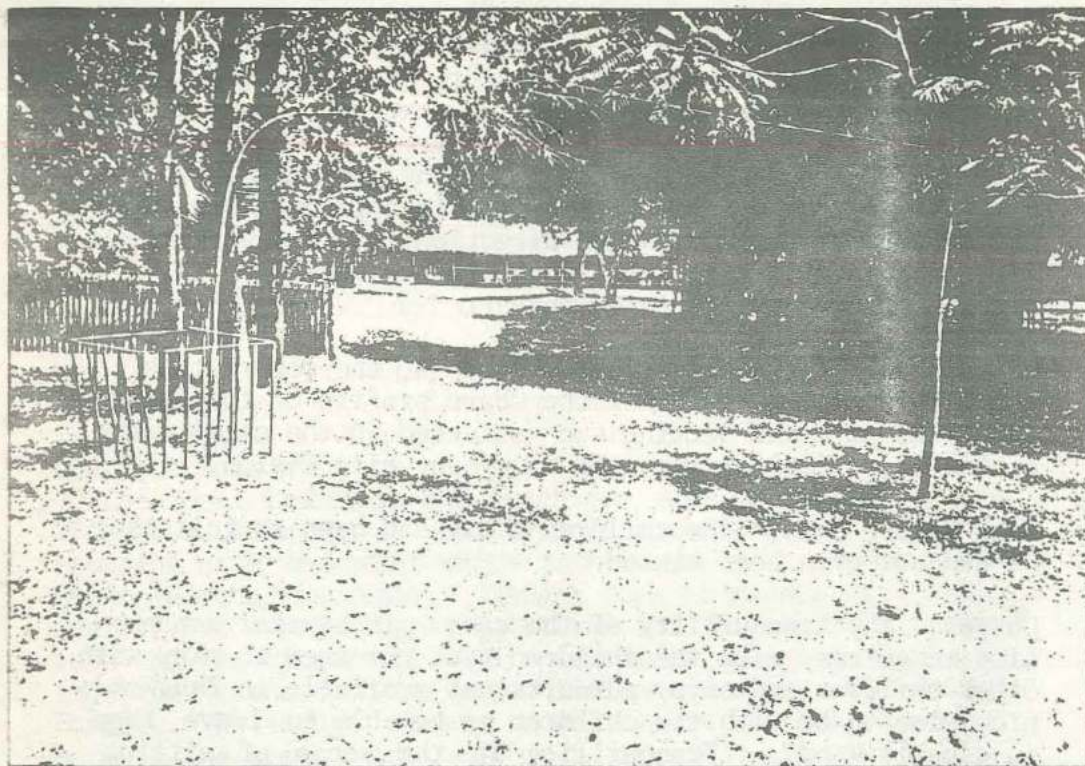
Back at the Camp, the children's day had been so full that we had not even been missed.

Oh yes, the tranquillity of the camp - in several senses: nice to go away with the children (yet for them to play with other children and enjoy pursuits not available in Bangkok); nice also to be with the children or be able to leave them in capable hands. Tranquillity in the sense of sitting chatting, playing a relaxing game of cards and conversing with friends, in the countryside. No "tuk-tuks", no blaring disco music, no bothersome vendors; watching the sun gently set, dusk growing and the evening settling into its tranquillity with a star-studded canopy of gentle night-time and its supporting cast of a cooling breeze and crickets humming in the trees.

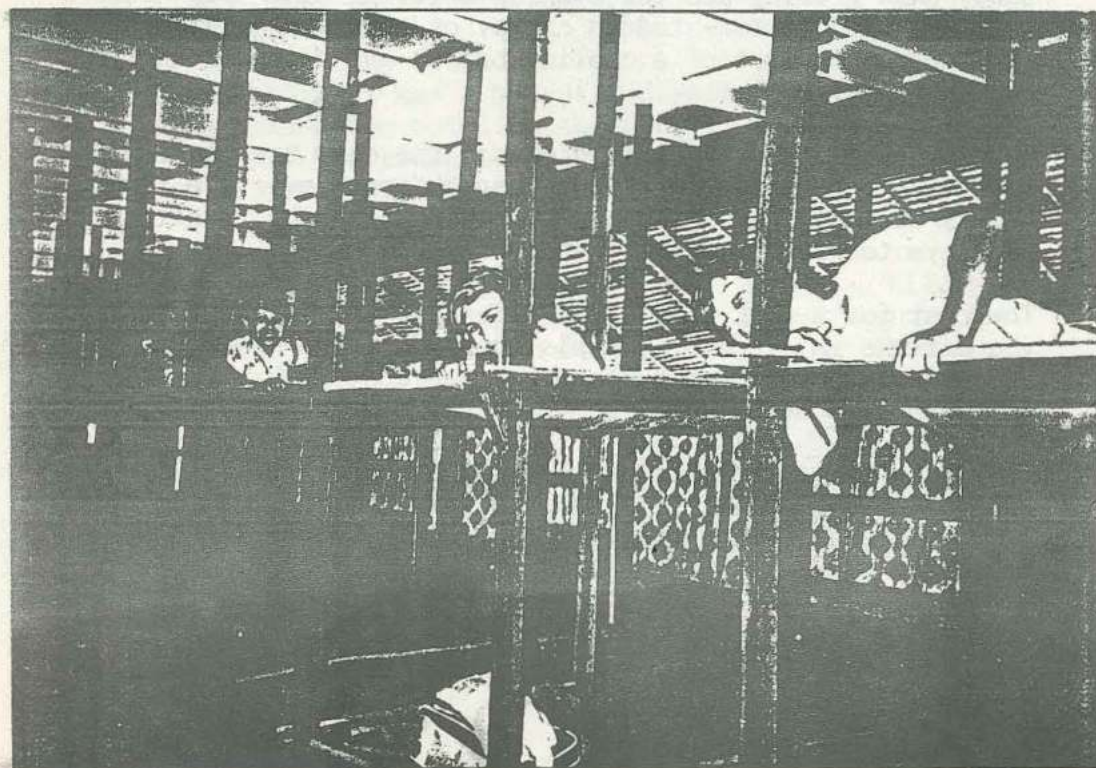
Returning to the other ingredients: the easy travel and inexpensive accommodation. From Bangkok, once over the river, a very easy 1½ hours drive away-nothing like the frenetic journeys to Pattaya or Hua Hin.

The cost for a week-end varies depending on the activities you partake in, how many meals you have, and the type of accommodation you have but the average cost for a family of four would be around 3,000 Baht.

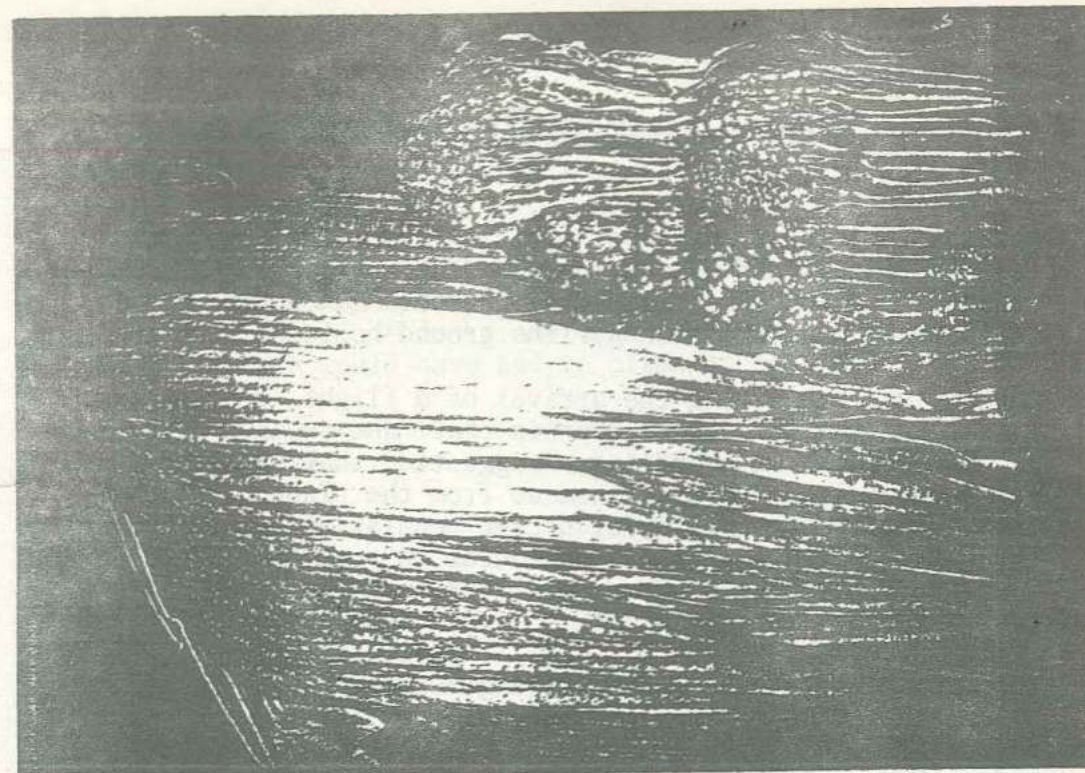
Full details can be obtained from Pacific Horizon Travel, Federal Hotel, 27 Soi 11 Sukhumvit Telephone No. 251-3676. The Camp is also on the telephone and the number is 034-512-733.



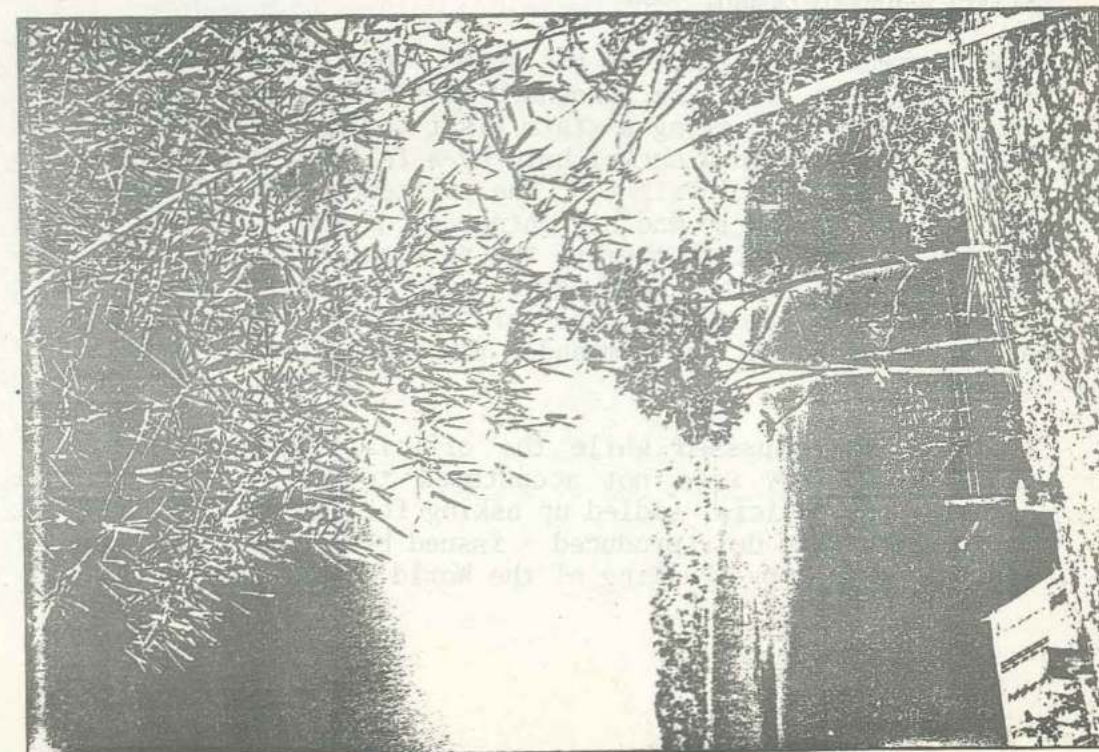
River Kwae Family Camp - Chow Hall



Porky's Dorm



Stalactites



Khao Lam Reservoir

The King of the World !!

Reading the recent newspaper articles about the Love Guru, Rajneesh Bagwan and his expulsions from various countries brought to mind an incident in about 1960 when I was employed in Bangkok as an airline ground-hostess.

One day while awaiting the arrival of a flight, we received a message from the flight captain that there was a bunch of crazy people on board and a suggestion that we arrange for a special bus to pick them up from the plane. This was in the days before hijacking became popular and we did not have any special emergency procedures to put into effect. However, we arranged for a small bus and a policeman to be available.

When the plane arrived, the passengers disembarked normally except that most of them were laughing. When almost all passengers were off the plane, a man appeared at the door and rolled a red carpet down the steps. He then stood aside and a gorgeous person appeared; a short, fat man wearing a royal blue suit, golden crown, purple red-lined floor-length cloak edged with fur and carrying a large golden globe and a silver handled brush.

When he reached the foot of the steps, preceded by another man carrying a flag, he announced that he was the King of the World and was paying a state visit to Thailand. He then dipped his brush in a bucket held by a follower and sprinkled water on everybody in sight. The policeman and I persuaded the King of the World and his entourage of ten to enter the special bus which took them to the terminal building. Upon alighting from the bus KotW again began sprinkling water over everybody. The red carpet was unrolled, a folding chair was produced and he sat and commanded the immigration officials to come to him.

A little while passed while the officials gathered their thoughts as they were not accustomed to such goings-on. Finally, one official sidled up asking for the party's passports which were duly produced - issued by the World Government and signed by the King of the World. The immigration

official handled the matter with great aplomb informing the holders of these passports that they could not be permitted to enter Thailand because they did not have visas. The KotW was very indignant and after throwing more water around attempted to march through the immigration barrier followed by his entourage.

Don Muang Airport was not then as modern as it is now and the immigration desks not protected by glass so the officials picked up a couple of desks and made a barrier out of them over which KotW would have had to climb to get out.

The final outcome was that KotW and friends were put back on the same plane and taken out of Thailand.

The cabin crew later reported that the journey from Europe had been hilarious with KotW (who flew first class) marching up and down the aisles in full regalia anointing all the passengers with water. Every time the plane passed over another country the flag was unfurled and that country was claimed as territory belonging to KotW.

I never heard any more about the incident and have often wondered what happened to the King of the World.

Leonie Vejjajiva

HALLEY'S COMET

If you were in the British Club 76 years ago waiting for the eternal Scotch egg (apparently these appear at about the same frequency as Halley's comet) you may very well have had your gin shaken by a snowball of fire screeching through the skies. Bangkok was one of the better places to view the comet then. Its geographical latitude and the then unpolluted atmosphere made it a prime viewing place. Unfortunately, if you were in the British Club then and missed it, the chances of seeing such a spectacular sight there this time around will be slight, unless the giant planets happen to divert it into the bar.

Comets are composed mostly of water ice with tiny flecks of rock. They are usually 10 kilometres or so in diameter and probably originated from the birth of our solar system of which they are now part. They travel in very long elliptical orbits around the Sun and each comet takes a different length of time, some orbits taking up to 2 million years. The orbital time is not always regular, due to gravitational influences by the larger planets, especially Jupiter. Halley's comet has taken between 74.42 and 79.25 years to complete its elliptical path. The planets are not always in the same position as the comet moves through the solar system and this affects orbital time and pathway.

Each time Halley's comet passes close to the Sun it loses some gas and dust forever through evaporation. Eventually there will not be sufficient solid particles to reflect the sunlight and make it visible from earth. Observers can see comets, even though some are very small in diameter, due to the Sun's energy vaporizing and driving away gas and dust from the nucleus of the comet. This forms the comet's classic huge comma and tail. Sunlight is reflected off the solid particles and some of the gas particles fluoresce when heated by the Sun. A comet does not burn or make light itself. The tail, which can be millions of miles in length, is created by the charged particles (ions) being pushed away by fast moving sub-atomic particles from the Sun (solar wind).

The debris is not reabsorbed back into the comet's nucleus - its gravity is far too small - and occasionally the earth flows through this debris. The solid particles in the tail heat up due to friction in the earth's upper atmosphere and they burn up (about 100 kilometres above our heads). We call these meteors or "shooting stars." Halley's comet alone provides two modest meteor showers annually, the Eta Aquarids (May 5th) and the Orionids (October 21st).

Some comets, if they travel too close to the giant planets' gravitational fields, may be diverted out of the solar system into the Oort cloud. This is a belt of trillions of comets surrounding our solar system. Such an ignoble departure should not befall Halley's comet, however, because it does not pass too close to Jupiter.

Due to its particular orbit this time around, Halley's comet will not offer us such a spectacular view as that experienced in 1910. The best time to see the comet in Bangkok will be around April 10th. This is when Halley's comet will be closest to the Sun. The comet will appear from the east in late evenings during early April and should be in the sky for most of the night on April 15th. To view it, all that is required is the naked eye - if you are away from atmospheric interference. The comet should be up to second magnitude by mid-April (fifth magnitude being visible to the naked eye and second being brighter).

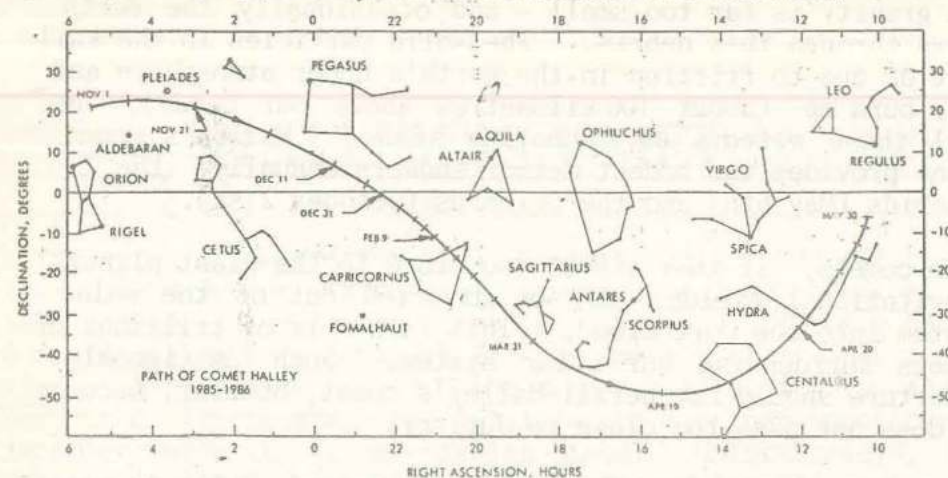
Wide-angled binoculars (7 x 50 or 10 x 50) are adequate if you know where to look. It is advisable to consult sky charts before April 10th and practice finding points in the sky. It would be also worthwhile to go 10/30 kilometres from Bangkok to avoid light and dust pollution. If you are travelling South by air, sit on the left hand side of the plane and you may have a spectacular view of the comet very early in the morning.

If you decide to stay in the Bar and create your own light show, do not despair. There are several space-crafts heading for a rendez-vous with the comet so there will be television showings of photographs for the next 76 years.

The planetarium on Sukhumvit (opposite Ekamai) is an excellent resource centre if you want accurate information to help with sighting.

We are fortunate to be reasonably close to the equator but, even so, we will not get the best possible sightings, which will be in the Southern Hemisphere, around New Zealand.

Figure 3. The path of Comet Halley on the celestial sphere, November 1985-May 1986. (From The Comet Halley Handbook.)



KHONDI AW

As I stand on the steps
 You do not even see
 Me.
 For I was once one of two
 You do not want to know
 Just me.
 For I remind you of the
 Inevitable
 As you laugh, swim and laze
 I remember - and you too - remember I had
 Happier days.
 You do not mean to exclude
 Me
 But you do
 As I stand on the steps.

I am hungry for a hint of
 A smile
 Just a gesture to be included
 A welcome - "Be with us"
 From you an outstretched hand
 Saying we hoped to see you today
 Just to talk pleasantries together
 (In England, it's always the weather)
 Maybe you'll ask - "what do you think?"
 That's wonderful.
 As if you care for me
 Today
 As I stand on the steps.

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OR JOHN STALL : R.V.Y.C.

Are you the friend I hope for.

27



THE ORIENTAL'S SALA RIM NAM

The Chao Phya River provides a wonderful back drop for an evening meal. Watching the ever changing hustle and bustle on this major waterway can turn an ordinary meal into something rather special. The Oriental Hotel's riverside restaurant provides an excellent selection of very good Thai cooking to compliment the view.

Although most residents are aware of the Oriental's Sala Rim Naam on the opposite bank of the river, few realise that there is another restaurant on the Terrace in front of this beautiful sala. Tourists flock to the Sala to enjoy an exotic display of Thai dancing as well as sample a set Thai meal. This is rather expensive.

The Terrace restaurant, however, offers an enormous menu at more reasonable prices - 40-50 B for the average dish. All your Thai favourites are on this menu with lots more besides and very helpful staff to explain the less familiar dishes. The complete novice can safely leave the choice to the Head waiter.

Mosquito coils are to be found under every table and the breeze from the river keeps the temperature quite pleasant.

While the drinks are at usual hotel prices, they do offer a very exotic range of cocktails (very potent too!) at the same price as a gin and tonic. Booking in advance is recommended to secure a riverside table.

Parking for the restaurant is provided at the main Oriental car park. The hotel offers its own, free, water taxi service to the restaurant. This adds to the charm of the evening. The jetty can be reached from the main lobby of the hotel and any staff member will show you the way. However, the jetty can also be reached through the delightful Authors' Lounge and Regency Room, if there are no functions in progress. Doors lead out into the garden and the jetty is straight ahead. Linger over the pictures in the Authors' Lounge and see a by-gone era of Thai history.

IN DEPTH

THE HILLTRIBES HANDICRAFT SALES OF THE WOMEN'S ASSOCIATION OF INTERNATIONAL CHURCH

.....

If you are a newcomer to Bangkok you have already heard about them; if an old-timer, you have probably been there. The eight Hilltribes Sales a year, held at the International School of Bangkok, Soi 15 Sukhumvit, are business-cum-social events not to be missed. In 2½ hours, a vast array of colourful handicrafts are bought by shoppers. Many of the products are unique, most are indeed made by hand, and their distinctive traditional colours, patterns and shapes make them ideal presents or mementoes of your stay in Thailand.

The prices are reasonable. Bangkok is now flooded with imitation hilltribe and other handicrafts which are made in sweatshops and sold very cheaply. We cannot deny the attraction of low prices; we can only point out that the workmanship in the genuine crafts we sell is far superior and that our craftsmen receive all but about 2% of the price of their goods, while the people who make the imitations receive only a tiny fraction of the price.

The price range at the sales is astounding - from 6 baht to 6,000 baht and there are many small, easily packable items which you might like to take back with you when you go on home leave. Even the children can find many handicrafts priced for their purses.

The sales date back to 1971, when some missionaries asked friends at International Church on Soi 19 if they would try to sell a few pieces of traditional crafts so that the impoverished tribal women they worked with could have a little cash to pay for schooling, medicines or even just rice. At first, the International Church women sold the crafts privately to friends or women's groups. Gradually, the idea evolved of selling all these crafts in one place, and in this way the Hilltribes Sales were born. From a small sale held at the Church Parish House in December 1971 the sales have expanded until now the large gym at International School is filled on Sale day with the colour of

needlecraft, basketry, fabrics, applique, quilts, purses, letter paper, lacquerware, wood carvings, tribal musical instruments - all hand made. Because the items are individually made, the selection varies from month to month and there are always new crafts available.

The Sales are staffed entirely by volunteers organised by the Hilltribes Handicraft Committee of the International Church Women's Association and include some British Club members. No one connected with the Sales receives any pay of any kind. But do not confuse the Hilltribe Sales with church jumble or white elephant sales you may have known. Goods are sold from 16 craft groups from all over Thailand, representing tribal, leprosy, refugee and Christian cooperative organisations with direct affiliation to Christian agencies. The purpose of the Sales has always been to help economically depressed or disadvantaged people by marketing their crafts on a non-profit basis and thus to provide them with an income by which they can alleviate their poverty through their own efforts.

All prices are fixed by the producer groups themselves. The Hilltribes Handicraft Committee charge a 5% commission to cover direct costs - rental, electricity, etc., which normally total between 1 and 2% of sales. Then, once a year, the excess that has accrued is put into a fund to help with the needs of the groups who produce the crafts. The Committee reasons that marketing the handicrafts is only a short-term answer to the plight of the craftsmen, that the solution lies in training and education, and that the Sales must represent only a step toward independence for the groups which are capable of entering the market themselves. The Committee has been concerned for several years that these groups should not cling to the Sales, since there can be no guarantee that volunteer workers and management on the scale presently provided will be available indefinitely. The Committee is once again directing its efforts toward providing incentives for large groups to go out on their own.

Next HILLTRIBES HANDICRAFT SALE

10 May 1986

International School of Bangkok

End of Soi 15 Sukhumvit

9.30 A.M. to Noon



WELL WORTH WATCHING

... From the Scene ...

The other day I saw a film for the younger ones called the "Care Bears Movie". It was about a boy who is hypnotized by an evil spirit and he conquers the town and tries to conquer the rest of the world, but the Care Bears don't intend for this to happen so they set out to prove that caring can save the world.

"Return to Oz" and the "Wizard of Oz" are both about a girl called Dorothy who is always ending up in Oz in a hurricane, tornado or bad storm. The Wizard of Oz is the first part of the story and Return to Oz - more or less the second.

But the one I found most challenging was "Starfighter". It was about a guy who is encouraged to fight against the enemy to defend the 'goodies' - the frontier. He is found by one of the aliens in a trailer park and there is some sort of arcade game which the guy is an expert at. He has to do more or less the same thing as the computer game except in space. You wouldn't believe the weird kind of animals (or aliens as you might call it) you see!

By Kathryn Sill

Age 11.



THE NATIONAL MUSEUM VOLUNTEERS GROUP

The National Museum Volunteers Group is an international organisation serving the Bangkok National Museum and the public through a variety of activities. Volunteers are offered opportunities to actively assist the Museum staff in the work of the National Museum and to learn about the arts and culture of Thailand and neighbouring Asian countries.

There are a wide variety of activities that are available to members.

The Museum Volunteers sponsor a three-month "Introduction to Thai Art and Culture" lecture series twice a year. These lectures are well illustrated with slides and complemented with special study trips to art and cultural sites in Thailand. The September-November lectures are held at the Bhirasri Institute, off Sathorn Road, in the evenings to accommodate working residents; the January-March series is held in the mornings at the National Museum.

The Volunteers organise study groups to learn about and appreciate Thai and Asian art, history and culture. Each group, consisting of no more than 15 participants, meets at a member's home and presents research reports in an informal and stimulating atmosphere. No special knowledge is required to participate in these groups and all material needed is available to members from the Museum. The six to twelve week study groups begin in September, January, April and June. There are over twenty subjects to choose from.

Study trips are also organised throughout the year. These include excursions to sites of artistic and archeological interest in Bangkok and upcountry Thailand. Also sponsored are special art, history and cultural tours to neighbouring countries such as Burma, India, Indonesia, Japan, Korea, Nepal and Sri Lanka.

If you want to take a more active part in the organisation, there are many ways of doing so. You can become a Tour Guide, help to maintain the slide library, help to manage an extensive collection of books on art, culture, religion etc. at one of the largest museum libraries in Southeast Asia, or assist the Museum staff in updating catalogues of all art objects on display at the Museum.

Since the inception of the National Museum Volunteers Group fifteen years ago, the programme of free tours by volunteer guides has steadily grown. Excellent publicity, not only in the media and guide books, but also apparently by word of mouth, has led to increasing numbers of tourists making a visit to the Museum a top priority on their list of places to see in Bangkok.

In order to reduce the ratio of visitors to each guide on a tour, HELP is very much needed, particularly at the moment. Guiding at the Museum is a rewarding and enriching experience. Through the tours, guides contribute greatly to foreign visitors' and residents' understanding and appreciation of the arts and culture of this fascinating country.

The guided tours are weekly events. On Tuesdays they are on Thai art and culture, and on Wednesdays, Buddhism.

If you are interested in becoming a member of the group or in becoming a Tour Guide, please contact Yvonne Smith on 391 2186 for more information.



THE WORLD IS MADE OF GLASS MORRIS WEST

A fascinating read composed in brilliant narrative form and with skilful employ of an author's imagination. A true composite of fact and fiction.

West has clearly researched the life and writings of Carl Gustav Jung very thoroughly and presents to us, albeit in a fictional setting, a fairly revealing view of Jung as Man and Analyst.

The author has enlarged upon an unfinished case history taken from a few simple notations by Jung in his autobiography. A compelling piece of drama results.

Magda is the patient. Beautiful and intelligent, different and dangerous. Yet, is she so different? Jung is confronted with his own darker self and between patient and analyst arises the daunting dilemma of personal sanity.

The author threads together their two inner psyches with good prose, clever wit and some masterly dialogue. Sexuality, in all its variants, features strongly throughout the book but the author's approach is honest and acceptable, and never sensationalistic.

For the dreamers of this world and those admirers of Jung, the early 20th century psychoanalyst, this book is a must - perhaps for the faint-hearted to be avoided; but for the rest of us, "well worth reading."



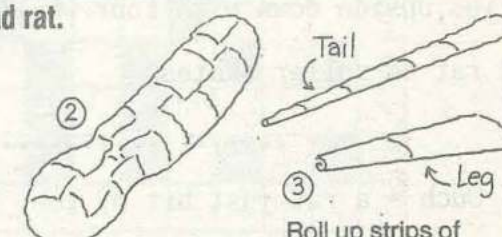
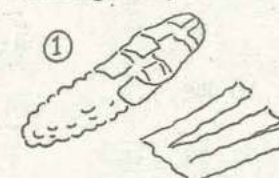
Dead Rat



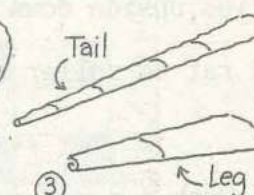
Here is how to make a dead rat.

YOU WILL NEED:
Newspaper, paste and paint.

Roll some newspaper into a sausage shape.



Make a neck by squeezing and pasting strips round it.

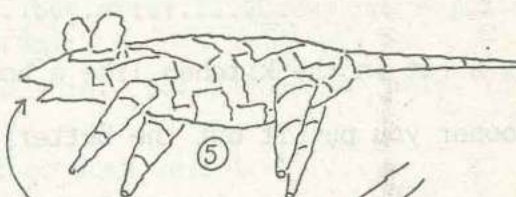


Roll up strips of newspaper to make legs and tail. Fix onto body with pasted strips.

Paste on more strips to make body smoother.

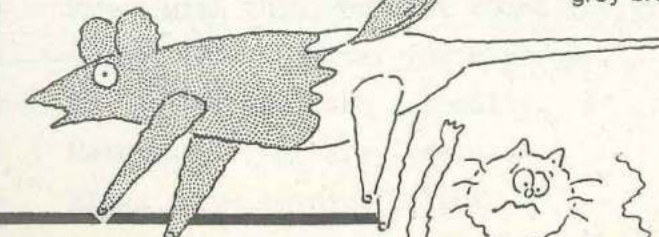


Cut ears from newspaper and paste them on. Fix with more pasted strips.



Make a tear for the mouth.

Allow to dry, then paint ratty grey-brown.



My sister, when teaching in Glasgow, told the class about the Pied Piper of Hamelin. She then asked the class if anyone had seen a rat. Immediately she was assailed with children each trying to outdo each other as to which one had most rats in his tenement. Now this is a game one can play in Bangkok. We've all seen rats here. Big ones, small ones, flat ones (on the road), and bald ones (Roland my resident rat is so afflicted as are all escapees from rat glue).

The school holidays are here and so how about your very own dead rat - step by step guide opposite - but first a few jokes which can be used to sweeten up any "victim" of your dead rat.

What lies upside down with four wheels in the air?

A dead rat on roller skates.

.....

Man : Ouch - a rat just bit my toe.

Doc : Which one?

Man : I don't know - all rats look alike to me.

.....

Why is a rat in the kitchen like a house on fire?

The sooner you put it out the better.

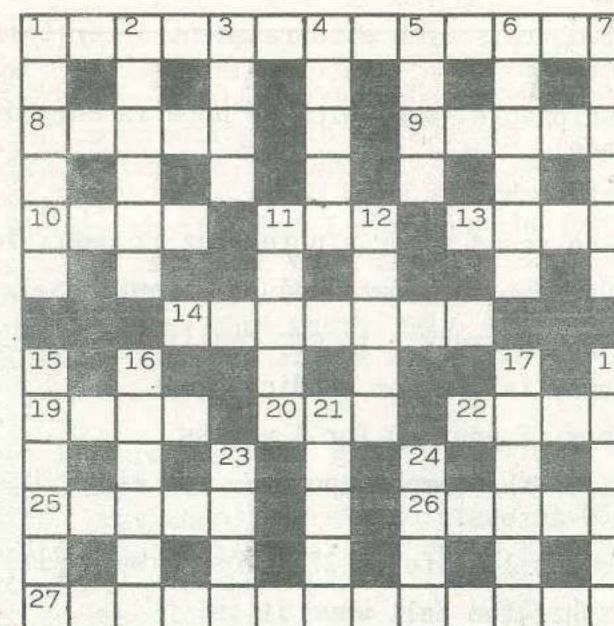
.....

What did the rat say when the man grabbed him by the tail?

This is the end of me.

.....

Golf Crossword



CLUES

Across

- 1 Call to the bar, but after 27 across you might be unsteady! (3 words)
- 8 Right in the low joint, but a good one helps to make 15 down.....
- 9these must go down well too
- 10and for both, fix these on the globe.
- 11 You'll never make 21 down in this!
- 13 You might get one at the 'Varsity for 18 down
- 14 Not one little vicar around, but a colourful character on course from the States.
- 19 Press with this, but not round the green.
- 20 Sounds like a letter for 8 across.
- 22 You may if you take a penalty.
- 25 Material for an army exercise.
- 26 Blake's was burning bright.
- 27 Sounds as if it's around! (2 words)

Down:

- 1 Might do this with embarrassment after taking 11 across!
- 2 A fashionable look which we hope is only on the surface!
- 3 An act both ways.
- 4 Nothing round under a note, but it petrified.
- 5 Sounds done up - but is just intent.
- 6 Let ten go crazy - it can really irritate you!
- 7 Galloway is one for handicapping.
- 11 Do this if you pay for 1 across.
- 12 First on the compass point - but might disturb your 9 across.
- 15 Welcome wild-life in 27 across. Watch it!
- 16 Don't hit the ball when it is.
- 17 Gal with crazy fur - but thrifty.
- 18 People who indulge in them should be good ones too.
- 21 Go one better than 15 down.
- 23 16 down might be making this by moonlight.
- 24 One of the united ones mentioned in 14 across.

"Cinderella" By One What Was In It

When I were little me Mum and Dad always used to take us to Bath on the train to see the Panto just after Christmas. We used to have steam trains in them days and whilst we waited for hours in the freezing rain queuing up for cheap seats in the Gods my Mum always made us feel stupid by washing soot smuts off our faces with a bit of spit on her hanky - I never did like that! But I did like the Panto - it were marvellous. Our favourite was 'Cinderella'. Buttons always used to mention our school before the start; we used to laff our heads off at them nasty ugly sisters, and we used to have tears in our eyes at the end when the Prince went all soppy over Cinderella.

Well, when I heard that the Bangkok Comical Theatre was going to do Cinderella this year I were that excited I could hardly wait. But then I were absolutely flabbergasted when that posh Anne Stuart asked if I'd be in it 'cause they was one short. Me!!! My knees went all wobbly at the thought and I felt everso flattered when she said she had a part I'd be a real natural at. See last time I were asked to be in a play was when I were six and I were a herald in the Chilcompton Voltunary Controlled Junior School Nativity Play. I only had one line to say what was 'Sire, a messenger waits without'. I were so shy I used to blush everytime I said it and they never asked me again, and I never found out what he was without - mind you I have a good idea now having seen Tutti and Frutti in the dressing room!

I didn't really know what were going to happen and I weren't too sure about it when Mrs. Stuart went on to say my part involved trying to look a bit simple like - I'd thought she was going to ask me to play the Prince or something. Anyway the thought of being in the same Panto as Cinders decided me to have a bash. But coo, were I nervous! I had to go to a rehearsal and there was lots of important actors and actresses stars there like Andrea Cahn and Ismael Mercado. They was all everso good waving their arms about and speaking in posh voices and walking up and down all sort of smart like. I nearly died when they gave me some words and said I had to join in. No one told I what to do so I took a deep breath and I read my bit out loud in my best voice and wiggled a bit - I felt proper daft! Anyway the worried looking Director chap, Mr. Geoff Thompson, was everso kind and said he didn't have no one else and I would have to do anyway. So I'd made it!

Well from then on we had to go to rehearsals just about every day and night for 4 weeks. It weren't half fun! Cinderella were really beautiful and sweet and sometimes let me sit next to her when we was waiting for our turns - I did feel important! The rest of the actors was everso good too! They had a girl doing Prince Charming who had a lovely voice like a church choir. Andrea Cahn was a valley or summit and could look all important like even when she kept falling over. Buttons was all jolly and fun and had such a good time with Cinders it made me feel a bit jealous like. Then there was a real pretty girl with red hair who played Miss Muffet and sang a rude song with the valley what made me blush a bit.

And there was lots more too. There was a big man with a beard who blinked a lot and pretended to be a bear and argued with the Director, and there were two lovely young girls who could tap dance better even than George Formby even though they had to pretend to be a hoss. There was a king sort of person who I felt sorry for 'cause everyone seemed to be a bit rude to him - I think they was pretending but he did seem a bit sad. My favourites were the ugly sisters - I nearly died laffing at them. They was so stupid and so ugly I was told they would have to put make-up on so as not to frighten the children. The only thing that bothered me like was that everytime I did my bits I had to do it with two other actor people at the same time. The trouble was I think they're both a bit stupid and that sort of made us all look a bit daft like - And then when we had to sing a song they couldn't sing for toffees!! Well anyway Mr. Thompson said we had to get on with it and it's a good job that at least I have a nice voice. Oh yes I forgot to mention that Mr. Thompson was in the Panto too - one minute he was conducting us and the next he was jumping around with us. Bit confusing that. And then last of all there was lots of other people called a chorus but I couldn't work out their part. They seemed to be different people every night. They tried to sing and dance a lot whilst we all waited around and argued with that nice Mr. Thompson even more than anyone else. Funny that.

Well anyway this all went on for a few weeks and suddenly we realised it were nearly first night proper like. We all went over to that AUA place. Coo, it were enormous - eversomuch bigger than Chilcompton Church Hall - and it had lots of lights and curtains and a great big stage. My knees went all wobbly again! Some everso clever people had made lots of scenery and it all looked real proper like. What I didn't know before was that when you have a Pantomime you have to have dozens of people dressed in black things to

put everything in the right place when the actors are acting. Well they was all there rushing about and there was a big tall lady what told them what to do. She had a loud voice and looked everso strict so everyone was trying hard to please her like. I think she was kind really because I saw her smile once.

We all got dressed up the night before it started. Coo, was that fun! - boys and girls in the same dressing room too! Mind you 'twasn't easy to know who was what in that Panto! Then we had to have make-up put on our faces. That were funny! - there was lots of girls putting all sorts of ladies' stuff on everyone's faces - they made me look proper daft and whenever I drunk anything my lickstick came off! I thought that night was real good fun but Mr. Thompson still looked like he'd lost a hundred baht note and said no-one would come and see us if it didn't finish 'til one o'clock in the morning like that night.

The big night come at last and we was all a bit anxious after that dress rehearsal. We was all nervous and wondered if anyone would come. It were a great relief when we peeped out and saw about 300 people. That clever Mr. Hopkins played the Thailand National Anthem on a sort of 'lectric barrel organ and all the little hairs on my neck stood on end! We'd started. Well from then on it were all go. We was on and off the stage getting bashed on our heads and put through mangles - we hardly knew what was happening. In between we peeped through the doors to see the bits what we weren't in ourselves. My favourite bits were when Buttons' dandy lion grew up, and then the bit near the end when there was a bear behind Frutti but she didn't seem to understand when Mrs. Stuart was shouting out to warn her. And do you know, them lovely people in the AUA seemed to really love it. They laffed and shouted and joined in the song and the funny thing was they all sounded like Mrs. Stuart! The kids had a great time too, 'specially gobbling Buttons' sweets (he gave me one after!) It were great fun. In the end when we come down the steps and took our bows we was all that happy and we wasn't nervous at all any more. The other nights were exactly the same too 'cept more people kept coming and the last day we was full with over 700 people including hundreds of kids. It were a ball. I've never enjoyed myself so much in me life! And even that Mr. Thompson was smiling!

Thank you nice Mr. Geoff Thompson and posh Mrs. Stuart and all them super people who made the scenery and rushed around looking after us all so's we'd not forget anything. Hope there'll be one next year too!



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WORLD PREMIERE!

Mid-April will find the Bangkok Community Theatre in its first-anywhere-ever production of Roger Welty's play, "The Chocolate Boy -- A Bangkok Story."

The play is a present-day drama of a foreign embassy couple once stationed in Phnom Penh who have been reassigned to Bangkok. The debacle of Cambodia casts up old friends, one a young Khmer, another the boy's protector, a foreign businessman. Descending on the embassy couple for a visit is the wife's mother -- a free soul who overstays her welcome and accidentally trips the bomb buried deep in their cozy relationships.

Not a play for the kiddies, "The Chocolate Boy" is thought-provoking, adult theatre fare.

At the Alliance Francaise, Sathorn Road, April 16, 17, 18, 19, at 8 p.m.

Tickets available from Asia Books, Central Dept. Store, Chidlom branch, and DK Books at Alliance Francais.

CALLING ALL S.R.N.'s

Having recently heard rumours from friends who are still nursing in the U.K., that the Register was under review and, therefore, I might be in the position of losing my S.R.N. qualification, I wrote to the Royal College of Nursing. This is their reply:-

ROYAL
COLLEGE OF
NURSING



Dear Mrs. Jezeph,

Thank you for your enquiry about the new registration procedures in the UK. There is now a registration authority covering all four countries of the United Kingdom so that you will, in fact, now be registered in England, Scotland, Northern Ireland and Wales, replacing the three GNCs in 1983.

The United Kingdom Central Council for Nursing, Midwifery and Health Visiting has computerised all records and is currently attempting to ensure that all details of each nurse's registration and additional qualifications is correct. For this reason they have asked that all nurses let them have details of the qualifications they have, and you may wish to write to the UKCC to confirm your records.

The second change is that as from next year the UKCC will be introducing periodic registration fees. If you wish to remain on the live register you must make sure that the UKCC has a correct address for you so that you receive all communications from them and are able to make any required payments on schedule.

For your information I am enclosing two leaflets about the UKCC.

Yours sincerely,

The U.K.C.C. address is

23 Portland Place
London W1N 3AF

June E. Murray (Miss)
Administrative Assistant
International Department

PRESS RELEASE
=====

SEMINAR ON MANAGING WITH THAIS
.....

A treat is in store soon for newcomers to Thailand. A special orientation seminar called "The Skills of Cross-Cultural Management" will be offered several times this year to men and women who need to work closely -- and effectively -- with Thais. Up-coming courses are 20-22 March and 23-25 April.

A two-day programme which has gained considerable popularity here, "Cross-Cultural Management" brings together Expatriates with Thais in the attractive residential setting of the Rose Garden just outside Bangkok. Topics include the Thai value system, communicating effectively with Thais of all levels, techniques for anticipating and managing conflict, and many practical tips on how to make the most of social and ceremonial occasions in Thailand.

At the same time, Thais who attend the course gain valuable insights into Western expectations -- knowledge and skills which can help them be more confident and effective in multi-national situations.

The entertaining course is given by two prominent Bangkok consultants Dr. Henry Holmes and Suchada Tangtongtavy. They have developed various team-building courses for Thais and Expatriates working in oil production, agriculture and rural development, and lecture frequently to local groups. For more information about joining, call Dr. Holmes or Khun Suchada at 258-4928.



BRIDGE

Very sadly the Bridge Section says goodbye to Geoff & Lois Crittenden. They have helped with the organisation of the group over a number of years, both as Committee members and players and we would like to record our thanks and wish them well in their new posting.

xxxxxxxxxxxxxxxxxxxx:0:xxxxxxxxxxxxxxxxxxxx

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CRICKET

Not a scintilla of a recrudescence of skullduggery touched the gemmiferous B.C. side despite the unconscionable lachrymatory polyphony produced by two displays of psittacine incompetence such as would have done justice to a xanthomelaneous brassica oleracea with nystagmus, which is not something you can write about many teams.

50 overs league replayed in March - played 2, lost 2.
Here's the sad story.

BC vs AIT - 9th March 1986 50-overs league

AIT won by 4 wickets

Jack won the toss yet again, and elected to bat. There was a bit of bounce early on and Terry fell for 4 in the fifth over. This brought Craig in to join John Bertacco, and these two put on 93 for the second wicket before John was caught on 36. Nick White joined Craig and they put in 73 for the third wicket, Nick contributing 23 and then being bowled. The fourth wicket partnership with Marcus Thompson as Craig's partner, was another big one - 59. After this heroic start - 240 when the fourth wicket fell - the incoming batsmen all had to hit out or get out in the final few overs, and all chose the latter alternative. Meantime, Craig continued scoring at the other end, securing at last, his first BC century and finishing on 151 not out, a tremendous innings with 15 fours and a six off only 158 balls in one minute under 3 hours. British Club finished on 269 for 8 off their fifty overs and had a very confident lunch-time.

This continued when AIT batted and the first four batsmen fell for 42 runs. The fifth wicket stand of 48 was seen as only a slight hiccup in the inevitable BC stroll to victory. However, the BC fielding was looking a little ropery, with a series of misfieldings rapidly followed up by a series of dropped catches. AIT's Pakistani top scorer, who finished on 145 not out with some very hard hitting, was dropped five times on his way to that total, the first dropped catch putting David Hall out of this and the next several games with a cracked hand-bone. The sixth wicket put on 159 runs and AIT finished the game off with an over to spare. Nick bowled immaculately and with increasingly imaginative insults towards his fellows and finished

with 2 for 71 off 20 overs. John took his first BC wickets and had 3 for 65. But all in all it was not a happy BC side that gathered round the Kloster that evening.

BC vs Wanderers - 16th March 1986 50-overs league

Wanderers won by 5 wickets

The best opening attack we've seen all season, using an extremely bouncy reinforced concrete ball, quickly reduced BC to 10 for 2 off 3 overs. None of the batsmen looked comfortable, even as the Wanderers bowlers began to tire, but the middle order stuck well to the task, although all got out in their twenties, Craig for 27, Nick for 29, Steve Bolton for 23, Tom Ryan for 23 and Alistair for 21, Jack contributed a useful 14 but the all-out total of 153 off 47 overs never looked enough, and the Wanderers passed the total with 5 wickets down off 31½ overs. Once again, Nick bowled well for 1 for 51 off 15 overs, Craig chipping in with 2 for 33 and Pat with 2 for 22.

In the Nations Trophy Sixes, played on the 1st and 2nd March, BC were represented in several teams - the North of England, the Heart of England, the South of England, Australia and the Rest. The Heart of England, skippered by Terry Adams and including David Hall, Nick White and Marcus Thompson, won through to the final only to be humiliated by the Zimbabweans. The only report to have come in from the other teams comes from the Australians, and it now follows.

The Aussie team at the International Sixes, described as "workmanlike" by one newspaper journalist, was represented by one member of the British Club, Craig Price.

On the Saturday we showed our "workmanlike" abilities by easily winning all 3 of our games. Our batting was exceptional, not losing a single wicket. I finished the day about 60 n.o., taking 1 wicket and holding 2 catches.

Sunday, I should have stayed in bed, bowled first over for 5 (thus denying J. Dunford the pleasure of being hit all over the field) and bowling 1 trashy over. However we still managed a win.

I had to leave at this point to join 3 other B.C. cricketers on the stage of 'Cinderella'; however, I was fully confident of seeing the team in the final later in the day. Imagine my surprise upon returning to see T. Adams spoon feeding a catch to a Zimbabwean. Had Terry finally come to

his senses and taken up Australian citizenship? No, there were the Aussies drinking beer a short distance from the keg.

What happened? Aussies (with B.C. member) played 4, won 4, (without B.C. member) played 2, lost 2.



*"I've nothing against physical fitness, Rosemary,
but you're turning into a jock."*

CHILDREN'S GOLF

Once again Steve Kirk has kindly offered to give free golf lessons to children under 16 during the Easter holidays. This time he will take girls as well as boys in separate lessons. There will be a total of 6 sessions. The dates are as follows:- Tuesday 1st April, Thursday 3rd April, Tuesday 8th April, Wednesday 9th April, Wednesday 16th April and Thursday 17th April. Sessions will be from 2-3 p.m. at the Oriental Sports Centre. The lessons will be for a limited number who will be required to bring their own clubs. Bookings may be made with Diana Wingfield on the following numbers: 286-1165, 286-1474, 286-6625, 286-3138, 286-3446 all ext. 7A.

The accompanying photo shows the happy group from the Christmas holidays session.





LADIES' GOLF

Finally summer has hit us with a vengeance but we still keep plodding on. Now we have to put ice in our flasks instead of hot coffee! Hopefully the Army Course will not be allowed to dry out too much more during this time for our weekly games. Navatanee Course is in superb condition for our ASTRAL CUP Competition being played as this goes to print.

New Members

Welcome to new members Pauline Phillips and Deede Bettencor. Pleased to have you with us and hope you will enjoy our outings.

Competition Results

February 18th - Par Bisque

Flight A Winner : Lise Dencker-Nielsen (+8)
R/Up : Dolores Aaron (+6)

Flight B Winner : Trish Blackburn (+11)
R/Up : Deanne Boucher (+10)

Flight C Winner : Sue Baker (+12)
R/Up : Jennie Sharples (+10)

Near Pin No. 8 : Pam Hardy
No. 13 : Pam Hardy

Under Par: Jennie Sharples (64)
Sue Baker (65)
Trish Blackburn (68)

Low Putts: Ruth Kennedy (28)
Deanne Boucher (29)

February 28th - L.G.U. Medal

Silver Division Winner : Margaret Ross (80)
R/Up : Joan Jurgens (82)

Bronze Div. I Winner : Anne Hendrie (75)
R/Up : Wendy Morris (78)

Bronze Div. II Winner : Diana Wingfield (70) c/b from
R/Up : Penny Whalley (70)

Near Pin No. 4 : Penny Whalley
No. 13 : Pam Hardy

Long Drive No. 18 : Wendy Morris

Under Par: Diana Wingfield (70)
Penny Whalley (70)

March 4th - Stableford

Winner : Margaret Ross (36 pts)
R/Up : Betty Watters (34 ")

Near Pin No. 8 : Margaret Ross
No. 13 : Margaret Ross

Eclectic

This was played over four Tuesdays throughout the month of February at the Army Course. The winners were:

Winner : Wendy Morris 63½ (21)
1st Runner-up : Diana Wingfield 63½ (34)
2nd Runner-up : Mo Harris 63¾ (19) c/b from
3rd Runner-up : Joan Jurgens 63¾ (15)

Many thanks to Wendy Morris who ran this competition for us. Twenty ladies took part and some very good golf scores were achieved.

Forthcoming Competitions

April 1st Stableford
April 8th Best Nines
April 15th Bogey
April 22nd Three Throw-out Tournament
April 29th L.G.U. Medal

Kitchen Sink

May I remind you that the date for our annual "Kitchen Sink" tournament is Saturday April 26th at The Rose Garden. Tee off 10.30 a.m. Numbers are limited so please cancel in good time if you can't make it so as to give those on the waiting list a chance to sign up. The list is on the British Club Notice Board. The Bht. 100 entry fee is payable in advance.

Handicap Changes

Sue Baker	35 to 34
Merle Decot	31 to 30
Mo Harris	19 to 18
Maureen Hyde	34 to 33
Margaret McEwan	20T to 19T
Mariko Shimada	26T to 24T
Jennie Sharples	36 to 34
Penny Whalley	32 to 31
Diana Wingfield	35 to 34 to 32

Golf Balls

We wish to thank the Standard Chartered Bank for their very kind sponsorship. Their donation of balls will be used in our weekly competitions for near pins and long drives. We are most grateful to them for this donation as the cost of new balls in Thailand is somewhat high!



GOLF

INTER - SOCIETIES GOLF COMPETITION HELD AT HUA HIN 22ND - 23RD FEBRUARY 1986

Over fifty golfers participated in this year's competition which was hosted by the St. David's Society Bangkok, at the much improved Railway Golf Course.

Despite the early morning tee-off times, everyone was in fine form with many "Singhas," practising for St. David's Day to see if they could obtain the "Gold" prize. Spirits were maintained at a high level all weekend with Mr. J. Walker doing particularly well.

The trophies were keenly competed for and the St. Patrick's Society excelled themselves, winning the overall competition.

A full list of the trophy winners is given below:

THE DELACOUR CUP (St. George's)

- Best score from a team of seven from each society.

OVERALL COMPETITION WINNERS - St. Patrick's

AULD REEKIE CUP (St. Andrew's)

- Played for between St. Andrew's & St. George's

WINNER - St. Andrew's

ST. PATRICK'S CUP (St. Patrick's)

- Played for between St. Patrick's & St. David's

WINNER - St. Patrick's

In addition, trophies were awarded by each society to the member obtaining the best score. The winners were as follows:

St. Andrew's	:	W. Waters
St. David's	:	B. De Cozier
St. George's	:	P. Hines
St. Patrick's	:	L. Vize

Two other trophies, presented by individuals, were also played for during the weekend, and these were as follows:

Kinnard Trophy : Highest number of stableford points scored by a man from any society.
 WINNER : L. Vize (St. Patrick's)

Jean Gundlach : Highest number of stableford points scored by a lady from any society.
 WINNER : Mrs. K. Armstrong (St. Patrick's)

The individual prize winners were as follows:

	Sat. 22nd	Sun. 23rd
<u>Closest to the Pin</u>	M. Baker R. Andrews I. Mc Clean C. Mc Crone	D. Niven D. Lawson I. Mc Clean A. Hendrie
<u>Longest Drive</u>	(Men) B. Waters (Ladies) M. Harris	D. Lawson M. Ross
<u>2nd Nine Highest</u>	P. Speed	J. Garvey
<u>1st Nine Highest</u>	R. Daniel	B. Hyde
<u>2nd Highest 18</u>	D. Williamson	B. De Cozier
<u>Highest 18</u>	D. Lawson	E. Turner

AGGREGATE FOR TWO DAYS

5th : (Highest number of birdies & eagles)	R. Daniel
4th : (Lowest Gross)	I. Mc Clean (161)
3rd : (3rd highest)	K. Armstrong (69)
2nd : (2nd highest)	W. Waters (70)
1st : (Overall)	L. Vize (81)

A special mention to the St. Patrick's Society and Les Vize in particular, who organised a most entertaining tombola in which all the golfers were drawn by the various ticket holders. The winner was J. McCormac (St. Patrick's of course!).

So, well done the Irish, for an outstanding performance in winning this year's competition, and also many thanks to all those who participated.

See you next year?



GUNDLACH TROPHY

Adrian's son presents to Koi Armstrong



ST. PATRICKS CHAMPION TEAM

"Seven good paddies!"



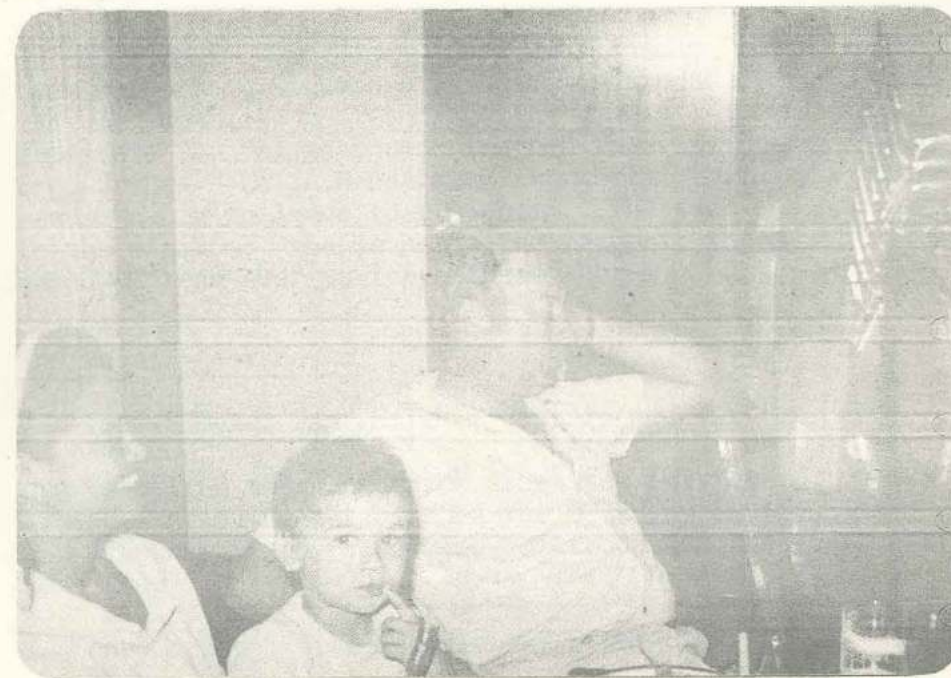
Fleming Kinnaird presents his trophy to
"Irish Hero" Les Vize (81 points)



ST. DAVID'S TEAM "GRACIOUS HOST"
Finished - 3rd Runners-Up



ST. ANDREW'S "RUNNERS-UP"
Just 9 more points please!



ST. GEORGE'S FINEST
After two very gruelling, "liquid" rounds.

B.C. GOLF

The annual match with the American Chamber of Commerce was held at Railway Golf Course last week. Seventy one golfers competed with Am-Cham soundly trouncing the B.C. team 579-521 pts.

Best individual scores were:

Low Gross	- M. Miller	77
Runner Up	- D. Frost	82

High Stableford Pts:

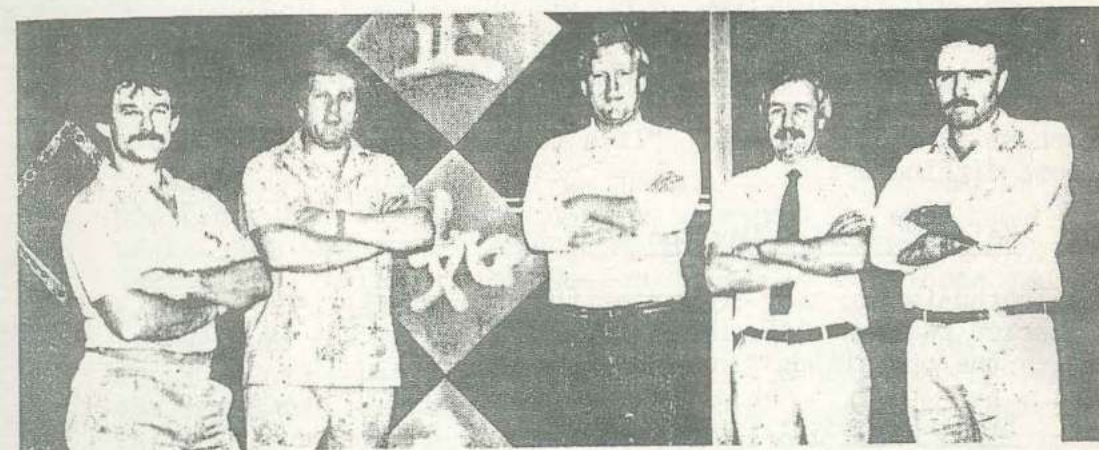
1st	- R. Brewitt	48
2nd	- P. Defore	47
3rd	- B. Mancell	41
4th	- Boonchu	40
5th	- C. Campbell	40
6th	- E. Turner	39
7th	- J. Owens	38

After the match a fine buffet provided by Hyatt Central Hotel was enjoyed by all participants.

The British team are already planning their strategy for next year's game.



RUGBY



NATIONPHOTO

A QUINTET: Five of the eight-man British Club rugby 'Sevens' team seen at the airport Friday. From left are Keith Davison, Jim Howard, Gary Crist, Terry Smith and Vince Swift.

The Singapore Tour 22nd - 24th February

As reported in The Nation on 23rd February the BC Sevens team set off to Singapore in determined mood, fully realising the up-hill task confronting them. On the eve of departure the "elite squad" learned that its secret weapon from Brunei - Colin Henderson, a powerful former BC centre - was unable to leave that country. The team was now down to the minimum: the leanest, the meanest, the most keenly-honed BC team ever to leave these shores.

The Magnificent Seven

1. Terry "Peter Pan" Smith : Captain and Driving Force

His twinkling toes and slick side-step belying his age, Terry, having re-established the BC Rugby Section after a fifty-year lay-off, now led the troops on the first overseas tour.

2. Gary Crist : Vice-Captain and Super-Jock

Formerly known as "The Whale" Gary has been re-christened "The Washing Machine" because of his marked similarity to the Chicago Bears' William "The Refrigerator" Perry (they're both from somewhere in America).

3. Vince Swift : Treasurer and current BC Champion Sportsman

Also renowned for his exploits on the soccer scene, Swift's Spartan training schedule had brought the final edge to the razor-sharpness which is his hall-mark.

4. "Big" Colin Hastings

Making a comeback after an extended lay-off due to injury, the BC Centre foresaw no problem with the size of the opposition in Singapore. "It's the little ones I find the most difficult".

5. Keith "Geordie" Davison

An enthusiastic tour supporter from the start, the lion-hearted Davison, like Hastings, was eager to get to grips with the opposition's big forwards.

6. Simon Edmonds : Tour Leading Scorer

Initially reluctant to move across from the Sports Club, Simon has finally realised that the British Club Rugby Section both on and off the pitch is not to be sniffed.

7. Steve "Cushy" Castledine

After a history of tour-jacking Cushy at last made the grade - and realised what he's been missing.

Rounding Out the Squad

James "Bionic" Howard (Team Manager) and Guests

Despite being officially declared walking wounded, Jim brought his boots just in case.

In the event, the bionic assemblage which masquerades as his body was spared by the timely arrival of reinforcements from the Royal Thai Air Force, Khun Gang and Khun Jer who were both outstanding in the four games they played for us. Also boosting the body count was Norman May, an occasional Singapore Bucks player, who was dragooned on the eve of the contest during a final strategy session.

Match Reports

VS SAFRA (Singapore Armed Forces) : We should have guessed we were up against it when we saw the kick-off time of our first game; 9.20 a.m. is just too early to follow a day of

serious socialising. In retrospect, we did not play badly but, in Sevens, possession is more than nine points of the law - it is everything, and we just did not have any possession. The only time we actually did get the ball, we scored. Keith Davison broke from a scrum and moved the ball out to the wing for Colin Hastings to burst 30 yards for a fine try in the corner. The only problem was that they scored five times and converted three. We lost 26-4 and at this stage we were content that at least our visit was not going to be a whitewash.

Vs RSL Dragons, Darwin : If we thought we had problems in the first game we had seen nothing compared to what came next. We knew things were going to be tough on observing that one of their forwards was as broad as our three put together. To make matters worse, their smallest player was larger than our biggest. Well, we thought, maybe they can't run. Wrong again! In the circumstances we did well to hold the score down to a mere 48-0. Nor did it go all their way: we had a couple of runs and put in some good tackling. Highlights of the game included a flick-of-the-wrist hand-off by their No. 8 which sent Keith Davison half way across the pitch and Gary Crist's rather optimistic remark of "It's OK, I've got them covered" when facing three of the opposition's largest. Gary did contribute significantly to this game by, on at least one occasion, out-jumping their biggest forward to win the ball in the lineout.

This game marked the first appearance of our two guest players borrowed at the last minute from the Royal Thai Air Force. Gang, the hooker, and Jet, the appropriately named winger, were a welcome addition to our group and injected an extra bit of pace when it was sorely needed. They also reduced the tennis average age to below 30. We were most grateful to the RTAF for allowing them to play.

For the record we should note that the RSL Dragons went on to win the tournament defeating the RTAF 16-10 in a very exciting final. They were a very strong, fast side and included in their line-up one Tongan international, two junior All Blacks and a brother of Mark Ella, Australia's stand-off.

Vs Brunei Wanderers : Having heard that this team had beaten SAFRA we were pretty much resigned to our third walloping in a row. We did, however, start off a bit better and the game was fairly even for most of the first half until just before the interval when they made a break and scored under the posts. With very little time left in the half Vince Swift picked the ball up after a scrum and shrugged off two tackles to crash over for a try. Simon Edmonds converted

and we changed ends with the score 6-6. The second half was again closely fought but we were quicker to the breakdowns and were tackling strongly. Both RTAF players were working well and it was the hooker, Gang, who started off a move passing the ball out to Gary Crist who sprinted for the line. After 20 yards he thought better of this unfamiliar activity and passed it inside for Terry Smith to make a half break and switch the ball outside to Colin Hastings who raced in for his second try of the day. From the re-start BC carried on the impetus with Smith gathering a loose ball and then slipping it to Hastings who dummied his opposite number and returned an easy pass for Smith to run in and score in the corner. Brunei rallied strongly and scored again just before the end but time was on our side and we ran out winners by 14-12.

This game completed our initial round of matches and left our group with RSL Dragons top with 6 points from 3 games and SAFRA, Brunei and BC all with 2 points from 1 win each. This was the only one of eight groups in the competition where second place was decided on points scored. SAFRA went forward into the main competition and Brunei and ourselves went into the Plate.

Vs Old Rafflesians : With a 4.30 kick-off this fourth game of the day saw some weary and sore BC players taking the field against a young, fit Singaporean side. The feeling was that they too would be tired and whoever first took a grip of the game would be the eventual winner. If that was the case, BC took this one by the throat and shook the life out of it. Right from the start the tackling was strong and effective and quickly broke up any opposition moves. The play was very close up until near half time when our Thai hooker, Gang, outpaced the opposition to score under the posts. Simon Edmonds converted. Half-time 6-0. After the break BC went from strength to strength. Tackling was again crucial and both Simon Edmonds and Steve Castledine pulled off last-ditch saving tackles to stop the opposition scoring. From a scrum near half way Keith Davison picked the ball up and shook off several tackles to run in our second try which Edmonds again converted. Not to be outdone, Colin Hastings gathered a loose ball and flashed in for his third try of the day, again, converted by Edmonds. With little time left BC were in a safe position and need only have coasted but when the opportunity presented itself Keith Davison broke through their line and romped in for his second try of the game. At the final whistle BC had won by a handsome 22-0. The overall performance in this game was excellent and the effort of all the players was commendable. It was by far our best performance in any of the Sevens tournaments in which we have played in the last two years.

Our small band of supporters, swollen by a few of the RTAF party, had shouted themselves hoarse and all of the players' stiffness and soreness was forgotten. To both our surprise and our credit we now found ourselves in the quarter-finals of the Plate competition.

Day Two

Vs Kobe RAC, Japan : A relatively late kick-off time allowed us enough time to sleep off the effects of an excellent meal and more than a few celebratory beers. Kobe Regatta and Athletic Club were no strangers to the Singapore Sevens having won the Plate competition in 1983. A guest player for them that year was our own team manager, Jim Howard. Their participation this year was severely threatened because snow had grounded most flights out of Japan and, in fact, only two Kobe players actually made it to Singapore. Some judicious recruiting from other teams' extra players left them with a very strong side indeed. As it turned out they were, in the end, just too good. The game was reasonably even except for the four tries they scored and although we lost, we did manage to give them a fright or two. The final score, however, was 22-0 against BC. Kobe went on to the Plate final where they lost in extra time to Australian side, Palmyra. Ironically, the winning try was scored by a Japanese player borrowed from Kansei rugby club, one of the few who managed to get out of Japan before the snow set in.

So we made our exit and retired to the sidelines to sit back, drink some beer and watch the rugby.

Thailand was not completely out of it as the RTAF made it to the final of the main tournament without conceding a point and scoring plenty in fine, flowing style. The final was a classic confrontation between the brawn of RSL Dragons and the speed and slick handling of the Thais. The brawn dominated the first half and Dragons scored 16 points. The RTAF fought back strongly, their tackling in particular, against much larger opponents, was ferocious, but although they scored two good tries time was against them and they ended up losing 16-10.

While the Tour was a success on the field, there were numerous off-the-ball incidents which should go down in the annals of touring history. As this is not an annal, those responsible for the more outrageous incidents shall in this journal go unreported. But some are certainly worthy of mention.

For instance, who of the advance party (Crist, Davison, Howard, Swift) will ever forget the transparent Bloody Marys on the way down? I won't for one, because they were virtually the last thing I remembered that day. Or the practice scrum in Room 2018 shortly after our warm welcome by the mighty Mr. Koh, Duty Manager of the hotel and heavy-weight Olympic judo silver medallist? Or staggering around Newton's Circus, bloated with success, rice, Anchor beer and all sporting a set of "Teamie Glassie"? And neither should we forget the magnificent progress of the Royal Thai Air Force, who swept all before them on the way to the Final, only to be narrowly stopped by the fearsome Darwin Dragons 16-10 in a brilliant final.

To end it all the Cricket Club hosted a spectacular barbecue during which the BC boys also put in a sterling performance. Doug Whittaker had arrived in mid-afternoon to lend the Thailand teams his support and by late evening the boots were on the other feet. Keith Davison made himself a prime candidate to be thrown over the shoulder and carried home, but got back under his own steam. The remainder of Bangkok's finest gradually achieved similar mellow states and retired to their pits with varying degrees of difficulty.

Whereas your responsible correspondent, behaving with style and dignity throughout, imbibed only temperately and therefore arrived back at Room 2018 without any difficulty whatsoever. In the wrong hotel, of course.

British Club vs HMS Swallow and HMS Peacock

10th March (lost 0-36)

Having whetted our appetite with the Singapore Sevens we had an opportunity earlier this month for our first 15-a-side game of the season. Our visitors were a team from the combined crews of HMS Peacock and HMS Swallow, two vessels from the naval base in Hong Kong, here in Thailand for joint exercises with the Thai Navy. We had been told that they would like a game, on the understanding that it was a strictly social fixture. On this basis we were somewhat surprised to see that one of their props was a representative player for Hong Kong. We also didn't think it was very social of them to score about six tries without letting us get near their line.

There isn't much that can be said about the BC performance in this match except perhaps that we played as if it was our first game of the season. Still it was played in a good friendly atmosphere and was an enjoyable run-about.

We had three newcomers playing their first games for BC, Andrew McDowell, Mike Pomfret and Don McCue, and also welcomed two of our occasional guest players Doug Whittaker and Tony Pusinelli. Tony, making his comeback to rugby after an injury which has kept him out for over a year, had the misfortune to be directly opposite the Colony prop. So much for easing back into things with a social game! Special thanks to Terry Adams who made some last minute re-arrangements to turn out to referee then turned up to be told he was playing and then, five minutes later, to be back to referee again.

The game, as always, was followed by a good social evening in the Club bar. Following an enthusiastic response from our visitors, the rugby section is considering the formation of a public company to handle the sales of our enormously popular designer T-shirt. At only Baht 100, who can afford to be without one? Get yours while stocks last!

Local History ... by Khun Anonymous

Several years ago, before Bangkok became the concrete jumble it is now, the centre of the city was marked by a small temple. In the inner building of the temple, enshrined in an ornamental golden case was a small bottle, filled with dark brown liquid. The shrine stood on the spot from where all roads in Bangkok were deemed to emanate. The sacred bottle was therefore known as the soi source!

(Think about it.)



SQUASH

On Wednesday 26 February the Annual General Meeting of the British Club Squash Section took place. It transpired that there was no need to book as only 16 members attended.

The Squash Committee for the ensuing 12 months consists of an interesting mix of eleven energetic interested male and female squash players under the chairmanship of Les Currie.

The Committee is:

Les Currie
Mike Kelly
Ray Walsh
Jane Rodgers
Sue Kunzman
Marg Currie

Tom Annas
Tony Laven
David Jezeph
Colin Reed
Les Kentwell

These people are ever ready to accept suggestions and listen to constructive criticism.

At the first committee meeting on 5th March the Squash timetable was determined and the schedule appears below.

It is the committee's desire to build a stronger social environment within the section and by so doing improve the standards of squash.

Currently being investigated or implemented are the introduction of regular Club Nights where players of all standards have the opportunity to play better players - Weekend competitions catering for all levels of play - A referee course after which players will know the difference between a "let", a "penalty" and even when to call "no let". (Colin Reed is a qualified referee).

Coaching has been included in the timetable. The intention is to have a number of the top players in the club take on players further down the ladder giving them tips on how to improve their game. Coaching is probably a loose term. It is more like coaxing a better game out of a player because everyone would agree that playing with a more skilled opponent lifts one's standard.

Further to this, enquiries are being made to seek the assistance of an outside coach to cater for the needs of players of all standards.

The Squash Scribe would welcome any light-hearted items of interest for inclusion in the Outpost.

For example it has never been reported that the very first game of squash played at the British Club in 1986 took place at 1.00 a.m. on January 1st, when a lady player and gentleman player, attired in disco gear and in bare feet, commandeered Court 3 for a gruelling 3 set match. Their names are withheld in deference to their sobriety at the time.

Tom Annas, resplendent in pink designer knee guards, apparently disagreed with Mike Kelly's suggested improvement of making the changing rooms a communal facility.

The Squash section is making strong representation to the General Committee regarding the need for immediate improvements to the male and female changing rooms. The outcome will be reported when information comes to hand.

Always check the Squash Notice Board for latest news.

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1986	April	COACHING	Sat. 19th, Sun 20th
	May	LEAGUE	
	June	DON JOHNSTON CUP	
		LADIES' CHAMPIONSHIP	WEEKEND COMPETITION
	July	LEAGUE	
	August	COACHING	2-3 Aug, 23 - 24 Aug.
	September	LEAGUE	
	October	ROD CARTER OPEN CHAMPIONSHIP	WEEKEND COMPETITION
		COACHING	4-5 Oct.
	November	LEAGUE	
	December	COACHING	13-14 Dec.
1987	January	LEAGUE	
	February	HANDICAP CUP	
		HAROLD MERCER CUP	
	March	LEAGUE	

NOTE: Every month JUNIOR SQUASH will be held when possible, on the first Saturday of each month. Precise dates will be published on the notice board.



SWIMMING

There was a good turn-out for proficiency tests this month with 14 children attending and 13 passes:

<u>Grade 1</u>	-	Michael Raynor
<u>Grade 2</u>	-	Rebecca Butler Rosalind Pools
<u>Grade 3</u>	-	Timothy Strange Timothy Johnston James Rennie
<u>Grade 4</u>	-	Lucy Johnston Sarah Rennie Fleur Buckland Caroline Wingfield
<u>Grade 5</u>	-	Sophie Majer Lynley Strange

On top of all that Jack McConnell did 1,000 metres and brother Morca 100 metres.

A big well done to all swimmers.

Several new swimmers have joined in this month - perhaps the warmer weather (and pool temperature) is luring them out, or should it be in?

The Swimming Section would like to welcome Mr. Mike Miles to our committee. Mike is going to help with galas and tests each month.

Erika Majer will be on leave until April 20th so anyone with swimming queries can call Linda Tinson at 391 2377 or catch her at the poolside.

LAST MONTH'S GALA

No tests were undertaken as nobody turned-up; swimming improver of the month is Lynley Strange. Well done Lynley.

THIS MONTH'S GALA

Three new swimmers took part in our Gala this month; Michael Raynor, Fleur Buckland and Kristan Homan. A warm welcome and we hope to see a lot of you in the future.

Improvers of this month are: Timothy Strange, C.J. Kefford and Lynley Strange. Keep up the good work and congratulations.

Next month there will be no tests or galas as there are two consecutive long weekends and from past experience we expect a lot of swimmers to be out of Bangkok.

Included is a picture of all the children who gained grade awards this month.

Bye for now!!!



SWIMMING GALA MARCH 86

P = POSITION
TIME = IN SECONDS
C = COMPATISON WITH BEST TIME

O = EQUALS BEST TIME
- = AN IMPROVEMANE
x = FIRST RECORDED TIME

AGE EX	NAME	BREAST			BACK			FREE			I.M.		
		P	TIME	C	P	TIME	C	P	TIME	C	P	TIME	C
U	BCS RECORD		24.3			24.3			19.6				
N													
B													
D	TIMOTHY JOHNSTON	2	29.05		2	36						-	
E	MICHAEL RAYNOR	3	43.00	x		-						-	
Y	TIMOTHY STRANGE	1	29.92	-	1	35						1.05.6	x
R	PETER MILES		-		3	41	x					-	
S													
7													
U	LUCY JOHNSTON	3	1.06		1	1.07							
G	FLEUR BUCKLAND	2	1.03	x	2	1.09	x				1	2.28	x
N	MAIA MC ALISTER	1	1.01		2	1.09					1	2.28	
I													
D													
R													
E													
L													
R													
S													
9													
B	JAMES RENNIE	2	1.11.19										
O	CJ. KEFFORD	1	1.01			57.78						2.00	
Y	FRASER CURRIE	3	1.20										
S													
U													
G													
N													
I													
D													
R													
E													
L													
R													
S													
11													
U	NEIL BAKER					2.18						4.56	
B													
N													
O													
D													
Y													
E													
S													
R													
13													

SWIMMING GALA FEB. 1986

P = POSITION
TIME = IN SECONDS
C = COMPATISON WITH BEST TIME
O = EQUALS BEST TIME
- = AN IMPROVEMANE
x = FIRST RECORDED TIME

A S G E X	NAME	BREAST			BACK			FREE			I.M.		
		P	TIME	C	P	TIME	C	P	TIME	C	P	TIME	C
U N B D O E Y R S 7	BCB RECORD		24.8			24.8			19.6				
U G N I D R E L R S 9	ANDREA SILL				1	1.15		4	1.2.5	-	2	2.30.88	-
	GEORGINA TURRANT				2	1.15.45		2	54.66			-	
	ANGELA RYAN					-		1	29.60		1	2.19.86	
	LUCY JOHNSTON				3	57.40		3	57.40		3	2.33.90	
B O Y S	PHILIP TIMMINS							4	51.05			-	
	NICOLAS BAILLIE				1	59.55	-	1	44.05	-		-	
	JAMES MAXWELL					-		3	46.21	x		-	
	CJ. KEFFORD				2	1.07.85		2	46.15			-	
U G N I D R E L R S 11	SOPHIE MAJER					1.05.6		1	45.05			2.16.02	
B O Y S	SIMON TIMMINS					-		3	49.95			-	
	GORDON FOWLES				1	1.05.6	-	2	47.21	-		-	

SWIMMING GALA JAN 1986

P = POSITION
TIME = IN SECONDS
C = COMPATISON WITH BEST TIME
O = EQUALS BEST TIME
- = AN IMPROVEMANE
x = FIRST RECORDED TIME

A S G E X	NAME	BREAST			BACK			FREE			I.M.		
		P	TIME	C	P	TIME	C	P	TIME	C	P	TIME	C
U N B D O E Y R S	BCB RECORD		24.8			24.8			19.6				
G C L A I R M O R G A N	Clair Morgan	3	39.	x									
	BCB RECORD												
B O Y S	Timothy Johnston	1	31.31										
	Peter Rutter	2	37.			31.64			1.24				
	BCB RECORD												
U G N I D R E L R S	Lucy Johnston	1	1.8										
	Judith Rutter	2	1.125			1.285							
	BCB RECORD												
9	Nicolas Baillie	1	1.0314	2		50.32							
B O Y S	Marca McConnell	2	1.0384	1		48			2.0884				
	Gordon Fowles	3	1.19	3		54.30							
	Paul Morgan	4	1.23			-							
	BCB RECORD												
U G N I D R E L R S 11	Sophie Majer				2	47		3	2.25				
	Sarah Freeman				3	50.56		2	2.07.19				
	BCB RECORD												
B O Y S	Jack McConnell		52 se		1	42.5							



TENNIS

Two rounds of the Tennis Tournament have now been played with some very keenly contested matches. The remaining rounds are scheduled for March 13th and 20th, and the winners will join Ray and Catherine Walsh, and Maureen and Barry Hyde who won the earlier rounds held on February 27th and March 7th, in the semi-finals.

The Wednesday Tennis evening has made a tentative start and the committee are hoping for a better response when the Quiz evenings are over. Play begins at 6.00 p.m., and everyone is welcome.

Coaching sessions have also been arranged for juniors and adults on Saturdays, Mondays and Wednesdays. For further information please ring Prue Pointer 286-0500.

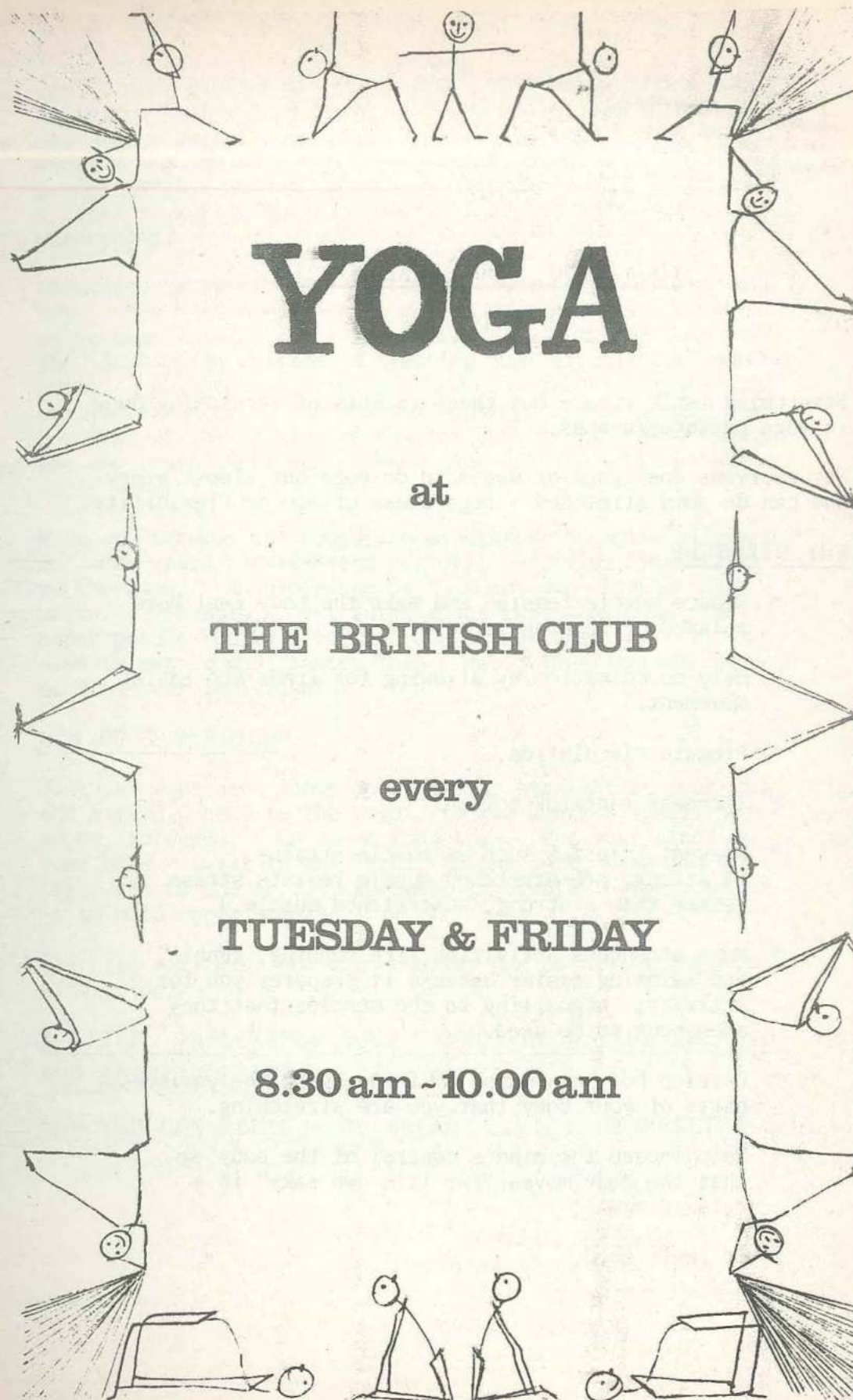
If anyone has any old but useable balls for coaching, could you please hand them in at reception, they will be gratefully received.

REMINDER

Ladies this is our last try to promote regular play days. The grass courts are now ready which makes playing conditions cooler so please come along Tuesday afternoons 3 p.m.- 5 p.m. Also for the month of April the courts will be booked every Thursday morning 8 a.m.- 10 a.m. We know it is holiday time but children can swim or play table tennis or take advantage of tennis coaching (contact Prue Pointer for more details 286-0500).

ATTENTION ALL TENNIS PLAYERS

Sunday, 20th April, 1.30 p.m. Tennis section A.G.M. followed by friendly "Round Robin". Now there are 4 courts available let's make full use of them. Please support this event. Sign up sheet at the Reception Desk.



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at

THE BRITISH CLUB

every

TUESDAY & FRIDAY

8.30 am - 10.00 am

YOGA, YOU, YOUR HEALTH - II

STRETCHING =====

Stretching isn't yoga - but there is lots of stretching done in yoga postures/asanas.

Not everyone does yoga or wants to do yoga but almost everyone can do some stretches - regardless of age or flexibility.

WHY STRETCH?

- * Reduce muscle tension and make the body feel more relaxed. (Tension is held in the muscles).
- * Help coordination by allowing for freer and easier movement.
- * Promote circulation.
- * Increase range of motion.
- * Prevent injuries such as muscle strains.
(A strong, pre-stretched muscle resists stress better than a strong, unstretched muscle.)
- * Make strenuous activities like running, tennis, and swimming easier because it prepares you for activity; signalling to the muscles that they are about to be used.
- * Develop body awareness by focusing on the various parts of your body that you are stretching.
- * Help loosen the mind's control of the body so that the body moves "for it's own sake" in a relaxed manner.
- * It feels good.

Health and beauty must be "renewed" on a daily basis. Just as we routinely apply fresh make-up, shave, brush/comb our hair and shower for external well being; so we must think about doing the same for our internal being. Aside from proper eating, proper breathing (which I will discuss in a later article) this is done, and primarily done, by exercising.

Actually, most of us do "stretch" during the course of a day. For instance, when we get up in the morning or when we've been sitting for a long period. Stretching does wake the skin up by virtue of getting the circulation really going. A sustained stretch (10-30 seconds) elongates the muscles allowing in the maximum of blood and oxygen. Fast movement of the joints and muscles cannot only cause damage. But can cause tightness. When you stretch, do so with "mild tension."

When one extends the body, one elongates the spine allowing for more space between each vertebrae - giving flexibility to the back. An old adage is "you are as young as your spine is flexible." Just think about that a minute. Recall older people you've seen who "don't look their age" or who seem to get around "faster than I do." They are not stooped or bent-over individuals.

HOW DO I STRETCH?

Just put your arms above your head or straight at your sides and extend, bend to the right, to the left, slightly backwards, forwards. Go up on your toes. Put your hands on your hips - twist to the right, to the left, lean way to the right and to the left. Remember to breathe - the tendency is to hold one's breath.

Exercise will give you more energy to do the things you want to do.

A STIFF, INFLEXIBLE BODY CANNOT BE A TRULY HEALTHY AND BEAUTIFUL ONE

NOW YOU CAN BEGIN - GO AHEAD STRRRRETCH!!!

YOURS IN YOGA,

JOAN C. FRENCH
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B.K.S. Iyengar Method

Tel : 253 9638

Membership Matters

NEW MEMBERS

The following were elected to Membership of the British Club in March 1986

ORDINARY:

Mr. A.R.M. Fitzpayne	BP Petroleum Devl. Ltd.
Mr. R.A. Franklin	Shell Co. of Thailand Ltd.
Mr. R.F.B. McEwan	Nobels Explosives Co., Ltd.
Mr. I.R. Newth	BP Petroleum Devl. Ltd.
Mr. A.J. Rastrick	MLTD, RMJM & Associates
Mr. S.I. Riley	Standard Chartered Bank

LADIES PRIVILEGES:

Mrs. J. Chantanakomes

ASSOCIATE:

Mr. R.N. de Cozier	Bobby's Arms
Mr. D.J. Dijkstra	Lhasa Co., Ltd.
Mr. C. Ertuna	ESCAP, UN
Mr. P.J.W. Schoenmakers	Bata Shoe Co. of T. Ltd.

Status of Membership

The current membership status is as follows:

Honorary	9
Ordinary	336
Non-Voting	4
Associate	55
Ladies Privileges	36
Up-Country	26
Candidates	23
	<hr/>
TOTAL	489
Absent	834
	<hr/>
GRAND TOTAL	1323



Outgoing Committee

ARTHUR PHILLIPS
(Chairman)

JACK DUNFORD
(Vice-Chairman)

GEOFF PERCIVAL
(Hon. Treasurer)

RICHARD ELLIS
BERNARD GROGAN
BRIAN HEATH
RICHARD HOPKINS
REG LAVILLE
BRIAN LEWIS
DAVID WALLACE

Incoming Committee

JACK DUNFORD	Chairman
BRIAN HEATH	Vice-Chairman
GEOFF PERCIVAL	Treasurer
RICHARD DUFFY	Food and Beverage
DAVID HALL	Personnel
DUGAL FORREST	Sports
RICHARD HOPKINS	Entertainment
VINCE SWIFT	Membership/Outpost/Publicity
ALISTAIR RIDER	" " "
TERRY ADAMS	" " "

DAVID WILLIAMSON	Manager
ADISAK KAMKHANTI	Assistant Manager

ACTIVITIES

ANYONE WHO IS INTERESTED IN PARTICIPATING IN ANY ASPECT OF THE FOLLOWING ACTIVITIES SHOULD CONTACT :

BILLIARDS/SNOOKER	-	RON ARMSTRONG	390 2445
BRIDGE	-	MIKE EVANS	252 8927
CRICKET	-	JACK DUNFORD	236 0211
DARTS	-	MIKE MAJER	513 1970
GOLF	-	BARRY HYDE	393 0556
LADIES GOLF	-	MRS. M. HARRIS	258 5603
RUGBY	-	TERRY SMITH	253 0557 391 5832
SOCCER	-	CRAIG RENNIE	236 0205 236 4281
SQUASH	-	LESLIE CURRIE MIKE KELLY	314 7434 253 0191 x 220
SWIMMING PRACTICE (KHUN CHOON)	-	MRS. ERIKA MAJER	252 7492
SWIMMING GALA	-	MRS. ERIKA MAJER	252 7492
TENNIS	-	BRUCE POINTER	233 2020



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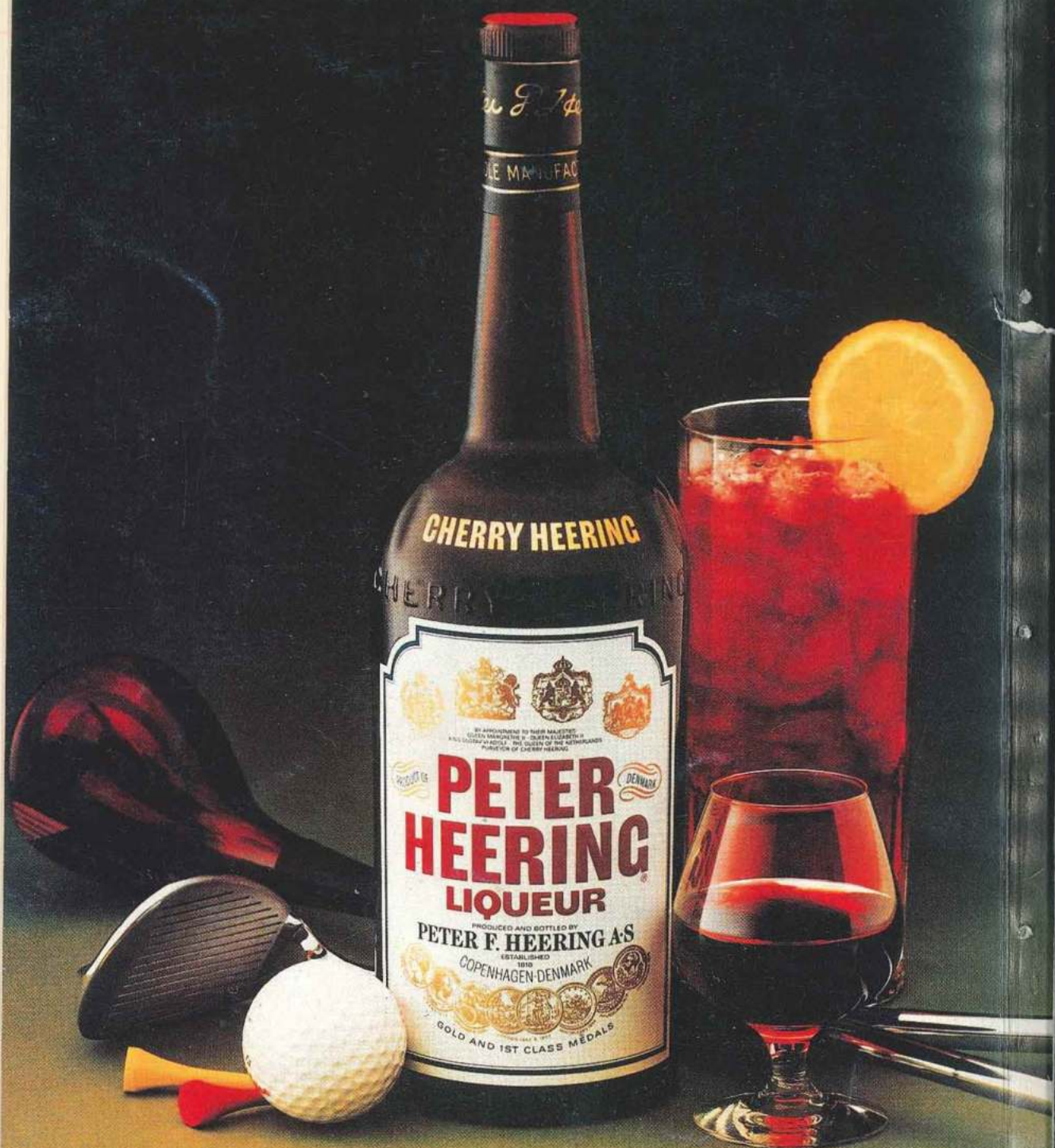
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