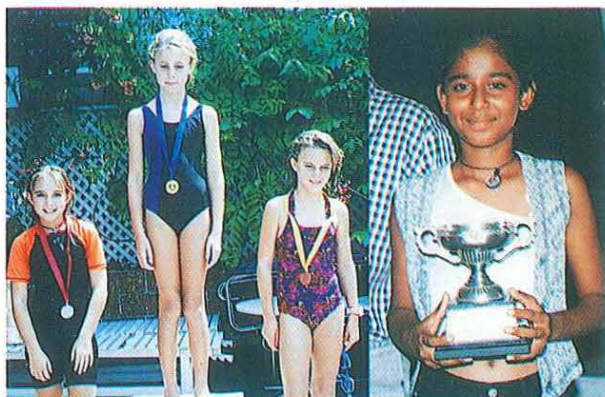




Outpost

M A G A Z I N E



- Trophies Galore at the Tennis and Golf Prize-Giving Events
- Flipper By Night and Flippa Ball in the Pool
- Fitting Rugby Matches In Around Cocktails, Retreats and the TV



PEUGEOT
SODEXA

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Tel (855) 23 427 352 Fax: (855) 23 427 378 - Contact Mrs Nelly



PEUGEOT
SODEXA

Size

Matters!

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British Club

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

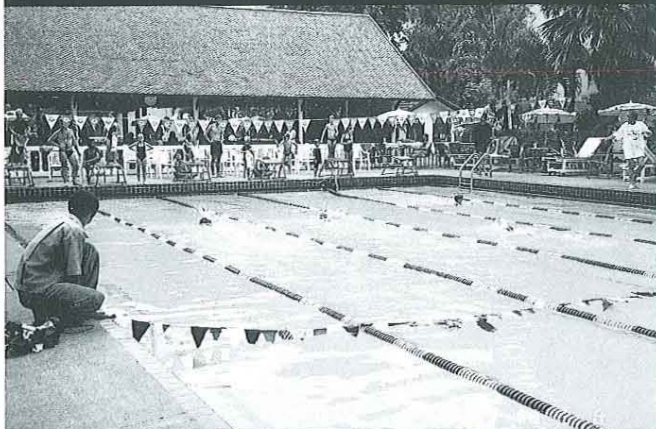
For details about the Club contact the General Manager at
189 Surawong Road, Bangkok 10500

Tel: 234-0247, 234-2592, 266 4734 or 266 0597 Fax: 235-1560



Contributions

If you would like to contribute to Outpost please contact Gaynor on
Tel/Fax: 237-4031



The Outpost Magazine

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



Outpost Magazine

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Being the Editor I have the advantage of being able to update my report at the last minute as my page space is already reserved, so I would like to briefly review the AGM held last month. I say 'briefly' because finding out how the membership perceives the running of the Club is obviously not of interest to the vast majority of you, given the low turn-out. Most of those in attendance were, as usual, "the old guard" (some apparently much older than others, eh Brian?), with but a handful of "newer" members (members for less than 3 or 4 years). Indeed, the gentleman who announced that he had been a member for just two weeks received a round of applause!

As Dugal predicted last month, there was little on the agenda to get worked up about, though some interesting points were raised towards the end, including the matter of the cancellation of the staff party and the present status of the Playing Field Fund and the Khun Pismai Memorial Fund. For the latter, Outpost has been promised an article updating us on the Memorial Fund and explaining who Khun Pismai was to those who have been members for less than 5 years. And talking of promised articles, my unobtrusive hints last month finally elicited a promise—albeit made in the bar after the AGM and a few jars—from Swampy to write that legendary article on Spoofing.

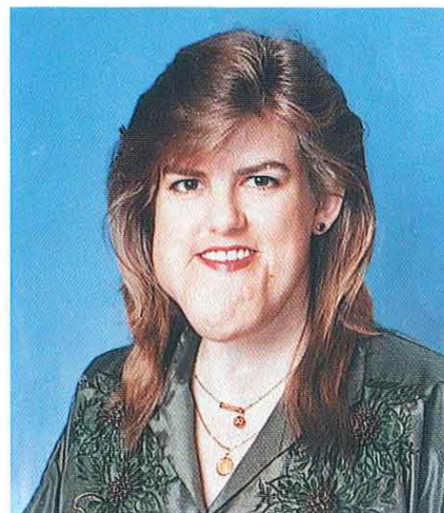
As for the new General Committee, you will find them listed at the end of this issue; next month I will have the mugshots to go with the names. Few changes this year, obviously a dedicated crew.

Looking at all the sports reports in Outpost this month reminds me that this is warming up to be a hot, *hot* hot season, so keep up all that frenetic running around pitches, courts, etc. After all, the English especially have a reputation to maintain regarding the midday sun; and I suppose from a local viewpoint most farangs can seem a little touched...

And with all this talk of sportifying I was pleased, nay, delighted when Lisa Fitzpatrick handed me an article that confirms what I've always believed—that you don't need to flog yourself into the ground to achieve that nebulous state of "fitness"... Methinks the writer may not have intended the reader to arrive at such a conclusion but that's my interpretation and I'm sticking to it!

Mid-April promises to be action-packed, what with Easter and Songkran falling on the same weekend, so keep an eye on all the events being held at the Club (especially those for the young'uns), hang on to your hats and make sure your water gun is loaded and ready to fire at all times.

And for the Trekkies amongst you, set phasers to 'soak'.



Gaynor de Wit - Editor

A handwritten signature in black ink, which appears to read 'Gaynor de Wit'. The signature is stylized and written over a horizontal line.

Gaynor de Wit
Editor



Club Aldiana Siam means

Fun for the Whole Tribe!

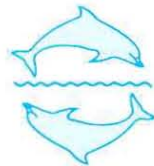


Make sure you have a holiday yourself when taking the family to the coast. Located just south of Hua Hin, International Club Aldiana Siam has all the facilities to keep every member of the family occupied... or simply relaxing under the sun.



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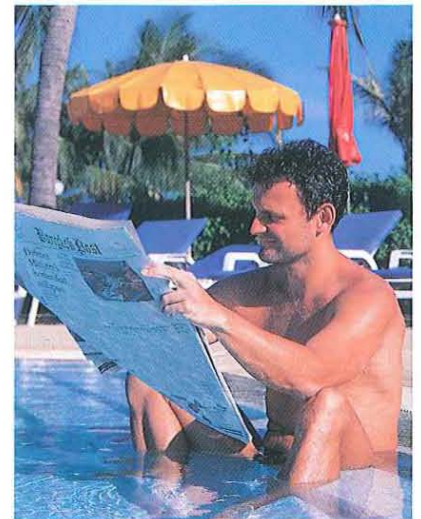
the kids as well as a beautiful beach with fine sand, a free-form swimming pool, comfortable rooms and 3 delicious buffets every day, there's something for the whole family at Club Aldiana.



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When you read this report the AGM will be over and a new committee voted in. I would like to thank Dugal Forrest for all the assistance and guidance he has given me over the past two years that I have been at the Club. I am sure members will agree he has served the Club well as Chairman which of course is a voluntary (and sometimes thankless) role. He will continue to serve the Club as a GC member. James Young, last year's Vice Chairman, has taken on the role of Chairman. I wish him well in this position. He is very active in and around the Club so I'm sure he will keep on top of things. Of course, if any members have any concerns or suggestions about ways to improve the Club these can be directed to me or any Committee member. Over the past few months we have experienced rapidly increasing costs for purchasing our food and beverage supplies, particularly wine. In fact, a recent article in the Bangkok Post reported that the CPI has climbed to 8.7% primarily because of increased food and beverage costs. Food costs had increased 10.1% on the previous year and tobacco and alcoholic drinks a massive 16.3%. The unfortunate news is that, although costs are being controlled as far as possible, the cost increases will mean higher prices in the outlets. I think it is true to say though that our prices and quality of meals are hard to beat. Over the coming months numerous functions have been planned for members, details of which can be found on banners notices, flyers and in the Outpost. Please take a note of these and please try to support the ones that interest you. There is some concern being expressed about the apparent number of non-members who are attending the Club as guests of members. The Club rule is that non-members are only allowed to come in three times as guests. Please be aware of this rule and ensure you comply with it. If you do know of someone who wants to use the Club frequently encourage them to join—we are trying to recruit new members. April is something of a golden month for public holidays enjoy them and pop down to the Club if you are not going away. Above all, don't get too wet over Songkran.



Thomas Bain - General Manager



Thomas Bain
General Manager



Fitness Centre staff Taweekiat Chattaweewut and Ruengrit Turiwong at their graduation ceremony from Samut Sakorn College of Physical Education at Suan Amporn

Food and Beverage Prices

Over the last few months food and beverage costs from our suppliers have increased dramatically. We are endeavouring to keep price increases to a minimum but some increases will be necessary. However, I'm sure you'll agree that meals and drinks at the Club are always good value.

Upcoming Club Events

Many events will be taking place in and around the Club over the next few months. Please watch out for these events and try to support the Club by coming along those that interest you. Many of these events are listed below:

Club Mini-Triathlon

For the whole of this month the Fitness Centre is holding a mini-triathlon competition, consisting of a 600m (24 lengths) swim, 12km (7.5 mile) cycle and a 6km (3.7 mile) run. Sign up as a team or individually, in the junior, open or veteran categories NOW!

Good Friday Fun Day

Following the success of last year's event, there will be a Fun Day on Good Friday, 10th April, for the juniors, which will include a visit to the ice skating rink at the World Trade Centre, lunch and a movie. More details available at the Fitness Centre.

Easter Sunday Egg Hunt

Come and join the fun on the back lawn on Easter Sunday, 12th April, for the annual egg hunt, face painting and egg painting, and the Easter movie from 10am. Sign up at Reception.

Swimming Gala

The swimming gala this month will be held on Sunday 26th April from 11am. Sign up at the Fitness Centre.

Children's Sports Day

We are planning a Children's Sports Day, which will involve sports and novelty games for 5-15 year olds on Sunday 31st May. Sign up at Reception.

Greek Food Promotion

The Greek food and wine promotion will be in Lords on 22nd and 23rd May. This promises to be an evening to remember dining on this famous southern European cuisine.

School Holiday Barge Trip

The Magic Eyes Chao Phraya Barge is holding a 3-day adventure trip up the river for children aged from 7 years up, with team work and group challenges, from 15th to 17th July. The Barge holds a maximum of 22 children and the deadline for booking at the discount rate, expected to be around 3,500 baht inclusive for the 3 days, is April 23rd.

Indian Food Promotion

This event will bring you the best of Indian cuisine here at the BC. Note the dates: 6th, 7th and 8th of June in your diary now.

Silom Sala

Regular users of the Silom Sala may have noticed some repair work being done to the support poles. Wet rot was discovered in three of the poles which has made replacement necessary.



1997 in Perspective

New Members Welcome

A good turn-out contributed to a relaxed and enjoyable New Members Day sponsored by GAB Robins held at the Vintage Club on 11th February. The System 36 handicapping system ensured that even the most casual golfer had a chance of winning a prize as everyone's handicap was computed against each individual's performance on that day. The day ended with a delicious barbecue prepared by British Club staff.



Anyone wishing to join the Golf Section or who wants to come along to one of the outings to find out what happens can call me at work on 238 1297 or fax 234 5667 for further information. Details of events and sign-up sheets are posted in the corridor at the British Club. Golf Days are held on weekends and public holidays with early and late tee times on different courses within and outside Bangkok. The S.L.A.G.S., the Silly Ladies Alternative Golf (...or could that be Gin) Society, also get together during the week.

Review of 1997

The year's events were reviewed during a lively AGM held in February in the sala at the British Club. Chris Gething reported that 31 events were played on fifteen different courses during the year. The emphasis is always on fun with a few side wagers. However, there is keen competition when it comes to playing other clubs and

groups. The Golf Section won four matches and lost four. The highlight of the year was the Ryder Cup with 44 Europeans playing against 44 Americans. Unfortunately the Europeans did not manage to emulate their counterparts in Valderama but there will always be a chance for revenge as the event is likely to become a permanent fixture. Mark Verheyen, Sponsorship Secretary, expressed his gratitude for the generous support of the sponsors who have helped make the days so enjoyable. Inevitably sponsorship will be increasingly difficult to find during 1998 and the section may have to draw on its own resources to provide prizes. In spite of the economic situation the section's accounts remain healthy primarily due to the increasing membership and the aim will be to continue running cash neutral over the next two years. Treasurer Mike Poustie was pleased to report that there are no plans to increase the membership fees during 1998.

There were no contentious issues concerning handicaps with everyone now fully understanding the USGA system. This takes into account swings in a player's performance by taking the average of the best ten scores out of the last twenty. This sufferer of PMT is personally grateful for the new system.

Annual Prizes

The AGM is also the occasion for recognising those golfers who have played consistently well during the past year. 1997 winners were as follows:

Captain George Cup (lowest average nett)

Mike Poustie

Norman Bond Trophy (most improved golfer) Lauren Lambert

Humphreys Trophy (most long drives)

Bernie Adams

Amazon Trophy (most long drives - ladies)

Lauren Lambert

Nearest the 'Post' Trophy (most nearest the pins) Dugal Forrest

Farewell to Captain Chris

The AGM was Chris Gething's last formal appearance as Captain of the Golf Section. One should never underestimate the role of the Captain. Getting 60 people to one location in nine minute intervals in the right order is just like herding cats. Chris must have amazing organisational abilities as every event has gone without a hitch and has been enjoyed by all. Chris will continue playing with the section until July when he and his wife Janet will be returning to Norfolk. Bernie Adams and Gareth Sampson are the new Captain and Vice Captain respectively, and we wish them both well for the forthcoming year.



Whose Game Is It, Anyway? ■

The Scots were looking particularly supercilious during the recently held inter-societies golf competition, considering themselves the originators of the game. You may therefore be interested to learn that the first reference to golf in Scotland was a decree banning it. In 1457, the Scottish Parliament issued an edict against the sport because people were neglecting their archery practice—vital to the country’s defence—in favour of the game.

But golf did almost certainly not start in Scotland. The Chinese trace their own similar sport of Ch’ui Wan as far back as the 3rd century B.C. When the Romans

came to Britain some 200 years later, they brought the game of paganica—played with a bent stick and a feather-stuffed ball similar to the ones used in early golf. The name itself comes from Holland, where ‘kolf’ means ‘club’, although the Dutch played their 17th century version with a ball the size of a grapefruit. And finally, it is a well known fact that the English invented golf—a claim based on a stained glass window from 1350 in Gloucester Cathedral which depicts a figure resembling a golfer.

Next Outings

Johnnie Walker Match vs British Embassy
Saturday 18th April, 7.30am, Bangpoo

Medal — Saturday 25th April, 11.42am,
Royal Lad Krabang

Seniors — Friday to Sunday 1-3rd May,
Bangphra

Eclectic — Saturday to Monday 9-11th
May, Springfield

Johnnie Walker Match vs Delaneys —
Saturday 16th May, 7.30am, Bangpoo

Friendly match vs Japanese Association —
Saturday 23rd May, Vintage

Karen Carter



The presentation of prizes to 1997 competition winners



Signs of Activity

Rayong Retreat

The British Club Rugby Section completed its second gruelling fitness and health weekend in the Rayong area at the end of February. The fittest and most committed members of the squad assembled at the International School Eastern Seaboard for an afternoon of punishing fitness and ball skills, led by captain Rod Kerr and Big Eddie, the lovable Canadian international. Those in attendance included (in order of size) Jon Prichard, Andy Davies, Richard Barton, Marco Belonje, Dakorn, Gilles and Alan Lovell.



The Squad, Carlsberg 7s. Say no more.

Needless to say, Vince Swift arrived with just twenty minutes to go—Oxford educated, but completely clueless on things that matter... like reading a map! I won't even comment on how our resident lawyer, Tim Grayson, only arrived for the beer, while Peter Hutton and Spam only managed a round of golf.

The training session was followed by a relaxing evening at the Cosy Beach Hotel, a seafood restaurant and a couple of beers. Jim Howard made a special trip to meet up with his former club mates and it was marvellous to see him looking so well. Sunday morning's training was performed at the poolside.

5 Nations Triumph

The Rugby Section's showings of the Five Nations games has proved to be a great success. For just 500 baht, interested par-

ties have been able to watch the games on a huge screen, with beer and food provided. Almost ninety people attended each showing, which is better than a Wimbledon Premier League game. England supporters were left in a state of shock following the game against the Welsh as England scored more tries than they have done in fifty seasons of 5 Nations rugby! A big thank you to the BC for their help and Carlsberg for the beer.

Cocktail Party

The Rugby Section's cocktail party held on Friday 6th March proved a most enjoyable evening with over 80 people in attendance. While the Lord's Restaurant felt like a sauna with too much body heat generated for the air conditioning system to cope, plenty of Carlsberg beer and a few

entertaining skits kept everyone more than happy. Matt Minich gave an unforgettable performance with his guitar, Jon Prichard and Rod Kerr displayed a very lifelike "Jon in the morning" scenario, while Bangkok Quartet Andy Davies, Bruce Hill, Tim Grayson and Jon Prichard with conductor Simon Dakers gave an illuminating arrangement of the Duelling Banjos. Fortunately, Trevor Day was absent.

A central aim of the evening was to thank our sponsors for their magnificent support: Jon and Anne Napier and Derreck Cook from Carlsberg, John Stamp and John Kingston from The London Pub, Mike Ellis and Skiddy from Santa Fe, Vince Swift from the Bull's Head, Joy Menzies from The Barbican, Bobby from Raja's, Tom Bishop from DTC Travel, Grant Cameron from Sedgwick Thai, Martin Hodginson from ACS & Bangkok Drill and Cut, Peter Lucas from Park Royal and the diminutive Mike Lamb from The Spa.

Match Reports

In spite of everything else we have actually played some rugby as well in the past couple of weeks, with two games against our great friends Les Corsairs. Spectators who were looking for another bloodbath with plenty of sending offs were disappointed, however, as both games went without even a single four-letter-word. Much of this was due to referee David Viccars, as none of the 30 players wanted to sit through a thirty minute talking to from the great man! The first game was a tight 10-10 draw with Tim Bacon scoring the BC's only try, while the second game was a lot to not much in favour of those from across the Channel.



David Hedge will be in town the weekend of **18/19th April**. He is presently working in Houston and he will be very happy to catch up with his many British Club friends. The **Inter-Society** competition will be held on Sunday **19th April** commencing at 9am. Excessive food and drink will be consumed on completion.

Squash Tips from Del Harris

- Flexibility** — warm up and warm down
- Stamina** — use a cycling machine for at least 40 minutes every day
- Weights** — high reps, low weights for toned muscles

Diet — white meat, carbohydrates, fruit and vegetables and plenty of water

Sit-ups — 400 per day to strengthen the stomach and lower back

Ghosting — regularly play a game without a ball - excellent for fitness and focus

Gossip

Is it true that a certain unemployed older player has had a wager with two league two players that he will win the league this time. He must have known something as those two players have come down with injuries so they are relying on Mark Reading to stop his progress.

Welcome back to Barbara who has been in Australia for three months; at least Dave won't have to go to Patpong for a meal every night now.

Outpost Contributions

All members are invited to donate photographs, gossip or any other articles for inclusion into Outpost. Either give them to me or put them in the Squash pigeon hole in the main Club building.

Peter Corney



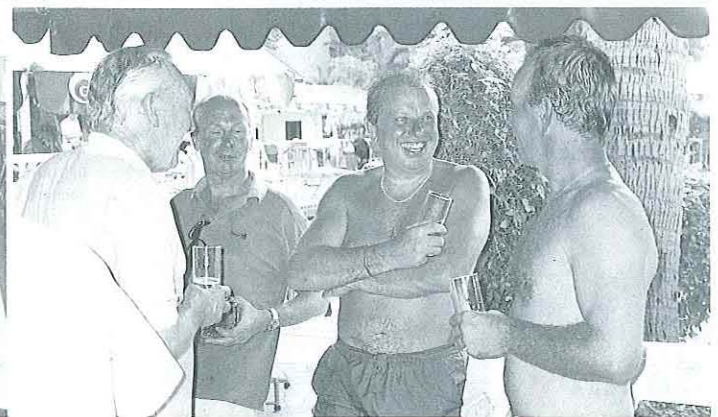
Boy, that was tiring! Squash?



Barbara is back



Tom and his victim



Dave boasting about his Polo Club win

Calendar

British Club Sports and Entertainment Calendar - April

Sunday



Sports - Contact the following:

Aquatics	Liz Béal	262-9351
Badminton	Anant	654-0002-29
	Leighrahathorn	
Cricket	Julian Frost	314-4111-3
Football	Alex Forbes	260-1950
Golf	Chris Gething	261-1963
Rugby	Jon Prichard	712-1650
Scuba	Cheryl Lamb	258-1382
Squash	David Turner	279-1234
Tennis	David Blowers	285-4721-2

5

10.30am	Adult Swimming Coaching
11am-1pm	Badminton - Soi Nares
3-6pm	Tennis Mix - In
5.30pm	Sunday Carvery - Lords

Monday



Non-BC Sports		
Ladies Golf	Will Agerbeek	259-7019
BCLG	Eileen Cook	295-4596
LIGIT	Lois Carson	258-5295
Hockey	Lisa Fitzpatrick	266-0597
Ladies Touch Rugby		

6

8am	BWG Mahjong
5.30pm	Ladies Touch Rugby
6-8pm	Squash Coaching
7-9pm	Tennis Team Training

Tuesday



Venues

Soi 15	NIST grounds
Soi Nares	Behind Bangrak Police Station
	Aerobics Surawong Room
	Golf - As advertised

7

7am	Ladies Golf
9-11am	Ladies Tennis
10.30am	Aqua Aerobics
6-7pm	Masters Swim Training
7-9pm	Soccer Training
8-10pm	Badminton - Soi 22
8-11pm	Friendly Bridge
9pm	Gentlemen's Spooof

Wednes day



1

9.30am	Aerobics
5-8pm	Squash Coaching
6-9pm	Tennis Mix-In

8

5-8pm	Squash Coaching
6-9pm	Tennis Mix-In
6-9pm	Squash Teams competition

New Members Night

Thurs day



2

9.30am	Water Babies
10.30am	Aqua Aerobics
6-9pm	Squash Mix-In
6-7pm	Masters Swim Training
7-9pm	Rugby Training
8-10 pm	Badminton - Soi 22

9

9.30am	Water Babies
10.30am	Aqua Aerobics
6-9pm	Squash Mix-In
6-7pm	Masters Swim Training
7-9pm	Rugby Training
8-10 pm	Badminton - Soi 22

Friday



3

9.30am	Aerobics
3-9pm	BC Tennis Coaching
7pm	Social Darts

10

3-9pm	BC Tennis Coaching
7pm	Social Darts

Good Friday Fun Day

Satur day



4

8am	Junior Tennis
9am-1pm	BC Swimming Coaching
10.30am	Aqua Aerobics
8-11am	Tennis Coaching
3-6pm	Social Snooker
4.30pm	Casuals Football - Soi 15

11

8am	Junior Tennis
3-6pm	Social Snooker
4.30pm	Casuals Football - Soi 15

Last Dinner on Titanic - Lords

Don't Forget !!

- Come along and cheer the kids over the Easter weekend at the Fun Days on Good Friday 10th and Easter Sunday 12th.
- Those with very young children are encouraged to try the Parents and Babies Swim Classes starting again on Thursday 23rd now that the water's warmer

12

10.30am Adult Swimming Coaching
 11am-1pm Badminton - Soi Nares
 3-6pm Tennis Mix - In
 5.30pm Sunday Carvery - Lords

Easter Sunday Fun Day**19**

10.30am Adult Swimming Coaching
 11am-1pm Badminton - Soi Nares
 3-6pm Tennis Mix - In
 5.30pm Sunday Carvery - Lords

26

10.30am Adult Swimming Coaching
 11am-1pm Badminton - Soi Nares
 3-6pm Tennis Mix - In
 5.30pm Sunday Carvery - Lords

11am Swimming Gala**13**

8am BWG Mahjong
 6-8pm Squash Coaching
 7-9pm Tennis Team Training

20

8am BWG Mahjong
 6pm Ladies Touch Rugby
 9.30am Aerobics
 6-8pm Squash Coaching
 7-9pm Tennis Team Training

27

8am BWG Mahjong
 6pm Ladies Touch Rugby
 9.30am Aerobics
 6-8pm Squash Coaching
 7-9pm Tennis Team Training

14

7am Ladies Golf
 9-11am Ladies Tennis
 7-9pm Soccer Training
 8-10pm Badminton - Soi 22
 8-11pm Friendly Bridge
 9pm Gentlemen's Spoof

21

7am Ladies Golf
 9-11am Ladies Tennis
 10.30am Aqua Aerobics
 6pm Masters Swim Training
 7-9pm Soccer Training
 8-10pm Badminton - Soi 22
 8-11pm Friendly Bridge
 9pm Gentlemen's Spoof

28

7am Ladies Golf
 9-11am Ladies Tennis
 10.30am Aqua Aerobics
 6pm Masters Swim Training
 7-9pm Soccer Training
 8-10pm Badminton - Soi 22
 8-11pm Friendly Bridge
 9pm Gentlemen's Spoof

15

5-8pm Squash Coaching
 6-9pm Tennis Mix-In
 6-9pm Squash Teams competition

22

9.30am Aerobics
 5-8pm Squash Coaching
 6-9pm Tennis Mix-In
 6-9pm Squash Teams competition

29

9.30am Aerobics
 5-8pm Squash Coaching
 6-9pm Tennis Mix-In
 6-9pm Squash Teams competition

16

6-9pm Squash Mix-In
 7-9pm Rugby Training
 8-10 pm Badminton - Soi 22

23

9.30am Water Babies
 10.30am Aqua Aerobics
 6-9pm Squash Mix-In
 6-7pm Masters Swim Training
 7-9pm Rugby Training
 8-10 pm Badminton - Soi 22

30

9.30am Water Babies
 10.30am Aqua Aerobics
 6-9pm Squash Mix-In
 6-7pm Masters Swim Training
 7-9pm Rugby Training
 8-10 pm Badminton - Soi 22

17

3-9pm BC Tennis Coaching
 7pm Social Darts

24

9.30am Aerobics
 3-9pm BC Tennis Coaching
 7pm Social Darts

Opening Times

10am-11pm Churchill Bar
 11.30am-2pm Lords Restaurant - Lunch
 6-10pm Lords Restaurant - Dinner
 7.30am-10pm Poolside Bar
 6am-9pm Fitness Centre - Mon-Sat
 9am-9pm Fitness Centre - Sun/Hols
 9am-5pm Thai Massage - Tue/Sun

18

7.30am Golf - Bangpoo
 8am Junior Tennis
 9am-1pm BC Swimming Coaching
 10.30am Aqua Aerobics
 3-6pm Social Snooker
 4.30pm Casuals Football - Soi 15

25

8am Junior Tennis
 9am-1pm BC Swimming Coaching
 10.30am Aqua Aerobics
 11.42am Golf - Royal Lad Krabang
 3-6pm Social Snooker
 4.30pm Casuals Football - Soi 15

St George's Society Ball
Anzac day



More Keen Divers

I would like to welcome our most recent PADI Open Water Divers: Cathy and Jonathan Budd, Jonathan Black, Darren and Michael Rayner, Andrew Lush, Steve Renshaw and Ben Quarmby.

Judith Steiner, Peter Budd, John Blaxland and Steve Renshaw have already completed the PADI Advanced Open Water course, and Steve Renshaw will be going on to complete the Rescue Diver and 5 spe-

ciality courses to obtain the Master Scuba Diver rating. Steve has been diving in the Philippines; we look forward to his report of the diving there.

Simon Chisholm has also completed the

Rescue Diver course and is presently working on his Dive Master rating.

We would love to hear from our new and experienced divers of their recent diving adventures to new or distant places so that we can consider different dive sites for future group dive trips.

Peter Gary



Simon Chisholm during his Rescue Diver training



Open Water Divers, left to right, Andrew Lush, Jonathan Budd and Cathy Budd with Peter Gary

Definitions of Basic Cooking Terms

I recently unearthed this list of definitions which I thought might further the understanding of the culinarily inept among us, especially those attending Home Economics courses at school (from which the parents suffer much more than their offspring, of course).

- Recipe** — a series of step-by-step instructions for preparing ingredients you forgot to buy, in utensils you don't own, to make a dish the dog won't eat.
- Preheat** — to turn on the heat in an oven for a period of time before cooking a dish, so that the fingers may be burned when the food is put in as well as when it is removed.
- Oven** — compact home incinerator used for disposing of bulky pieces of meat and poultry.
- Microwave oven** — space-age kitchen appliance that uses the principle of radar to locate and immediately destroy any food placed within the cooking compartment.
- Calorie** — basic measure of the amount of rationalization offered by the average individual prior to taking a second helping of a particular food.
- Tongue** — a variety of meat, rarely served because it clearly crosses the line between a cut of beef and a piece of dead cow.
- Yogurt** — semi-solid dairy product made from partially evaporated and fermented milk. Yogurt is one of only three foods that taste exactly the same as they sound. The other two are goulash and squid.
- Porridge** — thick oatmeal rarely found on American tables since children were granted the right to sue their parents. The name is an amalgamation of the words "Putrid," "hORRID," and "sluDGE."

This month sees Easter and Songkran falling on the same week, so it looks like it will be a "wet" Easter for us all. The Club will be organising a Fun Day for the children on **Good Friday**, in the way of ice-skating, lunch and a movie. **Easter Sunday** fun will begin at 10am on the back lawn with face painting and Easter Egg painting. The annual Easter Egg Hunt will take place at 11am. A light luncheon buffet will be available, followed by a children's Easter movie on the Big Screen from 1pm. Please sign up for both of these events at Reception.



Tom Bain and Lisa Fitzpatrick, with Taweekiat and Ruengrit on their graduation day.

Throughout the month of April all members are encouraged to compete in the **Mini-Triathlon** in the Fitness Centre. Competitors need to register themselves or their team in the Fitness Centre. The event is completed at a time of your choice; times will be recorded by Fitness Centre staff for the 600km swim, 12km cycle and 6km run. There are prizes for the winner of each category.

The next **Swimming Gala** will be on Sunday 26th April (11am start). Please sign up at the Fitness Centre *before* the day to make it easier for the organisers. The gala on March 8th was again very successful and produced some strong age-group champions; see the Aquatics Section for more details.

The British Club **Ladies Touch Rugby** has taken off in recent weeks. Two competitions have shown that the ladies do have what it takes. For more details about training please contact Melissa Perkovic on 258 1947 or myself in the Fitness Centre.

Masters Swim Training recommenced on March 17th for the 8-session programme. This is due to conclude on April 9th. The next course is due to start at the end of April. Ask me for details.

Parents and Babies Swim Classes commence again this month on Thursday 2nd April 9.30. Please sign up in the Fitness Centre for the 4-week course.

Lisa Fitzpatrick
Sport & Recreation Coordinator



An Aerobics farewell to Isabelle Camochan, who has left for Laos



Mini-tennis is still going strong

Fitness—The Whole Truth

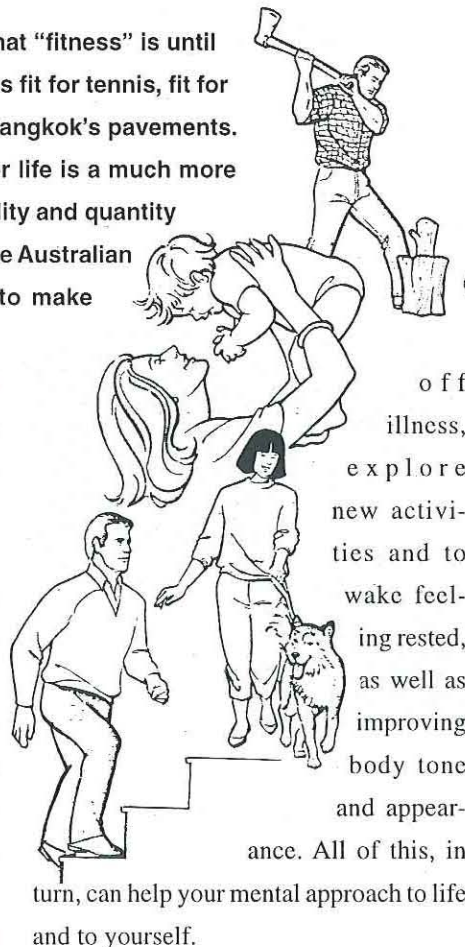
It is difficult to identify exactly what "fitness" is until you apply it to an activity, such as fit for tennis, fit for shopping or fit for simply walking on Bangkok's pavements. However, developing general fitness for life is a much more important issue—important for the quality and quantity of your life. The following article from the Australian Physiotherapy Association may help to make sense of the term.

What is Fitness?

Fitness is a state of being. It reflects the total contribution of various body systems and structures to your overall well-being. Strength, flexibility, stamina and coordination are some of the elements of fitness that rely on the efficiency of the body's circulatory, musculoskeletal, respiratory, neurological and hormonal systems. Fitness means having each of these systems functioning smoothly with each of the elements of fitness blended to suit your needs.

Are You Fit?

Fitness can best be described as the ability to get through your day with sufficient energy reserves so as not to endanger your health or safety. Fitness enables you to cope and allows sufficient reserves to stave



If you currently cope with all your daily activities (work, sport, domestic and child rearing duties) without undue fatigue at day's end, then you are fit—at least for your current lifestyle. But if you don't

complete all your day's activities or you feel exhausted at the end of the day, you aren't fit and may be risking illness or injury as a result.



Making a Move to Fitness

Do you need more muscular strength, better stamina, improved posture, less weight or a combination of the fitness elements?

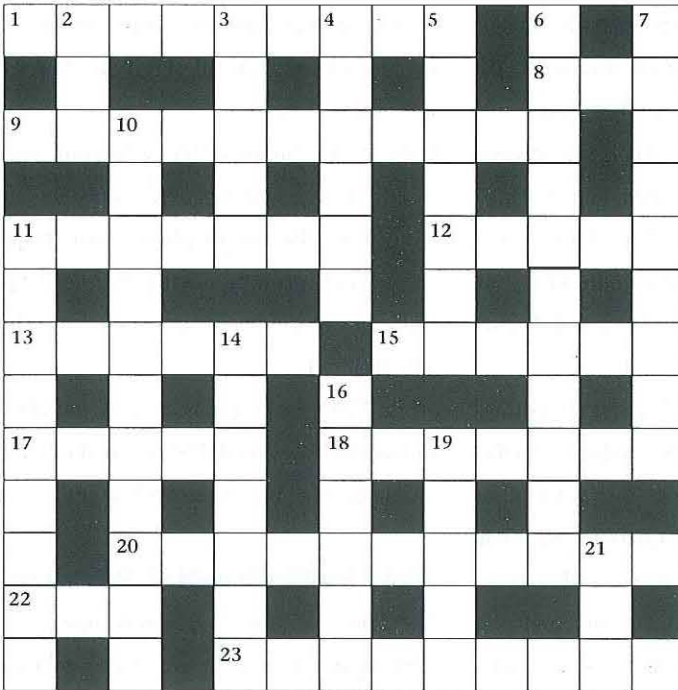
- Firstly, you should identify which fitness elements are restricting your lifestyle.
- Once this is established, a physical training programme tailored to achieve your desired goals should be commenced and completed.
- Your programme will be more successful when combined with sensible health habits like good nutrition, regular hours, no smoking, moderation of alcohol intake and stress reduction/avoidance.
- Also, if you have any underlying health problem, have not been physically active for some time or are over 50 years of age, you should seek clearance from your doctor prior to commencing a physical exercise programme.

Farewells

Over the first two months of this year we said goodbye to the following members:

Anthony Allen, Suthikiati and Apasara Chiratiwat, Richard and Rita Cromwell, Dominique and Arisala de Lafond, Les and Gill Elliott, Tim and Carol Gammons, Bradley and Mira Gow, Ian Halliday, H.E. Cavan Hogue, Sunthorn Hongladarom, Anthony and Vilai James, William Johnstone, Kevin Murphy, Darren Oh, John Parkes, Matthew Pennington, Mark and Tessa Prothero, Brian and Wendy Quigley, Tony and Barbara Randall, Jonathan and Audrie Sill, Chris and Sally Taggart, Kiyoshi Ueno and, last but not least, Christopher and Antje Whittle.

Crossword



Clues

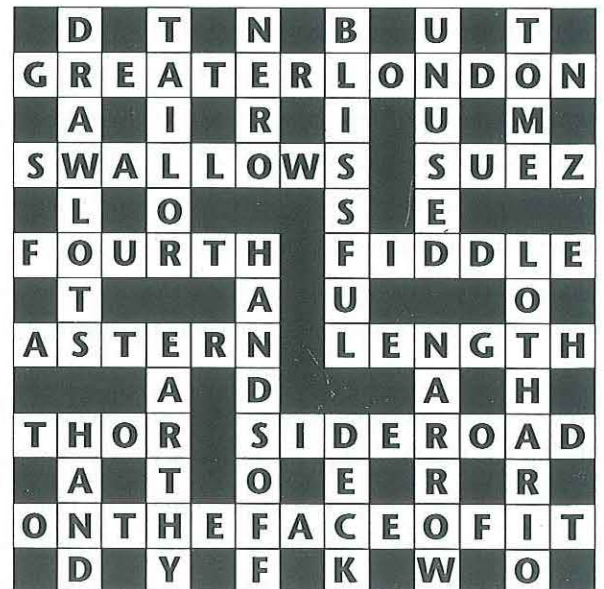
Across

- 1 Pin a cable round but just can't manage
- 8 Lend one to gain information
- 9 This royal lady was presented by Mr. D'Oyly Carte (8,3)
- 11 Cued sex wrongly but was let off!
- 12 With reference to a spell
- 13 Barbra tunefully begged it not to rain on here
- 15 Take one for a dare
- 17 Underground radicles
- 18 The beer for a man on board
- 20 Hat I can't see around... because I'm under it?
- 22 Put down for some tennis
- 23 He has money, so gets fine car in exchange

Down

- 2 Negative alternative
- 3 Choose some tools
- 4 Very close to
- 5 Grave words
- 6 Would there be dark bodies around at this time?(4,2,5)
- 7 Pit Street, possibly, is the most attractive
- 10 Unite corn or pie at random
- 11 Have it to be efficient
- 14 Spinning aid for the ladies' side of the family
- 16 Famous inventor, but there is no side to him
- 19 Pale after the fire
- 21 Break it - and people will talk

Last month's solution





Dunlop Club Championships 1998

Once again the British Club Championships have come and gone all too quickly and I find myself back at the keyboard conjuring up memories of the many outstanding games that it was my pleasure to have seen this year.

Vigorous and sustained whipping in (he said whipping *in ...* - G) by Jaree and other members of the committee resulted in what must be a record entry of over 220 players and even included some of our squash-playing brethren. However, even with such a large entry, anticipated problems in getting matches played on time didn't materialise and few walk-overs were required, even for Plate events. On that basis alone the Championships must be considered an outstanding success.

The luck of the draw aided by fairly accurate seeding by the Tournament Committee in the form of David Blowers, Jaree and Bruce further enhanced the quality of play and enjoyment of the participating players. After sustained pressure, the section committee even managed to get failed lamps replaced and nets adjusted to their correct height within the first week of the tournament!

The 1st round went off according to plan with the exception of Bernie, our 4th seed, who failed to get past Surin who, although not seeded this year, is always capable of upsetting the form book. Bernie's suspect fitness was his undoing, allowing Surin to outlast him in three gruelling sets. As it turned out, Surin suffered such punishment in achieving this victory that even I managed to take him out in the next round after 8 years of trying to beat him.

The only other 1st round surprise came in the Ladies Doubles when Chalathip and Patchanee lost to scratch partners Gaynor and Anita in another closely fought 3-set match. Men's singles 1st seed Philip Brophy, an

Australian ex-pro circuit player, was always going to swan into the finals, being a class or two above the rest of us. Last year's champion Ken Linthicum could make no impression at all, going down 6-1, 6-2 in the semi-final.

In the other half of the Men's Singles draw, all went according to the seeding with the exception of James' loss to Pat Dean in two straight sets in the quarters, with Pat going on to nearly beat new member Tony Perkovic, just losing out in the final set having got to within a point or two of victory in the 2nd before seeing his chances slip away. Tony also squeaked home in a tie-break 3rd set in his quarter-final against Richard Ellis in what was undoubtedly the most finely fought contest of the whole tournament, with both players achieving high standards of play throughout.

The Finals -Singles

On the day the final between Philip and Tony was no let down, as is often the case: there was plenty of excitement throughout and both players struggled with their emotions in trying to gain the upper hand. But in the end it was Philips who was able to bring to bear just that bit more match experience to close out the 2nd set before Tony could get the measure of him; 6-4, 7-6. It was without doubt one of the best finals played at the BC for many a year and it is hoped that both players will continue to compete and support our events for many seasons to come.

In the Plate Men's Singles, resident Scot Andrew Robertson just scraped a close one

over Prachuab Rungsri, edging ahead in the "Thai-break" (aaah! - G) in the 2nd set to win 7-5, 7-6.

In the Ladies Singles Khun Chalathip, our many times champion, once more swept into the finals and, displaying her usual consistency, promptly disposed of our up and coming player Nisa in two straight sets, 6-3, 6-1.

In the Plate Ladies Singles new member Jo Goodliffe comfortably rounded off her final against Khun Maleerat (Jeab) 6-2, 6-0.

The Finals-Doubles

The Men's Doubles was more open this year than for some time, having been largely dominated by James and Bernie for the last four years or so. They dropped two sets on their way to the final, with Richard and Ken in the other half losing only one, in the semis, where one set down and 5-1 down in the 3rd against Marc and Pat saw a steady climb-back and eventual victory. The final was the same story, with Richard and Ken just holding on in the 3rd to take the title from James and Bernie at 1-6, 6-3, 6-3.

The Plate Men's was clinched by Terry Adams and Kelvin Moffatt in the tie-break of the 2nd set, to take the match 6-2, 7-6. The Ladies Doubles final with Gaynor and Anita versus that famous mother/daughter duo Wan and Nisa was always going to be a closely fought affair and so it proved to be, with the Adams going 4-1 down in both sets only to claw back to win 6-4, 7-5. Chalathip and Patchanee took the Plate event over Linda and Shelagh 7-5, 6-4, to make up for their rather unexpected 1st round loss.



The Finals—Mixed Doubles

The title holders Bernie and Nisa were the pair to beat this year but they had the legs on the rest of us (eh? - G), coming under pressure against Vorathep and Anita in the quarters and Richard and Kate in the semis before taking the title for the second year by beating James and Linda in the final. The 1st set was close but the demon duo stepped up the tempo in the second to run out comfortable winners at 7-5, 6-1.

The Plate match, by contrast, outlasted the main final and moved onto Centre Court for the 3rd set between the husband-and-wife teams of the Adams and the Skolthanasats. It being the last match all eyes were on them until Kamol and Jeab eventually overcame Terry and Wan 1-6, 6-3, 6-3.

The Finals—The Juniors

The Juniors Tournament finals were largely dominated by the two Wijeratne

prodigies, with Sandy battling it out against brother Don in the under-17's in an impressive final which saw Sandy win 6-4, 6-4. Then the two of them joined forces to take the Junior Doubles title comfortably against Paul Bentley and Matthew Jensen 6-1, 6-1. No doubt both Sandy and Don have their eyes on the Senior event next year. A superb display of tennis from both of them.

In the under-13s James Lanham sailed home against Gabby Phillips 6-0, 6-1.

The Plate matches in all three finals were closer matches, with Graeme Jewell just edging out Sarah Henton in the under-17's 6-4, 7-5, and in the younger category George Henton played consistently to dispatch Joshua Beal 6-2, 6-2. In the Doubles, Laura Hughes and Gabby Phillips saw off a 2nd set offensive by Carly Young and Joshua Beal to win 6-1, 6-3.

The Food

The Prize-Giving and Dinner followed the Mixed Plate finals at 7.30pm. With 80+ souls joining in the fun, in the same format as last year (but without the shower gel - G), things went swimmingly as huge quantities of pig and other delights were devoured by the dedicated devotees of the game.

After mercifully short speeches given by MC Bernie and myself, cups and prizes were presented by Chairman David to roars of applause and the whole proceedings were finally wound down with prolific thanks to our many sponsors whose generosity made the whole thing possible. And now, on with the 1998/99 season and perhaps more new champions.

Captain Flash Gordon

Sponsors

The committee on behalf of all members would like to pay a special tribute to all the sponsors of this year's tournament for making the triumphant moments all the more special. The biggest thanks must go to **Dunlop** for not only providing ample balls for the event again but also for the tennis racquets which went to the two junior singles winners.

Thanks are also due to **Surin** and **Chalathip Dunnvatanachit** for their sponsorship of Junior competition prizes, in the form of Central vouchers, and to all the other sponsors including: **Freshfields, Sierra Jewellery, The Creative Partnership, Phuket Island Resort, Le Meridien Phuket, The Regent Chiang Mai, The Imperial Boat House Samui, Club Aldiana, Amari Rincome, Chiang Mai, The Westin Chiang Mai, Sofitel Raja Orchid Khon Kaen, Dusit Resort, Rayong Resort, Siam Bayshore, Amari Orchid Resort Pattaya, The Westin Banyan Hotel, The Landmark, The Regent Bangkok, Grand Hyatt Erawan, Royal Orchid Sheraton, Holiday Inn Crowne Plaza, Amari Watergate, Imperial Queen's Park, Siam Intercontinental Hotel, Narai Hotel, Tawana Ramada, Mercure Hotel Bangkok, Central Plaza Hotel, Novotel Lotus, and the Rembrandt Hotel.**

Please turn over for a picture memory of this year's Championships →



Scenes from the Dunlop Club Championships 1998 and the Prize-Giving Dinner



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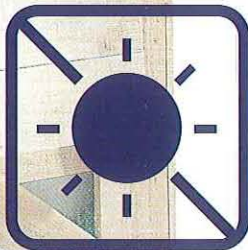
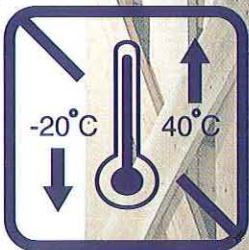
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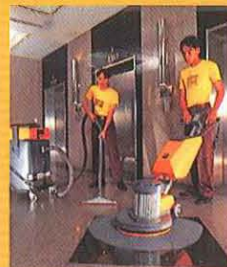
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This is to be my swansong since, by the time this appears in Outpost, we shall have held our AGM and a new Chairman will have taken over from me.

It is customary at times like this to look back on ones tenure to seek some memorable moments and, I suppose, examples of positive measures that were put into effect which have proved successful. To be honest, my period in the Chair has been a pretty quiet one since we have deemed it prudent to control expenditure as much as possible and thus not a great deal of material change has taken place. The most significant must be the installation of the entrance gates and the card system controlling them. This has come in for a fair amount of criticism over the past two years although, as we all hoped would be the case, this has died down considerably recently as members doubtless have become more accustomed to it. Unfortunately there are still those amongst us who seem to feel that they should be exempt from the system for some reason or another. It is hard to understand why since it is not very much to ask, surely, for members to have their cards available and to insert them in the reader when they wish to get in. After all, the card is needed for everything else at the Club so where's the difficulty in using it to gain access? It should also, perhaps, be explained that our decision to install the system followed a number of unwelcome incidents at the Club, not the least of which was the access afforded to a man who spent his time on the premises collecting the telephone numbers of children that he met and which he used in a most distasteful manner for some considerable time afterwards. There was also the occasion when an American youth wishing to walk through the premises from Silom to Surawong refused to accept that he could not and, having finally taken a swing at the guards and set off at a cracking pace across the front lawn, ended up subdued in a bush near the tennis courts following a gallant tackle by one of the guards that would have put many of our rugby playing members in the shade. There were, of course, many many more instances of people gaining access to the Club who had no right to be there. I do not believe that this happens to any great extent now and we have the security gate system, plus the greater degree of vigilance by the guards which this new system allows them, to thank for that.

The only other event of any real significance that I can think of has been the alteration in our approach to the overall management of the Club and the consequent establishment of two new management positions, the Sports and Recreation Coordinator and the very new Membership and Marketing Manager. The Club's management team may now be considered to be truly engaged in managing the Club and I believe the results speak for themselves. This also means, of course, that the task of sitting on the General Committee these days has become a much less onerous one that it was but a few years ago. This, in these days when we are all more than fully occupied in our daily jobs, can only be considered as a tremendous improvement and one which I hope will encourage more of our members to consider joining the General Committee in the years to come.

In closing I should like to thank you all for allowing me the honour and opportunity of being the Club's Chairman. I have enjoyed it and shall remember it all for many years to come. Finally, it behoves me but to wish our new Chairman every success in the post and as much fulfilment and enjoyment as I have been privileged enough to gain from it.



Dugal Forrest - Chairman

A handwritten signature in dark ink, reading "Dugal T.M. Forrest". The signature is written in a cursive style with a large, looping initial 'D'.

Dugal T.M. Forrest
Chairman

British Club General Committee

The Committee is:

The General Committee for the 1998/99 term, elected at the Annual General Meeting held on Tuesday 24th March 1998, comprises the following members:

1	James Young	Chairman	Tel: 714 9040 Fax: 714 9039
2	Mike Lamb	Vice Chairman	Tel: 237 0777 Fax: 237 0780
3	Nick Bellamy	Treasurer	Tel: 236 5227-9 Fax: 236 5226
4	Bernie Adams	Sport	Tel: 674 0810-1 Fax: 210 2332
5	Peter Bond		Tel: 253 9521 Fax: 255 5759
6	Dugal Forrest		Tel: 398 3807 Fax: 399 1564
7	David Henton		Tel: 254 6819 Fax: 254 4849
8	Colin Hastings		Tel: 240 3700-9 x1511 Fax: 240 3843
9	David Turner		Tel: 618 6516 Fax: 279 1234
10	James Woodford		Tel: 326 0660 Fax: 326 1123

The remaining portfolios were to be assigned at the April committee meeting.

Club Staff



**Tom
Bain**
General Manager



**Barry
Osborne**
Operations Manager

If you have any questions about the British Club or if you have any suggestions, please call any the Committee Members above or the General Manager on 234 0247 or 266 0597.

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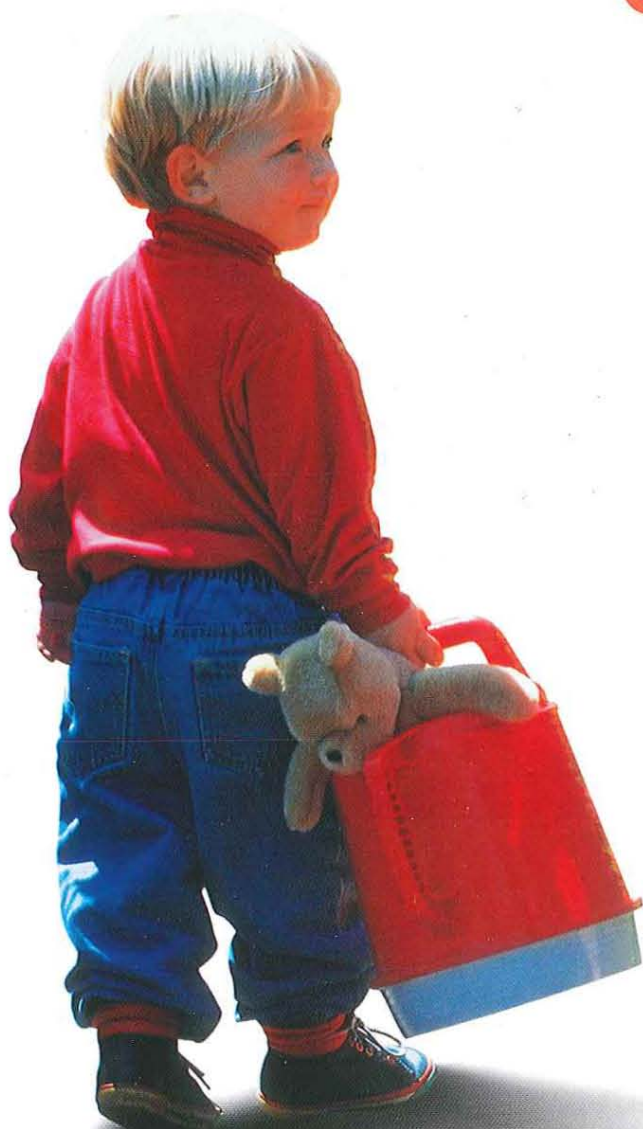
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