

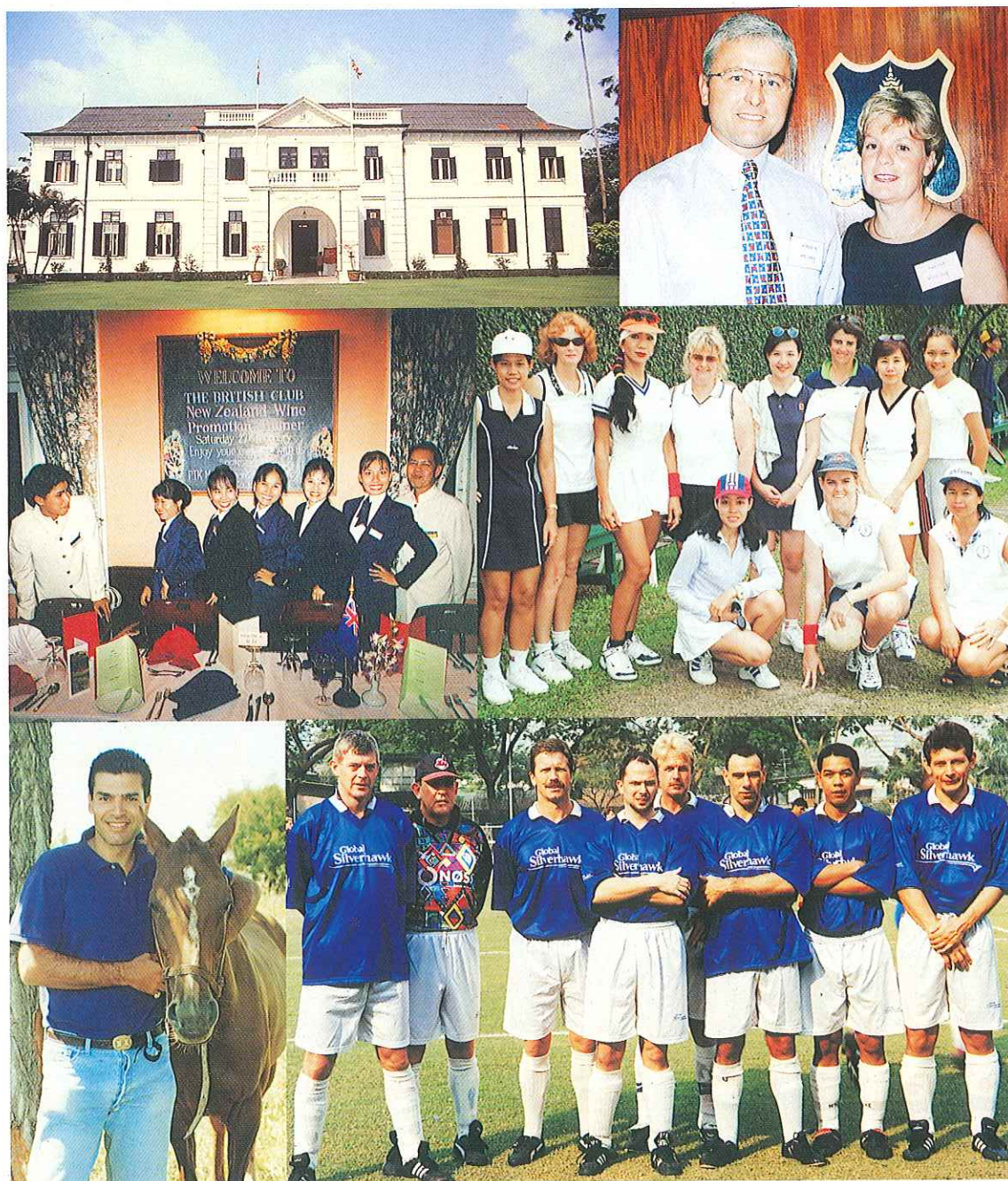


# Outpost

April

M A G A Z I N E

1999



- Achievers in Golf and Scuba • Songkran: the 'wet' season
- An Argentinian Adventure • Football Round-up • NZ Food & Wine Night



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### The British Club

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

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

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

Email: britclub@loxinfo.co.th



### Contributions

If you would like to contribute to Outpost please contact Sherry on Tel: 285 4721-2; Fax: 285 4723



### The Outpost Magazine

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



### On the Front Cover:

New Members, Ken and Shauna Mouldey

Ultimate service at the Kiwi Food and Wine Night!

The tennis ladies at the Inter-Club Doubles Tournament

Horsey goings-on with Nicholas in Argentina

The revitalised footie side

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### Outpost Magazine

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**B**y the time you read this message the 1999 AGM will be over and a new committee elected. At the time of writing there were 12 candidates for the 10 GC positions and there may have been more nominations prior to the AGM. Whoever the new committee members are, I wish them every success in their positions. There is a great deal of work ahead as we look towards a better financial future for the Club and the implementation of some development projects.

At the end of February the Club had a total membership of 925! An all time record, beating the 1992 figure of 916 and the record set in November 1998 of 917. The challenge now is to continue this success and climb towards the magic 1,000 figure, then onto the projected membership ceiling of 1,100. Some people who visit the Club salas on Sundays will perhaps say the Club is full already! Seeing them so busy, particularly at weekends, is very pleasing indeed, and for those facilities currently not so popular, we are doing our best to liven these up too.

Over the past month or so, a number of new initiatives have been seen around the Club. These have been promoted widely but just in case you've missed the messages, here's a reminder:

**Happy Hours:** These are now EVERY DAY from 6-8pm in all Club outlets (not just the bar). There are discounted beers, house wine (by the glass), pouring spirits and soft drinks on offer.

**Bar Snacks:** As a Happy Hour bonus, complimentary bar snacks are served in the Churchill Bar every evening from 6pm.

**Sunday Carvery:** Every Sunday in Lords for lunch and dinner we serve a full British-style roast in carvery format. Judging by the number of 'regulars' who show up every Sunday, this is a popular, delicious and affordable treat for the whole family.

**Friday and Saturday Evening Barbecues:** Every Friday and Saturday from 6-9pm there is a barbecue on the back lawn. Great value at only B170 for adults and B100 for children. Decide whether to dine al fresco on the back lawn or in the air-conditioned comfort of the bar. For those members with children, the verandah area of the bar is available.

**Weekend Poolside Barbecue:** Have you every tried the lunch-time barbecue by the pool? An old favourite, this has been going a few years and sells out most Saturdays and Sundays. Feast on traditional, barbecue chicken and fish, particularly mouthwatering when accompanied by sticky rice and spicy papaya salad.

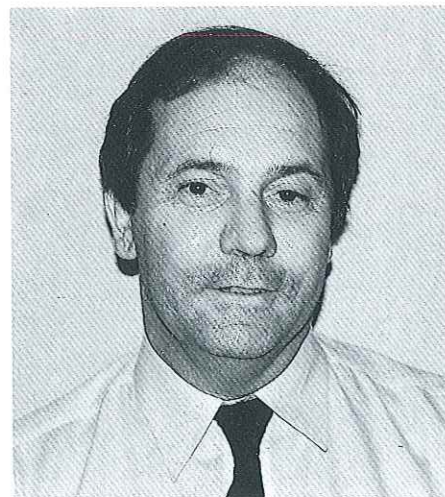
**Wine Prices:** Due to a change in pricing policy, all wines at the Club have been reduced in price. Next time you are at the Club, take a look at the wine list.

**Wine Cooler - Suriwongse Sala:** For your convenience, we have placed a wine cooler/display unit at the Suriwongse Sala with a good selection of wines. Choose a bottle to enjoy with a meal poolside or take it home to enjoy later.

**Publications - Suriwongse Sala:** A large range of magazines and international newspapers are on sale in the Suriwongse Sala. Two recent additions are 'The Best of Bangkok' which is full of special offer coupons in and around the city, and a new and up-to-date Thailand Motoring Atlas.

As you can see from the above, lots of things are happening at the Club - so come along and try some of them. We are always looking for new services to provide for members so if you have any suggestions, please let me know.

May I wish all members and their families a safe and dry Songkran!!!



Thomas Bain - General Manager

A handwritten signature in dark ink, appearing to read 'T. Bain'.

Thomas Bain  
General Manager



**A**nother year has passed and once more I am left wondering why time appears to pass faster in Bangkok than elsewhere. By the time this reaches publication the AGM will have passed and you will have a new General Committee. Without wishing to predetermine any issues they may deem as priorities, I have been left with the impression that there are some key issues that need to be addressed next year. As you will see these are closely related and form the basis for the financial recovery of the Club.

### Finance

The drive to implement a more sustainable financial structure has to continue. It will be another 12 to 15 months before we are in a position to determine whether the current strategy will be sufficient to meet the financial demands of the facilities. It is imperative that funds should be made available to refurbish and renovate the existing facilities and for capital expenditure for future development. It is envisaged that regular income generated by members' subscriptions and Club operations should broadly balance with expenditure. In this way New Member fees will become available for Maintenance and Development.

### Membership

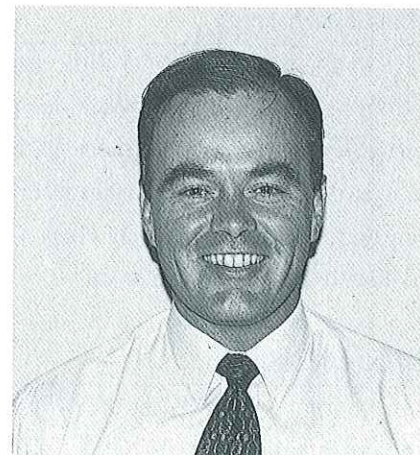
The Membership Marketing campaign is the core of the financial strategy. This centres on moving the membership numbers up to 1,100 from a level of 820 a year ago. We are presently at 925. This strategy will place demands on all the facilities within the Club. As the membership grows beyond previous levels we will undoubtedly find that some elements of the Club reach capacity. This situation, along with the continuing use of the premises by non-members, guests and visitors, will need constant monitoring.

### Club Development

Demands on the Club will grow as more members visit hopefully on a more regular basis. Also, as the club market develops in Bangkok, which has probably changed more in the last 5 years than in the previous 92, we will have to ensure that the Club meets membership requirements. I believe this is an issue that requires a wider input than just that of the General Committee. However, refurbishment and the improvement of the facilities can be very expensive and we shall have to use the limited capital that will be available wisely. We need to research our members' needs and subsequently plan how to implement their wishes. There are many interested groups whose views have to be incorporated. We, the General Committee, believe it is vital that a plan should be agreed upon and established in order to ensure a consistent and economic development of the Club.

### Staff

The British Club has come through a number of years of attrition with respect to expenditure where we have attempted to cut costs and improve efficiency. At the same



James Young - Chairman of the General Committee

time we have tried to look after our staff. They have been very supportive of the Club in these efforts, recognizing the economic position in which the Club and country found itself. Now there is a need to support and develop our staff, through training programmes and new initiatives, in order to provide a better service to a first-class family club. I personally believe this has more to do with attitude than skills on the part of both of management and staff. In summary, it has been a privilege to be the Chairman of the British Club and if it is deemed appropriate by the members, I look forward to serving on the General Committee for a further year.

A handwritten signature in dark ink, appearing to read 'James Young'.

James Young  
Chairman



## Staff Uniforms

Have you noticed that some of the staff uniforms are old and tired? Well, due to belt tightening, they have not been replaced for over two years and time takes its toll. New uniforms are on their way - look out for them in the next month or so.

## Happy Hour

Don't forget - EVERY DAY, 6-8pm. Reduced price drinks in ALL OUTLETS!!

## Wine Prices

Something must be right! Since we've dropped the price, we've sold more bottles. Take a look at our wine list and see what's available.

## April Holidays

April is a good month for holidays in Thailand. Chakri Day is on 6th April and Songkran is on the 13th and 14th. Enjoy these days off lounging by the BC pool if you wish to avoid the holiday traffic.

## Friday and Saturday BBQ

Have you tried it yet? The best BBQ in town, 6-9pm every Friday and Saturday on the back lawn. B170 for adults and B100 for children under 12.

## Early Warning - FA Cup

We will be televising this year's FA Cup live on the BIG SCREEN at the Club. Please watch the notice boards for full details.



Khun Mun, the Club's new Membership Sales Consultant

## Tennis "The Spanish Way!"

There will be a FREE tennis clinic on Sunday 18th April from 8-10am with Frank Cuesta, a Spanish-born long-time player/coach with great credentials. Open to adults and high school-aged juniors, sign up at the fitness centre or contact Damon (SRC) for further details.

## Easter Egg-stravaganza!

There will be a kids fun day for Easter on Sunday 4th April, starting at 11am and including the traditional Easter egg hunt, kids lunch, magic show, face painting and prizes. Sign up at Reception, price is Bt 225.

## Songkran Poolside Fun

To celebrate Songkran the Club will be holding a poolside fun late afternoon on Thursday 15th April, with food and fun to welcome in the solar new year. Please see notice boards and flyers for details.

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## Glenn and Rosemary Ward



Rosemary and Glenn

Following a 6 year stint in the UK, Aussies Glenn and Rosemary have been in Thailand for the best part of a year with another 3-4 to go. Glenn is Lubricants Manager with Shell and Rosemary teaches at Patana where children, Craig and Ashleigh, are both studying. Active Glenn and Rosemary both enjoy tennis, swimming and running. I hope the talent scouts are reading this page as Rosemary is yet another new member with musical and singing talents.

## Nandu and Nirmala Saraff



Nandu and Nirmala

Nandu has been in Thailand for 10 years and runs his own business here. Nandu plays cricket and badminton and admits to enjoying good food. Who doesn't! He and his wife Nirmala have 4 young children.

## Dave and Judie Fleming



Judie and Dave

Dave and Judie from the Land of the Big have been in Bangkok for 6 years where Dave is General Manager Operations at Triumph International. His free time is taken up playing golf and building radio-controlled models. Judie enjoys quilting and embroidery and likes to help out with ThaiCraft sales. They have two sons back in the States. Sorry Judie for snapping you when you were taking a blink!

## Ken and Shauna Mouldey



Ken and Shauna

Imported from New Zealand 6 months ago, this is Ken's first overseas posting with Fedex where he is General Manager. He met British-born Shauna while they were both working in Bahrain and they now have two daughters, Melissa (14) and Kate (5) who are both at Patana. Shauna, when she's not shopping!, is taking tennis lessons, playing Mahjong or keeping fit in the pool. Ken plays squash and tennis and enjoys sailing and waterskiing.

## Darren Capon



Darren

Travel and photography enthusiast Darren is from Australia, here in Bangkok for two more years as a Chartered Accountant with Price-waterhouseCoopers. He has lived previously in Jakarta and London and likes to play cricket and golf.

## Brian and Wulandari Wootton

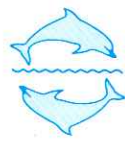


Brian

Brit Brian is an insurance loss adjuster and Wulandari from Indonesia is "on duty" at home looking after their son, Anthony. He's at the 'troublesome two' stage so Wulandari has scant time for sporting pursuits but Brian enjoys playing golf - badly so he says! I'll check with "on-the-green-Gareth" about that, and perhaps someone at the BC will spill the beans about those non-sport hobbies you have which you won't talk about.



# International Club Hotel Aldiana Siam



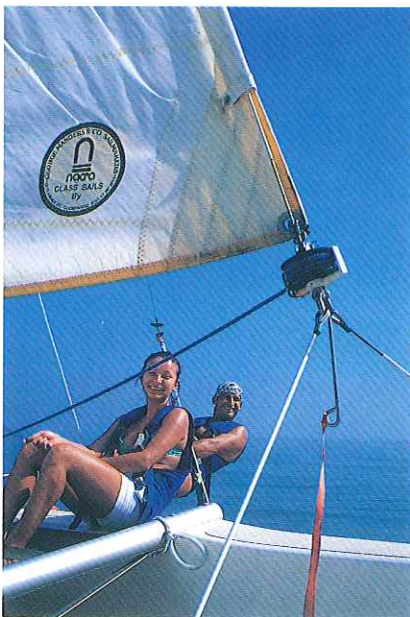
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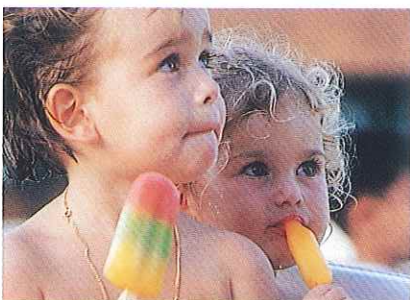
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### Shyamal and Orasa Roy



Shyamal and Orasa

Shyamal and Orasa are both in business with S.B. Shipping Agencies and they have one child studying at Harrow International School. Shyamal enjoys working out in the gym and swimming, and Orasa plays tennis and golf, so the BC has plenty to offer both of them. Welcome to the Club!

### Nimit and Siriget Wongjarivakul



Nimit and Siriget

When not surfing the net or playing computer games, Nimit can be found at his desk at Capital Nomura Securities where he is VP/ GM of Investment Banking Services. He is not the only financial dab hand in the family as Siriget owns up to being an amateur investor, enjoying an occasional dabble on the stock market. Besides a passion for golf, Nimit also likes to play tennis and squash

and clocks up quite a few kms in the pool each week. Siriget also likes to swim and is hoping to take up tennis shortly. They have two children, a son of 4 and a daughter of 2, both at kindergarten.

### Susheel and Pushpa Saraff



Pushpa and Susheel

Susheel runs Saraff Enterprises Co. Ltd. and plays badminton and swims to relax after a busy day at the office. In leisure hours he likes to watch TV and Pushpa is fond of shopping trips. They have 3 children aged 21, 19 and 14 respectively, all of whom are at varying stages in their studies.

### Tichatorn Subkunmongkol and Akraporn Vongsirisuwan



Akraporn and Tichatorn

Tichatorn is a Senior Consultant with PricewaterhouseCoopers and husband Akraporn is Logistics Manager with Siam Foods. After their busy working day, Tichatorn plays volleyball and jogs; Akraporn is a badminton and diving fan and works out in the gym. This newly-married couple like to relax after work and sport by watching movies and taking sightseeing

trips. They'll enjoy the Club's sporting facilities, that's for sure. Welcome to the Club!

### Pitack Maimansomsuk



Pitack

Pitack, sharing his work day between the House of Goldsmiths Co. and Quark 301 Computer Co., must have a steady hand and a keen

eye as he lists shooting and archery as two of his sporting interests, along with golf, tennis, squash, swimming, fishing and horse-riding. Quite an all-rounder! He has a 19 year old daughter currently studying at Chulalongkorn University Art Faculty.





# The Triumph of the Lambs

## Inter-Club Ladies Doubles Tournament

Well, OK, I made up that title up there to draw your attention to this article; of course we didn't triumph in the *literal* sense of the word, i.e. we didn't actually win—indeed, we came last—but we did give a reasonable account of ourselves



The Sunday Ladies!

and gained that all-important team match practice. (I believe that's the BC line, Bruce?—G)

Held over the last weekend of February at Sports Club, this event brought together the might of the RBSC, the Japanese and the Polo Club and us. Needless to say, RBSC carried off the honours, but it did rest on the final match on Sunday, and it was during this match that we witnessed RBSC team mates *fanning* their players with towels during the end changes!! Now why don't WE have that sort of pampering?! We might've won if we had... Pictured above is the Sunday crowd; missing from that photo are Kn Jeab and Rosemary Ward who played on the Saturday. Unfortunately we were to lose Rosemary through sunstroke during Saturday and also Joanne, who though she played to the end of Saturday found the heat a tad overwhelming and sat out on Sunday. However, we were grateful for her appearance (albeit somewhat pale) at the courtside to cheer us on, as we were to those few men who turned up to support us. A few wins were recorded for our side, in particular Nisa and Panee playing in the

open category, Zandra and Somjai made it two out of three on the Saturday in the, er, older category and on the Sunday a nailbiter 7-9 for Nisa and Gaynor in the first match (but no wins) against the Sports Club and comfortable wins for Nisa and Panee and Gaynor and Mam against the Polo Club. Rather unusually we ended up playing exactly the same teams on both days, rather than the usual losers and winners of the first day play each other respectively on the second, but then again this WAS at the Sports Club, home of some of the oddest rules in sport—ask the Rugby or Cricket Sections some day...

Of course, starting early and finishing early turned out to be of huge advantage: we



Panee with prize appropriate to our performance

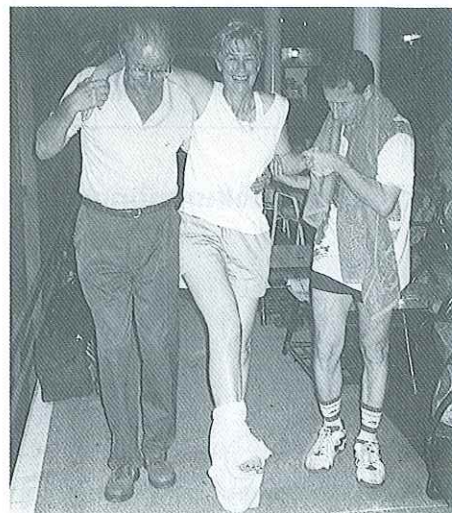
were first to the buffet with a good 20 minutes in hand (and that despite watching the final game between the Sports Club B (I think) and the Japanese Club. By the time the rest of the rabble arrived, we'd done a good job of leaving little on the plates.

Thanks must go Kn Panee, in whose capable hands the team played together well, and who did her fair share of captaining, like when RBSC wanted to change their team around after we'd named ours for the Sunday (!), and also to David Blowers for his background organisation, including liaising with the warring factions, aka the organising committee. Apparently the BC are the next hosts, so we'd better start preparing!

## Dunlop Club Championships ■

These are still very much in progress at the time of writing and it looks very likely that we'll have some new names on the wooden boards in the Suriwongse Sala this year, which isn't a bad thing. All sorts of stories going around about who did what, as usual, but then there's also some excellent tennis going on, hopefully you managed to catch some of the action during March. Report and pics next month!

Lotsaluv  
Me



Marie Goode being ably escorted off the premises by Bruce and Lip after spraining her ankle on court!





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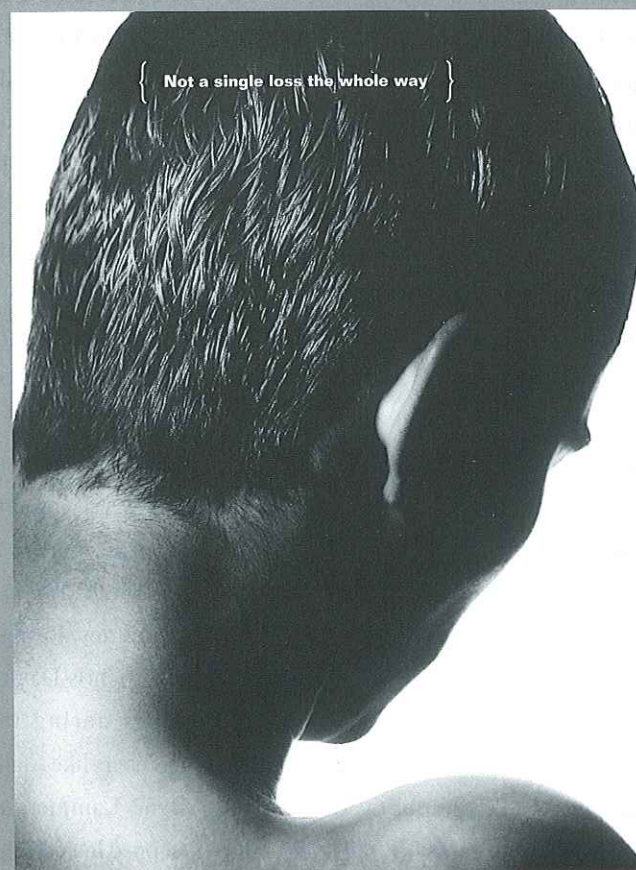
**D**id you know that UK non-residents may be entitled to claim tax rebates on UK income which is taxed at source, including tax credits on share dividend payments? Claims can be made for the preceding 6 years.

A UK Certified Accountant is available to prepare tax rebate claims for UK taxes for a modest fee.

If you think you may be eligible and would like to find out more, please contact Peter Smith @ 271-4863 or [pmslbi@mozart.inet.co.th](mailto:pmslbi@mozart.inet.co.th)

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# They Think It's All Over..

**B**ut in actual fact the Football Section is alive and kicking despite the noted lack of entries into Outpost. Well, Il Duce has decided it's time to pick up the pen and fill you all in on the goings on of our teams over the last 6 months or so.



You might remember that this was to be a year of re-building the section both in terms of numbers and in terms of club spirit. We found our ranks decimated by the downturn in the economy and were even contemplating merging (after all, mergers and joint ventures were very much in vogue at the time) with another expat team. The general and somewhat pessimistic feeling amongst the membership was that we didn't have enough 'quality' players to have a competitive side in the Farang League. Incoming First Team Captain Mel Birkinshaw and Chairman Matt Duke disagreed. Without repeating much of what was said (will eventually be read) in the Yearbook, these two set about pre-season training and fitness designed to build team spirit and bring some of the disenfranchised or under-utilised members of former campaigns back into the fold. This bold plan seems to have paid off. At the time of writing the First Team are fourth in the League and only 4 points off the lead.

## A Revitalised Season

The entire First Team season has been one of triumph over adversity (and experience over youth). Our somewhat self-deprecating "Youth Policy" of having an average age of about 38 has not really hurt us and we have stayed by in large, within the BC membership to swell our ranks. Although we've had a few disasters (Rome wasn't, after all, built in a day even if it did burn down in one), we've had more wins than draws or losses combined and everyone can be very proud of the effort put in and the much more positive attitude of the team as a whole. We've suffered from a number of injuries, losing at various times Adam Caro, Chris Davin, Ian Sanders and Steve Jones during the season, but newer members like Alan Sherrard, Sean Broome, Rene Lammers and Blair Martin have stepped in and helped out admirably. We're also glad to welcome back Richard Ellis into the central mid-field and timely return of Darren Jackson. Working well along

side Steve Sloman, these two are the league leaders in goals scored. Also up front we have the occasionally misplaced (has anyone seen Steve this morning?) but indubitable Steve Duckworth. The two Collins and Andy Lazenby continue to prove mid-field stability with Matt Duke anchoring the left full back position and both Dave Currie and Chris Sanderson taking turns as keeper. Paul Dobbs and John Osbourne, while not available on a weekly basis due to work commitments, have shown themselves to be utterly committed on the field. Vaughan Elias continues to provide inspiration both on the field and at the sideline as manger and chief opposition heckler. Regardless of the final position I think all players would agree that we are a much-improved side from last year and have been able to smoothly transition to new line-ups as players have become injured or not available. Please refer to the photo from the 7s tournament at the Polo Club that we participated in earlier this year. Although we were outclassed for speed by the younger teams, we played our hearts out and were unlucky in the end not to advance further than we did. Well done to everyone who made the effort to get up for those early Saturday and Sunday morning games. The Casuals too have seen newcomers swell the ranks so between these games and the well attended training sessions we have been in the admirable yet difficult position of having to limit players for some fixtures. A warm welcome to Mike Ruddick and his son Gavin as well as Clive and Chris who have displayed the same kind of team spirit and dedication that makes for a great Social League team. While our wins have been relatively few



**Don't Forget !!**

- Get hunting around the Club for those eggs at the Easter Egg-stravaganza on Sunday 4th April!
- Stay near water during Songkran, especially at the poolside fun late afternoon on Thursday 15th April
- Don't forget Chakri Day and Songran are holidays - come and relax at the Club!

**11**

11 am-1 pm **Badminton - Soi Nares**  
 12-2 pm **Sunday Carvery - Lords**  
 3-6 pm **Tennis Mix-In**  
 5.30 pm **Sunday Carvery - Lords**  
 6-8 pm **Happy Hour**

**18**

11 am-1 pm **Badminton - Soi Nares**  
 12-2 pm **Sunday Carvery - Lords**  
 3-6 pm **Tennis Mix-In**  
 5.30 pm **Sunday Carvery - Lords**  
 6-8 pm **Happy Hour**

8-10 am Free Tennis 'The Spanish Way' Clinic

**25**

11 am-1 pm **Badminton - Soi Nares**  
 12-2 pm **Sunday Carvery - Lords**  
 3-6 pm **Tennis Mix-In**  
 5.30 pm **Sunday Carvery - Lords**  
 6-8 pm **Happy Hour**

11.42 am Golf - Lad Krabang

**12**

8.00 am **BWG Mahjong**  
 9.30 am **Aerobics**  
 6-8 pm **Happy Hour**  
 7-9 pm **Tennis Team Training**

**19**

8.00 am **BWG Mahjong**  
 9.30 am **Aerobics**  
 6-8 pm **Happy Hour**  
 7-9 pm **Tennis Team Training**

**26**

8.00 am **BWG Mahjong**  
 9.30 am **Aerobics**  
 6-8 pm **Happy Hour**  
 7-9 pm **Tennis Team Training**

**13**

7 am **Ladies Golf**  
 8-10 am **Ladies Tennis**  
 10.30 am **Aqua Aerobics**  
 6-7 pm **Masters (Adult) Swim Training**  
 6-8 pm **Happy Hour**  
 7-9 pm **Soccer Training**  
 8-11 pm **Friendly Bridge**  
 9 pm **Gentlemen's Spoof**

Songkran!

**20**

7 am **Ladies Golf**  
 8-10 am **Ladies Tennis**  
 10.30 am **Aqua Aerobics**  
 6-7 pm **Masters (Adult) Swim Training**  
 6-8 pm **Happy Hour**  
 7-9 pm **Soccer Training**  
 8-11 pm **Friendly Bridge**  
 9 pm **Gentlemen's Spoof**

**27**

7 am **Ladies Golf**  
 8-10 am **Ladies Tennis**  
 10.30 am **Aqua Aerobics**  
 6-7 pm **Masters (Adult) Swim Training**  
 6-8 pm **Happy Hour**  
 7-9 pm **Soccer Training**  
 8-11 pm **Friendly Bridge**  
 9 pm **Gentlemen's Spoof**

**14**

9.30 am **Body Shaping**  
 6-8 pm **Happy Hour**  
 6-9 pm **Tennis Mix-In**  
 6.30 pm **Cricket Nets**

Songkran!

**21**

9.30 am **Body Shaping**  
 6-8 pm **Happy Hour**  
 6-9 pm **Tennis Mix-In**  
 6.30 pm **Cricket Nets**

**28**

9.30 am **Body Shaping**  
 6-8 pm **Happy Hour**  
 6-9 pm **Tennis Mix-In**  
 6.30 pm **Cricket Nets**

**15**

8-10 am **Ladies Tennis**  
 10.30 am **Aqua Aerobics**  
 6-7 pm **Masters (Adult) Swim Training**  
 6-8 pm **Happy Hour**  
 6-9 pm **Squash Mix-In**  
 7-9 pm **Rugby Training**  
 9-10 pm **Hockey**

Late Afternoon - Poolside fun for Songkran

**22**

8-10 am **Ladies Tennis**  
 10.30 am **Aqua Aerobics**  
 6-7 pm **Masters (Adult) Swim Training**  
 6-8 pm **Happy Hour**  
 6-9 pm **Squash Mix-In**  
 7-9 pm **Rugby Training**  
 9-10 pm **Hockey**

**29**

8-10 am **Ladies Tennis**  
 10.30 am **Aqua Aerobics**  
 6-7 pm **Masters (Adult) Swim Training**  
 6-8 pm **Happy Hour**  
 6-9 pm **Squash Mix-In**  
 7-9 pm **Rugby Training**  
 9-10 pm **Hockey**

**16**

9.30 am **Step Aerobics**  
 3.30-9 pm **BC Tennis Coaching (Tots - Adults)**  
 6-8 pm **Happy Hour - All Outlets**  
 6-9 pm **Family BBQ**  
 7 pm **Social Darts**

**23**

9.30 am **Step Aerobics**  
 3.30-9 pm **BC Tennis Coaching (Tots - Adults)**  
 6-8 pm **Happy Hour - All Outlets**  
 6-9 pm **Family BBQ**  
 7 pm **Social Darts**

**30**

9.30 am **Step Aerobics**  
 3.30-9 pm **BC Tennis Coaching (Tots - Adults)**  
 6-8 pm **Happy Hour - All Outlets**  
 6-9 pm **Family BBQ**  
 7 pm **Social Darts**

7.30 pm Rhône Wine Tasting - Snooker Room

**17**

9 am-12 am **Squash Coaching**  
 9 am-1 pm **BC Swimming Coaching**  
 4.30 pm **Casuals Football - Soi 15**  
 6-8 pm **Happy Hour**  
 6-9 pm **Family BBQ**

**24**

9 am-12 am **Squash Coaching**  
 9 am-1 pm **BC Swimming Coaching**  
 4.30 pm **Casuals Football - Soi 15**  
 6-8 pm **Happy Hour**  
 6-9 pm **Family BBQ**

# HAPPY SONGKRAN!





# Golfers of the Year



The Dunlop Plate Winners

## Scrambling Pairs

Pat Dean and Joom White fought off Dick Blackmore and Paul Jenson to clinch the pairs scramble competition in the Club day pairs scramble held at Vintage on February 7th. A number of players from the past joined in - welcome back John Warham, Stuart Davy and Grant and Irene Cameron.

## 1998 Annual Prizes

Details of last year's events recounted at the AGM will be given in the next edition to allow for more pictures this month. The AGM is the occasion for recognizing those golfers who have played consistently well during the past year. 1998 winners were as follows:

**Captain George Cup** (Lowest average nett) Ray Fazackerly

**Norman Bond Trophy** (Most improved golfer) Gareth Sampson

**Humphreys Trophy** (Most long drives) Chris Gething

**Amazon Trophy** (Most long drives - ladies) Karen Carter

**Nearest the 'Post' Trophy** (Most nearest the pins) Peter Ford

A special trophy was also presented to Bernie Adams for being the Golfer of the Year 1998. To achieve this accolade

Bernie earned the most points for turning up for events and winning more technical prizes and the competitions themselves. Gareth Sampson was in second place. Well done, chaps! The competition is running again this year and rankings can be seen on the British Club noticeboard.

## Four Finalists and a Funeral

The pairs competition for the **Dunlop Cup** and the **Dunlop Plate** was held over three days at Mission Hills Kanchanaburi. (The course is nowhere near Kanchanburi - please note, Bernie and André - hope you enjoyed your tour of the Burmese countryside!) There was a great turnout and everyone was particularly pleased to see Janet and Chris Gething back from their hols. Chris kept leaning into the wind thinking he was back on the Cromer course and just to make him feel really at home it poured with rain on the Sunday. Welcome also to new members Brian Weavin and Janet Geddes who made her debut with a nearest-to-the-pin win.

Saturday was elimination day and four pairs made it through to the play-offs. Eventual winners were Guy and Bridget Snow in a thrilling match play final against Bryan Dodd and Chris Gething which was

won on the 18th hole. In 3rd place were David Lamb and Karen Carter who narrowly beat Joom White and André Tissiera. Peter Gouldby and Cheryl Lamb emerged winners of the Dunlop Plate with Jo Goodliffe and Grant Cameron in 2nd place. The course played wonderfully and I would like to personally thank the snake which put André off his stroke.

Thanks also to **Dunlop** sponsor David Lamb who also ensured that we were entertained on the Saturday evening. He and Cheryl organised a crazy-whist competition which ensured that the person who lost the most games won the most points. Well done to demon card players Amy Bain and David, who also made the great suggestion that we should go out for a meal in Kanchanaburi on the Sunday night. (Please note that Mission Hills is closer to Bangkok than Kanchanaburi.) So we set off in a convoy of ten cars and somewhere in a sugar field we stopped at an eatery with lots of bright lights, people and music. Stunned looks from the local residents as we trooped in, and then suddenly all was revealed.... we had gatecrashed a funeral. Beating a hasty retreat we set off again to another sugarcane field and happened upon the best restaurant in Thailand. Within five minutes of placing our order we were supping beer and eating the most delicious food - got to get the recipe for the fish in ginger sauce. It's now a well-kept secret as none of us could find the place again. A good ending to a great weekend.

## Next Outings

Please also check the notice board for fixtures.



**Tuesday, 6th April**, 10 a.m. at Vintage - New Members Day followed by a barbecue at the British Club.

**Sunday, 25th April**, 11.42 a.m. at Lad Krabang - Medal

**Saturday-Monday, 1st-3rd May** in the Pattaya area (accommodation at the Mercure) Seniors and Juniors (under 45!!) competition.

**Sunday, 16th May**, venue to be confirmed - Club Day

**Saturday-Monday, 29th-31st May** at Majestic Creek - Eclectic Competition

**Karen Carter**



The Plate Runners-Up



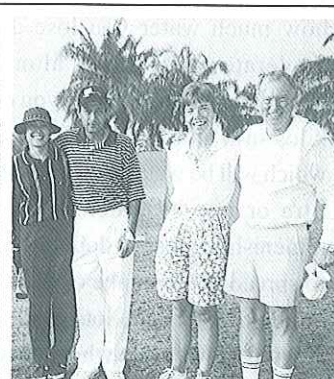
1998 prize winners



Relaxing at Mission Hills



The Dunlop Cup Finalists



The Cup Runners-Up



# Water, water, everywhere...and every time!

## **WATER EXERCISE HEAT**

There is a delicate balance required between exercise, heat and water to keep you healthy and happy, especially in the hot season.

Yes, it's getting hot and by the time this is printed it will be very hot indeed. I won't give you a long speech regarding the detrimental effects of heat on the body but I will mention how to keep yourself as healthy as possible while exercising in the heat.

The first rule is - though it's not always possible to follow it - avoid the peak sun hours from 11:00 to 3:00. This is a lesson already well learnt by our tennis section - one look at the court booking sheets will prove that. Water, water always. That's the message. I mentioned water in February's article with regard to its ability to help your body utilize fat as an energy source. Elementally speaking, we are almost entirely made out of water and while you can go days or weeks without food, without water you will last only a few days. This fact alone should spell out to you how important water is in your daily diet. However in the heat it is even more vital. With the hot season upon us, everyone except those lucky (or crazy) enough to spend 100% of their time in air-conditioning will need to drink more water to make up for the increase in sweat that we produce to cool ourselves.

You will need to drink more water all day long and not only during or after exercise - by then, it's too late if you want to keep yourself hydrated. Do not underestimate how much water you lose during even moderate exercise let alone vigorous workouts. As an example you can lose 1-2 kilos in a single bout of exercise, all of which will be water. Can you drink a whole litre or two of water in one sitting to replenish the loss? I doubt it! So you have to spread water intake over the entire day - and drink lots and lots of it!

A word of warning: when the temperature rises beyond 34°C, your body becomes unable to shed the heat that is generated

during exercise. In fact it has nowhere to go, as the outside temperature is equal to that of our skin and so there is no cooling effect from sweating. Now we all know that it frequently gets above 34°C during the hot season and it would be foolish to say 'do not exercise', but I will anyway!

**Do not exercise when the temperature is above 34°C.** If you are not going to listen to that, please take the following precautions when it is hot and you are exercising.

Do not exercise vigorously when it is very hot. Moderate exercise will keep you healthy and happy so save the hard workouts for early in the morning or later in the day when it is cooler. Wear cooling clothing such as 'Coolmax' - not cotton as it holds the water and will not help you shed the heat. Wear a hat! **Use Sunscreen!** Keep your workout to less than one hour. Once your workout is over - relax, drink cold water and sit in the shade to start your cool-down. Drink lots of water before, during and after your workout.

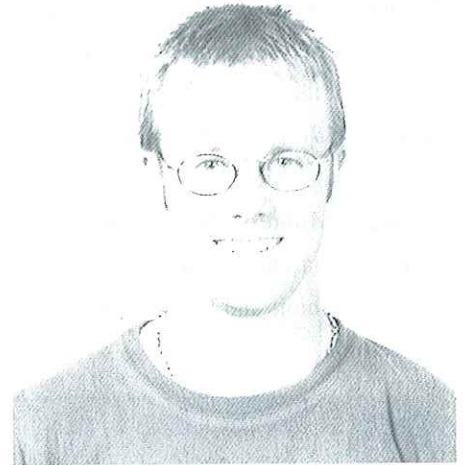
Pay attention to what your body is telling you. If you feel faint, cold, dizzy or weak, stop immediately. Get in the shade, drink cold liquids and use ice to help cool yourself down. If you do not start to feel better within 5-10 minutes, seek medical attention.

A final note: you cannot beat the heat, only work to minimize its effects and possible damage to your body.

Good luck and I'll see you at the water hole. (Real water that is.)

## **Sailing and Running**

Congratulations to David Race and John Quarmby! In the recent Koh Larn Classic sailing and running race, our very own David Race was on the winning team. The race consists of a team of two: one sails from the port to Koh Larn with the runner then jumping out and running a circuit on the island. They then sail back to port. The fastest combined time wins. David Race's sure hand at the tiller ensured victory for



Damon Nemish - SRC

his team, but the fastest run came from another British Club member, John Quarmby, who was on a different team. Congratulations David and John on a job well done!

## **Other Sports**

If anyone knows of other sporting activities that our British Club members take part in, please let me know and I will do a short or long write-up for it.

## **Junior Squash: Free 'Come and Try it Morning'.**

The Squash section is offering a free clinic with balls and rackets provided for all junior members on Sunday May 16th. See the advert in the squash section for details. The goal is to get more juniors involved and if we can generate enough interest, we could possibly get a junior squash program going. The squash section is quite excited about this, and so am I; it would be great for our juniors to have another game to play, not just tennis. Bring all your kids and see what squash is all about. See you there.

## **Inter-section Sports Day**

The long awaited inter-section sports day will be held on 23rd May. If you want to compete then let your section's committee know or just show up for support and fun. A word of explanation, as we have many new members: this is a day of fun



competition where each sports section puts its own team together for the competition. Each section creates and administers its own game. The points are then tallied and the winners are announced. It should be noted that the tennis section has won each year since 1995 (no contest in 98) so they will be the ones to beat. If you think you want to help out your section then let your committee know. If you do not know who they are, call me and I'll point them out to you. It would be nice to see a section dethrone the Tennis champions, but only time will tell. (I have always cheered for the underdogs.)

Good Luck to all competing and have fun.

### Goal Setting for Success in Sports and Exercise

"You are 80% more likely to achieve your goal if you write it down, rather than just say you will". I don't know who the quote is from but I am sure it must have been someone famous and great.

Liz Beal says you should choose a goal in order to give you the motivation required to get fitter and healthier, and I think she's absolutely right. Don't get me wrong - I don't want all of you to decide that you need to do a Triathlon to add motivation to your exercise schedule (well maybe I do - but I can control that desire.) Her description of using a 'race' as a 'goal' is the first step, whether that goal is to run a 5km race, to do an Ironman Triathlon, to swim 100 meters, to walk around the block, to learn to hit a backhand volley or in fact anything that involves learned skills or fitness. Goals make the process much easier to follow through on.

Why? With a known goal, there can then be a plan - long term and short term - that you can stick to or adjust as required. A fitness goal is quantifiable. With your plan you know what is required to achieve the goal. You can create tests along the way to prove that you are improving and that you will either reach the chosen goal in the given time frame or not.

In business, you see an opportunity, create a plan, then follow it through, with success or failure depending on how good your initial plan was. With exercise the only difference is that your goal must first be attainable - otherwise you risk injury - and then you need the proper planning. Once the plan is made it is just a matter of following it through to completion.

The difficulty with fitness is that many people do not know how to make a plan or where to go for help in planning. They often do not choose goals at all, or they are vague - they say they want to 'lose weight', 'get stronger', and 'get fitter'. These aims are hard to quantify and therefore hard to plan for and so they are often not achieved. If these are the goals you have, then try to choose one more quantifiable, which you can work towards. For example, if you are trying to lose weight and you like to walk or run, then

pick a 5km race, giving yourself enough time beforehand to prepare for such a venture. Fitness is simple maths - stress your body and allow it to recover then stress it again, etc. Our bodies will adjust to the stress of exercise with time and within reason. That means that you can go from walking just one mile to running 10 miles - but not in one month! But over a year it is a realistically attainable goal.

If anyone has questions regarding training or planning, please do not hesitate to call me.

### Dates to Remember.

April 4th Easter egg hunt extravaganza - details to follow.

April 15th Songkran Celebration Day.

May 23rd Inter-section Sports Day.

April 18th Tennis 'The Spanish Way' clinic with Frank Cuesta.

**Damon Nemish (SRC)**

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## 'If You Don't Have a Go, You'll Never Know'

**I**t's over six months ago that I first asked Lisa and a small band of triathletes that train at the British Club Masters swimming about my chances of entering and completing a triathlon. From the very start, unlike some friends, they took me seriously.

They were encouraging and positive and I began to approach the challenge with optimism. They seemed to agree with the philosophy that 'If you don't have a go, you'll never know.'

I immediately set about devising a training programme to build my strength and endurance to meet the challenge. I did all my training at my apartment block, using the pools, bikes and treadmills and of course taking 3 classes of Aquarobics a week. I set my sights on the **Timex Mini Triathlon** on 24th January at Cha Am.

Much to my relief I found out from other Club members that our new sports coordinator, Damon, is an experienced triathlete. What a relief! Not only did he know when the next meet was, he turned out to be a source of invaluable information on how to go about entering, how to train for events and how they are actually run. Things like change-overs from swimming to running, running to biking; what I should watch out for; what to remember to take with me; and most of all, what to expect from the physical exertion.

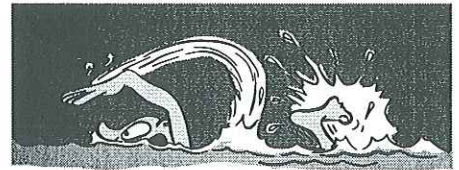
Well the family and hired bike were piled into the car. It was the first time in years that I'd entered a large competition. I'd forgotten the undercurrent of excitement as the starting time got closer. Looking around, I saw there were some really fit people entering, and some not so very

young. I figured if these people thought they could do it and seemed to enjoy doing it, then I should at least have a go. Not once any stage did I contemplate winning. I just wanted to see if I could meet the challenge. But it's true; the trophy reads '**1st Place Women's Open, Mini-Triathlon.**' This is not to be confused with the longer course that was being run at the same time and is almost double the distances! The Mini-course was a 750m swim, a 20km cycle and a 5km run. The first man (Damon) came in at 1hr 15min. I finished in 1hr 38min. Is it over...? Not likely! I am setting my sights on attempting the full Olympic courses later this year! Sorry Damon, it seems you are now my official mentor and our work has only just begun!!

I would like to take this opportunity to thank Damon for his encouragement, expertise and camaraderie. I recommend triathlon training to all those members who are a bit curious about their true fitness abilities or who are simply looking for a goal to focus on while training. There is a wealth of expertise amongst the staff here at the British Club. All you have to do is ask! Happy training

**Liz Beal**

I must first thank Liz for her gracious words as to how much help I was. I would like to point out however, that she did all



the work. I just ironed out a few details that made it easier for her to complete her task. See the write-up in my section for help on setting your fitness goals. Congratulations again Liz on the accomplishment of your goal.

By the way, my apologies to Mrs. June Bond for forgetting to mention her in my article on the Hua Hin Triathlon. She completed the Mini Triathlon in style. Worried about the swim start, she waited until the others went then did her thing - she had a smile on her face the whole way. A great job, June, and I have pictures to prove she was smiling, too. (Sorry I forgot about you - I thought only your hubby was a member).

### Coming Events

Peter Bond is organizing a small triathlon in April, which will be about 500m swimming, 15km biking and 3km running - we may even allow teams. For details or confirmation, or if you are interested in being on a team but have nobody to race with, then call me and I will try to arrange a team for you.

**Damon Nemish**

## Farewells

**F**ebruary saw the abdication from the club of members Anthony Cloney, John Divett, Steve Bater, Frank Goudsmit and their families. Adieux and best wishes to you all.

Reporting absent are Leif Rasmussen, Richard Souter, Robert Lanham, Laurance Hughes, Julian Cooper, Christopher Whittle and Country member Peter Young. Hope to see you back before too long.



# Some Deep Achievers and a Sticky Dive in the BC Pool!



Advanced Open Water Divers, Graham, Jessica and Liz Beal

Congratulations to the following British Club members on their recent diving achievements:

## Advanced Open Divers

Graham, Elizabeth and Jessica Beal, Olivia Bain and Thomas Broadfoot.

## Skin Divers

James and Kathryn Renshaw

**Open Water Diver and Medic First Aid**  
Karen Holloway who has since received her Advanced Open Water during a New Year's dive trip to the Phi Phi Islands.

## Other activities

- At the request of the GM I have recently re-glued, underwater, 15 pool tiles which came loose at the deep end of the pool due to the slight shifting of the pool.
- The Medic First Aid courses are continuing. For those interested in taking this course, please contact the fitness centre for details of the next class.
- PADI has recently made changes to some of its courses which should be of interest to those wishing to learn to scuba dive or to continue their diving education. The Junior Open Water course originally

required the student to be 12 years old prior to starting the course. The new change states that the student must now be 12 years old upon certification.

Also, the Open Water Diver and Divemaster manuals have been rewritten and include colour pictures. These will be available within the next couple of months.

The new Divemaster course will require the student to demonstrate additional skills and have a higher total score.

The long awaited Open Water Diver manual and video in Thai will be available in the very near future.

There is also a new "pre-entry" level certification called PADI Scuba Diver that allows those who have completed a majority of the regular Open Water Diver courses to receive a certification that requires them to dive only with an instructor or current Divemaster and has shallower depth limits. If the diver wishes to continue to obtain the regular Open Water Diver certification they have 12 months to complete the remaining portions of it.

Peter Gary



Open Water Diver & Medic First Aider, Karen



Skin Divers, James and Kathryn Renshaw, with mum Barbara



Peter Gary with Advanced Open Water Diver, Thomas

## ThaiCraft Sale

Help support local Thai artisan groups by buying beautiful handicraft items at reasonable prices.

Saturday, April 24th 1999, 10 am - 2 pm  
Landmark Plaza, 138 Sukhumvit Road

Contact ThaiCraft on tel: 714 2133 for further information.



# Washing Day with a Vengeance

**W**hen that April with his showers sweet' is roughly what that poet chappie wrote and that means, incredible as it may sound, that he must somehow have got to Thailand some hundreds of years ago because of course he must have been talking about Songkran, that Great Yearly Wash-in,



when you can forget about taking a shower because other people do it for you. It's a sluice-down, laundry service and body-coolant session all in one and what's more it's free, offered to you by others with your wellbeing in mind. Sometimes, one finds it difficult to suppress a smallish sob of wonderment at the fact that others are so noble of spirit as to make your personal ablutions their entire business for the day. Yes, it's Songkran time again. Songkran is the beginning of the Solar Year and Thais have their unique method of celebrating it. They throw water over each other. And over you. In fact, you may well think they have deliberately chosen you as a target, especially as you are wearing that new suit you quite fancy yourself in, along with that tie you bought in the Patpong night market - the one your wife swears is so loud that it actually talks. But look on the bright side. At least it's in April, the hottest of months, and in Thailand not Siberia.

Songkran is a Sanskrit word and means 'change place' or 'move', referring to the sun's new position in the zodiac. The celebration lasts from 13th to 15th April and marks the traditional Thai New Year. There is much more than merry-making involved in the festival. Traditionally, Thais will carry out various meritorious activities in the early morning, visiting

temples, offering food to monks, and releasing caged birds. It's a time for family get-togethers as well and Thais in their thousands crowd outward-bound buses and trains on their way home. It's also a time for Thais to show respect to their elders, by gently pouring scented water onto their hands, to which the elders respond by wishing the young people good luck and prosperity. Lustral water is sprinkled on Buddha images and in Bangkok this rite is performed on the 'Buddhasihing' image which is brought out from the National Museum for this special occasion. Songkran's other name, 'The Water Festival', comes from the idea of water 'washing away' bad luck.

The 'washing away' starts traditionally in the early afternoon, although this timing is not always adhered to. The idea is simple - normally, everybody is dry but today - and tomorrow - and the day after - we will be wet. Very, very wet. Only elderly people are spared. 'Elderly' means over 94 if you're a farang, by the way. Thais are practical people and they have found that a bucket is a quite splendid receptacle for holding precisely that amount of water which will soak you from head to foot in one go. They have also worked out that throwing buckets of water onto pedestrians from a fifth-floor window or better still

from the roof ensures an element of surprise, a complete soaking of the victims and total anonymity on the part of the dastardly perpetrators, rotters that they are. And there's the water pistol. Not that fragile thing we oldies knew, but a monster, about the size of a small cannon, with what seems to be a 50-litre capacity, which can soak the population of a small town before a refill is needed.

And then the pick-up. There's not much you can do if a crowd of teenagers drench you from the back of the vehicle - they're long gone by the time you have collected your wits and squeezed out your wallet and that priceless first edition of Beano you just happened to be reading at the time. But it's all in fun and to be fair there are things you can do to minimize the nausea.

You can:

- wear your oldest clothes and go out and join the fun.
  - go to work in 2 large-size binliners - but take spares! They tear easily, and you wouldn't want to frighten the typing-pool.
  - be a spoilsport and stay home muttering 'Bah! Humbug!' to yourself.
  - spend the day in a klong.
  - spend the day in the Churchill Bar; it's pretty wet there. This option is very popular.
- Letters to the Editor, please, if you know any member who has spent the day voluntarily in a klong.

And a few **don'ts**, some of them serious:

- Avoid travelling by motorbike or tuk-tuk - the dangers are obvious.
- Don't get into a rage if you're soaked. No malice is involved.

And very serious:

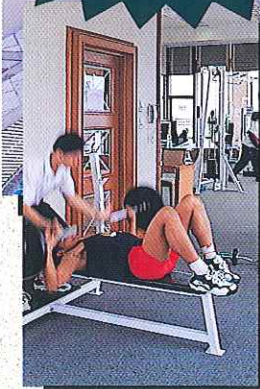
- Don't throw a bucket of water over your wife - ever. Even if she says it's OK. It isn't. I know. The memory of her retribution - even now after 25 years - is still toe-curlingly painful.
- Happy Songkran!

**Bob Wilde**



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# Antipodean specialities

The New Zealand Wine and Food Promotion was held in Lords restaurant on Saturday 27th February. 63 members attended including the New Zealand Ambassador and his wife, Mr. and Mrs. Macey.

The event was sponsored by Khun Tom Westbury (PTK Management and Marketing). The wine samples came from the Giesen Estate and were described by Mr. Alex Giesen.

Members gathered on the front lawn for cocktails and canapés and then went into the restaurant to sample Chilled Apple Soup, Seafood Medley, Lamb Fillet Ginger Orange Sauce, Kiwi and Lemon Charlotte

Royale, polished off with New Zealand Cheddar Cheese and After Eight Mints.

Many thanks to all members who attended, to the New Zealand Embassy for the decorations and music, and again to the staff from all the departments who worked on this event. Cheers!

Barry Osborne



## 15 Words that should exist

- 1) **Arachnoleptic fit** (n.) — The frantic dance performed just after you've accidentally walked through a spider web.
- 2) **Beelzebug** (n.) — Satan in the form of a mosquito that gets into your bedroom at 3 in the morning and cannot be cast out.
- 3) **Bozone** (n.) — The substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future.
- 4) **Cashtration** (n.) — The act of buying a house, which renders the subject financially impotent for an indefinite period.
- 5) **Caterpallor** (n.) — The color you turn after finding half a grub in the fruit you're eating.
- 6) **Decaflon** (n.) — The grueling event of getting through the day consuming only things that are good for you.
- 7) **Dopelar effect** (n.) — The tendency of stupid ideas to seem smarter when you come at them rapidly.
- 8) **Extraterrestaurant** (n.) — An eating place where you feel you've been abducted and experimented upon. Also known as an E-T-ry.
- 9) **Faunacated** (adj.) — How wildlife ends up when its environment is destroyed. Hence **faunacatering** (n.), which has made a meal of many species.
- 10) **Foreploy** (n.) — Any misrepresentation or outright lie about yourself that leads to sex.
- 11) **Grantartica** (n.) — The cold, isolated place where arts companies without funding dwell.
- 12) **Hemaglobe** (n.) — The bloody state of the world.
- 13) **Intaxication** (n.) — Euphoria at getting a tax refund, which lasts until you realize it was your money to start with.
- 14) **Kinstirpation** (n.) — A painful inability to move relatives who come to visit.
- 15) **Lullabuoy** (n.) — An idea that keeps floating into your head and prevents you from drifting off to sleep.



### Three Cheers for our "Expats".

I was not surprised about Mr. James Reid's letter to the editor in the March issue, since it is not the first time he has complained about the Club. Since Mr. Reid is of a "very 'British' tradition", I would expect him to refer to the Club's "expats" more considerately. In case Mr. Reid hasn't noticed, our "expats" are also human beings with responsibilities and families and thus to think of doing away with them is a highly immoral proposition.

Suppose we forget that our "expats" belong to the human race and terminate their employment. It will then be only a matter of time before those who follow the "very 'British' tradition" begin to complain about the new manager's poor English skills and inadequate understanding of what expatriate members expect from the Club.

The Club's General Manager, Mr. Bain, and the Operations Manager, Mr. Barry Osborne, are doing a very good job, and I consider Mr. Reid's proposal that they be dismissed is highly unjust.

Personally, I would suggest that we do away with Mr. Reid.

Sincerely,  
Graciela Haube (H187)

### Get on Your Bike

I would refer to Mr. Damon Nemish's recent article in Outpost where I am mentioned in reference to my ability, or apparent inability, to remain seated on a bicycle.

In order that your readers may be fully aware of the facts, I would like to outline the circumstances to which I believe Mr. Nemish refers.

In the first incident, I in fact competed a triathlon event in Phuket and was involved in a major (*minor*) accident. I was struck by a car travelling in my own estimation in excess of 120kph (*3kph*), while I was travelling at around 45kph (*stationary*). I suffered multiple injuries, including broken bones and I am told severe concussion. Despite an urgent requirement for surgery for these horrific injuries, I was nevertheless lifted onto the cycle and did continue the race.

The second incident happened at Cha Am. To travel at speeds of up to 60kph, cyclists must be strapped into their pedals, but if they stop they must of course remove their feet from these cages in order to dismount. In this instance, due to heat, fatigue and of course the added pressure of leading the field (*he was last*) my feet refused to come out of the cages resulting in what may be described as a technically imperfect dismount (*he fell off*) and minor injuries - a broken wrist and amnesia. Once again, however, through sheer determination, I was able to continue the race, albeit on foot.

Readers may be under the somewhat misguided impression that competing in triathlons is a dangerous activity. It is not. I am quite willing to discuss this with any Club members interested in taking it up as a gentle pastime. I can be contacted most days in the Outpatient Department of the Bangkok Nursing Home.

P.E. Bond

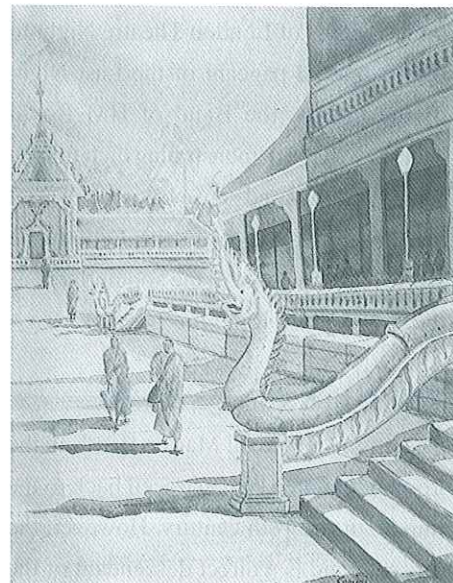
### "My Beloved Thailand 1999"

Well-known watercolour artist and British Club member Somjai Reiss will be holding an exhibition at the Siam City Hotel this month. Her widely-acclaimed paintings display many aspects of typical Thai life. All proceeds from sales will go towards the Foundation for Slum Child Care. H.R.H. Princess Galyani Vadhana, Patron of the Foundation, will preside over the opening ceremony on Tuesday, 20th April at 6.30 p.m.

City Gallery, Siam City Hotel, 477 Si Ayuthaya Road

April 21st-May 2nd, 11 am to 8 pm

Call Manu Wuvanich at the hotel on tel 247 0123 x1916 for further information.





# English Festival Week

**T**he Band of Her Majesty's Royal Marines are returning to Bangkok especially to entertain you with their special brand of marching and musical display during the English Festival Week in April, a series of events held at the Hotel Siam Inter-Continental, Rama I Road, to celebrate English culture and traditions.



On this visit the Band shall be sending out 28 players with a repertoire spanning marches, horn compositions, chamber music, traditional and modern jazz, pop and rock.

From the formal splendour of the St George's Annual Ball to the relaxed atmosphere of the English Afternoon Garden Party on the Sunday afternoon, from the highlights of London's West End on the Lights of London Theatre Night to the traditional pageant of the Last Night of the Proms, the Band of HM Royal Marines will be demonstrating their unique musical ability and sense of occasion that has brought them fame throughout the world and earned them the appointment as the Royal Yacht Band for 94 years.

## The Band's Origins

The origins of Royal Marine Bands in the Portsmouth area can be traced back to the middle of the 18th century. However, the present band is a direct descendant of the

band of the Royal Marine Artillery who were formed in January 1861. By 1865 the band numbered 46 musicians and 8 band boys. They were under the direction of Bandmaster John Winterbottom and were based at the Royal Marines Artillery Barracks, Eastney, Portsmouth.

It was during the reign of His Majesty King Edward VII that the band first provided music aboard the Royal Yacht when, in 1902, they embarked in *HMY VICTORIA and ALBERT* on the occasion of the cruise made by the King for the restoration of his health. One year later the band was appointed by His Majesty the King as the permanent Royal Yacht Band, a privileged duty they performed until the eventual decommissioning of *HMY BRITANNIA* on the 11th December 1997.

In April 1998 Her Majesty Queen Elizabeth II agreed that the Portsmouth Band continue to provide Royal Duty in the form of a Royal Band for the Royal Family. A change to the existing Royal Yacht shoulder badge was made to read

"Royal Band" (from "Royal Yacht"), and this is worn by the entire Portsmouth Band. The title of the Royal Marines Band Portsmouth has changed many times - in 1923 on the amalgamation of the Royal Marines Artillery and the Royal Marines Light Infantry the band became the Band of the Royal Marines, Portsmouth Division. This changed in 1947 when it became the Royal Marines Band, Portsmouth Group. In 1972 the title of the band changed yet again, when it became the Band of Commander-in-Chief, Naval Home Command, and it is now known as the Band of Her Majesty's Royal Marines, Portsmouth.

The current Director of Music is Captain John R. Perkins R.M.

## A Proud History of Performance

During their service in the Royal Yacht the band visited and played in many parts of the world, as diverse as the small island of Pitcairn in the South Pacific to major cities such as Rio de Janeiro, New York and St Petersburg, to name only a few. Several people were lucky enough to see the band perform at the Port in Bangkok in May





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1997 or at the Bangkok St George's Society Ball for the last couple of years. They have provided music on major ceremonial occasions while embarked in the Royal Yacht, ranging from the Official Opening of the St Lawrence Seaway in 1959, the Captain James Cook bi-centennial celebrations in Australia in 1970, the Commemoration of the Fiftieth Anniversary of D-Day in 1994, the Official Handing-over of Hong Kong in 1997 and many, many other such occasions.

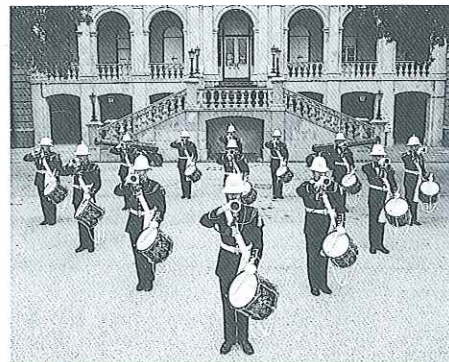
When not embarked in the Royal Yacht some of the more important engagements undertaken by the band since World War II have been the Victory Parade in 1946, the Royal Command Variety Show in 1949, Her Majesty the Queen's Coronation in 1953, Sir Winston Churchill's State

Funeral in 1965 and in 1966 the band provided the music at Wembley Stadium for the World Cup Final.

### A Triumphant Return to Bangkok

The success of the Bangkok St George's Society Annual Ball in 1998, when the Band of HM Royal Marines again proved hugely popular, has warranted the extension of their stay to allow for a variety of musical events and styles to be played, and to a wider audience, and the English Festival Week is the result: a week's celebration of all things English.

The Hotel Siam Inter-Continental is running a special English promotional week from 23rd to 30th April, with a special competition in conjunction with



KLM Royal Dutch Airlines, in which the top prize is two KLM flights to any of their destinations in the UK. Everyone attending any of the English Festival Week events or dining at any of the hotel's F&B outlets during that week is eligible to enter.

**Gaynor de Wit**

### English Festival Week

The full exciting schedule of events being held at the Hotel Siam Inter-Continental:

#### ♣ Saturday 24th: Bangkok St. George's Society Annual Ball

Consistently popular, the St George's Annual Ball is a truly English gala evening, celebrating all the very best traditions. The Band of HM Royal Marines will entertain you with their full marching, orchestral and dancing display, including their very popular 'Blues Brothers' dance band. Tickets: Bt 2,500, reservations only.

#### ♣ Sunday 25th: An English Afternoon Garden Party

Relax with the whole family in the beautiful gardens of the Hotel Siam Inter-Continental, listening to informal jazz in the afternoon played by members of the Band of HM Royal Marines. A great way to spend Sunday afternoon! Tickets: Bt 150 adults, children under 16 free, pay at the door.

#### ♣ Monday 26th - Lights of London Theatre Night

Great moments from classic West End musicals brought to life by the Band of Her Majesty's Royal Marines. An excellent night out, with a delicious dinner followed by music of a clearly superior standard. Tickets: Bt 1,500 (including wine, beer and soft drinks), reservations taken or pay at the door.

#### ♣ Wednesday 28th - Last Night of the Proms

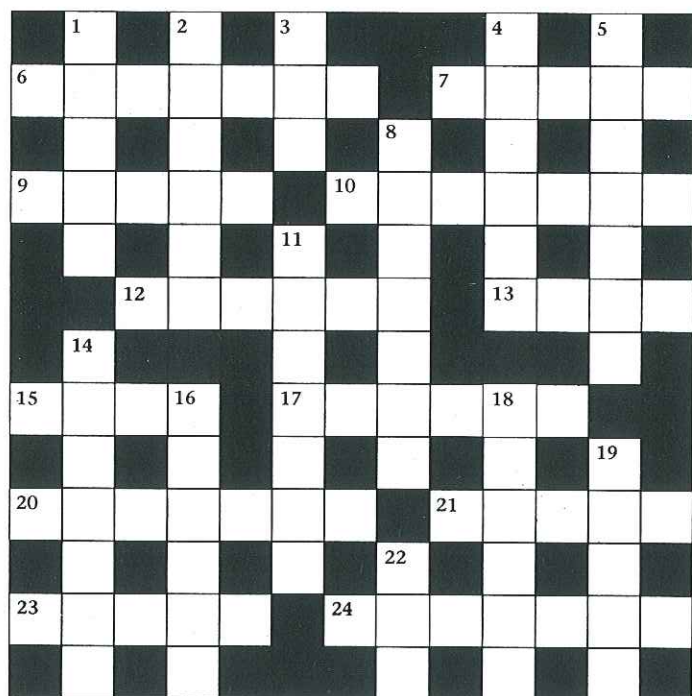
The traditional English spectacular, with all the pomp and splendour of the much-celebrated Last Night of the Promenades concert. Unmissable! Tickets: Bt 500, reservations taken or pay at the door.

For more information on or reservations for the Ball on Saturday 24th please contact the Bangkok St. George's Society: Terry Adams on tel: 722 9878, email <taadams@samart.co.th> or Andy Pickup on tel: 245 6400 x229, email <andymam@samart.co.th>. For information on all other events please contact the Food & Beverage Office, Hotel Siam Inter-Continental, on tel: 253 0355-7 ext 7500, or Judy Turner, President of the Bangkok St George's Society, on 428 0029 x460.





# April is the cruellest month



## Clues

### Across

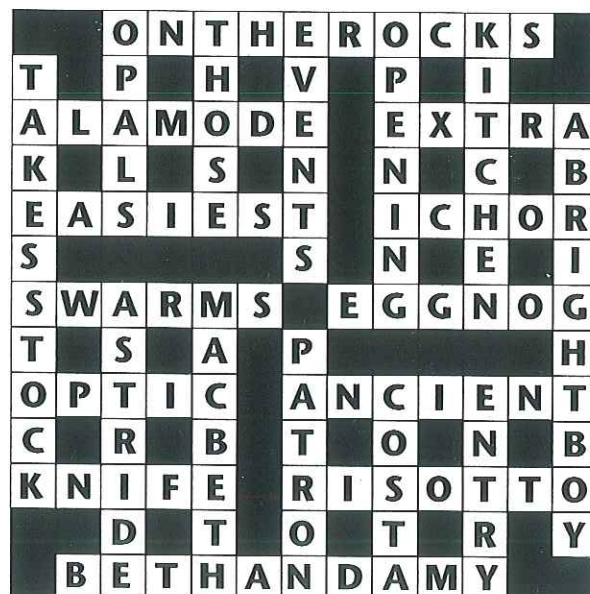
- 6 If his aria was wrong by a note, did he kill himself with it?
- 7 "...fair round belly with good \_\_\_\_\_ lined." (Shakespeare, 'As You Like It')
- 9 Car O.K.? Yes, but will make this noise!
- 10 They once said they will never be slaves!
- 12 The Press is said to be the Fourth.
- 13 It is done - either way.
- 15 In 'The Mikado', Pooh Bah had a little one.
- 17 The old song said we would gather them in the spring again.
- 20 The rest of an Indian.
- 21 When around, 100-eyed Argus is sweet!
- 23 A Frenchman's topper.
- 24 A kind of copper in Britain.

### Down

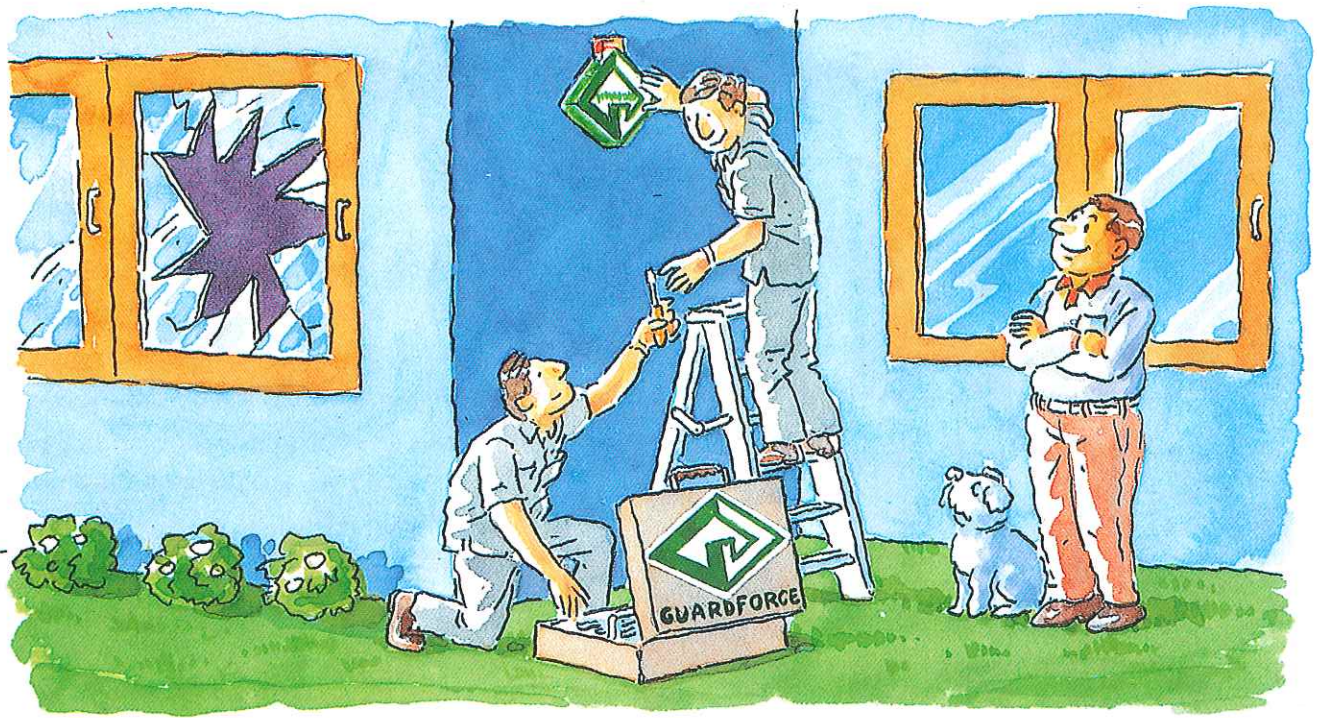
- 1 "A little touch of \_\_\_\_\_ in the night" (Shakespeare, 'Henry V')
- 2 Only sires - no dams around for these travellers.
- 3 "Strew on her roses - never a spray of \_\_\_\_\_." (Matthew Arnold)
- 4 Endured for a long time.
- 5 The dud cheque did!
- 8 Sal rode around - what trials!
- 11 What cheek - getting one to move around and find a ship!
- 14 Spitfire - with gloves on?
- 16 Did this famous artist get around?
- 18 "...he never passed a \_\_\_\_\_ without raising his hat." (Dr. Johnson)
- 19 A klong in Bangkok.
- 22 Glimpse a secret agent.

**B**ut Margaret Miller's crosswords aren't cruel. And her April contribution is just right for a quiet afternoon's cogitation in air-conditioned comfort. Get out your well-thumbed 'Complete Works of Shakespeare', put your dictionary on the armrest of your chair, place brain into gear and off you go. The answer to 7 across is not 'beer', despite what you're thinking (or hoping). Many thanks to Margaret once again for her much appreciated monthly teasers. The solution will appear in the May edition of *Outpost*.

## Solution to the March puzzle







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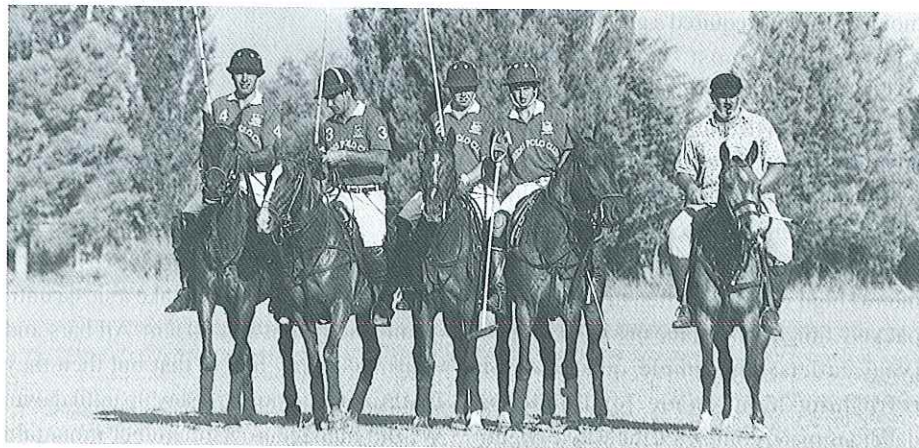


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# Pukka Chukka in Argentina!

**H**aving had my life threatened by the new editor of Outlook if I did not produce an account of my recent vacation in Argentina, I sat down to produce what you read below.



It wasn't so much the various threats on my life that made me write it as the promise that my ballroom-dancing 'embarrassing moments' (captured on camera by Gaynor) would be published over the next 12 issues of Outlook. Now I ask you. Which self-respecting hot-blooded Greek male, with all the machismo that goes with being one, would stand for such embarrassment! So there it is.

As you probably have guessed I was one of the daring British Club members who tried the ballroom dancing last autumn. So when I told my fellow dancers that I was having my vacation in Argentina, they all asked for a lurid account of my exploits in the dark and lustful underworld of the ultimate of sensual dances - the tango. They were all picturing me in a ponytail, with a dark tan, and armed with the knowledge of all the necessary steps to make any Argentinian señorita fall flat at my feet. However, having been in Thailand for close on two years, I have picked up some of the subtle and polite ways of the Thai people. This is to say that I was too polite to a) refuse to write the article, and b) tell them that I was not going to learn the tango. Neither was I going there to chase after beautiful Argentinian women. I wasn't even off to see the whales in Patagonia, or the waterfalls in the North. Instead I armed myself with a set of polo mallets, and went there to play... polo.

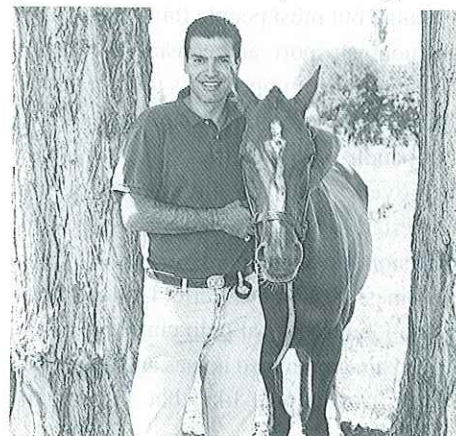
Polo, I hear you say? Yes, my dear fellow club-members - polo, the sport of kings which surprisingly is also played in Thailand (I won't say which club yet, there is the risk of upsetting Khun Goi, and her membership drive).

Many of you will wonder how one gets to Buenos Aires (except by sending a few frigates and Tornado jets - for all you patriotic Brits out there). If you are afraid of flying like I am, you take British Airways to London and then a direct flight to Buenos Aires. If you count the 15 hours stopover in London it is a total of 26 hours flying time. I am lucky that I have a house in London and can spend the day there. Otherwise the alternative is via Johannesburg with either Malaysian Airlines or South African Airlines.

I arrived in Buenos Aires tired but full of anticipation. I had been there to play polo once before a couple of years back but this time it was different. The Greek National polo team (of which I am a proud member) was going together to practise at our Argentinian coach's farm in a town called Villa Dolores 4 hours by car from Cordoba or 1 hour by plane (needless to say, my problem wasn't flying 26 hours by BA but 1 hour by a domestic airline). However, eventually we did manage to get there and found ourselves in surroundings which would not look out of place in Switzerland. The town of Villas Dolores is the Argentine

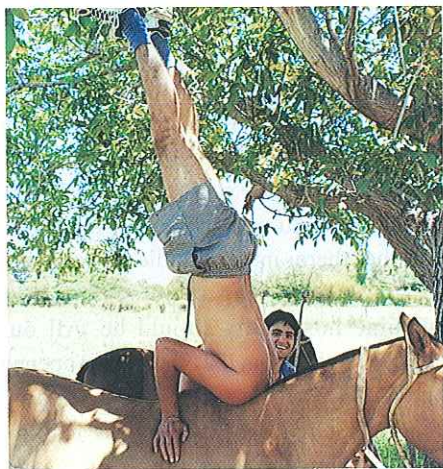
capital of the potato, and everybody seems to be associated with potato farming. It is surrounded by a beautiful mountain range called Sierra Comechingones and it is one of the greenest places I have ever seen. January is mid-summer in Argentina and during the day it was hot but not humid - around 30°C. In the evening, temperatures dropped to 18-20°C and a gentle refreshing breeze engulfed the town, making dinner in the open air a memory to treasure.

Strangely enough I felt at home there. The people being of Italian and Spanish decent are very similar to us Greeks, and their hospitality was exceptional. Even we Greeks, the ultimate in hospitable people, felt that there, in the middle of nowhere, people were giving us lessons in how genuine hospitality should be. All our fellow players from the other teams opened their houses to us. They were fighting among themselves to invite us to their houses, and to arrange long asado (Argentinian barbecue) meals. We had so much beef (the quality of which was never short of excellent) that our gums and teeth were hurting by the end of our 3-week stay there. However please do not confuse this hospitality with compromises on the field of play. Out there it was war. These guys were out to rough us up. Tough, but fair. Every morning we set out from our little hotel (no international telephone lines, and the minimum of amenities) to the farm. Each of us got four new horses to train and four experienced ones to warm up before the game each afternoon. We played practice chukkas every evening, and





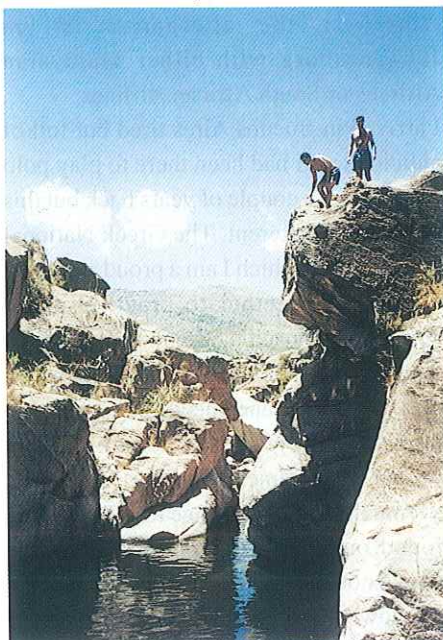
tournaments at the weekends. It was tough. For the uninitiated, a chukka is a 7 min. period, after which you stop to change horses, and then go back onto the field again. You usually play 4 or 6 chukkas in one game. The horses (or polo ponies) were excellent, and very easy to ride. Our grooms were efficient, friendly.... and very young. I had one little 7-year-old kid taking



care of one of my horses. We had to help him mount. But once on horseback he could ride like a pro. No wonder these kids become the ultimate polo professionals. Sitting under massive sycamore trees by the side of the ground at dusk after the game, drinking maté (Argentinian tea, which tastes like mud – an acquired taste but fantastic) and looking at the sun setting behind the Sierras was like paradise. Time had no value, there was no more stress, no more thinking of everyday problems which make our lives difficult. All that mattered was having a good time, doing what you enjoy with people you like. It is very strange but most people think that polo is a snobbish sport, and consider us players the epitome of upper-class toffs. Well this ain't the case. What we saw was a group of people who were playing a sport they enjoyed, with the whole family, and entertaining guests who share the same passion for the game. Every time I go on business around the world, I always make sure I call the local polo club beforehand and I am guaranteed horses and games and new friends. Just like that. How many

golfers or tennis players can say the same? In between games and riding, we went swimming in little lagoons in the mountains. This required a good 30-minute walk in the most exceptional of surroundings, negotiating streams and precipices, which made the whole adventure more interesting. It was well worth waiting though as the lagoons which we found were spectacular, with crystal-clear water, under overhanging rocks 10 metres high which we often dived from. A packed lunch of milanesas sandwiches (veal cutlets) and ample quantities of refreshing home-made lemonade or delicious maté, completed the whole event. It was very difficult to think of Thailand while sunbathing on huge flat rocks by the lagoon. Needless to say, we made no such effort, thus enjoying ourselves more. The combination of the mountains in the background, the green fields, the streams, the lagoons and the vastness of the place was overwhelming. I think nobody can appreciate this vastness, this openness of Argentina unless they go there.

As for night life, I am embarrassed to say that there was almost none for us due to two important factors. Firstly, we were too tired to go out after so much exercise during the day and secondly, the timing. In the summer Argentinians have dinner



around 11 p.m. They then take a siesta until 2 a.m. and go out at 2.30 a.m. All bars and clubs are empty before that but then they fill up and Argentinians stay up until dawn. We did manage to visit another mountain resort town called Mina Clavero, a town full of clubs and bars, where women outstripped men by at least 5 times. Quantity-wise therefore, it was good, although quality was missing a bit. Anyway we knew beforehand that in January all the beautiful Argentinian women go to Punta del Este in Uruguay, only a 20-minute flight from Buenos Aires. After almost three weeks there we decided that we should get back to work and left for Buenos Aires. We spent two days in the glorious capital of Argentina, a city which is called the Paris of South America. For me personally it is the only place where I would gladly go if I had to leave Thailand. The architecture is distinctly European/French. The people have a separate, uniquely Buenos Aires quality - (do not confuse other Argentinians with Portenios, the euphemism for people from the capital) and the atmosphere is distinctly Southern European.

Should any of you are interested in learning more about polo in Bangkok please call me at 01 833 8147. There is no competition between the British Club and our polo club (it's not Bangkok's Polo Club), so no need to feel guilty at betraying the British Club. Come and see, and you will find out that polo is much cheaper than you thought.

**Nicholas Kosmatos**



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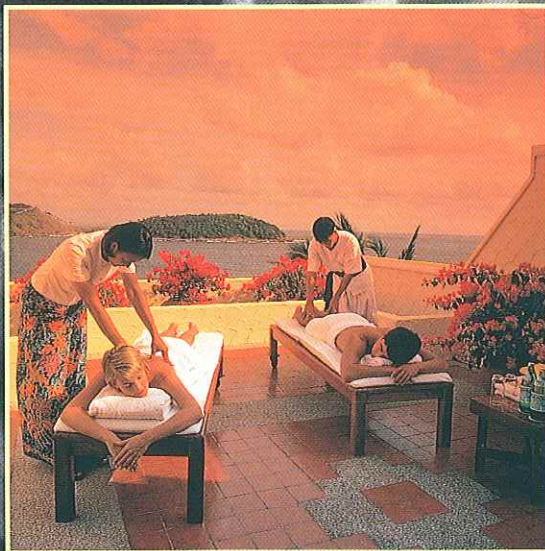
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