



# Outpost

April

M A G A Z I N E

2000



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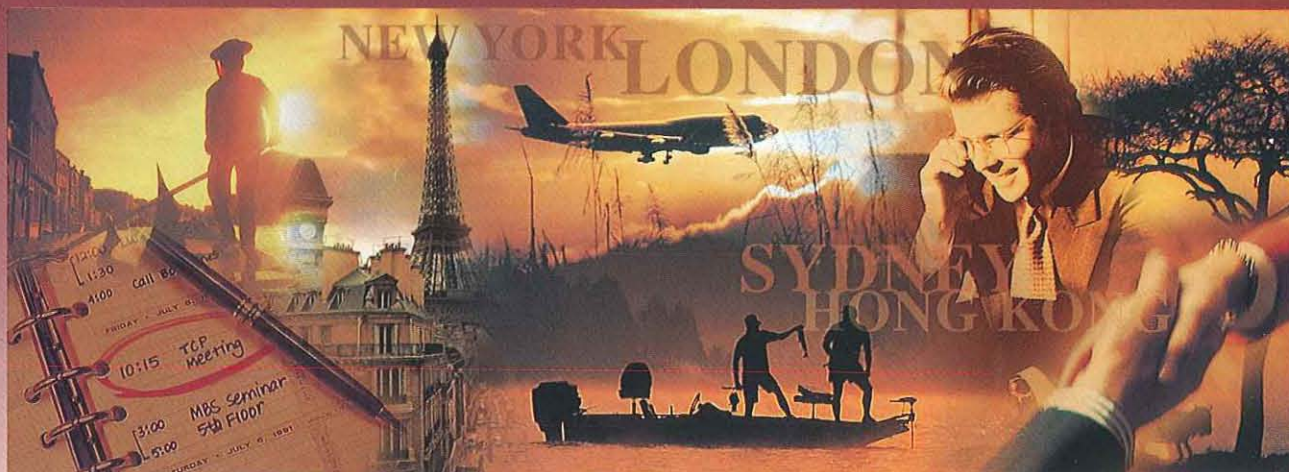
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An American might say.....

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### The British Club

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

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### Contributions

If you would like to Contribute to Outpost please contact the Editor, Gaynor de Wit, on Tel: 285 4721-3, Fax: 678 1292



### 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:

Smiles all round on the staff day in Pattaya  
Sriwan Forrest looks thrilled as Bernie puckers up!  
New members Hataitip and Roland Svensson  
Enjoying the children's games on the Carlsberg Cruise  
Quizsters and Miss British Club at the Bar Quiz

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### Outpost Magazine

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## From the Manager

Dear Members,

I am pleased that the General Committee of the British Club has given me the opportunity to manage the Club. I am not a stranger to club management and look forward to contribute to the Club and make it even more successful in the future.

For almost twelve years I have lived in Asia, five years in Hong Kong, two years in Beijing, one and a half years in Singapore and more than three years in Bangkok. During my last assignment I held the position of General Manager at the Heritage Club.

Although we have put the first quarter of the year behind us, there will be many activities organised for the Members during the remaining three quarters. On 13th and 14th May we have invited Mr James Ormsby, Executive and Admiral of the Red Herring and Bait Bar from San Francisco to a special event at the Club. Mr Ormsby has worked in some of the finest restaurants in San Francisco, such as Aqua, Lark Creek Inn and Auberge du Soleil, to name a few. During his visit to Bangkok he will prepare a set menu with flavours from the Northwest Pacific Region and a cooking demonstration and luncheon on 14th May.

Looking forward to meeting you at the Club in the not-too-distant future.

Yours sincerely,



**Willem T.P. Pentermann**  
General Manager



Willem T.P. Pentermann

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## Social Dance!

Every Tuesday, 2 May – 20 June;

Party 27 June

Get those twinkle toes back in action with this new approach to dancing! Covering the waltz, tango or slow fox trot, Cuban rumba and the cha-cha-cha, this course is for beginners or slightly experienced dancers. Maximum number is 22, so sign up quickly in the Fitness Centre. Cost is Bt4,300 per person.

## New Kids Corner

Every weekend we will be organising activities for kids.

- On Saturdays there will be a cartoon movie from 2pm onwards in the Surawongse Room or the Wordsworth Room.

- On Sundays from 2pm to 3.45pm there will be children's games on the front lawn, such as lawn games, board games and an art corner. At 4pm there will be a cartoon movie shown on the second floor of the Clubhouse.

Orange squash and popcorn will be provided free of charge at both events. For details, please contact Khun Goi.

## Adults Tennis

### Friday nights, 6-7pm

Tennis lessons for adults will commence on the grass courts on Friday nights after the kids's lessons are over, each course comprising sessions of 3 or 4 weeks focusing on a specific group of people and specific parts of the game, as follows:

- **Beginners** – May 12, 19, 26

Learn the basics of the game: serve, forehand and backhand ground strokes, with the proper grips and footwork. A workshop focuses on teaching the very basics of the game.

- **Intermediate** – June 9, 16, 23, 30

Key points covered include: Placement of shots, learning how to play approach shots and going up to net, and court coverage at the net and learning how to move effectively from the baseline

There is a minimum of 4 students and a maximum of 12 for each course (6 per court), and the cost is Bt1,150 for the Beginners course and Bt1,500 for the Intermediates; sign up with Damon in the Fitness Centre.

## UPCOMING EVENTS

### Central European Food Promotion

28 – 30 April

How drab, you say! Not so, as the cuisines from this vast region are as interesting and varied as the countries themselves. Don't take our word for it – sign up at Reception. The cost of Bt500 per head includes a welcome drink (Bt300 for children under 12).

### Easter Sunday Egg Hunt

23 April

Sign up at Reception for this annual fun event on the back lawn, starting at 8am; just Bt50 per person! For details contact Khun Goi.

### Easter Sunday Safari Trip

23 April

Immediately following the egg hunt we are running a day-trip to Safari World, leaving at 9am and returning at around 6pm. Cost is Bt800 for adults and Bt550 for children, including transport, picnic lunch and shows. Sign up at Reception.

### Khao Yai Resort (Revisited)

26 – 28 May

One for the diary – take in a bit of the Thai countryside! Last year we were fully booked for this scenic and relaxing trip, so keep your eyes peeled for the flyers in the next couple of weeks giving confirmed details of cost, arrangements. Join us once again on this popular trip!

## Club Sports Day

21 May

Advance notice! This year, besides the sports section teams, non-section members can also enter a team. Each team should comprise 4-7 members, one of whom will be required to monitor a particular game or event. Further details will follow in next month's *Outpost*. This is a fun day! Everybody who joins in has a great time so get your team together quickly, and register your names with Damon in the Fitness Centre.

## PLEASE NOTE - OUTPOST

The copy deadline for *Outpost* magazine is the 10th of each month preceding publication. If you would like an article included in the May edition, please ensure it reaches The Creative Partnership by 10th April. Please contact Gaynor de Wit on tel: 285 4721-3 or send articles directly to the company on fax: 678 1292 or email: <creativ@loxinfo.co.th>

## Correction

In last month's issue of *Outpost* there was a slight slip in the Sport & Recreation Coordinator's report. In the Edible Essentials article, inside the 'Type of Food' table, the category for 'Beef' in the 'Okay' column should read "T-bone with the fat removed and grilled with a little butter", not "T-bone with fat not removed and grilled with lots of butter" as printed. Sorry for the mistake and happy eating! —DN

## Farewells

Among those leaving the fair lawns of the Club this month are these members:

**A**nnabel Gosling, Peter 'Stitch' and Susie Hutton, Peter Hurst, Chris and Shirley Kirk, Daniel and Elaine Lyons, Adrian and Dianne O'Brien, Bina and Vinod Pohoomull, Miles Rendell, James Revell, Nick and Natt Roberts, Adrian Smith and Christel Steinbach. Sorry to see you go!

# Beer and Palaces!

Our first outing of the year once again saw us off to the Carlsberg factory and Bang Pa-In. A record number of 71 members turned out at 8am to set off north. The trip to the factory took longer than expected as Bus No. 1 – just to add excitement to the day – ran out of petrol!



After syphoning petrol from Bus No. 2 (a little trick I learnt at school) we proceeded slowly to the factory.

There Khun Jim Napier ably guided us around the brewery, showing us the whole brewing and packing process. We then had a hearty lunch, swilling down glasses of draught Carlsberg all the while. After an hour and a half of relaxing and getting to know each other, the members boarded the buses for the short hop to Bang Pa-In Summer Palace.

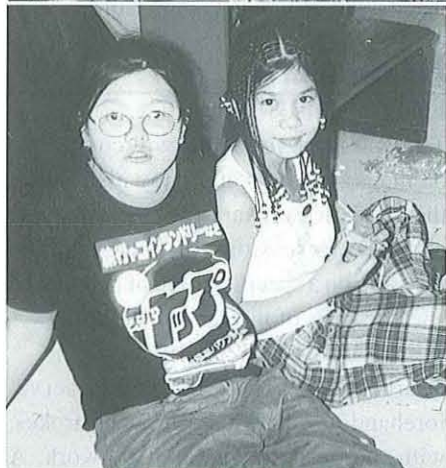
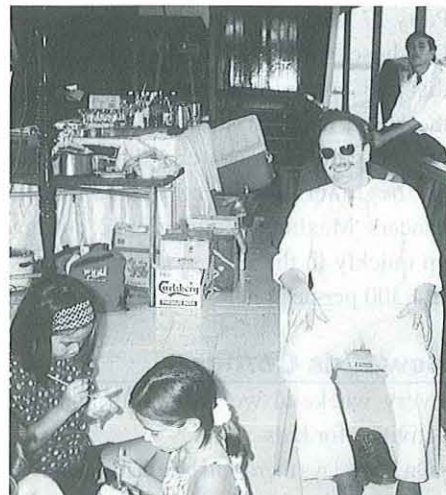
Everyone spent a pleasant one and a half hours driving around the beautiful grounds of the palace in motorised buggies. Here members also bought bread to feed the fish and the elusive turtles (there was one there last time I visited, honestly!). We then took a short stroll to the riverside and boarded Tubtim and set sail for Bangkok.

On board there were videos for the kids, painting of Plaster of Paris animals,

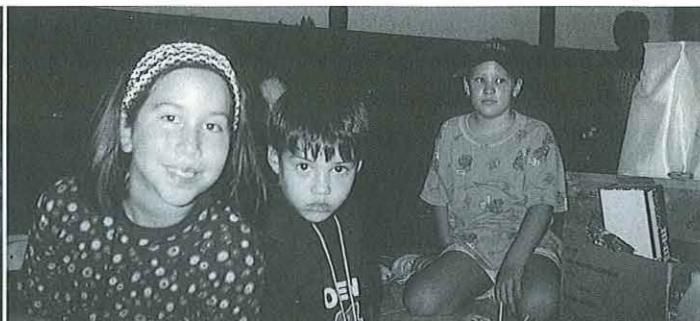
colouring books and a disco, while upstairs for the adults we provided full BC catering with a curry buffet. Jim Napier also kindly laid on a barrel of beer for members.

Many thanks to Jim Napier of Carlsberg for assisting with this trip, and to Khun Aue, O, Patch and the BC catering staff. And also a big thanks to the 71 members who attended this memorable trip out of the city.

**Beery Osborne**



## 8C Trip To Carlsberg & Bang Pa-In



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# Review of 1999

**T**he 57th Golf Section AGM was held on February 25th. Apologies to everyone who got their invitation late. Bernie Adams opened the meeting by reporting on the activities of 1999.



The Captain and his girls

The Section played on 14 different courses during the year, including Majestic Creek, Mission Hills Kanchanaburi and Sawang Resort. A wide variety of golf was played, ranging from the highly competitive PricewaterhouseCoopers League down to club and fun days. Bernie also organised the inaugural match play tournament which, due to its popularity, will be rerun in 2000. Our match record showed three victories, two of which were against the Embassy. Our performance in the PWC League was a credible third place.

## Golfers of the Year

The AGM was also an opportunity to award the annual trophies. Winners were as follows:

- Captain George Cup (lowest average nett) – Sriwan Forrest
- Norman Bond Trophy (most improved golfer) – Mike Staples
- Humphreys Trophy (most long drives) – Bernie Adams
- Amazon Trophy (most long drives: lady) – Karen Carter
- Nearest the "Post" Trophy (most nearest pins) – Mike Staples

Bernie Adams was named "Golfer of the Year". Points are earned for attendance, long drives, near pins and placings in competitions.

## Thank You to Our Sponsors

With the economy in dire straits during the past few years, sponsors are becoming increasingly difficult to find. Therefore a special thanks goes to the following who made our golfing year more enjoyable:

**Dunlop** for the Dunlop Cup Weekend and for all the technical prizes.

**MERC** for the MERC Trophy against the Lighthouse.

**Ansell** for the Senior Weekend

**GAB Robins** for the New Members Day

**AsiaPac** for the DeeMed Trophy

**Bernie Adams** for Bernie's Bowl

## The Committee

After four years of commitment to the Golf Section Judy Fitzgerald has decided to hang her hat up and devote more time to looking after Roger. Judy has done a splendid job in buying trophies and prizes. Her good taste has ensured that her selection has not been condemned to the broom cupboard or jumble sale. Many thanks for all your hard work. The remaining members of the current committee were voted back in with a few changes in roles. Mike Staples takes over from Dugal as Handicap Secretary. Results can be emailed to him at <mstaples@samart.co.th> or faxed to 232

6757. Bernie Adams takes over from Gareth Sampson as Captain with Dugal as Vice. Phil Hall was elected as a new member. Guy Snow remains as Treasurer and I am pleased to report that the Section is in the black.

## First Medal of the Year

Winners of the Medal 1 held at Subhapruek were:

Flight A	Mike Corey	70 pts
Flight B	Joom White	63 pts
Flight C	Richard Taylor	66 pts

Dick Taylor blushed on receiving his prize, claiming he was a virgin when it came to winning golf trophies. Please note that he takes it to bed every night.

## Bernie's Bowl

Bernie promised a round of normal golf but a completely bizarre scoring system. On reflection he must have been trying to reward the very good and the very bad. Dugal Forrest had a blistering game, coming in with a net 63 even after blowing up on the 18th, and was rewarded with first prize. Roger Fitzgerald and I must be in the seriously awful category as we came second and third after scoring numerous net triple bogies. Both of us were 10 over our handicap.

Thank you Bernie for a lovely day and our undeserved prizes. Dugal... you can keep yours.

## Next Outings

Thursday 6 April, noon – New Members Day at Green Valley, Bangna

Sunday 9 April, noon – Medal 2 at Subhapruek

Saturday to Monday, 29 April-1 May – Eclectic at Majestic Creek

**Karen Carter**



Medal 1 winners



Bernie's Bowl winners



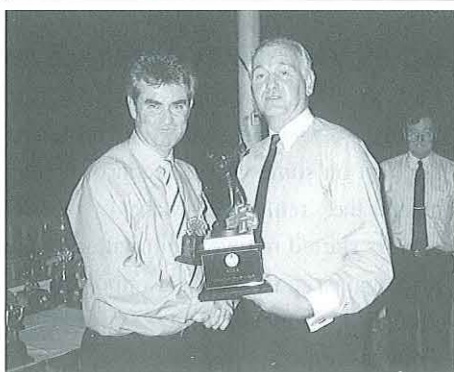
Joom – 1999 Flight C winner



Bernie – Golfer of the Year



Mike – Most Improved Player



Tony – Matchplay Champion



Sriwan – Ladies Club Champion



André – Club Champion Nett



David – 1999 Flight B Winner



Bernie – 1999 Flight A Winner



Karen – Amazon



# The Committee Soldiers On

**A** very full report this month – lots of things going on and a bit of carry over from last month because I lost the report on the Sunday mix-in, so here we go.



Pictures from the AGM



## AGM

The AGM was held on Sunday 5th March following the Central Plaza Mix-in. Congratulations to Peter Corney on running the fastest ever AGM the squash section, or any other section has ever seen. About 30 members attended and everyone enjoyed the buffet, the beer and music from marvellous Marvyn, who was in amazingly good spirits considering Wales were thrashed by England just a few hours before.

The committee sits unchanged, and is:

Peter Corney (Chairman, Leagues and Ladder)

Dick Anwar (Captain)

Bill Randall (Secretary)

Marvyn Lewis (Court Maintenance)

John Vivian (Treasurer)

Philip Hall (Outpost)

David Eastgate (Everything Else)

## League 140 results

League 140 was completed on the 15th of February and the following members were winners of their respective divisions.

1. David Eastgate
2. Nick Thwaites
3. Chris Platt
4. Ignatio Serrano
5. Howard Winn
6. Jack Dunford
7. Frank Flatters

Congratulations to the winners and to players in Divisions 1, 2 and 6 for playing all their games.

Central Grand Plaza Hotel Sunday Mix-in – 6th February

The **Central Grand Plaza** Sunday mix-in was held on Sunday 6th February, and I missed the results last month so apologies to all concerned, especially our sponsor Martin Reid, so he gets a double mention this month.

There were 12 participants for the afternoon's squash, including four new members, Ignatio Serrano, Andrew Hamilton, Andy Talling and Adam Jelavic. Adam and Andrew won their respective sections and Martin Reed was available to present them with dinners for two compliments of the Central Grand Plaza Hotel.

### Results

Dave Eastgate	(-38)	42
Adam Jelavic	(-26)	75
Ignatio Serrano	(-24)	50
Chris Platt	(-24)	44
Peter Norris	(-16)	69
Phil Hall	(-16)	71
Andy Talling	(-8)	51
Greg Brown	(-11)	62
Andrew Hamilton	(-13)	75
George Dunford	(-28)	41
Wayne Needoba	(-7)	63
Frank Flatters	(-7)	61

## Central Grand Plaza Hotel Sunday Mix-in

### 5th March

A few interesting turn-ups this month, with Dick Anwar falling foul of Linda Eastgate and ending up with a negative score. Martin Reed came back after a long absence and almost had to eat in his own restaurant, but Marc Hagalauer pipped him by 2 points, while Peter Corney won the other group by a single point from yours truly. You can expect some handicap changes next time out!

### Results

Dave Eastgate	(-38)	66
Dick Anwar	(-30)	48
Colin Hastings	(-30)	59
Peter Corney	(-28)	71
Charles Whitely	(-25)	52
Phil Hall	(-18)	70
Peter Norris	(-18)	52
Marvyn Lewis	(-22)	62
Martin Reed	(-12)	73
David Fewster	(5)	60
Marc Hagalauer	(-30)	75
Linda Eastgate	(-3)	68

## BC vs Vajiravudh College

Last year we won this fixture, but the college was out for revenge and turned up the heat on some very hot courts as they hosted the return leg. Many of the BC players started out well, but wilted in the heat against much younger opposition. If you didn't get the hint – Vajiravudh College won.

David E	1 vs 3	Visarut
Nick Thwaites	1 vs 3	Kittirak
Dick Anwar	2 vs 2	Kittisak
Peter Corney	1 vs 3	Prapatpong
Charles Whiteley	3 vs 0	Suthichai
Tom Livingston	3 vs 2	Jaray
George Dunford	3 vs 0	Surakit
Bill Randall	1 vs 3	Surat
Phil Hall	0 vs 3	Thanase

Special Guest appearance by Gareth McLroy, flown in specially from Singapore for the event (and if you believe that....) who played Thai number 1 and BC open champion Apirom. It must have been the jetlag, or perhaps the 12 pints the night before, because after a very close first game it all went downhill and Apirom won 3-0.

## Harold Mercer Team Cup results

Four teams of 5 players contested the annual Harold Mercer Trophy series over 3 Tuesday nights in February and March. Teams were named after big cats – I don't know why, but it's tradition! The players are graded by league & ladder positions and the competition was very close, with all but one match a 3-2 result.

The winning "Tiger" team comprised Glen Pendry, Peter Corney, Bill Randall, Danny Raviv and Wayne Needoba, with reserve Greg Brown. They won 9 matches with 6 against. Second were Cheetahs, third Pumas and Leopards bought up the rear. There were 4 unbeaten players in the tournament, with 3 wins apiece, David and Linda Eastgate both playing for Pumas and George Dunford and Del Levin of Cheetahs. I have to mention, or someone else will, that yours truly was the only player to go without a winning a game over the 3 weeks. Well done to everyone who took part as the competition was played in the best of spirits and produced some excellent squash.

## Junior Squash

Just a reminder that Junior coaching takes place at 11:00am on the first Sunday of each month, before the above mentioned Central Plaza Sunday Mix-in (another mention Martin!). We have kids from 5 years up to 14 so don't be shy, come along and learn a bit more about squash from some of the clubs top players. There is also a junior ladder for the better players.

## Yes Let! Play better Squash

This month lets look at a few points relating to accidents and incidents during a game.

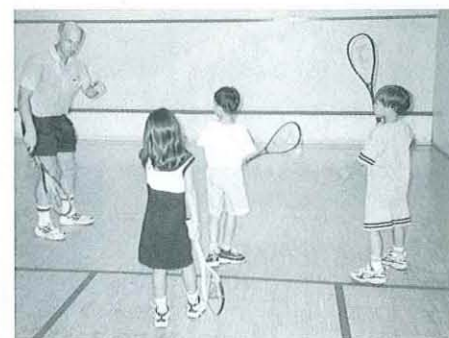
- If something falls from a player or his clothing during a rally onto the court, and is seen by the referee, the rally is stopped (for safety!) and a stroke given against the offending player. If the referee does not notice until the end of the rally the point stands.
- If something falls onto the court from outside ( from referee, spectators or court) the referee will stop the play and restart as a let.
- If a player is cut or has flowing blood for any reason (nose-bleed, collision, fall etc.) play will be stopped and the player must leave the court to have the blood flow stopped. Here's where it gets interesting, If it is self induced such as a nose-bleed or collision with the wall or floor) the player has 3 minutes to resolve it, although this may be extended at the discretion of the referee. After the time is up the player must play on or forfeit the current game to get the standard 90 seconds break between games. If the cut was caused by a collision with the other player or racket the referee may allow time at his discretion, even to the extent of rescheduling the match, if tournament conditions allow. A player may not continue with any visible blood on body or clothes.
- If a player vomits on court they lose the match – it's true, look on page 27 – so don't drink too much the night before, and watch out for that sticky door on court 1.
- If a player receives a self-inflicted injury (twisted ankle, pulled muscle, cramp) they may be allowed a recovery period of up to 3 minutes, but must resume at the end of that periods when the referee calls "time". They can only get a longer break by forfeiting a game, as above.
- A player can only change equipment during a game if they can show that the equipment can be seen to have suffered

material deterioration". This applies to broken strings, shafts broken or broken shoe laces. I have seen it applied to a slippery grip, but only after the racket had flown a couple of times and it was deemed dangerous to the other player! Otherwise switching rackets, changing shirts during a game – definitely not.

Just to finish, players often put bags, keys, phones and other valuables at the front of the court for security. No-one can argue with this as unfortunately thefts do occur even in a club such as ours. However where should you put them? Most people put them in the front corner, out of the way. In fact in squash the corner is the busiest part of the court; that is where we aim all of the soft drop shots, where we play nearest to the tin and any bags down there. The best place for bags and other belongings is in the middle of the front wall, the place you want to aim least – think on that one.

Happy squashing

Philip Hall



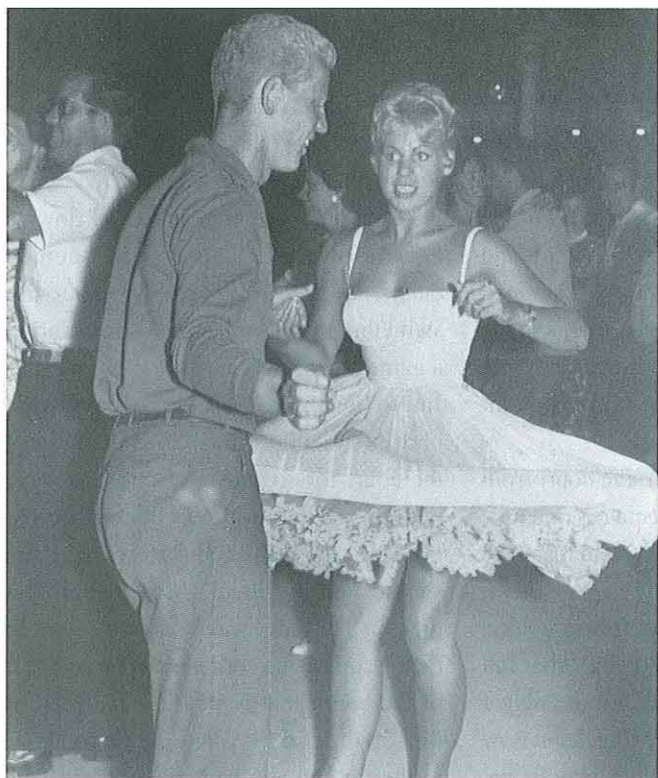
Teacher David and his stars of the future



BC Squash Road Trip! George, David and Tom sightseeing around Vajiravudh College

## COMPETITION!

# Who Is She Now!



**O**K, first competition of the year and it's a 'Guess Who?' to rack your brains with! So, who is the stunning blonde twirling her stuff here in the picture?

This photo was taken, oooh, some two or three years ago (or perhaps decades, but who's counting) but that classy style has changed little since then! We don't want to know who the guy is (nor probably does the mystery member's husband), just the gorgeous gal on the dancefloor.

A bottle of wine goes to the first member to contact me, Gaynor, at The Creative Partnership by phone (285 4721-3), fax (678 1292) or email ([creativ@loxinfo.co.th](mailto:creativ@loxinfo.co.th)) and correctly name the member, and my decision is final.

## Last Night of the Proms!

**A Truly Traditional Concert with the Band of HM Royal Marines**

**Wednesday 26th April 2000**

**Siam Inter-Continental Hotel**



A superb evening's entertainment with the world-class Royal Marines Band playing a popular variety of well-known tunes, march numbers and big band sounds. The audience participation in the second half makes this concert really special!

**PLUS!** Win 2 flights to Melbourne and entry to the Melbourne Cup with the business card draw!

Tickets on the door or for reservations contact:

Siam Inter-Continental Hotel on 253 0355-7 x 7533, 7528

or Terry Adams on tel: 653 5042, email: [tadams@bkk3.loxinfo.co.th](mailto:tadams@bkk3.loxinfo.co.th)

'Last Night of the Proms' and the 'St. George's 40th Anniversary Ball' are proudly brought to you by the Bangkok St. George's Society as part of the English Festival Week being held at the Siam Inter-Continental Hotel between 20th-26th April.



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E-mail: [srilankan.bkk@a-net.net.th](mailto:srilankan.bkk@a-net.net.th)

# Calendar

British Club Sports and Entertainment Calendar - April 2000

## Sundays



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

## Monday



8.00 am BWG Mahjong  
9.30 am Aerobics  
6-7 pm Masters (Adult) Swim  
Training  
6 - 8 pm Happy Hour  
7 - 9 pm Tennis Team Training

## Tuesdays



7 am Ladies Golf  
8 - 10 am Ladies Tennis  
10.30 am Aqua Aerobics  
3 - 5 pm BC Swimming Instruction  
6 - 8 pm Happy Hour  
7 - 9 pm Football Training  
7.30 pm Darts  
8 - 11 pm Friendly Bridge  
9 pm Gentlemen's Spoof

## Wednesdays



9.30 am Body Shaping  
4.30 - 9 pm Squash Coaching  
6 - 8 pm Happy Hour  
6 - 9 pm Tennis Mix-in  
6.30 pm Cricket Nets

## Thursdays



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

## Fridays



9.30 am Step Aerobics  
3.30 - 6 pm BC Tennis Coaching for  
Children  
4 - 6 pm BC Swimming Instruction  
5.30 pm Swimming - Junior  
Squad Training  
6 - 8 pm Happy Hour

## Saturdays



9 am - 12 noon Squash Coaching  
9 am - 1 pm BC Swimming Instruction  
4.00 pm Casuals Football  
6 - 8 pm Happy Hour

### MAKE A NOTE!

For the foodsters out there, don't forget the **Central European Food Promo** at the end of this month (28-30 April)!

**Easter** comes late this year, but we're still celebrating at the Club this month with an **Easter Sunday Egg Hunt** followed by an **Easter Sunday Safari Trip** on the 23rd!

Also for the kids, the **Kids Corner** every weekend organises activities and food for the youngsters while you relax on the courts or in the pool (or even the bar); see Goi for details.

Twinkle-toes step this way! - **Social Dance** starting every Tuesday from 2 May with a party to see out June, sign up and learn those sexy latin dances!

**Adult Tennis** starts in May - no, this isn't tennis with bad language, it's tennis coaching for the over-18s, from beginners to intermediates; sign up in the Fitness Centre.

Don't forget to sign up for the **Khao Yai Resort** second annual trip over the weekend of 26-28 May.

**Inter-section Sports Day** on 21st May - for ALL the family this year, with anyone allowed to cobble a team of 4-7 together to compete with the best of them.

*For more news and details on the above, please check out 'Management News' on page 9 or contact the Club.*

### Sports - Contact

Aquatics	Michele Law	295 4595
Badminton	Anant Leighrahathorn	654 0002-29
Bridge	Ernest Lee	612-3580 ext 503
Cricket	Nick White	246 0832
Football	Martin Conisbee	366 0432
Golf	Bernie Adams	675 6123
Rugby	Jon Prichard	662 6376
Sailing	Damon Nemish	266 0597
Scuba Diving	Peter Gary	634 7792
Squash	Peter Corney	381 7240
Tennis	David Blowers	285 4721-2

### Venues

Badminton	Soi Nares, behind Bangrak Police Station
Aerobics	Squash Court 3
Casuals Football	Colgate Ground, Rama III
Massage	Near the BC Squash Courts

### Opening Times

10 am - 11 pm	Churchill Bar
11.30 am - 2 pm	Lords Restaurant (Lunch)
6 pm - 10 pm	Lords Restaurant (Dinner)
7.30 am - 10 pm	Poolside Bar
6 am - 9 pm	Fitness Centre
9 am - 9 pm	Fitness Centre (Sundays/Holidays)
9 am - 6 pm	Thai Massage (Tues-Sun)

# The British Club General Committee 2000/2001

Name		Tel.	Fax.
James Young	Chairman	712 5407-9	712 5410
Nick Bellamy	Vice-Chairman	286 9999	236 5226
Sarah Allen		287 1046	678 8658
Paul Cheesman		262 6831	240 2542
David Eastgate		672 0123-5	672 0127
Michelle Law		295 4595	
Nicholas Lynx-Lomonde		705 8011	315 3337
Chris Moore		747 9633	747 9677
David Turner		618 6516	279 1234
Leonie Vejjajiva		258 5560	

## Club Staff

Willem Pentermann  
General Manager

Barry Osborne  
Operations Manager

If you have any questions about the British Club or if you have any suggestions, please call any of the Committee Members above or the General Manager on 234 0247, 266 4734 or 266 0597 or email us on <britclub@loxinfo.co.th>

## Meet the Staff

# More than Just Gardening

**K**hun Narong Sucharoen first worked at the BC in 1994 as poolside cleaner, recommended to the Club by his uncle, Khun Charoon, who was a Clubhouse cleaner.



He left after six months when his friend convinced him to start his own small business, an electrical services company, but he struggled with this occupation and so, after a year, he returned to the BC. Again he applied for the job of poolside cleaner but instead he was appointed as a gardener, and he has been happy in this position for over three years now.

Khun Narong's main job is to ensure that the front and back lawns are taken care of and that the gardens are kept beautiful.

However, he also helps to set up the functions, cleans the drains, sweeps the car park and cleans the tennis courts. There are five gardeners, and the Club is divided into five zones, so each gardener takes care of one zone for a month before rotating to another zone.

Khun Narong is single, and says he feels secure and happy in his job here.

*Interviewed for Outpost by*  
**Ratchanida Tippayalert**  
Administration Officer

## 'Along the Way'

**An exhibition of watercolours by Louise Truslow**

**L**ouise Truslow, a BC member for 10 years, will be holding her 5th exhibition of watercolours at "Kalae" in Soi Suan Plu from April 26th to May 20th. This latest collection further explores the culture and landscape of Thailand, featuring rice fields dominated by hazy mountains, and hilltribe women and children.

For further information please contact Louise on tel/fax: 678 4047 or email: <louisetr@loxinfo.co.th>

The proceeds from one of her paintings sold at the exhibition will be donated to the Child Protection Foundation.

# Water/Exercise/Heat

**E**xercise, heat and water require a delicate ballet to keep you healthy and happy especially in the season that is upon us.

Yes, it is getting hot and once this is printed it will be very hot indeed. I will not give a long speech regarding the detrimental effects of heat on the body but I will mention how to keep your self as healthy as possible while exercising in the heat. First rule – though not always possible – avoid the peak sun hours 11:00 – 3:00. This is a lesson already well practiced by our tennis section one look at the court booking sheets will prove that.

## Water, water always

I mentioned water in last month's article in regards to it 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, with out water, you will only last a few days. This alone should spell out to you the high requirements of water in your daily diet, however in the heat it is even more apparent. With the hot season upon us every one (except 100% air con sheltered crazy people) will need to drink more water, to make for the increase in sweat that we will produce to cool our bodies. You will need to drink more water all day long not only during or after the exercise, as you will already be too late to replenish your self. You need to not underestimate how much you lose during even moderate exercise let alone vigorous exercise. As an example you can lose 1-2 kilos of water in a bout of exercise – that will all be water. Do you think in one sitting that you can drink 2 liters of water to replenish that? I doubt it! So you then have to spread it out over the entire day. Drink lots and lots of water.

## Hotter than Skin Temp

As a word of warning, when the temperature rises to 34+°C your body becomes unable to shed the heat that is generated during the exercise that you are doing. In reality

it has no where to go as the outside temperature is equal to that of our skin and therefore 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 any way – **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.

1. Do not exercise vigorously when it is very hot – moderate exercise will keep you healthy and happy – save the hard workouts for early in the morning or later in the day when it is cooler.
  2. Wear cooling clothing – such as cool max – not cotton as it holds the water and will not help you shed the heat.
  3. Wear a hat.
  4. USE SUNSCREEN
  5. Keep your workout to less than one hour.
  6. Once your workout is over - relax, drink cold water, and sit in the shade to start your cool down.
  7. Drink lots of water before during and after you workout.
  8. By all means 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 then seek medical attention.
- As a final note – you can not beat the heat – only work to minimize its effects and the possible damages to your body. Good luck and I will see you at the water hole (real water that is).

## Congratulations!

In the recent Koh Larn Classic Boating and running race to, from and on Koh Larn, our very own David Race was on the winning team. The race consists of a team

of two sailing from port to the island (Koh Larn) with the runner then jumping out running a circuit on the island, returning and they then sail back to port the fastest combined team wins. The accomplishment was mostly at the hands of David Race, as the fastest run of the day went to another British Club member John Quarmby who was on another team. Congratulations David and John on a job well done!

(If anyone knows of other sporting activities in which our British Club members partake, 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 racquets provided for all junior members on Sunday May 16th. See the advert in the Squash Section report for details. The goal with this 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 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 the 23rd of May if you want to compete then let your section's committee know or just shoe up for support and fun. For those uninitiated – as we have many new members in our midst – this is a day of fun competition where each of the sports sections puts a team together and competes against each other. The games are created and administered by each respective sport section. The points are then tallied and the winners are announced. It should be noted that the Tennis Section has won since 1995 (95, 96, 97, 98-no contest) so they will be the ones to beat. If you think you can help out your respective



## Keeping Up Tradition

### Inter-Club Men's Doubles, Sat & Sun 26-27 February

The British Club are consistent if nothing else. For the last five years we have managed a fifth placing out of six teams at this event, and so it was this year as we came storming home fifth yet again.

Amazing how we never appear to improve – or that other teams never appear to deteriorate – despite having fresh blood in the side every year. Ah well, a good time was had by all at our neighbours the Silom Club, who hosted this year's successful event.



### Krung Thai Bank Match

Sat 29th January

Looking back a couple of months, the day before the Chamber Pot, the BC put a pretty high profile team out against Krung Thai Bank but despite the calibre of some of the players we still got whopped 17-9. Something about their women being very strong, or something, though they (and we) had several more men than women. Hmmm. With Bruce absent, playing at some tournament for the aged where there had to be a combined age of over 100 on each side of the court (was Bruce playing singles or doubles?), I'm afraid no match report will be forthcoming so best to give the score now, better late than never.

stalwarts pulling through to the quarterfinals and other surprise knock-outs in the earlier rounds. Definitely one of the hottest tournaments in living memory, with (we think) a record number of players in the men's singles, if that's any indication. Unfortunately the Outpost deadline means that most of the draws have barely reached semi-finals, yet by the time you read this it'll all be over, so the whole report will have to be in next month's issue! Keep you in suspenders for another month, anyway...

### Dunlop Club Champs 2000

As I write, this tournament is producing some fine matches, with some of the

Lotsaluv  
Me

*from the SRC - continued*

section then let your committee know. If you do not know who they are, call me and I will 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 been one for the underdogs). Good luck to all competing and have fun.

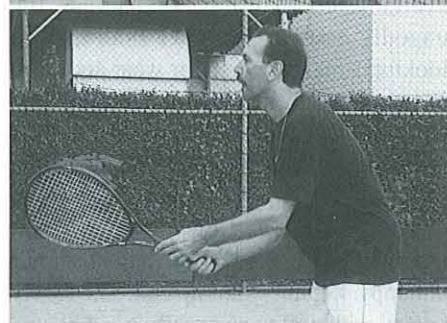
**Damon Nemish**  
Sport & Recreation Coordinator

### Dates to remember

April 4th – Easter Egg Hunt Extravaganza – details to be given by posting.

April 15th – Songkran Celebration Day

May 23rd – Inter-section Sports Day



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# Triathlon in Nakorn Phanom

**T**his race is one of the best in Thailand, and the cheapest too. You get to swim in the mighty Mekong – during the dry season so it is not so mighty – and are told at the swim start not to stray too far towards the Laos bank as you might get SHOT! Honestly, that is what they tell the competitors, and Greg and I speak enough Thai to know that the organisers weren't giving the farangs a line.

This may have been true the first time as it was three years ago, when relations were not as friendly, now it is a bit of a joke but nevertheless no one strays far from the Thai side during the swim!

I went up to Nakorn Phanom with BC member Greg Brown on the only flight available on Saturday, that left at the ungodly hour of 6am. We both arrived looking a bit the worse for wear and were swiftly mocked by the Bond Family who had been there since Friday afternoon (I gotta get a different job with more time off! - JOKE!). Greg and I sat down promptly after getting our rooms and indulged in the first bit of food since our unhappy 4.45am wake-up call. The lovely buffet, with coffee and really good bacon, was just 100 baht. Greg asked if they were serious, as this hotel is a good 3-star quality; I said yes, having forgotten how cheap it had been in previous years.

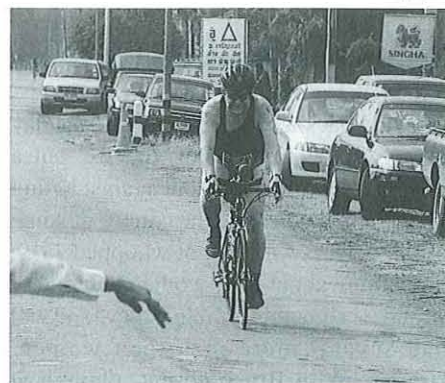
Greg went off to have a massage and I had a nap, which was lovely! Having an 18-month-old son I had forgotten what it was like to have a nap... pure heaven! I spent the rest of the day lazing around conserving energy for the race on Sunday. With the minimalist training philosophy I have been using (read: too much work and playing with my son) I was uncertain how the day would turn out, therefore rest was paramount. Dinner at 6.30, bed by 8.30pm. Again, missing my son but very happy to have slept through the night. I awoke at 5.30am feeling rather rested. Greg was having breakfast, a mistake he would later

rid himself of during the swim – I'm glad I swim faster than Greg does!

For the start we all pile in buses and are taken down to the waiting ferry, which normally carries cars across the river. 2km away, then we are to swim down the river back to the hotel. We have been promised that we will be allowed a warm-up this year; however, someone forgot to tell the boat driver and volunteers. We are all herded onto the barge ASAP and I know from previous experience that once on we can only get off when the starting pistol is fired. I have told myself that this would not bother me this time and I stayed cool and calm. Greg is laughing nervously as he sees people in life jackets jockeying for position at the front of the line, ready to start the day's racing. I tell him it is always like this and, happy as I am to have anyone racing whether they need a life jacket or not, I do not understand why they need to be at the front if they can't even swim!

## And They're Off...

Finally the gun sounds and we're off. The initial jump in is interesting at best and downright freaky at worst. If you have never swum in the Mekong, as I am sure most of you have not, let me tell you it is fun! At this stage in the mighty river's flow, it is not dirty as in many pollutants but it is very murky and full of sand. I told Greg you can only see half way down your arm; after the race he called me a liar as he could see only half way down his biceps! I had to point out that his arms are longer than mine, but you get the point: you cannot see far and for a weak swimmer it takes some getting used to. I personally survived the swim, Greg did not do too badly (aside from relieving himself of breakfast) but was one of the few to test the words of wisdom: "do not venture too close to the Lao side of the river". Peter took some settling in as he didn't like not being able to see in the water, and June did the swim uneventfully but very successfully.



## On Yer Bike!

Out on the bike course I was feeling okay but not fast by any means; Greg's second ride on his bike was good but back-wrenching. Peter took loads of time off last year's bike split and June cruised comfortably along towards the transition area.

## Hot To Trot

I began the race in about 10th place and felt okay again – not great but not bad. I passed a farang from Phuket almost immediately and set my sights on my good friend and training buddy John. I was almost there, to catch him for sure within the next two minutes, when I heard a trot from behind: this Thai guy is running very, very, very fast. I give him a "Go get 'em" and silently curse his speed which makes me look like I am going backwards. I feel fine on the way back into town even though I am working hard. Eventually I see Greg and send a cheer his way, and he returns the favour. We pass each other very near a section of the town where a group of school-age children are hanging out of a bus, all yelling "Number one, number



## Triathlon Special

one!" – which neither of us are, but that does not seem to matter, because at that moment we are. It is fun to have a good cheering section, it makes the whole race easier.

I pass Peter as he heads out of town, who politely asks why am I so far back - I send him a curse and tell him to pick it up a bit. Nearing the finish line I am content with my race, as I could not have gone any faster on the 'minimalist' training plan I have been following. I finished seventh, in a time of 2:37, ten minutes behind the winner and 8 minutes behind the guy who ran past me really fast.

I wait for June to get in off the bike and I go for a brief 500m run with her much to the delight of the school kids in the bleachers who cheer loudly.

Everyone comes in with their war stories and troubles and successes. No-one drowned although Peter tells me there was



a group of life jacket-clad persons clinging for dear life to the first buoy in the swim!

### Everyone A Winner

I spend the afternoon in bed watching TV and trying to sleep. The party afterwards was a great show consisting of many different dances and songs. We take turns getting our trophies and collecting our money. I make off with 3000 baht, not bad and with the total room bill for myself at

1900 baht I go home with more money than I started with - gotta love Thailand.

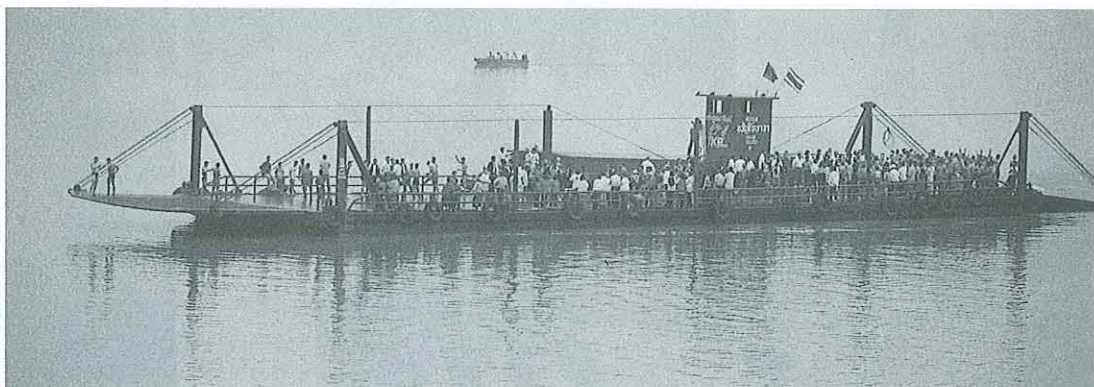
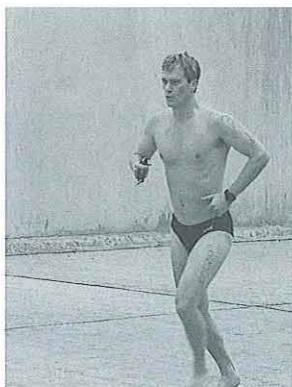
Greg finishes in 3:15 and Peter 3:30 and he won some money too, removing his amateur status. June was 4:20 and not the last competitor by a long ways. Way to go all!

This race, now in its third year and given a budget by the Tourism Authority of Thailand, is good fun and a much cheaper alternative to the Phuket Triathlon which will cost you more to enter and fly to than the whole weekend in Nakorn Phanom. No ocean true, but it was quite a nice break and a great race.

Trips like this remind me of the joys of living in Thailand. Hope to see more of you there next year.

Good luck and happy training!

**Damon Nemish**



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# BC Staff Invade Pattaya

**T**he British Club staff party to Khao Larn was held on Monday 24th February. We left the Club at 4am on a bus to Pattaya pier, packing in breakfast on the bus of chicken rice, roast pork and sticky rice, and at 7.30am we were on the boat for the half-hour crossing to Khao Larn.

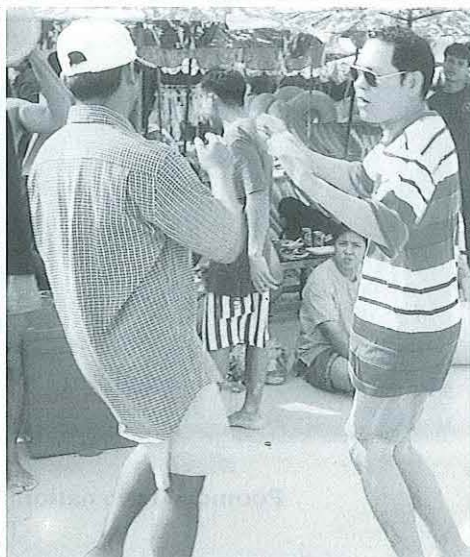
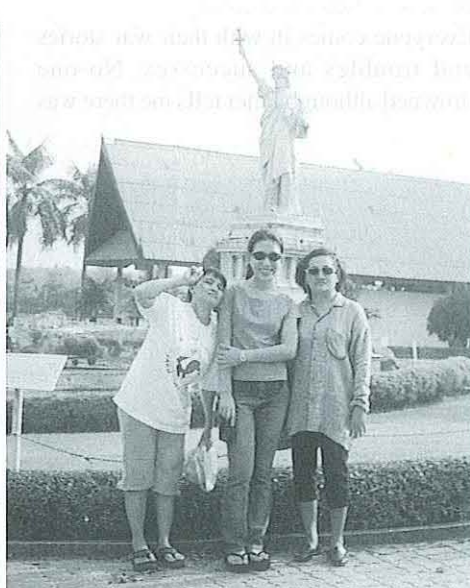
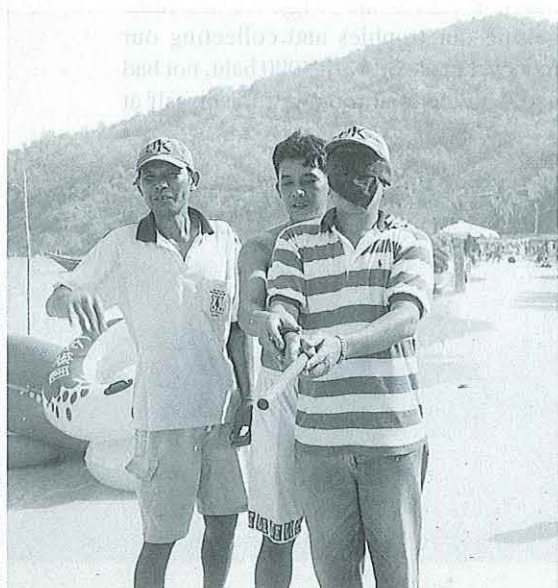
During the trip we were lucky to have Khun Taweekiat (fitness centre) as our entertainer as he ran lots of games on the bus, on the boat and on the beach, with all the staff joining in the games and winning prizes.

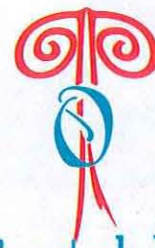
During the day some of the staff simply enjoyed sitting on the beach while others

went swimming, rode on the banana boat and water scooters, and everyone took a long-tail boat out to see the coral reef. The poolside staff prepared some som tam and everyone relaxed. Lunch was on the island at Rattana Restaurant, with seafood on the menu, which was delicious and very reasonably-priced.

After lunch everyone was herded back onto the boat and back to Pattaya, where the next stop was Mini Siam, taking photos of the mini Temple of Dawn, mini Temple of the Emerald Buddha, mini Angkor Wat, mini Abu Simbel, etc.

The party headed home at around 5.30pm – with the essential stop-off in Nong Mon to stock up on fresh seafood supplies! A fun day out, as you can tell from the photographs!

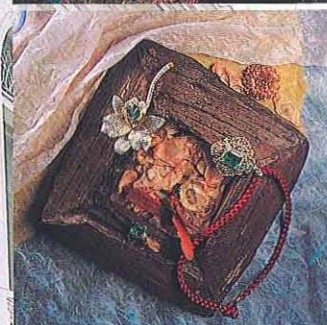
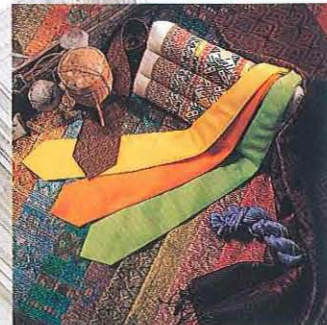
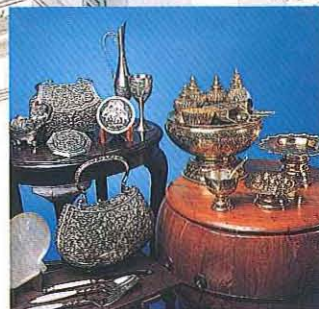




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## New Members

A round-up of new members who joined the Club towards the end of last year:



Hataitip and Roland Svensson



Adam Brooks



Michael Haddon



Stephen and Julie Hughes



James and Natalie McCartan



Sawat and Rapeeporn Suntiavaraporn



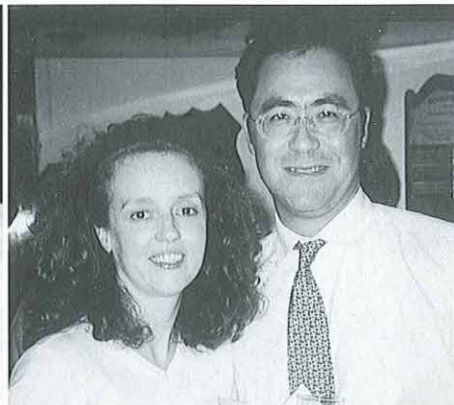
Manas (and Kanokporn)  
Wangtammanoon



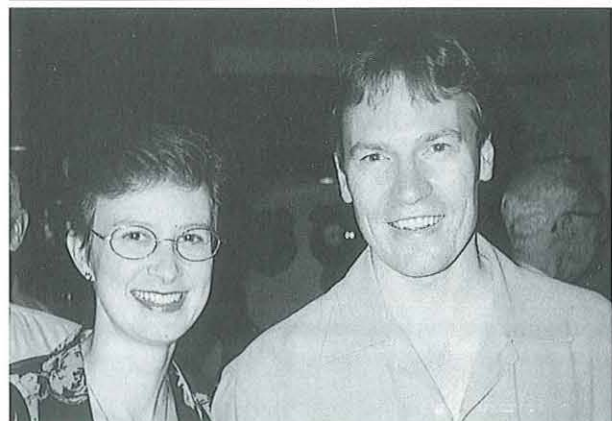
Richard (and Gail) Moore



Tom (and Jane) Murdoch



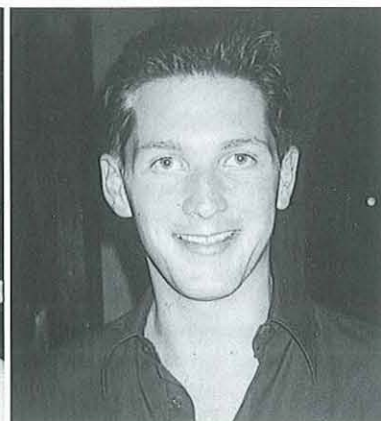
Alison and John Thompson



Helen and Luke Williams



Jessica (and Edgar) Koster



Phillip Lord

# Spoofers Stuffed!

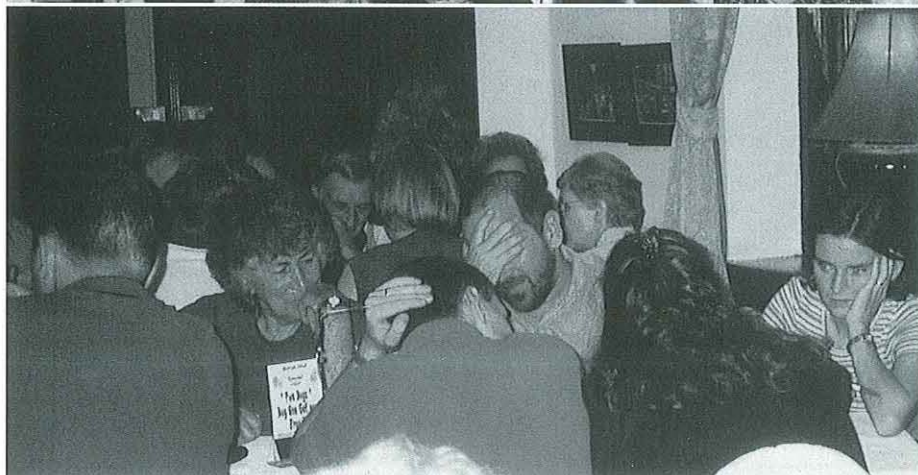
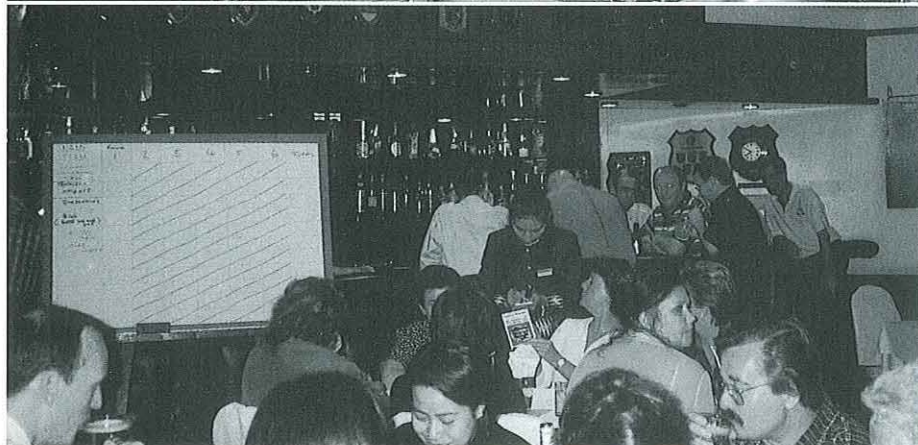
**T**he Churchill Bar was heaving for the first Bar Quiz of 2000, with over 70 people feverishly racking their brains, but Barry and his assistants – including Madeleine Albright (the amazing Cindy na Ayutthaya making a reappearance in striking new costume) – kept the evening running smoothly, with glasses full.

I'm not going to say much because I want the photographs to tell the story, but I was among many delighted to see the usually-triumphant Spoofers team coming nearly last!

for organising such a fun evening and they've promised to keep this as a regular event. Keep 'em coming!

A huge thank you to the British Club staff

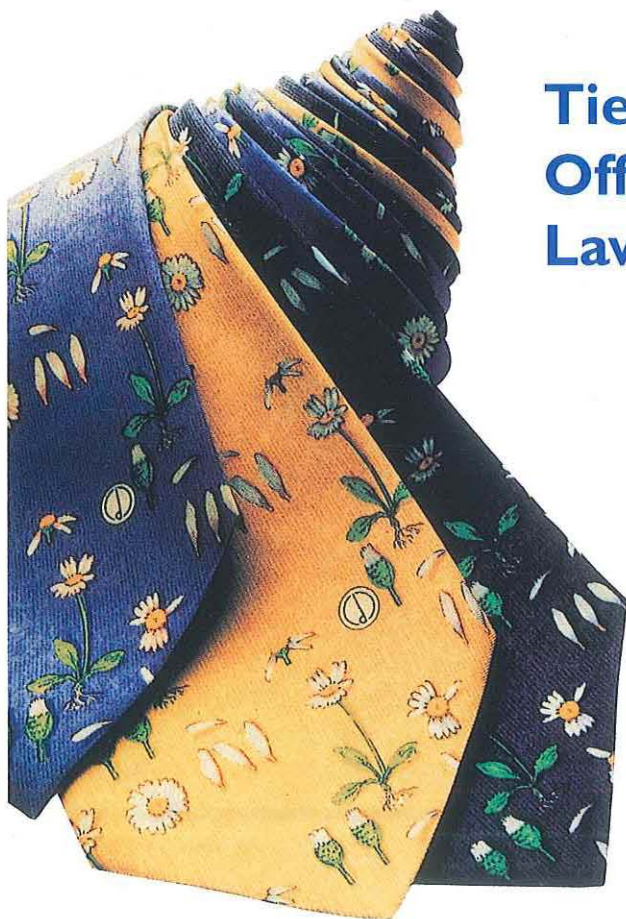
A member not on the winning team!







More pictures from the Bar Quiz, report on page 28



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