



OUTPOST

MAGAZINE

APRIL • 2003

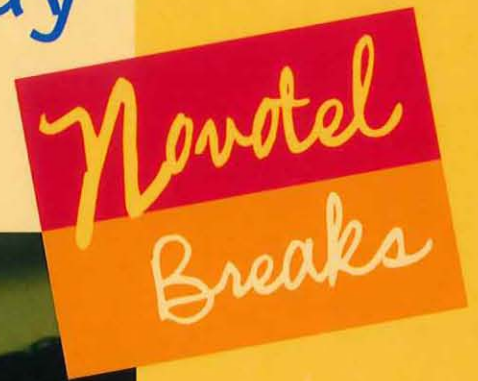


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The British Club is a family, social and sporting club, set in relaxing grounds, conveniently located between Silom and Surawongse Roads, with an ever-growing international membership.

For details about the Club contact the Membership Marketing staff at:

The British Club

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Fax: (0) 2235 1560
Email: britclub@loxinfo.co.th
Website: www.britishclubbangkok.org

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GM'S BRIEF

**Dear Members,**

First of all I would like wish all Members a great Songkran Holiday season. During the month of April there will be a Centennial Event which will be an exhibition of "Old photographs of Bangkok from the reign of King Rama IV to Present" in the Billiards Room. This exhibition is sponsored by the Panorama Museum. The opening evening will be on Thursday, 4 April 2003 from 7.00pm onwards. The reception will take place in the Suriwongse Room because of limited amount of space available in the Billiards Room.

Here are some of the main events coming up in the next few months:

Launch of the Centenary Book

Intersection family Sports Day in June

The Whiffenspoons from the USA in July

Two outdoor trips will be organised in May and June. This issue of *Outpost* has more information.

On the development side, the children's changing rooms at the Silom Sala have been completed and before the summer holidays the surface of tennis courts 2 and 3 will be replaced. The air conditioning units in the Changing Rooms at the poolside have been replaced and upgraded.

In April we will also make the necessary menu changes at the Poolside and Churchill Bar and a new beverage list has been implemented at the request of quite a few Members. This will include fresh fruit cocktails in all outlets.

There is still a small group of Members who do not comply with the rules regarding the Mobile Free Zones in the Lord's and Churchill Bar. We would really appreciate it if Members (and guests of Members) follow these rules as it is very irritating to fellow Members who are using these facilities and make the effort to respect the rules.

Over the past few months there have been quite a few Members who have reserved a tennis court at a certain time on a certain date, then cancelled at the last minute or simply not shown up. Unfortunately, we only have 4 tennis courts and a large amount of tennis players wanting to play! Effective 1 April 2003, Members who book a court and do not cancel within 48 hours prior to the court booking will be fined B 500 for the inconvenience caused to other Members.

Most sporting activities like swimming with Bangkok Dolphins, Tennis coaching, Cricket Coaching will start again in the week commencing Monday, 21 April 2003. For more details please refer to "What's On" in this issue of *Outpost*. Something NEW for the kids - Junior Brazilian Soccer starts on Wednesday afternoons between 3pm and 5pm on the Grass Tennis courts.

There are still a number of Members who have not given us their email addresses, as from April onwards most of the events will be announced by email and members can also enroll for these events by email.

Looking forward to see you in the not too distant future at your Club.

Yours sincerely,

Willem T. P. Pentermann
General Manager

BOOK ON-LINE!

www.britishclubbangkok.org

CHAIRMAN'S LETTER

Dear British Club Members,

I was delighted to be elected to serve as your Chairman for the forthcoming year, in what turned out to be the best attended AGM the club has ever seen. It is a privileged and honoured position and one I shall do my utmost to fulfill to the best of my ability.

Having been on the sidelines and I have to confess, a rather inactive member for more than 10 years, I thought it was time I got involved and help further the Club's and the Members' ambitions. So here we go!

You will all be delighted to know that your new Committee is an excellent balance of talent and experience and we are all looking forward to working with you over the coming months to help ensure the Club lives up to its expectations in this, its Centenary Year.

The Committee will initially be focusing on Communication. We are "your" Committee and it is important that you all feel able to convey ideas and thoughts directly to us if need be. We'll be making a special effort to meet as many of you as we can, so this is the perfect time to find out who your Committee members are.

The Club has, in recent months, as some of you will know, been through some difficult times, but we will now capitalise on those experiences and move forward with projects and ideas that we have all long been waiting for. Development of an historic Club is always going to be a controversial subject, but we have enough skills to find a solution with which all Members can be proud.

I will also be working with your Committee to bring the Club's Constitution and Rule Book up to date. We will advise Members when this has been completed and ensure that we're all up to date with the dos and don'ts within the Club. However, the last thing I want is for all of us as Members to feel we're in a Club that is governed by endless rules. In fact, rules work best when we all know what they are and we never have to refer to them!

I am looking forward to the opportunities and challenges, your support is more than welcome and we shall all make sure we have a great year.

Yours sincerely



David Quine

BCB Chairman 2003-2004

GENERAL COMMITTEE

Name	No.	Mobile	Tel. (Office)	Fax (Office)	Tel. (Home)	Fax (Home)	E-mail
David Quine	Q12	0 1854 1056	0 2252 5609	0 2252 2350	0 2252 5609	0 2252 2350	david@yes.co.th
Nicholas Bellamy	B288	0 1889 6204	0 2979 7277	0 2955 0300	0 2655 8271		nbellamy@th.mweb.com
Chris Moore	M194	0 1824 1648	0 2740 4521	0 2740 4530	0 2398 9726	0 2747 6935	chris@lasanne.com
James Young	Y25	0 1875 4737	0 2712 5407-9	0 2712 5410	0 2261 0528		jayoung@inet.co.th
David Eastgate	E64	0 1909 3026	0 2672 0123-5	0 2672 0127	0 2672 0250-603	0 2676 2061	davide@loxinfo.co.th
Greg Watkins	W119	0 9129 8004	0 2651 5350-3	0 2651 5354			greg@bccthai.com
Peter Bond	B40	0 1355 1739	0 2656 7732	0 2656 7736	0 2252 8307	0 2656 8907	pebond@loxinfo.co.th
Sarah Allen	A93	0 1987 8806			0 2618 7813	0 2618 7811	sarahem@ksc.th.com
Angela Daniel	D90	0 9006 5259			0 2258 8495	0 2258 8495	ange@loxinfo.co.th
Jonathan Prichard	P107	0 9895 5379	0 2679 6500	0 2679 6519	0 2716 5130		jonathan.prichard@ap.joneslanglasalle.com

WHAT'S ON

So Much to do, Not Enough Time!

APRIL

PHOTO EXHIBITION

"Old Photographs of Bangkok from the Reign of King Rama IV to present"

On show 1 - 30 April in the Club House Billiard's Room. This event is sponsored by the Panorama Museum. There is no entry charge. This event is arranged as a Centenary Event.

BRITISH CLUB SPORTS CAMP

8 - 11 April daily
from 9.00am - 4.30pm.

The camp includes, tennis, squash, swimming, cricket, soccer, games, videos, snacks and lunch.

Charge: B 850 per day or B 3400 for all 4 fun-filled days.

CLUB MANAGER'S NIGHT

Tuesday, 8 April at 6.30pm

Held in the Churchill Bar with a complimentary curry buffet, this is a great evening to catch up with fellow members and enjoy entertainment from No Fixed Abode.

BAR QUIZ

7.30pm on Tuesday, 22 April

Held in the Dining Room, all Members are encouraged to come along and have an exciting evening with Quizmaster Rodney Bain.

Each team can have a maximum of 6 participants and a registration fee of B 100 is collected for each team player.

BELGIAN BEER TASTING

Friday, 25 April at 7.00pm in the
Wordsworth Lounge.

This is the second Beer Tasting with a new selection of Belgian Beers provided by Belgian Beer Co. Ltd.

A complimentary Cocktail Buffet will be provided.

MAY

KOH KRED TRIP

Saturday, 3 May.

A nice day out to the pottery Island of Koh Kred for all the family! Leave the British Club at 9.00am and board Top Tim for a sail along the Chao Paya River (breakfast will be provided on board). Arrive on the Island at 10.30am and enjoy the wonderful nature, pottery products and temples on this pretty island. At 12.30pm board the boat again and sail to Suan Thip Restaurant to enjoy lunch in a beautiful garden setting. Children's entertainment will be provided. At 3.00pm board the bus and return to Bangkok at approx. 4.00pm

Charge: Adults B 1600, children below 12 years of age B 850

NEW MEMBER'S NIGHT

Tuesday, 13 May at 7.30pm

In the Churchill Bar, another excellent opportunity to meet new Members who recently joined the Club with entertainment provided by No Fixed Abode. Tuesday night is Ladies' Night, so even more reason to come out and party!

SWIMMING GALA

Sunday, 18 May

Warming up from 8.00am onwards, competition will start from 9.00am. Luncheon is included.

Registration Fee: B 200 per entry.

BAR QUIZ

7.30pm Tuesday, 20 May

Come along to the Dining Room and have an exciting evening with Quizmaster Rodney Bain.

Each team can have a maximum of 6 participants and a registration fee of B 100 per team player is levied.

KHAO YAI TRIP

23 - 25 May

Join us for this brilliant weekend trip, including two nights at the Khao Yai Villa Resort. Leaving from the Club on Friday night to Khao Yai, the cost includes, meals, bar quiz, elephant rides, transportation to and from Khao Yai and a trip through the National Park.

Only 54 seats are available on this trip so please make your reservation as soon as possible by email, fax or sign up at reception. Adults: B 4750

Children under 12 years: B 3250

Children under 2 years: B 1000

JUNE

GENERAL MANAGER'S

GOLF CUP

Saturday, 14 June

A great day out for the golfers with all aspects of playing golf taken care of.... the price includes breakfast, transportation, green fees, caddies and the presentation dinner back at the Club. All you have to do is get those little round balls into those very small holes on the greens!

8.30am Breakfast at the Silom sala

9.30am Depart by coach to the Golf Course

11.30am Tee off

5.30pm Return by coach to the British Club

6.30pm BBQ and prize presentation at
Silom Sala.

Price: B 1500 per person for Club Members
and B 1750 for guests



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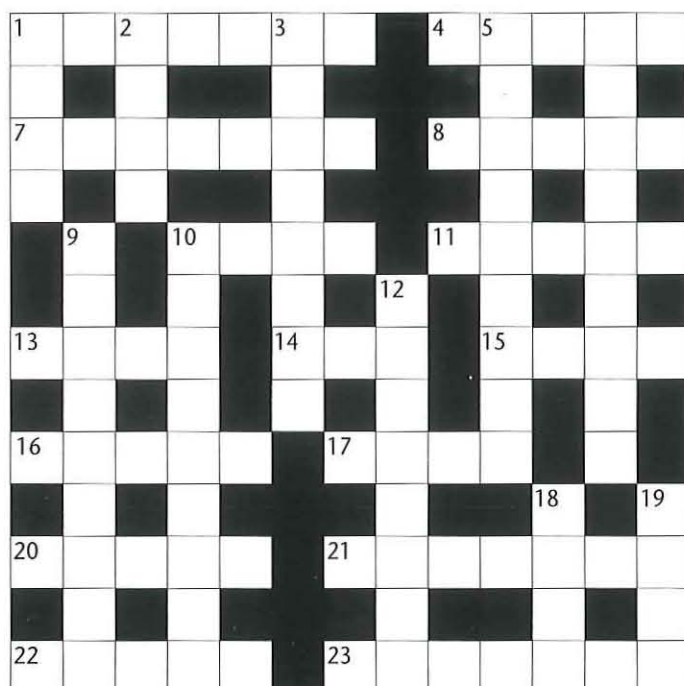


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CROSSWORD

Mind-boggled in April



Compiled by Margaret Miller

CLUES

Across

1. Is it difficult to wear on a building site? (4,3)
4. Hide away - on the street to the wood?
7. We back popular movie format.
8. Curved course of our planet.
10. A chess castle.
11. A foal's sister!
13. Tend to be thin.
14. A low fellow, don't you know!
15. Robin must have worn one.
16. A Caledonian racecourse.
17. An open tract of upland in Yorkshire.
20. You old fashioned fellows - for a country.
21. Help given to a worker on strike?
22. Conan Doyle wrote about one in Scarlet.
23. Having gone without food around the end of June, ate well!

Down

1. In autumn they are in the hedgerows with hips!
2. "Is there any moral shut, within the bosom of the _____" (Tennyson)
3. The Service I care for - quite ridiculously! (3,5)
5. Showing a dirty film!
6. A storage place, not yet full? (5,4)
9. Didn't stick to the budget - too exhausted.
10. Lose vigour, as hungry birds do. (3,2,4)
12. A professional pleader.
18. Get the order of this and you're out!
19. A number of horses for breeding.

Many apologies to the Crossword fans for last month's omission of February's solution!

Solution for March



Compiled by Margaret Miller

Solution for February



Compiled by Margaret Miller

*"Nobody made
a greater mistake
than he who did
nothing because
he could do only
a little." - Edmond*

Burke

Dear Editor,

**"FROM THE STREETS TO THE STATES" - MARCH
OUTPOST**

A flurry of phone calls followed the appearance in *Outpost* of my article about SOI DOG RESCUE (SDR) featuring a couple of street pups who had found their way to good homes in America. The calls resulted in foster homes being found for 2 disadvantaged young puppies (both of which are now being offered for adoption in the States), a donation or two and a few offers of help! And if that weren't success enough, "Saucy Sam" (pictured last month) found a big-hearted family in the USA to offer her a home and is now enjoying a fresh start (and some fresh weather!) in Holyoke, Massachusetts.

My thanks go to all BC members who expressed an interest in SDR, particularly to the charming heads of three of the Loyal Societies in Bangkok - Basia Filzek, Angela Stafford and Meilan Henderson who all offered help. (Here's my number, Ian, in case you feel left out - 01 611 2865!!)

Yours gratefully,

Sherry Conisbee (C242)

Email: soidogrescue@hotmail.com

Website: www.soidogrescue.org



Made for each other! Basia Filzek, BC member and Bard of the St. David's Society, with 'Burek', the 4 month old male puppy she will be fostering for a while.

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GENTLEMEN'S SPOOF**Tuesday Evenings - Churchill Bar**

Join the gents on Tuesdays for this spiffing spoofing bar game.

LADIES' NIGHT**Tuesday Evenings - Churchill Bar**

From 6.00pm til midnight, ladies can enjoy any of our cocktails for B 80 only.

TUESDAY BRIDGE NIGHT

We continue to enjoy a friendly game of Bridge every Tuesday evening in the non-smoking area of the Churchill Bar. Refer to the Calendar page for contact details.

BAR ACCUMULATOR**Wednesday Evenings - Churchill Bar**

Every member (and spouse) has the chance to win the every-growing cash prize. All you have to do is be in the Bar when your membership number is drawn from the hat. You can't win if you're not there!

**WEDNESDAY DART NIGHT**

Join the lads and lasses every Wednesday evening in the Churchill Bar for a friendly game of 'arrows'. Everyone is most welcome, regardless of whether you can hit the board or not!

CHILDREN ACTIVITIES

Bring the kiddies to the Silom Room at 2.00pm and let the BC and Kids Care entertain them with a whole range of activities followed by a movie. No charge for this event.

ART ATTACK CLASSES

Vanessa Christian runs these stimulating classes from 1.30pm - 3.00pm every Saturday. Charge: B5000 for 12 weeks, 2 make up sessions.

One-off classes at B 650 per class.

Please register at reception. Starting again on Saturday 26 April.

CHILDREN'S MOVIE NIGHT

Join us in the Silom sala for our regular Friday screening of great movies for the children at 7.00pm. No charge for the kids.

Hello & Farewells

Please join us in welcoming the following new Members and their families. We look forward to seeing them around the Club.

Mr. Christopher Coleridge Cole

Mr. Paul Warburton

Mr. Alex Bowden

Mr. Peter Bomer

Mrs. Paula Rajaratnam

Mr. Dominic O'Hagan

Mr. Richard Cash

Mr. Steven Brodie

Mr. Adam Sharp

Mr. Robert Logan

Mr. Gilbert Langner

Mr. Abhijit Singh

Mr. Ian Webb

Farewell and good luck to the following departing Members and their families:

Kataya Bruton

Eileen Kilgour

Robert & Sharon Collins

Paul & Allyson Carty

Roger & Annie Mitton

SPORT'S UPDATE

Get Ready to Start Again!

Sporting activities are having a break for Easter, but here are the schedules for loads of fun and games later in April.

JUNIOR CRICKET

Starting Sunday, 27 April 2003

Time: 9.00am - 11.00am

Venue: Back Lawn - Cricket Nets

Charge: B 3,000 for 10 lessons

Trainer: Mr. Brian Wiggins, qualified Australian coach

JUNIOR TENNIS

Starting Friday, 25 April 2003

Friday Afternoons - 10 week session

Beginners	5 - 8 yrs	4.00pm - 4.30pm	B 3,000
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Intermediate	9 - 11 yrs	4.30pm - 5.30pm	B 4,000
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Advanced	12 - 16 yrs	5.30pm - 6.30pm	B 5,000
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Coach Zubin and Piyanart Engineer.

JUNIOR SQUASH

Starting Friday, 25 April 2003

Mini Squash	5 - 7 yrs	4.30pm - 5.15pm
-------------	-----------	-----------------

Junior Squash	8 - 10 yrs	5.15pm - 6.00pm
---------------	------------	-----------------

Venue: Squash Court Number 3

Charge: B 1,900 for 10 lessons

AQUA AEROBICS

Starting Tuesday, 29 April 2003

Every Tuesday and Thursday morning.

Time: 10.30am - 11.30am

Venue: Main Pool

Charge: B 2,500 for 10 lessons

Trainer: Els van den Broecke

JUNIOR SWIMMING

WITH THE BANGKOK DOLPHINS

The Friday lessons will start again on Friday, 10 May 2003 and Saturday lessons on 11 May 2003

Charge: B 3,000 for 10 lessons.

TEAKWONDO

Starting Sunday, 27 April 2003

Time: 10.30am - 12.00nn

Venue: Squash Court Number 3

Charge: B 1,800 for 10 lessons

AEROBICS

Starting Monday, 28 April 2003

Time: 9.30am - 10.30am

Venue: Squash Court 3

Charge: B 3,000 for 10 lessons

BRAZILIAN FOOTBALL

FOR JUNIOR SOCCER FANS (NEW)

Starting on Wednesday, 8 May 2003

Venue: The grass tennis courts

Time:	5 - 8 yrs	3.00pm - 4.00pm
-------	-----------	-----------------

	8 - 12 yrs	4.00pm - 5.00pm
--	------------	-----------------

Charge: TBA

INTERSECTION CENTENARY SPORTS DAY

Saturday, 7 June 2003

Please note this day in your diary. More details in May Outpost and by email.

SQUASH

All Quiet on the Squash Front...

A quiet month for the squash players with only the results from the divisions in League 169 as follows:

Division 1	David Eastgate
Division 2	Steve Bell
Division 3	André Tissera
Division 4	Jack Dunford
Division 5	Uwe Warnke

CONGRATULATIONS TO ALL THE WINNERS!

AGM

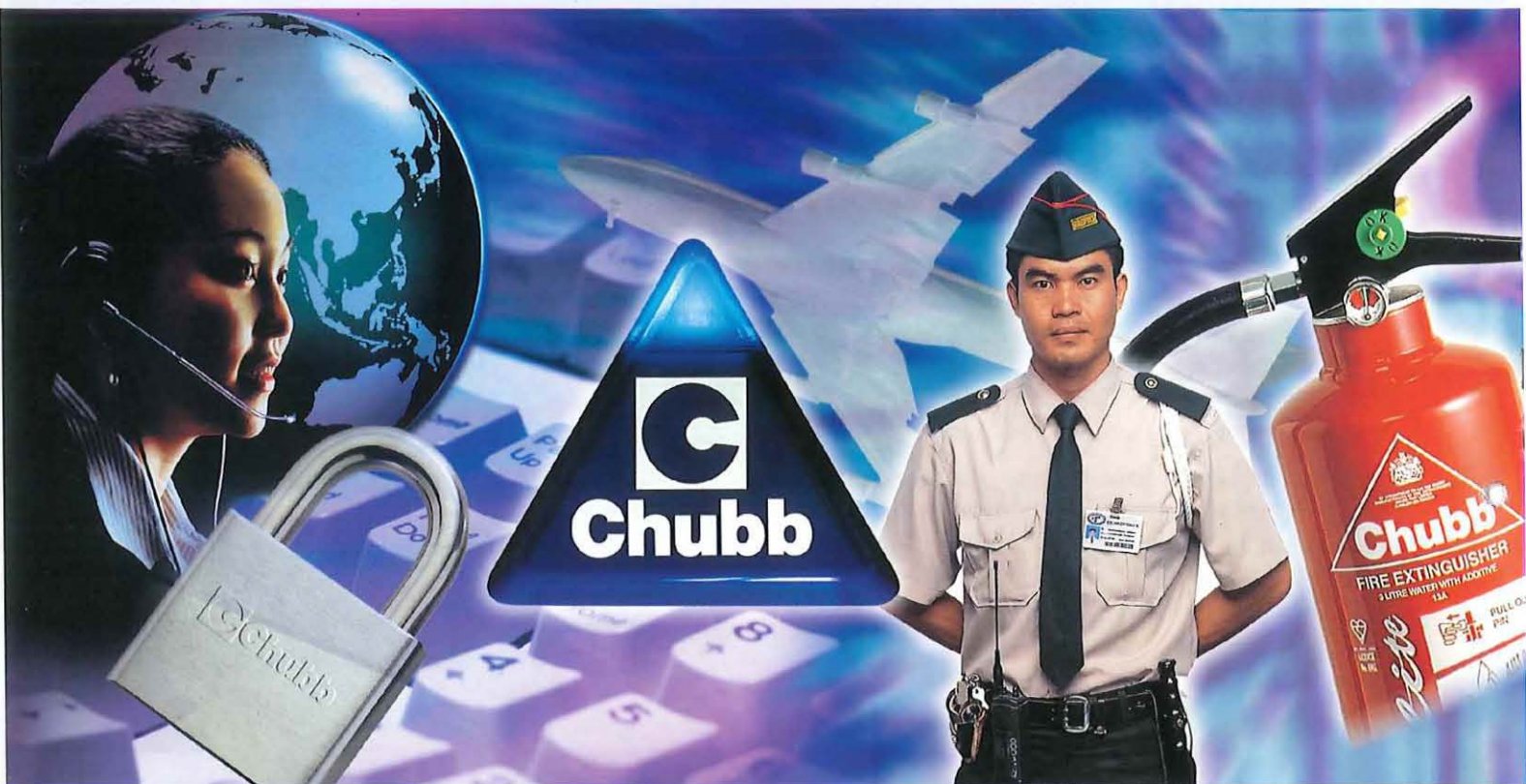
The Squash Section's AGM will be held on Sunday, 6 April commencing at 5pm, following the handicap mix-in starting at 1pm.

On completion of the AGM there will be a barbeque and music with "I lost but got the most points" Marvyn as the DJ.

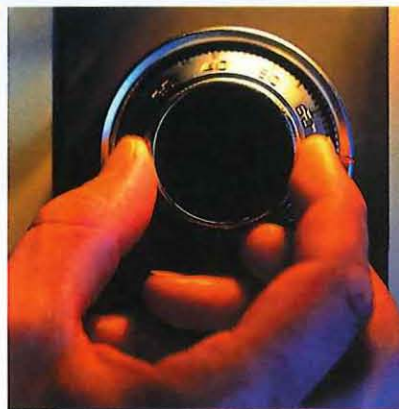
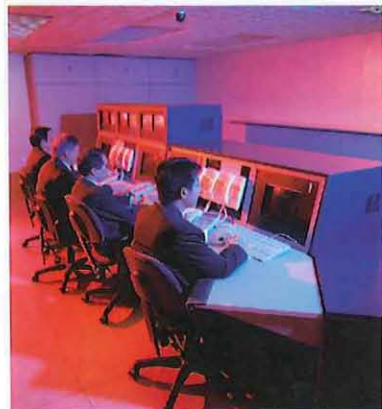
Members' families and friends are warmly invited to the barbeque - this is always an enjoyable day for everyone, so please put this date in your diary.

Steve Bell

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Guardforce

New Members' Night

The Churchill Bar is the place to be for new Members, and what a full house we had at the last New Members' Night in March. Newcomers to the Club came to meet each other over a drink (or two) and introduced themselves, via *Outpost*, to the full Club membership. This is always a good evening and this night was no exception! All Members are welcome to come along and join in the merriment (remember, as it's always held on a Tuesday, it's also Ladies' Night).



GREGORY & KAREN COHEN

Australian

Newcomers to Thailand, Gregory, Karen (and their two sons) are no strangers to expat life, having lived in the UK and Holland. They are both social tennis players and enjoy the gym, card games, travelling and mahjong. As Gregory's work with Primus Leasing often takes him to Malaysia on business, Karen can invariably be found trawling the shopping areas of Bangkok to make up for her lack of husband!



LEE KORNOWSKI

American

Lee has been in and out of Thailand since 1983 but has now decided to put down some roots here. He is active in the gym and is wanting to get involved with tennis and to learn golf. He was attracted to the Club because of the international community represented here and the relaxed atmosphere (darts were also mentioned!). When not working for BEA Systems he can be found bargaining for SE Asian folk art and antiques.

Also present at this New Members' Night was a fair smattering of the newly-elected General Committee. Congratulations and good luck to you all!!



From left to right: Nick Bellamy, James Young, David Quine, David Eastgate, Chris Moore, Peter Bond and Greg Watkins.

General Committee Members not present at New Members' Night:



Jonathan
Pritchard



Angela Daniel



Sarah Allen

GOLF

Long Live Lord Larry!



2003 COMMITTEE.

Back row from left - Guy Snow, Kevin Jones, Larry Goodliffe, Bridget Snow, Vicky Jones
Front row - Karen Holloway, Gareth Sampson
Not pictured - Karen Carter, Mike Staples

CONGRATULATIONS TO LARRY

GOODLIFFE - NEW BC GOLF CAPTAIN

Way back at the beginning of February, the British Club Golf Section held its AGM. The committee for the coming year was voted for and Larry Goodliffe was chosen to lead our merry band of golfers over the coming year. The evening began with Carol Anne Eastgate being presented with her Omega watch - her reward for being the first British Club golfer to score a hole in one last year. This prize was kindly donated by our sponsor Khun Uhd from Tok Kwang Jewellers. Khun Uhd has very kindly offered to continue this sponsorship so another watch is up for grabs in 2003.

AGM CLUB DAY AT VINTAGE

Makha Bucha day on 17 February was an opportunity for some extra golf for the British Club. With the AGM scheduled for the evening, the BC golfers gathered at Vintage to play a hidden holes stableford competition. The format is very straightforward. You play a normal stableford competition but only nine holes of your score will count. The holes that will count are drawn once the competition has been completed.

As the scores came in it became clear that Vintage is a course that may be slightly easier for the ladies (perhaps the ladies just played better!). I'll give you the results in reverse order. Jo Goodliffe was third with 23 points over the nine holes that counted. Mike Poustie was second, also with 23 beating Jo on a countback. In first place with a fantastic 26 points for the nine holes was Yurachatr Brook. Yurachatr had an amazing round scoring 50 points over 18 holes with a gross 85. Congratulations Yurachatr - a very worthy winner.

The technical prizes were widely distributed amongst the field of golfers with Jo Palmer and Peter Gale picking up the Ladies' and Men's long drives. The near pins went to Yurachatr on hole 2, Lori Robertson on hole 8, Mike Poustie on hole 11 and John Pollard on hole 16.

We were pleased to welcome four guests on the day. They were Kevin Dodd, Tony Cain, David Coorey (Tom Mackay's son-in-law) and Michael Smithers (Karen Holloway's Dad). We were even more delighted to welcome Gavin Higgins as a new member of the BC golf section. Look forward to seeing you at future events Gavin.

MEDAL 2 AT ROYAL LADKRABANG

The February medal at Royal was Larry's first game as Captain and he led us off in true style with a great drive on the first hole. It was a great day's golf and the course was actually pretty quiet. Although with an excellent turnout of BC Golfers we did have to play a couple of five balls which slowed things down a bit.

The quality of golf was high with all of the winners on the day playing below their handicaps. David Lamb won flight A with a very tidy gross 85, net 68. Bridget Snow was a popular winner in B flight with a gross 95, net 69 - great to see you back to your winning ways Bridget! Edwin Ferner continued his run of form in C Flight with a gross 98 net 68. Technical prizes went to Nick White and Karen Holloway for the longest drives. Near pins were picked up by Joom White on hole 3, Gordon Simmons on hole 7, Jo Palmer on hole 13 and Tom Mackay on hole 17.

Once again we were joined on the day by some welcome guests - Gordon Simmons, Jos Goddard (my Mum), Jo Palmer and Andy (soon to be a member) Flynn.

RESULTS:

FLIGHT A

David Lamb	gross 85 net 68
Brian Brook	gross 86 net 73
André Tissera	gross 83 net 74

FLIGHT B

Bridget Snow	gross 95 net 69
Tom Mackay	gross 89 net 70
Harland Bulow	gross 97 net 72

FLIGHT C

Edwin Ferner	gross 98 net 68
Diane Bulow	gross 109 net 69
Vicky Jones	gross 110 net 77

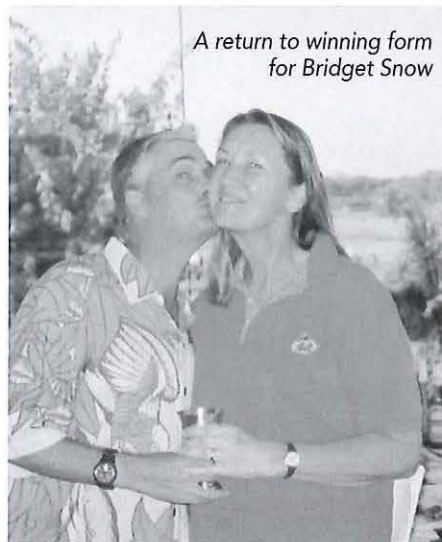
Congratulations to all the winners.

CLUB DAY AT KRUNG KAVEE

Sixteen British Club golfers and two guests gathered at Krung Kavee on March 9 for club day. The guests were Andy Flynn (still about to join at any moment) and Jos Goddard who was enjoying her last round of golf in Thailand before returning to the chilly home of golf that is Scotland! The format of the day was a stableford competition.

Our winner on the day was Kaew with a very impressive 41 stableford points. Vicky Jones was second with 38 and Bridget Snow was in third place also on 38 points having lost out to Vicky on countback. (Sorry Bridget.)

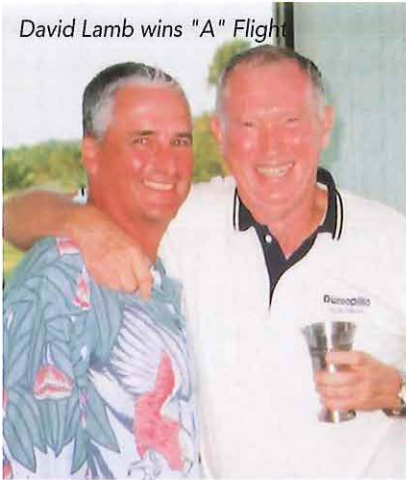
Jo Goodliffe picked up the ladies' long drive technical prize with Brian Brook taking the men's. The near pins went to Kevin Jones on A5, Carole Anne Eastgate on A9, Karen Holloway on B10 and Andy Flynn on B15. There were a couple of additional prizes introduced by our new Captain Larry. The longest putt went to Bridget Snow and a prize for the most golf was won by Guy Snow. The prize for the most golf is pretty self explanatory - better luck next time Guy.



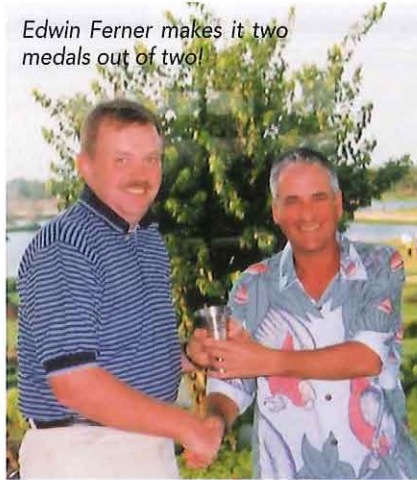
A return to winning form for Bridget Snow

GOLF

David Lamb wins "A" Flight



Edwin Ferner makes it two medals out of two!

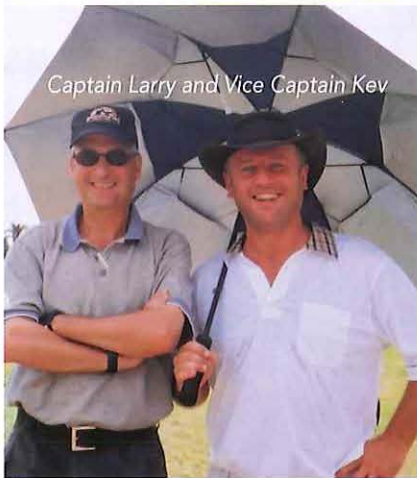


Kaew wins at Krung Kavee

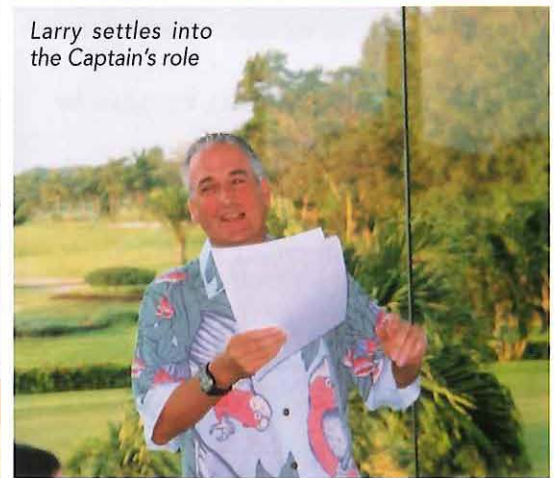
Carol Anne is presented with her Omega watch



Captain Larry and Vice Captain Kev



Larry settles into the Captain's role



COMMITTEE CONTACT DETAILS

Your new committee for 2003 is as follows:

Larry Goodliffe - Captain	bcs2002@yahoo.com
Kevin Jones - Vice Captain	Kevin.jones@aig.com
Bridget Snow - Secretary	hima@loxinfo.co.th
Guy Snow - Treasurer	hima@loxinfo.co.th
Karen Carter - Bookings	kc@bluecross.co.th
Mike Staples - Handicaps	mstaples@samart.co.th
Vicky Jones - Prizes and Trophies	kevicjones@hotmail.com
Gareth Sampson - Golfer of the Year	gareths@bellsurveybkk.com
Karen Holloway - Rules & Captain	Holloway@ksc9.th.com
BC Lords	
David Lamb - Captain BC Churchill's	lamb@mozart.intet.co.th

Please feel free to contact any of them if you would like to join the BCGS, or indeed, if you would like any information on our fun-filled events.



Captain Fantastic

BC Golfers enjoy the sunset at Soi Dao



SOME IMPORTANT DATES FOR YOUR DIARY

APRIL

Sun 20	BC v Wanderers Magpie Putter	Bang Sai
Sun 27	Medal Royal	Lad Krabang

MAY

Sat 3 -	Trafalgar Eclectic	Majestic Creek
Mon 5	Trafalgar Eclectic	Majestic Creek
Sat 24 -	Seniors & Juniors	Royal Hills
Sun 25	Seniors & Juniors	Royal Hills

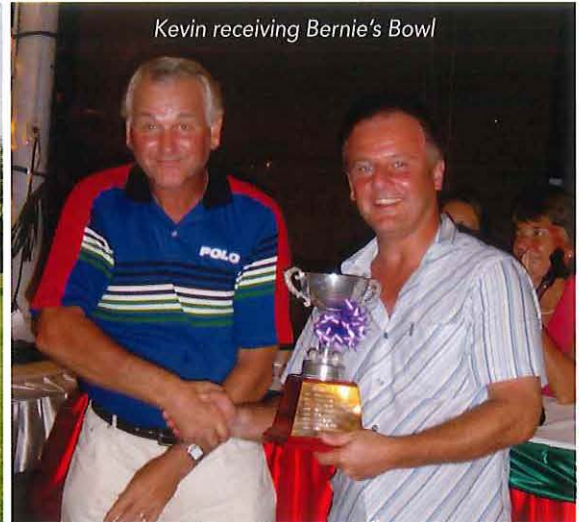
JUNE

Sun 1	Medal	Khow Kheow
Sun 8	BC v Londoners Emirates Cup	Natural Park
		Ramindra
Sun 22	BC v Japanese	Subhapruek
Sun 29	Medal	Royal Lad Krabang

GOLF



Guy Snow and Mike Poustie at Royal



Kevin receiving Bernie's Bowl

■ IMPORTANT NOTE TO ALL BC GOLF SECTION MEMBERS ■

If you have not received an e-mail from Karen Holloway requesting your current e-mail address can you contact her with your e-mail address on holloway@ksc9.th.com. Equally, if you find that you are not receiving communications from the golf section and you have paid your membership, contact Karen Holloway at the same address. Happy Golfing!

Vicky Jones



Mike Staples, winner of the low net average



Ed Ashman - Flight B Eclectic Winner

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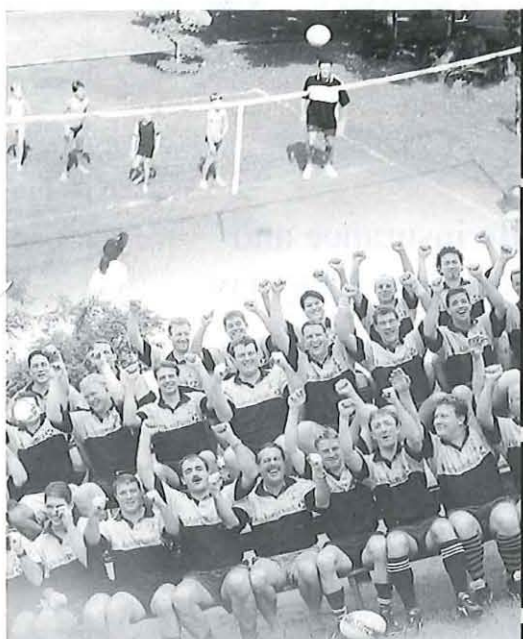
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CALENDAR

BRITISH CLUB SPORTS AND ENTERTAINMENT CALENDAR



SPORTS

9.00am - midday Squash Coaching
9.00am - 1.30pm BC Swimming Instruction

SPORTS

7.00am - 1.00pm Tennis Team Practice
9.00am - 11.00am Junior Cricket
10.30am - midday Taekwondo
11.00am - 1.00pm Badminton - Soi Nares
2.00pm - 4.00pm Children's Activities
3.00pm - 6.00pm Tennis Mix-in
3.00pm Yoga

SPORTS

8.00am BWG Mahjong
7.00pm - 9.00pm Tennis Team Practice



SPORTS

7.00am Ladies' Golf
8.00am - 10.00am Ladies' Tennis
10.30am - 11.30am Aqua Aerobics
11.30am Yoga
2.00pm - 5.30pm Swim with the Bangkok Dolphins
2.00pm - 7.00pm BC Swimming Instruction
7.00pm - 9.00pm Football Training

CHURCHILL BAR ACTIVITIES

6.00pm - midnight Ladies' Night
8.00pm - 11.00pm Friendly Bridge
9.00pm Gentlemen's Spoof

SPORTS

6.00pm - 9.00pm Tennis Mix-in
6.30pm Cricket Nets

CHURCHILL BAR ACTIVITIES

7.00pm Darts
7.00pm Accumulator

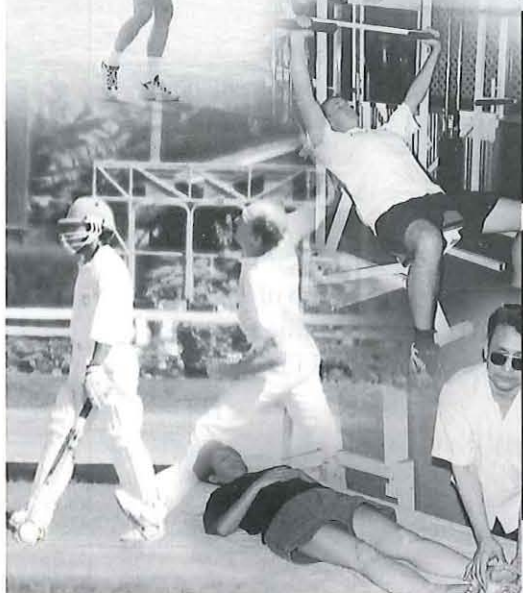


SPORTS

8.00am - 10.00am Ladies' Tennis
6.00pm - 9.00pm Squash mix-in
7.00pm - 9.00pm Rugby Training
9.00pm - 10.00pm Hockey Training

SPORTS

9.00am ANZWG Mahjong
3.30pm - 6.00pm BC Tennis Coaching for Children
4.30pm - 5.15pm Mini Squash
5.15pm - 6.00pm Junior Squash
5.00pm Tennis Mix-in
5.30pm Swimming - Junior Squad Training
6.00pm - 7.00pm Adult Tennis
6.30pm - 9.00pm Poolside BBQ
7.00pm Children's Movie Night



April at a Glance

1 - 30 April	Photo Exhibition
8 - 11	Sports Camp
Tuesday 8	Club Manager's Night
Tuesday 22	Bar Quiz
Friday 25	Belgian Beer Tasting

See What's On, page 6 and GM's Message for more details

Sports - Contacts

Aquatics	Susan Kreutzner-Ferguson	0 2391 5374
Badminton	Anant Leighrahathorn	0 2654 0002-29
Bridge	Winlock Hsu/ Charlene Wang	0 2921 6015
Cricket	André Tissera	0 2238 2718-21
Darts	Fitness Centre	0 2234 0247
Football	Martin Conisbee	01 860 4874
Golf	Larry Goodliffe	0 2236 9785-7
Spoofers	Steve Eaton	0 2237 9262
Rugby	Jon Prichard	0 2662 6376
Scuba Diving	Peter Gary	0 2634 7799
Snooker	Khun Kittisak	01 633 9490
Squash	Peter Corney	01 829 2253
Tennis	Terry Adams	01 639 3856

Loyal Societies

St George's	Angela Stafford	0 2632 0560 x 3037
St Andrew's	Meilan Henderson	0 2259 0586
St Patrick's	Ian Kane	0 2678 1813 x 1738
St David's	Basia Filzek	02 286 1348

Venues

Badminton	Soi Nares, behind Bangrak Police Station
Casuals Football	Colgate Ground, Rama III
Massage	Near the Silom Sala

Opening Times

10.00am - 11.00pm	Churchill Bar
11.30am - 2.00pm	Lords Restaurant (Lunch)
6.00pm - 10.00pm	Lords Restaurant (Dinner)
7.30am - 10.00pm	Poolside Bar
6.00am - 9.00pm	Fitness Centre
9.00am - 6.00pm	Thai Massage (Tues-Sun)

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For more information, please contact our special authorized representative for the expatriate community;

Mr. Jerome Kelly
Managing Director
Lawton Asia Co.,Ltd.
Tel: 0-2679-1400
Fax: 0-2679-1401
Mobile: 0-1809-1809
E-mail: jerome@lawtonasia.co.th



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The winning smile...

One of the first things

people notice about others is their smile. So maintaining that gorgeous flashing set of pearly-whites is important in business and for personal relationships.



When in Rome do as the Romans do, so says the old English proverb, so living in Thailand we expats must smile as the Thais smile. Beaming a big, bright smile is a great way to start the day and it goes a long way to smoothing rocky paths. But achieving that beaming smile takes time and effort.

We were all taught from infancy that we should brush our teeth after breakfast and before bedtime, but there is more to possessing a healthy smile than this. To dazzle with a blinding smile you will need to upgrade your cleansing routine. But the hectic pace of today's life may prevent us giving as much attention to personal dental health as we should.

Brushing is still the mainstay of the process, but dentists now recommend brushing after the mid-day meal or dinner. If this is not possible then chewing gum will stimulate the process of salivation, neutralising acid and washing away the bits and bobs of food that the toothpick cannot reach.

No one wants to wander around with a plug of spinach spoiling that perfect smile, toothpicks dislodge food detritus that lodges in the spaces between the teeth. But be careful, vigorous use of toothpicks can damage gums, causing tears and bleeding. Toothpicks should be used with care and caution.

Flossing too is an essential part of the dental health regime. Brushing alone will not clean the whole tooth surface, flossing will clean the spaces between the teeth and even at the gum margins. Like the famous beer, flossing gets to the parts that the toothbrush can't reach, again be careful as vigorous flossing can cut and tear gums and damage the delicate structures that keep teeth in place. Even if you have been flossing for years, check with your dentist that your technique is good and correct.

As charming as is a dazzling smile, the benefits of adequate dental health go beyond the purely cosmetic. Everyone knows about the anti-social effects of halitosis (if you have halitosis, then please consult your dentist, as it can be caused by other health problems), but poor dental care can cause gastritis and stomach upsets, and even in rare cases gastric ulceration. Rarely life-threatening blood and cardiac conditions can result from poor dental hygiene.


Most people use too much toothpaste, a pea-sized blob is sufficient, and will not foam too much. Don't use a brush with a big head and hard or even medium bristles. Brushing using a small head and soft bristles is just as effective. The small head will allow you to get into the back of the mouth and soft bristles will not damage your gums.


You know of course that you must brush for two minutes, next time you brush, time yourself. You may be surprised how long two minutes is. The dentist will not just check for tooth and gum disease, they also examine for signs of cancer, salivary gland disease, the 'bite', the effects of tooth grinding and much more.


To keep that bright smile dazzling for years, the dentist is your mouth's best friend. A twice annual visit to your friendly BNH dentist is a must to maintain a clean mouth and an eye-catching Thai-style smile.


Safety Tips


Hints


 Bleeding gums are a sign of periodontal disease – visit your dentist soon.


 More teeth are lost through diseased gums than dental caries – brush gums as well as teeth.

 Use a small head toothbrush with soft bristles.

 Use a pea size bit of toothpaste.

 Floss in the morning and before bed.

 Use disclosing tablets weekly to check for effective brushing.

 Chewing gum is a good way to reduce acid and to dislodge food debris.



*International Centre,
Dental Centre,
BNH Hospital*

9/1 Convent Road, Silom,
Bangkok, 10500

Tel : (662) 632 0550

Fax : (662) 632 0579

Web : www.BNHhospital.com

E-mail : bnhinter@bnh.co.th

BRITISH CLUB CENTENARY

2003 at a Glance

**April**

18-20 - Rugby Centennial Tournament

6 - Chakri Day (7 Holiday)

13-16 - Songkran

**May**

Thursday 15 - Exhibition of Photography

1 - May Day (UK)

1 - National Labour Day (T)

2 - Early Holiday (Schools)

3-5 - May Squash Tournament

5 - Coronation Day (T)

10 - St. George's Ball

15 - Visakha Bucha Day

23-25 - Khao Yai Trip

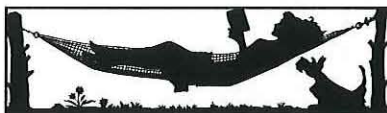
**June**

Saturday 7 - The British Jubilee Coronation Ball (Contact Sheena Gibson on 0 2254-1581 for more details)

Saturday 7 - Intersection Family Sports Day

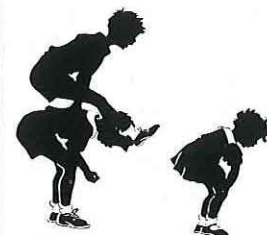
July

1 - Mid-Year Day (Banks)

**August**

BC Sports Camp

12 - Mother's Day, H.M. The Queen's Birthday (T)

September**October**

BC Treasure Hunt

Saturday 11- BC Pink & Black Rugby Ball

Wednesday 15 - Trafalgar Night

5-14 - Vegetarian Festival, Phuket

23 - Chulalongkorn Day

November

Sunday 2 - Guy Fawkes Night

Saturday 8 - Fashion Show

14-16 - Surin Elephant Round-up

Saturday 8 - Loy Kratong

Ploenchit Fair (tbc)

29 - St. Andrew's Ball (Dance Practices on 3, 10, 17, 24 & 26)

December

Saturday 13 - Centenary Gala Dinner

4 - Centenary Spoofing Championships

5 - Father's Day, H.M. The King's Birthday (T)

10 - Constitution Day (T)

25 - Christmas Day

31 - New Year's Eve

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