



# OUTPOST

APRIL 2005



**Songkran Issue**

**BRITISH CLUB BANGKOK**

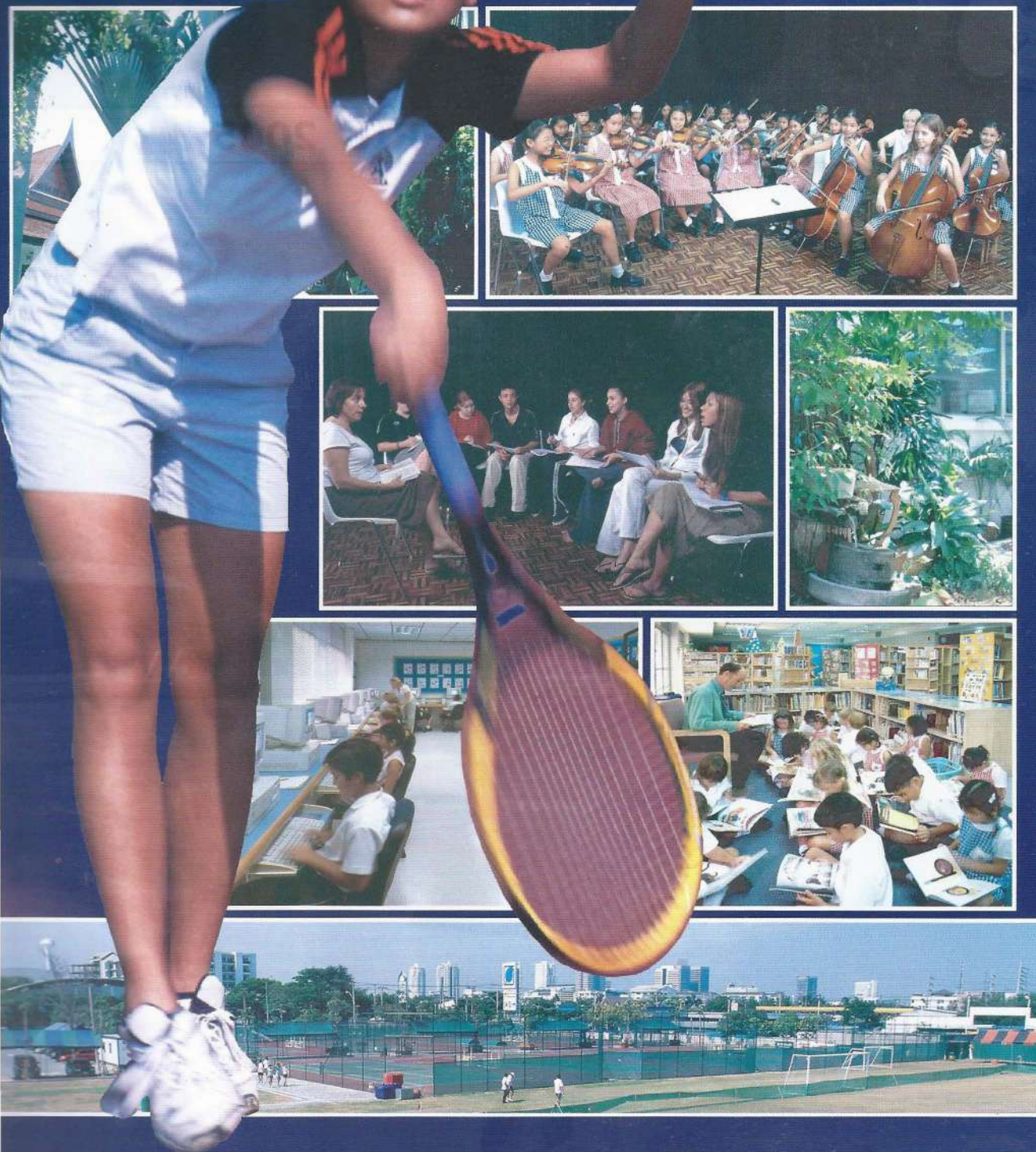
Drenchings, Dragons, New Members, New Leaders, and April Fools?



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## "Get Soaked"

HOT, HOT, HOT is our theme this issue as the sultry summer days of Thailand's Songkran Festival beckon New Year revelers to take to the streets in a water-drenching free-for-all. Grab your squirt guns and let the British Club take you to the centre of the water wars on infamous Khao Sarn Road. Or, you may choose an oasis of respite on Club grounds and enjoy special Songkran Thai dishes and cocktails by the poolside. Bring the kids for many activities planned by Hanni and crew during the holidays.

So, as the heat turns up, "jai yin yin" and flip through these pages for past and current news of St. Pat's, St. George's, fun events, recipes, new faces, sports, and lest you forget...April Fools!

Yours truly,

**Flora Opil**, *guest editor*

### OUTPOST MAGAZINE

The contents of this magazine are not necessarily the opinion of the Editor, the General Committee or the club's management. Criticisms and suggestions are welcomed by the club's publications committee or by Veritas Enterprises.

**OUTPOST** is produced on behalf of the British Club by Veritas Enterprises.

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# Letter from the Chair

**Dear Members,**



First I'd like to say that it is a real honour to have been elected the first lady 'Chair' in the Club's history. I look forward to the challenges ahead and also to meeting and getting to know more of you personally over the coming months.

For those of you who don't know me, I would like to tell you a little bit about myself. I have been a member of the Club for 16 years and served on the General Committee for three years, most recently as Honorary Secretary. My husband Barry and I have often said that we would probably not still be here if it hadn't been for the 'oasis' that the Club has provided for us over the years. Our 12-year old daughter, Olivia, has grown up here and calls the Club her second home. Indeed, some of the existing staff still remember her as a newborn baby, or later, learning to swim in the baby pool or dressed up for Loy Kratong or Halloween. Barry is a keen squash player and workout fanatic, we have attended numerous Club functions and excursions over the years, we all enjoy swimming at the Club and both Barry (husband, not G.M!) and I spend probably more time than is good for us in the bar – so I believe I am reasonably familiar with many of the goings-on both poolside and in and around the Clubhouse!

Amongst many of the valid comments at the recent AGM was the serious need for improvements in many areas and the fact that a long-term Club development plan is well overdue. I fully support these views and believe that Club development should be a major priority for us in the coming year. We would welcome input

from all members and encourage you to join one of the subcommittees to give us the benefit of your ideas and expertise. We will let you know more about these, and how you can get involved, in due course. I would also like to put 'communication' on top of the list of priorities. Now that "Outpost" is back; the 'Forum' is up and running; and the website is hopefully nearing its launch date, there is no excuse for us not to keep you informed and up-to-date on important issues. I believe we have a dynamic new group of committee members (see page 4) who are committed to making this a productive year, and I look forward to working alongside them to help move the Club forward into the 21<sup>st</sup> Century.

Finally, I would like to formally acknowledge and thank David Quine, our past Chairman, for all his efforts and hard work over the last two years. I believe David was instrumental in bringing stability back to the Club after a period of some turbulence. We have also greatly benefited from his expertise in the area of information technology and through his tireless efforts we now have the Discussion Forum ([www.bcbgc.com](http://www.bcbgc.com)) and also WIFI (wireless technology) amongst many other things! I would also like to thank the other outgoing GC members: Clive Butcher, who has been an extremely capable Treasurer; Paul Williams, who has helped to consolidate our Constitution, Rules and Bylaws; Greg Watkins, who has led the website subcommittee; and, Chris Moore, who has steered the Maintenance and Development subcommittee and served on the GC for the past six years.

I look forward to meeting you at the Club soon.

Regards,

**Angela Daniel**

*Chairman*

*BCB General Committee 2005/2006*

(Not to skirt the issue of women's rights in the Club's history, we salute the momentous occasion of the appointment of Angela Daniel as the first female Chairman which happens to fall on the 20<sup>th</sup> anniversary of women being granted full membership status by a substantial majority vote of the 1985-6 Committee. -editor)



## Splashing and Dashing Good Looks at the BC

### Dear Members,

Our HOT, HOT, HOT Songkran issue is here with our 'new look' *Outpost*. The feedback from members so far has been very positive. However, since this is your Club and your magazine, we'd really like some monthly contributions from YOU! Any member who wishes to contribute to the magazine can contact me or Khun Dong at the Club. The deadline for submissions is the 10th of the month prior.

This month we celebrate Songkran, The Thai New Year. Hanni and her team will be hosting a Children's Sports and Activities camp and will be taking members out for a "Splash Day" at the Mall Tha Pra. For more details contact Hanni in the Fitness centre. On April 23<sup>rd</sup> we will celebrate St. Georges Day on the front lawn of the Club with a family Barbecue and kid's activities from 11 am until 3 pm.

Whilst the rest of Thailand is getting soaked over the Songkran period, we hope to provide a bit of a respite here at the Club. Without wanting to be a killjoy, I respectfully remind members that water pistols and weapons are not allowed and kindly request that water-throwing activities not be held on Club premises. In particular, please do not encourage the Staff to participate in these activities, as this will cause disruption to our daily operations. We thank you for your understanding and cooperation! To celebrate Songkran, we will have a set of Thai Songkran food specials available at poolside and some special Thai cocktails at all outlets during the week.

Members will be pleased to hear that we have ordered Plasma TV's for both Salas, the Churchill bar and The Wordsworth Room (so we will soon dispose of the awful black TV currently sitting in the Suriwongse Sala)! For the kids, we have ordered our very own British Club Bouncy castle which will be used for Club events, and members may also hire it for their own parties. We plan to use the bouncy castle around Bangkok in activities where the Club is represented.

Monday through Friday we now have an Xtra Special in the Churchill bar. This is great value and you can enjoy a bowl of soup at Bt30, a main course at Bt 99 and a dessert from Bt 50. We have cans of Draught Tetleys Smooth British Beer at a promotional price of Bt 150 (whilst stocks last) and any members who wish may purchase a case or more at Bt 140 per can.

Members will notice quite a lot of activity on the maintenance front. In the Churchill Bar we are installing and improving the air conditioners and replacing the rotting woodwork. We will repair the floor around the bar area, re-upholster and

repair the chairs and bar stools, and once we manage to find a carpet company that actually has the carpet we want in stock (and not just a sample), then we will be getting a new carpet.

In Lords Restaurant, new air cons have now been installed and the temperature re-set. Members will no longer need arctic-wear to enjoy your meal! We are also looking at a new carpet and colour scheme and planning a new menu. Artwork by our very talented club Member, Louise Truslow is now on display, which brightens up the place considerably. Ms. Truslow's paintings are also for sale.

At poolside we are looking at samples of new chairs and tables for both salas and we will be repairing most of the furniture around the Pooldeck area. The exterior of the Clubhouse has been cleaned and repainted along with cleaning all the drains around the Club grounds. As you can see, quite a lot of work has been done, but more will occur over the next few months.

In a continuing effort to improve services poolside, we are pleased to introduce a new Staff Member based at the Fitness Centre. His name is Khun Boriphan and he teaches tennis, squash and also creates individual fitness programmes. We have given him the task of re-activating the Children's Swimming galas, so if any members are interested in helping or are interested in getting the Aquatics section going again, then please contact Hanni or Khun Boriphan.

Don't forget our other regular events at the Club including the Bar Quiz in Lords, wine tastings, and our regular JVK Removals bar accumulator every Wednesday starting at 7pm with our regular Wednesday buffet. Please check our "What's Going On" section for more details.

On a personal note, I am now a lot more mobile following my December injury, and therefore will be able to spend more time in the Sala areas. Being somewhat laid-up for a while has made me realise that the Club's premises are not very disable-friendly, and this is something we should probably address in the near future. Well that's about it for another month and I look forward to seeing you around the Club soon.

Regards,

**Barry Osborne**  
General Manager





# Annual General Meeting

**Tuesday, March 15<sup>th</sup>, 2005**

The Annual General Meeting of the British Club Bangkok was held on Tuesday, March 15<sup>th</sup> with 47 Ordinary and Country members attending. The Agenda included the following items: Adoption of the Minutes of the Annual General Meeting of March 30<sup>th</sup> 2004; adoption of the Minutes of the Extraordinary General Meeting of June 29<sup>th</sup>, 2004; adoption of the Chairman's Report for 2004/2005; adoption of the Accounts for the Financial Year 01/12/03 – 30/11/04; appointment of RSM Nelson Wheeler as Club auditors for the 2005/2006 accounting year; and adoption of the scale of fees for 2005-2006. All motions were carried and items adopted by majority vote.



In addition, the following Club members were elected to serve on the 2005/2006 General Committee: Stuart Blacksell (B428) Peter Corney (C162) Sally Crossley-Smith (C284) Angela Daniel (D90 - Chair) Nick Day (D225) George Dunford (D183) Rosemary Imlah (I19) Ian Webb (W173) and Tony Wright (W204)

*Standing Andrew Flynn, Stuart Blacksell, Tony Wright, Nick Day, Ian Webb, Peter Corney Sitting from left to right Sally Crossley-Smith, Angela Daniel (Chairman) Rosemary Imlah*



Tassawan

Jirada

## Behind the Lines...

Have you ever wondered who is behind the British Club phone line? Who is that with the sweet voice or who is it that always puts you on hold? Let us introduce you to the people behind those voices.

First, I would like to introduce Tassawan or Lae on the morning shift from 8am-4pm. Khuh Lae has worked for the Club for one and a half years, and she is from Nakhon Phanom Province in the North East of Thailand. She graduated from Rajapat Institution. She used to work at the Fitness Centre before moving to the Receptionist post at the Main Clubhouse. We asked Khun Lae how she likes the Club, and she replied that members of the British Club are kind and friendly and everyone in the British Club is like her family. She admits that her English is not so good, but she is willing to practice and study more.

The afternoon receptionist is Jirada or Oum, who just joined us three months ago. Khun Oum is a 23 year old Bangkok native who recently graduated from Bangkok Business College, and this is her first job. She told us that she likes the atmosphere of the Club and that the members and staff are very nice to her. She believes she will have a lot of opportunity to practice her English and gain a lot of good work experience.

So, if you ever become upset by their language skill, please be patient and give these young women a chance to practice. We all will be pleased to watch their experience grow at the British Club.

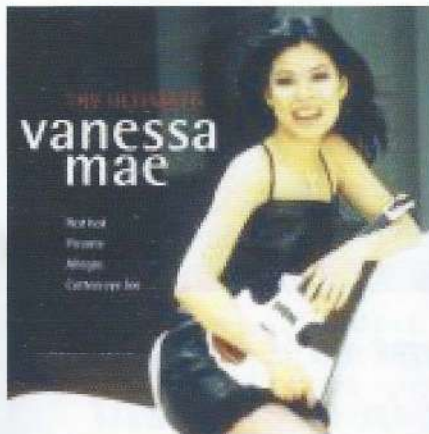


## Special Events at the Club this month

### \*\* FORMULA 1 GRAND PRIX

Churchill Bar, Sunday, April 3rd,  
5:00pm

Live on big screen from Bahrain  
And Sunday, April 24th, 7:00p.m.  
Live on the big screen from San Marino  
Enjoy with our TAPAS menu.



### \*\* VOICE FOR PEACE

Vanessa Mae Concert, Tuesday, April  
5th 6:00pm

Main Hall of the Thailand Cultural Centre  
Vanessa Mae will perform a benefit concert in Bangkok to benefit victims of the tsunami on the Andaman Sea coastline. Coach departs at 6pm. Two tier ticket prices available Bt 4,450 and Bt 3,450. Cost includes transportation. Contact Dong or sign up at Reception.

### \*\* BAR QUIZ NITE

Lords Restaurant, Tuesday, April  
12th, 7:30pm

Join host Rodney Bain for our BC Bar Quiz with four rounds of 19 questions each, plus the ever-popular "Common Denominator". Cost Bt 100 per person and team for six. Kick off time is 7:30pm in Lord's Restaurant. To book, please contact Dong or sign up at Reception.

### \*\* KIDS SPORT CAMP

Tuesday, April 12th—Thursday, April  
14th, 9:00am-3:00pm

A new-look Songkran Camp for children ages 5-13 years. We have lots of new activities planned to keep the kids entertained during the holidays. The cost is Bt 950 per day or Bt 2,600 for all three days. For more information please contact Hanni or staff in the Fitness Centre.

### \*\* SONGKRAN SPLASH DAY OUT

Thursday, April 14th, Khao Sarn Road

Leave from the Club at 10:30am by "Songtaew". Lunch with Thai dishes at O'Hungry restaurant and then we will walk along Khao-Sarn Road. Be prepared to get wet!

Cost Bt 500 per person, includes lunch and transportation. Please book with Dong or sign up at Reception.

### \*\* SONGKRAN SPLASH DAY

The Water Park Mall Tha-Pra on  
Friday, April 15th, 10:00am

Fun for all the family! Join Hanni and her team to depart the BC at 10am. Cost Bt 650 per person, includes Bowling, Water Park & McDonald's buffet lunch and transportation.

### \*\* ST. GEORGES DAY FUNDAY

Saturday, April 23rd 11:00am-3pm,  
Front Lawn

Celebrate The Saint of England with British Club BBQ and a lot of activities for your children, such as Pony rides and Bouncy Castle, etc. Cost Bt 450 per adult and Bt 250 per child.



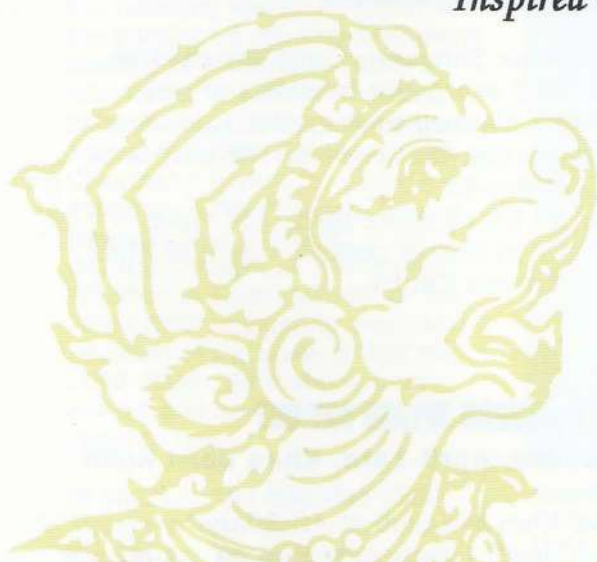


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## Special Events Coming Up Next Month at BC

### ● FARM CHOKCHAI

**Saturday, May 14th Nakorn-Ratchasima (Korat)**

An "A-'moo'-sing Day Out" for the whole family to Thailand's leading farm resort. Leaves from BC at 8:00 am. Cost Bt1600 adult and Bt 850 each child. Includes activities, lunch and transportation.

### ● FORMULA 1 GRAND PRIX

**Sunday, May 8th "Barcelona" at 7 p.m.**

Sunday, May 22nd "Monaco" at 7 p.m.

Big screen in Churchill Bar and enjoy with TAPAS Menu

### ● BANGKOK COMMUNITY THEATRE

**"Puss in Boots"**

**Saturday, May 28th and Sunday, May 29th**

**Saturday, June 4th and Sunday, June 5th**

Children's participation theatre and activities. Optional buffet on the front lawn-a PERFECT day for the Kids.

## REGULAR WEEKLY EVENTS

### WEDNESDAYS Churchill Bar

6:30 pm - 9:00 pm  
7:00 pm and 8:00 pm

7:30 pm

### FRIDAYS Churchill Bar

Noon - 2:00 pm and  
5:30 to 9:00 pm

### SATURDAYS Lord's Restaurant

11:30 am to 2:30 pm

### SUNDAYS Lords Restaurant

11:30 am to 2:30 pm

### Silom Room

1:00 - 3:30 pm

### MIDDLE EAST BUFFET Bt250

### JVK MOVERS DRAW ACCUMULATOR

Any member could win from Bt 5,000 to Bt 25,000 - prize increases each week

**BARRY'S BOTTLE DRAW** - someone present in the bar will win a bottle of whisky, tequila, Vodka or Gin.

**CURRY BUFFET** - All you can eat! Only Bt 200

**SUKI SATURDAY!** BCB's own Suki, a treat for the whole family!

**FAMILY CARVERY-** Choose from 2 soups, cold cuts, 3 roast joints, pasta station, children's buffet, and range of deserts. Adults Bt 330 and children Bt 150 (includes soft drink)

**CHILDREN'S ACTIVITIES.** Games, videos, crafts, soft drinks and snacks with Khun Suzie. Cost: FREE

## Official Opening Times

10:00 am - 11:00 pm  
11:30 am - 2:00 pm  
6:00 pm - 10:00 pm  
7:30 am - 10:00 pm  
6:00 am - 10:00 pm  
6:00 am - 9:00 pm  
9:00 am - 6:00 pm

Churchill Bar  
Lord's Restaurant (Lunch)  
Lord's Restaurant (Dinner)  
Poolside Bar (last food orders - 9:30 pm)  
Fitness Centre (Mon-Fri)  
Fitness Centre (weekends)  
Thai Massage (Tues - Sun)



# BC CALENDAR APRIL – The Month at a Glance

**Sunday**

**Monday**


**Tuesday**

**Wednesday**

**Thursday**

**Friday**

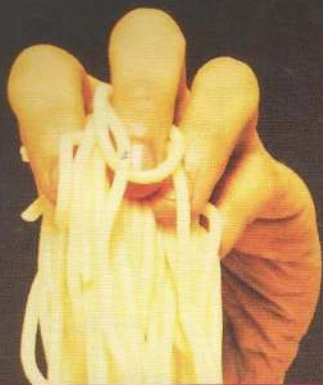
**Saturday**

		<b>3</b> <b>Lords Restaurant</b> 12:00- 3:00 Family Carvery <b>Silom Room</b> 1:00-3:30 Children's Activities 1:00-2:30pm Taekwondo 3:00pm Yoga 4:00-7:00pm Tennis Mix-in	<b>Churchill Bar</b> <b>5:00pm Formula 1 Grand Prix 3<sup>rd</sup>, Race Live from Bahrain</b> Followed by TAPAS Menu	<b>10</b> <b>Lords Restaurant</b> 12:00- 3:00 Family Carvery
		<b>4</b> 8:00am BWG Mahjong 10:00am Aerobics	6:00-10:00pm Tennis Mix-in	<b>11</b> 8:00am BWG Mahjong 10:00am Aerobics
		<b>5</b> 8:00-11:00am Tennis Ladies Mix In 10:30am Aqua Aerobics	6:00-9:00pm Cricket Practice 7:00-9:00pm Football Practice 8:00pm Friendly Bridge 8:30pm Spoof 6:00pm <b>VANESSA MAE CONCERT</b>	<b>12</b> 8:00-11:00am Tennis Ladies Mix In 10:30am Aqua Aerobics 9:00am-4:30pm <b>Kids Sport Camp</b>
		<b>6</b> 4:00 pm Junior Tennis 6:00-9:00pm Cricket Practice	<b>Churchill Bar</b> 6:30-9:00pm <b>MID-EAST BUFFET</b> 7:00&8:00pm JVK Movers Draw 7:30 pm Barry's Bottle Draw  6:00-9:00pm Tennis Mix-in	<b>13</b> 9:00am-4:30pm <b>Kids Sport Camp</b>  4:00 pm Junior Tennis 6:00-9:00pm Cricket Practice  Songkran
		<b>7</b> 8:00-11:00am Tennis Ladies Mix-in 10:30am Aqua Aerobics	5:15-9:00pm Squash Mix-in 7:00-9:00pm Rugby Practice 9:00-11:00pm Hockey Practice 6:00-9:00pm Cricket Practice <b>Churchill Bar</b> 6:00-9:00pm Chess	<b>14</b> 8:00-11:00am Tennis Ladies Mix-in 10:30am Aqua Aerobics 9:00am-4:30pm <b>Kids Sport Camp</b> <b>Day Out Songkran Splash</b>  Songkran
<b>1</b>	<b>Churchill Bar- Lunch &amp; Dinner</b> 12:00-2:00pm 6:00-9:00 pm <b>CURRY BUFFET</b>  4:00pm Junior Tennis 5:00-10:00pm Tennis Mix-in	<b>8</b>	<b>Churchill Bar- Lunch &amp; Dinner</b> 12:00-2:00pm 6:00-9:00 pm <b>CURRY BUFFET</b>  4:00pm Junior Tennis 5:00-10:00pm Tennis Mix-in	<b>15</b> <b>The Mall Tha-Pra WATERPARK FUN DAY!</b> Kick off 9:30 am  Songkran
<b>2</b> 9:00am Swimming Lessons Bangkok Dolphins 9:30-12:00 Cricket Practice	<b>Lords Dining Room</b> 11:30-2:30pm <b>SUKI SATURDAY</b> 3:00-6:00pm Cricket Practice	<b>9</b> 9:00am Swimming Lessons Bangkok Dolphins 9:30-12:00 Cricket Practice	<b>Lords Dining Room</b> 11:30-2:30pm <b>SUKI SATURDAY</b>  3:00-6:00pm Cricket Practice	<b>16</b> 9:00am Swimming Lessons Bangkok Dolphins 9:30-12:00 Cricket Practice



<b>Silom Room</b> 1:00-3:30 Children's Activities  1:00-2:30pm Taekwondo 3:00pm Yoga 4:00-7:00pm Tennis Mix-in	<b>17 Lords Restaurant</b> 12:00- 3:00 Family Carvery  <b>Silom Room</b> 1:00-3:30 Children's Activities  1:00-2:30pm Taekwondo 3:00pm Yoga 4:00-7:00pm Tennis Mix-in	<b>24 Lords Restaurant</b> 12:00- 3:00 Family Carvery  <b>Silom Room</b> 1:00-3:30 Children's Activities  1:00-2:30pm Taekwondo 3:00pm Yoga 4:00-7:00pm Tennis Mix-in  <b>Churchill Bar</b> <b>7:00pm Formula 1 Grand Prix</b> <b>4<sup>th</sup> Race Live from San Marino</b> Followed by TAPAS Menu
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<b>Lords Dining Room</b> 11:30-2:30pm <b>SUKI SATURDAY</b>  11:00-6:00pm Cricket Practice	<b>23</b> 9:00am Swimming Lessons Bangkok Dolphins 9:30-12:00 Cricket Practice  <b>Lords Dining Room</b> 11:30-2:30pm <b>SUKI SATURDAY</b>  3:00-6:00pm Cricket Practice  <b>Front Lawn</b> <b>11:00am-3:00pm ST.GEORGE FUNDAY</b>	<b>30</b> 9:00am Swimming Lessons Bangkok Dolphins 9:30-12:00 Cricket Practice  <b>Lords Dining Room</b> 11:30-2:30pm <b>SUKI SATURDAY</b>  3:00-6:00pm Cricket Practice



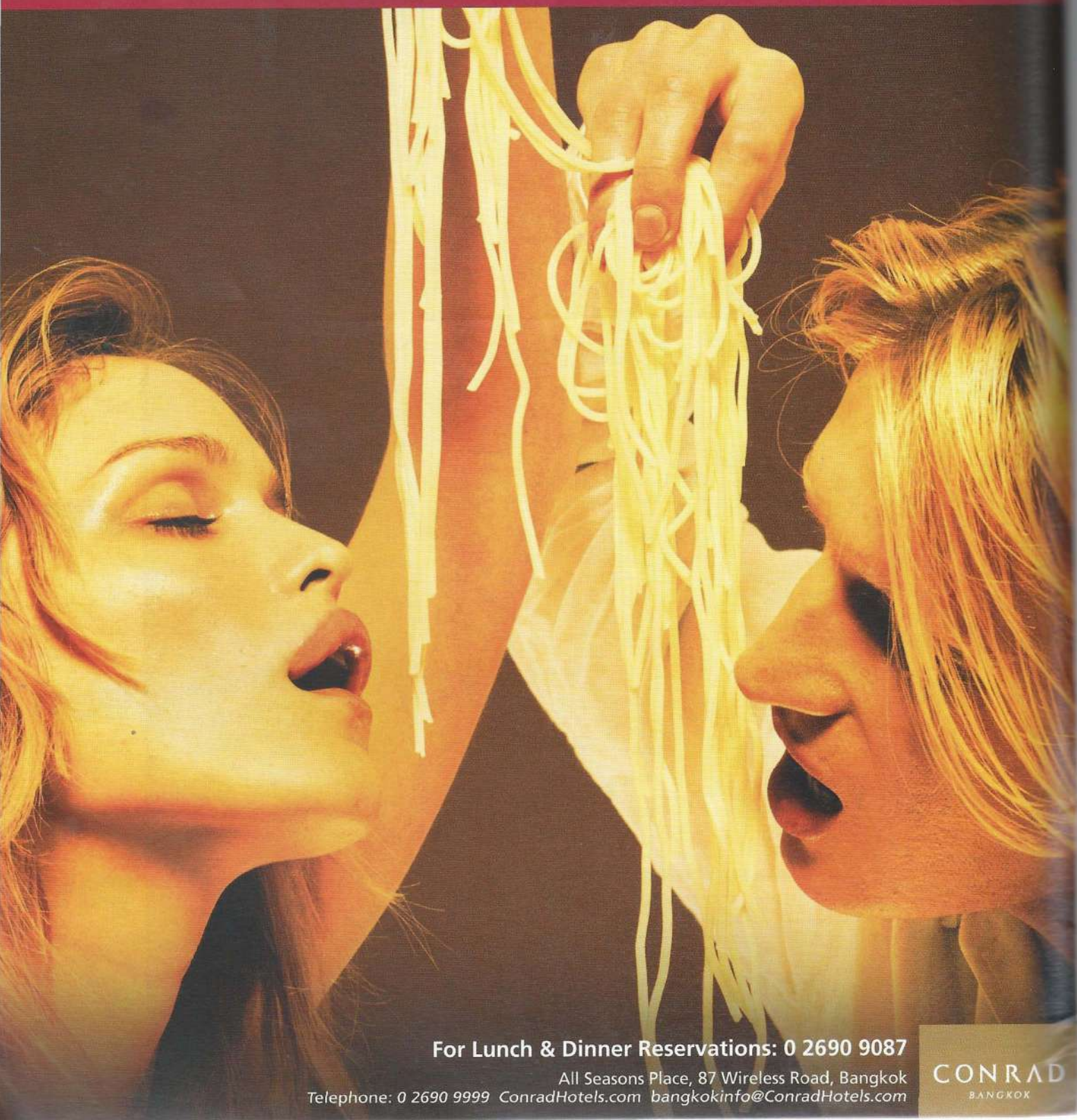


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## 'Time out' for our Turtles

Many of you will be aware that as well as housing 12 of our feline friends, the Club is also home to five turtles who currently live in the small rock pool at the Suriwong end of the Front lawn. Sometime ago a barrier was built around the pool to ensure the safety of small children, and while this safety feature is still of paramount importance, it does mean that the turtles are now confined to a smaller area and have less access to the Club and its facilities.

The British Club considers itself to be an equal opportunity organisation and also a proponent of animal rights, so we do hope that members will support our new plans to help these wonderful creatures reach their full potential while inhabiting our grounds.

Recent research shows that turtles easily suffer from stress and anxiety and that these prehistoric pets greatly benefit from a personalised training programme to increase their well-being. The programme, devised by "Turtletime," a new company just opened on Soi Convent, includes such activities as 'Turtleterra' yoga, aqua aerobics, meditation, and regular 'manicures' (polishing, oiling and massaging of the shell, which is made of a thin layer of keratin - like your fingernails.)

Flora Opil, Senior Trainer with "Turtletime" is convinced that the regime works and has offered to do a programme for our own British Club turtles. Flora believes that 'chelonians' (the name for the scientific "order" that includes sea turtles, freshwater turtles, terrapins and tortoises) are like all other life forms - they not only need a balanced diet and regular exercise, but also stress-relieving therapies like massage with aroma oils, reiki healing, re-birthing, manicures & pedicures, and foot reflexology, in order to achieve harmony in their lives.



To create the right environment, Flora suggests that the Club grounds and pool be made available exclusively for the turtles at certain times of the day, so that she is able to work with them without distraction. She requests the help of Barry and staff with some of the procedures (and also to make sure they don't run away).

**Therefore, please note that commencing April 1st members will not be able to use the Club's facilities on Fridays at the following times:**

8:00 - 9:00 am	Turtle aqua aerobics (baby pool)
9:00 - 10:00 am	Manicure/Pedicure for chelonians (squash ct. 2)
10:00 - 10:30am	Turtle Tidbits (mid morning break - chickweed & bugs served on the front lawn)
10:30 - 11:30 am	Vertebral massage for Turtles (massage room)

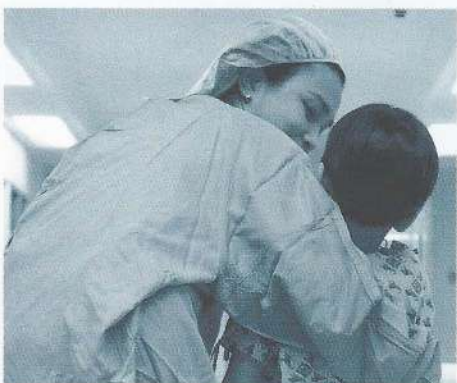
Please contact our GM, Barry Osborne, if you have any questions. We are excited to be involved in this new and innovative project and we thank members for their understanding and cooperation. We look forward to providing a happier and holistically healthier home for the turtles over the next 45 years, which is the average lifespan of the common pet turtle.



If members are interested in a programme for their own pets, Flora can provide a personalised plan to suit your budget. Courses range from Bt 50,000 to Bt 75,000 (not including snacks) for a six-month programme, depending on her assessment of your turtle's needs. She can be contacted through her website [www.turtletime.co.th](http://www.turtletime.co.th)



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# Food, Glorious Food – The English way!

*For the jolly old occasion of St. George, we thought you might enjoy these favourite recipes from Old Blighty:*

## Broccoli, Stilton and Pear Soup

### INGREDIENTS

855ml (1 1/2 pint) Vegetable Stock  
570ml (1 pint) Milk  
225g (8oz) Broccoli  
175g (6oz) Toasted Flaked Almonds  
140g (5oz) Stilton cheese  
55g (2oz) Butter  
4 Ripe Pears  
2 Leeks, white parts only  
2 tbsp Fine Oatmeal  
1 large Onion  
Salt and Black Pepper



### METHOD

Trim the broccoli into tiny florets, chopping the stalks small.

In a large saucepan, melt the butter and add the chopped leeks, onion and broccoli.

Stir well and allow the sweat for ten minutes.

Add the peeled, cored and chopped pears.

Stir in the oatmeal, almonds and milk a little at a time, stirring well.

Add the stock and season to taste.

Whisk and simmer gently for ten minutes.

Remove from the heat and add the broccoli florets.

Allow to steam for around 5 minutes.

Remove the florets with a slotted spoon and reverse. Add the soup and cheese to a blender and process until smooth.

Return the soup to a clean saucepan, add the broccoli florets and re-heat gently.

Adjust the seasoning. Serve with crispy bread.

## Cornwall, The Cornish Pasty Recipe

### INGREDIENTS

#### Shortcrust Pastry

225 gm plain flour  
115 gm fat (mixture of lard & butter)  
pinch of salt



#### The Filling

225 gm steak cut into small cubes  
2 or 3 large potatoes  
piece of turnips or swede  
onion, peeled and chopped  
salt and pepper

### METHOD

1. Sift the flour with the salt, rub in the fat and mix to a pliable consistency with some water, leave to rest for half an hour.
2. Roll out half the pastry into a round about 5mm thick (quarter of an inch).
3. Peel and slice the potatoes thinly onto the centre of round to form a base for the rest of the filling.
4. Slice the turnip thinly over the potato, then

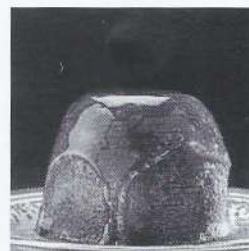
spread the beef on top.

5. Add a little onion, season with salt and pepper
6. Dampen the edge of the circle of pastry with water to help seal it, bring together the edges make a parcel with the filling in the centre.
7. There should be a neat pastry parcel. If you do get any holes, then patch them with a little extra pastry. You can make the pastry neater by crimping the edges. Fold over the edge to make it slightly thicker, then squeeze tightly every 2 cms to make a neat pattern along the edge.
8. Put the pastry on a piece of buttered paper, make a small slit on the top to let the steam brush the top with a little milk, and put it on a greased baking tray.
9. Bake in pre-heated oven at 200C (gas mark 6) for minutes, reduce the heat to 190C (gas mark 5) and cook for another 30 minutes.
10. You can make the pasty as a starter, by making it smaller and using a saucer as a template.

## Traditional Steamed Treacle Sponge Pudding

### INGREDIENTS

1 tablespoon black treacle  
3 tablespoons golden syrup  
6 oz (175 g) self-raising flour  
1 rounded teaspoon baking powder  
6 oz (175 g) butter, softened  
3 large eggs  
6 oz (175 g) soft light brown sugar



### To serve

3 extra tablespoons golden syrup  
custard or creme fraiche

### METHOD

First of all butter the basin, then add 3 tablespoons of golden syrup into it. Take a large mixing bowl, sift the flour and baking powder into it, add the softened butter, eggs, sugar and black treacle. Next, using an electric hand whisk (or a large fork and lots of elbow grease), beat the mixture for about 2 minutes until it's thoroughly blended. Now spoon the mixture into the basin and level the top using the back of the tablespoon.

Place the sheet of foil over the greaseproof paper, make a pleat in the centre, and place this, foil-side uppermost, on top of the pudding. Pull it down the sides and tie the string, taking the string over the top and tying it on the other side to make yourself a handle for lifting. Trim off the excess paper all the way round. Now steam the pudding for 2 hours, checking the water level halfway through.

To serve, loosen the pudding all round using a palette knife, invert it on to a warmed plate, and pour an extra 3 tablespoons of syrup (warmed if you like) over the top before taking it to the table. Serve with custard or some well chilled creme fraiche.

This recipe is taken from Delia Smith's Winter Collection. It has also appeared in Sainsbury's Magazine (Jan 1994).





## A Warm BCB Welcome Meet the Newcomers

An oasis in mid-city, a family place great for kids, attractive membership rates for "Under 30s", a great place to socialise and

simply, lunch were the main reasons attracting the newest members to the British Club. A merry crowd gathered in the Churchill Bar Tuesday, March 8th for the New Member Party to welcome Philip Clew, Boon Kee Gee, Masood Parvaiz, Fiona Pinnell, Nick Townsend, Flora Opil and their spouses to the Club.

The honour of being the Newest of the Newcomers goes to Fiona Pinnell and her husband Matthew Chadwick who arrived in Thailand two months ago with their "lively and noisy" children-Jacob, age 3 and Eve, 19 months. Fiona boasts of an endless ability to create new Thomas the Tank Engine railway layouts and of a well-developed talent to feign interest while reading Thomas the Tank Engine books night after night after night after... Husband Matthew enjoys NOT living in a cold climate and plans to eat his way through Thailand. His ambition is to open coconuts with his bare hands.

Masood Parvaiz and his wife Afshan get the New Baby Award with a 10 month old child. The Parvaiz family lived previously in France, U.K. and Belgium before coming to Thailand five years ago. Sports Sections take note that Masood is active in squash, tennis and cricket while Afshan enjoys aerobics and swimming. Both new parents enjoy travel and movies.

New mums and dads may get a tip or two from Boon Kee Gee and his wife Suan See who raised four children—all grown now, married and living around the globe. Boon Kee Gee is active in sailing, both racing and cruising in Koh Chang, a few hours east of Bangkok in Trad province. He admits to being a keen rugby spectator, having retired the sport. Wife Suan See enjoys yoga and mah jong. Both look forward to meeting a variety of new friends with different interest and backgrounds.

Ms. Flora Opil gets the Intrepid Traveler Award having arrived in Bangkok exactly one year ago on April 1st aboard a freighter carrying

durian fruit! Flora who is single and an environmental entrepreneur admits to having made several out-of-body trips to the Kingdom previously, but is excited to be physically present now so she can enjoy the tastes and smells found along the sois of Sukhumvit Road. Flora wants to improve her Thai language skills and is eager to create new fusion food with Thai "phrik kii nuu" chilis and the red algal blooms she saw on her ocean voyage.

Newcomers Nick Townsend and his wife Gill arrived in Thailand five months ago, having lived in Hong Kong for 25 years and raising two children, Simon, 22 and Kate, 20. Both Nick and Gill enjoy reading, hiking and tennis. Nick is a birdwatcher and Gill is an artist who enjoys painting. Gill, also a freelance editor, claims her newest skill is playing mah jong. The couple plan to learn more about Thailand, speak the language, and enjoy themselves!

Listen up class! Harrow International School teacher, Mr. Philip Clew has a lesson plan to resurrect the Hawkins Cup which was first played in the 1920s between the Royal Bangkok Sports Club (RBSC) and the "English". Philip, resident in Thailand for 18 months, currently plays hockey for the RBSC, but would like to play for the British Club. He is also active in squash, tennis and football. Philip previously lived and taught in New Zealand and is now eager to improve his Thai language abilities.

We welcome this interesting group to the Club and encourage you to share your wonderful experiences and unique talents with your fellow BC members in the many events and activities always going on in the oasis of the British Club. Sawadee Kah!









# Tsunami

## The British Club Bangkok Tsunami Relief Fund - Update

The fund has now reached 310,000 Baht, thanks to many generous contributions from Club members and their friends.

Plans are underway to hold fundraising events later this year at the Club to help raise more money. Details on these events will be posted to all members in due course.

We aim to close the fund by the end of this calendar year, so this gives us time to plan how and where we will spend the money. I am currently working closely with BC member Hamish Macpherson who has been organising separate funding and overseeing work already being carried out by Andy Street in Phuket on several different projects which started in Jan/Feb, such as the Fresh Food Supply Project at Bak Jok / Koh Ra, the Moken Fresh Food Supply Project (Koh Surin), Livestock Replacement Project and the Boat Repair and Replacement Program both at Laem Naew.

So there are plenty of ideas. If you would like to get involved, please contact me and help contribute to this work, your involvement will be most welcome.

If you wish to make a contribution, the account details are as follows:

ACCOUNT NAME:	<b>THE BRITISH CLUB BANGKOK TSUNAMI RELIEF FUND</b>
ACCOUNT NUMBER:	<b>000-2-77918-8</b>
SWIFT CODE:	<b>NTBLTHBK</b>
BANK NAME:	<b>Standard Chartered Nakornthon Bank PCL</b>
BANK ADDRESS:	<b>90 North Sathorn Road, Bangkok 10500, Thailand</b>

If you need a receipt, please fax a copy of your paying in slip to the British Club Accounts department +66 (0) 2235-1560 or send a scanned image by email to [Tsunami@BritishClubBangkok.org](mailto:Tsunami@BritishClubBangkok.org)

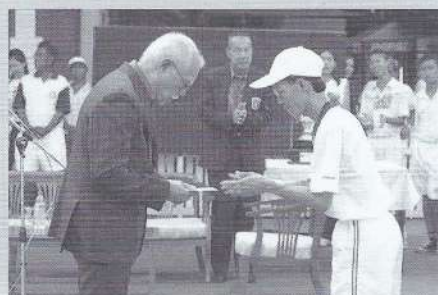
**David Quine**  
[david@yes.co.th](mailto:david@yes.co.th)



and together with registration fees of Bt 5,000, the group donated Bt 10,000 to the Tsunami Charity.

## Tsunami Charity Tournament BC Tennis Team Wins C.Cup

A recent Tsunami Charity Tournament was held at Silom Sports Club on February 12-13th, with eight major tennis teams around Bangkok competing in three categories of Men Doubles, Ladies Doubles, and Mixed Doubles. We feel much indebted to Khun Phairoj who organized the BC team players effectively to win the C.Cup on this event. The British Club Tennis team donated the Bt 5,000 prize award





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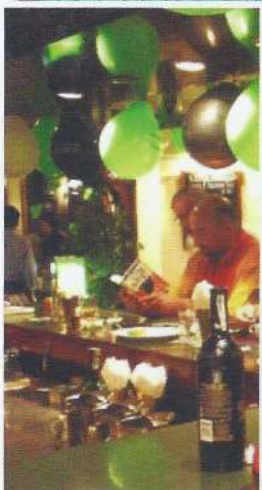


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# LOOKING BACK



## St. Patrick's Day

Several members attended the Club's St. Patrick's party in the Churchill Bar. All who visited were welcomed in the bar which was adorned with four leaf clovers and Guinness balloons all around.

Our special Saint Patrick's Day buffet consisted of 'green food'—yes GREEN FOOD—prepared by Khun Sawat, our new executive chef and his team. The buffet consisted of broccoli and stilton soup, baked lamb in herb crust, Waldorf salad, marinated mussels, "Hor Mok Talay" and even green pizza—a lot more tasty than it sounds!

Members also enjoyed the Saint Patrick's day 'must'...pints of Guinness and Kilkenny at Bt 150 per pint! At special times throughout the night, Guinness sold for Bt 100 per pint! Jameson staff were also circling the bar with buy one get one free shots of whiskey.

We were even lucky enough to find a traditional, thigh-smacking, Irish band, "No Fixed Abode" who entertained the members and helped us get in the mood for a good 'crack'. As you can see from the photos a fun time was had by all. More merriment is coming your way at our Saint Georges' Day family party on Saturday, April 23<sup>rd</sup> from 11am until 3pm.



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## Wedding

The wedding of club member Khun Wanphen Gundlach took place at the British Club's Front Lawn on March 12<sup>th</sup>. Over 100 guests attended the wedding. We all at the club wish Khun Wanphen and her husband Michael all the best for the future.

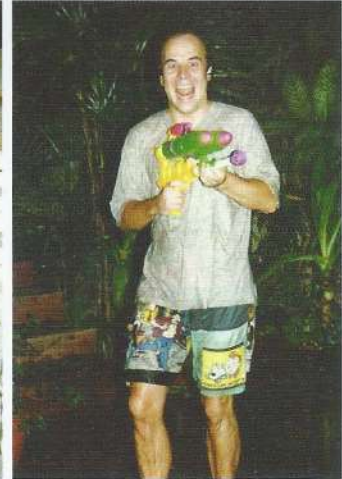




# Splash out at Songkran!

## The British Club Songkran Week

"Songkran" is a word from the Sanskrit language, which means to 'move into' and refers to the orbit of the sun moving into Aries. It marks the end of a 12-month cycle and the beginning of the new solar year. Songkran is therefore a New Year celebration. The significance of Songkran is the process of cleansing and purification – the purging of all ills, misfortune and evil and starting the New Year afresh with all that is good and pure. Water is symbolic of the cleaning process and signifies purity.



This year at The British Club, not only will we be celebrating Songkran with some very special Thai dishes and cocktails at Poolside but we have also planned:

### **A British Club "Songkran Splash Day Out!" Thursday, April 14<sup>th</sup>**

Be prepared to get SOAKED at Khao-Sarn Road for the biggest and best splash party in Bangkok. "Song-taew" trucks will leave the British Club at 10:30 am and the day out includes a traditional Thai lunch at O'Hungry Restaurant. Bring your oldest clothes, your own water-pistols, and prepare for a drenching! Bt.500 per person. Sign up at reception or contact Khun Dong in the office.

**And...especially for the kids:**

### **The British Club Songkran Sports and Activities Camp April 12<sup>th</sup> to 14<sup>th</sup>**

If you're staying in Bangkok for the school holidays and looking for ways to entertain the children, then look no

further! The British Club's Sports & Activities Camp promises to keep them happily occupied from 9:00 am to 4:30 pm from April 12<sup>th</sup> to 14<sup>th</sup>. You can book them in just for the day (Bt.950) or for the full three days (Bt.2,550).

Hanni and her team have lots of activities planned including squash, football, swimming, games, movies and much more! See the fun-packed schedule below then sign up at the Fitness Centre.

**But there's still more fun to come.....**

### **Songkran Fun Day at the Water Park! Friday, April 15<sup>th</sup>**

Rounding up the Songkran festivities is a really fun day out at The Mall Tha-pra Water Park on Friday, April 15<sup>th</sup>. Let the kids get wild and wet for the day and join us for bowling, splashes in the Waterpark and lunch at McDonalds. Roll call at 9:15 am in the Silom Sala and the bus departs at 9:30 am. Only Bt.650 per child. Please sign up for this exciting excursion at the Fitness Centre.



# St. George - Dragon slayer and Patron Saint of England



The myth of St. George is legendary - a dragon slaying Christian hero triumphing over evil by slaying a fierce dragon and rescuing an innocent maiden from death—a 12th century story with possible origins in the story of Perseus, who defended the virgin Andromeda against the monstrous Medusa. To Christians, George is famous for tearing down Diocletian's edict against Christianity which led to his beheading in AD 303, making him an early Christian martyr. St. George became a patron saint in 1061 and the Council of Oxford in 1222 declared St. George's Day a public holiday. Edward III instituted the Order of St. George and encouraged the battle cry "St. George for England!" St. George's Day, April 23rd, became an occasion for feasting in monasteries across England.

**Don't miss these St. George's Day events:**

**British Club Barbeque on the Front Lawn**  
**Feasting and Fun for the whole family!**  
**Saturday, April 23<sup>rd</sup> at 3:00 pm**



Come and celebrate the day of St. George with a very British Barbeque on the front lawn. There will be all kinds of entertainment and the kids will love the pony rides, face painting, candy floss and more! The cost is Bt 400 for adults and Bt 250 for children. Make sure you join us! To book, sign up at reception or contact Khun Dong in the office.

**St. George's Society Annual Ball 2005**  
**The Conrad Hotel**  
**Saturday, April 30<sup>th</sup>**

The Bangkok St George's Society Annual Ball will be held at the Conrad Hotel on Saturday, April 30th, 2005. The celebrations will be truly English with traditional Roast Beef and Yorkshire pudding plus all the trimmings and fantastic entertainment from the following:

**The Royal Thai Army Orchestra**, is sure to stir emotions with a selection of easy-listening music during dinner and building up to a 'Last Night of the Proms' finale of English favourites such as 'Jerusalem', 'Land of Hope and Glory' and 'Rule Britannia' guaranteed to make everyone sing along and wave their English flags!

**The Bandit Beatles** return to perform the ever popular Fab Four's hits such as 'Twist and Shout', 'Love Me Do' and 'A Hard Day's Night' with a change to their second set of hits from the 60's, 70's and 80's.

**Bangkok's own DJ, Mr. Paul Jackson** will keep everyone's toes tapping and in the party mood well into the early hours with all your old and new favourites.

The Grand Raffle Draw will be at midnight with a chance to win fabulous prizes. Price per ticket is Bt 2,500 to include the above entertainment plus complimentary wine and beer. Please contact Gale Bailey on Mobile 01 828 5213, Tel: 02 722 3161 or [galebailey@hotmail.com](mailto:galebailey@hotmail.com) to reserve your place now.



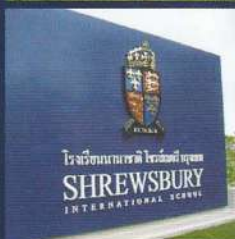




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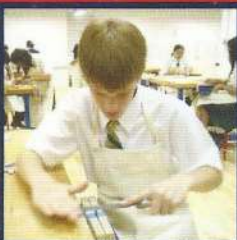
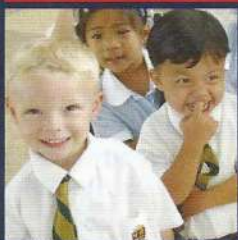
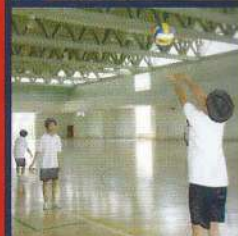
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# HANNI'S HOTSPOT



*A quick update about what's happened last month and what's coming up in the next few weeks for sports, activities and grounds-related issues. Happy reading...*

Judging by the success of our December Sports Camp with a record of 30 kids attending, we will be holding another kids' Sports Camp here at the Club over the Songkran holidays. So, if you're not being soaked elsewhere and are still here in Bangkok, feel free to drop off the kids at the B.C. for some wet and wild party games and numerous sporting activities. I guarantee they'll be exhausted at the end of the day!

Also for the kids at this celebratory time, is a trip to the 'Mall Tha Pra' on Friday, April 15th. This will be a fun-packed day of bowling, followed by a 'splashtastic' trip to the water park.

One more thing for the kids is our new Brazilian soccer training (incorporating music with football...interesting) on Monday nights from 4-6pm. Both boys and girls aged 5-11 are welcome to join Khun Stuart, me and Khun Oh on the back lawn. Classes start on March 21st and will be held in blocks of 10, so come along to the free demonstration on March 14th and see what you think.

As you can already see, repair and re-decoration at poolside is well underway. The chairs and tables in the Surawong Sala have been fixed and re-varnished and now look a lot better alongside our glass topped tables! Re-painting at poolside has also commenced, so watch out for that wet paint!

I also plan to re-upholster all the equipment in the fitness centre with a nice 'British Club blue' leather. Discussions regarding improvements to the squash courts are underway too, so we're getting there slowly but surely!

Last but not least, I take great pleasure in welcoming a new member of staff to the fitness centre. Khun Boriphan (nickname Oh) is the new Sports and Activities Coordinator here at the Club. Khun Oh has a vast amount of experience in teaching tennis, organizing kids activities and constructing personalized fitness programmes to name but a few. He also plans to start a monthly swimming gala and circuit training too! Please pop into the fitness centre and say hello at anytime.

Well, that's about it for Hanni's Hotspot this month! Please give me a call if you have any questions and I'll be happy to help. Have a great month.

**By Hanni Phillips**  
Manager Sports and Grounds

## NEW STAFF MEMBER

I would like to take this opportunity to introduce myself. My name is Khun Boriphan Chantarangsee and I have just joined the fitness team here at the British Club as Sports and Activities Coordinator this month.



Here's a little bit of information about me. I graduated from Rajabath Phuket Institute and commenced my career working in the hotel industry in Phuket. Over a period of ten years, I worked in five hotels, involved in sports and recreation, mainly as a tennis instructor. I most recently worked at Dubai Country Club, Dubai (also a British Club). Here I worked for three years as Sports and Activities Coordinator too. My main sport is tennis, which I have been teaching for seven years. In Dubai I played for the first division tennis league and am pretty good at squash too! Aswell as this, I qualified for fitness instructor status at Shwinn Fitness Academy and am available here at the Club for one to one, or group fitness training or advice. I am also a fully qualified first-aider (handy in the event of someone overdoing it!).

My ambitions for the future at this Club are to commence with circuit training classes, tennis workshops and private coaching, personal training programmes for members and a swimming gala to name but a few. If anyone has any questions or would like some fitness advice, please pop in to see me at the fitness centre anytime.

I am very pleased to be a part of the B.C. team and aspire to excel in my role here. I believe that Hanni and I will improve the sports department here in no time and we would appreciate any comments or advice you may have.

Look forward to meeting you all very soon.

Kind regards

**Oh**



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# WATER WORKOUT WITH NOODLES is OODLES of FUN



For the last four years, I have been teaching aqua-aerobics at the British Club. Every Tuesday and Thursday morning, we are in the water for fun and hard work. Instructing my students in the water, whether for swimming, deepwater running or aqua exercise is an enjoyable challenge and I get a lot of satisfaction when the ladies in my class show enthusiasm. The water never fails us; the unique properties of aqua training can improve fitness levels and it is always produces smiles at the end of the sessions.

We use belts, boards, noodles, balls and gloves which allow us to maintain a variety in the lessons and to alter the activities. Not only can they be used to increase the workout, but they also seem to cause a lot of hilarity as well. With a little imagination, lots of different exercises keep students focused and determined—especially if they find some movements difficult or especially hard to coordinate. My students come along not only to get fit and be motivated but also to enjoy social contacts.

Participants still need to warm up before starting any work that is strenuous or likely to

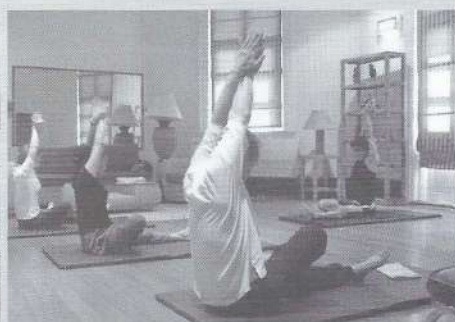
increase the heart rate, and follow up with stretching exercises. The session is challenging, without causing injury, and at the end of the lessons, we move from hard work to cool down slowly and finish with some stretching. Initially, participants may feel that very little work is being done while exercising in the pool, only to come out of the water and find themselves exhausted.

The benefits of aqua exercise are many. Aqua exercises are less likely to cause damage to muscles or joints through rapid movements, because the muscles actually work harder when moving through water rather than through air. Moreover, the body is less likely to overheat because the surrounding water is a continual source of cooling. And, for those who are sensitive about their personal appearance, the water will graciously hide many body imperfections from the view of other participants. Swimming and aqua sessions actually help to build calcium which helps to prevent osteoporosis. Regular exercise will lead to increased bone density.

So, if you simply love the water environment and you want a fun social activity to improve your fitness, then come along to aqua-aerobics. The session lasts approximately one hour each Tuesday and Thursday, starting at 10.30 a.m. when the temperature is most pleasant in Bangkok. After the workout, we enjoy a healthy lunch at the Club.

By **Els Van den Broecke**  
*Aqua Aerobics Instructor*

**Y**oga encourages relaxation. Deep breathing and stretching exercises release muscle tension, decrease the heart rate and reduce blood pressure. Focus is directed towards the inner being, relieving external stress. On the physical side, the yoga positions and exercises promote suppleness, flexible limbs and tighter muscles. Overall strength and endurance are increased.



Mr. Pheerawad Paeboonpluem, the Club's yoga instructor, has studied in Bhichaiyart Temple, Thailand, Nepal, India and more recently in Tibet. With years of experience, his qualifications include: Hatha Yoga; Kamma Yoga; Makti Yoga; Raj Yoga; and Kutalini Yoga. His current practice includes Chulalongkorn Hospital, Marriott Resort & Spa, Oriental Hotel, Conrad Hotel and a host of spas and fitness clubs around Bangkok.

Khun Pheerawad is at the British Club on Sunday between 3pm-4pm and a one hour class costs Bt 300. Come along and experience the benefits of yoga.



## Clicketing Capers in Chiang Mai -

### The Social Side of the 2005 Tour

The balmy days of mid January rolled around once again and as has become traditional, at least during these past three years, an eclectic band of erstwhile clicket and squash devotees departed for the Rose of the North to do battle with the Gymkhana Club. Fifteen stalwart men good and true made their way to Chiang Mai in order to rendezvous at various Night Market hostelries on the evening of Friday January 14th, 2005.

To any curious onlooker these men would appear to be fine of fettle and honed to a pinnacle of Olympian prowess. They would possibly appear to be emanating an energetic glow of aural intensity - a penumbra of well being and quiet confidence. These were undoubtedly alpha males at the peak of their considerable testosterone-fuelled prowess, confident in the inner knowledge of their own dark power and raw potential to excel.

Drunk in other words! No, not really. For following last year's tonking at the hands of the rabble of the north, Captain Jack's pre-match programme of nets and practices had been precisely formulated to build sinew and mental toughness in equal measure, thus bringing the squad to this peak of sportive intensity

The initial gathering was at the Red Lion and indeed what an aptly named rallying

point that was for men of such strong hearts and muscular aspirations. This was to be a truly international weekend and to that end we started with good solid English and indeed Germanic fodder and ales. Plans were laid, old acquaintances renewed, pints consumed and Helen Shapiro's greatest hits revisited. Woopah oh yeah yeah!

We do of course derive from an island nation, comprised of four proud countries and each was strongly represented on tour. In order to make our Irish brethren feel comfortable we then adjourned to Mister O. Malley's fine establishment for more liquid sustenance, where we learned that the part of the team intended to drag the mean age below the magic half ton was still cooling its heels at Mister Donald Muang's airporting establishment in Bankers.

Saturday dawned with a light clouding giving some early morning respite from the potential brutality of the January sun. The fine, if strangely named, B.O Downtown Inn, was bade "au revoir" as the lads made haste for the magisterial charms of Mister Jim Kana's wondrous recreational club hard by the Mae Nam Ping.

Time has an unnerving habit of making the young simply bigger, stronger and faster while making the ageing appear simply a year older and thus less awesome. So, none of this namby pamby, "we'll lend you half of our team" nonsense for the schoolboy's match this year. The gauntlet of a real match was thrown down and as always a most enjoyable and uplifting experience it was too.

Captain Jack had obviously scheduled the day with precision and alacrity, allowing for half hour's restorative kip beneath the swaying boughs of the Casuarinas, followed by a cuppa, prior to the squash encounter of the third kind. Yes well, the best laid plans of mice and men oft gang awaw. Which is, of course Gaelic for "what a cock up." It has to be said that at this juncture Colin Hastings did actually





deign to put in an appearance, but not actually a playing one. This therefore meant that everybody on our side had to play somebody on their side who was just a little bit better than they were. And, what with fielding all day in the hot sun, and not enough sleep.....well, you get the general idea.



We came second, but there were some great performances by Nicks T and W, George D, Chris B and some other show offs who actually won their games.

This year we decided to eschew the infinite charms of the pub that purports to be Irish (NOT) and elected instead for a quick round of childish pranks in the showers, followed by a Thai buffet beneath the loving boughs of Mistress Monkey Pod. What an inspired decision this proved to be! Serious re-hydration and tucker was followed by the tour dividing itself into two distinct sub sets.

Those of an intellectual and deeply sensitive nature grouped themselves into a tight circle for a challenging session of duckie buzz and fuzzie dick (welcome Steve, a more than ample replacement for Paul who was not up to the intellectual challenge this year) followed by "this is a spoon, a what, a plate of chips" then "names of famous parts of the body (thank you Elise), names of famous women (thank you Geoff), names of famous yoga postures etc" and then the truly inspirational ostrich, or possibly turkey variant of bunny rabbits (thank you George).

The other, intellectually challenged, half of the tour sat around discussing the effects of radiation and other mutating agents on the base pairings within the deoxyribonucleic acid molecule and the like, and thereby wasted a perfectly good evening. Fortunately, the intellectuals decided to continue the ostrich variant of bunny rabbits on the bemo back to the hotel involving not only the driver, but also Sally Dunford by mobile phone from Cardiff. After only about five rounds of bunnies did Captain Jack come to realize that he had in fact dialed the wrong Sally and was treating the Deputy Director

of The Burma Border Consortium to what many enlightened courts now view as extreme verbal harassment, punishable by death. A bit of Monday morning quarter backing on that one Leung Jack!

On Sunday I gather that a very good game of cricket was played about which Captain Jack will write in his exemplary factual style. Rumour has it that Colin did in fact put in a brief, if un-Herculean, appearance. Despite strenuous, even testicle-wrenching, efforts by Messers White, Dunford Jnr and the only accredited former county player on the opposing team, or indeed the whole pitch, to help us win, we came a creditable close second.

Truly breath taking speeches and ceremonials followed, all of which have once again escaped my addled brain. The Fines Master then proceeded to tick us all off in no uncertain terms and lots of beer got itself imbibed, while dubious jokes got themselves re-told. As the evening's symphony of butterflies burst forth amidst the darkening boughs and a cool, clear, cashew-shaped moon rose into the night sky, one could not help but be reminded of Keats's immortal words:

"All beauty is truth and all truth is beauty. That is all ye know and all ye need to know on this earth".

Can there be a greater truth than clicket lovely clicket?

By **Bazza Daniel**



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## Sweat from the Squash Courts

Without doubt the Squash Section is the most efficient and best run Section of the Club. As everyone knows, squash players like their action to be fast and furious, which applies to the way they conduct affairs both on and off the courts. The official minutes show that the 2005 AGM on March 6<sup>th</sup> was completed in seven minutes, admittedly mainly due to the fact that Dave Mason turned up late. A successful year had been enjoyed by all, we were told, and then it was time to get stuck into the booze.

Within a blink of an eye a new committee was elected and within two blinks of an eye the first committee meeting was duly convened in the Churchill Bar. Somehow I was conscripted under the pseudonym *Barry Daniel* and found that nothing had changed in the 20 years since I last served on the Squash Committee. Portfolios were allocated using the well-tested "short straw" technique and *moi* pulled the shortest straw of all as Outpost scribe. The deadline, I was told, was "tomorrow". Fast and furious indeed! Here it is...

Now here's a treat to look forward to ... the new committee, with photos, will be displayed on the notice board. So too will the committee meeting

Whitely who I am told has discovered the secret of reversing the ageing process.

Seriously, I was actually impressed by the genuine enthusiasm of this committee. Plans were discussed to further encourage Jayne's already successful ladies' section (there was a brilliant idea to offer them free coaching to reduce the very high chance of someone having her head chopped off with an errant back-swing), and a commitment to getting the kids playing again. There was real concern about the ceiling fans falling down and similarly taking someone's head off, but the idea of have wall-mounted fans instead was generally considered impractical ... has anyone ever seen this done successfully elsewhere?

There was some brief discussion about poor participation in the leagues—I'm sure this will be an ongoing theme—but some people seem to think that the offer of a free meal in Lord's will do the trick. Hmmm! The draw for February was duly made, the winners being: men, James Quinn; ladies, Pim. There are some perks for being on this committee!

Looks like we are going to have another squash section shirt. These usually take about two and a half years from drawing board to production but, with this committee, anything is possible. My vote is for one like the tennis section special edition. Joey Aung is designing it.

The winners of League 191 (January) were

Div 1, David Eastgate; Div 3, Neil Evans; Div, 5 James Crossley-Smith

The winners of Squash League 192 (February) were Div 1, Ja; Div 2 Chris Browning; Div 3, Peter Corney; Div 4, Morten Knudsen

During the month there was a goodly gathering of squashies in the bar to farewell Steve Thomas and celebrate the reduction of the Welsh contingent in the Section by 50 percent. Steve will be sorely missed, but has promised to come back to play fuzzy duck in Chiang Mai next January. Hopefully there will be a photo of this distinguished gathering with this article, taken by a charmingly inebriated lady who happened to be passing by and got caught up in the action.

A club match against Muscle and Muscle is scheduled for April 23rd at the Club. Chris Browning will be looking for volunteers. Muscles are not a requirement apparently, which means most of us are eligible. Yes, I now this is pretty pathetic first attempt, but I'll try to do better.

By Jack Dunford



minutes which, as I discovered, are actually written before the meeting takes place. Peter Corney was enthusiastically re-elected as chair for about the 77<sup>th</sup> consecutive year—a job he does brilliantly even though only Antipodeans have a clue what he is talking about. The first meeting took nearly an hour mainly because we were frequently interrupted by the new members' reception going on in the background. (Apparently, not having Marvyn on the committee cuts meeting times by half).

The report on the AGM actually took longer than the AGM itself. It was noted that this was the first time ever that the rather young and good looking Hong Kong Male Voice Choir had flown in specially to serenade the Squash Section. Their rousing chorus of "Sweet Chariots" was appreciated by all. The rest of the discussion focussed on whingeing about the buffet which would have been inadequate even for wimpy tennis players. Marvyn's entertainment was appreciated though, especially the Posh and Beck's interview, and the fact that he only mentioned the Welsh rugby team 25 times, the number of years since they last won the Grand Slam. Oh yes, in spite of being pregnant, Marvyn also won the pre-AGM mix-in, together with Charles



## Deadlines & Putt Lines

The golf section has stayed closer to home after our extensive 'tour' program of 2004. The New Year brought in some changes, which included the venues for our monthly medal and the introduction of new stableford competition. Also, the golf section changed the way it maintains its handicap to the CONGU system. A full report will appear next month of our annual Club Championship at Forest Hills, which is sponsored by MBMG International. Onto the action...

### 2004 - MATCHPLAY & MATCHPLAY PLATE FINALS

On a fine winter-like day in mid-December, the final matches of the annual matchplay & plate were played at Royal Golf & Country, Lat Krabang. The event started in March 2004 with 35 players in the draw and then it was knock-out until the year's end. Those players unfortunate to be knocked out in the 1st round, entered the 'plate' competition which followed the same format as the main event. This year's finalists were Mike Holloway, and making his second successive appearance, the Putt Master himself, David Lamb. In a keenly contested event between two proven matchplayers, Mike came out victorious 3 & 1, capturing his second major event following his recent success in the Rysome Bowl.

The 'Plate' event was contested between Karen Carter & Roy Barrett, both of whom had battled their way through a tough event to reach the final. Karen did not have one of her better days with the clubs and suffice to say that Roy won.

A word of thanks to all the players who participated and ensured that all the deadlines were met. Also thanks to Karen Holloway for her

efforts in marshalling the competition over the duration of the year. The 2005 draw was recently completed and the details are on website.

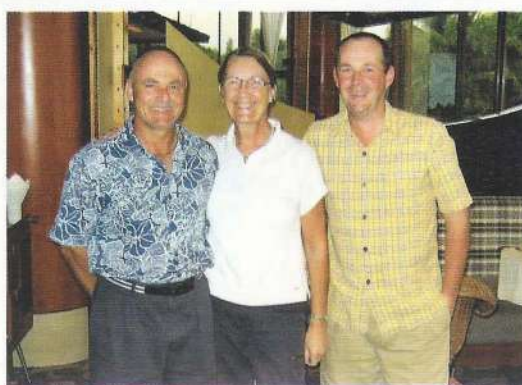


**MONTHLY MEDAL:** The last Sunday of each month, the golf section plays its monthly medal. This year we made some changes—the first being a change of venue from The Royal Golf Club to Legacy and staying at Khao Kheow GC. We play these courses on alternate months, with Legacy played on even months. Another change is that flights are reduced from 3 to 2 and the handicaps are now A flight (0 - 20) and B flight (21 and up to handicap limits). Anyway, with the technical stuff out of the way, let's move on to the results.

**January : Khao Kheow** Unfortunately, your scribe was not present at this event, so the best I can offer under the circumstances is the results of the flights.

**February : Legacy** This time your scribe was present but senility has set in and based on the information on the web-site and some of the photos that were taken, the results are listed below... Hopefully, I pay more attention next time.

January			
A flight	Norm Cockerell	Joom White	Brian Brook
B flight	Yurachatr Brook	Gaew Khongyoo	Guy Snow
February			
A flight	Brian Dodd	David Henton	Andy Flynn
B flight	Bridget Snow	Peter Bond	Chris Browning





**NEW EVENT:** To enable our many playing members to maintain an accurate and fair handicap, it is important to hold as many 'qualifying' events as possible. Without going into details of the CONGU golf handicap system, suffice to say that we will play more than is required. Therefore, this year we introduce a new monthly event at The Royal Golf & Country, sponsored by Worldwide Relocations. The format is stableford with the flights being split between the boys & girls. At the end of the year, the M & F player with the best four scores will each win an additional prize spon-



sored by Worldwide Relocations.

To date, we have played three events and the results are listed below:

January	1st	2nd	3rd
Ladies	Karen Carter	Dianne Bulow	Bridget Snow
Gentlemen	Andy Flynn	Roy Barrett	Pete Gale
February			
Ladies	Charmaine	Angela Poustie	Yurachatr Brook
Gentlemen	Andy Flynn	Brian Dodd	David Lamb
March			
Ladies	Karen Holloway	Bridget Snow	Gaew Khongyoo
Gentlemen	Andy Flynn	Paul Jensen	Pete Gale

**MYSTERY GOLFER:** A new competition for those with a keen eye identifying a golfer in full swing. This is a multiple option competition, as you can choose to either identify the play in the picture, or perhaps post your own suitable caption. The location of where the ball was hit from is a closely guarded secret unless of course a suitable envelope is forthcoming from the mystery golfer! Hint... It's at Royal... Please send your entries to the BCGS e-mail [bcgs2002@yahoo.co.uk](mailto:bcgs2002@yahoo.co.uk) and we will publish the results in next month's *OUTPOST*.



trophy for the first time in living memory—in other words—a very long time. There is no photographic record of the handing over of the cup, as it appears that the last time the Lighthouse won, the Browning pin camera had not been invented and we feel that in keeping the spirit of tradition, no photo is important! In other words, your scribe forgot his camera.

#### FOOT-NOTE:

It is difficult within the constraints of the *OUTPOST* to list all the activities and results, so please visit our website for up-coming events and detailed results. The website is also the place to find current handicaps, match-play deadlines and any relevant news. We look forward to welcome you on the fairways & greens, so please come along and join us.

**OTHER EVENTS:** The golf section took on the Lighthouse Golf Society at Chuan Chuen for the annually contested MERC Trophy. Actually, we contested the 2004 event, as circumstances prevented us from playing for the trophy last year. In a closely fought match on an unfamiliar course, the Lighthouse took back the



<http://www.geocities.com/bcgolfsociety>



## 2005 Ladies Inter-Club Tennis Tournament

The 2005 Ladies Inter-Club Tennis Tournament was held at the Piyarom Sports Club on February 26-27th, and the British Club was invited to join in the competition. After much frantic phone calling, we managed to rustle up 15 players and even squeezed in one practice session the week before the tournament.

Suitably prepared we turned up at the Piyarom at a bright and early 7:30am. Altogether eight clubs had been invited to participate: British Club, Piyarom Sports Club, Japanese Club, Royal Bangkok Sports Club (2 teams, Gold and Blue), Silom Club, Polo Club and last years champions, Krungthai Bank.

The competition on the first day was organized into two groups of four who would play a round robin format; the top two teams from each group would go on to compete for the trophy, while the remaining teams would be playing for the lower places (and for fun, of course)!

With the opening ceremony out of the way, it was down to business with our first match against the Silom Club. We had five matches to play in the age categories of 50 and over, 45 and over, 40 and over, 35 and over, and 30 and over. There were some close matches and we came away with a 2 : 3 result, which was good work for a group of ladies not used to playing with each other on a regular basis. Well done girls!

With the day turning into a real scorcher, we then tackled the Royal Bangkok Sports Club (Gold Team) and the Piyarom Sports Club lunch buffet at the same time! The results were BC vs. lunch buffet 15 : 0 and BC vs. RBSC Gold 1 : 4, a split result. Obviously, the RBSC team was used to playing with each other!

The last match of the day was with the Polo Club. The girls put up a gallant fight, not only against their opponents but also the intense heat, as the sun was up and shining for a very hot day. Again our lack of training together was the telling factor and the BC had to fight to get a 1 : 4 result. Not the kind of results we had hoped for but everyone had a great time.



At 8:00 am our first up were our hosts, the Piyarom Sports Club which was our closest match of the tournament. The lead see-sawed between us, but Piyarom edged us in the last game and the result was 2 : 3.

After another fine lunch provided by our hosts, we took on the Royal Bangkok Sports Club (Blue team). By this point proceedings were much more relaxed and everyone was having a good time enjoying the tennis and the company. The score was tied

2 : 2 after the first four games, and it came down to the last match. After a close start, our ladies succumbed to their opponents and the final result ended up 2 : 3.

The BC took 8th place with the unbeatable Krungthai Bank walking away with their 2nd straight championship. We had a lot of good individual performances, but the lack of pairs match practice was our biggest weakness. So we will play MORE competitions, something we are already trying to organize with some of the clubs we met in tournament.

A special thanks to our players who represented the British Club in this great tournament: Tip, Mam, Valerie, Marion, Mary-Kate, Marie, Somchai, Joy, Yubharet, Vilailuk, Sasaluk, Noi, Leslie, Angela, and Panee. And thanks also to the Piyarom Sports Club for putting on such an enjoyable event. Thanks ladies and see you at the next one. Bring it on!

By **Joy Gibbens**  
*Ladies Tennis Team Captain*







## Regular Sports, Games & Activities

### Aqua Aerobics

Tuesday 10:30 – 11:30 am  
Thursday 10:30 – 11:30 am

### Aerobics

Monday 10:00 – 11:00 am – Squash Court 3

### Bridge

Tuesday 5:30 – 9:00 pm – Churchill Bar

### Chess

Thursday 6:00 – 9:00 pm – Churchill Bar

### Cricket

Tuesday 6:00-9:00pm Practice – Back lawn  
Wednesday 6:00 – 9:00 pm Practice – Back lawn  
Thursday 6:00 – 9:00 pm Practice – Back lawn  
Saturday 9:30 – 12:00 pm and 3:00 to 6:00 pm Back lawn

### Football

Tuesday 7:00 – 9:00pm Practice on the Tennis Court

### Hockey

Thursday 9:00 – 11:00 pm Practice on the Tennis Court

### Rugby

Thursday 7:00 – 9:00pm Practice on the Tennis court

### Spoff

Tuesday 8:30pm – Churchill Bar

### Squash

Thursday 5:15 – 9:00 pm Mix-in

### Junior Swimming

Saturday – 9:00 – 1:30 pm Lessons with Bangkok Dolphins

### Junior Taekwondo

Sunday 1:00 – 2:00 pm on Squash Court 3

### Tennis

#### Mix-in

Monday 6:00-10:00pm  
Wednesday, 6:00 – 9:00pm  
Friday 5:00 – 10pm  
Sunday 4:00 – 7:00 pm

#### Ladies Mix-in

Tuesday 8:00am-11:00am  
Thursday 8:00-11:00am

### Junior Tennis

Wednesday 4:00-5:00 pm Lessons with Gregory  
Friday 4:00 – 6:00pm Lessons with Gregory

### Yoga

Sunday 3:00 – 4:00pm in Wordsworth Room

## Sports/Activities Price List

#### Aerobics

#### Aqua aerobics

#### Cricket

#### Massage

#### Squash courts

#### Swimming

#### Tennis

#### Junior Tennis

#### Tennis courts

#### Yoga

Bt 3,000 for 10 lessons

Bt 300 per lesson

Use of cricket nets – Bt 300 day/Bt 500 evening if lights needed

Bt 200 per hour

Bt 30 per 45 mins.

Bt 3,000 per 10 lessons

Private coaching with Gregory d'Incelli– Bt 1,000 per hour

Bt 3,000 for 10 lessons (Wednesday or Friday)

Bt 30 per hour am/Bt 90 per hour pm

Bt 300 per lesson

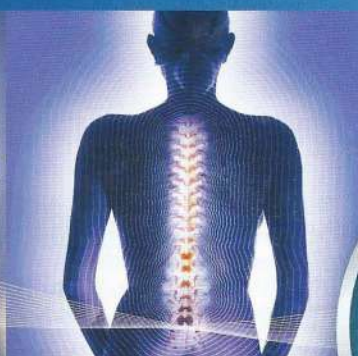
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# HELLOS and GOODBYES

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

Ranald Macdonald  
Justin Lalonde & Kate Bishop  
Andrew & Diana Warburton  
David & Carol Grant  
Daniel Meager  
Dr. Jerome & Dr. Silvia Kim  
William Condie & Clare Florence

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

Marvyn & Carla Roger  
James & Susie Woollet  
Douglas & Yvonne Edwards  
Daniel Tabbush & Acharavadee  
Damien Leonard  
Neville & Virginia Green  
Julian & Rhonda Durant



## British Club Cat Catching Team

As reported in last month's Outpost, the numerous cats around the Club have raised hairs of concern over the best way to handle this furry issue. As everyone agreed: without cats, you get rats! So after much study, the Committee agreed to fund a programme to catch, neuter, and vaccinate the resident cats. Soon, a cat catching team was in action under the advisement of Soi Dog Rescue.

Here, Hayley Cowap, one of the volunteers, picks up the story on 'catching' day:

"It was one of those mornings when you are not sure what is going to happen. First thing was hoping that the cats were actually going to turn up for their morning snack or had they got wind of something and headed for safety under the sala? Our luck was in. As we turned up at 10am, they gradually appeared at the smell of cat food (not the most pleasant smell at that time in the morning, I must admit). With the help of the engineers and some BC staff, we managed to quickly and efficiently get the cats in cages.



Nikki Moshier took the three girls that were caught and Claire Deacon and I took the four boys to Bangna Animal Hospital. The cats were surprisingly good on the drive over and we only heard the occasional meow. All in all it was a very successful day and apart from a couple of cats which did not show up that morning it went very smoothly. No doubt the missing cats were watching bemusedly from a safe distance as their fellows were bundled off – no wonder they stayed away!

The cats have now been successfully neutered, vaccinated and re-released back to the club. They've all been named and already their personalities are coming through and they are calmer, cleaner and friendlier. All it takes is a simple sterilisation procedure and we're on the way to safely controlling the cat population. With a stable sterilized cat population, it is rare that new cats will join. But of course anything can happen. Please let Hanni know if you see any 'new' cats so the catching team can catch and sterilize them. This way we all can work together to control the number of cats at our club...."

### Cat Facts Scratch Pad

- Cats are a reproductive success story: Females come into heat any time during the year, for one week every three weeks until mated.
- Female cats call and leave a scent which attracts the attention of unneutered tom cats from miles around.
- If a pregnant cat lives for ten years she can have been responsible for tens of thousands of cats in her lifetime!
- Cats feeding kittens can become pregnant again as soon as four weeks after giving birth.
- Tom cats (unneutered males) get into cat fights. If a cat is neutered before six months it is very likely that they will not roam, spray urine and fight.





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# Safety Personality Quiz

We are not just one type of personality. As we mature, we often modify our personalities based upon our life's experiences. What does this mean in terms of safety? Simply, if we take charge by planning and acting constructively ahead of time to help insure a positive result – we are "proactive". On the other hand, if we wait until an emergency situation occurs and then attempt to make corrections and wait for others to help – we are "reactive".

Take a few moments to see which one is your dominant personality. Afterwards, you should then consider what affect you might have not only on yourself, but also your family, friends, and co-workers.

Underline **Yes** or **No** to each of the following:

1. Yes/No You know or have readily available the telephone numbers of local emergency personnel and agencies in case of an accident.
2. Yes/No When crossing the street you look both ways several times even if it is only one way.
3. Yes/No You walk across the street only when the light is green and double-check that all vehicles are stopped.
4. Yes/No You have properly equipped and updated first aid kits at home and in your car.
5. Yes/No You, your family, nanny, domestic help, and chauffeur have taken a CPR & First Aid course and attended refresher updates during the last two years.
6. Yes/No You check the car's spare tire, engine oil, radiator coolant, brake fluid, and that all the lights work properly.

7. Yes/No You and your family are fully immunized.

8. Yes/No When going to the ocean beach with your family, you bring a spray bottle of vinegar or SAFESEA lotion and know how to prevent and treat jellyfish stings.

9. Yes/No You plan ahead for traffic and other contingencies in order to be on time for appointments.

10. Yes/No You know how to turn off the electric power to your home in case of accidental electrical shock

**SCORE:** If you underlined "Yes" to 7 or more, you are "Proactive". Congratulations. You generally do not wait for something negative to happen before you take preventive action. In terms of safety, this is beneficial as you probably will be properly prepared to help yourself and others. You can also use your "Proactive" trait to encourage "Reactive" people to follow your lead and complete a CPR & First Aid course.

If you underlined "No" to 7 or more statements above, you have a generally "Reactive" personality. You usually wait for something to happen first before you respond. In terms of safety, this can be very detrimental as you probably will not be properly prepared to help yourself or others. You can positively modify this trait by you, your family (all at least age 12), nanny, domestic help and chauffeur complete a CPR & First Aid course and obtain a first aid kit for your home and car.

By Peter C. Gary  
BC Scuba Section and First Aid Instructor

## TWO CPR FIRST AID COURSES AVAILABLE



BCB staff member, Ruengrit Turiwongse presented with a Certificate of Recognition for attending to the emergency medical needs of a BCB guest.  
Left to right: Peter Gary, Kantamas Chongswamongkol, Ruengrit Turiwongse, and Hanni Phillips

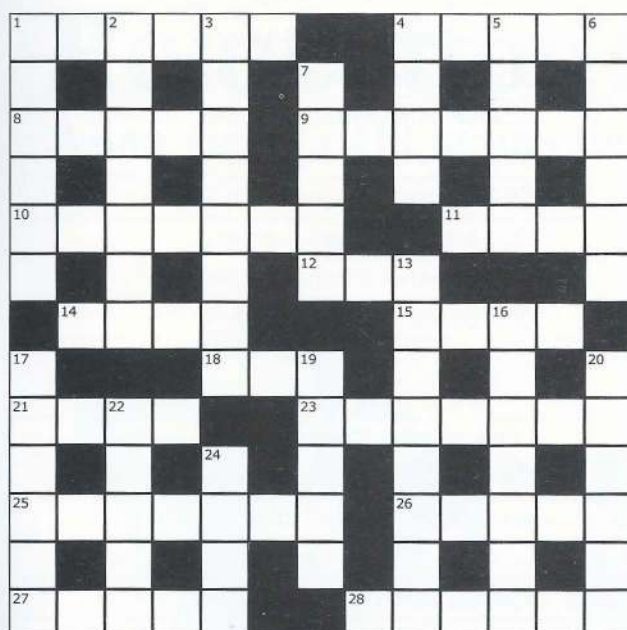
1. Adult, Child & Infant CPR & First Aid. (10 hours over 2 days)
2. Thai translated Adult, Child & Infant CPR & First Aid. This is designed for nanny, domestic help, and chauffeur. (18 hours over 3 days) This is a new course long-requested by many expatriate mothers.

For further information contact, Peter C. Gary, Medic First Aid Instructor  
40822, Mobile: 09-117-5889;  
Telephone 02-634-7796-7;  
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# Crossword Competition

## CROSSWORD PUZZLE



Last Month's Solution



### ACROSS

- 1 "I'm not against hasty marriages where mutual flame is fanned by adequate \_\_\_\_\_". (Wilkie Collins)
- 4 and 11 Across: Chinese built it in 214 BC.
- 8 Veteran British Actress—Dame Judy \_\_\_\_\_.
- 9 "Heaven, were man but constant, her were \_\_\_\_\_"! (Two Gentlemen of Verona)
- 10 Far-Eastern Sea.
- 11 See 4
- 12 Pater Familias!
- 14 Could be Man or Bute.
- 15 See this sign where there is a show of goods for sale.
- 18 River where the Jolly Miller lived.
- 21 "Books – a might bloodless substitute for \_\_\_\_\_" (R.L. Stevenson)
- 23 Took the gib lead in a movie
- 25 "\_\_\_\_\_ that favours fools." (Ben Jonson)
- 26 More disabled.
- 27 New-Indian City.
- 28 A knee or a night on the tiles?!

### DOWN

- 1 A Citizen of 27 Across
- 2 A white flag with a red maple-leaf is \_\_\_\_\_
- 3 He was born in Mecca 570 AD.
- 4 A Hindu teacher.
- 5 Syringe used in hospitals.
- 6 They comprise the whole.
- 7 You do it with 1 Across!
- 13 1<sup>st</sup> President Republic of France, 1955 (2,6)
- 16 A monument for an Egyptian King
- 17 Not getting enough nourishment (3-3)
- 19 Industrial city in Germany.
- 20 One who dotes!
- 22 Untamed.
- 24 \_\_\_\_\_Gagarin—first man in space 1961.

## WORDS INTO WINE



John Sands presented with the Crossword Challenge prize by Khun Adinadong, Bar Captain.

The joint winners of last month's crossword puzzle, courtesy of crossword Guru Margaret Miller, are John Sands and Flora Opil. Both correct submissions arrived on Barry's desk simultaneously. Ms Opil said the answers came to her while in a meditative trance, although it took her five attempts, and a lot of incense, to get 11 across. Congratulations to both our lucky winners!

...

### Still Puzzled?

We hope your shell didn't crack reading the April Fool's nonsense this month! See page 11 for clues. Gotcha!

### CORRECTION

An apology to our readers. We must have lost our heads last month when we moved St. George to March. For 783 years, St. George's Day falls on April 23<sup>rd</sup> and so the tradition continues this year with BC barbeque to be served on the front lawn along with Fun Day activities planned for the kids. Your hopelessly American editor accepts full responsibility for the error and plans to punish herself with several pints!



# Getting in touch

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Discussion Forum		www.bcbgc.com
Outpost Submissions	by 10 <sup>th</sup> of month prior	outpost@britishclubbangkok.com



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