

# OUTPOST

MONTHLY MAGAZINE OF THE BRITISH CLUB

MAY 1986





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# The BRITISH CLUB

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# From THE EDITOR



Following last month's AGM we say good-bye to the outgoing committee and welcome in the new. Thanks to everyone for their hard work. Our new committee (Jolly Jack's Johnnies) are listed on the back page.

The Club facelift has been completed well ahead of schedule and the new carparks and Sala have brightened the old place enormously. One Club member was even heard to ask whether the Club building had been painted, it all looked so smart!

The Holiday season is approaching and most Club members, Outpost Staff included, will start to disappear over the next few months. We will endeavour to keep publishing but we would appreciate help. We really need to have articles well in advance of normal deadlines.

Apologies to everyone who had their articles split due to technical problems. Special apologies to all crossword addicts who had to continually turn the page for the "Down" clues.

Congratulations to the General Committee for winning the inaugural Bar Quiz Championship beating the Soccer Section in a nail-biting final.



# DIARY



THU 1	May Day Family Festival (Club Office closed)	3.00pm
FRI 2	Yoga "Oliver" at ISB Soi 15	8.30 - 10.00am 7.30pm
SAT 3	"Oliver" at ISB Soi 15 Dinner Video	2.30 & 7.30pm
SUN 4	Dinner Buffet	
MON 5	Ladies Tennis Coronation Day (Club Office closed)	3.30 - 5.30pm
TUE 6	Yoga Bridge General Committee Meeting (New Members Night)	8.30 - 10.00am 7.30pm
WED 7	Tennis	6.00pm
THU 8	Ladies Tennis BCT Club Night at the Teen Club, USIS, Sathorn Rd.	8.30 - 10.30am 7.30pm
FRI 9	Yoga	8.30 - 10.00am
SAT 10	Hill Tribe Sale at ISB Soi 15 Dinner Video	9.30 - 12.00am
SUN 11	Swimming Gala Dinner Buffet	11.30am
MON 12	Ladies Tennis BWG Visit to Gem Stone Wholesalers. Tel: Pat Garvey 251 6555	3.30 - 5.30pm
TUE 13	Yoga Australian Embassy Pub Night Challenge Bridge	8.30 - 10.00am 7.30pm 7.30pm
WED 14	Tennis	6.00pm
THU 15	Ladies Tennis BWG Lunch at Siam Inter-Con. Guest Speaker Peggy Mount. Bookings Barbara Noon: 251 5440  Bangkok Music Society presents "La Traviata" at the Chulalongkorn Auditorium	8.30 - 10.30am

FRI 16	Yoga Music Hall Night "La Traviata" Chulalongkorn Auditorium	8.30 - 10.00am 8.00pm
SAT 17	"La Traviata" Chulalongkorn Auditorium Dinner Video	
SUN 18	Dinner Buffet	
MON 19	Ladies Tennis General Committee Meeting	3.30 - 5.30pm
TUE 20	Yoga Bridge Opening of a Historical Exhibition at the Neilson Hays Library with Guest Speaker Khun Songkaw Attakor of the Siamese Architects Association  Patana School Parents' and Teachers' Get-together	8.30 - 10.30am 7.30pm 6.30pm  7.30pm
WED 21	Tennis	6.00pm
THU 22	Visakha Bucha Day (Club Office closed) Ladies Tennis	8.30 - 10.00am
FRI 23	Yoga	8.30 - 10.00am
SAT 24	BRITISH CLUB BIG TOP OUTING Dinner Video	
SUN 25	Dinner Buffet The Bangkok Community Theatre presents "Lady Frederick" by Somerset Maugham at the Oriental Hotel	2.00 & 8.00pm
MON 26	Ladies Tennis "Lady Frederick" at the Oriental Hotel - Dinner Theatre	3.30 - 5.30pm 7.30pm
TUE 27	Yoga Bridge "Lady Frederick" at the Oriental Hotel	8.30 - 10.00am 7.30pm 8.00pm
WED 28	Tennis	6.00pm
THU 29	Ladies Tennis BWG Coffee Morning - Janine Gray talks on India. Bookings Jean Parrott 258 0680	8.30 - 10.30am
FRI 30	Yoga	8.30 - 10.00am
SAT 31	Dinner Video	



# CLUB ROUNDUP



## ☼ CUP FINAL NIGHT ☼

VENUE : Churchill Bar  
TIME : Saturday May 10th  
KICK-OFF : 8 p.m.

Get all the atmosphere of the Cup Final in the comfort of the Churchill Bar, watching on our magnificent T.V. screen and listening to the World Service commentary. We will also have a sweepstake on goals scored, goal scorers, etc., and other entertainment.

## ☼ MUSIC HALL IS BACK ☼

The very popular British Club Music Hall is back in the Churchill Bar on Friday May 16th from 8 pm on. If you want a seat remember to come early for this fun night.

Any potential music hall stars, singers, actors, or chorus members are invited to contact Richard Hopkins.

The Good Old Days are back again. See you there!

## "THE AGM", BY ONE WHAT WENT

"You must go to the AGM", they said. "AGM", says I. "What's that! If it's another of them Assembly of God Mission nights, count me out cos I bain't interested. Last time I went to one of them I had to queue nearly half an hour after for me coffee and biscuit because some twit had forgotten to put the kettle on". "No, No", says them. "AGM means Annual Generals Meeting. What you do is go along to the Club, get tanked up in the bar, ask them Generals on the Committee lots of embarrassing questions, vote against everything they want to do and then 'lect a new lot to have a go at next year". It all seemed a bit strange to me like and not being much of a boozier I weren't too sure. Anyways I decided to give it a bash.

Well, when I got there, everything seemed to be happening in the Churchill Bar so in I goes and gets a shandy so's I'd be tanked up same's everyone else. It were all buzzing with excitement but I couldn't understand nothin' what anyone were talking about - proxys? (I've 'eard of pixys, but proxys?) - tennis court stickers? (did someone really get stuck on that nice new red and green paint - must've made a hell of a mess if they did) - Swiz Frank loans (any loan I ever had was always a swiz although I never had one from my mate Frank). No one seemed to understand when I tried to ask, but it dint matter cos no one was listnin to anyone else anyway. Sos I had another shandy and started to think AGMs was good fun. But just when I was getting another shandy everyone went and I found myself talking about pixys with one of them smashin bar maids and I thought I'd better go home before my missus found out and I got into trouble. But then she told me the AGM was upstairs and I had to go.

So anyway I went up them posh stairs what have a picture of her majestys and next thing I knows I found a table with some important looking men looking very official. I don't think they were Generals but probably Captains at least anyway. First thing they asks of course is whether I've got any proxys. Me!! Daft lot!! Anyway they was quite friendly and we had a nice chat about pixys and then I went into what they called the Surrey Wong Room - its like the Long Room at Lords cepts Thais can't say L's properly. No women are allowed in.

Well in I goes and finds lots of chairs and most of them what were in the bar sitting at the back drinking shandy with some of them sitting at a big table up front with the Sunday table cloth on. Coo they did look good. These were definitely the Generals cos they all had ties on and all sat very close together so's no-one could stab anyone else in the back.



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# The Bangkok St. Andrew's Society



## REPORT ON THE HAGGIS N' DANCE

On 24th March the Saint Andrew's Society slaughtered a haggis, bashed the neeps and aired the well-worn country dance tapes yet again for an evening of choochter dancing at the British Club.

The offer of free dinner attracted a crowd of over 120 to the back lawn of the Club and, although the volume of haggis consumed kept many weighted to their seats in the early part of the evening, the combined effects of fine music and Kloster got things moving and the cry of "one more eightsome reel" was heard until after midnight.

In addition to the Saint Andrew's members who turned up it was indeed a pleasure to see so many of those from the junior Societies wading into the haggis and bringing their particular blend of red indian/hornpipe/morris dancing to the conventional Scottish dance style.

All in all a very enjoyable evening was had by all and several requests to "do it more often" have been received.

The Society would like to thank the British Club for providing the dance floor, the neeps and the stereo FOC.

IAN I. STUART

P.S. I almost forgot to mention that Ian McCarthy and Mrs. Kefford fell over during the Isle of Skye and Andrew Kefford destroyed a British Club bush during a spirited Hamilton House.

## THE BUDGET 1986 - FAREWELL C.T.T.!

After last year's somewhat dull package, the Chancellor of the Exchequer Mr. Nigel Lawson has resumed his reforming ways, producing in the process nearly as many surprises as in 1984.

The basic rate of Income Tax is to be reduced for the first time since 1979, albeit by a minimal 1% to 29%. Stamp Duty in relation to share transactions is halved to ½% (although there is no change for house purchase) whilst, for once, neither the motorist nor the consumer of alcoholic beverages finds himself singled out for special attention. Without a doubt, though, it is the truncation of Capital Transfer Tax - Denis Healey's so called "Compulsory Tax" - which is the greatest surprise. The Chancellor takes pride in the abolition during his tenure of office of three unnecessary taxes: the National Insurance Surcharge, the Investment Income Surcharge and the Development Land Tax. This time, it is the lifetime gift element of CTT which is to go....nearly anyway.

### INCOME TAX

In addition to the 1% reduction in the basic rate, the various tax reliefs are increased broadly in line with inflation, so that the allowance for an unmarried person rises by £130 to £2,335 and for married couples by £200 to £3,655. All tax thresholds are increased by £1,000 which for rates up to 40% is also broadly in line with inflation, but only half of that where the 45% to 60% bands are involved. Nevertheless, taken as a whole, it seems clear that the Budget will benefit the wealthier part of the community most.

As a result of these changes, 29% will be the maximum rate of tax on incomes of up to £17,200 a year and only incomes in excess of £41,200 will attract the top rate of 60% (both figures after deduction of allowances).

The maximum for mortgage interest relief in respect of principal private residences is unchanged at £30,000.

From April 1987, international sportsmen and entertainers working in Britain, will suffer deduction of tax from their earnings at a flat rate of 29%, which change merely brings



Britain in line with most other countries. Furthermore, since the deduction will apply to gross earnings, the likes of Mr. J. McEnroe will not be able to alleviate this new impost by setting off the cost of smashed rackets, fines for bad behaviour and so on.

Of application to rather more of our readers, are the changes in the rules relating to tax relief for the cost of overseas travel.

In future, there will be no question of U.K. resident employees who work abroad, being charged tax on the cost of their home visits however many there may be (previously, there was a limitation of two such journeys in any tax year). Similar treatment will be extended to self employed persons who have businesses wholly carried on abroad. Likewise, foreign domiciliaries working in the U.K. will receive like treatment, but only for a period of five years from their arrival in the U.K.

#### CAPITAL GAINS TAX

Following the extensive changes in indexation relief in 1985, the only change of substance on this occasion is the increase of the annual exemption from £5,900 to £6,300.

#### CAPITAL TRANSFER TAX

Here too, the thresholds have been increased in line with inflation, the starting figure for the tax rising from £67,000 to £71,000. But, as indicated, it is the other changes in relation to Capital Transfer Tax which came as the greatest surprise - changes which are of considerable importance to the majority of British expatriates, since this is the one tax that most of them never manage to escape. This is so, because its incidence depends not on residence but on domicile.

Since 1974, when Denis Healey replaced Estate Duty with C.T.T., lifetime gifts have, subject to various exemptions, been chargeable to tax. However, from and after Budget Day, this part of the legislation is to be swept away in relation to gifts between individuals. As a result, Mr. Lawson feels justified in re-naming it the Inheritance Tax although, since it is a charge on the estate rather than on the recipients, Estate Duty or Estate Tax would be more accurate. Provided that a donor lives for seven years from the making of his gift, (reduced from ten years previously) it will escape liability altogether. For those who die within this period, taper relief determines the amount of Inheritance Tax payable. This is as follows:-

#### YEARS BETWEEN GIFT AND DEATH

#### PERCENTAGE OF FULL CHARGE AT DEATH RATES

0 - 3	100
3 - 4	80
4 - 5	60
5 - 6	40
6 - 7	20

All of this is in line with the pre-1974 Estate Duty and another important concept is also re-introduced to determine whether a gift is treated as having been made at all. With effect from midnight on 17th March 1986, a gift will be disregarded if the property is not subsequently enjoyed by the recipient to the entire exclusion of the donor. The gift of a house in which the donor continues to live without paying a market rent, transfers into a settlement of which the settlor himself is a beneficiary and certain insurance schemes where the person effecting them continues to enjoy benefits during his lifetime will all fall into this category.

Should the benefit which the donor retains be ended at some later stage, a gift of the asset is deemed to be made then and should the donor not live for a further seven years, it is the value of the asset when he released his benefit which is relevant for the purposes of the taper relief.

It is noteworthy, that whilst the Chancellor made no specific reference to them, this and other amendments look likely to bring to an end the efficacy of various insurance based schemes widely used to reduce the impact of C.T.T., However, the change is not retrospective and gifts of all kinds made before 18th March will continue to be subject to the old rules.

But the lifetime transfer charge (at one half of the death rates) does remain for gifts involving companies, or into or out of trusts, and, in consequence, the rules relating to annual exemptions, the ten year periodic charge for discretionary trusts and so on are retained also. Trusts for the disabled and accumulation and maintenance trusts (broadly those which require that the property in them must pass to beneficiaries no later than the age of 25) are, however, excluded from these rules.

Clearly, these changes will require a radical re-think of Capital Transfer Tax planning and the part which trusts have to play in this and other areas. Meanwhile, Mr. Kinnock and his colleagues impatiently await the next Election scheduled for two years time and look with more than a little interest



at Britain's overseas holdings announced proudly by the Chancellor to have increased more than sevenfold from £12bn in 1979 to £90bn now.

#### TAX FREEDOM FOR WIVES DELAYED AGAIN

The long awaited Green Paper on the reform of the personal tax system has now been issued and dashes the hopes of those married ladies looking for early fiscal emancipation, for whilst the total separation of the tax affairs of husbands and wives is examined at length, no changes are expected before the 1990's. Meanwhile, expatriate families where the husband is not a U.K. resident and the wife is (or occasionally the other way round), remain the sole exception to the rule that couples whose marriages are intact are, fundamentally, taxed as one entity.

#### EXPATRIATES EXCLUDED

The Chancellor made much of the fact that the Business Expansion Scheme which was due to expire in 1987 has been extended indefinitely and that a Personal Equity Plan is to be introduced from January 1987. Both encourage equity investment in Britain by granting (more or less) generous tax reliefs to those who invest within the framework of the rules laid down, but U.K. non residents are specifically excluded in both cases.

Furthermore, the Chancellor also proposes to extend to the personal pension plans of those in employment, the same treatment as can currently be obtained by the self employed. But since U.K. non residents cannot qualify for these latter schemes, they should not expect any help from the new arrangements either.

Clearly, non residents must continue to make the most of that status whilst they have it, but many will regret that tax disincentives effectively exclude them from making equity investment in the U.K.

Finally, a word of caution. This piece was written shortly after the Budget on the basis of the Chancellor's Speech and the many Press releases issued as soon as he sat down. Substantial changes may occur during the passage of the Finance Bill through Parliament and, indeed, new matters not yet mentioned could be introduced.

DONALD ELKIN

DIRECTOR, WILFRED T. FRY LIMITED

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## TRAVEL LOG



# MAE HONG SON

With many a hidden valley enclosed deep within the folds of forested mountains swathed in a bluish haze, there are any number of places in northern Thailand that could claim a likeness to the fabled Shangri-la. Of them all, none approximates this legendary lost world quite as closely as Mae Hong Son. Situated in a remote, idyllic spot near the Burmese border northwest of Chiang Mai, this little town seems to resist the encroachments of the 20th century, content with its own separate development and secure under the spell cast by the beauty and tranquility of its magnificent natural surroundings.

Because of its isolation, Mae Hong Son was once a hardship posting for officials and served as a metaphorical oubliette for anyone in disfavour with superiors. This is no longer the case, the away-from-it-all character of the town now being an attraction rather than a threat. It is here that one can escape into an enchanting world of peace, quiet and a unique charm stemming from superb natural scenery, the serene atmosphere of Burmese-style temples and a way of life in which the pursuit of commerce rises no higher than the bustle of the morning market.

That Mae Hong Son should retain an independent air is scarcely surprising since it was only in 1965 that a metalled road completed a convenient land link with the outside world. And then the road journey through the mountains is an experience in itself. Even the daily Thai Airways flight from Chiang Mai makes no rude interruption in the town's slow-paced routine, and occasionally nature will still assert its hold over the place with low mists making landings impossible.

Strangely, despite inspiring a sense of timelessness, Mae Hong Son cannot boast a long tradition as a permanent settlement, it being established little more than a hundred years ago. The surrounding forests, however, had for long provided a livelihood for migrant Shans from Burma and groups of hilltribes of separate ethnic origins, notably Lisu, Lawa, Meo and Karen. But since the Shans made seasonal trips back to their homeland and the hilltribes traditionally re-sited their villages periodically, no settled township arose.

As with so much other development in northern Thailand, it was the elephant, or rather its importance to the society of the time, that led to the human occupation of the area. In 1831, the Prince of Chiang Mai, capital of the North, sent out an expedition under Chao Kaew-Muang to hunt and train elephants for work. After an initial base was set up at Ban Pang-Mu on the Pai River a large number of elephants were captured a few kilometres further south. The assistance of local Shans was sought to build a corral to contain these pachyderms, and gradually this humble camp grew into a village, then into a town. Such was the birth of Mae Hong Son.

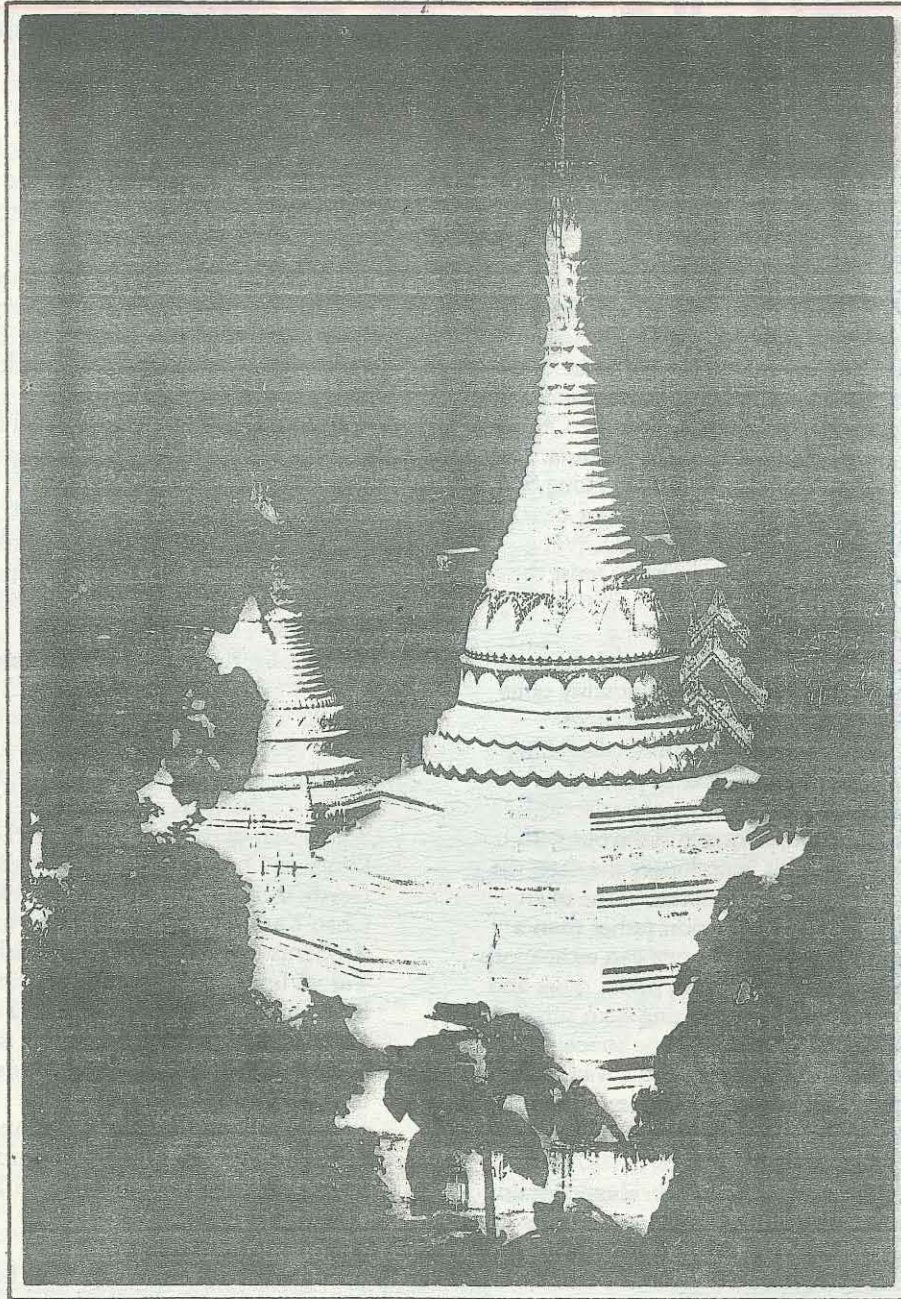
Now with the existence of a permanent settlement, many of the Shans ceased to be migrants and came to reside in the town. By 1874 this steady increase in population prompted the then ruler of Chiang Mai to constitute the place as a city with its own governor. Four such quasi autonomous city rulers held sway in succession until the area was established as a province of Thailand, with Mae Hong Son the provincial capital as it



remains today.

The cultural background to the founding of Mae Hong Son is inevitably reflected in the present-day community. Around 50% of the province's population

Mae Hong Son's distinct character, and particularly the costumes and other traditions retained by the hilltribe people add a dash of color and a note of the exotic.



A view of Wat Prethet on Doi Kong Mu

is comprised of ethnic Shans — properly referred to as Thai-Yais — and 48% is made up of groups representing most of the seven major hilltribes that inhabit northern Thailand. To a large extent this ethnic and cultural mix contributes to

To reach the Shangri-la of Mae Hong Son one can take the short flight over the mountains from Chiang Mai. This is fine for the traveler with little time to spare but such a modern mode of transportation precludes the excitement

of discovery that the land journey offers. Furthermore it misses out on some truly spectacular scenery. The bus from Chiang Mai takes about 10 hours to reach Mae Hong Son and the journey cannot be described as an especially comfortable one. Yet the views and thrills of traveling a mountain road more than compensate for any inconvenience.

In a 369-kilometre horseshoe sweep, Highway 108 runs from Chiang Mai through Hot and Mae Sariang to arrive at Mae Hong Son after cutting a dramatic path up, down and around the mountains. The journey, particularly the last half, provides a breathtaking roller-coaster ride as the road twists and turns, rises and falls through a series of narrow hairpin bends. As a backdrop to the drama of the road is marvelous mountain scenery, perhaps the finest in all Thailand, sometimes viewed as a perspective, sometimes almost bearing down on one as jungled walls close in. Hilltribe villages and other points of interest, such as pine tree plantations, dot the landscape adding variety to the overall wonder of the natural scenery.

Finally, the valley of Mae Hong Son opens up affording a stunning panorama down into a classic 'V'-shape division between the mountains. After the thrills of the journey, one rolls gently down into the quiet little town from where the sight of the forest-clad hills soaring all around cause a sense of disbelief in the possibility of arrival and a feeling of having mysteriously entered a different world.

There is nothing obviously attractive about the town, which comprises mostly two-storey shophouses huddled around a main street, and one first appreciates the peace and remoteness of the place. Simple but quite adequate accommodation is available at a couple of comparatively modern hotels, and once installed one can set out to explore the small but charming sights the town does have to offer.

Dominating the scene is the 424-metre hill of Doi Kong Mu from the top of which are unparalleled views of the entire town and the majestic sweep of the surrounding mountains. The vantage point is occupied by a small temple and two *chedis*, named Ong Yai and Ong Lek, built in 1860 and 1874 respectively. These with accompanying images and statuary

are fascinating in themselves, although the temple atmosphere, enhanced by the tinkling of the bells atop the *chedis*, is most effective in adding a dream-like enchantment to the views.

At the foot of Doi Kong Mu are to be found two temples, Wat Kham Kho and Wat Phra Non, typical of the Burmese-style religious architecture that is the principle attraction of Mae Hong Son. Characteristically the main halls of such *wats* are wooden affairs raised on stilts with the sides either open or partially closed by wooden slats. The most arresting aspect of the architectural style, however, is the roof which climaxes in a series of tottering tiers. Corrugated iron is the principal material used yet ugliness is avoided by highly ornate eaves decorated with filigree work in zinc or wood. The final effect is a curious rather than a beautiful one, though there is considerable fascination in the contrast with the typically Thai temples seen, for example, in Bangkok.

Of the two buildings by Doi Kong Mu, Wat Kam Kho is more classical as an example of the local architecture, and contains an interesting collection of Buddha images and other religious objects along with an exquisitely carved peacock throne. The exterior of Wat Phra Non is much newer and holds little interest, but inside are two large concrete Buddha statues, one reclining and one seated, that were made on the orders of Mae Hong Son's first official ruler and, with their painted faces, are good examples of Burmese-style statuary.

Again superficially unattractive and more dilapidated in appearance than usual, Wat Hua Wiang, in the center of town, should not be overlooked. Its importance is derived from the large, splendid brass Buddha it houses. The statue is a copy of an image in Mandalay, Burma, where it was originally cast before being carried over the mountains and enshrined in Mae Hong Son.

Two more charming temples, occupying the most picturesque spot in town, are Wat Chong Kam and Wat Chong Klang. They are located in the same compound bordering a small palm-fringed pond, the calm surface of which enhances the air of serenity emanating from the temples. The *chedis* and tottering tiers of the roofs are typical of their kind,



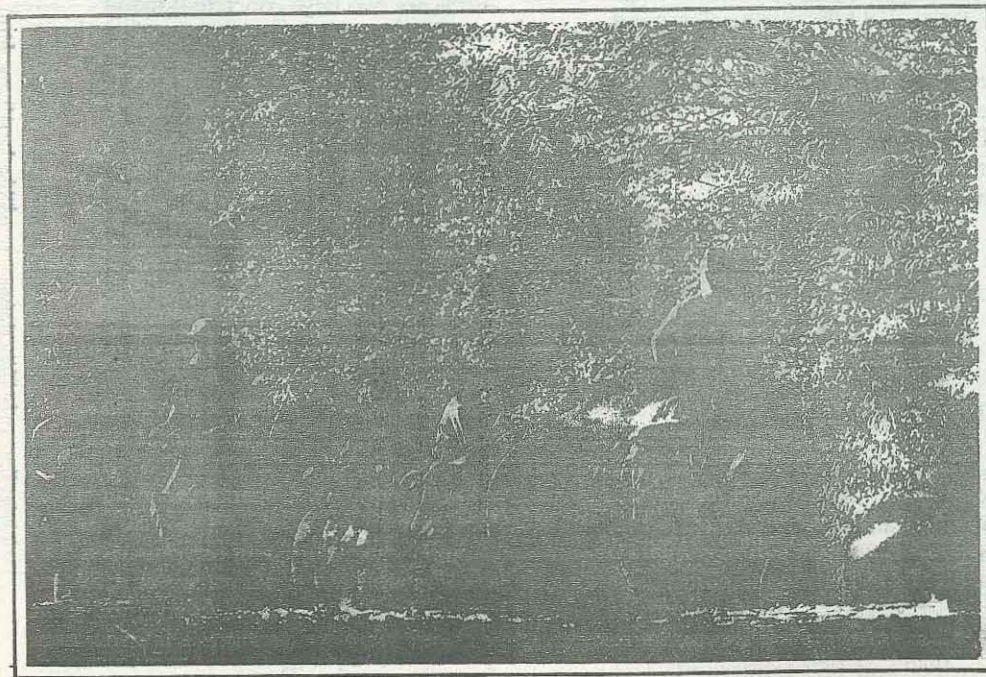
while the architectural interest is augmented by Wat Chong Klang's famous collection of 33 wooden dolls representing characters from the Jataka tales. Housed in a special room off the main hall of the temple, these figures, some over a metre tall, are finely carved and originated in Burma from where they were brought in 1857.

In contrast to the peace and quiet of Mae Hong Son's handful of Burmese-style temples is the town's morning market which springs to life at around 6 a.m., bustles with activity and flashes with color for a couple of hours and then suddenly dies out letting everything return once more to a state of somnolence. While it lasts it presents a dazzling array of foodstuffs, clothes and other necessities, and if there are not sufficient stalls sellers will lay out their goods on banana leaves by the side of the road. The exotic nature of the vegetables, spices, fruits and so forth is matched by the shoppers themselves. Brightly dressed hilltribe people mingling with town folk; young smiling faces contrasted with wrinkled visages of old ladies full of character puffing away on hand-rolled cheroots. At one of the tea stalls the visitor may catch a glimpse of a couple of

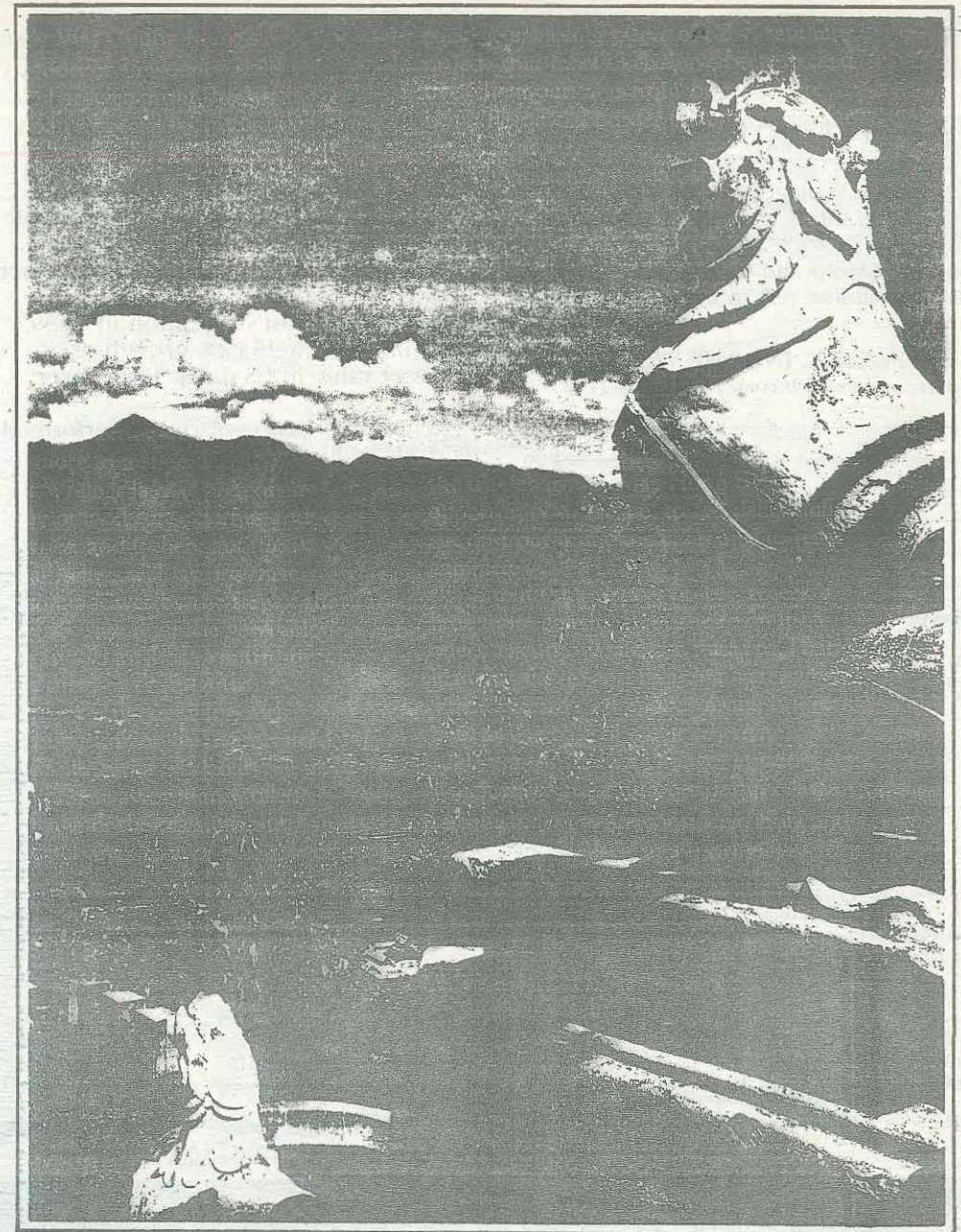
men huddled over a grubby paper package enclosing pieces of ruby, sapphire or jade that most likely have been spirited over the mountains from Burma, there being no official border crossing near Mae Hong Son.

The morning market should really not be missed as it marks the peak of the day's activity, even though it's all over before the sun is high in the sky. The *farang* traveler may come across a two- or three-day old copy of the 'Bangkok Post' at one of the stalls yet any real desire to keep abreast of the news quickly vanishes in this Shangri-la location where everything else seems so far away and really not worth bothering about. That is the true charm of Mae Hong Son, the opportunity to escape, to feel delightfully cut off from mundane cares and to relax completely.

Should the visitor, however, seek a little more activity than the town itself offers, excursions may be made to Tham Pla (Fish Cave) and Pha Sua waterfall. The former, 17 kilometres away, is a rock pool at the base of a cliff where a subterranean stream emerges and in which there are a number of quite large tame fish. These are considered holy and protected as such, a small shrine in a rock



Work elephants crossing the river near Mae Hong Son



Looking out over the valley from Wat Prethet

niche guarding over the pool. Tham Pla is located in a small pretty grove ideal for picnics for which rustic tables and benches have been thoughtfully provided.

Pha Sua waterfall is a rough 28-kilometre drive from Mae Hong Son though the sight of the cascade justifies the effort in getting there. Even more adventurous is the excursion to Tham Lod cave about 80 kilometres north along a steep, narrow, rocky road where the mountain scenery is even more spectacular than that seen on the way from Chiang Mai. The cave itself, located

near Thai-Yai and hilltribe villages, is curious for its limestone formations, the stream running through it and the remains of prehistoric coffins hidden away in niches.

After such a hair-raising trip it is indeed a relief to return to the simple peace of Mae Hong Son, the Shangri-la centred in a region where the entire gamut of northern Thailand's attractions can be seen at their best, virtually untouched by the advances of that other world beyond the mountains.

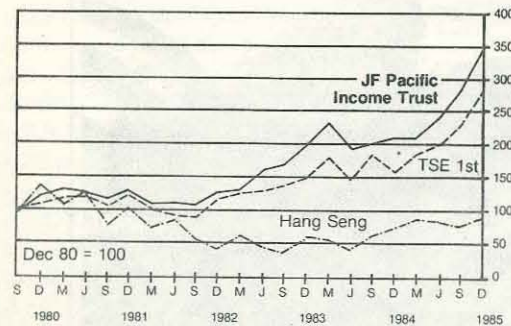


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Undeniably Bangkok possesses many fine restaurants. The choice for an elegant dinner is remarkable. Unfortunately the choice for lunch is more limited. Somehow the intimate subdued lighting seems rather inappropriate at mid-day.

To find the right balance of good food in pleasant light surroundings, most people resort to the coffee shops of the abundant international hotels. For those who are looking for something more personal, the Gourmet Gallery may be the place.

A substantial range of "home cooking" is on offer. There are some lovely light lunch dishes available including mushroom quiche or seafood in sauce. The pates are a meal in themselves and several kinds are available. More substantial meals are offered to larger appetites but most customers prefer to leave room for a sweet course. Slimmers be warned - desserts have a separate menu to themselves - and what an incredible selection there is. From gateaux to pies, icecreams or fruit, it's all there.

Prices are very reasonable and many of the cakes are offered for take away. Gourmet Gallery is on Soi 33 Sukhumvit, next to Sawadee Tennis Courts, and has a large car park.

International Bond Funds													
Sector leaders		Five years	£	Three years	£	One year							
		JF Pacific Income	4,716	JF Pacific Income	2,807	North Star Invest Fund	1,785						
		Bermuda International Bond	4,542	Bermuda International Bond	1,869	JF Pacific Income	1,276						
		Mercury Eurobond Fund	3,814	S&P Yen Bond Fund	1,829	Conbar	1,204						
		Phoenix Dollar F.I.	3,595	Conbar	1,809	K B Eurobond	1,139						
		Royal Trust Int Bond	3,262	Mercury Eurobond Fund	1,778	K B Eurobond Accumulator	1,137						
		Average	2,970	Average	1,589	Average	1,028						
Arbuthnot Dollar Income	1	5/81	US\$4.4		1,505	1,255	938	997	Dist.	10.7	112.6x	3.4	
Arbuthnot Yen Bond Fund	1	3/83	Y935.0			1,278	1,036	1,145	Dist.	5.8	20.0	4.4	
								1,176	Dist.		1048.0	7.5	
								980	Dist.		1082.0	6.5	
	98	7/85	DM37.5						Dist.	9.7	96.4	5.0	
	98	7/85	US\$17.4						Dist.	9.6	1245.0	4.4	
				1.888	2.886	1.590	1.305	967	1.031	Dist.	9.6	1245.0	4.4
					2.837	1.354	1.176	967	1.034	Dist.	9.6	1245.0	4.4
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								1,035	1,032	ACC.	10.4	237.6	-1.5

Money Management Statistics February 1986



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# IN DEPTH

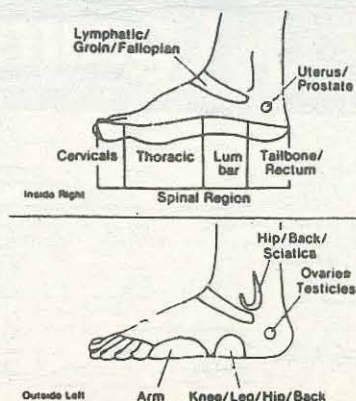
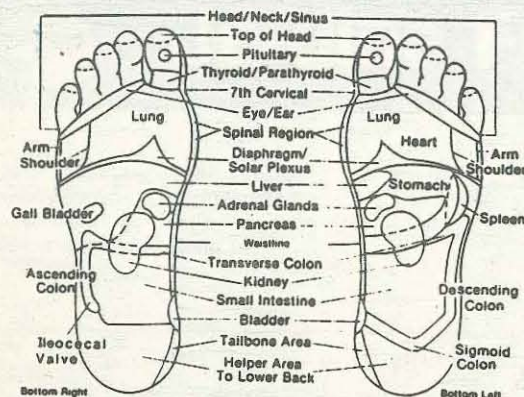
## REFLEXOLOGY

Reflexology is a boost to conventional curative methods. Ideally it is meant to be applied in conjunction with a physician although this is not always easy. What can be said to be true is that the conscientious application of the technique can bring relief of harmful tensions and other dangerous psychosomatic factors. Where this plus the relief of pain is achieved, we are well on the road to recovery and the defeat of the disorder.

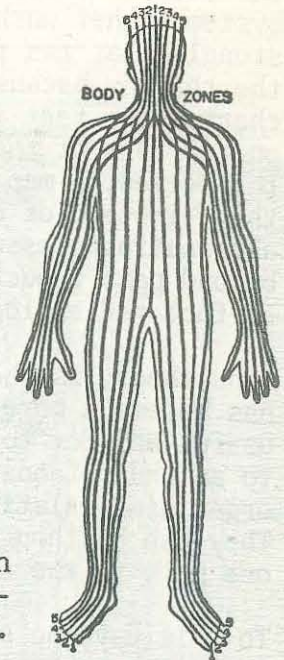
Foot reflexology is a method for stimulating the reflexes in the feet. The feet are "worked" to break down deposits which build up in them. With specific hand and finger techniques reflexology causes responses - best described as relaxation - in corresponding parts of the body. Relaxation is the first step to normalisation, the body's return to a state of equilibrium where circulation can flow unimpeded and supply nutrients and oxygen to the cells.

Our state of health depends on this ability to return to homeostasis after a trauma or challenge e.g. injury, stress. So it can be said that the purpose of reflexology is to help this return. Since stress and disorders are ongoing facts of life for most of us, reflexology, in addition to its therapeutic uses can serve as a preventive programme.

The reflexes in the feet are actually "reflections" of body parts. Their locations and relationships to each other on the feet follow a logical anatomical pattern which closely resembles that of the body itself. The premise of exactly how the reflexes of the feet correspond to the anatomy of the whole body is simple, the actual physical image of the body is projected on to them.



There are ten equal longitudinal zones running the length of the body from the top of the head to the tips of the toes. The number "10" corresponds to the number of fingers and toes, and therefore provides a convenient numbering system. Each finger and each toe falls into one zone with left thumb, for example, occurring in the same zone as the left big toe and so on. Like an arrow passing through, the reflex points are considered to pass all the way through the body within the same zone. The same point, for instance, can be found on the front as well as on the back of the body, the top as well as the bottom of the foot.



It may be that stress is the single greatest threat to the body's equilibrium. Congestion or tension in any part of the zone will affect the entire zone running through the whole length of the body. Like a river that has been dammed up the areas on either side of the blockage (e.g. calcification, lymph fluid) in the zone are affected. Sensitivity in a specific part of the foot signals to the reflexologist that there is something going on in that zone or zones somewhere in the body. Direct pressure applied to any part of a zone will affect the entire zone. This is the basis of zone theory. It is also the basis of foot reflexology because not only are the feet functional parts of the body with representation in each of the zones, they are a direct reiteration of the body itself. However, working the entire foot affects the entire body.

There are other reasons why the feet are able to serve in this capacity. They are a very sensitive part of the zonal system. Besides being "sheltered" constantly by shoes and socks (although not so much here in Thailand) these terminal ends of the body (head, hand, feet) are particularly sensitive to the touch.

### THE ORIGINS OF REFLEXOLOGY/ZONE THEORY

Zone theory evolved from the research and writing of Dr. William Fitzgerald in the early 1980's. He observed that direct pressure on certain areas of the body produced an analgaesic effect in a corresponding part. Just how one part "corresponds" to another is what zone theory is all about. Dr. Fitzgerald systemised the body into zones which he used for his "anesthetic" effect and which is now used for therapeutic application.



By the early 1930's the time had come for the further refinement of zone therapy into foot reflexology. A therapy assistant, Eunice Ingham, had been using the zone therapy system in her work but must have begun to feel more and more strongly that the foot should be the specific targets for the therapy because of their highly sensitive nature. She charted the feet in relation to the zones and their effects on the rest of the anatomy until she had evolved on the feet themselves, a map of the entire body. She must have known that, instead of constant direct pressure, she could use an alternating pressure which seemed to have therapeutic effects beyond pain reduction. She is now recognised as the founder of foot reflexology.

Zone theory is the basis of foot reflexology. Reflexology has become a more refined system but zone theory is still a useful adjunct to it. An understanding of it is essential to an understanding of reflexology. Zones are a system for organising relationships between various parts of the body. They can be thought of as guidelines or markers, which link one part to the other.

To this day, no one knows why this type of therapy works. In recent years the West has finally accepted the irrefutable proofs of acupuncture healing in many areas of disease, much to the discomfort of those who can only believe in more "logical" ways. Soviet advances in Kirlian photography have revolutionised the approach to biology and pathology. Such findings, right before the eyes of the world in colour photography, support the ancient Chinese concept of Chi' energy and take the use of pressure or needles applied on key areas of the body out of the realms of magic. The fact remains that zones and meridians have not been explained to the satisfaction of science. The thing works but nobody knows for sure why proper pressure below the big toe affects the spinal column at shoulder level. All attempts to say that "crystal deposits" at the nerve endings of the foot are dissolved by pressure, thereby activating blood circulation are mere conjecture. No pseudo-scientific explanations are offered but a purely pragmatic approach is taken - if it works and if it alleviates human suffering it is surely worth recognition.

To go back to history we don't know how for example Egyptians practised medicine or how the Incas managed brain surgery but we have better records of Chinese folk medicine and acupuncture. The ancient Chinese sages believed that for

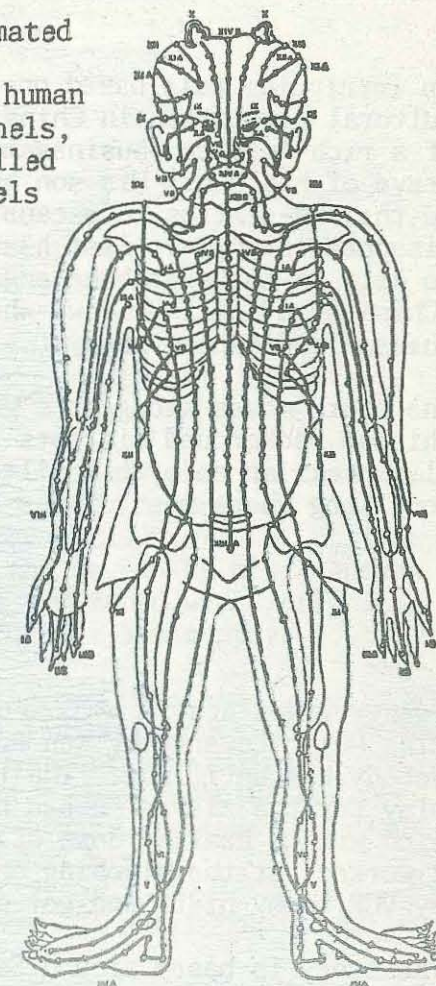
a man to maintain mental and physical health he had to enter into a harmonious relationship with everything else, he had to fit into a world of correspondences where the twin principles of Yin and Yang ruled. Yin represents the negative force and Yang the positive force, Just how these two principles are balanced in one's body would explain to the Chinese one's state of health. For instance, where Yang is predominant the body tends to be overheated, fevers have a chance to rise and the person is tense and irritable.

Acupuncture, conservatively estimated to be more than 2,000 years old, is based on the concept that the human body has an internal set of channels, or meridians as these are now called with 365 points where the channels surface on to the skin. These meridians are places where control on Yin and Yang can best be exercised and affected by the insertion of needles.

Today it is being recognised that zone therapy bears some relationship to acupuncture and perhaps the next few decades will bring revolutionary changes in the way we go about mending and helping the body back to health.

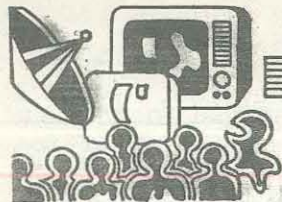
NOTE:

For further information on reflexology and practical application please leave a note of your name & telephone number at Reception and you will be contacted.



YIN & YANG





# WELL WORTH WATCHING

CHINA ROSE

GEORGE C. SCOTT & ALI MCGRAW

MAX VIDEO

An intriguing tale based on a true incident during the recent cultural revolution in China. George C. Scott plays the part of a rich American businessman who visits China to trace the grave of his son. His son had gone to live and work in China in the mid-sixties to escape his capitalist background. He disappeared and was last heard of in 1968, 16 years earlier. To help in the search he engages a translator, Rose Errol, "China Rose" (Ali McGraw) who helps unravel the mystery of the son's disappearance.

The story moves along at a good pace although the sinister Chinese background bit gets a little overpowering at times. All in all an enjoyable film with some interesting shots of Hong Kong where most of the action takes place.

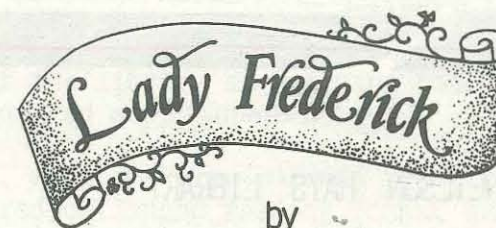
## AMADEUS

Twenty years ago I walked out of a cinema having watched "The Music Lovers" by Ken Russell thinking "Wow - follow that". Nobody has until now. The translation of Peter Schaeffer's play for the silver screen has once again blown my tiny little mind with a healthy dose of culture. All the more so since I worked out the plumbing and connected the sound output of my VCR to my hi-fi and got decent (but mono) sound.

The story is based around Salieri's claim that he murdered Wolfgang Amadeus Mozart out of jealousy of Mozart's genius and disgust at the crude side of Mozart's character. Not using big name actors, the film proves just how forgettable Salieri was, just how good Mozart (and not just the popular bits) is and how interesting good dialogue can be.

Oh, by the way, the murder claim makes for a neat twist ending in a fascinating film. I nearly ruined it all by watching Rambo 2 in the same year.

NEXT ATTRACTION FROM THE BCT



by

Somerset Maugham

25th May - Theatre/2.00pm & 8.00pm; 26th May - Dinner Theatre  
27th May - Theatre.

As part of their 110th Anniversary celebrations, the Oriental Hotel invited the BCT to stage a play by one of "their" authors.

"Lady Frederick" brought overnight fame and fortune to Somerset Maugham when it was first staged in London. Set in the 1890s, it is a delightful comedy spiced with a biting sarcasm of the social structure of the day. The play centres round the dilemma of Lady Frederick who, faced with crippling debts, has only two choices - marriage or bankruptcy.

With the acting from the BCT and the costumes and set from the Oriental, this promises to be a lavish production. Among the cast are several British Club members including Anne Stuart as Lady Frederick, Eric Miller as Paradine Fouldes, Patrick Brook as Sir Gerald O'Mara, David Hall as a Servant and Telly Hall as the French Maid (what else!)

This will be the last production from BCT until the Autumn.



# NEW HORIZONS

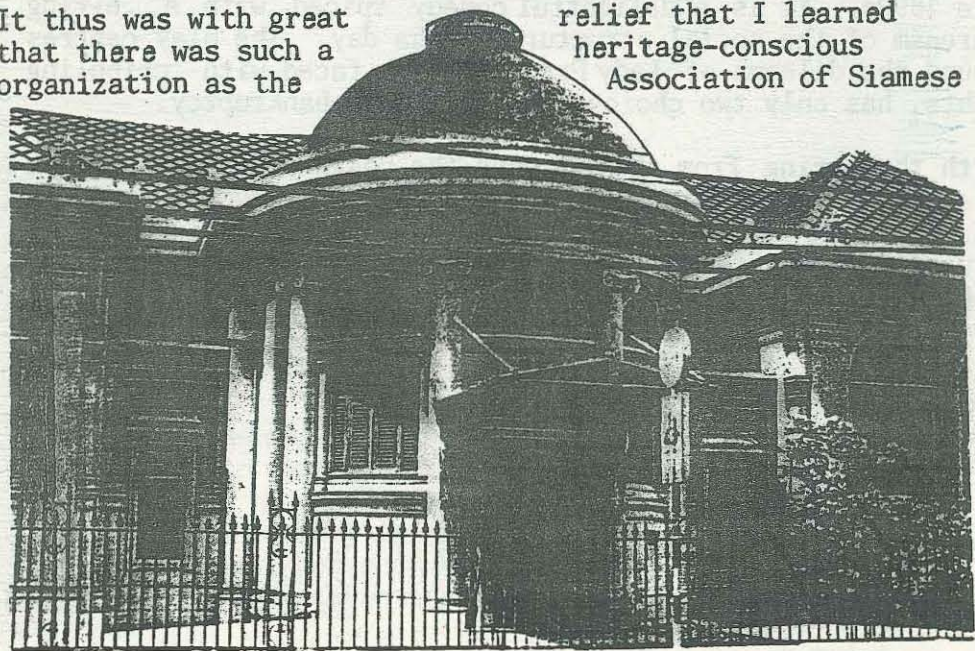
## NEILSON HAYS LIBRARY

**I**n just a few brief years I have seen so many interesting buildings in Bangkok pulled down to make way for a nondescript or grotesque condominium or department store - the delightfully dilapidated palace turned school on the corner of Silom and Rama IV roads; a favourite house of Ruam Rudee - not to mention the "civilization" and deforestation of the entire length of Sathorn Road.

Each time I return to Bangkok it seems to have become noticeably less the last architecturally exotic city of the East and more a downscale, unplanned Hong Kong or Singapore. I shudder to think what Wireless Road, for instance, will look like 10 years hence. And I wonder how much longer Christ Church's Gothic walls can withstand the sound waves produced by Sathorn Road traffic.

It thus was with great relief that I learned that there was such an organization as the

Association of Siamese heritage-conscious

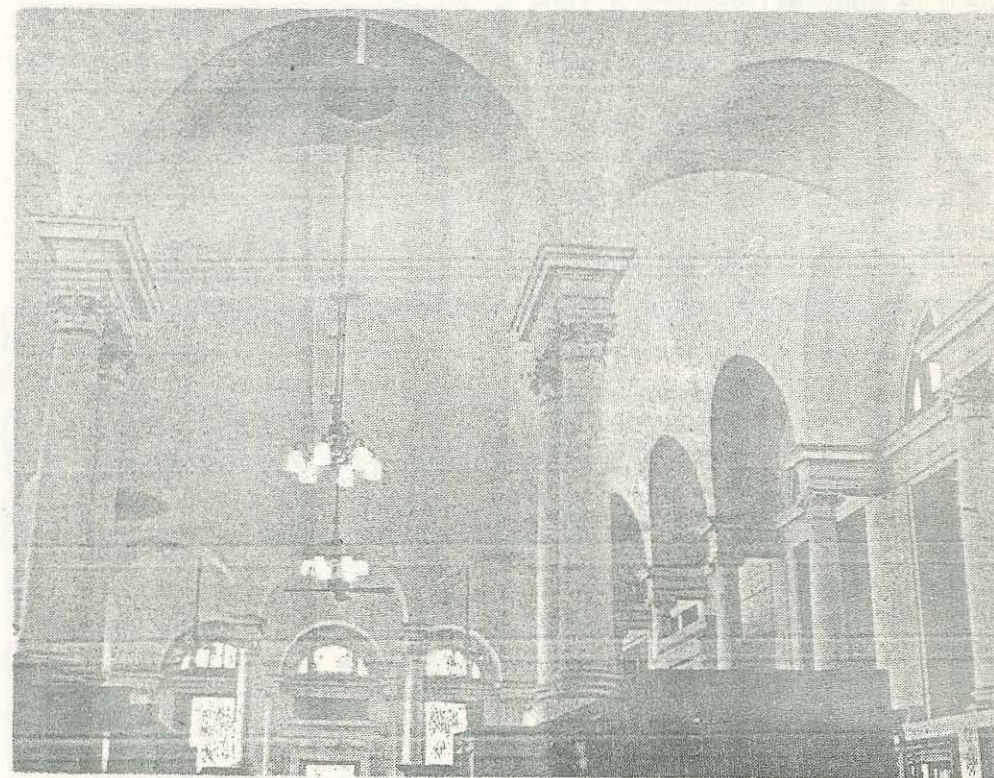


Architects busy indentifying and registering historical buildings in Bangkok as worthy of preservation.

One of the more recently designated buildings - and a favourite of mine - is the Neilson Hays Library on Suriwongse Road.

Although increasingly hemmed in by tall, modern boxes and assaulted by the growing traffic congestion on Suriwongse Road, this building of mixed, almost fanciful architectural heritage has managed to maintain the dignity and serenity it established when it was built by Dr. T. Hayward Hays in 1922 in memory of his wife, Jennie Neilson Hays, a long-time president of the library's governing board before the organization acquired a permanent home.

The library, with its tiny rotunda room and three half-columned and vaulted-ceilinged reading rooms, exhibits an attention to architectural adornment rarely seen in modern buildings, although it must be acknowledged that the natural Thai artistic bent and the relatively cheap labour in this country permit appreciably greater detailed work in new construction in Bangkok than in most cities.



Among the delights to be appreciated at the Neilson Hays, for anyone who takes the time to look beyond the books, are the flower garlands carved in stone above the window interiors, the stone latticework below the window exteriors, the pattern of the columned archways encasing the central chamber and diffusing and playing with the light entering through the high fan-shaped windows, and the stone torches marking the corners of the roof.



Probably what has sustained the Neilson Hays Library while other potential candidates for historical preservation designation have fallen to the wrecking ball before they could be thus honoured, is that the institution has maintained its intended function throughout the years. From a small collection of books assembled by the American and British women of the Bangkok Ladies' Library organization in 1869 and shunted from private home to temporary shopfront for its first 50 years, the Neilson Hays, now boasting some 20,000 volumes, has grown to be the most extensive collection of modern and classical English-language literature to be found in Bangkok.

This is a true reader's library, offering both the bestseller fiction and nonfiction volumes of the past 100 years and pleasant surroundings in which to savour these books. There also are special sections for children and on Thailand and Southeast Asia. Even magazine and jigsaw puzzle collections are available to the membership. The library staff, under the expert guidance of the Chief Librarian Khunying Napachari has a friendliness and personal contact with the membership that give the institution an ambience not to be found anywhere else in the city.

In recent years the Neilson Hays has gone beyond being Bangkok's most popular community English language library to becoming a living institution through monthly exhibitions by local artists in the rotunda room, book sales, and periodic children's programmes and parties. And all of this is available for a nominal annual subscription fee.

### NEILSON HAYS LIBRARY

Established 1869 and recently received an award for its unique architecture.

Bangkok's most up-to-date English Language Library. Membership open to all nationalities

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It is indeed gratifying that, in the Neilson Hays Library, the Association of Siamese Architects has found a living historical treasure to honour with a plaque of appreciation, and I certainly hope that the work of the association becomes increasingly felt and that many more interesting buildings can thus be helped to stave off the seemingly uncontrolled high-rise urbanization of Bangkok. It is a pity though that the honour brings the responsibility to preserve but no means to do so.

In my recent appreciative visits to the library I saw that there is much to be done to refurbish the building. Unfortunately, the library's subscription fees do not cover more than basic staffing and maintenance, and the library association must conduct fundraising drives whenever major repairs or refurbishment are required. Such a campaign is underway now, and I certainly hope the Bangkok community turns out to help preserve this living architectural treasure that has been so much a part of the city's history and unique character.

: GARY KESSLER :  
(PHOTOS BY HAK SREA KUOCH)

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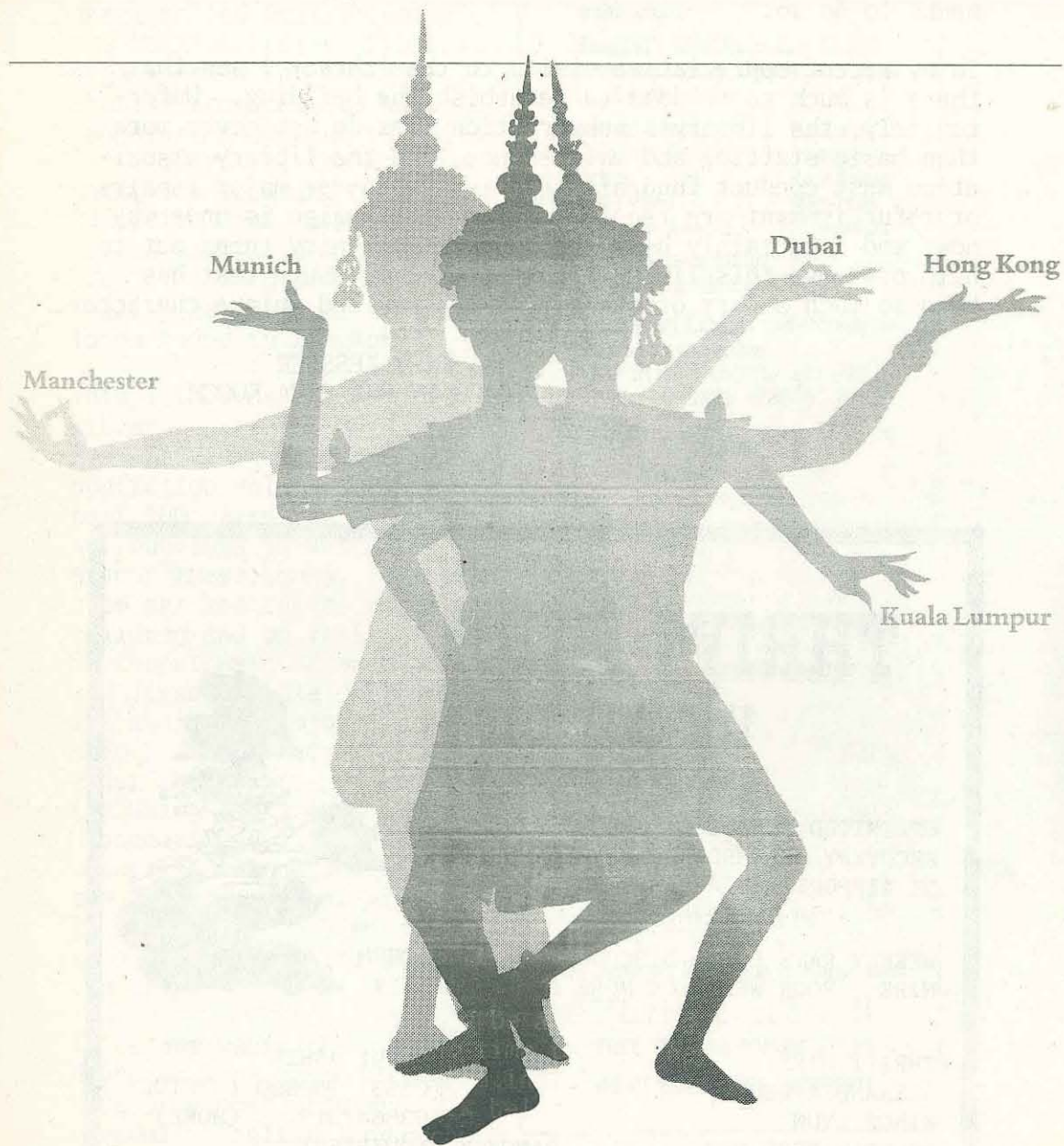
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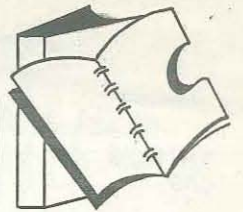


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**Well Worth Reading**  
WELL WORTH READING well worth reading



The latest book from John Fowles, "A Maggot", was published last year and hopefully should be available in paperback before long. Readers who enjoyed "The Magus", "The French Lieutenant's Woman" etc., will surely love this fascinating novel. Although it is set in the 18th century, John Fowles does not wish it to be seen as a historical novel but as "a maggot". The term "maggot" had several meanings which are now obsolete. Apart from the meaning of a larva of a winged creature, it also referred to a whim or quirk and to dance tunes that had no special titles.

The book consists of an introductory narrative, newspaper cuttings of the time and interviews conducted by the lawyer trying to solve the mystery. Five people, four men and a woman, travel from London to the south-west of England. The reason for their journey is known only to one of the men and, when his deaf and dumb servant is found hanged with a posy of violets stuffed in his mouth, there is all sorts of speculation as to what had happened. The other travellers have disappeared and so a lawyer is commissioned to solve the mystery. The results make extremely compelling reading.

John Fowles' knowledge of the 18th century is obviously extensive, he paints a wonderful picture of rural conditions and casually includes snippets of social history not normally found in history books. His knowledge of local dialects and accents is well illustrated in the dialogue between the lawyer and the various witnesses of all types. The newspaper cuttings provide interesting background reading and set the atmosphere of the time.

"A Maggot" is an enjoyable, satisfying read which should appeal to those who appreciate quality writing.



## Golf Crossword

### ◁ SOLUTION ▷

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27	E	I	G	H	T	E	E	N	H	O	L	E	S						

# Grapevine



..... The Club has a great new money spinner - pulling cars out of the new ditch on the Suriwongse Car Par. Roll on the Cup Final night that should really pull 'em in (or out rather!)

..... Does anyone know where the Natural History Museum is in Nontaburi? The new Bangkok Guide says find Nontaburi and there it is - well I did and it wasn't.

..... Don't miss "It's a Washout" on June 1st at the Club.

..... Anyone else suffering from 1st degree foot burns from observing the NO SHOE rules round the swimming pool? Surely disinfected flip-flops would be acceptable even if it would cut down on the hilarious antics of pool users flitting from chair to bar and back again.

..... Is it true that Sally Volleyvont and David Williamson are getting engaged or has gossip hit an all time low.

..... Congratulations to: Christina and Derek, Vanarat and Bernard, Beth and John on the births of their daughters.

..... Get well soon Dcug "Pumping Iron" Whittaker.





# LADIES' GOLF

I hope that everyone enjoyed their Easter holidays with families out from the U.K. and you are all now back into the "swing" again. We have another big competition this month for you - the GESTETNER TROPHY, so back into practice for those two weeks.

## COMPETITION RESULTS

### ASTRAL CUP - MARCH 11TH & 18TH

This was one of our major competitions of the year which was very kindly sponsored by LEVER BROTHERS. The match was played at Navatanee Golf Course and was a 36-hole stroke play competition. The three major prizes were donated by Lever Brothers together with the Astral Cup itself. Daily prizes were also given over the two days.

<u>ASTRAL CUP WINNER</u>	:	Penny Whalley	(31/30)	146 nett
1st Runner-up	:	Anne Hendrie	(27)	148 nett
2nd Runner-up	:	Fiona Gibson	(34)	154 nett
<u>1ST DAY WINNER</u>	:	Margaret Ross	(8)	71 nett
R/Up	:	Mo Harris	(18)	72 nett
<u>Near Pin No.4</u>	:	Wendy Morris		
<u>Long Drive No.18</u>	:	Mo Harris		
<u>Under Par</u>	:	Penny Whalley	(68)	
	:	Margaret Ross	(71)	
<u>Low Putts</u>	:	Margaret Ross	(28), Mo Harris	(29)
	:	Fiona Gibson	(28)	
<u>2ND DAY WINNER</u>	:	Prue Pointer	(21)	74 nett
R/Up	:	Wendy Morris	(21)	77 nett
<u>Near Pin No.7</u>	:	Margaret Ross		
No.11	:	Wendy Morris		
No.17	:	Margaret Ross		
<u>Long Drive No.13</u>	:	Wendy Morris		

The competition was concluded at Mo's house with lunch and prize giving. We had two very good days of golf and thoroughly enjoyed the course. All participants were given a free pack of Lever products to take home. Thank you again for your kind and generous sponsorship. Well done to our winners and particularly to PENNY for her ASTRAL CUP 1986.



Mo Harris presenting the ASTRAL CUP to winner Penny Whalley



: THE LUCKY WINNERS :

Penny Whalley (1st), Anne Hendrie (2nd)  
Fiona Gibson (3rd)



MARCH 25TH - L.G.U. MEDAL

<u>Silver Division Winner</u>	:	Margaret Ross	(6)	77
R/Up	:	Mo Harris	(15)	77
<u>Bronze Division I Winner</u>	:	Prue Pointer	(19)	75
R/Up	:	Wendy Binns	(22)	79
<u>Bronze Division II Winner</u>	:	Sue Baker	(30)	72
R/Up	:	Maureen Hyde	(30)	79
<u>Near Pin No. 4</u>	:	Sue Baker		
No.13	:	Merle Decot		
<u>Long Drive No.18</u>	:	Wendy Morris		

APRIL 1ST - STABLEFORD

<u>Flight A Winner</u>	:	Kanda Phillips	(25)	35 pts
R/Up	:	Ruth Kennedy	(26)	35 pts
<u>Flight B Winner</u>	:	Fiona Gibson	(33)	39 pts
R/Up	:	Sue Baker	(32)	38 pts
<u>Near Pin No. 8</u>	:	Dolores Aaron		
No.13	:	Maureen Hyde		
<u>Under Par</u>	:	Fiona Gibson	(69)	
	:	Sue Baker	(70)	

APRIL 8TH - BEST NINES

<u>Winner</u>	:	Maureen Hyde	(33)	35½ nett c/b from
R/Up	:	Fiona Gibson	(33)	35½ nett
<u>Near Pin No. 4</u>	:	Fiona Gibson		
No.13	:	Mo Harris		

FORTHCOMING COMPETITIONS

May 6th		Stableford
May 13th	}	GESTETNER TROPHY - Rose Garden
May 20th		
May 27th		L.G.U. Medal

GESTETNER TROPHY

This is a 36-hole Stableford competition sponsored by Gestetner (Thailand) Ltd. and will be played at The Rose Garden on May 13th & 20th. Penny has very kindly offered to host lunch after the final game on the 20th. We look forward to another good two days at a favourite old course.

HANDICAP CHANGES

Sue Baker	35 to 33 to 32
Fiona Gibson	34 to 33
Mo Harris	19 to 18 to 17
Maureen Hyde	35 to 34 to 33
Jennie Sharples	36 to 34
Dolores Aaron	24 to 23
Betty Watters	31 to 30
Penny Whalley	31 to 30
Diana Wingfield	34 to 32

Well done ladies! Let's hope we can keep them for a time before the rains come!!

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## RUGBY

While the best known rugby event in the region this month was the Hong Kong Sevens, there has also been a fair amount of activity on the British Club front.

Early in the month, tying in with a visit to Interhash, we received a contingent of U.S. military in the shape of a combined side from Clark Air Base, Manila and U.S. Marine Base in Okinawa. Organising a game for them might have been a lot easier if they had confirmed that they were coming. As it was, since we'd heard nothing from them other than a tentative enquiry some weeks before, we assumed there was no need to organise anything. It came as a bit of a shock to discover that, not only were they here in Thailand, but they were under military orders to play rugby in-order to justify the trip.

Great credit is due to Jim Howard who spent an entire business day doing nothing but organising players, equipment and a pitch all at very short notice. As has happened before, people seem to appear just at the right time and a large part of the team selection was aided by the arrival in town of several members of Old Frothonians not the smallest of whom was one Fast Freddy, 300 lbs and still growing. Despite the aid of Freddy and Co., the British Club contingent, including Tony Pusinelli, Colin Hastings and star scrum half Jim Howard, went down by a narrow 8 points to zero in an exciting but relatively even game.

The game should have provided a good warm-up for the team representing the club at the Hong Kong Football Club Centenary 10-a-side tournament but, as will be seen from the following report from our roving correspondent:

Match Report - Hong Kong Football Club  
Centenary 10-a-side Tournament

On the afternoon of March 6th the BC assured the organizers of the HKFC tournament that 10 BC players would take the pitch at 3.30 pm on April 2 without fail. I then left for home leave secure in the knowledge that of the 15 committed individuals we could certainly count on a side of 10 people. No problem!

Uncertainty began to creep in upon arriving at Don Muang to find nobody from the BC. I did run into a couple of American friends on an extended tour of Asia prior to the HK 7's who said they had just played for the BC against Clark Air Base and that Jim Howard had recruited them for the 10-a-side team. Something was definitely amiss. But then, charging through the assembled masses came Vince Swift and J.J. Gramond. The rest of the side couldn't be far behind.

"Sooo...uh, Vince. Where's the rest of the team and why the cast on your hand?"

"Broke it in a motorbike accident, but don't worry I've got my kit".

"C'mon you can't play, where are the other eight?"

That's right, the British Club had managed to beg an invitation only after promising to field 10 players and here we were five hours before kick-off with a flight in-between and the BC was to be represented by an American, a Frenchman and a crippled Englishman. Out of 15 committed adults, 3 had lived up to their promises.

After landing in Hong Kong and several frantic phone calls to some old teammates we managed to scrape together enough players to field a reasonable side. We were seeded third in our group with the HK Football Club and Asian Exiles. Our first match was against the Exiles, a London-based group of former ex-pats rounded out with several extra Askean tourists. After 24 minutes of hard work and some fine tackling we had managed to put two tries over and upset the Exiles 10-0.

Our next match was against one of the four seeded sides, HK Football Club (the other seeds were Askeans, Sydney University Old Boys and Rest of the Colony). Despite the fact we lost 30-0 the side fought hard and never quit. Some particularly good work was put in by our scrum-half, a US West Coast rep player.

By virtue of beating the Exiles we were in the quarter-finals the following day against Askeans, a very strong side who ended as runners-up to the Colony. We lost 40-0. Of the 13 players eventually used, the BC was represented by one associate member.

All in all it was a very embarrassing and disappointing performance. Even had we lost all matches it would have been far better to field our own side. Unfortunately it was obvious to the organisers that we failed to show with a full side. It was a very well run and entertaining prelude to the HK 7's and the sponsors, Benson and Hedges, have already committed to assist in continuing the event. We might as



well resign ourselves to the fact that following our performance this year it will be a long time before the BC side is invited again.

Almost immediately after the Sevens/Tens we found ourselves facing our visiting overseas club in the shape of Muscat RFC from the Oman. They had been in Hong Kong and were, we hoped, down in Pattaya wearing out their bodies in one way or another. As usual, BC was highly organised and 36 hours before kick-off time we had no pitch and about four players. Two hours before the match, we had no opposition, they being still en route from Pattaya to an indeterminate hotel. Once again the telephone authority's daily revenue took a large leap and we managed to organise the requisite number of bodies. At the final count, a total of 18 people played in the game including several who turned out only under duress.

The game started very evenly and BC forwards played extremely well both in the line-out and the scrum. Jim Howard, recently reincarnated as a hooker, won the ball well and the backs had a couple of early runs. Their backs, however, looked very strong and after about 15 minutes broke through to score an unconverted try. We soon replied through a fine penalty kick from Simon Edmonds which took the score to 4-3. Not long after this, the game took a turn for the worse and Muscat romped in four quick tries, all under the posts and easily converted, to leave the half-time score at 28-3.

The second half was almost a carbon copy of the first. A few positional and personnel changes at half-time had strengthened the side and again the first 45 minutes or so were very even. Once again however our tackling was not good enough to hold their backs and they ran in another 5 tries, two converted, to bring the final score to 52-3.

Our performance showed once again how unfit we are compared to visiting sides although it must be said that Muscat are at the end of their season and we haven't even begun ours. There were several aspects of the play which were reasonable and we are almost certain to improve as the season goes on - we don't have too much scope for getting worse!

The visitors were entertained at the club afterwards and presented us with another shield for our growing collection in the Churchill bar.

Next item on the rugby section agenda will be an AGM some time in April and the incoming Captain will have the job of preparing a sevens side for Thai Rugby Union inaugural sevens at the start of the season in late June.

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# SQUASH

The March league saw over 70 well-trained, fit squash enthusiasts divided into 12 divisions striving for the coveted first place honours.

Congratulations are in order for the following victors:

Division 1	Merv Rattray	18 points (max.)
Division 2	Adrian Lamb	12 points
Division 3	Derek Johnson	18 points (max.)
Division 4	Dave Ferguson	12 points
Division 5	Mike Rickard	7 points
Division 6	Bill Wilcox	16 points
Division 7	Alan Griffiths	12 points (max.)
Division 8	Peter Almeren	15 points (max.)
Division 9	Geoff Hill	18 points (max.)
Division 10	Margaret McEwan	15 points
Division 11	David Clark	15 points (max.)
Division 12	Bob McEwan	18 points (max.)

Well done stout fellows - and lady. Your trophies will be available at the front desk shortly.

Entries are now open for the May league which promises to unleash latent talent - yours included if you fill in the entry form. Do it soon.

The monthly Junior Squash Tournaments continue to improve the playing standards of tomorrow's league winners. The regular players would welcome new opponents, both boys and girls, so coax your kids to join in the fun. During these Saturday morning tournaments some of our experienced squash players are on hand to help the juniors improve their games.

Improving the adults' games is the purpose behind a weekend coaching clinic to be held on 19/20 April. It is an opportunity to play with the Club's top players who will help you to correct faults and give you tips on the right mental approach to the game. These clinics can become a regular occurrence if they gain support from section members.

The Squash Section has introduced a Club night in an endeavour to inject a social atmosphere into what is at present a very individual, one-on-one meeting on the court. On Club nights (hopefully) a group of like-minded people can play

squash, meet more members of the section, watch entertaining encounters on the court and possibly partake of light refreshments. More information on the board.

So that you are aware, the committee is currently taking action on court maintenance, pursuing the subject of court development and agitating for fast action on improving changing room facilities.

Entries are now open for the Don Johnson Cup and Parra Handy Plate and, for Ladies, The Ladies Cup and Len Alexander Plate. These competitions will be conducted from 16 May to 22 June with all four finals being played during the weekend of 21/22 June. Entries close 9th May.

An alert member of the squash section pointed out that a married couple who are avid squash players seen regularly at the Club have completely different home telephone numbers!!! Raised eyebrows, however, can now be lowered as further investigation has revealed that Steve and Jane still wake up together indicating there is no imminent scandal and that the situation is purely a clerical error.



*"As in real life, Avery, you're only as good as your second serve."*





## SWIMMING

Now that the poolside sala and carpark improvements have been completed and the rash of long weekends in April has passed, we now anticipate an upsurge in Swimming activities at the Club. The April gala was held on the 20th April being the first of the monthly galas during the school term. Other galas will be held on the second weekends in May and June.

The main focus of attention of the Swimming Sub-Committee now is the launching of the first British Club Splashout Extravaganza to be held at the poolside on Sunday 1st June at 2 pm. The idea is to hold an "Its a Knock-out" type competition in the pool between teams drawn for the BC Sports Sections and the Societies. The whole event is expected to be great fun as 8 teams of 4 men, 4 women and 4 children will be involved in all sorts of crazy races and competitions. Sports Section and Society secretaries are currently lobbying for team members - so please book now to get a place in a team. Eight teams are expected to be entered tentatively from the Squash, Tennis, Football, Darts and Swimming Sections and from the St. Andrew's, St. George's and St. Patrick's/St. David's Societies.

You don't need to be an Olympic gold medallist to qualify so come along either as a participant or as a spectator but expect to get wet! Watch out for BC fliers later this month for more details.



## TENNIS

Wednesday Club Nights are being supported by half a dozen members, but more Tennis players are needed, in order to get a good mix of couples and to give people a chance for a rest and drinks between sets. Play begins at 6.00 pm, so why not come along straight from work and work up an appetite with a few swift sets!!

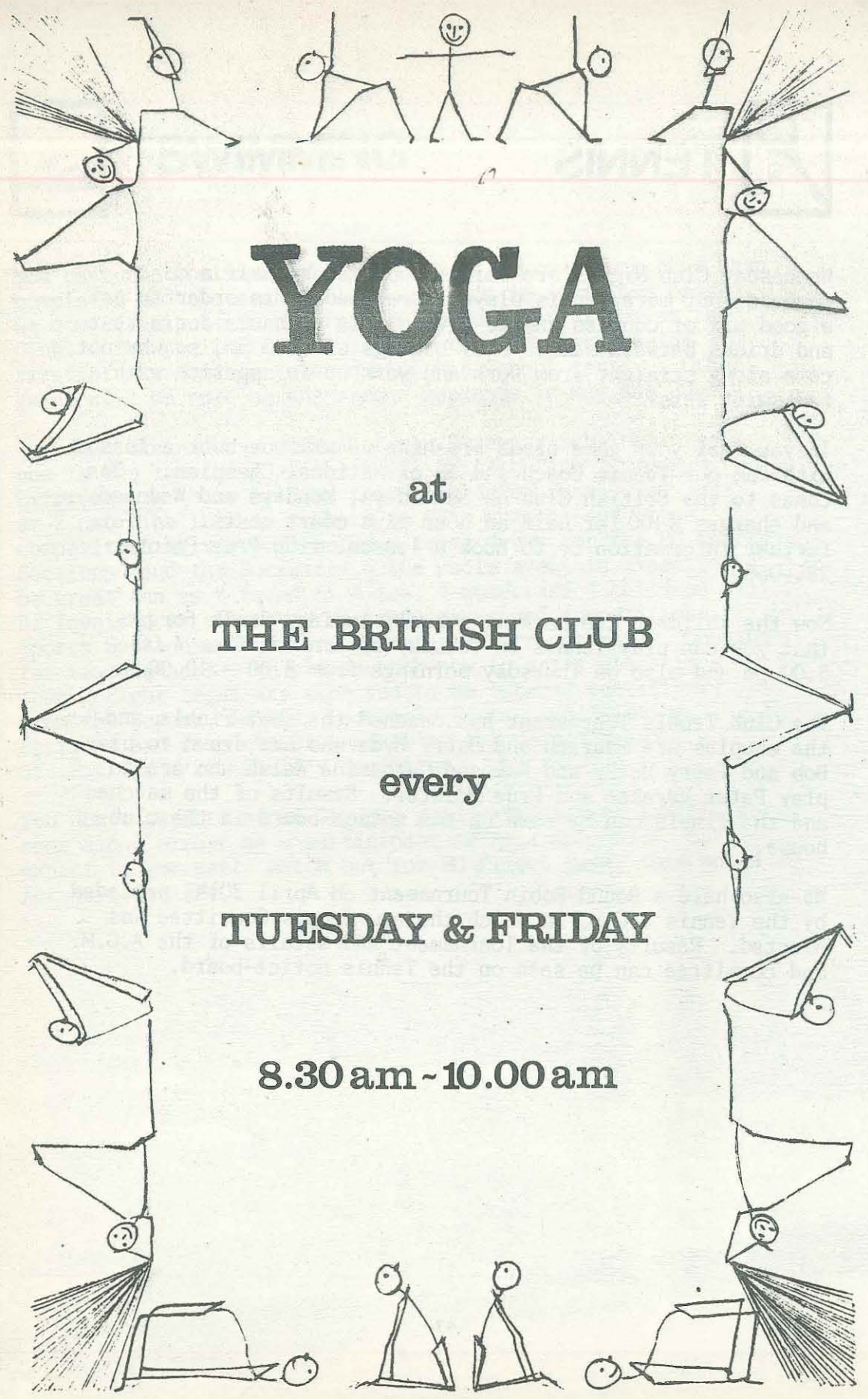
If you feel your game needs brushing up why not book a lesson with Pam our Tennis Coach and an ex-National Champion. She comes to the British Club on Saturdays, Mondays and Wednesdays, and charges £100 for half an hour plus court costs. For further information or to book a lesson, ring Prue Pointer 286-0500.

Now the children are back at school, ladies, don't forget that you can play Tennis on Tuesday afternoons from 4.00 - 5.00 pm and also on Thursday mornings from 8.00 - 10.00 am.

The Club Tennis Tournament has reached the semi-finals and the couples are Maureen and Barry Hyde who are drawn to play Bob and Terry Merry and Ray and Catherine Walsh who are to play Peter Vereker and Prue Pointer. Results of the matches and the finals can be seen on the notice-board in the club-house.

We also held a Round-Robin Tournament on April 20th, preceded by the Tennis A.G.M. in which the new Tennis Committee was elected. Results of the Tournament and details of the A.G.M. and committee can be seen on the Tennis notice-board.





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# YOGA

STANDING

ON YOUR FEET AND ON YOUR HEAD!

I DO! (stand on my FEET)

WHY? (stand on my HEAD)

Well, just let me count the ways...

Then, draw your own conclusions as to the merit of this article and its message.

TADASANA/STANDING/POSTURE

In my first article, I mentioned that yoga practice begins with Tadasana - the Standing Posture. In Sanskrit, "tada" means "mountain" and as you know "asana" is "posture". It can be called Parvasana as "parva" means "mountain", also. Like a mountain, one must rise firmly from the earth poised and balanced - reaching (stretching or extending) upwards - realizing that our feet are our important base. This sounds rather mundane, doesn't it, that our feet are our base? However, if we examined the soles and heels of our shoes, most of us would find them worn down on one side. This is why I stress the feet and emphasize the proper most beneficial way to stand - to keep the entire body in proper alignment.

Perhaps if I mention a few common faults in posture, it will bring to mind not only people you have seen but yourself as well. We are all lax at times.

- our chin protruding forward (puts strain on the neck)
- shoulders forward (contracts the chest -- breathing)
- shoulders upwards (again, strain in the neck area)
- stomach protruding (weakens stomach muscles and lower back)
- standing with weight on one foot and therefore causing the hips (and the spine) to be out of alignment - leading to back pain and weakness. This is probably the most common, detrimental misdemeanour



I have listed just some of our bad habits with a note that negative habits can be corrected. Now let me end this part of my article by listing the benefits of good posture.

- brings poise and balance to the body and mind
- makes leg, arm and spine muscles function correctly
- expands the chest to improve breathing capacity
- helps correct deformities, such as varicose veins
- makes the body feel lighter, less fatigued, and keeps the mind more active
- gives space to vital organs and endocrinal glands for proper functioning

GOOD POSTURE LENDS BEAUTY TO ONE'S BODY  
AND STATURE TO ONE'S APPEARANCE.

### Sirasana/Headstand

This posture is considered the father or king of all yoga postures. It is the leader in the category we classify as "reversed" or "inverted" asanas. The second most important is the shoulder stand, considered to be the mother or queen of all yoga postures. A few of the other primary ones are: downward dog or Adho Mukha Svanasana; Bakasana, crane or bird; Adho Mukha Vrksasana, the full arm balance. These three are known as "raised" postures, but the benefits are similar and for those who cannot do the headstand.

The human body defies gravity - in other words, the heart is always pumping against gravity to circulate the blood into the vital organs and glands situated above it. With the body in the inverted positions those organs and glands are now below the heart. Doing the reverses thus increases supply of blood flow to all of these, and particularly to the brain cells, the pituitary and pineal glands. The position lends a healthy stretch to such parts of our body giving them a new field of space. Space is what we do not give our body with poor posture.

To sum up - the major benefits derived from doing the headstand are:

- strengthening lungs to resist disease,
- developing the body, disciplining the mind and controlling the senses,
- relieving constipation and fatigue,
- improving memory, vitality,
- adding beauty to hair and complexion.

This asana should not be attempted without proper instruction. People with heart conditions or high blood pressure would be given an alternative asana.

Because I mentioned the shoulder stand as being so important, I will just make a note that this posture works the endocrinal glands. It is a panacea for most common ailments, especially chest complaints. It is known to improve upon thyroid conditions. This posture can be done by most people with little difficulty and can be aided with the use of a support, such as a chair.

There you have it - so it's not all so strange after all, is it? And do you know what? These postures are enjoyable!

Yours in yoga,

JOAN FRENCH



# Membership Matters

## NEW MEMBERS

The following were elected to Membership of the British Club in April 1986

### Ordinary:

Mr. I.D. Collins	Unocal Thailand, Inc.
Mr. M.J. O'Connor	John Allan Ltd.
Mr. D. Quinn	PPF Asia Ltd.
Mr. S.D. Spencer	Britoil (Alpha) Ltd.

### Non-Voting:

Mr. N.A. Pressling	Media Transasia
--------------------	-----------------

### Associate:

Mr. R.F. McCusker	Gillette Thailand Ltd.
Mr. S. Phataminviphas	Search International Ltd.
Mr. R. Satayasanskul	Leslie-Hall PB Co., Ltd.
Miss S. Tanyongwetch	UNEP, UN

# Status of Membership

The current membership status is as follows:

Honorary	10
Ordinary	337
Non-Voting	4
Associate	59
Ladies Privileges	36
Up-Country	26
Candidates	21
	<hr/>
TOTAL	493
Absent	835
	<hr/>
GRAND TOTAL	1328



## Committee

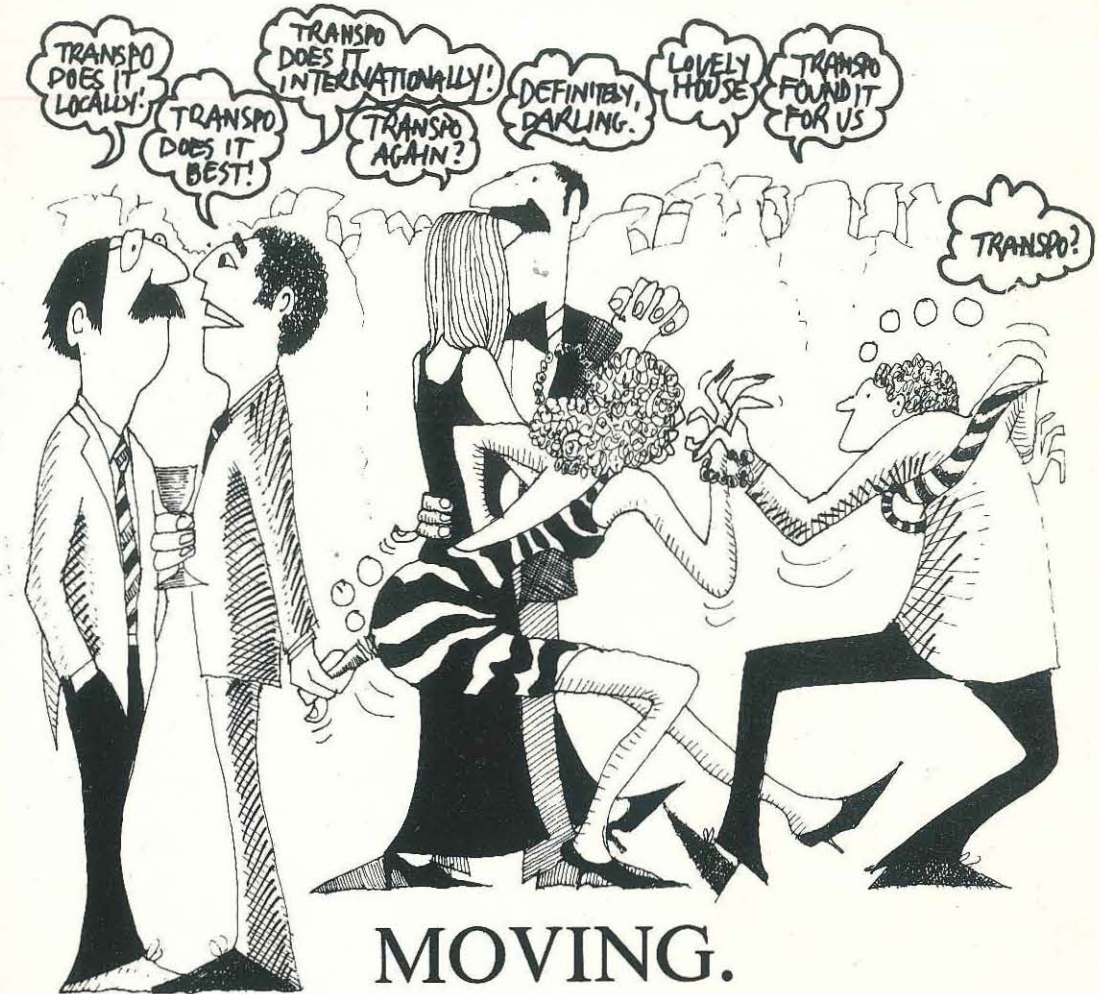
	OFFICE	HOME
JACK DUNFORD (Chairman)	236 0211	286 1356
BRIAN HEATH (Vice-Chairman)	282 9161 x 191	321 1723
Geoff Percival (Hon. Treasurer)	-	314 2464
Richard Duffy (Food & Beverage)	236 6916	258 4387
DAVID HALL (Personnel)	529 0100 x 2867	392 2410
DOUGAL FORREST (Sports)	-	-
RICHARD HOPKINS (Entertainment)	286 2642	211 9620
VINCE SWIFT (Membership/Outpost/Publicity)	252 4294	258 8522
ALISTAIR RIDER (Membership/Outpost/Publicity)	251 9905	251 8369
TERRY ADAMS (Membership/Outpost/Publicity)	211 5808	253 9653 x 51A
<hr/>		
DAVID WILLAIMSON (Manager)	234 0247 234 2592	258 8522
ADISAK KAMKHANTI (Asst. Manager)	234 0247 234 2592	-



# ACTIVITIES

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DARTS	-	MIKE MAJER	513 1970
GOLF	-	BARRY HYDE	393 0556
LADIES GOLF	-	MRS. M. HARRIS	258 5603
RUGBY	-	TERRY SMITH	253 0557 391 5832
SOCCER	-	CRAIG RENNIE	236 0205 236 4281
SQUASH	-	LESLIE CURRIE MIKE KELLY	314 7434 253 0191 x 220
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SWIMMING GALA	-	MRS. ERIKA MAJER	252 7492
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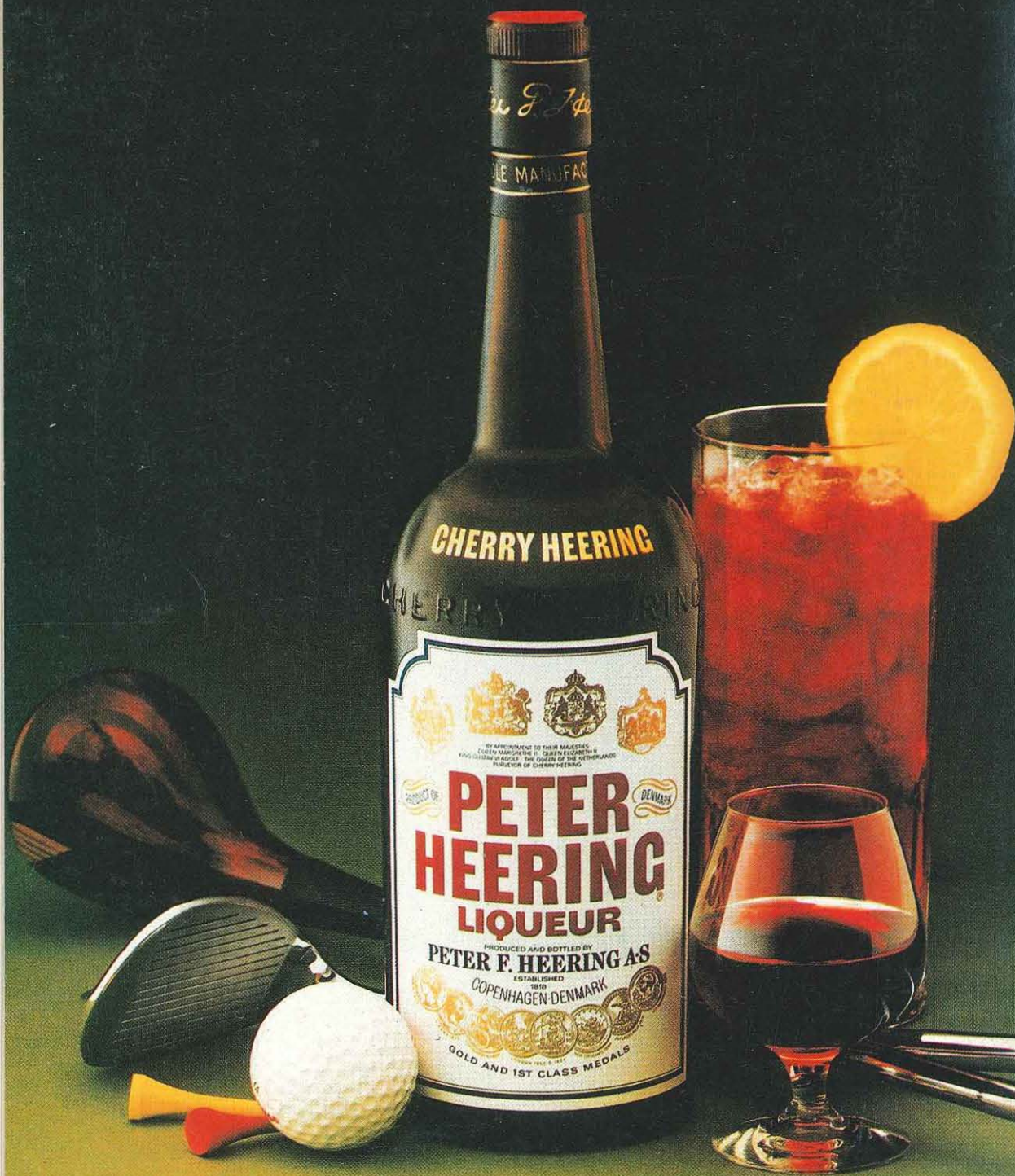


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