

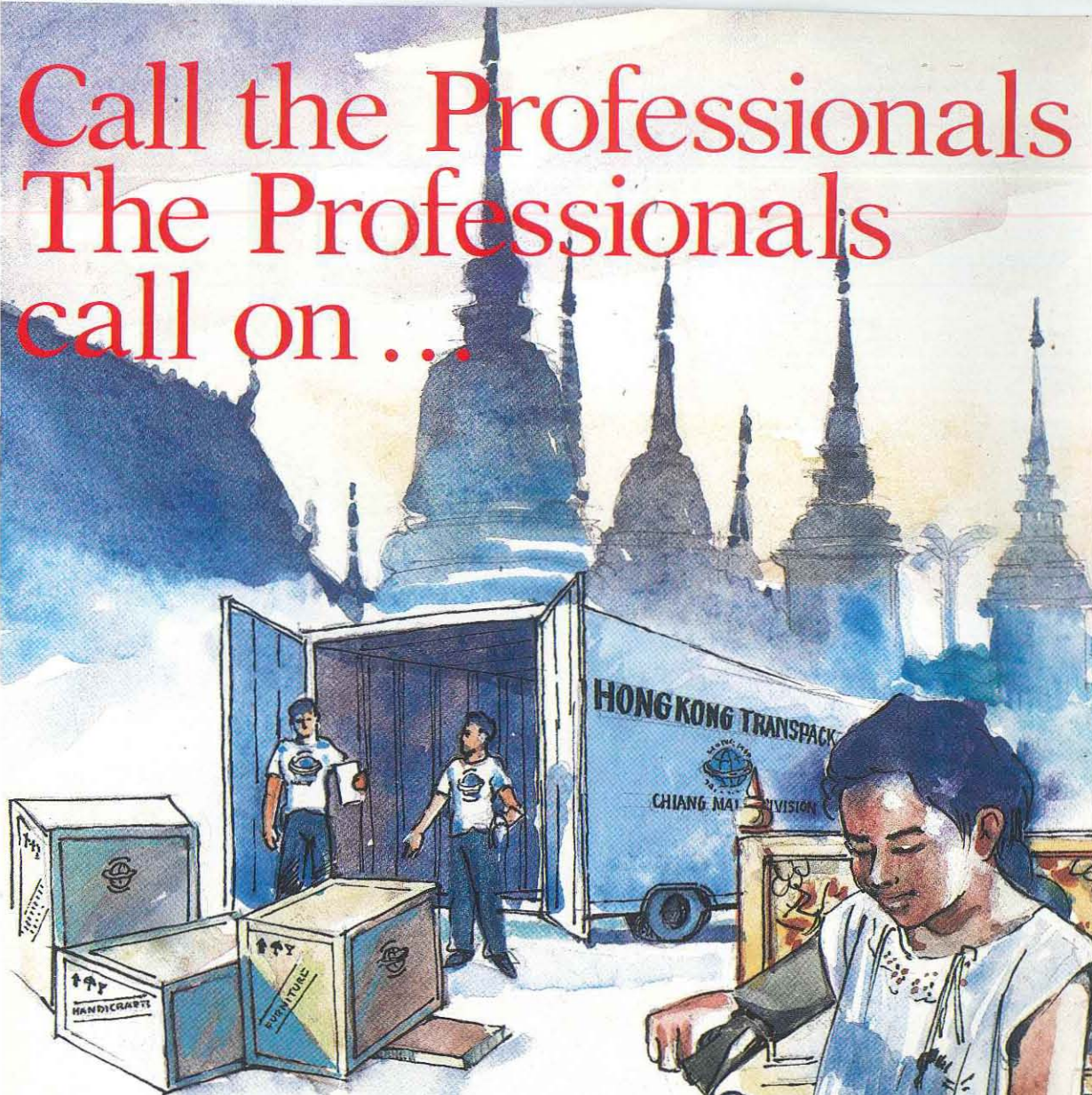
OUTPOST

MONTHLY MAGAZINE OF THE BRITISH CLUB

MAY 1987



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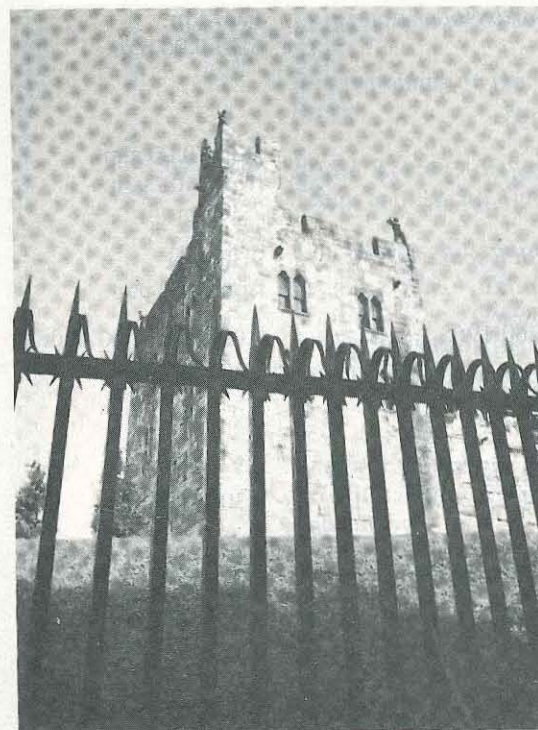
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CONTENTS



Sakdep's Travels: Alnwick Castle.



Club Roundup: St. Patrick's Day Ball.

- 4** DIARY
- 6** LETTERS
- 7** CLUB ROUNDUP
British Club A.G.M. 1987
Meet the New Members
St. Patrick's Day Ball
Bar Quiz Championships
- 14** SPECIAL FEATURE
1987 Budget: An Exercise in Restraint
- 16** TRAVEL LOG
Sakdep's Travels: Alnwick Castle
- 19** SCOFFERIES
Le Dalat
- 20** WELL WORTH WATCHING
'Betrayal'
'Water'
- 23** WELL WORTH READING
'Boy'
- 24** CHILDREN'S CORNER
Spiders
- 27** SPORTS ROUNDUP
- 41** COMMITTEE
- 42** ACTIVITIES

DIARY

MAY

Fri 1	National Labour Day Yoga	8.30-10.00 a.m.
Sat 2	Rugby — Bordeaux XI v B.C. at the Military Academy Dinner Video	4.00 p.m. 6.00 & 8.00 p.m.
Sun 3	Buffet Supper	from 5.00 p.m.
Nov 4	<i>British Women's Group Mahjong — Wordsworth Room</i> New Members' Night/Happy Hour	9.00 a.m. 5.30-9.00 p.m.
Tues 5	Coronation Day Ladies' Golf — Tel: Wendy Morris — 258-4090 Yoga Rugby training on the back lawn Bridge	8.30-10.00 a.m. from 7.00 p.m. 7.30 p.m.
Wed 6	<i>British Women's Group Bridge — Wordsworth Room</i> Squash Club Night	9.30 a.m. from 6.00 p.m.
Thurs 7	Ladies' Squash. Tel: Barbara Overington — 260-1965 Rugby training on the back lawn Johnny Walker Darts League. Tel: Roger Daniel — 258-5109 <i>Bangkok Community Theatre Club Night — Tel: David Hall — 392-2410</i>	9.00 a.m.-12.00 midday from 7.00 p.m.
Fri 8	Yoga	8.30-10.00 a.m.
Sat 9	May Day Celebrations Rugby — Bordeaux XI v B.C. at the Military Academy Dinner Video	2.30 p.m. 4.00 p.m. 6.00 & 8.00 p.m.
Sun 10	Buffet Supper	from 5.00 p.m.
Mon 11	Visakha Bucha Day <i>British Women's Group Mahjong — Wordsworth Room</i> Ladies' Tennis Happy Hour	9.00 a.m. 3.00-5.00 p.m. 5.30-9.00 p.m.
Tues 12	Ladies' Golf — Tel: Wendy Morris — 258-4090 Yoga <i>National Museum Volunteers' Lecture — "Textiles in Thailand" — National Museum</i> Rugby training on the back lawn Bridge	8.30-10.00 a.m. 10.00 a.m. from 7.00 p.m. 7.30 p.m.
Wed 13	<i>British Women's Group Bridge — Wordsworth Room</i> Tennis and Squash Club Night	9.30 a.m. from 6.00 p.m.
Thurs 14	Ladies' Tennis Ladies' Squash. Tel: Barbara Overington — 260-1965 <i>B.A.M.B.I. Meeting at the British Club</i> Rugby training on the back lawn Johnny Walker Darts League. Tel: Roger Daniel — 258-5109	8.30-10.30 a.m. 9.00 a.m.-12.00 midday 9.00 a.m. from 7.00 p.m.

Fri 15	Yoga	8.30-10.00 a.m.
Sat 16	Hill Tribe Sale — I.S.B. Soi 15 Squash — Semi-finals — Don Johnson Cup and Parra Handy Plate Ladies' Cup & Len Alexander Plate "It's a splashout" — Tel: Erika Majer — 252-7492 Rugby — Bordeaux XI v B.C. at the Military Academy Dinner Video	9.30 a.m.-12.00 midday 12 midday 4.00 p.m. 6.00 & 8.00 p.m.
Sun 17	Squash finals and barbeque Buffet Supper	from 5.00 p.m.
Mon 18	<i>British Women's Group Mahjong — Wordsworth Room</i> Ladies' Tennis Happy Hour	9.00 a.m. 3.00-5.00 p.m. 5.30-9.00 p.m.
Tues 19	Ladies' Golf. — Tel: Wendy Morris — 258-4090 Yoga Rugby training on the back lawn Bridge	8.30-10.00 a.m. from 7.00 p.m. 7.30 p.m.
Wed 20	<i>British Women's Group Bridge — Wordsworth Room</i> Tennis and Squash Club Night	9.30 a.m. from 6.00 p.m.
Thurs 21	Ladies' Tennis Ladies' Squash — Tel: Barbara Overington — 260-1965 <i>British Women's Group Lunch at the Dusit Thani — Tel:</i> Rugby training on the back lawn Johnny Walker Darts League — Tel: Roger Daniel — 258-5109	8.30-10.30 a.m. 9.00 a.m.-12 midday 11.30 a.m. from 7.00 p.m.
Fri 22	Yoga	8.30-10.00 a.m.
Sat 23	<i>Children's Morning at the Neilson Hays Library — I.S.B. Children's Theatre Group & Book Sale</i> Dinner Video	10.00-11.00 a.m. 6.00 & 8.00 p.m.
Sun 24	Buffet Supper	from 5.00 p.m.
Mon 25	<i>British Women's Group Mahjong — Wordsworth Room</i> Ladies' Tennis Happy Hour	9.00 a.m. 3.00-5.00 p.m. 5.30-9.00 p.m.
Tue 26	Ladies' Golf — Tel: Wendy Morris — 258-4090 Yoga Rugby training on the back lawn Bridge	8.30-10.00 a.m. from 7.00 p.m. 7.30 p.m.
Wed 27	<i>British Women's Group Bridge — Wordsworth Room</i> Tennis and Squash Club night	9.30 a.m. from 6.00 p.m.
Thurs 28	Ladies' Tennis Ladies' Squash — Tel: Barbara Overington — 260-1965 Rugby training on the back lawn Johnny Walker Darts League — Tel: Roger Daniel — 258-5109	8.30-10.30 a.m. 9.00 a.m.-12 midday from 7.00 p.m.
Fri 29	Yoga	8.30-10.00 a.m.
Sat 30	Dinner Video	6.00 & 8.00 p.m.
Sun 31	Buffet Supper	from 5.00 p.m.

Non: Non-club events are in italics

LETTERS

Orpington, Kent
12th March

Dear Mandy,

Thanks for your letter. Glad to hear you've settled in to the house and that you're going to have a park next door. Much better than a carpark!

Dad says he still can't understand why on earth you wanted to go to a place like that! I've told him that now we've retired we should come and pay you a visit, but you know what he's like — he won't leave his dog behind! In any case I doubt if I'd get him on an aeroplane after all this time.

He's gone over to the allotment again today. If he's not there, he's watching TV so Muggins has to look after the aviary and the blessed chickens. The time he spends over there he must have the neatest looking allotment on the Council, but the garden, mind you, is an absolute mess.

Mrs. Waller's cat next door keeps chasing the chickens and trying to claw a hole in the

aviary wire so there's no peace here. Talking of Mrs. Waller, who always reminded you so much of Ena Sharples, she had her dog run over the other day. Well she didn't have it run over — it got run over, by the greengrocer's lorry.

By the way, Auntie Ethel is still driving that Fiat Sports. We've all tried to make her give up since she had her kneecaps removed but no luck so far. After all she's 86 and has difficulty getting into it never mind about driving it! She still goes up to the hospital every Monday morning to do basket-weaving therapy with the old girls in the geriatric ward. Trouble is, she's older than most of the patients. How she can teach them when she's so deaf, I just don't know.

Well, Dad's just come in and the TV's just gone on, so I'd better close now and make a nice hot cup of tea. Give our love to Ken and the kids and look after yourself. Write soon,

Love Mum

PS. Dad says when are you going to get your home leave?

Dear Dorothy Dix,

I am a deckhand living in Cervantes Western Australia. My parents live in Perth, Western Australia and my brother-in-law is an Englishman living in Adelaide, South Australia. My mother and father have been busted for drug-running and depend on my two sisters who are prostitutes in Melbourne. My only brother is serving life for rape and murder!

I am in love with an aboriginal prostitute who solicits around Moora. She loves me very much but knows nothing about my family background. We intend to marry as soon as her V.D.

clears up. Me being white doesn't worry her at all. When the season finishes, we will open a whorehouse in Brisbane and my two sisters will work there to keep the business in the family.

My problem is this. I want to marry this girl and bring her into the family and I want to be completely honest with her. Should I tell her about my brother-in-law being a Pommie??

Perplexed.

Ed: Submitted by a True Brit!

CLUB ROUNDUP

BRITISH CLUB A.G.M. 1987

Apathy or Vote of Confidence?

THE turn-out of Members for the Club Annual Meeting on 24 March was the lowest for some years indicating that either everything is alright or that nobody cares.

To be fair, there was nothing controversial on the agenda and there had already been two very well attended Extraordinary General Meetings during the year when the Committee had presented its more contentious business. Excluding the committee only 34 Members were present (holding 7 proxy votes) and these included the first 3 Ladies to attend a General Meeting. An historic occasion!

The Committee fielded a number of questions on financial matters but the expected inquisition about the Swiss Bank Loan was neatly averted by the timely announcement that the loan had already been contracted out and alterna-

tive facilities negotiated in Thai baht. The Committee's proposed Rule Changes concerning Membership procedures were adopted unchallenged and apart from the usual criticisms of Poolside service etc. the Committee were given a fairly easy time.

The election of a new Committee must have been fairly unique in that all nine of the out-going Committee were prepared to stand again. Three other reluctant candidates were identified from the floor and the entire out-going slate was re-elected plus Michael Ryan of Ted Bates who subsequently agreed to take on the vacant Treasurer hot spot.

Hardly a night of excitement but business was done. Michael Ryan and the rest of the Committee deserve a vote of thanks for being prepared to serve in what is after all a fairly thankless task. The Club is in good shape and 1987 should be a good year.



"It's been unanimously decided that we don't like this table. Could you show us another model?"

Meet the New Members

A small selection of new members *Outpost* reporters were able to meet and photograph:—



Barbar and Placido Spaziante with Brian Heath. Here in Thailand hoping to extend their electro-chemical business. Have been in Bangkok two months, with their four year old daughter.

Merry Bateman with Geoff Thompson and Terry Adams. Here in Thailand working with Geoff Thompson. Merry's name will cause further confusion with the already existing Terrys and Merrys.

Buster's Mum with Val Austin. Not exactly new members, — Mrs. Williamson, in the foreground is visiting Thailand, and Val Austin is an absent member who has returned with her husband on a working holiday.

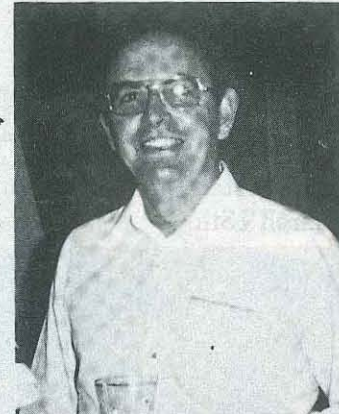


Edward van Riessen and Trevor Rutherford "Poet". Edward, on the right, who has been in Thailand for one year, is with Shell. One reason for joining the Club is to extend the circle of friends for his two children, who attend the Dutch school.



Trevor, whose name card displayed the description "Poet". He is here as a sound/audio technician for the film "Good Morning Vietnam". He won this reporter's vote of the night — when asked whereabouts of the other 59 film crew, he said that they were in that silly place Ping Pong, which after two consecutive nights was boring.

Ritchie Briggs. Australian family who are here working on a Land Tilling Project.



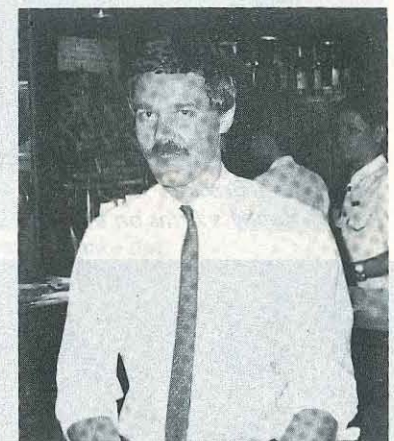
Cheryl Lamb and Rebecca Rungsang. Cheryl, on the left, is here with her husband working for Dunlop. Originally from Zimbabwe, and has worked on many overseas postings. Rebecca is American from Alabama and has been resident here for eleven years. Now married to a Thai and they have two daughters.



Janette Briggs with Barbara Overington. Janette is the other half of the Briggs family. Seen here with fellow Australian Barbara, coming from the same town in Australia, Woolongong, they had not met before coming to Bangkok.



Tony Harker. A Yorkshire man, looking concerned at having his photo taken for Outpost. Is here with Taylor Woodrow, and hopes to find time to join the Lumpini Park Runners.



Mick Bond has come to work here from Hong Kong. Wife and eighteen-month-old daughter will be joining him shortly. Wants to play squash.



St Patrick's Day Ball

The St Patrick's Society of Bangkok hosted their annual celebration at the Oriental Hotel on Friday March 13th.



The Bracken Band flown in from Ireland, who also brought the house down in Bobby's Arms on the 17th.



The dancers showing how the Fairy Reel should be done.



The pre-dinner Guinness.



Getting stuck-in to the broth and soda bread.



"The Sweeney" (organisers of the dance teams).



Spontaneous dancing broke out.



More spontaneous dancing.



Finding the right jacket to go home in.

Bar Quiz Championships

HAVING been away in sunny Africa, I missed last year's championship (which I believe was won by the General Committee), so I was pleasantly surprised at the difficulty in getting a seat in the bar for this year. The General Committee did well again this year with Richard Hopkins at the piano (BC's answer to Steve Race) 'Devious' Hall as quizmaster and that well-known cricket umpire Terry Adams keeping score.

The Darts team put in their usual performance, always losing in the last round, and the Alternative Society (the new name for the BC General Committee) gave too many alternative answers to progress beyond the first round.

The stars who reached the semi-finals were the St. George's Society versus Cricket and St. Andrew's against Soccer. The most exciting was a last over win by the Cricket Section who had trailed Ian Boulton's team in every round. It was all on the final question with Cricket winning by 64-67.

St. Andrew's had a clearer win over Soccer in the second semi-final with Craig Rennie, Tricia Ferguson, Beryl Masson and Jock Miller-Stirling winner by 81-61. Even Vince Swift, whose forte was answering all the questions on the Beatles and Rolling Stones, couldn't save the day.

The final saw St. Andrew's emerge as victors over Nick White, Mike Binns, David Dance and Tim Davis by a resounding 81-51.

I suppose the real winner was the British Club and I'll bet bar takings for those weeks broke a few records. It's a very entertaining event as everyone in the audience tries to answer every question to impress the person sitting next door. However, it's not so easy when you're in the hot seat and David Hall asks you the name of the parish church at Chipping Sodbury. There are strong rumours that the club is forming a new section soon for Trivial Pursuit!

"Mind you, my particular kind of wit doesn't appeal to everybody."



Make the most of your British Expatriate status

When you decided to work abroad, you knew that your decision would bring many advantages. Most people regard two of these as being particularly important.

Earning more money and paying less tax.

But, for most people, these benefits are likely to be short-lived. The trick is not just to be better off whilst you are actually abroad, but to ensure that you continue to enjoy advantageous tax treatment long after you come home.

However, this can only happen if you plan your financial affairs properly before your return to the UK.

Examples of costly mistakes can include:

- Failing to claim your tax refund due for the year of departure from the UK.
- Realising a profit before departure from the UK or a loss before returning home.
- Owning UK properties in the wrong names.
- Wasting a wife's annual tax allowances.
- Failing to recognise the significance of currency movements when disposing of investments, which could even result in Capital Gains Tax being paid on a loss.
- Falling foul of the complicated residence rules which determine UK tax status.
- Leaving money on deposit in UK Banks and Building Societies.
- Failing to establish a personal 'tax shelter' for investments, which can reduce taxation substantially when you return to the UK.
- Stopping National Insurance Contributions while you are away.

Unfortunately, few people realise this fact, and they pay a severe penalty. For example, many expatriates believe – mistakenly – that UK tax only concerns UK residents. A misconception which can prove expensive.

As UK tax legislation becomes more and more complicated it is essential to receive expert professional advice if you are to capitalise on your expatriate status.

A more professional service

At Wilfred T. Fry, we provide a comprehensive tax advisory service, designed specifically for the overseas resident and based on more than 80 years' experience in assisting the British expatriate. Indeed, we now act for clients resident throughout the world, concentrating on taxation and personal financial and investment planning, with the emphasis on individual advice.

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1987 Budget

An Exercise In Restraint

Donald Elkin of Wilfred T. Fry Limited comments on Britain's annual Taxation ritual.

COMPARED with the speculations of some commentators, the personal taxation provisions of Nigel Lawson's fourth Budget proved to be something of an anti-climax. For whilst by common consent he had greater room for manoeuvre than any Chancellor of the Exchequer for years, he chose to return to the populace in tax reductions less than half of the total sum available, the balance being used to fund a substantial reduction in public borrowing with the aim of reducing interest rates (an aim which was immediately fulfilled by a fall of ½% with the likelihood of further reductions to follow).

But quite apart from the economics of the matter, one has the feeling that Mr. Lawson's restraint owes something at least to a desire to refute the charges of blatant electioneering with which he was being assailed before even his plans were revealed.

Income Tax

The further reduction in the basic rate from 29% to 27% had been widely forecast but, even so, employees earning up to £14,820 per annum still face a marginal rate of tax of 36% when National Insurance is taken into account. Whilst most personal allowances are increased in line with inflation, that for blind persons is raised by 50% (after a stand-still of 6 years) and a more generous age relief is introduced for the over 80s.

However, in marked contrast to the recent experience of their equivalents in the USA, Japan, West Germany and France, the 4% of the population who pay higher rate taxes will find themselves (for the second year in succession) shouldering an increased share of the total burden as a result of the Chancellor's failure to adjust the rate bands for inflation. Nevertheless, many members of this elite group will, no doubt, be happy to escape, for the time being at any rate, the much forecast abolition of the right to set off mortgage interest against higher rate tax.

Capital Taxes

The annual Capital Gains Tax exemption is increased by indexation to £6,600 per annum, whilst the maximum figure for business retirement relief (for those retiring at the age of 60 or earlier as a result of ill health) is increased by a generous 25% to £125,000. But the rate of Capital Gains Tax remains unchanged at 30% which is now 3% more than the basic rate of Income Tax – a complete reversal of the situation for earlier years.

Somewhat surprisingly after the extensive changes made last year, the relaxation of Inheritance Tax is continued. Not only is the starting figure for the tax increased by 27% to £90,000, but the lifetime tax is now to all intents and purposes confined to discretionary Trusts. Person to person gifts (regardless of the amount) were excluded from this charge in 1986 as were Trusts for the disabled and young persons up to the age of 25. This same treatment is now extended to all gifts into Trust under which an individual has an immediate right to the income (i.e. interest in possession Trusts). Consequently British domiciliaries can now put assets in Trust for named beneficiaries, the donor's survival for seven years ensuring that no Inheritance Tax is payable. Some control over the funds can therefore be maintained, extending even to the right to divert them to the donor's spouse – but not, it must be stressed, to the donor himself.

After PEP – PRP?

Whether the new Profit Related pay scheme will be as successful as the 1986 creation of Personal Equity plans, is somewhat problematical. For the take-up of the Government's earlier attempts at incentive schemes has been low, partly because of their complexity and partly because of the propensity to tinker with the detailed rules.

Under the PRP there will be exempted from tax 50% of any profit related pay up to a maximum of £3,000 per annum or 20% of the total remuneration whichever is the smaller.

Farewell to Exchange Control

There has, of course, been no exchange control in the UK since 1979, a change which has resulted in Britain becoming the world's second largest creditor nation after Japan with overseas assets of £100 billion. However, during this time, the Exchange Control Act has only been in suspense. Its repeal now is, no doubt, designed to forestall any temptation which an incoming administration might have to re-introduce the rules pending enactment of its own

detailed plans. The final elimination of these long defunct rules will be a comfort to those who own and wish to retain assets in non sterling form.

Etcetera

For the rest, the Budget contains the usual mass of detailed changes tightening up regulations here, relaxing them there, and switching burdens from one activity to another. But surprisingly enough, three old favourites have been left entirely undisturbed – the vehicle excise licence and the duties on tobacco and alcohol. So perhaps this should rank as an electioneering Budget after all! If so, time will tell when its efficacy is to be put to the test.

Personal Allowances and Tax Rates 1987/88

Income Tax

Cumulative Taxable Income (£)	Rate (%)	Cumulative Tax (£)
Up to 17,900	27	4,833
17,901 to 20,400	40	5,833
20,401 to 25,400	45	8,083
25,401 to 33,300	50	12,033
33,301 to 41,200	55	16,378
over 41,200	60	—

Personal Allowances

Single person	£ 2,425
Married couple	3,795
Wife's earnings	2,425
Age relief	
– single person (age 65-79)	2,960
– Married couple (65-79)	4,675
– 80 and over (single)	3,070
– 80 and over (married)	4,845

Capital Gains Tax

Chargeable gain (£)	Rate (%)
up to £6,600	Nil
Thereafter	30

Inheritance Tax

Transfers on or after 17 March 1987

Chargeable Transfer (£'000)	Transfer on death or within 3 years of death	Cumulative Tax
0 – 90,000	Nil	Nil
90,001 – 140,000	30	15,000
140,001 – 220,000	40	47,000
220,001 – 330,000	50	102,000
over 330,000	60	—

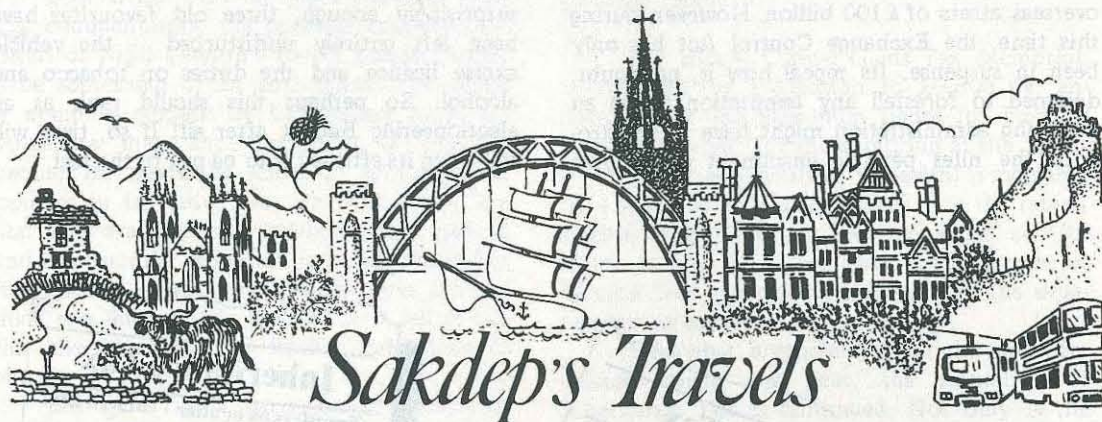
Proportion of death rate: gifts 3 to 7 years previously	
Years	%
3-4	80
4-5	60
5-6	40
6-7	20

State Pension

State Pension	Current	From April 1987
Single person	£38.70 pw	£39.50 pw
Married couple	£61.95 pw	£63.25 pw

TRAVEL LOG

Alnwick Castle



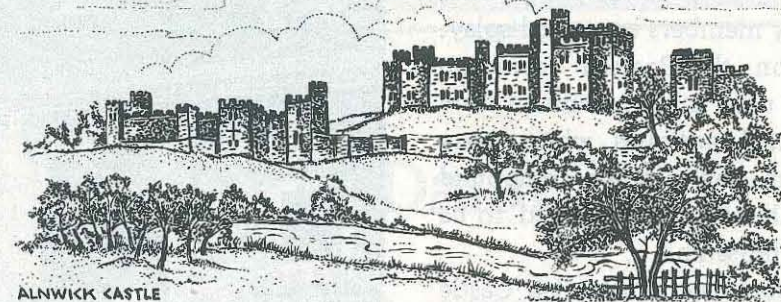
SITED in Alnwick, Northumberland, on a splendid stronghold location above the River Aln. For centuries it has stood amidst the battle fields and added a very long series of battles to England's history.

Nowadays, somehow, it still serves as the family home of the Duke of Northumberland as parts of it are kept private and others are open for public viewing.

Alnwick Castle's structural size was grandly massive and filled with contents of elegance. It was strongly protected by the great bailey. Notably, up on the towers and the keep placed in line were a number of life-sized ancient soldier statues in different position made of bronze that looked very lifelike as though they were standing guard the castle. Presumably, the statues were intended to fool the enemy rather than just adorning the castle.



The Library.



ALNWK CASTLE

From the entrance, following a passageway from the stable courtyard we entered a gate, was a building where a travelling coach and a smart state coach together with some armour and weapons were housed. I couldn't help admire such coaches for their brilliant design.

Thereafter we went on to view the keep's interior. At first sight when entering into the Entrance Hall we were greatly surprised by the walls which were fully covered with old arms, accountrements and powder horns and arranged in interesting patterns. Then we went up on the Grand Staircase whose stairs were made entirely of Carrara marbles. At this point all visitors were directly led up into display rooms of splendour where all decorative items and interior decors were fabulously unique. Numerous showpieces made of invaluable and superb furniture, paintings, silver etc. Each room was really very grand and royally luxurious. Its ceiling panels and friezes were magnificently designed by famous Italian sculptors of which excellently carved and gilded wood and stucco works were obviously shown. When walking into the room we had to be very careful as some showpieces were being shown without showcases.

The Keep consisted of: the Guard

Chamber and the Ante-Room where old paintings and frescos painted by famous artists were on view. Inward was the Library housing thousands of volumes and in this room there were three chimney-pieces inlaid and carved with white marble and on the top of each there were busts of William Shakespeare and two other famous poets. Next were the Music Room and the Red Drawing Room. The Drawing Room was of great interest because of its most splendid decorations and beautiful furniture e.g. two King Louis XIV's cabinets. And then the Dining Room which displayed curious sets of dinner services, crystal cups and some fine paintings best of which was a double portrait of the first Duke and Duchess of Northumberland hung over



The State Coach.

the fireplace. From this room our tour to the castle was marked to be complete at the picture gallery where portraits of the early family members were on display.

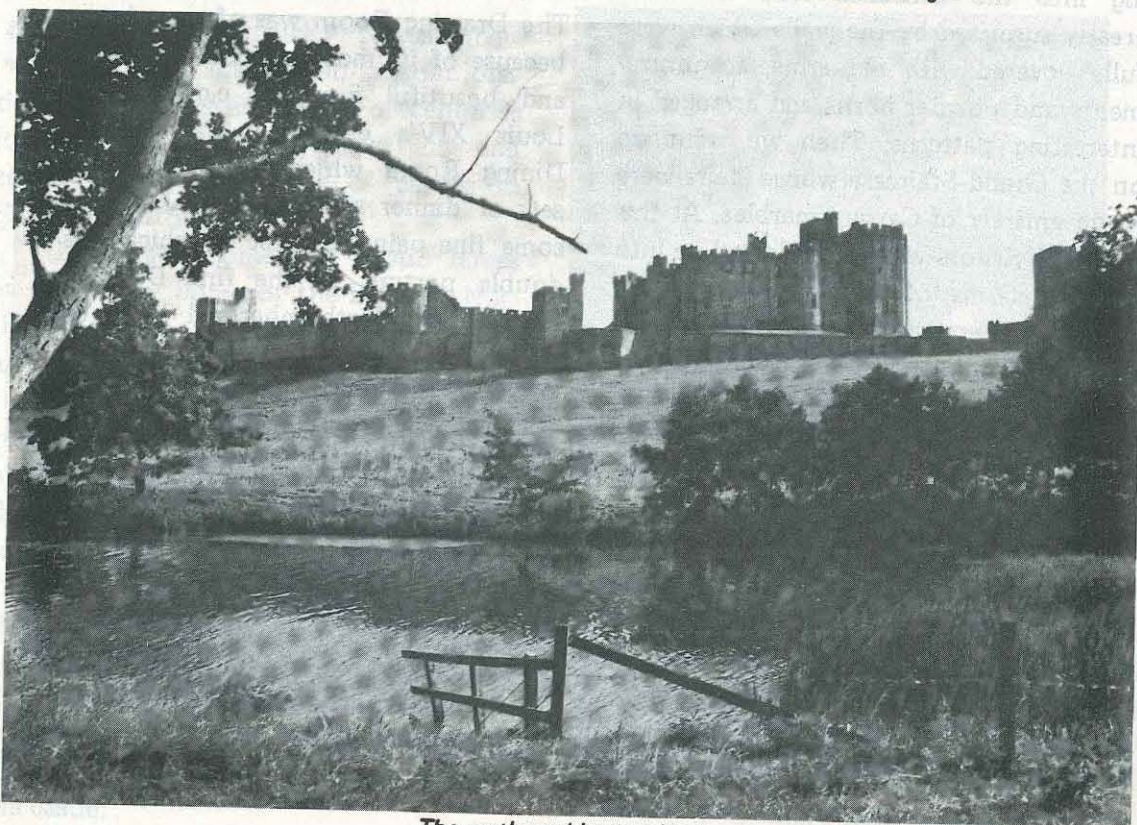
In addition, the Postern Tower on the bailey was used as a museum to store historically-valued antiques which were excavated from the castle's compound whereas the Abbot's Tower served to be the regimental museum.

A two-hour visit to Alnwick Castle did not give us much information but it was of great value to visit such a historic place and see precious things of curiosity. Afterwards we all went on to Warkworth Castle where on its hilly grounds we sat down for a picnic lunch. Our trip ended with strawberries and soft fruits picking at a farm in Morpeth on our way home that really made our outing most enjoyable.



The Red Drawing Room.

Next month I visit Edinburgh...



The castle and its vast land.

SCOFFERIES

Le Dalat

THROUGH a wide wooden door, past two crouching elephants and into a room slightly reminiscent of France: severe black and white tiles, simple black bentwood chairs and white linen. The restaurant "Le Dalat" opened very recently on soi 23 and offers "home made Vietnamese cooking." My previous experience of Vietnamese food had been a memorable dish of spring rolls, and I hoped there might be more to it than that.

The decor must have been rather convincing: we tried English and French on the charming smiling waiter, but his smile just grew wider; so we tried Thai and were more successful: Madame Ly came to help us. Madame Ly was once, she told us, proprietress of a Vietnamese restaurant on the Champs Elysees (on the site of the original Lido, for those of you who know Montmartre well...) In those days her nurse and her maid did the cooking. She told us she was once a candidate for the hand of the Emperor Bao Dai, but her grandmother refused his attentions on her behalf. Now, after 30 years as an American citizen, she is helping her children to run Le Dalat.

Madame Ly encouraged us to a selection of very appetizing dishes. Vietnamese food feels as though it's doing you good, even as you eat it: it is fresh, herby, tangy, clean, flavoursome, light. The gastronomic equivalent of a gentle round of golf. The menu lists about 30-40 dishes and we chose 5 or 6. We started with: Bo la lob delicious brochettes of barbecue beef; Imperial spring rolls; ban xeo — pancake stuffed with shrimps, pork, mushrooms and bean sprouts; and goi ca — sliced raw fish "cooked with saucy lime juice", covered with chopped herbs and eaten with prawn crackers. There is a

photo index of dishes if you want to know what you're ordering. Great baskets of salad vegetables (lettuce, cucumber, spring onions, coriander and sweet basil) were brought to the table unannounced, but very toothsome.

We moved on to beef carbonnade: fillet served with two sets of sauces one Vietnamese, one sweet — the latter for people who cannot eat the sharp, spicy, anchovy-based sauces. The carbonnade was cooked at our table on a coal-fire copper brazier and was accompanied by more spring rolls of vegetables and herbs.

Now, Madame Ly had been most insistent that we order only a single portion of each dish. Dining as we were with three trencher persons, the other sparrow and I were not feeling overly full until the final soup was brought. We chose Pho (pronounced "fur") which is similar to Tom Yam but contains narrow flat noodles and dandelion leaves as well as meat.

We ended the meal with "Vietnamese custard", a tasty version of creme caramel topped with caramelized orange rind. We didn't take the "true Vietnamese coffee" offered, but had drunk house white with the meal and this had accompanied the fresh, herby food well. The bill for five diners was about £900. Bottled wines start at £280.

Dalat, by the way, is a Vietnamese resort between mountains and a lake. No doubt it is as invigorating and refreshing as the food served in this eponymous restaurant. Go to meet Madame Ly, or go for the food, but do try it.

Jacqueline Piper

Le Dalat
51 Sukhumvit Soi 23
Tel: 258-9298

WELL WORTH WATCHING

'Betrayal'

Starring: Jeremy Irons, Ben Kingsley and Patricia Hodge.
Screenplay: Harold Pinter.

HAROLD Pinter is certainly one of the great observers of human relationships. This film of the very successful stage play has highlighted all that is best in the British film industry.

As the name suggests the basic plot is about betraying and being betrayed. Is it not amazing how our attitudes do a quick about-turn when we're on the receiving end?

The plot is presented in short scenes in reverse chronological order. Which is really quite effective, as the viewer is placed in the position of knowing what will happen in the future.

Emma (Patricia Hodge) has just discovered that Robert, her husband (Ben Kingsley) has been having an affair for the last seven years. She tells Jerry (Jeremy Irons), her lover and Robert's best friend. Jerry is indignant that Robert did not tell him about it: "He never gave a hint that something was going on. I mean you can always tell when someone you're

boozing with says he's going to the loo when he's really making one of those crafty phone calls. It was usually me making those calls ... to you!"

What eventually transpires is that Robert was aware of his wife's infidelity two years before it finished. Emma had confessed to it, but had not told Jerry. As a result the conversations between the three are spiced with innuendos and hidden messages.

With most of Pinter's plays the dialogue is all important and this is no exception. The roles are extremely demanding and all three actors put in excellent performances.

Those of you who have already seen this film will understand when I say that I will now be more aware of my squash partners. Particularly when they suddenly become unavailable!

DON'T MISS IT. IT IS A RARE GEM.

'Water'

Starring: Michael Caine, Brenda Vaccaro, Billy Connolly, Valerie Perrine, Leonard Rossiter and Fulton MacKay

THIS is one of those daft farces that you enjoy while watching, but forget as soon as the end titles appear.

Produced by George Harrison (the ex-Beatle), "WATER" is set on Cascara, a remote, God (and Empire)-forsaken

lump of rock in the Caribbean that really has nothing to offer anyone.

Whitehall does not want to have anything to do with it and even Cuba thinks that it is too "downtrodden to liberate". But the idyllic peace is soon shattered when a natural reserve of Perrier water is discovered.

Brenda Vaccaro, as the Guatemalan wife of the Governor (Michael Caine), throws herself into her role with her usual gusto. Deprived of the glamour of the diplomatic world, she dreams of becoming a "mowie star" and leave on a "yet plane"... She wants to throw the champagne bottle and "lunch chips" and not "hoowin my choos" in the mud.

Billy Connolly is Delgado, the singing revolutionary. He has refused to speak until Cascara is free. I have always found

him hard to understand; so it's hardly surprising when Valerie Perrine asks: "Is that a political posture; or do you have a speech impediment?"

As para-military forces from the various interested nations converge on to the unsuspecting island, the British naturally retain their sense of proportion. "You can't shoot them. Those chaps carry British Passports!"

There are some very funny situations. I particularly enjoyed the Cascara national anthem.

The stars all do well with their part; but for me, the film would have been nothing without Brenda Vaccaro.

It is a pleasant film for all the family. If the plot is not intellectual enough, you can always enjoy the soundtrack.



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WELL WORTH READING

'Boy'

By Roald Dahl

ROALD Dahl's "Boy" demands one's attention from the start, not as an autobiography, but as a series of fascinating and amusing stories attractive to both child and adult alike. Each tale is told with such spontaneity that one cannot help but enter into Dahl's magic little world of gobstoppers, idyllic islands and terrifying headmasters. His experiences range from the delightful to the grotesque, from testing chocolates for Cadbury's to nearly losing his nose in a motor-car accident.

Dahl's parents emigrated from Norway at the turn of the century and set up home near Cardiff, in the village of Llandaff. Here the young Roald was born and it was here that he received his first memorable experiences of life. The most amusing of these concerns the revenge on Mrs. Pratchett, the sweet shop owner. While her head was turned Roald and his friends planted a dead mouse in a bottle of gobstoppers. Mrs. Pratchett did indeed get a shock, but with the result that the poor boys got caned and Roald was sent to another school in England.

As he gets older, Dahl's tales become more painful and he begins to sense the injustice of the school system. There is Captain Hardcastle with his huge orange

moustache who takes a dislike to Roald and unjustly accuses him of cheating. The greatest moment of disillusionment, however, occurs in Repton school when the Headmaster flogs Dahl's young friend Michael while preaching mercy and forgiveness. This same Headmaster was later to become Archbishop of Canterbury and crowned our present Queen in Westminster Abbey.

On a lighter note, Dahl recalls filling his sister's boyfriend's pipe with goat's droppings, "Goat's Tobacco" as he calls it. The unfortunate boyfriend makes a fool of himself by jumping into the air and screaming when he inhales the smoke. Dahl also describes with wry amusement how he had to warm the lavatories for the "fags" at his boarding-school.

Dahl recounts his experiences of testing chocolates for Cadbury's, when the local factory sent all its new bars to his school to be sampled by the boys. He remembered this, says the author, when writing his most famous book: "Charlie and the Chocolate Factory."

The great appeal of "Boy" lies in its light humour and engrossing narrative. What is more, it is accessible to all ages and no one will fail to be absorbed into the alert and original mind of its creator.

By Kerry Higgins

CHILDREN'S CORNER

Spiders

JOE's pet Stegosaurus was offered a job at Magic Land. We were relieved when he left because the vet's bills were bankrupting us, but Joe was very upset, until he got a new pet...

My Bird-Eating Spider

My spider is called Bill the Bird-Eating Spider. Once the British Club manager came to see my parents because they hadn't paid the bill. My bird-eating spider went to greet him. He never came back!

When we go for walks the most we see of people is a man running off down the road, a woman fainting or two or three children dashing into their homes!



Help
Call in the firebrigade

British club
manager (the tiniest bit
scared)

My spider likes playing football. He is a good goal-keeper because he has so many arms. He can tackle four people in one go!



My spider insists that he has his egg, chips and beans with me at the table. He sleeps at the foot of my bed and one morning when I was nearly awake he decided to wake me up. He took a flying leap across the bed and landed on my head. He certainly woke me up then! One day when it was nearly lunch time my daddy went into the kitchen. My spider (on top of the fridge) mistook him for lunch.



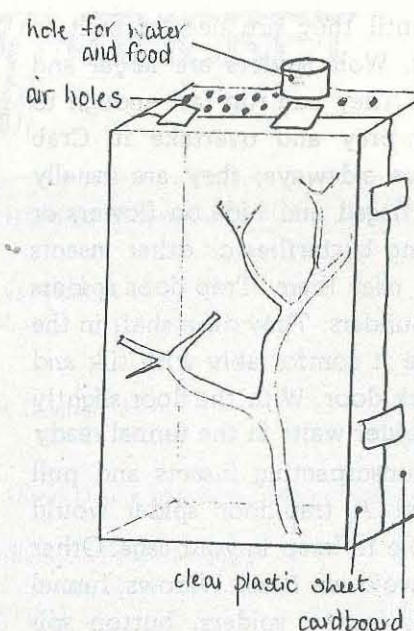
It took off from the fridge and landed on his head, then it realised and quickly retreated to the interior of the fridge. One of his favourite things to do is to have his hair brushed. His favourite joke is:

Waiter, waiter, there's a fly in my soup.

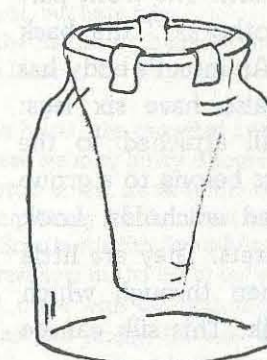
Don't worry, sir, that spider on your bread will get him.

Joe Harris, age 7

You too can have a pet spider. First, you will have to make a cage to keep it in. The bigger the cage they are kept in the better; you want to make sure they have room to spin their webs properly. The easiest cage to make is simply a cardboard box, with a piece of clear plastic fixed to the front.



The hole in the top of the box, which is plugged with cork or cotton-wool, allows you to feed the spider. Its food has to be alive, any small insects will do. To catch the insect food you will have to make a trap with an empty jam jar and a paper funnel. Tape the funnel into the jam jar - and put some bait in



the bottom - a piece of cake or a bit of fruit - then leave the jar outside. To transfer the insects to the spider's cage, invert the jar over the hole in the lid. Sprinkle some drops of water through the hole occasionally.

Finding out about your spider.

1. What kind of spider is it?

It's easy to recognise jumping spiders; they have much better eyesight than other spiders and stalk their prey

stealthily until they are near enough to jump on it. Wolf spiders are larger and long-legged. They can run fast enough to chase their prey and overtake it. Crab spiders move sideways; they are usually well camouflaged and hide on flowers or leaves seizing butterflies or other insects which land near them. Trap door spiders are clever builders. They dig a shaft in the ground, line it comfortably with silk and make a thick door. With the door slightly open, the spider waits in the tunnel ready to snatch unsuspecting insects and pull them inside! A trap-door spider would be impossible to keep in your cage. Other spiders to avoid are Black Widows, funnel web spiders, jockey spiders, button spiders, and Padadora and Brown recluse spiders — all of these are nasty, and have venom that is powerful enough to kill people. (But don't worry — none of them live in Thailand!) Most spiders make webs to trap insects, and they are the most interesting to watch.

2. Is it an insect?

Look closely at your spider. You will see that its body has two parts, with a small "waist" in between. The front part is called the "cephalothorax," the back part is the abdomen. An insect's body has three parts. Insects also have six legs: spiders have eight, all attached to the cephalothorax. Spiders belong to a group of small animals called arachnids. Look for the spider's spinnerets. They are little tubes on the abdomen through which the spider spins its silk. This silk can be stronger than steel of the same thickness. Spider silk is used to make the fine threads that form the cross-lines in the eye-pieces of telescopes, the silk would be useful for cloth too, but it is very hard to raise the spiders. They cannot be kept together in cages, like silkworms, because

they eat each other. Each spider must have its own cage, and this is expensive.

Look at your spider's hairy legs. Some of the hairs are very sensitive organs of touch. With them the spider can feel vibrations in the air, and that is how it "hears". Most spiders have eight eyes. They bite with two fangs near their mouths; try and see those.

3. How does it eat?

Watch what your spider does with its food. You will see that the spider first bites its prey, this is to paralyse it — the spider has a poison in a gland in its juice which it injects into the insect so that it cannot move. Then, the spider will suck the juice from its prey. It does not chew it. Does the spider eat all its food right away? What does it do with leftovers?

4. Webs and drag lines.

Try to find out how spiders make their beautiful webs. All spiders, even those that don't spin webs, trail a dragline of silk behind them, fastened at intervals. If the spider slips, the dragline, like a mountaineer's rope, saves it from falling.

5. Young spiders.

Spiders usually lay their eggs in a silk cocoon. If you can find one of these, put in your cage. Young spiders look like their parents when they hatch and they grow by casting their skins. They know how to make webs and catch live food without being shown. They also eat each other!

More next month — and please remember, if you have any strange pets, or have had any unusual adventures, or if you've any suggestions about what you'd like to read in "Children's Corner" write about it! You can hand any contributions to the Club House receptionist.

CRICKET CRICKET

Record Books Rewritten in Chiangmai!

21/3/87	197-3	Highest 30-over total (Previous best: 19/4/86, 165-6 vs Wanderers)
21/3/87	197-3	Highest score against Chiangmai (Previous best: 6/12/86, 185)
21/3/87	197-3	Highest score batting second (Previous best: 6/4/85, 180-8 vs Chiangmai)
21/3/87	165	David Dance and Nick White Highest stand for any wicket (Previous best: 21/12/86, 160, David Dance and Terry Adams vs Post)
22/3/87	8-33	David Dance — Best bowling (Previous best, 6/12/86, Nick White 7-34 vs Chiangmai)
22/3/87	9 wkts	Biggest win (wickets) (Equals previous best 2/2/85 vs Post)

21st March. 30-over League vs Chiangmai. Won by 7 wickets

Chiangmai 195-7 (Binns 1-0-5-1; White 6-0-26-1; Dance 6-0-28-1; Hough 4-0-28-1;
Dunford 6-0-39-1; Piper 6-0-53-1)
BC 197-3 (Dance 96; White 81)

Writing last month's account of the historic but breathless defeat of the Royal Bangkok Sports Club has left me with almost no energy left to recount a yet closer victory off the fourth ball of the last over of this 30-over match against Chiangmai, but here goes.

It all started quietly enough; the cream of the British Club met in the airport bar for a serious pre-tour discussion of tactics — such things as field-placings, batting order and how to get Mike Binns' crates of beer onto the plane.

How we got to Chiangmai, the arrival at the hotel, the crowded tuk-tuk rides, and the early part of the evening — say up to about 2 a.m. — all these we may hurry discreetly over in order to arrive the quicker at the true flavour of the tour, discovered in the small hours of Saturday morning, for, believe it or not, this was a SINGING tour — "Riding Along on the Crest of a Slave", "House of the Rising Nun", the Allegro Moderato movement from Schubert's 8th Symphony the "Unfinished Blues" — all the old favourites, in fact. The other late-night revellers in the hotel opted for the "believe it not" alternative and quickly dispersed, but BC were still there with the orchestra and singer, followed in rapid succession by the following groupings: BC and the singer; BC and the waitress: BC and the bouncer; the bouncer.

A mercifully late start to the next day's cricket, and after a steady start which saw David Dance and Nick White cede only 11 runs from the first five overs while capturing the opener's wicket, Chiangmai began to hit out in free and easy fashion. First-change bowlers Piper and Dunford both had eleven runs hit off their first over, while our fifth bowler Frank Hough managed to bowl seven wides in his four overs. Indeed, as the score rattled along towards the 200 mark, some of the lesser bowlers in the side began to wonder just how badly the rest of the side had to bowl before they were given a chance. Binns was finally given the last over and showed what might have been by taking one for five with a mere two wides.

	VISITORS	C. G. C.
TOTAL	197	195
WICKETS	3	7
BATSMAN	29	38
OVERS		



195.7 was the second highest total ever scored in a 30-over game against us (the highest being the 222-6 scored by the Wanderers in April last year) and the size of the task before us seemed to expand to impossible proportions when both Adams and Piper went cheaply before we had got into double figures. David Dance and opener Nick White had other ideas, however, and they slowly but surely began to turn the game round. By the time of the drinks interval after fifteen overs, they had taken the total to 68, with Nick on 35 and David on 25. Maybe it was something in the water, but after the interval, they both cut loose with a vengeance, Nick scoring 40 off his next 18 deliveries and David adding 71 in the 45 balls he faced after drinks. When Nick was bowled with BC still 26 runs short of victory, the two of them had put on 165 for the third wicket, and Nick had scored 81 off 75 balls, with 7 fours and 2 sixes. At this point there were only 3½ overs left, and clearly it was going to be touch and go. Alistair Rider was the new batsman and he nudged the first ball he received for a single; a single from David brought Alistair back to face. Alistair misses, then a wide is bowled, then two runs, and at the end of the 27th over we need another twenty runs to win. The 28th over yields 7 runs to David and a bye. 2 overs to go, 12 needed. Alistair to face. He misses, then scores a single to bring David back to face. A six! David moves on to 94, BC to 191, but only one more run is added in the rest of the over, and we go into the last over still needing 4 to win. David scores a single off the first ball. Alistair to face. No run off the second ball. No run off the third ball. Spectators beginning to gnaw the pavilion, etc (see last month's issue for further details) again. Fielders crowd around the bat, sensing they might yet win this one. But Alistair is equal to the task, and sends the fourth ball to the mid-wicket boundary for a famous victory.

Jack, having made a somewhat unsuccessful attempt to dive on the ball during the Chiangmai innings, spent the rest of the weekend wandering around with one trouser-leg rolled up, prompting numerous and repeated witticisms of the "Aaaaaaaar Jim Lad", "Where's your parrot" and "Have you joined the Masons" variety; meantime back in the bar, the lads got into singing and celebrating with a vengeance, and we entertained the Gymkhana Club to some old Zimbabwean classics – "I'm dreaming of a whitey Christmas", and "Take them off you Zulu warrior in G minor for harmonica and strings". It was all beginning to look like a disaster for our performance in the next day's fifty-over match, except that unnoticed to almost everybody except a few rowdies making lewd comments, Dance and Grocock (sic) had crept off early to their little nest at the Phucome (sic). History will never believe these names.

22nd March. 50-over league vs Chiangmai. Won by 9 wickets.

Chiangmai 69 (Dance 12.5-2-33-8; Piper 1-0-5-1; White 12-3-27-1)
BC 73-1 (Grocock 38*, Piper 17*, White 11)

Nine slips lined up alongside Alistair for the first ball of the morning from Nick White, who had spent half an hour having the subtleties of swing bowling explained to him by Frank Hough. A more conventional field for the second ball witnessed Nick's new-found skills produce a superb ball to bowl the opener for a duck. As it happens, these new-found skills developed to such an extent that batsmen found difficulty reaching the ball; consequently, this was Nick's last wicket of the day. At the other end, however ... David Dance, still bowling off his short run, had two catches taken behind by Alistair in his first over, and Chiangmai were reduced to 4 runs for 3 wickets in 2 overs. Only 10 more were added before David struck again, bowling the number five, and following this up by trapping the number 6 LBW in his next over. At this point the opposition were 18 for 5 and David had taken 4 for 9. Then there was something of a fightback as the sixth wicket added 26 runs before David took the next three wickets (two bowled and one more caught behind) for one run. He had now taken 7 for 27 and clearly Nick's record of 7 for 34 was in danger. But the next six overs produced no more wickets and the ninth wicket put together a handy stand of 22 runs before Nick was replaced by Ben Piper. This bowling change did the trick as Ben bowled the number eight, who top-scored with 25. With one wicket to fall and David on 7 for 32, David came on to bowl his thirteenth over, and from the fifth ball Nicky Dunne took a great reflex catch above his head at forward short leg.

Lest it should be thought that we were a two-man team this weekend, Nigel Grocock came in to bat flawlessly and aggressively for 38 not out to ensure an easy victory. The game was all over after 2 hours and 35 minutes' play, and BC had scored 270 runs in the weekend for the loss of only 4 wickets with the sort of performances which have been threatened all season.

The game finished so early, in fact, that we then played a six-a-side game for the special benefit of those of us who had carried our small but perfectly-fitting pads all the way to Chiangmai and had not been asked to get them out of the bag.

Despite a great performance in the airport departure lounge, we were not spotted by talent scouts from Tamla Motown and so had to go to work on Monday.

11th April. 30-over League vs Thai CC. Won by 7 wickets.

Thai CC 127 (Dance 6-2-5-3; Dunford 6-0-23-3; Piper 6-0-44-2; Thompson 3-2-2-1;
White 6-1-11-1)
BC 129-3 (White 59*, Grocock 28; Hough 22*)

On an extraordinarily hot day, Jack lost the toss and got us the privilege of fielding first in the early afternoon. Dance and White opened the bowling and David in particular was getting an enormous amount of swing. After six overs the Thais had lost one wicket and scored only four runs off the bat and were clearly in some difficulty. Jack contemplated tactics. Continue with the opening attack or save some of their overs till later? Wisdom with hindsight was unanimous that the right decision had not been made, and there was Much-Murmuring-In-The-Ranks, accompanied rather unfortunately by Much-Fumbling-In-The-Field, when the next six overs (from Messrs Hough, Thomas and Piper) yielded 71 runs, almost all from the bat of the Thai number three, who scored 9 fours and 4 sixes on his way to a personal tally of 70. However, Nick and David were brought back and once the number three was out, bowled by Nick, no-one else in the team seemed very interested in scoring. David took two more wickets to end his spell of six overs with the impressive figures of 3 for 5; Geoff Thompson came on to bowl three overs for only two runs, and Jack bowled the last of the thirty overs and took the last two wickets to ensure full bowling bonus points as the Thais were all out for 127. This had been a less than impressive fielding performance from the British Club, but it meant at least that we had an opportunity of scoring three batting bonus points. The result was never in any doubt once Nick and Nigel Grocock had put on 65 for the first wicket in a mere ten overs. When Nigel was out for 28, two more wickets fell relatively cheaply before Frank Hough came in to join Nick, and the two of them added the remaining 42 runs needed for victory, which came in the 23rd over. This victory took us to the top of the 30-over league, although the title itself is still wide open, with several teams having a few matches still to play.

12th April. 40 overs Indian Ambassador's Commonwealth XI vs The Rest. Won by 4 wickets.
 Indian XI 213-8 (Dance 9-2-35-3; Samkhan 6-0-44-2; Hall 4-0-20-1; White 7-0-30-1; Ranjan 8-0-42-1)
 The Rest 214-6 (Samer 54, White 37, Dance 36*, Samkhan 21, Thomas 20, Ranjan 13, Hough 11*)

The following day was even hotter and several of The Rest team, skippered by Jack Dunford and including seven British Club players, looked rather the worse for the previous night's exertions. Several players were firmly of the view that it was too hot to play cricket and the fielding performance reflected this view. The Indian total of 213 was dominated by an unbeaten 107 from the opening batsman, but with an extremely strong "Rest" batting line-up, including Samer and Ranjan from the Wanderers and Thames and Samkhan from the Thai CC, this total never really looked like being enough. There was a good opening stand of 56 in under 9 overs from Nick White and Geoff Thomas, a fourth wicket stand of 59 between Samer and Samkhan, and then David Dance, coming in with the score on 153, saw The Rest through to the end, first with Ranjan, then with Frank Hough. The Indian total was passed in only the 35th over. Later in the evening, both teams were entertained to a cocktail party at the Residence of the Indian Ambassador.

14th-15th March. Nations Trophy Six-a-Side Competition.

The three British teams in this event all played abysmally; the only first-round victory by any of them was when the Heart of England beat the North of England.

3rd-6th April. International Sixes.

The British Club VI did very well in this event, which saw teams travel to Bangkok from UK, US, Australia, New Zealand, India, Dubai, Sri Lanka, Bangladesh, Hong Kong and Malaysia. In the first match they beat the strong Victoria side (who later went on to win the Plate) and they also beat the KL Dipsomaniacs and California on their way to a place in the finals. Nick and Chris Cowper were our batting stars, but the games were characterised also by excellent fielding. In the finals they were unfortunate to come up against eventual finalists Kowloon in the first round, and despite some good bowling and some excellent support from the British Club tent, they had not got enough runs on the board and so they lost out.

More records

David Dance has now passed both the highest number of runs by any batsman for the British Club in one season, and the highest number of wickets taken by any British Club bowler in any one season. The figures are:

558 runs (so far) at an average of 55.80

(Previous best: Craig Price 1985-86: 543 @ 54.30)

31 wks (so far) at 11.65 per wicket and 2.83 runs per over

Previous best: Nick White 1985-86; 29 @ 14.83 & 2.97)

In the meantime, Alistair Rider has broken his own record of 8 catches and 4 stumpings (1985-86) by taking 14 catches and three stumpings this year. He also now leads the all-time list of catch-takers for BC with 25 to his credit since the beginning of the 1984-85 season.

Geoff Thompson has now taken more catches this season (8) than any other non-wicket-keeper in a season for the British Club.

(These figures do not include the Ambassador's match)

David Hall
 13th April 1987

DARTS DARTS

S EVEN regulars and four newcomers turned up in the bar on 12th March to fight for the Castrol Cup, the men's annual challenge trophy. The holder David Frost who was dragged from his bar stool last year to compete, didn't turn up obviously thinking his luck couldn't hold out 2 years running.

Of the regular players Peter Downs and Captain Roger Daniels had first round exits against a couple of John's who normally play at Saddle Rack or Toby Jug. The tall John with the moustache then disposed of Andy Pickup and came up against Mike Majer in the semi final. Mike won this encounter by 2-1 to enter the final.

In the other half of the draw Terry Adams disposed of Paul Whitehead 2-0 in round 1, and then Mike Miles by the same score. This was obviously some feat as Mike Miles registered a perfect 180 in the process of losing.

George O'Brien beat Bryan Baldwin 2-1 in Round 2 and then beat Terry by the same score to enter the final. George had obviously been doing some secret practising for this event and came close to pulling it off. (I suppose I should rephrase that!) Anyway the star of the B.C. Lillywhites, Mike Majer, took the Castrol trophy after a close final by 2-1.

The Ladies' Challenge trophy had 8 contestants compared with last year's 3, and Jackie Gramond, Erika Majer, Pat Daniel and Carol Anwar all progressed to the semi finals with 2-1 victories. Erika had a 94 close to level 1-1 with Orin and in the decider whittled away a big lead to close first.

In their semi-final game Jackie and Erika had to shoot for the bull in the first set as neither one could close and Erika ran out a 2-0 winner. In the other semi, Carol beat Pat by the same score. Carol went on to beat Erika in the final, and all one can say is it's a pity she doesn't play for your favourite team.

LADIES' GOLF LADIES' GOLF

M ARCH was another busy golfing month for the Ladies. We had the ASTRAL CUP, a farewell day for Diana Wingfield - most of us were also involved in Flogg's 3 day championship too. However, we have slowed down now while the children are out of school.

Many of the ladies have been playing super golf and there have been lots of handicap cuts. Margaret Currie has rocketed down from 40 to 35 and Betty Watters is making the most of her last few months in Thailand and is now down to 26. Terry Merry is down to 28 after her triumphs in the societies' weekend at Hua Hin. Well done, Terry. We are all proud of you.

COMPETITION RESULTS

10th and 17th March

ASTRAL CUP 1987

				HCP
Overall	Winner:-	Joan Jurgens	140 nett	15
1st	R/up:-	Ruth Kennedy	141 nett	20
2nd	R/up:-	Margaret Currie	142 nett	40
1st day	Winner:-	Anne Hendrie	66 nett	27
	R/up:-	Dorothy Hartgerink	69 nett	38
2nd day	Winner:-	Jenny Sharples	68 nett	33
	R/up:-	Dolores Aaron	70 nett	18



Joan Jurgens "Overall winner". Anne Hendrie "1st day winner". Jenny Snarples "2nd day winner".

Twenty-five ladies entered this competition and many congratulations to J.J. who had two under-par rounds. Lunch and prize giving was held at Wendy M's on 17th and much vino and fun was had by all. Just about everyone won a prize for either "Near Pins", Under 30 Putts, Under Pars, "Chip-ins" and Birdies.

24th March		"3 THROW OUTS"		HCP
Flight "A"	Winner:-	Pat Dodsworth	54 nett	17
	R/up:-	Wendy M	56 nett	18
Flight "B"	Winner:-	Gai Pitrie	50 nett	24
	R/up:-	Wendy B	54 nett	24
Flight "C"	Winner:-	Dorothy Hartgerink	46 nett	36
	R/up:-	Terry Merry	49 nett	30

This was Diana's farewell day. Many thanks for donating all the prizes Diana and good luck in the U.K.

31st March		LGU MEDAL		HCP
"Silver" Div.	Winner:-	Pat Dodsworth	71 nett	17
	R/up:-	Ruth Kennedy		18
"Bronze I" Div.	Winner:-	Nena Reid	71 nett	22
	R/up:-	Kanda Phillips		21
"Bronze II" Div.	Winners:-	Dorothy Hartgerink		32
	R/up:-	Mhairi Cronopolus		31

Two good rounds by Pat and Nena. The rest of us played rubbish and the scores are too embarrassing to print!

7th April		STABLEFORD		HCP
Flight "A"	Winner:-	Nena Reid	41 pts	18
	R/up:-	Dolores	38 pts	17
Flight "B"	Winner:-	Margaret C	41 pts	37
	R/up:-	Terry Merry	35 pts	29

Some good scores – especially Margaret Currie who had a nett 67. We were also joined by 3 young men – Richard Morris, Alistair Binns and Neil Johnson (10-11 years old) who all look promising golfers.

14th April		PAR BISQUE		HCP
Flight "A"	Winner:-	Wendy M	+ 6	18
	R/up:-	Nena Reid	+ 3	18
Flight "B"	Winner:-	Margaret C	+ 6	36
	R/up:-	Kanda Phillips	+ 4	26

It's getting hotter – the last few holes were torture! Nice to have Pam Hardy back from OZ and Sriwan Forrest from the U.K. (see you haven't lost your appetite, Sriwan!)

COMING EVENTS

Next month we are having the GESTETNER Trophy on the 2nd and 3rd Tuesday in May at the Rose Garden.

If anyone would care to join us, we play every Tuesday, 7 a.m. at the Army Golf Course. Call Wendy on 258-4090.

SQUASH SQUASH

DO NOT BELIEVE ALL THAT YOU HAVE READ IN LAST MONTH'S EDITORIAL CONCERNING THE PROFITABILITY OF PURCHASING FUTURES IN SQUASH STICKERS – A book of 5 stickers is still only 100 Baht, which by our reckoning is 20 Baht per sticker (not 40 Baht!), the price they have been for at least 2 years.

Stickers were introduced several years ago to raise revenue to pay back to the General Committee the cost of constructing court 3. As this debt has now been paid off, the Squash Committee has no need to increase sticker prices in the foreseeable future, unless there is an enormous request from Club Members for further improvement of the squash facilities, such as air-conditioning of courts, etc. The results of a recent questionnaire indicated that the majority of squash players are happy with the existing facilities and have adjusted to playing in sauna conditions. We welcome letters to the Squash Committee if you have any strong views on this subject.

Although the price of stickers is not planned to increase, neither will it be reduced, as money is still needed for court maintenance, such as the renovations to courts 1 and 2 that have recently been carried out. Stickers also are a deterrent against members arbitrarily booking courts and then not turning up to play.

So please place a sticker on the booking form if you want to play squash. It has recently been noticed that several people have been playing on courts without booking them. Others have been observed removing their stickers after failing to turn up for a match, and then re-using them for future bookings. To be fair to other players who pay for their courts, please use the stickers properly to book games.

Remember – we know who you are! We do not wish to submit you to the ignominy of exposing you to your colleagues through this magazine – YET!

SQUASH LEAGUES

The winners of the 64th League, which took place during March, were as follows:-

Division 1	Mervyn Ratray	Division 7	John Baker
Division 2	Ron Madden	Division 8	Mike O'Connor
Division 3	Dave Wallace	Division 9	David Overington
Division 4	Les Kentwell	Division 10	Art de Boer
Division 5	Bill Wilcox	Division 11	Roger Daniel
Division 6	Richard Wareham	Division 12	Brigitte MacDonald

If you have not already received your prizes, they can now be collected from Reception. Well played all winners.

By the time you receive this Outpost, the 65th will have just started. If you are playing in this League, we will automatically enter you for the 66th, unless you state that you wish to withdraw. Please also fill in an application form before the closing date, as this helps with the billing and to keep track of your current telephone numbers.

DON JOHNSON AND LADIES' CUP

The draws for the Don Johnson and Ladies' Cup have now been completed and details are given on the Squash Noticeboard.

The first round of the Men's Competition will start on Tuesday 14 April, with the Final on Sunday 17 May.

The first round of the Ladies' Competition will commence on 3 May, the Final to coincide with the Men's Final on 17 May.

Out of more than 120 squash players in the British Club, only 22 men have entered the Don Johnson and 6 women have entered the Ladies' Cup. Although the number of entrants is comparatively low, we expect fewer walk-overs owing to players not turning-up. Even if you can't turn up to watch the preliminary rounds, do come to Finals Day on Sunday 17 May to watch the epic struggles to win the 1987 British Club Closed Championships. Plate Competitions will also be run for the first round losers - the Parra Handy and the Len Alexander Plates.

WEDNESDAY CLUB NIGHT AND SUNDAY SQUASH

Each week Club Night continues to attract about a dozen or more squash players of every standard ranging through Divisions 1 to 12, who seem to delight in draining their bodies of numerous shirts - full of sweat, and then retiring to the Churchill Bar or some other more salubrious establishment in Patpong to replenish their dried - up parts with ice cold klostors.

Come along on Wednesday nights after 6 o'clock and join in the fun - one way or another you'll return home 'legless'.

The first Sunday afternoon 'Mix-Ins', from 12 until 6 on court 3, have met with fierce competition from recent long weekends to the resorts, and a peak in cricketing zeal. Now the sun is losing its heat as it falls slowly from its zenith, expect to find more players looking for a friendly 'knock' as they attempt to get fit in time for the cooler wet season.

EASTER WEEKEND TOURNAMENT

Our very own squash guru (garrulity specialist?) has come up with yet another amazing brainchild.

Everyone was invited to turn up early Sunday morning on 19 April to join in this newest and zaniest of squash competitions.

The draw was made from those who arrived by 10 o'clock, with a straight knock-out competition run through the day until an eventual victor was decided. Each match was the best of 3 games to 15 points, with handicap, so everybody had an equal chance of winning. If you didn't play in the last tournament, try waking up earlier next time, and come and join the fun.

LADIES' SQUASH

Barbara Overington continues to run Ladies' Squash every Thursday morning from 9 until 12. Several new faces have appeared over recent weeks, but let's see more of you budding superstars in action. Who knows - one of you might be another Heather McKay in the making, ready to take on all male opposition - and beat them out of sight.

SQUASH SOCIAL NIGHT

Many thanks to Rudi Sirr for organising and hosting such an entertaining Trivial Pursuits Party last month.

Also thanks to the competitors for not crucifying the quizmaster who doesn't know his shaddocks from his shillelagh.

But no thanks to the Antipodean gin guzzler who hearly wiped out half the squash community that night. His predilection for propinquity that evening proliferated a plethora of prunella and other pulmonary poppycock.

When we are all properly back on our feet again we'll have another evening like that again.

SQUASH FEATURE - BY THE UNSQUASHABLE RULES OF SQUASH - SHOTS

It is better to hit the right shot off the wrong foot than the wrong shot off the right foot.

The best stroke is a stroke of luck.

The easiest shots are the ones you muff.

Your flashiest shots cost you the most points.

You will always play your best drop shots when your opponent is at the front of the court.

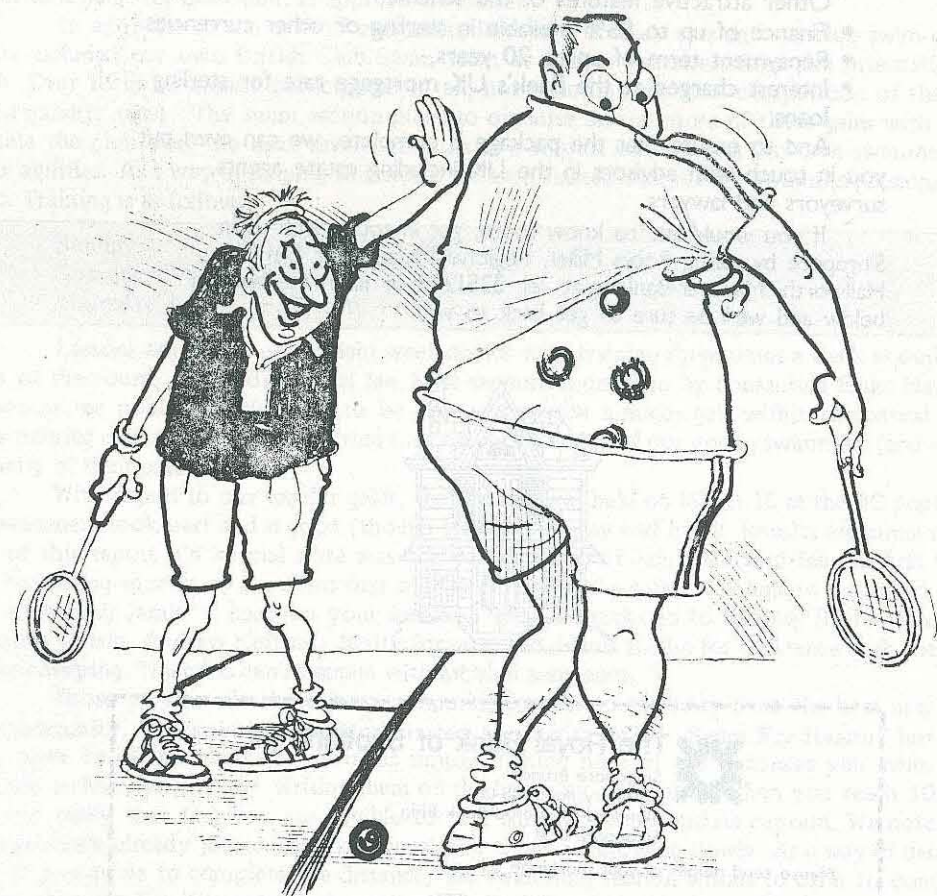
If the whole of the court is open and your opponent is in the corner behind you, you will inevitably hit the tin.

You are more likely to win the point by mis-hitting the ball than by playing the correct shot.

If your opponent is in your way and you ask for a 'let' he may begrudgingly give you one.

If your opponent consistently obstructs you from making a winning shot, a ball in the small of the back can sometimes decide the match-winner.

'Always remember your court manners and apologize profusely for any injury that you inflict on your opponent.



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SWIMMING SWIMMING

SWIMMING SELECTION REPORT

THE last few months have seen a large number of events happening around the swimming pool, not the least of which has been the change in temperature from frigid to sweltering! It would appear that the increase in activity may have something to do with mother nature's largess in addition to the superb organising work of the swimming committee (use any opportunity my mother told me!).

To begin with, March 8 saw the end of another successful swimming course with over 60 students participating in the eight week session. Candidates who successfully passed their swim tests included the following:

Level One:	Adrian Harris
Level Three:	Mark Freeman
	CJ Kefford
Level Five:	Sarah Freeman

Congratulations to all those who passed and to all who continue to improve their swimming abilities. The new course started on March 9 and continues for the next 8 weeks (with a break from April 4 until April 20 to accommodate those who will be out of town for the holidays or generally recovering from the heat. If there are any students who still wish to join, please hurry to contact Erika Majer to arrange for placement in appropriate classes.

In addition to the normal swimming lessons, February saw an inter-club swim gala. Participants included our own British Club Swim team as well as swimmers from the International School Club. Over forty swimmers participated in all, not including the final competition of the day which was a parents' race. The swim section plans to organise several more of these galas with teams from outside the club over the next several months as a way of encouraging our own swimmers to better their abilities. As a way of helping this along, we have started competitive swimming lessons here at the Club. Training is as follows:

Sunday	— 11:00 until 12:00
Tuesday	— 16:00 until 17:00
Thursday	— 16:30 until 17:30

Lessons are set up as an eight week course with training three times a week as outlined above. Cost of the course is 600 Baht total fee. New swimmers can join by contacting Erika Majer or Khun Choon at the pool side. We hope to be able to organise a major gala within the period covered by each training course as a way of wetting the competitive edge of our young swimmers (and the cheering capacity of their parents).

With regard to our regular galas, the last one was held on March 15 at the BC pool. A total of 15 swimmers took part and a good (though tiring) time was had by all. Results are summarised at the end of this report. Of special note was the participation of Jamie Kefford for the first time. Jamie will be leaving shortly, so it was his first and last hurrah at the galas. Welcome to the world of competitive swimming Jamie — keep up your interest. Special thanks go to Lindsey Burten-Shaw, Si Miles, Margaret Currie, Andrew Kefford, Judith Strange, and Jennie Baillie for assistance with the timing and records keeping. The galas can't happen without such assistance.

Those of you who have been swimming lengths to get away from the heat may be missing an opportunity. The swimming section started an activity called "Swim For Health" last December. It is open to all members and involves simply making note of the distances you swim (minimum distance is four lengths) by writing them on the board by the pool. When you reach 10 kilometres (it's not really that far) you are eligible for a T-shirt with appropriate caption. We note that many members have already joined but that cumulative totals are growing slowly. As a way of demonstrating that it is possible to complete the distance, the swimming section wishes to offer its congratulations to the following Ten Kilometre Swimmers who have finished their swim:

Veronica Andrews
Elaine Yasui

Silawan Miles
Michael Miles
Steven Forbes
Joe Harris
Alice Andreasen

Mary Lewin
Julia Freeman
Sally Dunford
Jenny Harris

Why not join them and enjoy getting into better shape at the same time?!

Of final note is the upcoming "It's a Splashout" contest. This has been tentatively scheduled for Saturday, May 16 at 12 noon. A maximum of 12 teams composed of nine swimmers each (three men, three women, and three children per team) will be recruited for this most enjoyable fun event. We encourage you to form your teams early. We also suggest that you forget about practising - it certainly didn't help anyone last year!!!

FINAL RESULTS OF SWIMMING GALA - MARCH 15, 1987

EVENT	AGE/CATEGORY	SWIMMER'S NAME	TIME	RESULTS	EVENT	AGE/CATEGORY	SWIMMER'S NAME	TIME	RESULTS
FREESTYLE	UNDER 7 BOYS	PETER MILES	0:26:4	FIRST	FREESTYLE	UNDER 11 GIRLS	LYNLEY STRANGE	0:43:7	FIRST
BREAST	UNDER 7 BOYS	PETER MILES	0:37:0	FIRST	BREAST	UNDER 11 GIRLS	LYNLEY STRANGE	0:56:2	FIRST
BACKSTROKE	UNDER 7 BOYS	PETER MILES	0:36:2	FIRST					
	UNDER 7 BOYS	JAMIE KEFFORD	0:47:6	SECOND	FREESTYLE	UNDER 11 BOYS	CJ KEFFORD	0:42:77	FIRST
MEDLEY	UNDER 7 BOYS	PETER MILES	1:21:0	FIRST		UNDER 11 BOYS	MARK FREEMAN	0:47:6	SECOND
						UNDER 11 BOYS	NICHOLAS BAILEY	0:48:00	THIRD
						UNDER 11 BOYS	DAMIAN McDONALD	0:55:00	FOURTH
FREESTYLE	UNDER 9 GIRLS	REBECCA OVERINGTON	0:50:0	FIRST	BREAST	UNDER 11 BOYS	CJ KEFFORD	0:56:41	FIRST
BREAST	UNDER 9 GIRLS	REBECCA OVERINGTON	1:00:0	FIRST		UNDER 11 BOYS	ROBERT BRITAIN	0:59:41	SECOND
						UNDER 11 BOYS	NICHOLAS BAILEY	1:05:00	THIRD
						UNDER 11 BOYS	MARK FREEMAN	1:04:4	FOURTH
						UNDER 11 BOYS	DAMIAN McDONALD	1:07:00	FIFTH
FREESTYLE	UNDER 9 BOYS	TIMOTHY STRANGE	0:50:0	FIRST	BACKSTROKE	UNDER 11 BOYS	CJ KEFFORD	0:56:18	FIRST
	UNDER 9 BOYS	FRAZER CURRIE	0:54:0	SECOND		UNDER 11 BOYS	NICHOLAS BAILEY	1:01:1	SECOND
	UNDER 9 BOYS	GERRY WYDER	0:54:49	THIRD		UNDER 11 BOYS	MARK FREEMAN	1:07:00	THIRD
	UNDER 9 BOYS	MATTHEW OVERINGTON	1:10:0	FOURTH	MEDLEY	UNDER 11 BOYS	CJ KEFFORD	2:04:00	FIRST
BREAST	UNDER 9 BOYS	TIMOTHY STRANGE	1:07:0	FIRST		UNDER 11 BOYS	NICHOLAS BAILEY	2:07:00	SECOND
	UNDER 9 BOYS	GERRY WYDER	1:14:24	SECOND					
	UNDER 9 BOYS	FRAZER CURRIE	1:16:0	THIRD	FREESTYLE	UNDER 13 GIRLS	SARAH FREEMAN	1:33:9	FIRST
	UNDER 9 BOYS	MATTHEW OVERINGTON	1:26:7	FOURTH		UNDER 13 GIRLS	NATALIE WYDER	1:39:56	SECOND
BACKSTROKE	UNDER 9 BOYS	TIMOTHY STRANGE	1:04:9	FIRST	BREAST	UNDER 13 GIRLS	SARAH FREEMAN	2:20:00	FIRST
	UNDER 9 BOYS	MATTHEW OVERINGTON	1:12:7	SECOND					
	UNDER 9 BOYS	FRAZER CURRIE	1:14:0	THIRD	BACKSTROKE	UNDER 13 GIRLS	SARAH FREEMAN	2:00:5	FIRST
	UNDER 9 BOYS	GERRY WYDER	1:15:1	FOURTH					
MEDLEY	UNDER 9 BOYS	TIMOTHY STRANGE	1:01:2	FIRST					
	UNDER 9 BOYS	FRAZER CURRIE	1:06:0	SECOND					
	UNDER 9 BOYS	GERRY WYDER	1:09:0	THIRD					
	UNDER 9 BOYS	MATTHEW OVERINGTON	1:11:4	FOURTH					
SPECIAL CONGRADULATIONS TO JAMIE KEFFORD FOR HIS FIRST RACE IN THE SWIMMING GALAS									

TENNIS TENNIS

A MINOR case of 'burn out' has been felt by the tennis section after the excitement of the Club Championships and other matches in February and March. Mental exhaustion and physical fatigue left the calendar rather blank except for a match against visiting Singapore Morning Glory on Saturday, 21st March, a ladies' match against the American Women's Club on Friday, 27th March, and the monthly Round Robin on Sunday, 29th March.

Results as follows: Morning Glory 2, British Club 8 - 21st March

(British Club names first) - Dick Chessman and Bruce Pointer beat Victor Teo and Wong Tim-hin 9-5. Derek Tonkin and David Mulligan beat Chavit Sridaranop and Joti Khokavanij 9-6. Leif Rasmussen and Mervyn Rattray lost to Woo Tchi-chu and Paul Quek 8-9. Gordon Martin and Kassem Narkprasert beat Lee Hockley and Ahmet Arsan 9-1. Sucharit Rungsimuntoran and Sean Madden beat Peter Mok and Ahmet Arsan 9-2. Derek Tonkin and Gordon Martin beat Joti Khokavanij and Chavit Sridaranop 6-5. David Mulligan and Kassem Narkprasert beat Victor Teo and Wong Tim-hin 9-6. Dick Chessman and Mervyn Rattray beat Paul Quek and Woo Tchi-chu 9-7. Bruce Pointer and Leif Rasmussen beat Joti Khokavanij and Peter Mok 9-8. Sean Madden and Sucharit Rungsimuntoran lost to Victor Teo and Wong Tim-hin 1-9.

After the matches the visitors were entertained to lunch when souvenirs were exchanged.

American Women's Club v. British Club - 27th March

Participants:	AWC	BC
	Pauline Hochstetler	Helen Benham
	Pat Johnson	Mal Chessman
	Juliana Lahaie	Julia Freeman
	Irene Moser	Jackie Gramond
	Uschi Muhlig	Robin Harrison
	Namyong	Elaine Kelly
	Sally Parnell	Barbara Noon
	Nila Riemann	Supattra Tansantikul
	Joanna Shaw	Bua Wyder

This was the second meeting between the groups with the usual formula of seven games per match, six matches per person. The score (AWC 9, BC 11) illustrates the close nature of many of the games. Rain stopped play but it was a welcome opportunity to retire to the Sala for much needed refreshment.

Round Robin - 29th March

Participants:	Ed Bittenbender	Celeste Cave
	Michael Cave	Julia Freeman
	Roger Hough	Machiko McAlister
	Simon Hough	Terry Merry
	John Macartney	Catherine Noon
	Bob Merry	Supattra Tansantikul
	Nigel Nicholson	Bua Wyder
	Peter Noon	
	Sucharit Rungsimuntoran	
	Nithat Tansantikul	

Organised by Barbara Noon each player drew a number and played with a different partner each round. Six rounds (3 on the grass courts, 3 on the hard courts) were played, seven games per match. In the men's division the winner was Michael Cave (30 points) and Simon Hough was the runner up (29 points). In the ladies' division Bua Wyder won (23 points) and Julia Freeman and Catherine Noon were runners up (20 points each).

YOGA YOGA

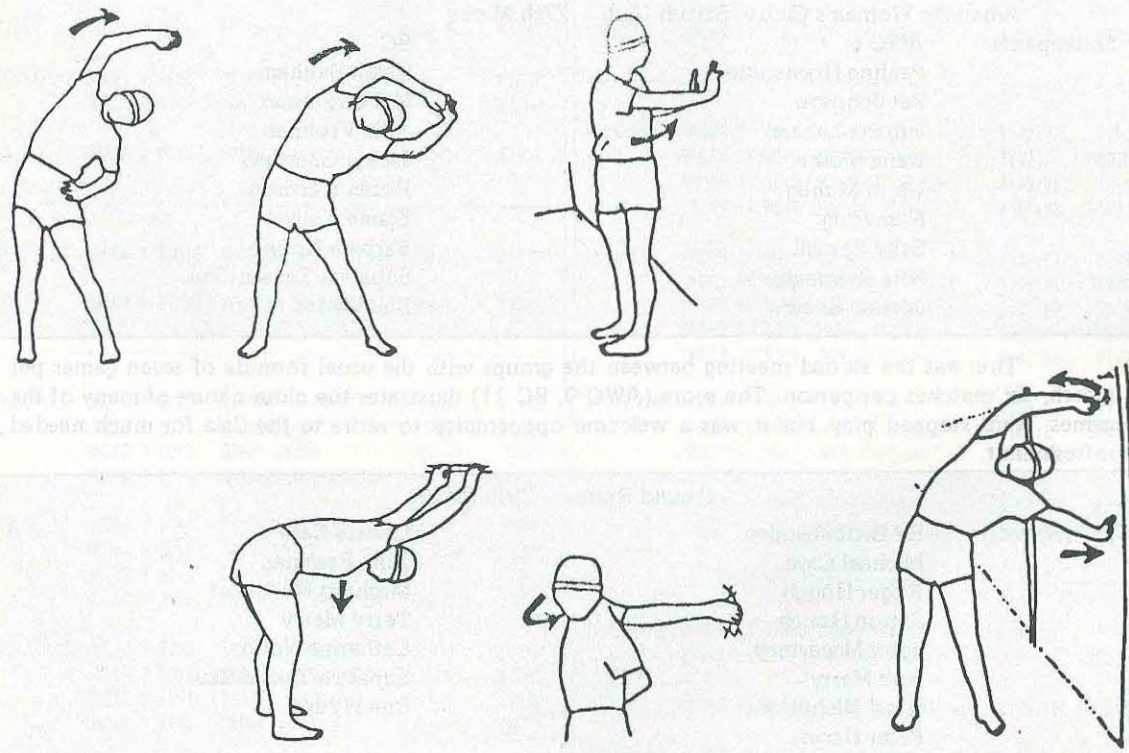
IN the past I have written of the benefits of simple stretches for the body. You can stretch ANY-TIME! and just about anywhere — in the car, while watching a video, before and after vigorous exercise.

Stretch when you're tired — you will get your circulation going and take away that feeling of fatigue.

Stretch when you're feeling stiff, nervous, or even better — stretch whenever you think about it! You'll ALWAYS feel better for it.

HERE ARE SOME SIMPLE STANDING EXERCISES FOR YOU TO DO:

Go into the stretches slowly and come out of them slowly — take time. Let the stretch happen. Do not bob, jerk or bounce. Keep your stretches fluid, comfortable, and under control. Don't forget to breathe. Once in the habit, you'll think of your own types of stretches.



Yours in Yoga,
Joan C. French
Tel: 253-9638

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ACTIVITIES

ANYONE WHO IS INTERESTED IN PARTICIPATING IN ANY ASPECT OF THE FOLLOWING ACTIVITIES SHOULD CONTACT:

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BRIDGE	—	MIKE EVANS	236-8655-8
CRICKET	—	JACK DUNFORD	236-0211
DARTS	—	MIKE MAJER	513-1970
GOLF	—	DAVID BRITTAIN	573-0074
LADIES' GOLF	—	WENDY MORRIS	258-4090
OUTPOST	—	MAREN WHITE	258-1481
RUGBY	—	JAMES HOWARD	252-2635 251-3056
SOCCER	—	CRAIG RENNIE	236-0205 236-4281
SQUASH	—	MIKE KELLY	253-0191 x 220
		LES KENTWELL	259-0310-5
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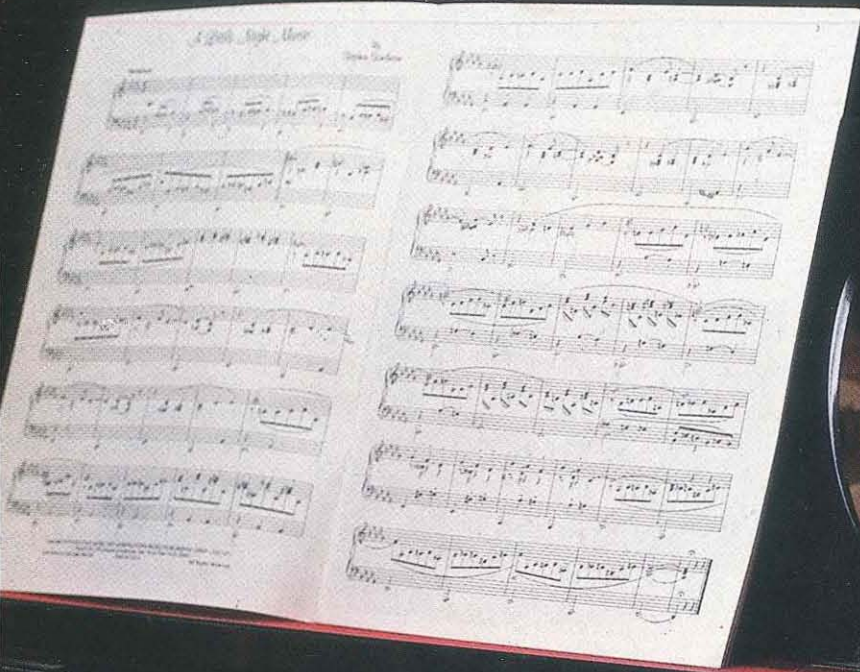
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