

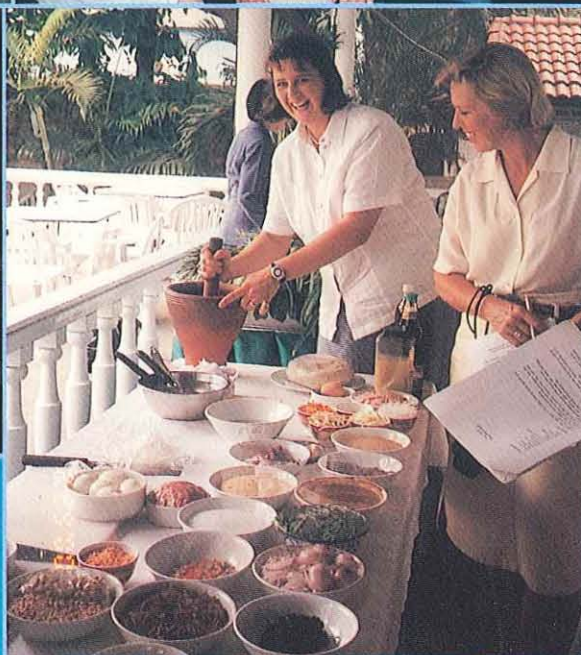


# Outpost

May

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### Contributions

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



### Outpost Magazine

The contents of this magazine are not necessarily the opinion of the Editor, the General Committee or the management.



### On the Front Cover:

A trip down Outpost's Memory Lane in the Bar  
U17 Doubles Tennis Champs Annelies and Pin  
Mashing ingredients to a pulp the Thai way  
Timmy Weekes, Skin Diver, checking out the BC pool  
Niblicked pair Phil and Paul take first place

## Contents

### Regular Features

- 6 From the Editor
- 9 From the Manager
- 9 Committee and Management
- 10 Management News
- 16 From the Sport & Recreation Coordinator
- 22 Calendar
- 28 Committee Report
- 35 Crossword
- 36 New Members

### Sports Sections

- 23 Squash – The Perfect Losing Shot
- 26 Football – Global Silverhawk League
- 30 Aquatics – BC's Youngest Open Water Diver!
- 34 Golf – Spring Fever
- 39 Tennis – Annual Dunlop Extravaganza

### Specials

- 13 **Why Outpost?**  
A trip down *Outpost's* Memory Lane in the Churchill Bar with those who saw it all - and chose the name...
- 14 **Seafood Promotion**  
A Great Pacific Northwest Seafood Experience!
- 15 **BC Trip to Green Forest Resort, Khao Yai**  
Enjoy a wonderful weekend away in Thailand's largest national park!
- 18 **No Fixed Abode** Friday Night is Music Night in the Churchill Bar
- 19 **Bangkok Community Theatre** at the British Club
- 20 **Health & Diet** Getting Down to Glycaemics
- 24 **Cookery Classes** Creative Cooking with the BC
- 26 **Your Reciprocal Club** The Tanglin Club
- 42 More pictures of the cookery classes



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## I'm back...

Yes, I am back at the helm of *Outpost*, and many thanks is due to my colleague Sherry for doing a sterling job of handling the magazine for the last fifteen months, juggling contributions and schedules and what-have-you and allowing me a well-earned break (well, I thought it was well-earned). Hopefully she will continue to contribute "Paws for Thought" and other articles and help out with photographs of happenings around the Club.

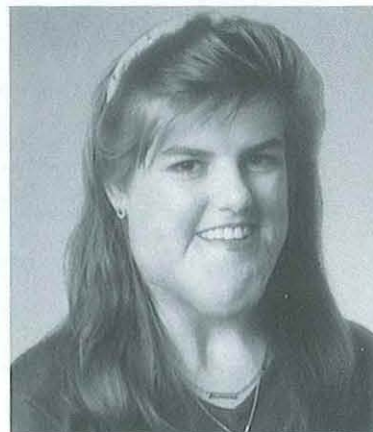
Some of you may have noticed in last month's edition an item in the Management News relating to the copy deadline for *Outpost* contributions, now that I've mentioned it some more of you may spot it in this month's Management News. The deadline for contributions is – and in theory always has been – the 10th of the month preceding publication. Please try and adhere to this, as I'm doing my best to pull the schedule back in so it arrives in your postbox earlier. And while I appreciate that April was a major holiday month, with many of our regular scribblers away around deadline time, some contributors frequently submit articles around the 20th and later and expect them to be included. BE WARNED! As of this month we are getting stricter, so anyone I haven't heard from by the 10th will not have their article included in June's edition.

So, onto this month, and a packed issue it is too, with reports on the many sports and activities going on in and around the Club. Unfortunately there isn't a report on the Disney on Ice trip, as photos were forbidden (touchy bunch), but I understand that the 58 people who went had a great time. That it was held on the same night at the AGM did not detract much from the latter, as the majority of Disney fans were a little young to appreciate the gravity of matters discussed at the grown-ups meeting...

And talking of the AGM, I am delighted to report the presence of a good number of women there that night, and no fewer than three women elected to the new General Committee. A reasonably well-attended and lively if absolutely freezing cold meeting (what was with the air-con that night?), and committee reports were enhanced by computer-aided visuals.

Also that night, the architectural plans from the redevelopment design competition were on display in the Silom Room. Some very nice ideas indeed, but I would beseech the selected planners and the GC to remember that the Club is just that, a club, and not a hotel. So, while improvements in functionality and beautifications are more than welcome, suggestions such as a free-form swimming pool (while attractive for a hotel) is simply not practical for a club which wants to hold swimming galas and compete against other clubs.

But I digress. Back to *Outpost*, there's a full summer of events to make notes of in the diary. For example, there's a wide variety of active pursuits starting in the next few weeks organised by Damon and his crew, and there are several squash, tennis and golf events scheduled; for the foodies and winos (surely there must be a term for wine aficionados?) among you there's a whole host of delights coming up this month to tempt the palate. Go on, enjoy yourself – your New Year's Resolutions have long since faded into the ether!



Gaynor de Wit

A stylized handwritten signature of Gaynor de Wit in dark ink.

Gaynor de Wit  
Editor



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**S**lowly but surely I am settling down at the British Club and enjoy working together with Members and staff at this unique facility.

During the past few weeks I have received a number of Member's comments regarding the services and facilities of the Club. As much as we can we try to entertain requests from our Members and with your suggestions we will be able to improve these services and facilities.

During the month of May we have scheduled a large variety of activities such as the weekend trip to the Green Forest Resort in Khao Yai, a fantastic culinary experience at the Lords Restaurant with Executive Chef and Admiral Mr. James Ormsby from San Francisco, sports activities organised by Damon and his team, children's activities during the weekends and much more.

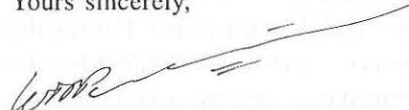
Throughout the remainder of the year we will make a great effort to upgrade our Club facilities and we would like to have the understanding of our Members that on certain occasions this upgrading process may cause some inconvenience.

In order to add more value to British Club membership we are in the process of approaching some up-market Golf Clubs in and around Bangkok to offer special discounted green fees to our Members.

Finally, for Members who are frequent travellers, we will highlight every month one of our reciprocal clubs overseas.

Looking forward to meeting all the Members in the not-too-distant future at your Club.

Yours sincerely,



**Willem T. P. Penttermann**  
General Manager



Willem T. P. Penttermann - General Manager

## The British Club General Committee 2000 2001

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### Club Staff

**Willem Penttermann**  
General Manager

**Barry Osborne**  
Operations Manager



# That Mango Moment!

## Mangos at the BC!

To celebrate the wonderful mango season in Thailand the BC will be offering all sorts of mango specials around the Club, including Mango Cheesecake, Mango Ice Cream, Mango Vacherine, Mango with Sticky Rice and Mango and Vanilla Gateau. As a special in the bar try our Mango Daiquiri for a real seasonal punch!

## Special Seafood Promotion

### Friday & Saturday, 12 and 13 May

Chef James Ormsby, world renowned chef from the Red Herring Restaurant in San Francisco, will present a mouth-watering 4-course menu in Lords Restaurant on Friday 12th and Saturday 13th May, commencing at 7pm with cocktails on the front lawn. The cost is Bt 850 per person, inclusive of pre-dinner cocktails. Please sign up at Reception.

## Cooking Class with Chef Ormsby

### Saturday 13 May

During James Ormsby's visit there will be a cooking class on Saturday 13th May, followed by lunch. The cost will be Bt 650 per person, which includes the lunch and a glass of wine. Again, please sign up at Reception for this unique opportunity to learn from one of most innovative chefs.

## A Night with 'Mr Wine'

### Friday 19 May

Once again there will be a free wine-tasting evening in the Snooker Room, when 'Mr Wine' himself, member Tom Westbury will present wines from Australia and other nations, and the BC will provide a few nibbles to keep the palate stimulated in between tastings. See you there!

## Fridays Means Music!

### Friday nights, from 12 May

Come and listen to 'No Fixed Abode', Bangkok's Celtic, Antipodean and folk

band, every Friday in the Churchill Bar from 8pm until midnight, and enjoy an evening of good music, fine fare and convivial atmosphere!

## Poolside BBQ: EAT ALL YOU CAN!

### Friday nights, from 19 May

Commencing 19th May will be an "Eat All You Can" barbecue at the poolside from 6.30-9pm, including beefburgers, lamb koftas and sausages, and the likes of tiramisu for dessert, all for the ridiculously low price of Bt 295 for adults and Bt 185 for kids under 12 – and the kids get free Coke too!

## Club Sports & Family Day

### Sunday 21 May

This year, beside the sports section teams, non-section members can also enter a team. This is a fun day! Everybody who joins in has a great time so get your team together and register quickly. For further details see the SRC report or contact Damon in the Fitness Centre.

## Network Night

### Wednesday 24 May

The British Club and the Australian-Thai Chamber of Commerce are jointly organising a networking night at the BC. A light cocktail buffet will be provided by the BC. An excellent opportunity to meet new friends and business partners, please contact Khun Weena at the Club and register at Reception.

## Social Dance!

### Every Tuesday, 2 May – 20 June;

### Party 27 June

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

## Adults Tennis

### Friday nights, 6-7pm

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

- Beginners – May 12, 19, 26

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

- Intermediate – June 9, 16, 23, 30

Key points covered include: Placement of shots, learning how to play approach shots and going up to net, and court coverage at the net and learning how to move effectively from the baseline. There is a minimum of 4 students and a maximum of 12 for each course (6 per court), and the cost is Bt1,150 for the Beginners course and Bt1,500 for the Intermediates; sign up with Damon in the Fitness Centre.

## Bar Quiz is Back!

### Saturday 10 June

By popular demand, the BC will be holding another Bar Quiz in the Churchill Bar on Saturday 10 June, kicking off at 8pm. Will the "Question Marks" team retain their title for the second time in succession? Will the "Spoofers" see a turnaround in fortune? Teams of six are needed, at just Bt 100 per head; sign up at Reception.

## Koh Kred Picnic

### June, date to be confirmed

The BC is looking to organise what promises to be a delightful trip to Koh Kred, an island in the Chao Phraya River just up-river from Nonthaburi, which houses an old Mon community producing beautiful pottery at low prices. Full details to be confirmed soon but it is expected to be held on the last weekend of June – watch this space and keep an eye out for flyers!



## New Kids Corner

Every weekend we will be organising activities for kids.

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

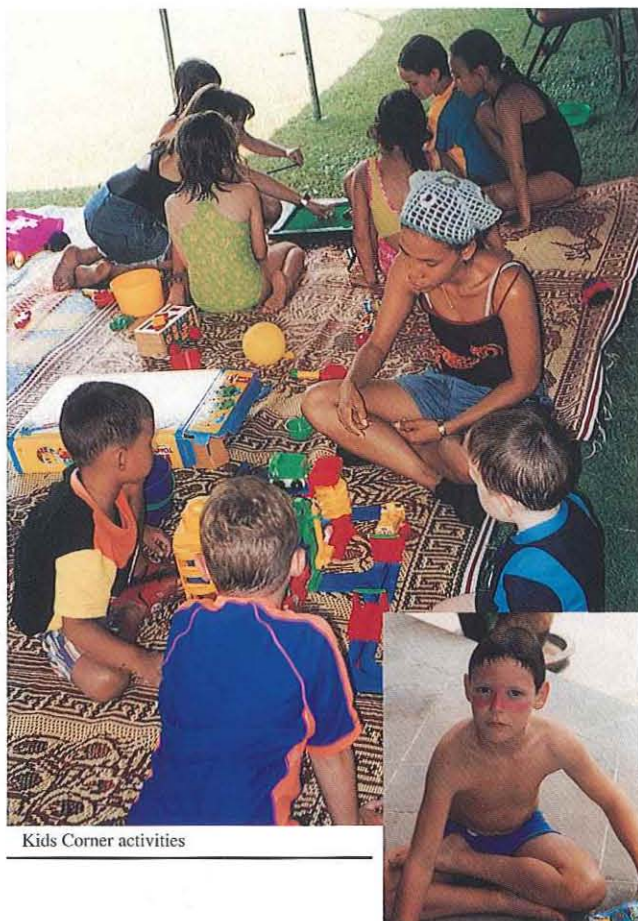
Orange squash and popcorn will be provided free of charge at both events. For details, please contact Khun Goi.

## PLEASE NOTE - OUTPOST


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

## Yearbooks!

Your annual BC Yearbook is available for collection. If you haven't already got your copy, simply ask for one at Reception.



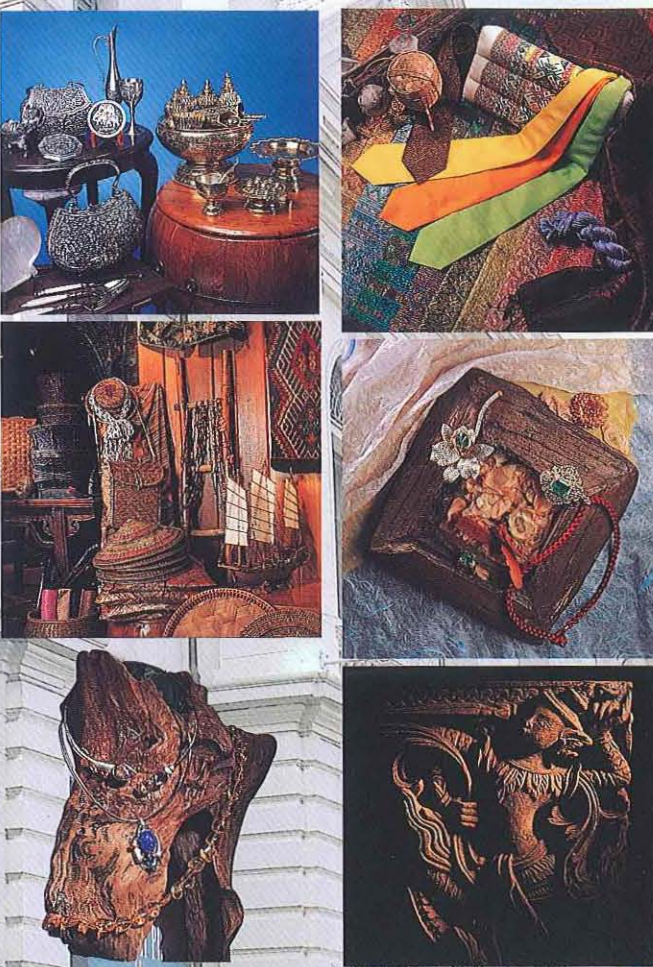
Kids Corner activities




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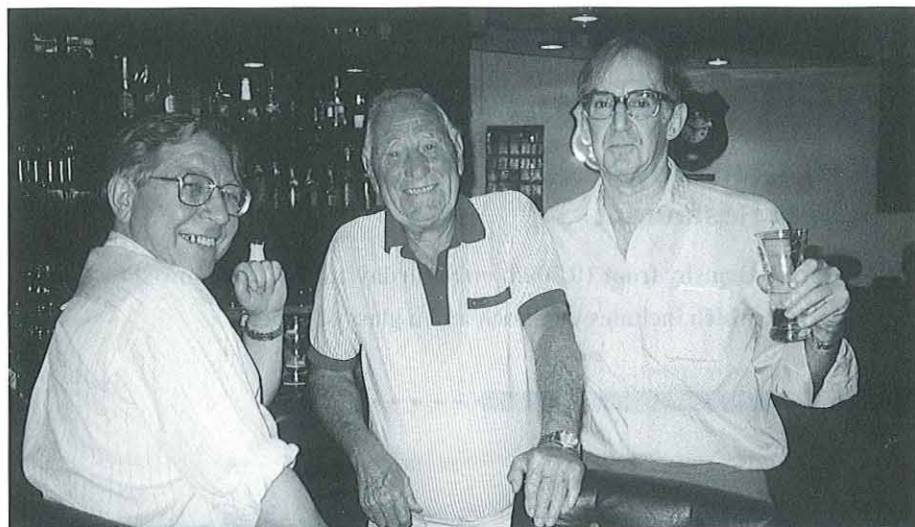
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# Why Outpost?

*Over the four-plus years I've been involved with Outpost several people have criticised the name of the magazine, disliking its colonial overtones, Thailand never officially having been colonised, etc, etc. Me, I've always liked the name, as I see the British Club as an 'outpost' of relative peace and sanity in the heart of this mad, fast-paced city.*



A mine of information: Arthur, Ivor and Ian

So I was absolutely delighted to run into the very first real editor of *Outpost* in the Churchill Bar one evening, one Arthur Hawtin, and to find out how the magazine – and its controversial name – came about. In the photograph you can see Arthur, left, with Ivor Davies and Ian David Mason, who between them filled in several of the gaps for me that exist about 'those days' over a drink or two. For instance, it was around the early '70s that the entrance area at the front of the building, under the arched portico, was raised by laying the marble forecourt you see today, an essential move to alleviate the flooding problem at the front door. All sorts of other interesting miscellany emerged, such as the fact that at the time of *Outpost's* launch, the GM was a Dutchman named Traughatt (sp?) – cleanly dismissing the recent rumour that our Willem is the first non-Brit to manage the Club – who was followed by a John Davies and then what

sounded like the Rupert Russell-Cobb PR Co, Ltd (ah, the days before work permits!).

These days Arthur is an absent member, living in Japan with his wife Reike, popping over here just once a year; Ivor too is an annual visitor, escaping the worst weather in Middlesbrough for one month a year, while several of you will have seen Ian Mason in the bar. Arthur joined the Club in 1971, Ivor in 1965 (he still has his old grey membership card; Arthur has a not-so-old yellow one as he lost his grey one) and Ian in 1966. Seems I was lucky to catch them all together, it's amazing who you bump into in the Churchill Bar on an average evening!

## Life Before Outpost

Prior to *Outpost* there was a British Club newsletter to broadcast Club happenings, between four and eight pages Roneo'd and stapled into a pre-printed jacket. This cover

was a good half an inch larger than the folded Foolscap inners, had a printed Union Jack flag and a sticky label stuck to the front to distinguish the edition month! Somehow, Arthur persuaded the Club to purchase a Gestetner lithograph for Bt 100,000 in the early '70s, an offset printer which was relatively new to Thailand at the time. Arthur and his wife Reike, who was the daughter of a printer herself, taught some of the staff how to work it, and so *Outpost* was born, as a thicker, B4 folded (approx A5 size) stitched and trimmed magazine.

## Defining 'Outpost'

On naming the magazine, Arthur remembers checking the word 'outpost' in a dictionary at the time and noting that one definition was, "a picket placed outside to gather information". By the same token, the magazine was intended to be an antenna to find out what was going on out there in the community and to broadcast it to members. There were never any empire or colonial overtones intended, and he remembers detailing this explanation in the first and some subsequent issues.

Out of interest, I looked up the word myself in the dictionary and it gave just one definition: "A small town or collection of buildings established especially by settlers in a distant, lonely place" (Longmans, 1992). Now if you ask me, that encapsulates exactly the spirit of why the British Club was founded in the first place, and still largely bears true today for many people.

Gaynor de Wit



# A Great Pacific Northwest Seafood Experience!

12 and 13 May

Lords Restaurant

by Chef James Ormsby of the Red Herring Restaurant, San Francisco

This culinary promotion will take place on Friday 12th and Saturday 13th May, commencing at 7pm with cocktails on the front lawn. The cost is Bt 850 per person, inclusive of pre-dinner cocktails and a mouth-watering 4-course menu. A nice selection of Robert Mondavi wines will be for sale to compliment a great seafood dinner.

---

## Cooking Class with Chef Ormsby

Saturday 13th May, 10.30am

Lords Restaurant

There will be a cooking class conducted by Chef James Ormsby from 10.30am on Saturday 13th May, followed by lunch. The cost will be Bt 650 per person, which includes the lunch and a glass of wine.

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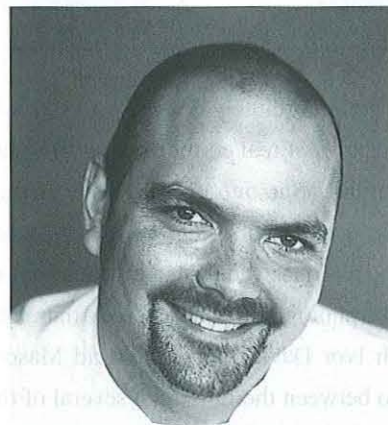
## James Ormsby, Chef

A fixture in the San Francisco Bay Area cooking community for fifteen years, James Ormsby began his culinary career at the French Restaurant Le Virage in Walnut Creek at the age of seventeen. He developed his impeccable technique through stints at some of Northern California's finest restaurants: Aqua, Lark Creek Inn, Auberge du Soleil, The Flying Saucer, Tourelle and Wente Brothers Restaurant. Garnering his share of accolades through the years, he reached critical acclaim at Bruno's Supper Club in the Mission District, for his ingredient-driven, lusty food. In 1996, he was named a "Rising Star Chef" by Michael Bauer of the San Francisco Chronicle and in 1999 "Best Chef in San Francisco" by San Francisco Weekly. As a frequent guest instructor at Draeger's Culinary Center in San Mateo, Ormsby draws upon his expertise in foraged and domestic hyper-

local ingredients, demonstrating dishes enlivened with unusual fresh herbs.

Born in Oakland, California, Ormsby grew up on the country-like setting of Pleasant Hill amongst plums, apples, pears, figs and herbs in the family garden designed by his landscape architect father. Sparked by an interest in wild ingredients, he often spent weekends and family vacations foraging for mushrooms and plants on the Sonoma coast and in the hills of Contra Costa. A hobby he still enjoys to this day. It is these childhood experiences as well as the development of a nuanced palate at an early age that have influenced Ormsby's philosophy of nature's integral relationship to cuisine.

Ormsby spent much of the first half of 1999 travelling and researching for his largely seafood menu at Red Herring. Ports of call included London, New York, Los Angeles, Seattle, Hong Kong and Las



Vegas. He ran a two-week North American seafood promotion in a Hong Kong hotel in April 1999 as a 'test drive' for his Red Herring menu. At Red Herring, Ormsby takes his fifteen years' experience to new levels, handling seafood with a finesse and informed sense of culinary adventure that is both international and highly personal.



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# British Club Weekend Break



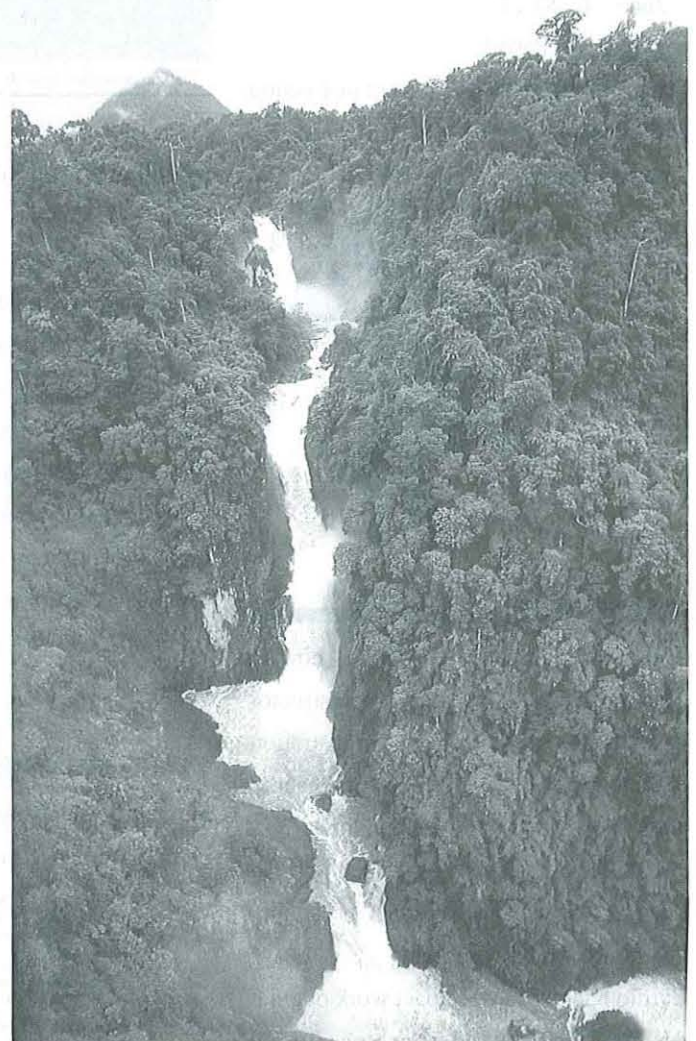
## Green Forest Resort Khao Yai

**May 26-28**

Enjoy a wonderful weekend away in Thailand's largest national park!

The low cost of Bt 3,850 for adults and Bt 2,750 for children under 12 includes all this:

- Welcome Thai Buffet Dinner on Friday 26th
- Two nights' accommodation at the Green Forest Resort, including ABF, on a twin-share basis  
(All rooms are air-conditioned, with TV and balcony, and facilities include a swimming pool)
- Packed lunch in Khao Yai National Park
- BBQ Dinner on Saturday 27th
- Thai Lunch on Sunday 28th
- Day Tour of Khao Yai National Park
- Elephant Trekking
- Return transfers to Khao Yai by air-conditioned coach
- Transfers for all tours



For reservations please contact Khun O or Barry Osborne at the Club

Tel: 234 0247, 234 2592 or 266 0597 Fax: 235 1560 Email: [britclub@loxinfo.co.th](mailto:britclub@loxinfo.co.th)

and a registration form will be sent to you by fax or email



## Social Dance

Lessons start in May for the beginner or slightly experienced dancer!

We will have Social Dancing, which will cover the following dances. This exciting course will be taught by Bangkok Dance's capable instructors.

1. Waltz
2. Tango or Slow Fox trot
3. Cuban Rumba
4. Cha Cha

Dates are as follows:

May 2, 9, 16, 23, 30  
June 6, 20, 27  
July 4th Party!

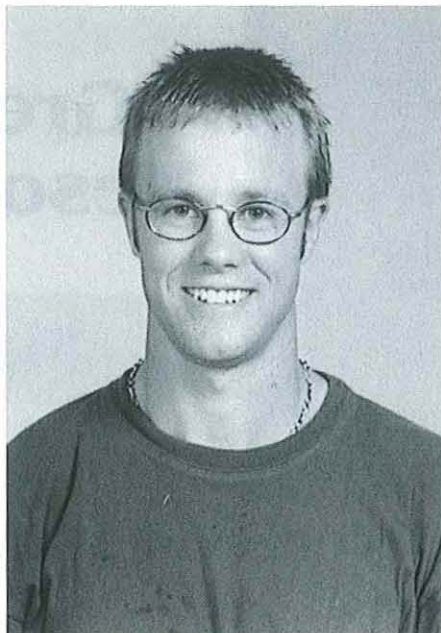
Price 4,300 Baht for 16 hours of instruction and the party. Enroll early as this one will fill up quickly.



## Cardio Kick

The current craze in the USA is now in Thailand. Paul Bailey the only instructor in Thailand will be doing a demonstration class to see how the BC members react to a different form of aerobic activities. This should have taken place before you read this and we will be hopefully be adding this to our weekly program.

Cardio Kick is a low impact work out that uses the kicking and punching motion similar to martial arts (BUT WAY SIMPLER). Unlike the complex dance moves of aerobics Cardio Kick uses



Damon Nemish - Sport & Recreation - Coordinator

repetition to get the desired cardiovascular effect.

Paul has taught Box-Aerobics and has been certified for a number of years in this style. He combines his past training with the new craze and delivers an excellent workout with no complex moves.

There is no contact in Cardio Kick you are simply shadow boxing to music under the direction and supervision of Mr. Bailey. Come by and try it out. Wednesday and Friday 10:30-11:30 am at the BC. See you there.

## Tennis Coaching

Sunday 14th of May @ 6:00pm - 8:00 pm  
Free Tennis Clinic with Khun Yai -



Guaranteed to improve your game!

Let Khun Yai a USPTA registered coach help you improve your current game. No big stroke, or grip changes, just logical simple improvements to help you play better.

This 2-hour clinic is free and serves as an introduction to Khun Yai who has been teaching tennis for 20 years and is one of the few coaches in Thailand to use video analysis.

Khun Yai has taught in the US and spent ten years there which makes communication in English Easy.

Come down and meet Khun Yai and see if he can help you improve your game.

Please sign up in the fitness center before the 12th of May so Khun Yai has an idea of numbers and abilities.

## Inter-Section Sports & Family Day - May 21st, 2000

This day traditionally pits the different sections against one another. This year I would like to add a twist by allowing a number of non-section oriented teams. This will be a family and friends division. This day comprise each team of 7-8 people participating in a games designed by the section/team. The sections do not play their own game but they will need to administer the game - 6 people compete and one or two administers. Points are awarded during the game and a tally is kept for each team and individual during the day. At the end of the day a team is declared the winner and a male and female are sports persons of the year.

The games played traditionally have been a football, rugby, tennis, snooker, swimming, badminton, golf, cricket,



squash, and darts – we can add a few games if participation is high enough, such as ping pong, boule (or something like that) which the family and friends teams will administer.

We have only space for 9 – 11 teams and the sections are awarded first choice on entering a team. There are 7 sections so 2-4 teams are available immediately and in the past a few sections have not entered a team. If they do not enter a team by May 15th then a family team will take over their slot and game.

Entries should be received by May 15th so we can get things organized. All family and friends teams will be awarded a slot based on when they enter their team, any cancellations by a section will again be awarded to the Family and Friends team that is next in line. Confirmation of entry will be made on Monday the 15th of May. The intersection sport day has been difficult to organize in the past, but the participants always enjoy themselves more than expected. If you are interested please organise your team soon!

I need the following to register your team:

1. Team name and 1 or 2 team managers.
  2. Players names, and club numbers 7-8 – six players and one or two administrators (must have a minimum of 2 females on the team as players)
  3. We will charge each club members 100 Baht once your place is confirmed.
- Fax this information to the British Club on 235-1560 or pass on to Damon in the fitness center.

**Damon Nemish**

**Sport & Recreation Coordinator**

## GREAT RATES FOR RESIDENTS

*Take advantage of our Breakaway Packages - exclusively tailored for Thai Nationals and Residents*

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Baht 3,330 (April 1 - October 31)*

*\* Le Royal Meridien Phuket Yacht Club  
Baht 4,380 (April 1 - October 31)*

*\* Le Royal Meridien Baan Taling Ngam  
Baht 6,100 (February 1 - July 31 & September 1 - December 19)*

*\* Le Meridien Baan Boran  
Baht 2,660 (April 1 - October 31)  
Budget Self Drive Package at Baht 3,999 (April 1 - October 31)*

*All the above rates are per room per night, inclusive of full American Breakfast, many other inclusions and, are subject to 10% service charge and applicable government tax.*

*For enquiries and reservations,  
please call 653 2201/7 fax 653 2208/9  
E-mail: [lmresort@bkk.loxinfo.co.th](mailto:lmresort@bkk.loxinfo.co.th) or [meridien@samart.co.th](mailto:meridien@samart.co.th)*



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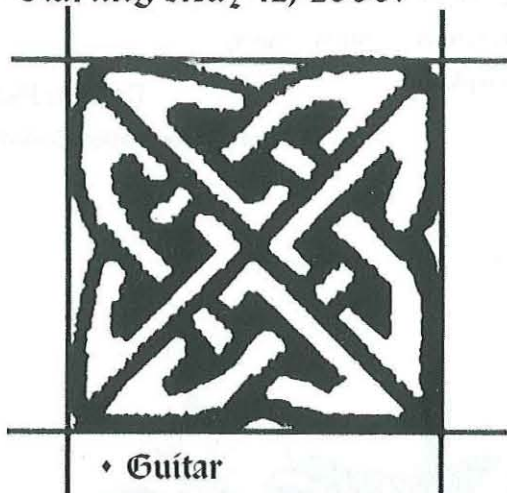


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in The Churchill Bar,  
8.00pm till midnight,  
starting May 12, 2000.



- ♦ Guitar
- ♦ Melodeon
- ♦ Concertina
- ♦ Bodhran
- ♦ flute
- ♦ Penny Whistle
- ♦ Accordion

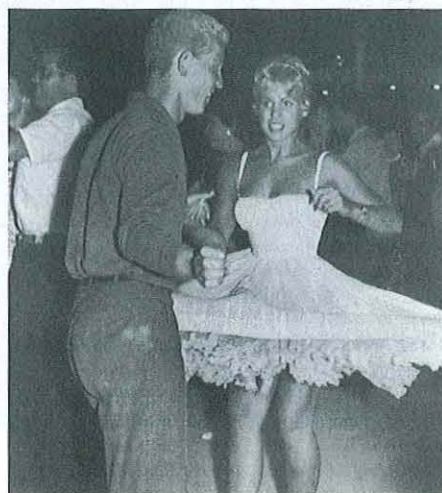


## **Name That Gal Competition!**

**L**ast month we featured this photo and asked members to name the star performer on the dancefloor. This must have been quite an easy one, as we had people ringing and emailing within hours of Outpost being delivered, and everyone got the answer right: it was indeed Judy Fitzgerald.

I am delighted to announce, therefore, that the winner was Jane Broxham! Apologies to all the others who were hoping for the wine prize, especially Chris Poustie who emailed within a couple of hours of Jane's call – he's promised to get home from work faster and get to his Outpost quicker in future!

As a personal footnote, I just had to add here that the first two people to recognise Judy (one of whom was not eligible for the competition) claimed: "I'd recognise those boobs anywhere!"





# Bangkok Community Theatre at the British Club

Every now and again, while hanging out at the British Club, we members hear the tinkling of a piano and the singing of a chorus, or occasionally the thud of tapping feet if we're sitting in the bar. There's even been the odd sighting of gorillas, witches and folk in Edwardian costume. At these times you can almost be sure that we're witnessing Bangkok Community Theatre (BCT) in action.

Based at the British Club, BCT is a non-profit organisation of many nationalities who work together to produce English language theatre in Bangkok. The productions are varied, from straight drama to pantomime, black comedies to hit musicals, and new ideas are always welcome.

Most recently BCT held its Fringe Festival at the BC on March 30th. The objective of the evening was to encourage people to try

their hand at directing a show, in a friendly, informal and supportive atmosphere. Six very different plays were staged with only a month's rehearsal time, and rather than the small affair that had been planned, the Wordsworth room was packed with over 100 people turning up to cheer along director and actor friends.

Coming up, the British Club will play host to BCT's Old Time Musical Hall, from June 13th-17th. What this means for BC members is that for the next 2 months we'll be treated to the sounds of "Knees Up Mother Brown" and "Let's All Go Down the Strand" as the cast of 12 prepares itself to show this Edwardian Extravaganza. For those of you who don't know, Old Time Music Hall is a very British affair (but all nationalities can join in) – a form of entertainment for the masses during the Edwardian to Victorian times. It's full of

the old favourite songs and very bad jokes, and promises to be a great treat for British Club audiences. So get your Old Time gear on, and come and join the band.

In addition to the productions, BCT holds a monthly Club Night at the BC on the first Thursday of every month. Club Nights start at 7.30pm and run for a couple of hours depending on the evening's activities. Each Club Night is run by a different member of BCT offering "expertise" on his or her particular forte. We've held workshops on make-up, set and lighting design, new play readings, brushed up on our Shakespeare and even learnt to tap dance.

For further information about BCT, please contact Angela Mitchell at 258-8495, Bonnie Zellerbach at 618-7080 extension 109, or e-mail us at [BCT@sala.net](mailto:BCT@sala.net). Alternatively, check out our web site, [www.bct-th.org](http://www.bct-th.org).





# Getting Down to Glycaemics

What is the Glycaemic Index, and how can it help you stay fit and healthy?

The glycaemic index is a ranking of foods compared to one another based on their effect on blood sugars. This index was created by using test subjects and giving them the same food (e.g. a Red Delicious Apple, or Brown bread) and testing how high and how quickly the person's blood sugar was raised. The results were then averaged and a magic number created.

Low glycaemic index foods breakdown slowly and release glucose gradually into the blood stream. (This is good).

High glycaemic foods break down quickly and release glucose quickly causing a dramatic effect on blood glucose. (This is not good).

## Why is one good and the other bad?

Let us start with how we have evolved in the past 10,000 years. – I promise to keep it brief.

For most of the past 10,000 years (or from creation onward depending on your personal beliefs) our ancestors have survived on a high carbohydrate diet. They ate beans, vegetables, and whole cereal grains. The sugars were in the form of fruit and berries, and they were cooked over an open fire with very little if any processing (maybe the odd grinding between stones to remove the husks of the grains).

## The result of this "traditional" diet?

A diet that was ideal as far as their bodies and digestive systems were concerned. Their food was slowly digested and lasted much of the day to keep hunger pains away while they chase buffalo or did the daily work.

## The current 'western diet'.

We now refine much of our food, as the once robust grain has been reduced into a

fine powder found in the best cakes and finest breads. We process much of our food which this removes the bulky fiber, while we tend to add fat to improve texture or the taste of food.

## The problem with the current Diet?

This refinement and processing of food has the effect of making the foods very easily digested. This quick digestion causes a fast raise in blood sugar and also a fast boost in the production of insulin. Once the food has been digested and absorbed your body will begin the search for more food. This causes a roller coaster effect when your sugar and insulin levels go up and down following your meals. As we know we humans have had little in terms of evolution in the past few thousand years, therefore our diets should also have had little change. Side note - Evolution exists because the strong survive and the weak do not, however the advent of modern medicine has changed all that. People are living much longer and with many illnesses that would have killed them off years ago. My diabetes is an example, if evolution had it's way I would have been gone long ago and my son would never have been born – stopping my damaged genes before they had time to spread. (Enough of this doom and gloom – I have digressed) Any way you get my point, we humans have not changed much but our diet has.

## How can we use the glycaemic index and what actually happens?

Every food you eat is first digested in the stomach then passed to the small intestine and finally in to the large intestine to complete the digestion. A high glycaemic index food will in a matter of 2 hours left the stomach and passed quickly into the small intestine. The sugar will rise quickly and the insulin will rise in response to the

boost in sugar. A low glycaemic index food will slowly leave the stomach and stay in the small intestine causing a steady addition of sugar to the blood stream little insulin response will be required and you will receive a consistent supply of energy. The list goes on, but the table opposite gives some examples to get you thinking. You will notice that many of the foods have little fat, which is good, but have a high glycaemic index, which is bad. Also some foods with a low glycaemic index, which is good are also high in fat which is bad. Is there an answer to it all?

## The answer is moderation!

Extremes in anything are not good for your body, moderation is the key. Too much exercise and we get injured or sick, too much alcohol we get drunk and feel like crap the next day. Too much fat and we will starve our body of the carbohydrates we need, no fat and our bodies will tear itself down using our own muscles and fats to feed it.

There is no easy solution, except to eat a balanced diet of low fat foods which have a low to moderate glycaemic index. Drink alcohol in moderation exercise regularly, get enough sleep and try not to get too stressed about anything.

That should be easy enough don't you think?

Good luck, and if you want more information about the glycaemic index you can purchase the book "The Glucose Revolution" which Distri Thai distribute around town (I bought mine in Asia books).

**Damon Nemish**



## Examples of high and low glycaemic index food (some may surprise you)

| Food   | GI                                     | Fat gr./serv | Carbohydrates gr./serv |
|--------|--|--------------|------------------------|
| Breads | White bread                            | 70           | 1                      |
|        | Sourdough bread                        | 52           | 1                      |
|        | Stone ground whole wheat               | 53           | 1                      |
| Rice   | Short grain white rice                 | 72           | 0                      |
|        | Long Grain white rice                  | 56 (av)      | 0                      |
|        | Brown rice                             | 55 (av)      | 0                      |
| Fruits | Apple Raw medium                       | 38 (av)      | 0                      |
|        | Banana Raw medium                      | 55 (av)      | 0                      |
|        | Papaya fresh 5ozs                      | 58 (av)      | 0                      |
|        | Pineapple fresh                        | 66 (av)      | 0                      |
|        | Orange medium                          | 44 (av)      | 0                      |
| Others | Oatmeal cooked (1 cup)                 | 49           | 2                      |
|        | Muesli natural                         | 56           | 3                      |
|        | Muesli toasted                         | 43           | 10                     |
|        | Gatorade                               | 78           | 0                      |
|        | Powerbar                               | 58           | 2                      |
|        | French Fries                           | 75           | 22                     |
|        |  |              |                        |
| Pasta  | Fettuccini 1 cup cooked                | 32           | 1                      |
|        | Macaroni 1 cup cooked                  | 45           | 1                      |
|        | Kraft Macaroni and cheese 1 cup cooked | 64           | 17                     |

Low GI: below 55 Intermediate GI: between 55 and 70 High GI: more than 70  
(GI 100 = Glucose, and the servings are typical sizes)

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BANGKOK GENERAL HOSPITAL

**Bangkok Community Theatre**  
presents an

## **"Old Time Music Hall"** as Dinner Theatre at The British Club, June 14 - 17, 2000

Don't miss BCT's "Old Time Music Hall" at The British Club! This delightful variety show will be full of lively songs and comedy sketches set in the period of Victorian/Edwardian England. Join in the fun and, if possible, come dressed in the costume of that era. You could win a prize!

Bt.750 per person includes a 3-course dinner (not including beverages), and tickets should be purchased well in advance from reception. Tickets go on sale mid-May, so please book early to avoid disappointment!

With pre-dinner cocktails served on the front lawn, delectable dining, and a rare glimpse into those glorious 'Good Old Days', BCT's "Old Time Music Hall" promises to be a wonderful evening's entertainment!

For more information, or advice on costume hire for this event, please call Bangkok Community Theatre on 258-8495.

Please note all ticket sales are final;  
no refunds or exchanges.





# Calendar

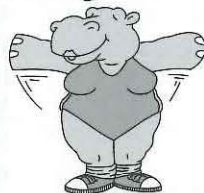
British Club Sports and Entertainment Calendar - May 2000

## Sundays



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

## Mondays



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

## Tuesdays



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

## Wednesdays



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

## Thursdays



SQUASH

8 - 10 am Ladies Tennis  
10.30 am Aqua Aerobics  
6 - 7 pm Masters (Adult) Swim Training  
Happy Hour  
6 - 8 pm Squash Mix-in  
6 - 9 pm Rugby Training  
7 - 9 pm Hockey  
9 - 10 pm

## Fridays



9.30 am Step Aerobics  
3.30 - 6 pm BC Tennis Coaching for Children  
4 - 6 pm BC Swimming Instruction  
5.30 pm Swimming - Junior Squad Training  
Happy Hour  
6 - 8 pm Adult Tennis  
6 - 7 pm Poolside BBQ  
6.30 - 9 pm 'No Fixed Abode' in the Churchill Bar  
8 pm

## Saturdays



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

### MAKE A NOTE!

For the foodsters out there, don't forget the fantastic **Seafood Promo** with Chef James Ormsby in the middle of the month (12,13 May)!

And if you want to learn the skills in cooking up such delicacies (and not just practise eating them) enrol for the **Cooking Class** with James Ormsby on Saturday 13 May.

More for the palate-satisfiers, there's a **Night with Mr Wine** on Friday 19 May, another wine-tasting evening in the Snooker Room with Tom Westbury.

And then there's the **Poolside BBQ**, every Friday starting from the 19 May, an All-You-Can-Eat for all the family.

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

Last chance to sign up for the Green Forest Resort second annual **BC trip to Khao Yai** over the weekend of 26-28 May!

**Friday Means Music!** Come along to the Churchill Bar each Friday from 8pm and check out the unique sounds of 'No Fixed Abode'.

*For more news and details on the above, please check out 'Management News' on page 10 or contact the Club.*

### Sports - Contact

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

### Venues

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

### Opening Times

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





# The Perfect Losing Shot

**A**fter the glut of last month, surprise, surprise, this month is a little light – to say the least.

## Sunday Mix-in – 2nd April

With the hot months rolling in our regular Sunday squashies turned chicken and decided that perhaps air-conditioned courts would be better after all! Four hardy souls turned up on the day and played a few friendly games, but with the thermometer on the up and up they soon decided that the sala was a better place to be.

## Junior Squash

No Junior squash this month as David and the other teachers were away, but normally Junior coaching takes place at 11:00am on the first Sunday of each month, before the above mentioned Central Plaza Sunday Mix-in.

## Yes Let! Play better Squash

During a discussion with Chris Platt last week he commented on a particular type of shot, a drop shot that hits the front wall then touches the board (the strip wood that goes along the top of the tin) before dropping on the floor. Chris claimed to know someone, even more awkward than himself, who could do this wonderful drop shot to order – but was it a winner? My first thought was it must be, but on consulting the rule book I found that they have this covered specifically. Rule 6.2 (Page 6 in the book by court 1) states “It shall not be considered a good return if the ball touches the board before or after it hits the front wall and before it bounces on the floor....”

So there you are Chris – tell your friend he has the perfect losing shot!

The same rule (6.2) goes on to tell you that any shot only counts if the racket is in your hand – it doesn't matter what part you use, strings, wood, handle as long as you are holding it, and you only hit the ball once.

Happy squashing  
Phil Hall

## Calendar

A look at upcoming events over the summer months, to put in your diary:

### MAY

League 142

Central Grand Plaza Hotel Sunday Mix-in – 14th

Junior squash – 14th, 11am

### JUNE

Central Grand Plaza Hotel Sunday Mix-in – 4th

Junior squash – 4th, 11am

Don Johnson Cup & Parra Handy Plate (B.C.B. Men's closed)

— Commencing 6th

— Semi Finals: Sat 24th

— Finals: Sun 25th

Dawee Cup – 11th

(Annual match with RBSC / Polo Club, traditionally Thais vs expats)

Oakley Intersociety Tournament (1 day handicap team event) – 18th

### JULY

League 143

Central Grand Plaza Hotel Sunday Mix-in – 2nd

Junior squash – 2nd, 11am

### AUGUST

Central Grand Plaza Hotel Sunday Mix-in – 6th

Junior squash – 6th, 11am

Handicap Tournament & Plate

— commencing: 29th

— Semi Finals: 23rd Sept

— Finals: 24th Sept

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# Creative Cooking with the BC

**A** 'hands-on' monthly cookery morning organised by the British Club and the Community Services of Bangkok is putting the BC on the culinary map of Bangkok.



Ladies join the staff of the Club for mornings of explanation of local vegetables and spices and gain a more thorough understanding of how to make the popular Thai dishes. Refreshments are served throughout the morning and the demonstrations are manageable and very 'hands-on'. As each month goes by the programmes are becoming more proficient and streamlined, the Club staff are now experts in demonstrating their local foods and explaining why for decades food has been cooked in such a way, and learning how to display methods of cooking which they have learnt at their parents' side.

On alternative months we go to a market where we learn about local fruit and vegetables. On these mornings we go to our friendly stall-holder who enjoys showing us his food produce. Returning to the Club, the Silom Sala becomes a demonstration room where dishes using the vegetables bought are prepared. Everyone enters into the fun of the morning and the level of activity in the Silom Sala bewilders lunchtime visitors to the Club. The praise and comments are all good; Barry has been stopped by many members asking for specific mornings dedicated to food they find confusing and possibly unappetising. In answer to one of these requests, the next morning will be in May on the subject: "Understanding dried

food at a Thai market"... you can dry absolutely anything and believe me, here in Thailand they do! Come along and join the BC and CSB in a local market for a morning of exploring just what can be dried. After seeing the food, we shall return to the Club to watch some of the more interesting foods made into delicious dishes.

All participants seem to enjoy these mornings – one lady has been to every one we've arranged, and another lady trained under the great Anton Mossimon in the UK – so come along and join us. For further information please contact Barry at the Club or the CSB on 258 4993/5652.

**Sarah Allen**

*More pictures on page 42*







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**- No peak surcharge for Sri Lanka**

**- Child fares are 75% of the above fares**



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





# Global Silverhawk League

**A**s the Global Silverhawk (formerly Farang) League takes a brief break for Songkran, the battling BC boys find themselves with 10 points from 11 games with 5 games left to play.

Sweeping changes have been enforced on the squad this year, due to the departure, defection and retirement of no less than 16 players at the end of last season. Many of those players commanded automatic selection in the starting line-up, therefore, the current League position in the bottom half of the table is not too surprising, particularly as there has been no significant influx of talented new expatriates. Four new players have emerged and the shortfall has been made up by ever willing and enthusiastic Casuals players. A positive and unexpected spin-off has been the excellent team spirit of the current squad which, despite several setbacks including two heavy defeats, has picked itself up for each new game and performed much better than most observers expected. Indeed, if the team had been able to simply score a few goals, the team would be in the top half of the table. Until the last game before Songkran, the team had not scored more than one goal in any game and the leading scorer was Brian Abbott with two goals, of which one was a penalty.

However, the low-scoring trend was well and truly dispatched in the game against August, when BC scored four goals, while

missing their usual quota of reasonable chances at the same time. That particular game saw the return of Vaughan Elias to the line-up and his presence galvanised the whole team. Despite going a goal down after ten minutes, BC pressed the August defence without success until Simon Henry volleyed a spectacular equaliser just before half-time. The same Mr. Henry then became equal leading scorer with another thundering shot from 25 metres fifteen minutes into the second half. August had been competitive earlier in the second half but they fell away alarmingly after going behind. BC sealed a comfortable victory with further goals from Rene Lammers, direct from a corner, and an own goal, when Gavin Ruddick hassled an August defender into slotting a back pass around his own goalkeeper. Not surprisingly, the squad is looking forward to the remaining matches to round off this transitional season with considerable potential for further improvements next season.

This was always going to be a potentially difficult season for both BC teams and the Football Section as a whole following the upheaval at the end of last season. It should not be left unsaid that the new committee

deserves great credit for holding the ship together and the introduction of several positive initiatives that have proved beneficial for all Section participants.

The Section is currently organising the annual Carlsberg Cup, which is traditionally contested on the English FA Cup day by a field of 8 invited teams. The tournament will be followed by a hearty meal and big-screen viewing of the FA Cup Final at the British Club. If you are interested in joining a throbbing throng of soccer playing supporters (not just Villa and Chelsea fans) at the Club, you would be well advised to make an early call to Martin Conisbee on 366 0432 to ensure that your ring side seat is assured.

Mel

## Global Silverhawk League Results

BC 1 - French Technip 2  
 BC 1 - RBSC 3  
 BC 1 - Scandinavians 1  
 BC 1 - Soho 1  
 BC 0 - British Chamber of Commerce 1  
 BC 3 - Siemens 0  
 BC 0 - Japanese All Stars 2  
 BC 0 - RBSC 0  
 BC 1 - French Technip 5  
 BC 0 - Soho 0  
 BC 4 - August 1

## Farewells

**A**s we welcome the new British Ambassador, Barnie Smith, as a new Honorary Member to the Club we must of course bade farewell to the outgoing ambassador, H.E. Sir James Hodge, and send him and his wife Frances our best wishes for them in their new posting. Other members leaving the Club this month include Scott and Laurie Cunliffe, Sally Dunford, Geoffrey Graham, Carol and William Hevener, David and Elaine Horlock, Robert and Elizabeth Lock, Ashok and Khoty Mathur, Peter Maule and Anthony Paul.



# Looking Back and Forward

**T**his month we present two of the key reports given at the AGM, that of the Chairman and the Treasurer, for the benefit of the (many) Ordinary members who couldn't make it to the AGM, for their spouses and all other members.

If you want any further information about the AGM, please contact any member of the General Committee (for contact details see the Committee list on page 9).

## Chairman's Report

The British Club like the Thai economy has started on the road to recovery. Once again it will take a little longer than anticipated and will not be as smooth as many would wish. However the fact remains that we have membership at record levels and a small amount of money available for development. That alone provides an indication of a successful year. There have been a number of problems that now need to be addressed. In recent memory the Club has not been in a financial position to maintain its facilities in line with the rapidly developing and cosmopolitan environment in which we live. This has been a constant theme in Annual reports in recent years. We now have a lot of catching up to do. Making up for the loss of regular expenditure over a number of years can be a very costly business unless it is planned in a careful manner. It is fair to say that many of the front of house facilities, that members see and enjoy, are probably in better shape than those behind the scenes. Infrastructure of this type comes in two main forms. Firstly there is the physical aspect and secondly the human resource function that ensures the former is utilised in an optimum manner. I would like to take you through the main issues that the General Committee has been addressing in the last 12 months:

## Membership chaired by Jamie Woodford

The key issue is generating New Members.

This has been under the control of the General Manager. Although still successful, the number of members leaving the Club each month has not declined. This has resulted in the total Membership not rising as quickly as we anticipated although still at record levels as I mentioned earlier. In addition, Jamie and his SC have been addressing the thorny issue of non-member usage of the Club. Our rules are quite clear on the subject and we are attempting through negotiation to include some of the Groups of people who use the Club on a regular basis within the Club.

Ultimately as our membership continues to grow the use of facilities will reach an optimum level. It is logical that at this time members should have priority over visitors.

## Maintenance and Development chaired by David Eastgate.

David and his team have been looking at both the short and long-term needs of the BC. In recent years there has been a lack of investment in the Club and this can often be a false economy. We believe this to have been the case. Our primary objective is to renovate and refurbish existing facilities thus optimizing usage. It is essential, we believe, to maintain the present character and ambience of the Club

Where enhancements have been instituted in the past they have often been a "short term fix". This is unfortunately coming home to roost, as there are many signs of tired and failing equipment that requires replacement in the near future. The way forward is to plan and execute renovation in a timely, lasting and cost effective way. To address this and to provide ideas for the member's consideration the General

Committee has embarked on an architectural competition. This objective is to identify a company with whom the BC can work on a phased redevelopment of the facilities

Comprehensive maintenance checklists have been established and are now in use. The Surawongse Sala has been redeveloped and we have been examining the opportunity to put together a longer programme of refurbishment and development.

## Finance and Personnel

This is mainly covered through the Treasurer's Report. From the Personnel stand point there have been a number of issues facing the Club. The introduction of staff motivational training, reviewing the assessment and appraisal procedures and the recruitment of the new General Manager have kept this Sub-committee very busy. In order for the Membership to enjoy the full benefit of these future enhancements we have to train and develop our staff to meet a raised expectation and provide satisfaction to both groups of individuals.

## Food & Beverage, Events and Sport

These seemingly diverse aspects of the Club's activities have a single common theme. They all have Club Managers specifically responsible for their operation. As such they are largely reactive when the management feel a change of policy should be considered.

The exception is that of a Playing Field. Over the year the Committee has investigated purchase and lease arrangements using a variety of Land Agents in Bangkok. The GC has also closely followed progress at Bangkok Patana School who are considering purchasing and developing a sports complex. We also have significant contributions with



respect to the Club Centenary and our Rules and Policies and Procedures.

Looking to the future, over the last two years the foundations have been laid for a programme of improvement and renovation. Turning now to our most valuable resource, our staff. The management team and staff have addressed their duties in a timely and friendly manner and have to be complimented on their performance. Once again, I feel we ought to specifically thank the Membership Marketing Manager and her team whom, after a slow start to the year, have been successful in attracting many new members to the British Club. The British Club will always have a significant turnover of members and our lifeblood is the funds raised from new members.

The functions and events provided for the enjoyment of members by primarily Barry Osborne and Damon Nemish have attracted record numbers in many cases. This has been due in no small measure to these individuals and their teams. It has been the policy of the General Committee to encourage and develop this area of the Club operations to provide more reasons for members to come to the Club. This in turn should increase revenue on a 'voluntary' basis.

There have been two major events in the last 12 months that I would like to raise specifically:

Firstly our General Manager. The General Committee unanimously felt that in order for the Club to move forward a new perspective was required. Tom Bain left the Club in early January after almost four years as General Manager. We wish him the best for the future.

I would like to welcome Willem Pentermann, our newly recruited General Manager. Willem joins us with over fifteen year's experience in the hospitality industry. He has been in Thailand for over three years along with his wife, Nicole and son, Bobby. Willem impressed us at the interviews with his professionalism and understanding of the Club, which we hope

will enable him to make some positive changes and to develop our managers and staff. I, on behalf of the members, would like to wish him every success.

In addition, I would like to specifically thank Barry Osborne for his efforts over the last three months when he has been both Acting General Manager and Operations Manager. Barry, your commitment and loyalty to the BC and its Membership are truly exceptional.

Secondly, the Surawongse Sala renovation, a topic that seems to generate opinions from every quarter. Progress has been difficult, I accept, however the result I believe is aesthetically very attractive. We should not lose sight of the fact that in this day and age we have to move with the times. Pure functionality is not sufficient. I believe our membership expect more.

My thanks to the entire General Committee who have worked selflessly over the last year. Not everything has been as efficient and seamless, as we could have wished, however it has to be recognised that time is a precious commodity and your efforts are greatly appreciated by the vast majority of members.

We leave this year in a stronger financial and physical position than a year ago. I trust the Club will move forward from this promising start in our efforts to modernise and redevelop the facilities. On a personal basis I am looking forward to this exciting phase of the British Club of Bangkok.

**James Young**  
Chairman

### **Treasurer's Report**

As at the year end the Club has surplus funds, available cash reserves and no bank borrowings. We are therefore in better shape than many businesses in Thailand. However like many Thai businesses we have failed to invest in our assets and infrastructure over the past few years and consequently are now in a position where we have to catch up, both with routine

maintenance and with renovations. The operating deficit also continues to be a major concern.

As I have said on previous occasions, I would like the Club to move towards an operational breakeven within the next 2-3 years. For the past few years we have become increasingly reliant on new member entrance fees to support the day to day operations of the Club. We cannot expect to continue to increase the membership without having to spend money, both on expanding our facilities and on operational costs. Subscription rate increases are therefore required if we are to maintain the standard of operation of the Club over the longer term and it is my intention to propose an increase at the AGM to be held in March 2000.

The combination of continued expansion of the membership numbers and the increases in subscription rates approved at the last AGM have significantly improved our revenue in 1998/99 to Baht 24.9 million, a 17.8% increase over the preceding year. I had hoped that this would translate into a significant reduction in the operating deficit, but for a number of reasons this has not transpired. One of the main reasons for this is that, after many years of not spending, other than on essential items, we have had to spend more money on routine maintenance. This should be a normal annual expense. It has simply not been incurred for a number of years and therefore the year on year comparison shows that our expenses have increased significantly.

The decision was taken during the year to terminate the employment of Tom Bain as General Manager of the Club, although the termination was not effected until January. Under the Thai Labour Law an employee terminated, except in very specific circumstances, is entitled to severance pay. We sought legal advice on the matter and reached a settlement with Tom. The cost of this is included in the 1998/99 financial statements following good accounting



principles and on the advice of our auditor. A substantial provision had to be made at the year end for doubtful accounts. This relates to Members who had not settled their accounts for a number of months. Barry and, since his appointment Willem, have made a major effort to chase up the outstanding amounts from the members concerned and have instigated much closer monitoring to ensure that such a problem does not recur. As can be seen from the analysis, a considerable amount of the provision has subsequently been recovered. I believe that the situation arose largely because the General Manager was less attentive to chasing up the overdue accounts than he had been in the past. I can think of more productive ways for the General Manager to spend his time rather than having to chase up overdue accounts and would ask that members please settle their accounts on a timely basis. We have incurred Baht 3 million of capital

expenditure during the year. This has been funded from net income from new members' entrance fees during the year without touching our accumulated funds. As well as the much-discussed Sala renovation project, the money has gone on repainting the Clubhouse, improvements to the locker room showers and replacement of the electrical circuit board in the Clubhouse. No major catastrophes have arisen as a result of the Y2K bug and indeed it would have been surprising if the Club had been affected given the extent of office automation that currently exists. This is not in my view an appropriate way to be running a business. In particular, a point of sales system is, in my opinion, essential to running a business such as ours effectively, both in terms of providing meaningful management information and efficiency of operation.

- The amount of time which is consumed in the inputting and checking of chits is

increasing with the number of new members joining the Club.

- Manual reports have to be produced on a daily basis

This is both time consuming, prone to error and the information produced is very limited. We have been trialling a system over the past few months with mixed success. We will be seeking further advice before making any decision. I am wary of making investments in back office systems as members do not see a direct benefit. However I believe that a point of sales system will save us money in the longer term as well as providing us with one of the tools necessary to operate the Club effectively.

**Nick Bellamy**

Vice-Chairman & Treasurer

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- ◆ Failing to plan for a return to the UK.

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Tel: Worthing (01903) 231545  
Fax: (01903) 200868. Offices in Exeter







# BC's Youngest O.W. Diver!

## Recent Scuba Diver Certifications

Congratulations to Veronica Ryan, Rene and Louise Lammers, and Joshua Beal upon completing the PADI Open Water Diver course!



Medic First Aid – Ute McHowat, Julie Sautter and Elizabeth Beal

Josh Beal with instructor Peter Gary

## New Open Water Diver Minimum Age Limit

This last January PADI changed the minimum age for its Open Water Diver course from 12 to 10! There are, however, some very specific restrictions added to this change: first, the student must still meet all the academic and swimming requirements that the regular Open Water Diver meets to be certified. Second, the diver can only dive with the parent, legal guardian or PADI professional (Divemaster or Instructor). Finally, the diver is limited to a maximum depth of 12 metres until they become 12 years old, and then are restricted to 18 metres as a normal junior Open Water Diver. It is also completely at the instructor's discretion to determine that the student is physically and mentally mature enough to participate in the programme. Safety is still the number one factor.

Joshua, age 11, is the youngest junior student to be certified in the British Club under the new age limit rule as described above. He was previously certified as a Skin Diver that helped him to learn many of the basics of diving before starting the Open Water Diver course. His mother and father and sister are all certified Open Water Divers. Unfortunately, the Beal family has just moved back to Perth, Australia! We wish them happy and safe diving!

## Medic First Aid Course

Congratulations to Ute McHowat, Elizabeth Beal and Julie Sautter upon completing the Medic First Aid course.

## Skin Diving Activity

The large response of approximately 35 children participating in the Under Swim activity during the Swimming Gala on April 2 was very encouraging. As a result, certified PADI Skin Diver courses including three Advanced Skin Diving courses will be offered soon. Additional information will be posted and shown in the Aquatics section of Outpost. Timothy Weekes became a certified Skin Diver along with his friend Joel Rogers. Congratulations to you both!

## Asia Dive Expo (MUST SEE!) May 19-20, 2000

This will be Thailand's first international dive show exhibition, located at the Queen Sirikit National Convention Centre in Bangkok. Major dive equipment manufacturers, suppliers, dive boat operators and dive shops will be present. For additional information visit the website: <[www.bkkrai.com/adex](http://www.bkkrai.com/adex)> or call Rai Exhibitions (Thailand) Co, Ltd on 960 0141.

## Diving Medicine & Health Update

This will be the first in a series of articles focused towards diving physiology and medicine issues. Detailed topics will follow this first generalised discussion of 'Health for the Diver'. If you have interest in specific topics, please contact me directly and I will address them in future issues of Outpost.

## • Safety

Safety is also a health issue and it has always and will continue to be the number one priority! It is a combination of good physical and mental health plus keeping up to date in training. I have been scuba diving for 30 years now and have been an instructor for 29 years. The diving industry has matured dramatically during this time. Today, the scuba diver has very reliable equipment available and the training has been upgraded from the old military style to the very user-friendly and safety intensive. If the diver follows the current training procedures, which are focused towards the prevention of problems, they will have a very safe and enjoyable experience.

## • Mental Health

Good mental health is as important as physical health. Diving is meant to be fun and safe! It is important that the diver has a positive attitude at all times while diving. If the stresses of work, school, family, etc, are impairing the diver's ability to concentrate on the dive and safety, simply do not dive.

## • Physical Fitness

Good fitness is the key to a healthy active life. This is especially true with diving. You do not need to be a superman, but it is important to be in good shape. It is even more important to know your personal limitations and do not exceed them. An ongoing supervised exercise programme is encouraged.

## • Required Swim Skills

Many people interested in learning to scuba dive often ask me how well do they need to swim? Here are the minimum water skills standards recently revised by PADI for the beginner's scuba diving course. PADI Open Water Diver course swimming entry standards: 300 metre/yard swim (12 laps of the BC pool) with mask, fins and snorkel or 200 metre/yard swim (7.5 laps of the BC pool) without swim aids. This is not timed and you can use any style of swimming stroke.

Plus a 10-minute survival swim/float is required and must be done without swim aids.



## • Physical Examination

Before starting a diving programme it is strongly recommended that one receive a medical examination and repeat this every two years.

## • Immunisations

Keep your immunisations up to date, especially tetanus and typhoid.

## • Diet

Because divers are immersed in water they typically lose body heat 20 times faster than we do out of water. Also, diving in cooler water and under strenuous conditions such as swimming into the current (or trying to lift up 20lb bars of gold from old sunken treasure ships) can burn up to 800 calories per hour! Hence, diet is very important! I see too many divers jumping into the water for the first dive of the day without having had a well-balanced breakfast. Tired divers cannot function as well or safely. Review Damon Nemish's "Edible Essentials" article in last month's Outpost for some good guidelines.

## • Maintain Diving Skills

Staying physically fit and continuing to dive regularly will keep diving skill and confidence levels high. This includes experienced divers as well! If it has been more than six months since diving for newly certified divers, they should have a scuba tune-up or scuba review with an instructor. It does not take long and can make a major difference in the diver's performance and safety.

## • Things to Consider:

The following are important topics that should be carefully considered in relation to diving.

— **Alcohol:** Small quantities that might have minimal effect on the diver at the surface can impair judgement dramatically at depth due to increased pressure. It can also increase the diver's risk of decompression sickness if taken just before or after a dive. Finally, it has a tendency to cause dehydration from drinking the night before or after a dive that can increase the possibility of decompression sickness.

— **Drugs:** All medications should be very carefully monitored. Have your doctor evaluate whether you should be diving and using any prescribed or even over-the-counter medications. There are several seasickness preventive medications available. Dramamine, used for prevention

of seasickness, seems to be effective and safe for up to 8 hours during normal recreational diving. One seasickness medication that has a very negative effect for divers is the scopolamine patch. This patch has been documented to produce narcosis at depths as shallow as 18 metres! Other over-the-counter drugs that can increase narcosis include Mareline, Contac and Lomotil. Any sedatives, especially combined with alcohol, tranquillisers, barbiturates or sleeping pills are very dangerous with diving. For divers using Enriched-Air diving (EAN) there are several articles supporting not using Pseudoephedrine, which has been linked to several diving fatalities.

— **Tobacco:** There have been numerous and well-supported documentation arguing against smoking in general. There are several additional reasons not to smoke before or after diving (smoking during diving underwater is very difficult). Smoking raises carbon monoxide levels in the blood 3-12 times and hinders oxygen from getting into the blood and getting rid of carbon dioxide. This can increase blood pressure and heart rate. It can take 10-12 hours for the gas exchange to return to normal after smoking.

— **Rest:** If you are tired and/or hungry, slow down your activity or better yet, stop and rest. Pushing yourself too far too fast will only cause more safety problems.

— **Menstruation:** For women, if menstruation does not affect them during other recreational activities, diving should not be a problem either.

— **Pregnancy:** There is still little solid data on the effects of diving and pregnancy. So the current approach is to play it safe and not dive if the woman is trying to become or is pregnant. Normally, it is recommended for women to wait three months after giving birth before resuming diving activity.



René Lammers – Open Water Diver

Peter C. Gary



Louise Lammers – Open Water Diver



Veronica Ryan – Open Water Diver



The diving Beal family: Graham, Jessica, Joshua and Elizabeth

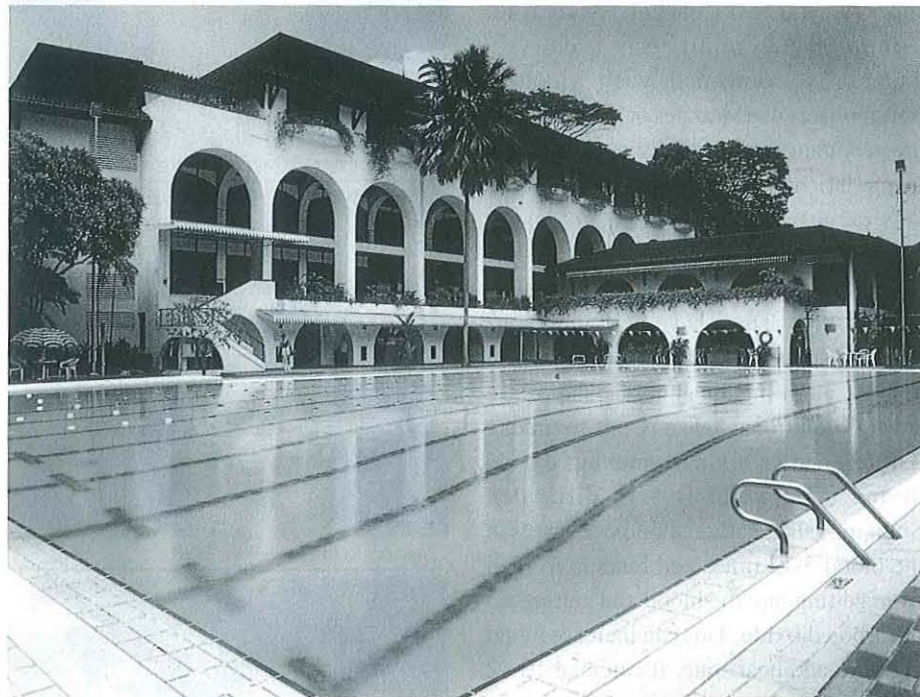


Timmy Weekes – Skin Diver



# The Tanglin Club

**T**he Tanglin Club, founded in October 1865, is one of the oldest and most prestigious clubs in Singapore.



Strategically located at the heart of Singapore's shopping paradise of Orchard Road, the Tanglin Club has over the years turned cosmopolitan yet still continues in its role as a "home away from home" club. March 1981 marked an important milestone in the history of the Tanglin Club with the opening of the new Clubhouse. Combining modern amenities with a décor that evokes the grace and charm of the past and surrounded by lush greenery, the Club is a great 'refuge' for members from the hustle and bustle of city life.

The Club has three dining facilities: The Churchill Room, offering a refined dining experience with fine cuisine prepared by the highly qualified international chefs, which plays host to the Club's social events such as the Annual Tanglin Ball, Christmas Party and dinner theatres; The Tavern set in the style of an English pub and serving local and western fare; and the Poolside

Restaurant, offering a casual and relaxed atmosphere for the whole family. Freshly-made bread and pastries are available at here, as well as local and western fare and theme nights at the weekends.

The Foyer Lounge strikes a pleasing, welcoming note with a cosy, relaxed open area for members to relax and catch up with friends over a cup of tea. The Tanglin Club also has three function rooms for private functions of up to 200 people.

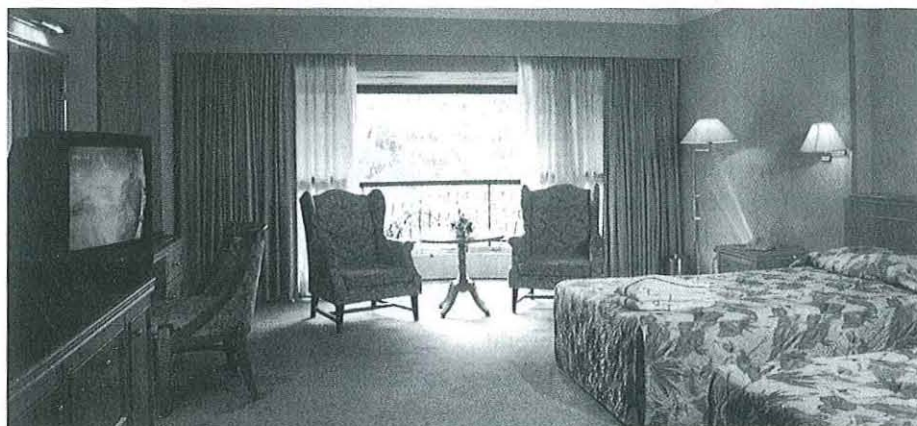
The Tanglin Club also offers a great variety



of social and recreational activities, including swimming, billiards, fitness classes, martial arts, squash, tennis, yoga, golf, scuba diving, bridge and balut. The Theatrette is equipped with professional audio-visual equipment and shows weekly movie screenings and can be booked for private functions. The Library houses a magnificent collection of over 20,000 books, covering a wide range of topics, and new books are added each month; these books can be perused in the peaceful oasis of the Reading Room.

Reciprocal members are welcome to stay in one of the Club's 16 spacious rooms with en suite bathrooms. With the excellent service provided by the staff, guests will feel very much at home here.

For further information on this or any of the other reciprocal clubs please contact the GM.





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# Spring Fever

## Orange Ball

A team competition was held at Royal Lakeside Golf Course near Cholburi. Each team member took it in turns to play with an orange ball. The stableford points scored by the orange ball were entered on the team scorecard. The winning team comprised Bridget Snow, Irene Cameron, Scott Cunliffe and Bryan Dodd. The individual winner for the day was Larry Goodliffe with 37 points followed by Phil Hall and Terry Adams also with 37 points.

## Niblicked

The annual competition against the Wanderers was held at the Natural Park Ramindra. The two-man scramble format ensured a social and very competitive game. The combined top ten scores of each team resulted in a 9 points differential win by the Wanderers. Honour was saved by the first place pairs win by Phil Hall and Paul Jensen.

## Trip to Sri Lanka

A special golf trip to Sri Lanka has been planned for the end of September. Leaving on Thursday and returning on the Monday the total package is expected to cost about 18,000 baht. This includes the accommodation, flights and transport. Golf is extra and three games will be arranged at courses in Kandy and Nuwara Eliya. More details will follow in the next edition.

## Words of Wisdom

– “I have the feeling when I’m taking my stance that someone has just pulled a chair from behind me and I’m waiting for him to put it back.” [Arnold Palmer]

– “A great many players turn their shoulders and think that their hip action is correct. What they don’t realise is that you can turn the shoulders while keeping the hips fixed, but when you turn the hips, the shoulders go along.” [Tommy Armour]  
– “My first rule is ‘Distance without direction is worse than no distance at all.’” [Nancy Lopez]

## Next Outings

- Saturday 13th May, 9am – Seniors competition at Khao Kheow
- Sunday 14th May, 11am – Seniors competition at Laem Chabang
- Saturday 27th May, 12 noon – Club Day at Green Valley, Bang Na
- Saturday 10th June, 11.42am – Match against the Embassy at Royal Lad Krabang

## Karen Carter



Ian gets his Niblick



Larry wins again



The winning team



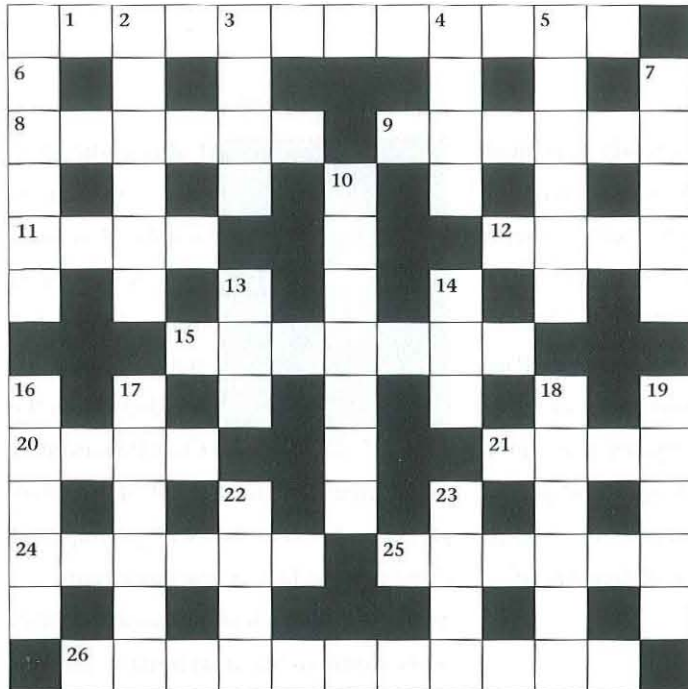
Spot the orange ball



Phil and Paul



# One for the Millennium



## Across

- 1 The Millennium marks the birth of the Man \_\_\_\_\_ (4,7).
- 8 This Tudor was the father of King Henry VII (ruled 1485-1509).
- 9 One making up the U.N.
- 11 "The \_\_\_\_\_ is but the guinea's stamp" (Robert Burns, 1759-1796).
- 12 Mr. Blair's Millennium Landmark!
- 15 Thomas \_\_\_\_\_ made Archbishop of Canterbury by Henry VIII in 1533.
- 20 The safety pin was invented by New Yorker Walter \_\_\_\_\_ in 1849.
- 21 It used to be Persia.
- 24 They were the first followers of 1 Across.
- 25 He preached the non-violent way to Independence for 19 Down.
- 26 \_\_\_\_\_ it's last Viceroy.

## Down

- 2 At the time of 1 Across, these were the rulers of the known world.
- 3 World War I battle where a 7 Down was reported to have appeared.
- 4 Muslim officiating Priest.
- 5 He developed the telephone in 1877.
- 6 Ellen \_\_\_\_\_, famous 19th century actress on the London stage.
- 7 See 3 Down.
- 10 20th century President of the USA.
- 13 Opposed to the Unionists in Nth Ireland.
- 14 "The \_\_\_\_\_" - as Winston Churchill referred to the RAF in 1940.
- 16 The earliest known one was produced by a Frenchman in 1827.
- 17 Sculptor of the Italian Renaissance.
- 18 In the days of 2 Down, it was known as Gaul.
- 19 See 25 and 26 Across.
- 22 A Terrible old Russian!
- 23 How 10 Down died.

## Solution to the March puzzle

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | A | V | I | N | G | P | R | I | V | A | T | E |
| T |   | I | O |   | E |   | N |   | M |   | L |   |
| E | N | O | L | A | T |   | D | I | A | N | A |   |
| V |   | L |   | H |   | E |   | Y |   | N |   | I |
| E | R | I | N |   | A | R | M |   | E | D | E | N |
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## Dr Paul Beresford-Hill MBE



Paul (right) getting a convivial welcome from John Stamp

Known to many as the recently appointed Headmaster of Bangkok Patana School, Paul has arrived here from New York with wife Kathryn and son Timothy, 9, to stay "till I am run out of town!" His other son, Chris, is a student at Boston College in the States. Paul appears to have been quite the sportsman

before (an undisclosed) injury, playing tennis, squash and cross-country, but after injury lists only croquet, along with his hobbies of antiques; Kathryn is a keen tennis player and also enjoys jewellery making and textile design. An avid supporter of St John Ambulance, Paul lists 'KSB' among the miscellany as "a tale I only tell after dinner"...

## Armin and Anne Schoch



Anne and Armin

Armin and Anne are both Swiss and have been in Thailand for 17 years and hope to be here "until the bitter end", though they have also been living in Myanmar for the last five years with Anne's job at Trade Vision based in Yangon. Armin works for Diethelm Travel

and lists ping pong and snooker among his sports as well as tennis which they both play; he also enjoys motorbikes and travel and Anne plays bridge.

## Junji and Setsuko Clara Shibata



Junji and Setsuko with proposer Clive behind

In Thailand for almost five years with Siam Nissan Automobile on their first overseas posting, Junji and Setsuko have four children, three of whom are at college in Japan and the youngest who is at ISB. Both Junji and Setsuko are keen on golf and swimming, and do some voluntary charity work; Junji studies

history in his spare time while Setsuko enjoys choir singing, toll painting and reading.

## Ignacio Serrano

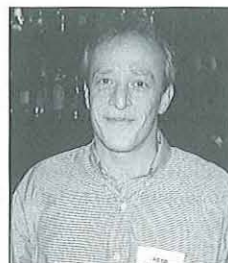


Mr Mexico himself

I think the first Mexican new member I've met, Ignacio has been here almost ten years and only just decided to join the

Club! He's a teacher at the International School of Bangkok (ISB) on his first overseas posting, and expects to be here a few more years yet; he has one child who is also at school here. More exotic sports than regularly featured in this section, Ignacio lists pelota, frontenis and squash as his main sports and antiques as his hobby.

## Reto Castellazzi



Reto on a night off from Reya...

His first overseas posting, Swiss Reto has been in Thailand five years and is married to Kritaya Lamsam, who was left holding the baby:

she was at home this evening looking after Reya, who is two years old and – according to Reto – plays and talks a lot! Apart from tennis, Reto lists his main hobby as working while Kritaya plays golf and – also according to Reto! – her main hobby is sleeping... hmm.



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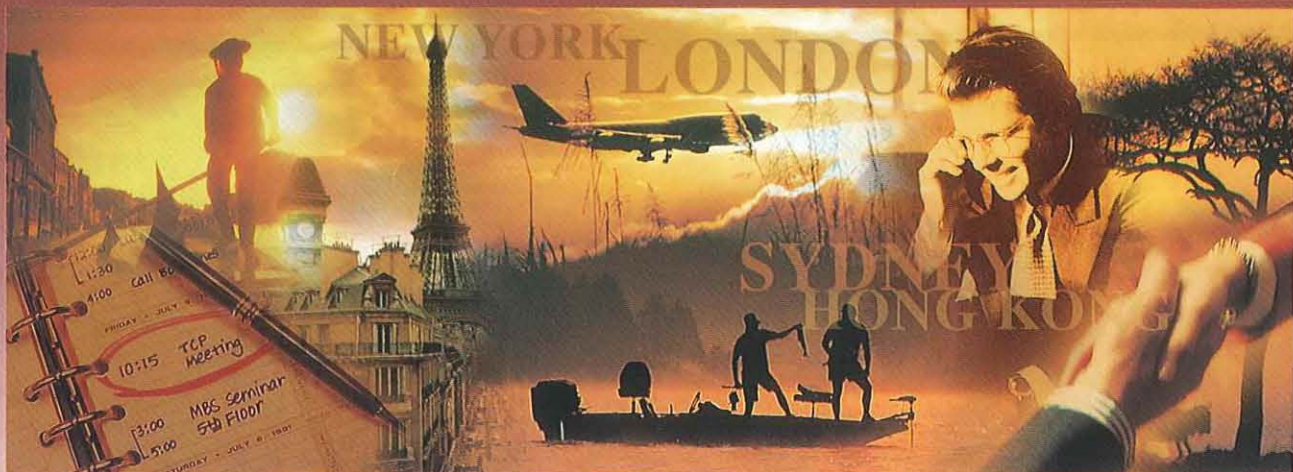
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# Annual Dunlop Extravaganza

**I**t was certainly a championship year for Dr Apichart, taking the Men's Doubles with Oud and the Mixed Doubles with Chalathip.



Chalathip too maintained her dominant position in the ladies game at the Club, overcoming a strong challenge from Betty to take her tenth victory, though struggling at 5-2 down in the first set she went on to dictate play and never lost another game. Remarkable stuff. In the Mixed, she and Apichart demolished an off-form partnership of Betty and Hanao who never really got going.

We have a new Men's champion in Lars Thorssen, who outwitted a fit Marc H. in two sets. Jo and Karen made it a double in the Ladies Doubles, this year conquering Panee and Nisa in two close sets, with errors and winners on both sides having the whole crowd 'ooing and ahing'. The Men's Doubles final was a nail-biter, where an amazing second set come-back by the two Marcs playing at top form could not be sustained in the third set, when the very skilled Apichart and steady Oud resisted the pounding serves from the other side of the net.

For the Juniors, the closest singles final was between relative newcomer Sebastian and David, with Sebastian just edging David out over two sets. In the morning, Chayanee (Jip) simply blasted her way

through two sets, and while making some mistakes proved too strong for Ploy. However, the Siripornthanakul family was not to leave empty-handed, as Pin took the U17 Doubles title with Annelies. In the U13 Doubles, Tim and Angus triumphed in their draw; both doubles events were played as a Round Robin several days prior to Finals Day so I can't really say how they went. [Hint: anyone like to do a write-up?]

## A Full Plate

As is often the way, the Plate matches were more closely fought than the main competition, with no less than four matches going to three sets. Of these, Pat and Renuke (Nu) persevered against the harder hitting pair of Judith and Michelle, coming back from losing the first set in a tie-break and winning the next two sets fairly comfortably to take the Ladies Doubles. Steve and Andrew in their US and UK (respectively) beflagged caps struggled, going down in the first set but eventually finding the key to playing the steady Ken and demon net-player Simon. Then in the Ladies Singles, Eileen outslugged Joom to take the second and third sets comfortably after Joom had

powered her way through the first.

There was the unusual appearance of previous-champ Bernie in a Plate event; perhaps unsurprisingly he took the Men's Singles match in two sets, though Steve took the match to him in the first. And finally, the new partnership of Sutthichai and a more consistent Jo outplayed Oud and Patchanee in the Mixed (but I may have been still in bed while this match was being played, sorry!—G.).

## The Thanks

The 'Tournament Committee', aka all those who helped organise and run the event, must be thanked for their hard work. You'd be surprised how much work goes into a tournament of this size – with the largest entry in recent memory. Special mention as always goes to Bruce Gordon ("Cap'n Flash" to you and me), who as Tournament Director tried to ensure everyone got to play and that the draws proceeded relatively smoothly, especially given some people's tardiness in arranging matches. Then there's the rest of us who helped in one way or another: Chairman David Blowers, Gaynor, Sherry and the team at The Creative Partnership, all the umpires who sat and sweated it out throughout the day, perched up there on their sun-trap roosts, and of course, the generous sponsors, to whom a special box is dedicated in this article. Cheers also to the BC F&B squad who laid on a superb porcine spit roast and dinner yet again.

Here's to another great Championship next year!

## Coming Up

For next month's issue I am hoping for a



## Cookery Classes



More pictures from the BC/CSB cookery classes



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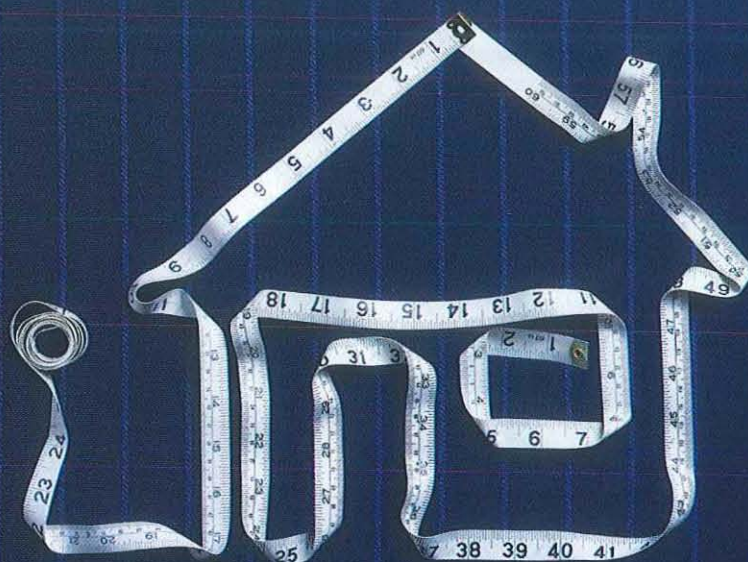
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