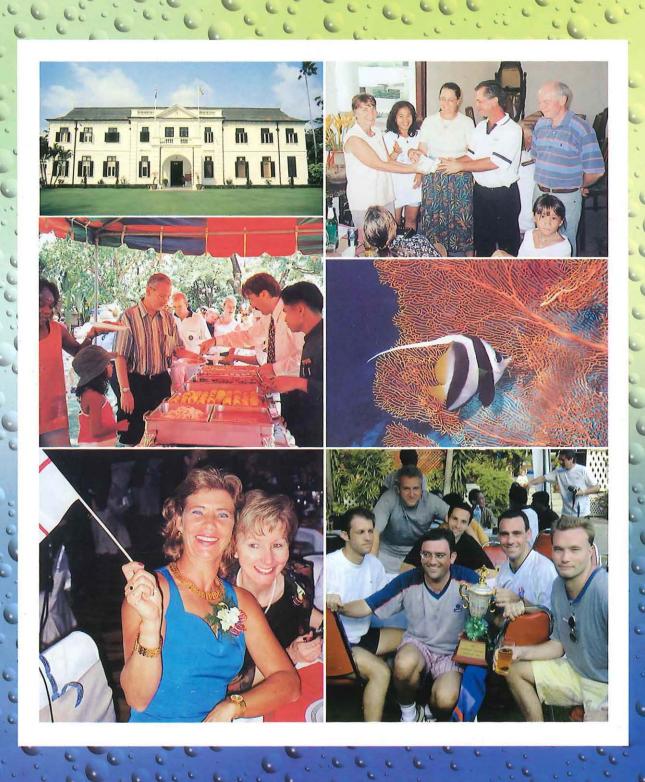


May

M A G A Z I N E 2001



A hair removal laser with the natural cooling power of enhanced TKSTM

Apogee-40, the newest laser with enhanced Thermokinetic Selectivity™ continues in the same leadership position as its predecessors, the Apogee and PhotoGenica LPIR ... at the head of the pack in hair removal systems.

Cynosure has produced the most versatile hair removal system on the market, increasing the laser pulse duration to 40 milliseconds - the longest available.

The 40-millisecond pulse duration allows increased cooling time for the epidermis, and allows even greater fluences to be delivered to target hair follicles. This increases the destructive effect on the follicle and provides better protection for the skin. That means maximum power and maximum protection.

In hair removal, Thermokinetic SelectivityTM uses nature's own cooling mechanism. And the ultimate pulse duration found in the Apogee-40 uses the body's own natural conductive cooling to provide better safety for the skin.

This laser also provides a large spot size (12.5 millimeters) for deeper penetration, and high enough fluences to reach and destroy the deeper follicles of the back, leg and bikini line.

Tuned in to individual needs

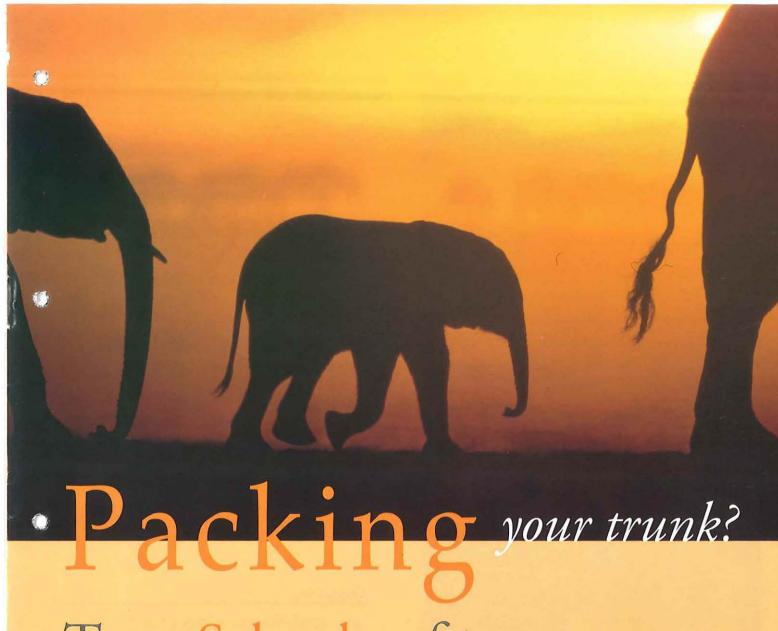
Of course everyone's hair and skin is different, however, you can be confident in The Apogee-40 as it is easily adjusted to suit individual skin types and hair textures. The Apogee-40 is the only laser in its class. Visit us and find out why.

Promotional prices for laser hair removal (6 sessions)						
Moustache	Moustach & Beard	Underarms	Bikini line	Lower legs	Whole legs	
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Football: Winners of the Schneider Vets Cup

Living it up at the St. George's Ball

Easter BBO

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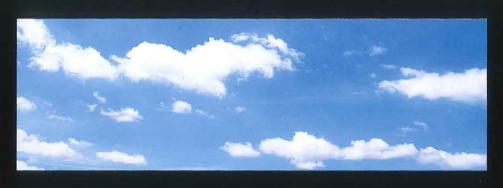


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From the General Wanager

ear Members,

Songkran and Easter are behind us but the summer holidays will be upon us in just a few short months. We still have plenty of activities planned for your entertainment before many of you head off on your annual leave back home.

Shane Duncan, our Sports & Recreation Coordinator, has been with us for two months and is geared up to organise many more activities around the poolside, tennis and squash courts.

As most of you swimming enthusiasts already know, we appointed Bangkok Dolphins at the end of last month to set up a new programme of swimming lessons for the children; the new timetable of lessons is published in this issue of Outpost. Our aim is to achieve the highest possible standard of swimming coaching and to issue internationally-recognised certificates to participants who have reached a certain level of swimming ability. Recently there have been some changes in the Tennis Section at the British Club.

Mr. Bruce Gordon, who has been running the Tennis Section very successfully for the past few years, decided to retire as Captain. I believe that all tennis players will join me in thanking him for all the work he has done for this section. Shane will now assist the section to a certain extent but we do need enthusiastic members to join in to make it even more successful.

In May we will start arranging individual meetings with each of the sport sections in order to establish a better relationship between them and the management of the Club. The section leaders will be notified in advance.

On the Food & Beverage and entertainment side, we have planned a number of exciting events over the coming few weeks. See 'What's On' for full details, but here is a taster:

• A special Wine Dinner with a well-known Australian wine maker on 10th May in Lords Dining Room. • A great night of entertainment with Daniel Foley who will be performing 'The Five Hamlets' from Shakespeare on 11th May 2001. • Guest Chef Oscar Pasinato will be presenting an Italian/Asian Fusion Menu in Lords on 1 and 2 June and holding a cookery class on 2 June.

Following comments from members, the menus at the Churchill Bar and Poolside were changed in the middle of March and we are now receiving some positive feedback about the menus.

We have been extremely busy on development issues. The airconditioned massage rooms have been completed and are located behind the Silom Sala. The renovation works at the Silom Sala have been completed, as well as the new baby changing facilities near the entrance of Squash Court 3.



Willem T.P. Pentermann - General Manager

The Silom Sala will be open for Members during the weekends and Public Holidays and on weekdays it can be booked by Members for private functions such as receptions, cocktail parties, BBQs or buffet dinners.

The pool kitchen renovation has also been completed as well as the drainage work behind the Club House. From 23 April - 14 May 2001 we will address the drainage work behind the fitness centre and pool kitchen. On some weekdays we might have to close down the water supply for a few hours, but all Members will be informed in advance.

From 21 May until 20 June 2001 we will close the Suriwongse Room in the Club House for renovations which will include new lighting, a new sound system and a fresh look at the entire room. Also in May the main kitchen will be rewired as it was not touched during the electric upgrading last year.

Shortly we will be implementing the Global Service Standards for the entire Club. We will be setting up a 'measurement team' for these standards and some Members may be asked to kindly assist in measuring these standards.

A lot is happening over the coming months and we are looking forward to seeing you all in the not too distant future down at the Club.

Finally, my congratulations to Meilan Henderson, the winner of last month's crossword puzzle. A bottle of wine is heading her way.

Yours sincerely,

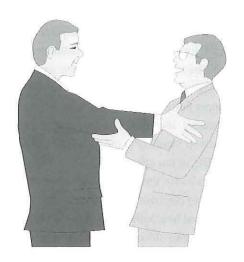
Willem T.P. Pentermann General Manager

The Merry Month of May

Scandinavian Network Night

Wednesday 2 May

An excellent opportunity to meet new people, make friends and form business relationships. Join us for a night of Nordic hospitality at 6.30pm in Lords Dining Room.



European Network Night

Wednesday 9 May - 6.30pm, Silom Sala The British Club and European Community Business Association are coorganising this Networking Night for all EC country members. Cocktail food will be provided by the British Club and drinks are available at Club prices.

Australian Wine & Gourmet Dinner

Thursday 10 May - 7.00pm

In co-operation with Tom Westbury of PTK Wines, we have invited Mr. Andrew Buller, MD of RL Buller & Son Estate, to the Club to introduce a selection of wines from his vineyard. The range of wines will include Shiraz, Cabernet Sauvignon, Semillion and Chenin Blanc. The Buller Estate is one of the oldest wineries in Australia, established in 1845 and located in Ruthglen about 150 kms from Melbourne. The price per person is Bt 1,100 which includes a superb 4-course dinner and a taste of 5 different wines.

Alas, Poor Yorick!

Friday 11 May

Calling all theatre buffs! A fabulous evening awaits you when Daniel Foley returns to the Club to perform his highly entertaining one-man show, 'The Five Hamlets'. The evening starts at 7.30pm with a buffet dinner. You can reserve a table of 8 or individual places at a cost of Bt 600 per person.

FA Cup Final

Saturday 12 May - 7.30pm

Arsenal v Liverpool. Watch it live at 8.00pm in the Suriwongse Room. Bt 200 per person including Fish and Chips Buffet.



Broadway Musical

Sunday 13 May - 4.00pm

A first at the Club - a famous Broadway musical with songs performed by children. Starting at 4.00pm in the Suriwongse Room. Tickets are Bt 250 per person which includes soft drinks. A Sunday Special for the entertainment of kids and adults.



Wine Tasting

Friday 18 May

Join us and Tom Westbury of PTK Marketing & Management in the Silom Sala at 7.00pm for a taste of New Zealand wines. The evening is free so why not take this opportunity of sampling and stocking up on some excellent wines. Complimentary cocktail food will be provided.

Classical Dinner Concert

Saturday 19 May

Mrs Marina Labchig (Piano) and Mr. Alexander Labchig (Singer Bass) will perform a selection of European classical compositions from Schubert, Mozart, Chopin and others. The performance takes place in Lords Dining Room starting at 7.30pm followed by a 3-course dinner. Tickets are Bt 1,000 per person.



Frogs & Fairytales

Sunday 20 May

In co-operation with the Neilson Hays Library, an afternoon of fun and fantasy is planned for the children on the Club's back lawn from 2.00-5.00pm. Clowns, face painting, balloon typhoon, pony rides, games, crafts, food & drink, and a puppet show peformance of "Frog Prince Enchantment". Bt 200 per person (same

What's On

price for adults and children). Your kids will love it so book now for the whole family.



Cooking Curries I

Wednesday 23 May

Community Services of Bangkok (CSB) with the help of the BC will spend the morning cooking curries from the different regions of Thailand and showing the ingredients which go into making some of these famous dishes. A light lunch will be served at the end of the morning. Reserve your place through CSB: Tel. 258 4998.

Bar Quiz

Friday 25 May

Join our bimonthly quiz at 7.30pm in the Churchill Bar. Entry fee is Bt 100 per person, maximum 6 persons per team.

Carlsberg Ayutthaya Trip

Saturday, 26 May

Join us on this hugely popular tour of the Carlsberg factory. Sample their fine brew

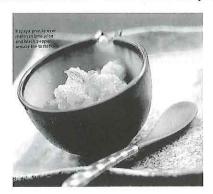


and enjoy a curry buffet aboard a river boat on the return trip to Bangkok. Contact Khun O to reserve your seat. Cost Bt 850 per person. There's only a few places left!

Fusion Cuisine

1-2 June - 7.30pm

Guest Chef, Oscar Pasinato, will be presenting an array of delightful Italian/ Asian dishes in Lords Dining Room. He has a long career and a wealth of international experience behind him. He has worked in Italian restaurants in Italy, Tokyo, Bangkok, Beijing and New York. Presently he is in Singapore where he has opened his own restaurant delighting his customers with his special brand of Italian/ Asian dishes. The cost is Bt 890 per person which includes a 4-course dinner and pre-



dinner cocktails in the Churchill Bar. A selection of Italian wines, courtesy of Italasia Ltd, will also be on sale to complement your dinner. No need to tempt you further, so book early for what we're sure is going to be a popular event. Read more about our Guest Chef inside this edition of *Outpost*.

Cookery Class

Saturday 2 June

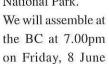
Learn with the expert! Starting at 10.30am our Special Guest Chef, Oscar Pasinato, will demonstrate how to create imaginative cuisine using a mixture of flavours from East and West. Cost: Bt 650 which includes a 3-course lunch and a glass of wine.



Khao Yai National Park

8-10 June

Sign up now for an a d v e n t u r o u s weekend with the BC in the Khao Yai National Park.





for the coach trip to Khao Yai, returning at about 5.00pm on Sunday. The price is Bt 4,300 for adults, Bt 3,000 for children aged 3-12 and Bt 1,000 for children under 3. The price includes coach transfers, a Thai supper buffet on Friday night, breakfast on Saturday and Sunday mornings, packed lunch on Saturday in the National Park and a BBQ in the evening with Bar Quiz and activities for the kids, entrance fee to the Park, an elephant ride on Sunday morning followed by a buffet lunch at the hotel, and soft drinks during the entire trip. An absolute bargain and an adventure not to be missed.



Sports Update

See the message from Shane Duncan, Sports & Recreation Coordinator, for an update on all sport and fitness activities.

Sports Update



Well, time has passed quickly for me and I'm starting to feel like a longtimer already. Songkran passed by again and most of us are probably still wet from the festivities but I

hope all the members enjoyed themselves and had a good break. Here's a roundup of what is happening sport-wise down at the Club.

Course Description	Approx. Age	Time
Toddlers/Non-swimmers	2 - 3 years	09:00 - 09:30 am
Parent & baby	Depends on interest!	09:30 - 10:00 am
Non-swimmers (no parents)	3 - 4 years	10:00 - 10:30 am
Introducing Strokes	4 - 5 years	10:30 - 11:00 am
Stroke Improvement	5 - 6 years	11:00 - 11:30 am
Stroke Correction	6 - 8 years	12:00 - 12:45 pm

Swimming ...

All the events in March and April went well, especially the swimming gala thanks to a lot of help from the members. Specifically I want to mention Michelle Law, her husband Stephen, Rosemary Imlah and also Justin.

By the time this edition of *Outpost* is out, most of you will already be aware that we

Swimming only takes place on Tuesdays and Saturdays at the moment, but if there is demand for more lessons we can certainly put another day in place if the numbers warrant it. Hopefully all will go fine with this new programme. The schedule of classes is shown here. You can check with the Fitness Centre as to which programme would best suit your child.

Saturdays - from 28 April

Tuesdays - from 24 April Approx. Age Toddlers/Non-swimmers 2 - 3 years 1:30 - 2:00 pm Non-swimmers 3 - 4 years 2:00 - 2:30 pm 3 - 4 years Beginners (swimming 2-5m) 2:30 - 3:00 pm Introducing Strokes 4 - 5 years 3:00 - 3:30 pm Stroke Improvement 5 - 6 years 3:30 - 4:00 pm Stroke Improvement 6 - 8 years 4:00 - 4:30 pm 6 - 8 years Stroke Correction 4:30 - 5:00 pm Mini squads / Stroke ad 8 years+ 5:00 - 5:45 pm Masters / advanced swim squad Teens/adults 5:45 - 6:45 pm

have new swimming coaches from Bangkok Dolphins. Damon has now left us for greener pastures and I would like to say thanks for his input into the Club and I know many of you wish him well.

Gordon Ellard and his company, the Bangkok Dolphins, has a good reputation in Bangkok. They have an excellent swimming programme in place, their swim structure is great with an excellent certificate system, and parents can see the progress of their child. Each child receives a certificate and a badge at the end of the 10-lesson programme.

BC Swimming Gala: This will be held on 27 May so sign up soon to take part. The last swimming event between Patana, ISB and BC went extremely well and everyone enjoyed the healthy competition. Don't miss this one!

TV Events

We are trying to show all sporting events on the TV in the Churchill Bar, or if there is sufficient interest in certain events we can show them on the big screen in the Surawongse Room. So, if there is any event coming up that you believe would be of interest to members, please let me know. You can find me in the Fitness Centre.

Darts

This has been going for a while now and a great group of regulars turn up for a good night of laughs. We would like to see a few more members join in and hopefully we can arrange a team in the Bangkok League. The BC did have a team before, so let's try and get one going again.

Massage

The massage room has now been relocated behind the Silom Sala and you can now enjoy a relaxing massage in an airconditioned room. Soon we shall have a booking system in place through the Fitness Centre which hopefully will avoid confusion over bookings.

Snooker .

Every second and fourth Friday of the month. Cue up for a fun night and a bit of competition. They have a number of leagues throughout the year.

Aerobics

We still haven't identified anyone suitable as an aerobics instructor but we won't give up! Watch this space...

Keep fit, Shane Duncan

Expanding Your Knowledge

e live in a very unique part of the world, especially from a cultural and geographic standpoint. All of us who live here in Thailand, and those who visit us, have the opportunity to explore, study, and photograph this beautiful country and its people. But there is much more to Thailand than meets the eye (or camera) in the cities, villages and in the spectacular mountains and forests of this richly adorned country.

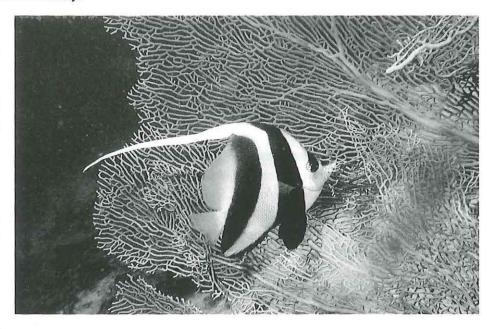
Underwater Photography

Thailand is also home to some of the world's most diverse and abundant coral reefs along much of its coastline and around its many lush islands. For those of you who are certified divers you have most probably already enjoyed this very special part of Thailand. As I think most everyone is aware, there are several ways to add to the enjoyment of general scuba diving. The most enjoyable and cost effective avenue to expand your experience and knowledge is to become certified in some of the many PADI Specialty Diver Courses. Most of the course certifications can be accomplished in a weekend and many only require two dives. Therefore it is possible to complete two Specialty Courses during one weekend. One of these two-dive PADI Specialty Courses, and also one of the most rewarding, is the Underwater Photographer Specialty, which is the topic of this month's Scuba article.

Most everyone has seen beautiful photographs taken underwater, mostly in magazines and travel related publications. My favorite ones are the close-up macro photos of the small ocean creatures and the colorful fish at home in their water environment. It is not particularly difficult



Don Johnson



to learn the technical aspects of underwater photography and with a little practice any diver can produce a few good photos from every photographic dive. The more practice, the better the results and the more "keepers" appear from your developed film roll.

You'll learn...

During the course, diving off the coast of Pattaya, you will learn the basics of photography and how these special cameras are used underwater. You will learn about the care and operation of underwater photography equipment, including the Nikon Nikonos V 35mm underwater camera, dual underwater strobes, and the accessories used for filtering, general photography, and macro photography. There is also some reading to do and a short written "Knowledge Review" to complete.

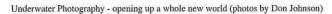
This course can be tailored to meet the interest of the student. On the first day for example, the first dive could involve general underwater photography and the objective of the second dive could be for macro photography. Upon return to shore

we would develop the film and the next morning analyze the results. The second day we would repeat the sequence and improve on the first day's results. Another idea might be to combine the Underwater Photography Course with another two-dive Specialty such as Peak Performance Buoyancy (very useful for underwater photography), Underwater Naturalist, Drift Diver, Enriched Air Diver, or Diver Propulsion Vehicle Diver (lots of fun).

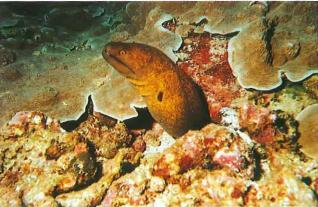
I took the photographs in this article with the exact camera I use in my underwater photography courses. I will be happy to talk to you about scheduling a course tailored to your interests and schedule so you too can begin to learn this rewarding and fun aspect of diving. Also, please contact me for other diving schedules including the Open Water Course for those wanting to begin enjoying the beautiful underwater world. I can be contacted at 038-225-364 or by E-mail at don@ddjohnson.com

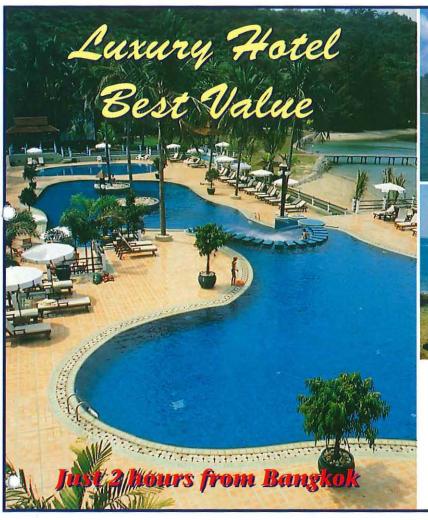
Yours in diving, Don Johnson

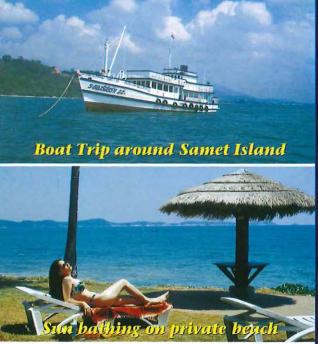














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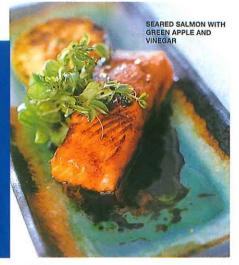
Fusion Cuisine

ext month at the BC members can enjoy a fusion of flavours when guest chef Oscar Pasinato hits Bangkok with his remarkable recipes combining flavours from Italy and Asia. An unlikely marriage you may think, but by all accounts Chef Pasinato has created East-meets-West recipes to startling effect which have turned his new eatery in Singapore 'Buko Nero' into one of the most popular in town. Here's what the food critics in Singapore have to say:

"If dining at a truly great Italian restaurant leaves you in the mood to sing arias, you'll want to pen a whole opera to Buko Nero". Oscar cooks and his Singapore wife Tracy Ng serves, a combination that works well as both are masters in their department.



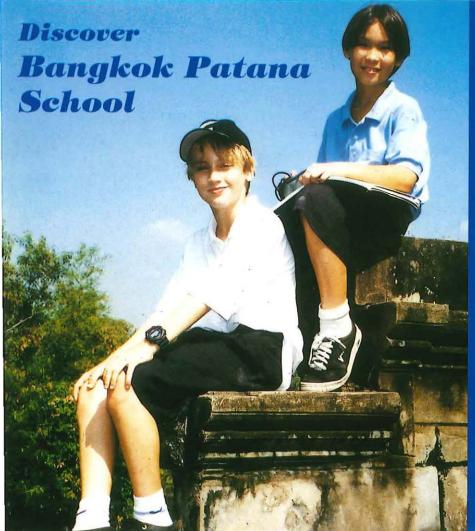
Oscar Pasinato and his wife Tracy Ng





Fusion Cuisine at the Club Friday 1st & Saturday 2nd June Cost: Bt 890 per person

Price includes pre-dinner cocktails in the Churchill Bar and a 4-course dinner. A selection of Italian wines, courtesy of Italasia Ltd, will also be on sale to complement the dinner.



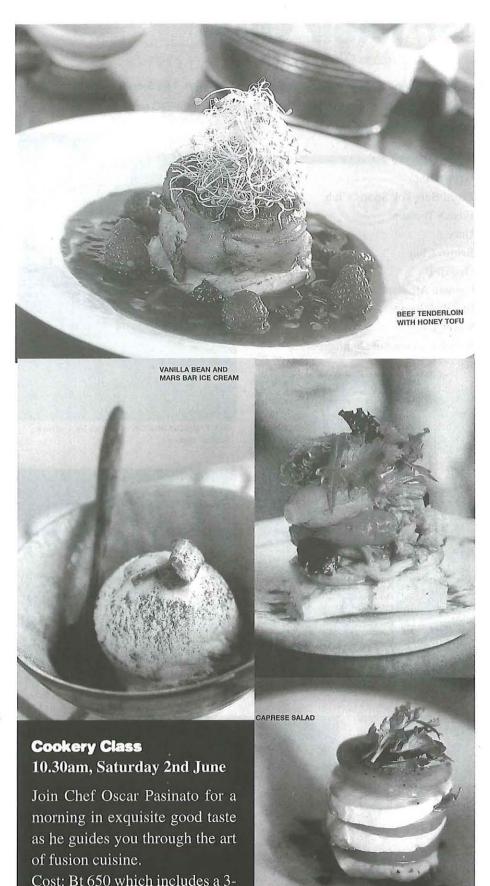


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They are becoming increasingly well-known for spoiling their guests the very minute they walk in: a welcome drink, a deliciously appetising morsel and a basket of fresh, hot bread - all on the house. "Such hospitable, warm touches make you feel like you've been invited to dinner at the home of a particularly gracious host."

Oscar, an Italian, is no stranger to Thailand as he worked at the Landmark Hotel in Bangkok before going to Singapore. He

as he worked at the Landmark Hotel in Bangkok before going to Singapore. He has also worked at Bice and the Four Seasons Hotel in Tokyo as well as various other countries, including his own. His passion for food is evident and he ensures that his creations, mainly classical Italian with an Asian slant, are not only imaginative but of a high quality too. "I want my food to create strong emotions and stimulate the senses", says Oscar.

What's on the Menu?

As for the menu for his debut at the British Club, Oscar has already given it a great deal of thought and come up with some marvellous fusion dishes to tempt the most discerning of palates. But to tell you now would be to take some of the pleasure from the evening, so we'll leave you guessing! No harm though in showing you these pictures of some of his zingy-sharp, delicate and visually sensational dishes.

For those visiting Singapore at any time, **Buko Nero** is at 126 Tanjong Pagar Road. It is a small restaurant so best to make a reservation (tel. +65 324 6225). Closed on Sundays.

Learn with the expert

Oscar is always willing to share his knowledge and he will be doing just that at his cookery demonstration on Saturday morning, 2nd June at the Club. Recipes, he says, are only a guide and instinct is equally as important in creating any dish. "I put all of my passion into cooking so my interpretation of a recipe is always a little different to anyone else's."

course lunch and a glass of wine.

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In a League of Their Own

The British Club hosted the first Schneider Thailand Veterans Cup on Sunday, 25 March. The 5-a-side competition for over-35s organised by Greg Watkins from the British Chamber and Martin Conisbee of the BC gave an opportunity for the 'more mature' footballers to grace the BC astro-turf with their skills.

Eight teams were invited and all games were played in an excellent spirit. The result... the British Chamber of Commerce (BCCT) team defeated the Royal Bangkok Sports Club 4-0 in the final.

Special thanks should go to **Schneider Thailand** for their generous sponsorship
and to the teams mentioned here for their
participation. We look forward to making
this an annual event.

The Teams

Group A

Royal Bangkok Sports Club

French Technip

Unocal

British Club

Group B

German All Stars

Bangkok Patana

Warbler

British Chamber of Commerce



BCCT Captain Colin Harlow receives the Cup from Michael Bennett



Martin with Michael Bennett, Finance Director of Schneider Thailand

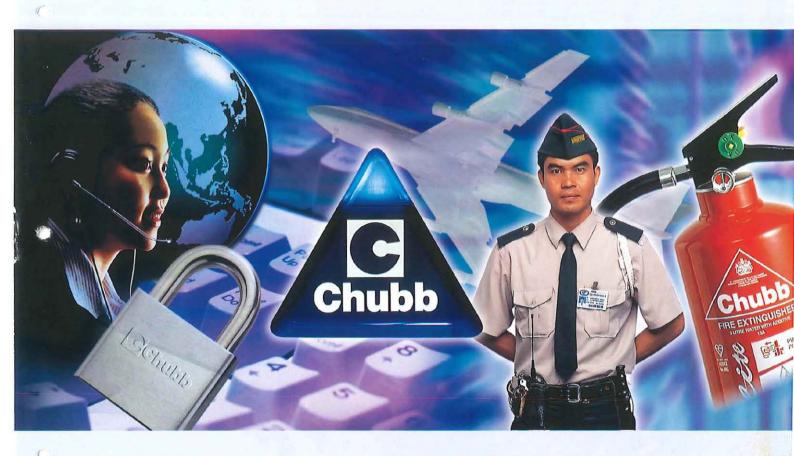


BC Team



The Victors

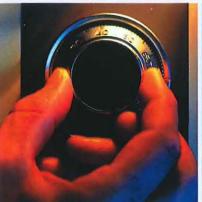
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Pottering on an Island

eaving the Club in style in a red 'songthaew', we arrived at the Sipya Pier on a warm Saturday morning in March, boarded our boat 'Tubtim' without mishap and settled down for a day packed with pleasure.

It started with glasses of Bucks Fizz, and dishes of smoked salmon, sausage rolls and Danish pastries... certainly no better way to begin the day.

The trip to Koh Kret island took an hour and a half, passing plenty of attractions on the banks of the river like spectacular Wat Arun, Temple of the Dawn. The kids were more interested in what was happening below decks - a chance to try their hands at painting their own Koh Kret plant pots. We had two hours to explore the island's shops, wats and markets. The more adventurous members walked - or took a motorbike! - around the island. I fear my lousy directions may have deceived a few into thinking a full circuit was just a stroll in the park... Sorry! However, a look at

these photos and you can see everyone had a pretty good time, exhausted or not!

All the delving into shops and little alleyways made us quite hungry so we set sail to the Suan Tip Restaurant where we had tables in a private sala in the grounds. We tucked into a full buffet and then it was time for Mr. Derek and Khun Lek to entertain the kids - and as always they did a very good job. There was face painting, ice-lolly making, clowns with balloons, and Amanda Patterson's famous balloon typhoon. If there's one sure fire hit for a kids' party, it's the balloon typhoon, and Amanda is a member of the BC.

Thanks to all of you who came and made the day so special. Thanks, too, to the BC staff and Khun Ead at Suan Tip Restaurant

for putting so much effort into the arrangements. We really did enjoy it.

Our Next Trip

See "What's On" at the front of Outpost for details of our trip in June to Khao Yai National Park. This is a popular and adventurous outing, so really you must book early. The cost is Bt 4,300 for adults, Bt 3,000 for children 12 and over, and it's free for the young ones. This amazing price covers transport, 2 nights accommodation in a delightful bungalow-style hotel, all meals and soft drinks, entrance fee and full day's trip in the National Park, elephant rides, a bar quiz, kids' activities and more. Contact me or Khun O for booking or further information.

Barry Osborne



Starting the day right

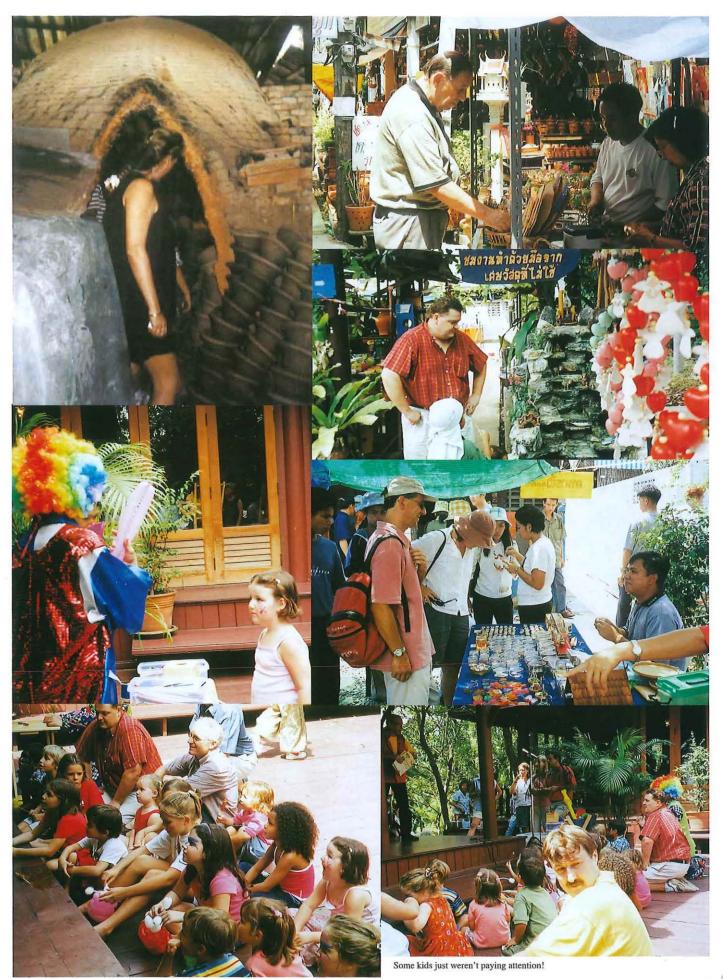


Pot painting below decks



MAY 2001

BC Trip to Koh Kret



More pictures on page 29

We Have a Winner!

A few members solved the prize puzzle in last month's issue, but the first to fax the correct answer to the publishers of Outpost was Meilan Henderson. Congratulations, Meilan, and if you would like to share your prize bottle of wine, we will gladly raise our glasses!

Commiserations to John Sands and John McDermont who both sent in correct entries - but just not quickly enough.

Reading down the initial letters of the solved clues A to O gives the name of the author, ANTHONY TROLLOPE. The quotation is from his novel 'Barchester Towers':-

"Among these was Mr. Quiverful, the Rector of Puddingdale, whose wife still continued to present him from year to year with fresh pledges of her love."

And the answer...

The solution to last month's prize puzzle was:

- Addendum
- I Rewash
- B Nostalgic
- Overthrew J
- C Thoughtfully
- K Liquidise
- D Horsemeat

- L Leper
- E Offering
- Offensive M
- F Notcher
- Profess N
- Yelped G
- Earthworm
- H Twotime

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22				23				
24				_				

This month's crossword

Across

- Changing beet into fowl can give added enjoyment to dinner. 1
- Old time ball-room dance (3-4)
- 10 More mature
- Home of the First Family (6,2,4) 11
- 12 Stop it!
- 14 Somehow steals something to use as a decoration
- Too few men say it might be uneconomic (5,2,5) 18
- 22 Arrested by the Police - in British slang (3-2)
- Go to work on a season ticket
- Put the theory to the test

Down

- "Breathes upon a bank of violets stealing and giving (Shakespeare, Twelfth Night)
- 3 Did these London Rag and Bone men stagger to work?
- 4 Use the service of
- 5 _but not enthralled!" "Virtue may be surprised by unjust ___ (Milton)
- 6 Affect deeply - or force into service
- 7 Obtain as a reward
- 8 Put on a show
- 13 Get on your feet - and fight! (5,2)
- 15 They are soldiers (4,3)
- These have no professional knowledge
- Essential internet instructions (3,3) 17
- 19 Mammal with a flexible proboscis
- Polite words for NBG! (2,3)
- Go on foot

Singapore Swimming Club - Where the People Make the Club...

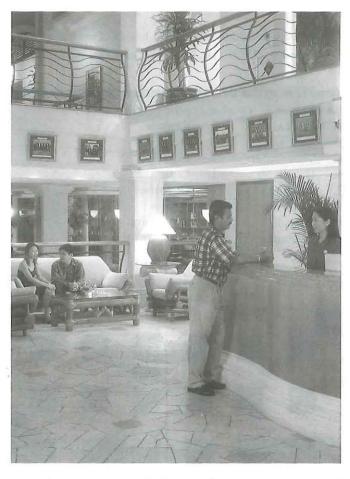
It all began with the discovery of a "Shangri-la" at Tanjong Rhu. In the early 1890s a group of young European swimming enthusiasts found a "splendid spot for swimming and recreation at Tanjong Rhu". Amongst the shade of tall coconut palms and casuarina trees fringing either side of a sandy shore, many an idyllic Sunday morning was spent with friends and picnic baskets packed with bottles of chilled tea and sandwiches. In the lazy lull between bouts of swimming and games, talk would inevitably drift to dreams that someday some kind of building could be erected - just for changing purposes and something approaching a bar!

By October 1893, talk of the formation of a Club had gathered sufficient momentum that a circular was sent to various officers to round up support. Thus, with a commitment of the princely sum of one dollar a month from each of the thirty signatures received, most of which went into the rental of a dilapidated hut in dire need of a lick of paint, the Singapore Swimming Club was born.

Sensational swimming

Founded on the bonds of true friendships, the Club was inaugurated on 7 February 1894 and by 1898 membership had grown to an astounding 116 members. It was time for the Club to embark on a programme of improvement and expansion to meet the members' varied recreational interests, a policy that proudly continues today. In 1931 the Club opened a new wing with facilities for lady members, a ballroom, dance floors, restaurants, and air-conditioned steak bar and lounge, and also unveiled a swimming pool which at the time was the third largest





open-air pool in the world. It created a sensation throughout Singapore and Malaya.

The Club remains a sensation, a place in which to relax and rejuvenate, but today you can take an invigorating dive into

either of the **two** Olympic-sized pools, one for leisurely swimmers and the other for beatthe-clock swimmers in training.

Sporting facilities

Ten highly-polished bowling lanes, 6 squash courts, a badminton hall, 4 table-tennis tables, 3 full-sized billiards tables and 4 tennis courts, means you can always find something energetic to do. There is also a gym with the latest in equipment where experienced instructors will help you get started on a personalised fitness programme. And afterwards... ease up in the jacuzzi, sauna or steam room.



Dining

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The Club has plenty to offer in terms of food and beverage facilities. Go alfresco in the Fountain Bar which serves delicacies and gourmet coffee, or in The Deli where you can enjoy local and Western snacks.

The Jackson Miller restaurant provides first-class dining in oldworld charm, with superb Western fusion recipes and a selection of fine wines.

The Club also offers a Chinese restaurant, Sung Palace, and Palms, a casual dining room with good old-fashioned local and Western food, a great bakery and selection of sweets and desserts.

Night Life ■

Catch up with friends over a drink in the 'D Tanjong', dance to live band music, or play a game of pool. 'D Galaxy' is a luxurious Karaoke Hall, a sure hit for songbirds and a great place for cocktails! Or if it's a refreshing chilled beer you need, then head to the 'Straits of Malacca', a real treat for beer lovers.

Other amenities

Catch up on your reading in the Club's Library in the newest wing of the building, or let your kids be kids in the Family Room or one of the Gaming Rooms where there are plenty of toys, games, videos and audiovisual equipment.

Services I

With the children occupied, you can take time to visit the hair salon or enjoy foot reflexology, a pedicure, manicure, massage or facial.

If you would like to take advantage of the reciprocal arrangements offered at the Singapore Swimming Club, contact Willem Pentermann on 234 0247.





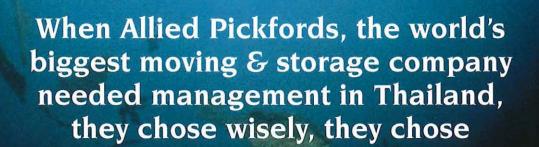
Singapore Swimming Club

45 Tanjong Rhu Road Singapore 436899 Tel: +65 342 3663

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Women wanted!

ne request coming out of the AGM was for more squash for ladies. After careful and lengthy deliberation, the committee agreed that what was needed was a women's touch, and we are not too proud to ask for help. We need a lady to come forward and help us organise a ladies squash league.

Ladies - if you want to play regular games, we would love to see a ladies league started again, but we need some assistance. Contact Peter Corney if you want to help at peter@acapacific.co.th.

Shirts

New BC Squash Shorts will be available soon, in the Fitness Centre or from Committee members. Get your orders in.

League changes

We are continuing in League 148 for the second month with 5 players per league. You can send your comments by e-mail to Peter Corney on peter@acapacific.co.th So far so good! I won a league for the first time in 2 years, so it must be a good system!

Chiengmai Cup

By the time you read this, the annual Chiengmai Cup International Doubles will be over for another year. The BC had two teams entered this year - report coming next month.

Junior coaching

We have a good crop of junior squashies raring to go, and after the AGM Guy Hollis volunteered to take on the job of organising Junior coaching and tournaments - watch this space for more details over the coming months.

Upcoming matches

Singapore Road Trip: watch your email and the notice boards

- Pattaya: it's coming as soon as we get dates from the Pattaya lot!
- Vajiravudh College: end of May
- Dawee Cup vs RBSC: coming in June
- Rajapruk: watch this space! Looks like a busy summer!!!!

Yes Let! - Play by the Rules **Foot Fault**

Still one of the most common errors in club squash is the foot fault. Last week one of our newer players even admitted that he did not know there was such a thing, so time to explain again.

When you serve from either side you must have one foot entirely inside that service box, touching the floor. You may have both feet inside, you may have only the toes or heel touching the floor, but the foot cannot be on or over the line, or "Foot Fault" will ring out from the marker.

> Happy Squashing, **Phil Hall**

Skool Daze

What a relief! The long Easter and Songkran holidays are over and the kids are back at school. Want to know what they're learning? Well, here's the answers...

- ★ H₂O is hot water, and CO₂ is cold water.
- To collect fumes of sulphur, hold a deacon over a flame in a test tube.
- When you smell an oderless gas, it is probably carbon monoxide.
- Water is composed of two gins, Oxygin and Hydrogin. Oxygin is pure gin. Hydrogin is water and gin.
- A super saturated solution is one that holds more than it can hold.
- Liter: A nest of young puppies.
- * Magnet: Something you find crawling all over a dead
- * Momentum: What you give a person when they are going away.
- Vacuum: A large, empty space where the Pope lives.
- Artificial insemination is when the farmer does it to the cow instead of the bull.

- The pistol of the flower is its only protection against insects.
- A fossil is an extinct animal. The older it is, the more extinct it is.
- To remove dust from the eye, pull the eye down over the nose.
- * For a nosebleed: Put the nose much lower than the heart until the heart stops.
- * For head colds: use an agonizer to spray the nose until it drops in your throat.
- * Germinate: To become a naturalized German.
- The tides are a fight between the Earth and moon. All water tends towards the moon, because there is no water on the moon, and nature abhors a vacuum. I forget where the sun joins in this fight.
- * Blood flows down one leg and up the other.

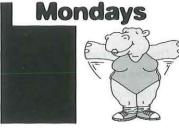
Calendar

British Club Sports and Entertainment Calendar - May 2001



7 am - 1 pm 11 am - 1 pm 3 - 6 pm 6 - 8 pm

Tennis Team Practice **Badminton** - Soi Nares Tennis Mix-in **Happy Hour**



8.00 am 6 - 8 pm 7 - 9 pm

BWG Mahjong Happy Hour **Tennis Team Practice**



7 am Ladies Golf 8 - 10 am **Ladies Tennis** 10.30 am **Aqua Aerobics** BC Swimming Instruction 2 - 7pm 6 - 8 pm Happy Hour 7 - 9 pm **Football Training** 8 - 11 pm Friendly Bridge 9 pm Gentlemen's Spoof



6 - 8 pm Happy Hour 6 - 9 pm Tennis Mix-in 6.30 pm **Cricket Nets** 7.00 pm Darts



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



3.30 - 6 pm **BC** Tennis Coaching for Children 4.30 - 5.30 pm **BC Swimming Instruction** Tennis Mix - in 5.10 pm 5.30 pm Swimming - Junior **Squad Training** 6 - 8 pm **Happy Hour Adult Tennis** 6 - 7 pm 6.30 - 9 pm Poolside BBQ

MAY 2001

6 - 8 pm



9 am - 12 noon **Squash Coaching** 9 am - 1.30 pm **BC Swimming Instruction Happy Hour**

MAKE A NOTE!	Control of the Contro
Wednesday 2 May	Scandinavian Networking Night
Wednesday 9 May	European Networking Night
Thursday 10 May	Australian Wine & Gourmet Dinner
Friday 11 May	The Five Hamlets with Daniel Foley
Saturday 12 May	FA Cup Final on the Big Screen
Sunday 13 May	Broadway Musical
Friday 18 May	Wine Tasting
Saturday 19 May	Classical Dinner Concert
Sunday 20 May	Entertainment for the Children
Wednesday 23 May	Cooking Curries
Friday 25 May	Bar Quiz
Saturday 26 May	Carlsberg Ayutthaya Trip
Sunday 27 May	Swimming Gala
1-2 June	Fusion Cuisine in Lords
Saturday 2 June	Cookery Class with Guest Chef, Oscar Pasinato
8-10 June	Khao Yai National Park Trip

()

Sports - Contacts					
Aquatics	Michele Law	295 4595			
Badminton	Anant Leighrahathorn	654 0002-29			
Bridge	Ernest Lee	612-3580 ext 503			
Cricket	Nick White	246 0832			
Darts	Shane Duncan	234 0247			
Football	Martin Conisbee	366 0432			
Golf	Bernie Adams	01 627 1324			
Rugby	Jon Prichard	662 6376			
Scuba Diving	Don Johnson	038 225 364			
Snooker	Kittisak	01 633 9490			
Squash	George Dunford	635 2346			
SRC	Shane Duncan	234 0247			

Loyal Societ	ies	
St George's	Gillian Maconochie	287 2680 ext 4851
St Andrew's	Rosemary Imlah	437 9693
St Patrick's	Jerome Kelly	682 7526
St David's	Gareth Hughes	01 859 6140

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 (Tucs-Sun)

The British Club General Committee 2001/2002

Name	N S LAS	Tel	Fax	Email
James Young Ch	nairman	712 5407-9	712 5410	asiapac@mozart.inet.co.th
Nick Bellamy Vi	ce-Chairman	955 0099 x 713	955 0300	nbellamy@th.mweb.com
Sarah Allen		618 7813		sarahem@ksc.th.com
Paul Cheesman		677 5246	677 5246	paulc@loxinfo.co.th
Simon Davies		267 8399		
Jack Dunford MBE		238 5027	266 5376	
David Eastgate		672 0123-5	672 0127	davide@loxinfo.co.th
Michelle Law		295 4595	295 4595	stephen.law@recall.in.th
Bob Marchant		714 8070	714 8504	
Chris Moore		747 9633	747 9677	chris@lasanne.com

Hellos and Goodbyes - March

Welcome to the following new and rejoining members:

Steven & Moyra Purser, Philip & Lorna Lynch, John & Stella Gearing, Peter Mewes, Steven & Nicky Harvey, Christopher Crowley, Martin & Joy Gibbens, John Pickles, Hugh & Alyson Kennaway, Alan McAllister, Robert Hill, Bruce &



Jentana Hemmigsen, Stuart & Therese Cioccarelli, Michael & Jennifer Pomphrey, Jui-Meng Ng, Valdislav Oros, Chris & Caroline Chamberlin, Tobias & Jennifer Hoschka, Steven & Jane Jones, Thomas Vaisey, Richard & Avrel Blackmore.

Goodbye and good luck to those who have left:

Borge & Kanlaye Ruby, Steve & Karen Tolhurst, Eric & Alison Craswell, Joaquin & Crespo de Aristegui, Timothy & Susan Kirby, Maurizio & Ivana Spampinato, Richard & Somboon Baranski, Roger & Elizabeth Corney, Alaster & Janet Smith, Linda & Marco Belonje, Frank & Gill Hough.

OUT IN THE COMMUNITY

Community Services of Bangkok

YARD SALE

Saturday, 19 May 9:30 - 12:00 noon at 15/1 Sukhumvit Soi 33

Clothing, appliances, jewellery, pots & pans, books, furniture, bikes, plants, toy, and much more...

Entrance fee: Bt 50 for adults. Children under 12 free.

Magic Balls Day!

e had an excellent Club Day at Chuan Chuen in late March (any member asking 'where?' will be forgiven).

Owing to confusing directions issued by the Golf Course itself some of us who actually found it are still asking the same question). It was a 'Magic Balls Day', each of the seven teams competing were given two 'marked' balls and challenged to bring at least one of them back... On a very watery course in a torrential downpour only 3 teams managed the feat — congratulations to Diane, Wan, Phil and Brian for winning the team event and to Siriwan Forrest, the individual winner of the day.

Patrick Windeler Trophy

Our main event for the month was the contest for the Patrick Windeler Trophy. This was held over three days at differing venues around Pattaya early in April. Ostensibly open only to 'Seniors' (those over 45) there was a 'Junior' section which was contested every bit as vigorously as the main event.

Day One saw us at Treasure Hill where Judy Fitzgerald wrested an impressive 38 Stapleford points from a tough course (on a very hot, sticky day) to win the senior section. Wan Adams led the juniors home with 40 points.

Day 2 at Green Valley Rayong belonged to 'senior' Bob Jones with guest David Jackson taking junior honours. By now the heat was taking its toll (along with family commitments) thinning out the field and not all the golfers managed to stay the pace – especially after a convivial evening watching the England-France game in Shenanigans on the Saturday night.

Nevertheless Day 3 still saw 22 members come up to the starting gate at Khow Kheo. Lori Robertson had an excellent round to come home with a net 67 and take the senior prize for the day, Joom White managing an enviable 69 to claim the

junior honours. However the overall winner of the Patrick Windeler Trophy was Bob Jones who succeeded in being 'in the money' on each of the three days and thus achieved the highest overall score. Wan Adams, who took a commanding lead on day one, was the worthy winner of the junior section.

PS. It is just a rumour that our Captain intends to raise the qualifying age to 50 next year – so that she won't qualify....

Banditry? ■

On a more serious note.... Recently there has been criticism regarding the handicaps of some members of the British Club Golf Section. Whilst a certain amount of banter between societies regarding 'bandits' is to be expected, the comments now being made border on accusations of cheating. Obviously this causes the club embarrassment and we have to look seriously at the circumstances behind these remarks.

Unfortunately it is true that some of our members are returning unrealistic 'net' scores in competitions. The problem is that these players are not submitting enough cards to the Secretary for him to calculate their handicap accurately. Basically golfers who are improving but have not handed in any recent cards will be using an out-of-date handicap unrepresentative of their current ability – and thus have an unfair advantage.

There is not necessarily anything sinister here; a golfer may improve his game at the driving range and not play a round of golf for several weeks, if not months. Alternatively a player may not submit a card through a misunderstanding of the handicapping system. For example, during a Stapleford match a golfer might 'pick-up' his ball when he can't score and not submit his card in the (mistaken) belief that incomplete scores are of no interest to the Handicap Secretary.

Not so. The Handicap System allows a maximum score on any hole, depending on your handicap at the time. Thus if a 14 handicap 'picks-up' on a Par 5 hole, he will be awarded a notional 7 for handicapping purposes. Similarly a golfer with a 26 handicap, having played a round of 106 may throw his card away in disgust reasoning that it could hardly reduce his handicap... But if that card showed a '12'



Wan, Diane, Phil and Brian - winners of the Club Day Team Prize

and a '10' then for handicapping purposes both scores would count as a '8' and the golfer has shot a respectable 100.

The third possibility, that members are deliberately withholding cards to improve their chances of winning matches, is completely unacceptable. Golf works on an honour system, relying on the players to abide by the rules and, equally important, to respect the spirit of the game. A reducing handicap ought to be the aim of every golfer; it is an indication of increasing skill and something to be proud of. A good round should not be a cause for dismay at the possibility of a lower handicap – above all it should never be a reason to withhold your card.

An abbreviated quote from the USGA Handicapping manual reads:

"A basic premise underlies the USGA

system, namely that every player will try to make the best score they can at each hole in every round they play, and that they will post every acceptable score".

In the British Club we try to make it easy to submit cards, they can be left in the notice board window or our mail-box - you don't even have to go to the club as they can be faxed/e-mailed to the Handicap Secretary.

Whilst recent problems have almost certainly arisen through misunderstanding we must make every effort to show that we are beyond reproach. If it should come to the committee's attention that any member is deliberately withholding cards then proceedings under the USGA's rules will be taken against them. Please, don't allow the good name and standing of our society to be called into question by

careless or selfish behaviour - hand in all your scores and let's enjoy our golf on a fair and equitable basis.

The handicap secretary's fax number is 636 7142 or E-mail: mstaples@samart.co.th

Future Events

For your diaries we have several events this month. The ever-popular Eclectic will be held at Majestic creek, Hua Hin, on May 5th, 6th and 7th.

The annual match against the Japanese Golf Society is scheduled for May 26th and the Club Championship on 27th and 28th - venues for these events TBA at the time of writing.

As usual details will be posted on the notice board in the Club.

Dick Taylor



Siriwan Forrest - Club Day Individual Winner



Wan Adams - 'Junior' Winner



Bob Jones - Winner of the Patrick Windeler Trophy



Green Valley Rayong. A 'wet' Par 3!



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A Truly English Experience

BC Members live it up at the Annual St. George's Society Ball on 21st April. Once again the Band of HM Royal Marines was in full swing, treating Ball-goers to splendid marching displays and lively



BC Trip to Koh Kret

See article on page 17.



Follow that Bunny...

he kids loved it... digging up the garden, delving behind bushes, upending pots, and searching high and low for those elusive coloured eggs.

What a fabulous day, full of fun and laughter, and heaped with surprises. Clowns and magicians, side shows with face painting and candy making, and balloons everywhere.

Special thanks to Nestle, Coca-Cola, F&B Food Supplies, Khun Anant and Khun Somnuk, all the members and their families, all the staff, and of course Shane, the MC for the day.

Barry Osborne





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