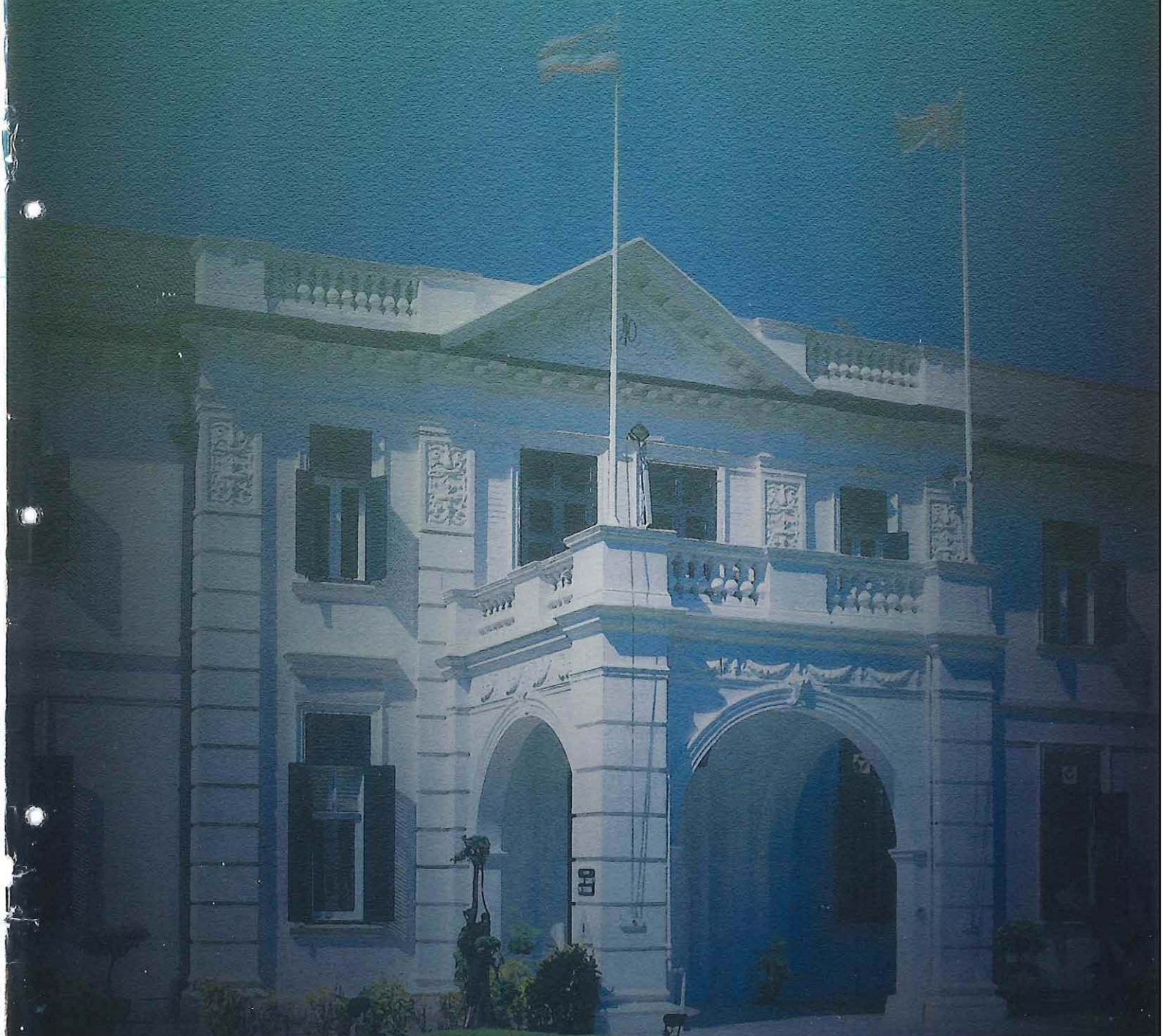


OUTPOST

MAGAZINE

MAY • 2003



INSIDE THIS MONTH

Champions of Golf... Prize Quiz...
Travel Health Tips... and a Caribbean Food Festival!

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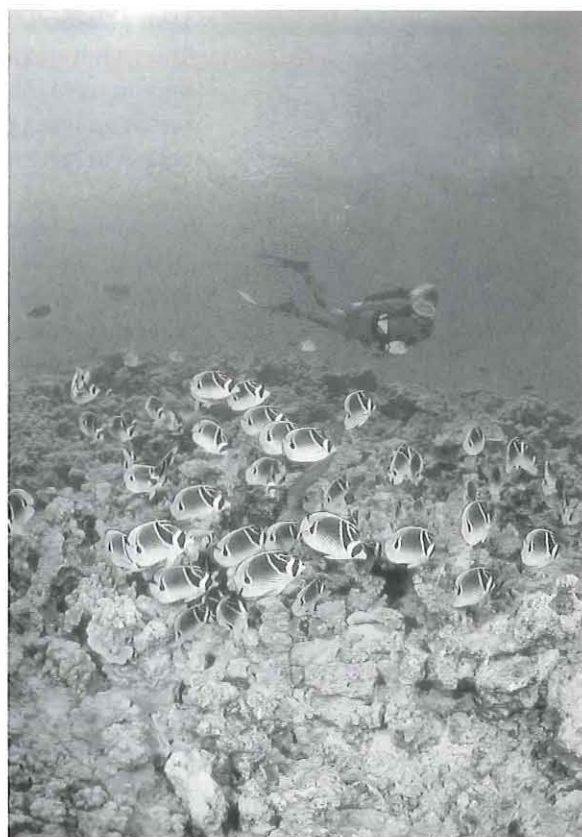
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Krabi - a great spot for diving (see centre pages)

The British Club is a family, social and sporting club, set in relaxing grounds, conveniently located between Silom and Surawongse Roads, with an ever-growing international membership.

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OUTPOST MAGAZINE

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

OUTPOST Magazine is produced on behalf of the British Club by The Creative Partnership. To advertise please contact Mr. David Blowers or K. Saranluck at:

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GM'S BRIEF

**Dear Members,**

This month we are hoping for good luck! We have invited Mrs. Anna Leong to the Club who will organise a Feng Shui workshop for beginners on 21 and 23 May. The cost of the course is B 4,200 per person including course materials and an engineering compass. Also on the calendar for May are the outings to Koh Kret Island (on the 3rd) and the weekend trip to Khao Yai (23 – 25 May).

The children's changing room behind the Silom Sala has been completed and we would appreciate it if mums, dads and nannies would use this facility for changing nappies instead of the dining tables in the Salas or around the pool! Now that we are on the subject of hygiene, may I remind parents that children under the age of three should wear appropriate swimwear in and around the pools. There have been several "accidents" in the pools recently - rather unpleasant and unhygienic - and we hope that parents will keep tabs on their youngsters in an attempt to avoid these mishaps!

We have exchanged the blue towels in the poolside toilets and changing rooms with paper towels (again for reasons of hygiene). I have to apologise for the air-conditioning, especially in the men's changing room, which has not been working properly for some time. This was due to the poor performance of our sub-contractor who has now been replaced.

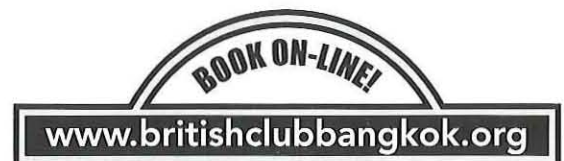
Effective 1st May, standing orders will not be accepted as a form of payment for monthly dues. There are about 75 Members still using standing orders and all those concerned will receive a letter kindly requesting them to cancel the standing order with their respective banks. We will assist each member concerned to change to direct debit instead. In case you need assistance with this, please do not hesitate to contact Khun Prem, our Financial Controller.

We have received several complaints from Members that *Outpost* arrives rather late each month. To try and ensure that *Outpost* comes out on time, all contributors should note that their material MUST reach the office of The Creative Partnership no later than the 10th of each month for publication the following month. From now on, editorials, pictures or whatever arriving after the 10th will be published two months later.

For further enquiries please contact Liz Bishop at Creative Partnership.

Yours sincerely,

Willem T. P. Pentermann
General Manager





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WHAT'S ON

Up and coming events

KOH KRED TRIP**Saturday, 3 May**

A nice day's outing to the pottery island of Koh Kred.

Leave the BCB at 9.00am. Board Top Tim and sail along the Chao Paya River enjoying breakfast on board. Arrive at the Island at 10.30am and take in the nature, pottery products and temples on this interesting island. Back on the boat at 12.30pm to sail to Saun Thip Restaurant for lunch in a beautiful garden setting. Lots of entertainment will be provided for the children. At 3.00pm board the bus and return to Bangkok by 4.00pm.

Charge: Adults B 1,600. Children below 12 years of age B 850.

NEW MEMBER'S NIGHT**7.30pm, Tuesday, 13 May**

An excellent opportunity to meet newly joined Members in the Churchill Bar, with entertainment by No Fixed Abode.

SWIMMING GALA**Sunday, 18 May**

Warming up from 8.00am onwards, competition will start at 9.00am. Luncheon is included. Registration Fee B 200 per entry.

BAR QUIZ**7.30pm, Tuesday, 20 May**

Come along for an exciting evening with Quiz Master Rodney Bain in Lord's Dining Room. Each team can have a maximum of 6 participants. Registration fee is B 100 per team player.

FENG SHUI WORKSHOP**FOR BEGINNERS****21 and 23 May, 6.30pm-9.30pm,
Suriwongse Room**

Come and discover what feng shui can do for you with Anna Leong. The fee is B 4,200 per person which includes course material and engineering compass.

If you are interested in signing up for this fascinating course, please send an email or fax to the Club before 16 May. It is important that you register on time as there are only 20 participants per course.

See page 11 for full details of the Feng Shui classes!

KHAO YAI TRIP**23-25 May**

Join us on this popular weekend trip which includes two nights at the Khao Yai Villa Resort, leaving the Club on Friday night and returning on Sunday.

Cost includes, meals, bar quiz, elephant rides, transportation to and from Khao Yai and an exciting trip through the National Park.

Only 54 seats are available on this trip so please make your reservation (by email, fax or sign up at reception) as soon as possible!

Cost: Adults B 4750

Children under 12 years of age B 3250

Children under 2 years of age B 1,000

INTER SECTION**FAMILY SPORTS DAY****Saturday, 7 June, 2.00pm - 7.00pm**

Large variety of sports activities on the tennis courts, squash courts front lawn, back lawn and throughout the Club.

The activities will start at 2.00pm and families can sign up with their children aged 4 and above.

Each family member will receive a score card on entry and can score points on each of the activities. Obviously children between 4 and 13 years of age will get bonus points (handicap) in order to come to a comparable score. There will be a total of about 25 activities run by club staff and sport section members. At around 5.00pm a family style BBQ will be set up on the back lawn, and around 6.30pm we will announce the winners of this tournament.

Registration fee: B 400 for adults and B 200 for children between 4 and 14 years of age. The charge includes all activities and the BBQ dinner at the end of the sports day.

Please register at reception or send us an email.

CLUB MANAGER'S NIGHT**Tuesday****10 June 2003, 6.30pm onwards**

At the Churchill Bar, complimentary curry buffet will be provided.

Great evening to catch up with fellow members and enjoy entertainment by No Fixed Abode.

GENERAL MANAGER'S**GOLF CUP****Saturday, 14 June**

8.30am - 9.30am Breakfast at the Silom sala

9.30am - Depart by coach to the Golf Course

11.30am Tee off

5.30pm - Return by coach to the British Club

6.30pm - BBQ and prize presentation at Silom Sala.

The price will include caddy fee, green fee, B'fast, BBQ Dinner and transport by coach, and of course prizes for the tournament.

Price: B 1,500 per person for Club Members and B 1,750 for guests.

BAR QUIZ**7.30pm, Tuesday, 18 June 2003**

Come along and have an exciting evening with Quizmaster Rodney Bain in the Dining Room.

Each team can have a maximum of 6 participants and a registration fee of B 100 per team player.

**ATTENTION ALL RASTAFARI...****Caribbean Food Carnival****Friday, 30 May & Saturday, 31 May**

Spliffin' good time, mon, down at de Lord's - an' we'z not jivin' 'bout cricket! Me main man Boonlerd an' de posse is fixin' some righteous rasta an' pasta, mon, for de tribe...

A jolly nice selection of Rum will be also be available. Dreadlocks not compulsory.



CHARITY CORNER

So you think you know a bit about animals...




สมาคมป้องกันการทารุณสัตว์แห่งประเทศไทย
Thai Society for the Prevention of Cruelty to Animals

THE THAI SOCIETY FOR PREVENTION OF CRUELTY TO ANIMALS (TSPCA)

For those of you who couldn't make it to the TSPCA's informative presentation at the Club at the end of March, here is a teasing taster of what you missed. Have a go at this quiz yourself - it's good fun and you may even learn something! What's more, if you jot down your answers and fax them to The Creative Partnership (02 678 1292 attn: Liz the Editor) you may be the winner of a bottle of wine, courtesy of Soi Dog Rescue. The first correct entry received will win the prize.

No quibbling over the answers! Editor Liz, and Sherry of Soi Dog Rescue, will be judge & juror, and their decision - however daft - will be final!!!

If you are interested in learning more about the work and aims of the TSPCA, then contact them direct, and keep an eye on this Charity Corner as more about them will be featured in future issues.

Sponsor:

www.soidogrescue.org

contact: sherry conisbee 01 611 2865
or Margot Homburg Park 09 895 9965



CHARITY CORNER

1. Identify the animals shown below

a



b



c



d



2. What is the common name of the Dugong?
3. What is the most apparent difference between an African and Asian elephant?
4. To what animal family does the pangolin belong?
5. Are gibbons carnivorous?
6. What breed of dog was 'Lassie'?
7. What 'world first' is an animal attraction in Phuket?
8. If a cat is feline and a dog canine, what breed of animal is ursine?
9. What other animal does a Gaur resemble?
10. What is the average lifespan of a Thai street dog?
11. How many 'toes' does a dog have on its front paws?
12. Are any species of ape common to Thailand?
13. What animal was the main subject of a book by A A Milne, and what was its favourite food?
14. The Siamese and Manx are species of what animal?
15. Why do elephants have big ears?

16. Correctly identify 3 (three) of the following breeds of dog.

a



b



c



d



17. The sale of which new pet was recently banned in Thailand?
18. How many legs does a cockroach have?
19. At what time of day and where may you see a slow loris?
20. Which of the four following animals is NOT native to Thailand?
a) Tapir b) Leopard cat c) Iguana d) Sun bear
21. Which Thai government department has prime responsibility for wild animal conservation?
22. What is brachiation?
23. Dog catchers in Bangkok are paid a bounty for each animal captured - how much is it?
24. According to the Bangkok Post, how many elephants are killed each year in training, or providing entertainment to tourists?
25. When I take you out in the surrey, what farmyard animals are advised to scurry?
26. What is the difference between a Spanish and a Thai bullfight?
27. Are all snakes carnivorous?
28. Sort these out into a species of animal
a) soegomno b) ueislqr
c) cldoeric d) oshurcneir

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SPORTS UPDATE

Back in the Swing

Sport's activities have all started again, but it is still possible to join in. Book soon to reserve a place.

JUNIOR CRICKET

Started Sunday, 27 April

Time: 9.00am – 11.00am
Venue: Back Lawn – Cricket Nets
Charge: B 3,000 for 10 lessons
Trainer: Mr. Brian Wiggins, qualified Australian coach

JUNIOR SQUASH

Started Friday, 25 April

Mini squash: 5–7 yrs 4.30pm–5.15pm
Junior Squash: 8–10 yrs 5.15pm–6.00pm
Venue: Squash Court Number 3
Charge: B 1,900 for 10 lessons

JUNIOR SWIMMING

WITH THE BANGKOK DOLPHINS

Starting on 10 May

Charge: B 3,000 for 10 lessons.

TAEKWONDO LESSONS

Started on Sunday, 27 April.

Time: 10.30am – 12.00 noon
Venue: Squash Court Number 3
Charge: B 1,800 for 10 lessons

AQUA AEROBICS

Started Monday, 29 April

Every Tuesday and Thursday mornings.
Time: 10.30am – 11.30am
Venue: Main Pool
Charge: B 2,500 for 10 lessons.
Trainer: Els van den Broecke

AEROBICS

Started Monday, 29 April

Held every Monday morning from 9.30am – 10.30am on Squash Court 3 and every Sunday from 3.00pm – 4.00pm.
Charge: B 3,000 for 10 lessons

BRAZILIAN FOOTBALL

FOR JUNIOR SOCCER FANS (NEW)

Starting Wednesday, 7 May

Every Wednesday from 3.00pm – 5.00pm on the grass tennis courts.
3.00pm–4.00pm Age range 5–8 years
4.00pm–5.00pm Age range 8–12 years
Charge B 2,500 for a 10 week period

INTERSECTION

CENTENARY SPORTS DAY

Saturday, 7 June 2003

Don't miss this day... it will be one of the Club's finest centenary events where all the family can join in. Heaps of fun. Please note it in your diary.

EDITOR'S NOTE

The ink seems to be drying up again and *Outpost* is receiving only a drizzle of mail these days. Time, I think, to remind you all about YOUR magazine!

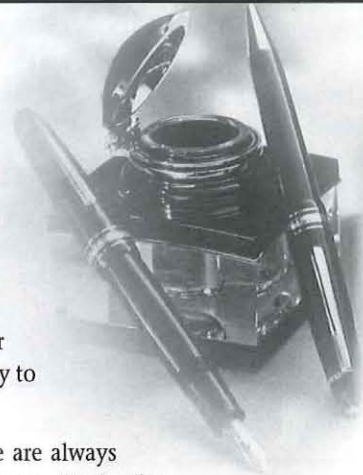
MEMBERS' CONTRIBUTIONS Here at *Outpost* HQ, we just love to receive letters, news 'n' views on BC-related activities, holiday reports, photographs, poems, tips and tattle from you, the members! There is a page specifically designated for Members' letters which is the ideal forum for expressing concern or sharing your viewpoint with other members. If you have a humorous story, or want to share the magic moments of a recent holiday, then we are more than happy to donate space - just write to us, please.

CHARITIES For those of you involved in or supporting a particular charity, we are always delighted to highlight charity events in *Outpost*. Let us know details well in advance. Under the charity heading this month is a great PRIZE QUIZ! compiled by the Thai SPCA and submitted by... well, by me! Thought I could get the ball rolling.

SPORTS SECTIONS I feel justified in wagging my finger at the sports sections for contributing practically zilch since the start of the year! All except, that is, for the golf section whose scribe Vicki Jones has kept us fully in the know about golfing activities and provides colourful photos each and every month. Perhaps we should rename the magazine "Golfing Monthly"...! Come on guys (tennis, squash, swimming, aqua-aerobics, rugby) - nominate someone as the section scribe and send us reports (however small) with photographs. You may even get a new member or two through advertising your activities in this way.

COMMITTEE WITTERINGS As for contributions from our General Committee, well... I give up! Ladies and gentlemen of the committee, don't be shy, please tell us what happens behind your committee doors.

Sitting in the Editor's hot seat this month:
Sherry Conisbee (C242)



N.B. Deadline for contributions is, and always has been, the 10th of the month for publication in the following month's issue. It has been months and months (years even!) since we received a whole month's contribution on time. BC management is now supporting our plea for on-time contributions and has decided to get sticky about deadlines - if you don't let us have your text (with pics) by the 10th, it probably won't appear the following month. So there!
Contributions will be printed subject to space and the Editor's discretion. Text may be edited. We reserve that right.

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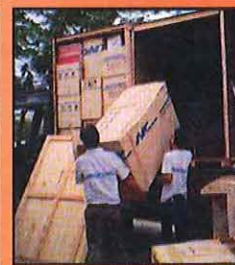
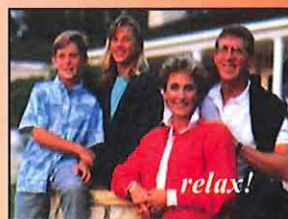
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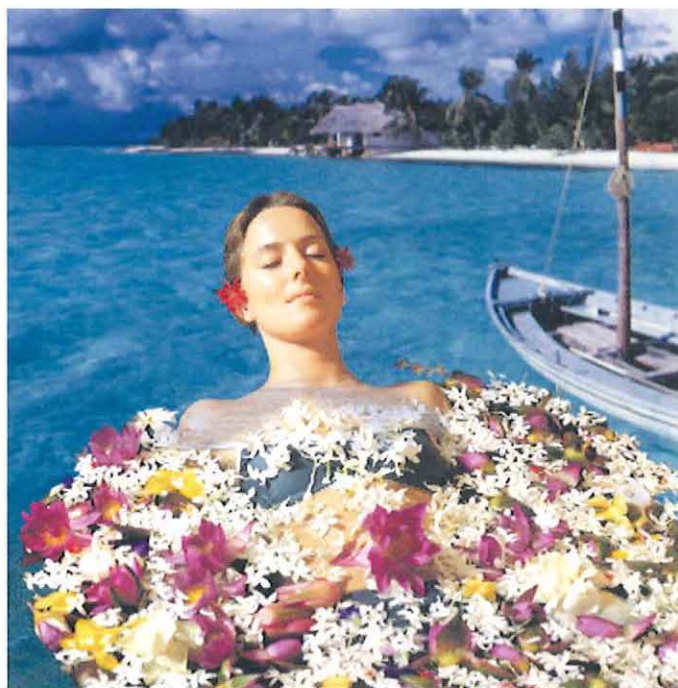
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BC SPECIAL EVENT

Feng Shui

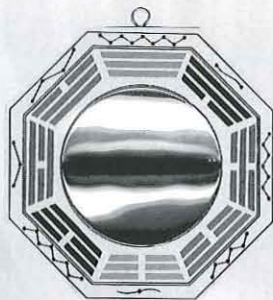
Workshop for Beginners

Come and discover what feng shui can do for you with Anna Leong. You never thought school formula feng shui could be so easy to use or that practicing feng shui can be so much fun.

Feng Shui is a traditional ancient Chinese technique that aims to ensure that all things are in harmony with their surroundings. From its origins in China, feng shui has swiftly crossed borders and is now the hipword on the tongues of the trendiest and well-known people and venues around the world.

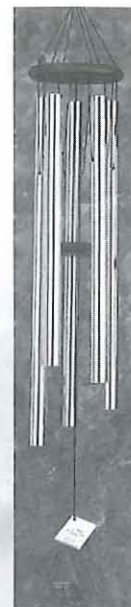
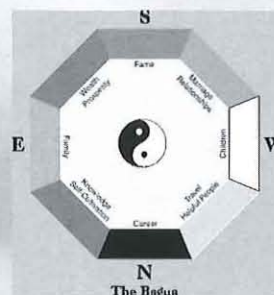
With the correct practice of feng shui this ancient art has brought happiness, good health and prosperity to many people. Why not give it a try!

This course is suitable for anyone seriously interested in gaining a comfortable working knowledge of feng shui, either to enhance their own house, to use as grounding for a career in feng shui or just take up feng shui as a hobby and want to deepen one's knowledge about this ancient art.



You can be a total beginner or you may have read books and attended some courses already. This course gives you a comprehensive understanding on what feng shui is today and how you can use it to improve your life and the life of others.

In this course Anna will share secrets of correcting bad luck features in the home so that residents can avoid misfortunes, and enjoy good health. She will show you easy ways to use symbols and the potency of water feature placement to attract money into anyone's life. Simple methods for activating relationship good luck, finding a soul mate, getting the promotion you were going for, tapping education luck for your children or just bringing more fun and joy into your life.



Topics also include Chinese horoscopes, how to apply the 8 mansions Pa Kua formula, compass reading and how to perform a space cleaning ritual to create positive energy for your home and office.

The limited number of participants in each class ensures a personalised approach and creates an intimate ambience. The course is instructed in English. All participants will receive a certificate of completion at the end of course.

Anna Leong is a Certified Master of Practitioner and Consultant for Classical Feng Shui and advanced Flying Star Application. She is also an active Member of the Feng Sui Society, UK.

BEGINNER'S COURSE - (2 LESSONS) - 21 MAY AND 23 MAY

6.30pm - 9.30pm on both days

Venue: Suriwong Room

Fee: B 4,200 per person*

*Fee includes course materials and engineering compass.

Members who are interested in this course please send an email or fax to the Club to register before 16 May. It is important that you register on time because there are only 20 participants per course.

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Travel Health

There is an ancient Chinese blessing, or curse. "May you be born in interesting times." Well for the international traveller these certainly are interesting times.



Travel broadens the mind so they say, but in today's shrinking world travel can do more than that. Now a broadened mind may be what you want from travel to some exotic location, or even from the annual trip home; however, what you don't want is a dose of some exotic disease.

The **SARS** pandemic certainly focuses the mind on the perils of cross border travel. But the world has been here before. During the Middle Ages the Black Death took many years to spread across Asia and Europe. The '*Spanish Flu*' and '*Asian Flu*' that ravaged Europe in the early and mid 20th century spread quickly and killed many in its course. Modern rapid transport can carry new diseases to the furthest parts of the globe in a matter of hours, and long before the victim shows any signs of the disease.


The ability to travel to far off places is so easy and common place these days that people tend to forget the health problems inherent to international travel. Of course some are at more risk than others; babies, children and the elderly amongst them. Even though cabin air is now highly filtered and purified before being recycled the '*frequent flyer*' may be at increased risk. To protect yourself from newly emergent diseases as well as the established ones, it is a matter of good health maintenance to visit a travel health clinic at least once a year. And certainly to get advice when diseases like SARS raise their heads.


The best travel clinics are members of agencies that provide accurate and updated health information from government and other credible health sources. **The BNH Hospital's International Travel Medicine Clinic (ITMC)** is a member of many such agencies like: the International Society of Travel Medicine, the US Center for Disease Control, Pro Med and others. This network gives **the BNH ITMC** unrivalled access to a world of information on existing and emerging diseases.


The BNH ITMC is staffed by doctors and nurses trained in the speciality. It offers a comprehensive service that includes advice and information on the entry requirements of all countries. It will also provide a written report on health hazards that may be encountered in other countries. Not forgetting, of course the provision of vaccinations appropriate for your trip, along with this will be a United Nations recognised vaccination certificate. The certificate is a handy pocket size document that is essential for travel to certain regions. The certificate will also remind you of the dates for your booster 'jabs'.


People, especially those who travel frequently on business may become a little blasé about the need for health checks and vaccination boosters before and after travelling. However, if you feel unwell after your arrival home it is important to consult a doctor or better still a travel medicine clinic.


Safety Tips


 The chances of contracting SARS from fellow passengers is very low indeed, but you should take some precautions to reduce your risk of SARS infection.


 Maintain good personal hygiene: cover your nose and mouth with a tissue when sneezing or coughing, and wash hands immediately afterwards with liquid soap.


 Use a disposable towel or a hand dryer to dry hands.


 Develop a healthy lifestyle – proper diet, regular exercise, adequate rest and do not smoke.


 Ensure good ventilation at home and in the office.

 People with respiratory tract infections, or those caring for them should wear a face mask.

 Consult your doctor promptly if you develop symptoms of a respiratory infection.

 Eat foods that contain vitamins and minerals to boost your immune system.

 Get sufficient sleep.

 Take moderate exercise.



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Krabi - Jewel of the Andaman Sea

For most of us a trip to Phuket or to Koh Samui is a pleasant break from the stresses and noise of life in the Big Mango. And whilst we may get comfort and luxury in either locale, these days it is increasingly difficult to find that untouched beach or tourist-free area. Krabi, not as confined as an island, offers the best of both worlds. Whether you are a fresh-air fiend, kayaking your way through cave complexes; or whether you are a beach-bum, simply unwinding on the beach with the latest John Grisham, Krabi caters for everyone.

Krabi is just a short hop from Bangkok

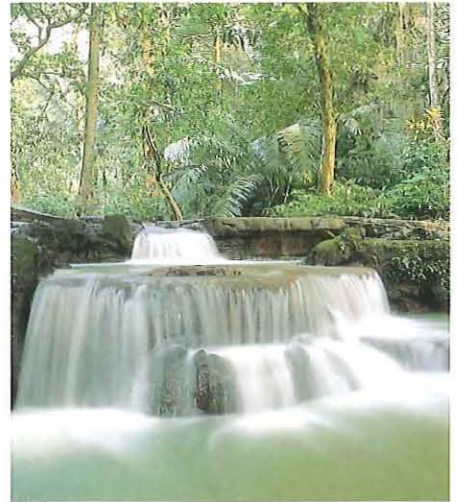


Domestic Airport and is in fact one of Thailand's oldest districts. After dating archaeological artefacts found in the various caves and cliffs that mark the landscape, it is believed that Krabi has been home to man since 25 - 35 000 B.C. Looking around, it's easy to see why early humans were attracted here such a long time ago.

Today Krabi, the quieter but prettier sister of Phuket, retains all of its natural beauty; spectacular cliff formations jut out into emerald seas full of exotic marine life, and lush forests burst with flora and fauna - some of which are extremely rare. For those who enjoy the great outdoors, there is an abundance of things to do including kayaking, diving, jungle trekking, rock climbing to name but a few.

A quick drive from the airport and we arrive at the Sheraton Krabi Beach Resort, an island of luxury in a sea of natural beauty. The hotel is nestled into a mangrove garden and has its own beach - a 500 metre-long bay of fine white sand. It is just 15 minutes from the hustle and bustle of Ao Nang beach and only twenty minutes from Krabi town. After a good night's rest in a comfortable bed and a glorious breakfast on the balcony - with a panoramic view across the beach - I already feel relaxed.

The day is as beautiful as the land around me and the soaring pale blue sky floats down gently, smothering the palm-fringed horizon.



An excellent day for kayaking in the glinting emerald water along Krabi's majestic coastline, under exhilarating limestone cliff faces and swooping swallows. The swallows nest in caves embedded in the cliffs. The sheer faces are hung with brittle and bone-like bamboo ladders - the tools of birds nest poachers attempting to earn dollars from the far-flung restaurant tables of Hong Kong and beyond.

Back at the hotel I treat myself to a session at Mandara Spa, to ease and soothe my aching muscles. A massage in the exotic setting of a mangrove garden and one hour later I feel completely rejuvenated.

Afterwards, glowing and relaxed on Khlong Moug beach, with the fading sunlight





enveloping all in an ethereal shroud, a moment of quiet contemplation suspends me as I tune into the distant murmur of the Andaman Sea. A perfect time of the day. I am woken from my reverie by the rat-a-tat of a nearby woodpecker; with the sun well-over the yard arm I head off to "Martinis" - a well stocked bar at the Sheraton famed for its large selection of Martinis .

It's time for a sundowner (or several) and "Martinis" is ideally positioned to watch the sunset: elevated two floors above the hotel's enchanting mangrove garden with a superb view across the white sand of Khlong Moungh beach and out into the ocean, I gaze at the last moments of the sun as she melts into the tranquil sea below.

There is nothing better than an early morning swim to brush away the cobwebs of the night before. Refreshed and revitalised, a day's diving is in store on Krabi's vibrant coral reefs. The water is as warm and inviting as it appears and the coral is teeming with marine life displaying all the colours of the rainbow.



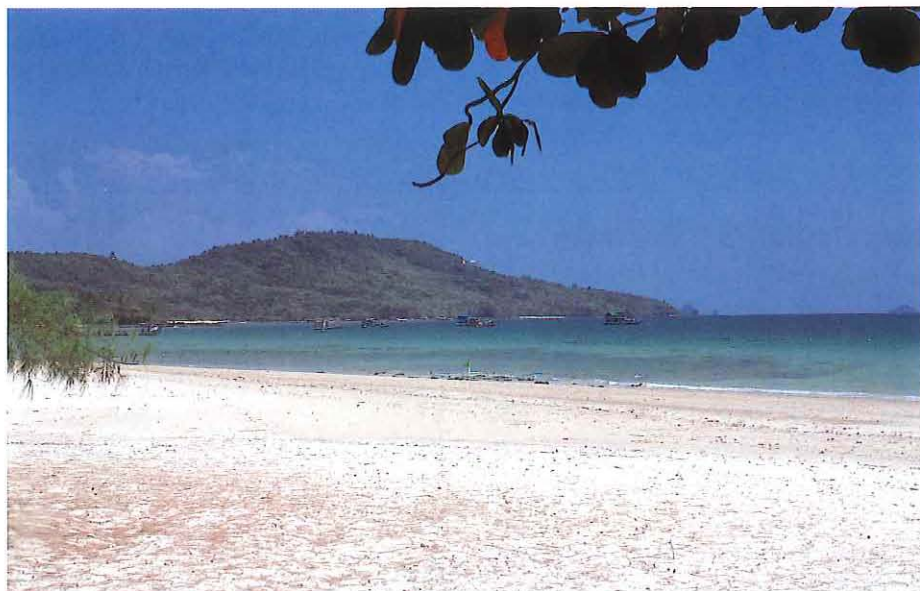
The coral fish sparkle as they catch the penetrating sunlight, reflecting their striking colours. Later, exhausted but content, we head back to the mainland. It's time for a shower and a quick nap.

The day's exertions have whisked up an appetite of immense proportions and a blow-out meal is the order of the day. With such abundant marine life it is hardly surprising that the seafood on offer at Gecko's restaurant is second to none with juicy Tiger prawns, rich succulent lobster, shellfish of all varieties and the freshest fish all supremely cooked by international chef Jerome Case. Dining al fresco with a refreshing sea breeze and a moonlit sky illuminating the mangrove garden certainly makes for an exotic repast. Suitably sated, I hear the whisper of my bed

calling me and it's time to retire for my last evening in Krabi.

As I leave, I take in the wonderful surroundings for the last time and remark to myself that nature reserved something special for Krabi, and although it feels like a million miles away, it's nice to know that it's just a short hop from Bangkok.

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Hello & Goodbyes

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

Mr. Andrew Flynn

Mr. Polepat Leenutaphong

Mr. Nicholas Copp

Mr. Sean Cabourn

Mr. Patrick Mann

Mr. Vivian Daros

Mr. Peter Maule

Mr. Stephen Dann

Mr. Hamish Keith

Mr. Jonathan Lynn

Mrs. Nitra Kittayakara

Mr. Roderick McSherry

Mr. Khurram Khan

Mr. Peter Clarke



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

Mrs. Bronwen Palomaki

Anthony Wright

Terry Gardiner

Gerald Robinson

Emma Wright

Dene Green

Mungkorn Kriengwatana

Devang Sanghavi

Robert Martin

Michael Pomphrey

Stephen Simmons

RELAXED REGULARS

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Wednesday Evenings - Churchill Bar

Every member (and spouse) has the chance to win the every-growing cash prize. All you have to do is be in the Bar when your membership number is drawn from the hat. You can't win if you're not there!

CHILDREN'S MOVIE NIGHT

Join us in the Silom sala for our regular Friday screening of great movies for the children at 7.00pm. No charge for the kids.

WEDNESDAY DARTS NIGHT

Join the lads and lasses every Wednesday evening in the Churchill Bar for a friendly game of 'arrows'. Everyone is most welcome, regardless of whether you can hit the board or not!

TUESDAY BRIDGE NIGHT

We continue to enjoy a friendly game of Bridge every Tuesday evening in the non-smoking area of the Churchill Bar. Refer to the Calendar page for contact details.



ART ATTACK CLASSES

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One off classes at B 650 per class.

Please register at reception.

SUNDAY AFTERNOON

CHILDREN ACTIVITIES

2.00pm in the Silom Room

BC and Kids Care are organising children's activities followed by a movie every Sunday. No charge for this event.

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GOLF

New Club Champions!

It's been a busy month for the British Club Golf section. It started with our annual guest day and ended with the biggest event in our calendar - The Club Championships (more about that later).

■ GUEST DAY AT LAM LUKKA ■

Every year, the British Club golfers hold a guest day. This is a great chance for those who are not members of the British Club to join us for a round of golf followed by a BBQ at the club afterwards. Hopefully some of those who joined us this year will become members before long.

The golf part of the day was held at Lam Lukka. There were 37 players on the day, nine of which were guests. The format for the competition was stableford with prizes available for both members and guests. We are happy to welcome guests at all our outings throughout the year but this is the only competition where the guests can win prizes. We were pleased to see Phil Hall back in Bangkok from Manila. He was obviously pleased to be back on the golf course. So pleased in fact that he went on to win first prize with 37 stableford points. Vicky Jones was second with 36 points and Gareth Sampson was third with 35. Jo Palmer won the prize as the leading guest with 35 stableford points and Nick Helms was in second place with 31. Jo often plays with the BC golfers as a guest. So often in fact that she nearly missed out on first place when she was mistakenly assumed to be a member!

The technical prizes were fairly evenly distributed between guests and members with the following people winning a sleeve of golf balls for their efforts: Men's long drive - Neil Biggs, Ladies Long Drive - Jo Palmer. Near Pin hole 3 - Barry Ashman, hole 8 - Peter Gale, hole 12 - Barry Ashman, Hole 16 - Neil Biggs. Longest Putt - Larry Goodliffe.

The golf was great, in spite of the torrential rain and lightning and the BBQ back at the Club was a perfect end to an enjoyable, but rather soggy day.

■ MARCH MEDAL AT KHAO KEOW ■

We were back at Khao Keow for the March Medal. For those readers who haven't noticed a pattern yet, our Medal competitions alternate between Royal Lad Krabang and Khao Keow. The weather was not great in March and, true to form, we got absolutely



The Winners for 2003! Absent - Ed Ashman, Lowest Men's Net somewhere on the way to the airport.

soaked as we braved the elements and battled our way round the course. We were pleased to welcome Andrew Osborne, Kevin Dodd and Tom Macgarra as guests on the day. In spite of the weather, there were some truly impressive scores on the day. The most notable of which was carded by Karen

Holloway who won A flight with a brilliant net 64. Brian Dodd was second in the flight with a net 67. On any other day that would probably have been enough to secure victory. Brian Brook was in third place, also under par, with a net 70. B Flight was won by Bridget Snow who shot a net 68, four shots below her handicap. Barry Ashman was right on her heels with a great net 69 and, keeping it in the family, Ed Ashman took third place with a net 74. C Flight was won by Mick Murphy with a net 70. Edwin Ferner continued his run of form with a net 71 and Vicky Jones was third with a net 73.

The Men's Long Drive went to Kevin Jones who managed to keep it on the fairway - a rare occurrence indeed! Jo Goodliffe won the Ladies Long Drive. The near pins went to Brian Brook on B3, Andrew Osborne on B8, Vicky Jones on C3 and Kevin Dodd on C8. Edward Ashman sunk the longest putt on the last hole to claim his sleeve of balls. Apparently his face was a picture when Kevin Jones, keen to salvage something from a disastrous round, hit his makeable short putt a mile past the hole in order to try and beat Ed's long putt. Fortunately Kevin missed the return!

Flight A	First	Karen Holloway	net 64 gross 81
	Second	Bryan Dodd	net 67 gross 77
	Third	Brian Brook	net 70 gross 83
Flight B	First	Bridget Snow	net 68 gross 93
	Second	Barry Ashman	net 69 gross 92
	Third	Edward Ashman	net 74 gross 98
Flight C	First	Mick Murphy	net 70 gross 100
	Second	Edwin Ferner	net 71 gross 100
	Third	Vicky Jones	net 73 gross 105

■ CLUB CHAMPIONSHIPS AT FORREST HILLS ■

This year the BCGS Club Championships were held at Forrest Hills. This is a beautiful course set amongst the mountains that is as tough as it is scenic! It's only one and a half hours from Bangkok and is well worth the drive up there but if you plan to try it out, make sure you have plenty of golf balls!

Thirty-three players competed in the Club Championships. Unlike most of the BCGS competitions, this is not a mixed event and by the end of the weekend we would have a Men's and Ladies' Club Champion. There was a strong field of 19 men competing for the Men's title with Ken Jones joining us as a guest to bring the total to twenty. Those of you with a flair for maths will have worked out that there were 13 ladies competing!

The Championships were played over two days with the competition as hot as the weather. The driving range was a hive of activity and the practice green was mobbed as the more dedicated players among us got some last minute practice in before the Championships began. Guy Snow was there as official photographer to record each group for posterity. At 11.30am the first group teed off and the 2003 BCGS Championships had begun.

As we played our rounds we began to appreciate the beauty of the course and its many flower beds! The work that Karen Holloway had done in advance of the event to make sure that we

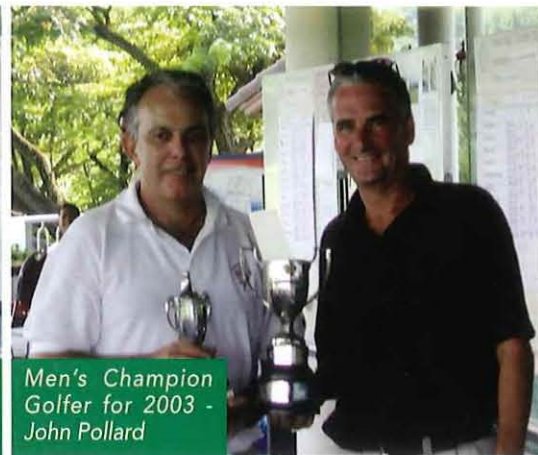
GOLF



Diane Bulow - Ladies
Best Net on Day 1



Ladies Champion
Golfer for 2003 -
Karen Holloway.



Men's Champion
Golfer for 2003 -
John Pollard

all had the same approach to the many and sometimes unmarked hazards was invaluable.

At the end of the first day's play, there were a number of players emerging as clear favourites. Andy Flynn, never one to miss out on the opportunity to part with some cash, decided that an auction of players was just what we needed to add a certain edge to the competition. The stakes were high as players were bought and syndicates formed. The bids got higher and higher as the beer flowed and the favourites were auctioned off. By the end of the evening some of us couldn't remember who we'd bought and how much cash we had parted with – probably just as well!

As we teed off on day two hangovers got the better of some of us and the course got the better of others. There were some notable exceptions, as you will see from the results below. The atmosphere was electric as some of those players who had finished their rounds sat on the bank at the back of the eighteenth green to watch the leaders coming in.

John Pollard was consistency personified as he won the Men's Lowest Gross by three shots to become Men's Club Champion having carded two gross 79s. Karen Holloway was the winner of the Ladies' Lowest Gross by a 14 shot margin and is Ladies' Club Champion. Other notable rounds included Diane Bulow and Edwin Ferner's net 68s on the first day. Edward Ashman played steadily to win the Men's Lowest Net with a 143, quite an achievement on such a punishing course. Vicky Jones won the Ladies' Lowest Net having recovered from a disappointing first round to score a net 73 on the second day.

The Results in full:

Men

Winner Gross and Club Champion	John Pollard	79 + 79 = 158
Second Gross	Bryan Dodd	78 + 83 = 161
Third Gross	André Tissera	84 + 81 = 165

Winner Best Net	Edward Ashman	143
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Best Net Day 1 (Sponsored by AIG)	Edwin Ferner	68
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Best Net Day 2 (Sponsored by Interdean Interconnex)	Barry Ashman	72
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Ladies

Winner Gross and Club Champion	Karen Holloway	95 + 92 = 187
Second Gross	Karen Carter	104 + 97 = 201
Third Gross	Jo Goodliffe	102 + 102 = 204

Winner Best Net	Vicky Jones	154
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Best Net Day 1 (Sponsored by AIG)	Diane Bulow	68
-----------------------------------	-------------	----

Best Net Day 2 (Sponsored by Interdean Interconnex)	Liz Mackay	76
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Technical prizes day 1

Long drive men – Brad Weatherspoon, Ladies – Karen Carter
Near Pins, 4 – André Tissera, 6 – John Pollard, 11 – Kevin Jones, 15 – Pat Dean
Longest putt – Bryan Dodd

Technical prizes day 2

Long drive men – Kevin Jones, Ladies – Jo Goodliffe
Near Pins, 4 – Pete Gale, 6 – Gareth Sampson, 11 – Brad Weatherspoon, 15 – Mike Poustie
Longest putt – Gareth Sampson

With the serious golf out of the way, a Texas Scramble provided some much needed light relief on Monday. This was a two ball scramble with the exception of the 'fast tarts in carts' who played as a three

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GOLF



Vicky Jones - Ladies Lowest Net Winner 2003



Liz Mackay - Ladies Lowest Net Winner on Day 2



Edwin Ferner - Men's Best Net on Day 1



Guy & Jo assess the Hazards

ball. These fast women were Jo Goodliffe, Karen Carter and Bridget Snow.

Diane and Harland Bulow won the scramble on countback from Tom and Liz Mackay with both pairings carding a net 66. Third place went to the disreputable women I mentioned earlier with a net 69.

The Men's Long Drive went to Pete Gale with Karen Carter outdriving all the ladies. Near pins went to Vicky Jones on hole 4, Brian Brook on 6 and Jo Goodliffe on 11 and 16.

The longest putt went to Peter Gale and Mike Staples won the nearest second shot to the pin on hole 16. These last two technical prizes were sponsored by our Birthday Boys Pete Gayle and Harland Bulow.

It was a great weekend at Forrest Hills. Congratulations to our Champions, Karen and John.

Vicky Jones

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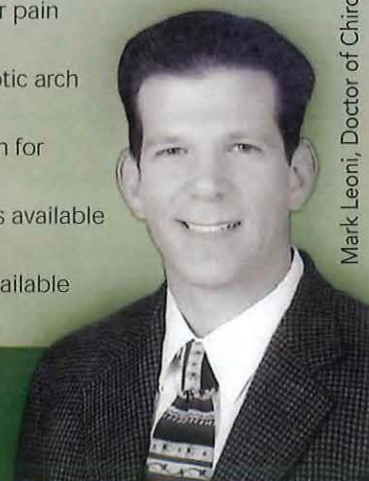


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CALENDAR

BRITISH CLUB SPORTS AND ENTERTAINMENT CALENDAR

SPORTS

9.00am - midday	Squash Coaching
9.00am - 1.30pm	BC Swimming Instruction

SPORTS

7.00am - 1.00pm	Tennis Team Practice
9.00am - 11.00am	Junior Cricket
10.30am - midday	Taekwondo
11.00am - 1.00pm	Badminton - Soi Nares
2.00pm - 4.00pm	Children's Activities
3.00pm - 6.00pm	Tennis Mix-in
3.00pm	Yoga

SPORTS

8.00am	BWG Mahjong
7.00pm - 9.00pm	Tennis Team Practice

SPORTS

7.00am	Ladies' Golf
8.00am - 10.00am	Ladies' Tennis
10.30am - 11.30am	Aqua Aerobics
11.30am	Yoga
2.00pm - 5.30pm	Swim with the Bangkok Dolphins
2.00pm - 7.00pm	BC Swimming Instruction
7.00pm - 9.00pm	Football Training

CHURCHILL BAR ACTIVITIES

6.00pm - midnight	Ladies' Night
8.00pm - 11.00pm	Friendly Bridge
9.00pm	Gentlemen's Spoof

SPORTS

6.00pm - 9.00pm	Tennis Mix-in
6.30pm	Cricket Nets

CHURCHILL BAR ACTIVITIES

7.00pm	Darts
7.00pm	Accumulator

SPORTS

8.00am - 10.00am	Ladies' Tennis
6.00pm - 9.00pm	Squash mix-in
7.00pm - 9.00pm	Rugby Training
9.00pm - 10.00pm	Hockey Training

SPORTS

9.00am	ANZWG Mahjong
3.30pm - 6.00pm	BC Tennis Coaching for Children
4.30pm - 5.15pm	Mini Squash
5.15pm - 6.00pm	Junior Squash
5.00pm	Tennis Mix-in
5.30pm	Swimming - Junior Squad Training
6.00pm - 7.00pm	Adult Tennis
6.30pm - 9.00pm	Poolside BBQ
7.00pm	Children's Movie Night

Sports - Contacts

Aquatics	Susan Kreutzner-Ferguson	0 2391 5374
Badminton	Anant Leighrahathorn	0 2654 0002-29
Bridge	Winlock Hsu/ Charlene Wang	0 2921 6015
Cricket	André Tissera	0 2238 2718-21
Darts	Fitness Centre	0 2234 0247
Football	Martin Conisbee	01 860 4874
Golf	Larry Goodliffe	0 2236 9785-7
Spoofers	Steve Eaton	0 2237 9262
Rugby	Jon Prichard	0 2662 6376
Scuba Diving	Peter Gary	0 2634 7799
Snooker	Khun Kittisak	01 633 9490
Squash	Peter Corney	01 829 2253
Tennis	Terry Adams	01 639 3856

Loyal Societies

St George's	Angela Stafford	0 2632 0560 x 3037
St Andrew's	Meilan Henderson	0 2259 0586
St Patrick's	Ian Kane	0 2678 1813 x 1738
St David's	Basia Filzek	02 286 1348

Venues

Badminton	Soi Nares, behind Bangrak Police Station
Casuals Football	Colgate Ground, Rama III
Massage	Near the Silom Sala

Opening Times

10.00am - 11.00pm	Churchill Bar
11.30am - 2.00pm	Lords Restaurant (Lunch)
6.00pm - 10.00pm	Lords Restaurant (Dinner)
7.30am - 10.00pm	Poolside Bar
6.00am - 9.00pm	Fitness Centre
9.00am - 6.00pm	Thai Massage (Tues-Sun)



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General Committee



From left to right: Nick Bellamy, James Young, David Quine, David Eastgate, Chris Moore, Peter Bond and Greg Watkins.

General Committee Members not pictured above:



Jonathan
Pritchard



Sarah Allen



Angela Daniel

CONTACT DETAILS

Name	No.	Mobile	Tel. (Office)	Fax (Office)	Tel. (Home)	Fax (Home)	E-mail
David Quine	Q12	0 1854 1056	0 2252 5609	0 2252 2350	0 2252 5609	0 2252 2350	david@yes.co.th
Nicholas Bellamy	B288	0 1889 6204	0 2979 7277	0 2955 0300	0 2655 8271		nbellamy@th.mweb.com
Chris Moore	M194	0 1824 1648	0 2740 4521	0 2740 4530	0 2398 9726	0 2747 6935	chris@lasanne.com
James Young	Y25	0 1875 4737	0 2712 5407-9	0 2712 5410	0 2261 0528		jayoung@inet.co.th
David Eastgate	E64	0 1909 3026	0 2672 0123-5	0 2672 0127	0 2672 0250-603	0 2676 2061	davide@loxinfo.co.th
Greg Watkins	W119	0 9129 8004	0 2651 5350-3	0 2651 5354			greg@bccthai.com
Peter Bond	B40	0 1355 1739	0 2656 7732	0 2656 7736	0 2252 8307	0 2656 8907	pebond@loxinfo.co.th
Sarah Allen	A93	0 1987 8806			0 2618 7813	0 2618 7811	sarahem@ksc.th.com
Angela Daniel	D90	0 9006 5259			0 2258 8495	0 2258 8495	ange@loxinfo.co.th
Jonathan Prichard	P107	0 9895 5379	0 2679 6500	0 2679 6519	0 2716 5130		jonathan.prichard@ap.joneslanglasalle.com

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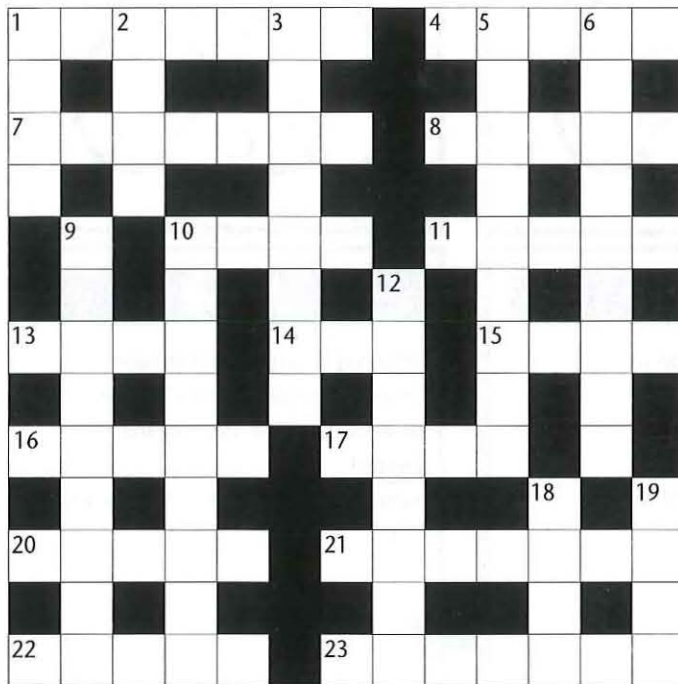
Guardforce

CROSSWORD

MAY be you can do it, and MAY be you can't...

Plenty of time during the holidays this month to knuckle down with pen and reference books to fathom out this general knowledge crossword. Enjoy yourselves. And for those who enjoy testing the mind and memory, why not turn to page 7 for an animal quiz compiled by the Thai Society for Prevention of Cruelty to Animals. You may learn a thing or two, and it could prove worth your while...

Huge thanks to BC member Margaret Miller, who has never failed Outpost in providing a crossword for fellow members to enjoy. Thanks so much, Margaret, from all of us at Outpost (Liz, Sherry, David, Alex, Ian - and Gaynor says "hi" from Taiwan!). Keep them coming!



Compiled by Margaret Miller

CLUES

Across

- 1 Announce that you're not running?
- 4 "This ____ all, to thine own self be true." Shakespeare-Hamlet
- 7 Is it dangerous to fry these sausages?
- 8 Fracture- some common dope?
- 10 Twee in the USA!
- 11 A way of getting there- sounds like twelve inches
- 13 According to the Russians he was terrible
- 14 Just oneself
- 15 "And the Lord set a mark upon ____" (Book of Genesis)
- 16 The bad boy in all school stories!
- 17 It can't be colder than this
- 20 You are energetic if you are full of them
- 21 Half a mile walk somehow - crush things underfoot
- 22 The Norwegian language wrong- a noise in the night!
- 23 He wakes the farmyard at sunrise

Down

- 1 Strikes lightly at small flat fish
- 2 A stick - for 15 across, we hear.
- 3 Sierra it hides in somehow - there aren't many.
- 5 With his visor off, he was very cool!
- 6 Term for things between 1837 and 1901
- 9 The happening inside seen- a figure
- 10 Race to inn- and store things in it!
- 12 If you want to play the cornet in company, here's the music!
- 18 Tops up for a small stain
- 19 "Farewell- thou art too ____ for my possessing."
(Shakespeare - poem)

Solution for April



BRITISH CLUB CENTENARY

2003 at a Glance



May

Thursday 15 - Exhibition of Photography

1 - May Day (UK)
1 - National Labour Day (T)
2 - Early Holiday (Schools)
5 - Coronation Day (T)
10 - St. George's Ball
15 - Visakha Bucha Day
23-25 - Khao Yai Trip

June

Saturday 7 - The British Jubilee Coronation Ball (Contact Sheena Gibson on 0 2254-1581 for more details)

Saturday 7 - Intersection Family Sports Day

July

1 - Mid-Year Day (Banks)

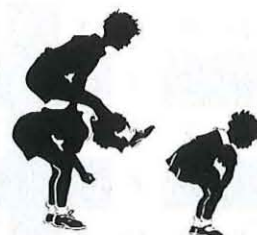


August

BC Sports Camp

12 - Mother's Day, H.M. The Queen's Birthday (T)

September



October

BC Treasure Hunt

Saturday 11- BC Pink & Black Rugby Ball

Wednesday 15 - Trafalgar Night

5-14 - Vegetarian Festival, Phuket

23 - Chulalongkorn Day

November

Sunday 2 - Guy Fawkes Night

Saturday 8 - Fashion Show

14-16 - Surin Elephant Round-up

Saturday 8 - Loy Kratong

Ploenchit Fair (tbc)

29 - St. Andrew's Ball (Dance Practices on 3, 10, 17, 24 & 26)

December

Saturday 13 - Centenary Gala Dinner

4 Spoofing

Championships

5 - Father's Day, H.M. The King's Birthday (T)

10 - Constitution Day (T)

25 - Christmas Day

31 - New Year's Eve



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