

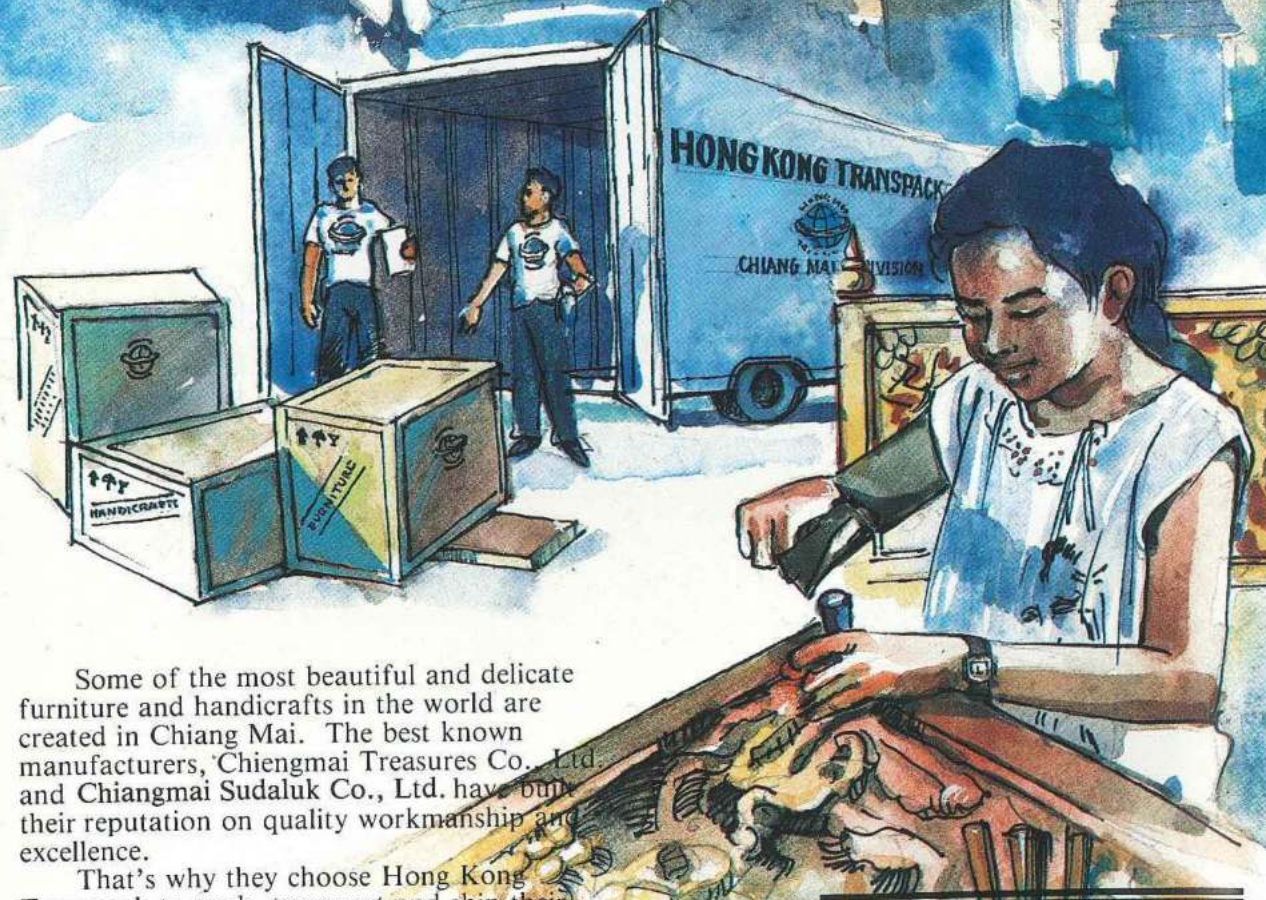
OUTPOST

MONTHLY MAGAZINE OF THE BRITISH CLUB

JUNE 1987



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DIARY

JUNE

Mon 1	BWG Mahjong : Wordsworth Room Ladies' Tennis New Members' Night/Happy Hour	9.00 a.m. 3.00-5.00 p.m. 5.30-9.00 p.m.
Tue 2	Ladies' Golf Yoga BWG Sherry Morning : Margaret Duff's House Tel: 252-5649 Bridge	8.30-10.00 a.m. 11.00 a.m. 7.30 p.m.
Wed 3	BWG Bridge : Wordsworth Room Tennis & Squash Club Night	9.30 a.m. From 6.00 p.m.
Thu 4	Ladies' Tennis Ladies' Squash BCT Club Night : Community Services, Soi 33	8.30-10.30 a.m. 9.00 a.m.-12 noon 7.30 p.m.
Fri 5	Yoga Dinner Theatre : Cafe Theatre presents "Educating Rita" at the Shangri-La Hotel	8.30-10.00 a.m. 7.30 p.m.
Sat 6	Dinner Video Dinner Theatre : Cafe Theatre presents "Educating Rita" at the Shangri-La Hotel	6.00 & 8.00 p.m. 7.30 p.m.
Sun 7	Buffet Supper	From 5.00 p.m.
Mon 8	BWG Mahjong : Wordsworth Room Ladies' Tennis Happy Hour	9.00 a.m. 3.00-5.00 p.m. 5.30-9.00 p.m.
Tue 9	Ladies' Golf Yoga Bridge	8.30-10.00 a.m. 7.30 p.m.
Wed 10	BWG Bridge : Wordsworth Room Tennis & Squash Club Night	9.30 a.m. From 6.00 p.m.
Thu 11	Ladies' Tennis Ladies' Squash BAMBI Meeting at the BC Rugby : Toulon XI v BC at Chula Stadium	8.30-10.00 a.m. 9.00 a.m.-12 noon 9.00 a.m. 7.00 p.m.
Fri 12	Yoga	8.30-10.00 a.m.
Sat 13	Dinner Video	6.00 & 8.00 p.m.
Sun 14	Buffet Supper	From 5.00 p.m.
Mon 15	BWG Mahjong : Wordsworth Room Ladies' Tennis Happy Hour	9.00 a.m. 3.00-5.00 p.m. 5.30-9.00 p.m.
Tue 16	Ladies' Golf Yoga Bridge	8.30-10.00 a.m. 7.30 p.m.

Wed 17	BWG Bridge : Wordsworth Room Tennis & Squash Club Night BCT presents "Old Times" at the British Council, Siam Square	9.30 a.m. From 6.00 p.m. 8.00 p.m.
Thu 18	Ladies' Tennis Ladies' Squash BWG Lunch : Montien Hotel. Contact Jean Parrott Tel: 391-5335 BCT presents "Old Times" at the British Council, Siam Square	8.30-10.30 a.m. 9.00 a.m.-12 noon 8.00 p.m.
Fri 19	Yoga BCT presents "Old Times" at the British Council, Siam Square	8.30-10.00 a.m. 8.00 p.m.
Sat 20	Children's Morning at Neilson Hay's Library : Khun Seri's Puppet Theatre Dinner Video BCT presents "Old Times" at the British Council, Siam Square	10.00-11.00 a.m. 6.00 & 8.00 p.m. 8.00 p.m.
Sun 21	Buffet Supper	From 5.00 p.m.
Mon 22	BWG Mahjong : Wordsworth Room Ladies' Tennis Happy Hour	9.00 a.m. 3.00-5.00 p.m. 5.30-9.00 p.m.
Tue 23	Ladies' Golf Yoga Bridge	8.30-10.00 a.m. 7.30 p.m.
Wed 24	BWG Bridge : Wordsworth Room Tennis & Squash Club Night	9.30 a.m. From 6.00 p.m.
Thu 25	Ladies' Tennis Ladies' Squash	8.30-10.30 a.m. 9.00 a.m.-12 noon
Fri 26	Yoga St. Andrew's Society Mid-year Gathering on the Oriental Queen. Contact John Wood Tel: 384-0022	8.30-10.00 a.m.
Sat 27	Dinner Video	6.00 & 8.00 p.m.
Sun 28	Buffet Supper	From 5.00 p.m.
Mon 29	BWG Mahjong : Wordsworth Room Ladies' Tennis Happy Hour	9.00 a.m. 3.00-5.00 p.m. 5.30-9.00 p.m.
Tue 30	Ladies' Golf Yoga Bridge	8.30-10.00 a.m. 7.30 p.m.

Note: Non Club events in italics

For further information: Ladies' Golf (Tuesdays) contact Wendy Morris Tel: 258-4090

Ladies' Squash (Thursdays) contact Barbara Overington Tel: 260-1965

CLUB ROUNDUP

From the Chairman

HERE used to be a column in Outpost called 'Jinjok', the oriental 'Fly' on the General Committee-room wall, leaking selected titbits about Committee plans and actions. 'Jinjok' took on a new meaning last year as monthly assaults were made on all new Committee actions in pretence of defending long-since out-dated traditions and values. Jinjok will raise its head again some day I suspect, but meanwhile a less sensational statement of the Committee's doings would seem to be in order.

The 1987/88 Committee has already got over the excitement of being re-elected(!) and are busy planning the year's activities ahead. It is a relief to have a Treasurer again and Mike Ryan is quickly getting our financial planning under control. For the last 7 months the Club has been operating comfortably in surplus even after making provisions for our loan repayments. With the Swiss Franc loan effectively 'dumped' in March (a decision looking increasingly as one made none too early!) and our loan rescheduled in Thai baht, this new-found prosperity is enabling us to cautiously take on some modest, but much needed expenditures.

If our cash flow projections hold up, the Committee intends to upgrade the Poolside surrounds sometime in July or August. Poolside revenue has increased significantly over the last year and these improvements will provide much needed extra seating and sun-bathing areas as well as a general upgrading of the overall appearance. The telephone system should be improved even earlier. This has been a major source of Member complaints and a new public call box should be installed in Reception by the

time this goes to press. We hope this will be followed by a new internal phone system with 3 outside lines and extra extensions, allowing in-coming calls to be transferred around the premises.

Repair work on the tennis courts should also be complete before this is read. These repairs are covered mainly by the contract guarantees but the courts will also be repainted and a maintenance contract arranged whereby they will be checked and touched up every two months. The Churchill Bar ceiling will be renewed before it collapses and we have been fortunate in that 20th Century Fox have contracted to shoot some scenes for their new film 'Saigon' at the Club during May, and we will benefit to the extent of a refurbished Suriwongse Room and new Restaurant soft furnishings.

These expenditures are fairly modest and any other improvements will have to await further improvements in our financial performance. No major expenditures would be contemplated in any case before policy decisions were made on the long-term future of the Club.

The Committee is very much aware of the fact that the present relative good health of the Club is a direct result of increased Membership levels and that Membership cannot be allowed to drop or we will again be struggling. There will shortly be a new Membership campaign and this time it will be aimed at attracting Ordinary Members. We need everybody's help in this. We need many new Members just to replace those who we know are leaving, and we simply cannot sit back and assume that it will happen without making an effort ourselves. For the time

being our Associate Membership is full and a waiting list is in operation.

If you have friends who are dithering about Membership why not bring them along to a New Members' Night on the first Monday of each month? These are always great evenings and are an ideal occasion to meet other people and get a feel for the Club.

The Committee is looking at several other areas of the Club's activities including service levels and our food and beverage facilities. We hope that some significant improvements will be made during the coming months. But most of

all we need your patronage and support. Relatively modest increases in usage improve our operating surplus substantially and if our financial worries can be put to one side the potential of the Club is almost unlimited. It's your Club. Use it!

Finally congratulations and thanks to Maren White for taking over Outpost from Anne Stuart who departed Bangkok last month. Anne did a tremendous job for us and we wish the Stuarts well in their new posting to London.

Jack Dunford

Assistant Manager

We are sorry to announce that Khun Adisak Kamkhanti has, for personal reasons, resigned as Assistant Manager of the British Club as from 25th of May 1987. He has served the Club faithfully for five years and on behalf of the membership we thank him for his service and wish him every success in the future.

The General Committee has decided to take this opportunity to effect some changes to the management structure of the Club and plans to employ two deputy managers one of whom will be a food and beverage specialist, the other being responsible for the house and grounds.

Jack Dunford
Chairman



The St. George's Ball

AFTER one or two problems last year, the Bangkok St. George's Society was obviously at some pains to give everyone an enjoyable evening and from what people have told me, it succeeded.

The flower children, Charlotte Whalley and Zoe Binns, looking lovely in their red and white outfits joined the Baron of Beef ceremony for the first time, and when Society President David Frost pronounced the Baron worthy of the assembled company, he wasn't joking.

The Royal Orchid Sheraton provided an excellent traditional dinner which was supplemented by tangy Stilton and Lymeswold cheese specially flown in by British Airways. David Frost then skipped the introductions to tell a couple more



Zoe Binns + Charlotte Whalley. The Flower Girls.



"Do I have to eat and drink that lot".

stories, which are always welcome, and H.E. The British Ambassador Mr Derek Tonkin, C.M.G.

(Cross of St. Michael and St. George!) gave his usual polished reply and toast to the Society.



Alison Gibson receiving the winning tickets.



Along came a spider and sat down beside her....

The Cabaret surpassed all expectations! Geoff Thompson and his cast, who had suffered from the usual doubts during rehearsals, got it all together on the night. Geoff, the Master of the Music Hall, was well supported by Rosemary Hazell, Da-

vid Dance, Bob Radford (a hit with his "Runcorn Ferry"), Nick White, the versatile David Hall, news-readers Ian Boulton and Bryan Baldwin, and the star Ruth Pentty — there were plenty of comments about her legs in Burlington Bertie! Nor must we

forget Honorary Member of the Bangkok St. George's Society, Richard Hopkins, who tickled the ivories all evening! The cabaret was a bit too long, but there is no strength in the rumour that it was deliberately extended to await the arrival of the Chula Band.

Terry Adams did a sterling job as Master of Ceremonies and Michael Ball had obviously worked hard on the decorations.

A final word for Mike Evans of British Airways. He always goes out of his way (no pun intended) to provide cheeses and a star prize. This year he provided 2 return tickets to London or Auckland, which was magnificent. Being on holiday, he was represented by Nick Mitton, British Airways Station Manager. Thanks British Airways for your non-stop support!



*There was a young lady called Penty
Whose talents in number were plenty,
Dressed up in light pink
She made all the boys think
Cor; how I'd like 'er to be lent me*



*"The Two Ronnies"
with last year's news.*



*"Whatever happened to all
those red bits on the map".*



The fantastic stupendous superfluous..



Guess who is enjoying himself the most?

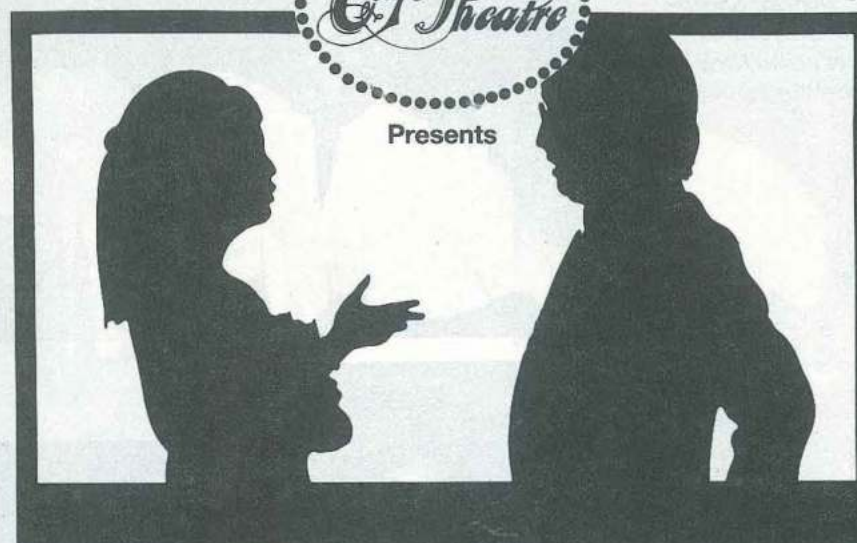
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Meet the New Members

Tim Davis: Australian, but many years a U.K. resident prior to landing here. Ex-Rhodes scholar, Oxford triple blue, rugby, swimming and women! Shortly to marry Wendy, a real Brit. Works with a couple of blokes called Nick White and David Dance! An aspiring cricketer.

David Bennington: managed to escape before I collared him. There's always another time though!



Rory and Kim Thomson: Kim a Salt Lake City gal born and bred; Rory a Yorkshireman. Have lived in Hong Kong too. Rory also an ex-Oxford man (the bar was full of them that night!) Kim 'works out a lot', Rory plays rugby.



Jean and Alan Thorley: he works for B.P., has been here three months. Have two children; one 6 years old and here, and a 17 year old in the U.K. Jean says that Alan says he plays squash!

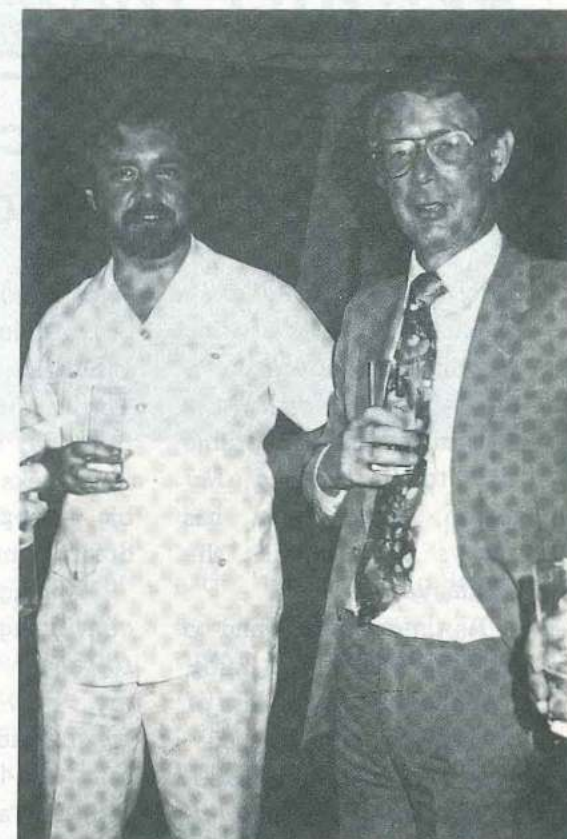
Tony 'the unpronounceable' Swiecicki: (Svinchitski — no I couldn't figure it out either!) — of Polish origin, has been here for 4 months. Spent the last 18 months in San Francisco, loved it (boo hoo!). Is a geologist for B.P.. Married to Barbara, they have two children, love sailing and swimming. Barbara is a teacher.



Mic Yaxley: wife, Coral, was at home with sick children, 4½ and 6½. Lived in Manila for 5 years where they had the pleasure of knowing Jim Howard! Mic is an ex-Nomad and has already joined the team here. Coral is a Hash House Harriette.



Dr. J.A. Graham Brown: Doctor of Economics has been here for 2 years. An international finance consultant working for Finexo. Has two children 5 and 3 years, has just been voted onto the I.S.B. Board of Governors.



John Gee: from Tasmania is No. 2 at the Australian Embassy; sometimes known as 'Sir', fills in for No. 1, when No. 1 isn't around. Came from Canberra and very pleased to be here. Also an ex-Rhodes scholar and an Oxford rowing blue. Saw B.C.T.'s 'Aladdin' and liked it (must be a good man).



Rolf and Sheila Urech: Rolf is from Switzerland, Sheila from Singapore. Have been here for 5 years. Rolf 'does as little as possible but is as happy as Larry' (Larry who!). They have a beautiful 3 year old son, Reto (my description, I saw his photo). Rolf, in 1965, was certified by the M.C.C. as the only Swiss cricket umpire in the world.

TRAVEL LOG

Ascent to Annapurna Base Camp

IN my teens and early 20's I did a lot of rock climbing and mountaineering, mostly in North Wales and during one memorable visit to Switzerland. My dream, since then, has always been to visit the Himalayas.

As time went on, and so did the years and kilos, that dream became less of a reality but it never died.

In Bangkok since 1980, I was crazy enough to get mixed up with the Hash House Harriers. 1986 dawned and it was "Interhash 1986" in Pattaya, where more than 3,000 crazy people from all over the world descended on Pattaya to run across open tapioca fields in March in 40° temperatures and then drink themselves into a stupor as a result. I, like an idiot, volunteered as a hare, that is I laid one of those hot, dusty trials of torture.

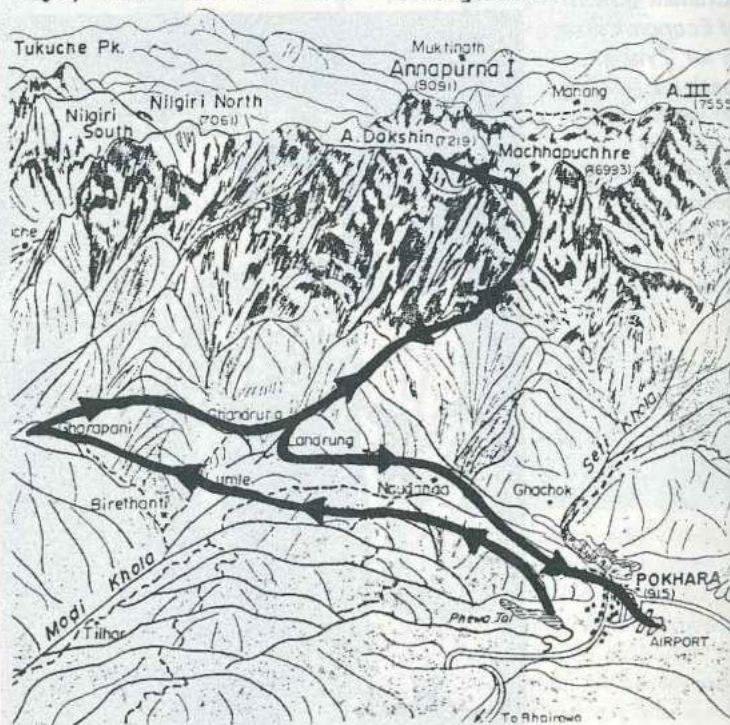
You are probably already asking what does this have to do with the Himalayas, the man's crazy.

Well, following the superb organisation of Interhash, Interhash Grand Master, Tim Hughes, had organised not one, but three Himalaya treks. Here was my big opportunity, my dream come true.

My biggest obstacle was convincing my dear wife to allow me to subject my now grossly overweight and unfit body not only to 4 days of heavy drinking at Interhash Pattaya, but also to three

weeks of trekking immediately following Interhash.

"Please darling", I pleaded, "since a child I've always dreamt of going to the Himalayas. This is my only chance, it's so close (only 1½ hours flying time to Kathmandu), just this once, get it out of my blood for ever", etc, etc, grovel, grovel. How could any sane person counter such an argument?

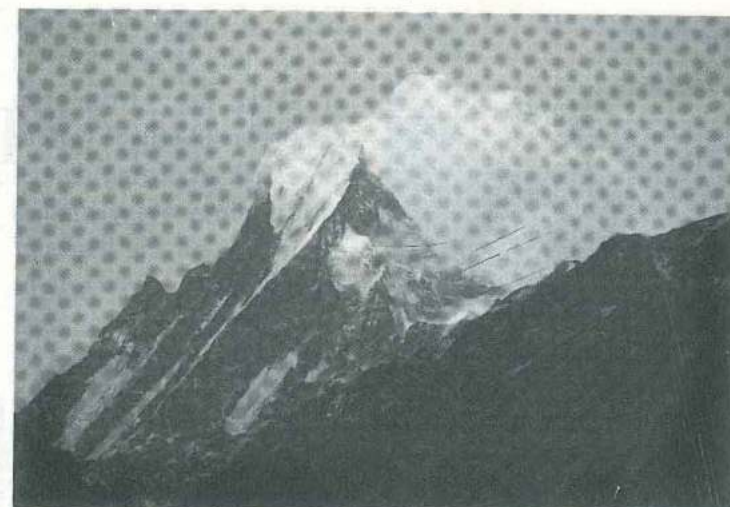


During my previous leave in England I had equipped myself with sleeping bag, boots and rucksack, in anticipation of achieving my life-long ambition.

So there we were, about 30 hung-over hashmen and ladies, assembled at Bangkok airport with our final Kloster in our hands and raring to go to the Himalayas. Fit? Of course we were fit. Granted we were feeling the effects of 4 days of continuous hang-over and those of us living in Bangkok had not been above sea level for years, but we're hashers aren't we? We're FIT.

We spent 2 days in Kathmandu regrouping, meeting our trek guides, obtaining trekking permits and sorting equipment. Down jackets, would we really need down jackets in March? In true hash style we then joined the Kathmandu Hash for a hash run in the foothills – like straight up a mountain for 2,000 feet, back down again and then up the other side of the valley. Now we were beginning to have doubts!

Day 3 dawned with a hair-raising 6-hour bus ride to Pokhara, our "base camp". Our first night under canvas, by the lake-



"Fish Tail Mountain"

side, was pleasant. Our first view of Machhapuchhre ("Fish Tail Mountain") was superb: a mountain we would see a lot more of later.

On the trail early the next day, our large group of 30 trekkers and 60 guides, cooks and sherpas soon split into several smaller groups. We started to climb almost immediately, leaving our lakeside campsite far behind and below. That first day was hard, as each person tried to find his or her own pace and each realised just how unfit they were: somehow we missed the lunch stop, which didn't help our fatigue.

As we went higher the mountains became nearer and more spectacular at

each turn. We quickly got into the daily "routine". Sleeping two in a tent, we were awakened at 5.30 a.m. with a bowl of washing water and a mug of tea (sometimes difficult to tell which was which!). Breakfast at 6 a.m., with the trekkers and guides departing at 6.30, leaving the cooks and sherpas to pack up and overtake us. At our leisurely pace this was no problem for them and by 10 a.m. we would, gratefully, walk into a temporary campsite to the wonderful smell of fried potatoes, eggs and home-baked bread or chapattis – to an enormous brunch. The cooks really excelled themselves.

We usually did our washing then, in an ice-cold mountain stream.



"... we would, gratefully, walk into a temporary campsite ... to an enormous brunch."

with our clothes drying in less than 30 minutes on the sun-warmed rocks. Then another trek until about 4.30 p.m. when we would arrive at our evening campsite, many times already assembled by the sherpas who had again overtaken us more leisurely (i.e. unfit) souls.

Having introduced "frisby" to the Himalayas, we now spent many happy times each evening at this new game, with sherpas and local village children leaping like mountain goats over mountain terraces after the illusive plastic disc. One mad hashier from "way down south in Dixie" carried a bugle (hash-horn) throughout the trip and, much to the amusement of the local population, proceeded to blow it at every village or campsite.

Dinner was a communal

affair at about 6.30, followed by a few bottles of local beer from the nearest small village (prices increased according to elevation, since everything is carried up on the backs of man or beast). As daylight and energy waned, bed followed early, usually by 8 p.m.

Our 4th day on the trail took us through beautiful rhododendron forests in

14 days, the deepest valley in the world; another small group with less time to spend would return to Pokhara by a different route, and our group would ascend to Annapurna Base Camp.

That last evening the cooks excelled themselves and baked two enormous cakes in tins over an open fire: I cannot remember whose birthday it was, but



Our Sherpas.

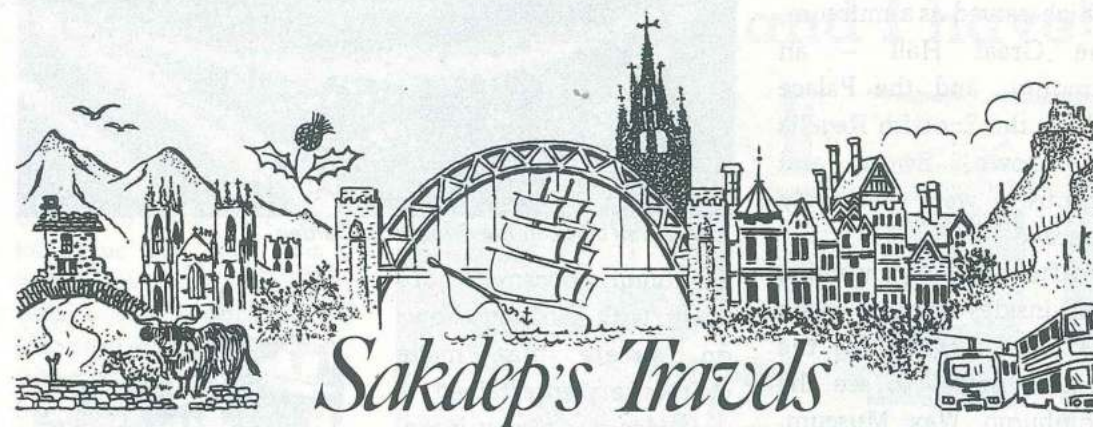
full bloom, to Gharapani. During the afternoon the weather had been getting progressively worse, from rain to sleet and cold winds. Now we were grateful for the down jackets and, in a cabin at Gharapani, a large log fire and some local "Khukri" brandy. This was our last camp together as a group. In the morning we would split into three groups; one group would trek the Khali Ghondaki gorge for

the cakes were superb. With the weather clearing, many climbed to the top of Poon Hill (10,603 ft) for a last glimpse of Halley's Comet and to await the dawn. I was convinced I could see Halley's Comet until somebody pointed out that I still had the lens hoods on the binoculars. After that I slunk back to bed.

Next month: The final ascent ... and then back to reality.

Ray Butler

EDINBURGH



IT was during the festival that we visited Edinburgh. We found that the city was very crowded with hordes of tourists who came here with their interests.

After leaving other tourists from our group tour, not to waste time, we rushed for our first viewing of Edinburgh Castle, the very heart of the city. We went down and passed the Princes Street Garden, then quickly dropped to photograph a flowered clock which was well arranged to commemorate the great event — the 13th Commonwealth Games taking place in Edinburgh. The garden was extremely beautiful with its contents of colourful flowers

blooming in Summer. We went around the ancient crag which the castle sits on to get to the

The castle was significantly the best for its location where all visitors could thoroughly obtain



The Argyle Battery, Edinburgh Castle.

entrance. On a ground called the 'Esplanade' an annual event, 'the Military Tattoo' was going to be held — a very interesting show, but unfortunately we could not arrange to stay the night to watch it.

entire views of the city from high points here — on the batteries areas. There were many historic buildings stood on the castle hill, but a group of four at the Crown Square was most interesting for

some works of medieval in them. This area composed of; the Scottish National War Memorial, Queen Anne Barracks which served as a museum, the Great Hall – an armoury, and the Palace where the Scottish Regalia of Crown, Sword and Sceptre were securely hoarded.

After quickly viewing the insides of the castle we went down along the Princes Street to see the Edinburgh Wax Museum. The road remained old by its period blocks. We had slight trouble in finding the place because it was hidden by other buildings. We went through a narrow passage somewhat locally called 'close'. In the museum, it displayed many models of historically famous Scottish people e.g. Mary Queen of Scots, James Watt and also some creations from the legends.

We took note that a lot of memorial statues of well known persons, or even of dogs were erected everywhere in Edinburgh. Buildings here were definitely much different from English ones that we used to see for their characteristics of domed roofing atop, and some people were still wearing their traditional dresses.



A flowered clock in the Princes St. Garden.

Edinburgh became more lively with busking shows on streets that made visitors very entertained.

It was our strong intention to go further on to the Holyrood Palace which was a mile from the Wax Museum, but its long distance and our limited time prevented us to do so as we were to be in time to join other tourists.



John Knox's House on the Princes Street.



A view of the city seen from the castle.

Eventhough there were lots more places in Edinburgh to see we could not afford the time, but this visit was very worthy of

particular note of our new experiences of Scotch things we had gained.

Next month I visit the Isle of Arran....

NEW HORIZONS

I'd Rather go to Jail.....(and I have)

..... than sit in the British Club; and with a squash-a-holic husband I've sat there often! To those who don't know me that must seem a bizarre statement. I've never been a 'club person'. Sports, (darts and dominoes excluded), ladies' circles and idle chat have always been alien to me. No apologies are made to those who enjoy these activities. To enjoy them is your prerogative, but I hope you will allow me to enjoy my new found activity.

I am a nurse, and have volunteered to help the Population and Community Development Association (PDA) with their Hilltribe project. The PDA is Thailand's largest, private, non-profit making organisation and it implements projects throughout the country in the areas of primary health care, family planning,



Education session at Vasectomy Festival.

rural development, appropriate technology, water resources, agricultural marketing, and small scale industries. Funding comes from many sources, both international and national.

For three weeks each month I am based in Chiang Rai at the PDA's Community Clinic,

where I help out with the daily influx of people seeking family planning advice. The staff in the clinic are wonderful and are very tolerant of my very inadequate Thai. In one case however, I didn't need to speak a word of Thai. A young Akha gentleman, together with his wife and baby, turned up at the clinic in full tribal gear and in perfect English said to me, "Good afternoon. How are you? I have brought my wife for family planning advice." (He had been a tour guide).

When I'm not in the clinic, I'm usually bouncing up some dirt track or other to remote villages with the mobile team, assisting them with their family planning programme. All acceptors of family planning are



Post-op checks ... mobile sterilisation team.

advised by a PDA village volunteer who has been trained to educate his/her own people in their own language.

I can also be found:

... wading down the Maekok river in the dark ... our long tailed boat finally bit the dust after we grounded it six times when the river was low ... with me in the boat it wasn't too difficult!

... inspecting a toilet built by a very proud Lahu villager... The PDA provides the materials (as a loan), and the expertise. The labour is the village's own.



PDA bus on 'road' to a Lahu village.



Preparing rubber gloves for re-sterilisation at vascotomy festival.

... attending a talk, or showing a film on parasites and their control.

... attending a family planning/sexually transmitted disease talk, given by my colleagues, to the 800 or so inmates at Chiang Rai jail.

... assisting at the bi-annual vascotomy festival. The last one was held on the 1st May

and over 500 men were vascotomised in one day.

My inability to speak Thai means that I miss out on a lot of what is going on. But I do not miss out on the camaraderie and the fun and the opportunity to do something useful. Albeit, in a very small way.

And after work? Well,

maybe I'm a club person after all, as my Thai friends and I usually sit with a Mekong and soda and indulge in idle chat!

Sawatdee jaow!

SU SIRR.

PS. Many thanks to Jim Soutar who kindly introduced me to the PDA.

WELL WORTH READING

Paradise Postponed

by JOHN MORTIMER
(Penguin Paperbacks £3.50)

IT is relatively common for a novel to be adapted for Television. John Mortimer's *Paradise Postponed* goes one step further in that he wrote the book and, at the same time, a series of one hour plays for Television. So you have the choice of reading a highly amusing and entertaining book or relaxing in front of the video to see the action very satisfactorily brought to life in an excellent Thames Television production, first shown on British Television late last year.

The eccentric socialist Rector of Rapstone Fanner, the Reverend Simeon Simcox, leaves his vast brewery shareholding not to his two sons, but to the ruthlessly ambitious and odious Tory Cabinet Minister, Leslie Titmuss. The Rector's elder son is determined to prove that his father was insane in order to nullify the will, but the younger son endeavours to prevent the resulting court case and save his father's name.

The plot unfolds through a series of backflashes from the Rector's funeral, until the reason for the peculiar choice of heir is revealed. The story begins in the austere days of post-war Britain and an array of vividly portrayed characters are introduced. Over the next forty years their lives and relationships are followed providing a view of the social changes over this period.

The characters reflect a complete social spectrum of provincial England, and are brilliantly described. The local squire is married to a faded socialite who resents her daughter Charlotte for her plain looks and hatred for all her mother holds dear. Much to Lady Fanner's horror, Charlotte begins to show interest in the lowly Leslie Titmuss, son of a brewery clerk.

As the Rector predicts, Leslie "makes something of himself", and rises steadily from his humble origins, marrying Charlotte on the way.

The story is a marvellous reflection of the changing lifestyles and values of the last four decades. The Rector and his sons are present on the march from Aldermaston. The local manor house and estate are used for a pop concert during the sixties. Charlotte enrolls at the London School of Economics and studies to become a social worker between strikes and demonstrations. Henry Simcox becomes an "angry young man", and sells his soul to Hollywood. The property boom of the 70's forces the former servant classes from their cottages which are then renovated for the commuting classes, and as a final indignity, the local village grocery shop becomes a fast-food outlet.

It is impossible to describe any more of the characters without spoiling the story — suffice to say that every person is relevant and not a remark superfluous. John Mortimer's humour is wry and he has great insight into the foibles and passions of his characters and the times.

The hopes for a better life after the elation of winning the war never materialise. *Paradise Postponed* is a satirical look at the human condition which provokes thought and entertains at the same time.

Both the book and the video, starring Michael Horden as the Rector, and Jill Bennett as Lady Grace Fanner, are thoroughly recommended.

Book available at all good bookshops.

Video available at Silver Bell Video Store.

Kate Herbert

Inflight Entertainment

THERE are ways to make a long journey for children seem shorter. A backpack is highly recommended as soon as your child is old enough to carry one. This does mean spending some time before your trip buying suitable goodies to put in it. The enthusiasm to get at the contents will often ensure surprisingly good behaviour at the airport and when you are all on board and the final 'okay' is given to open the backpack, the interest will often calm the nervous child who otherwise questions every aeronautical 'twang' as the engines rev for take-off. There are definite do's and don'ts to take along:

Don't take chocolate, toy guns (security guards would not be impressed), toys that are musical or disturbingly noisy, dice games with counters, felt pens.

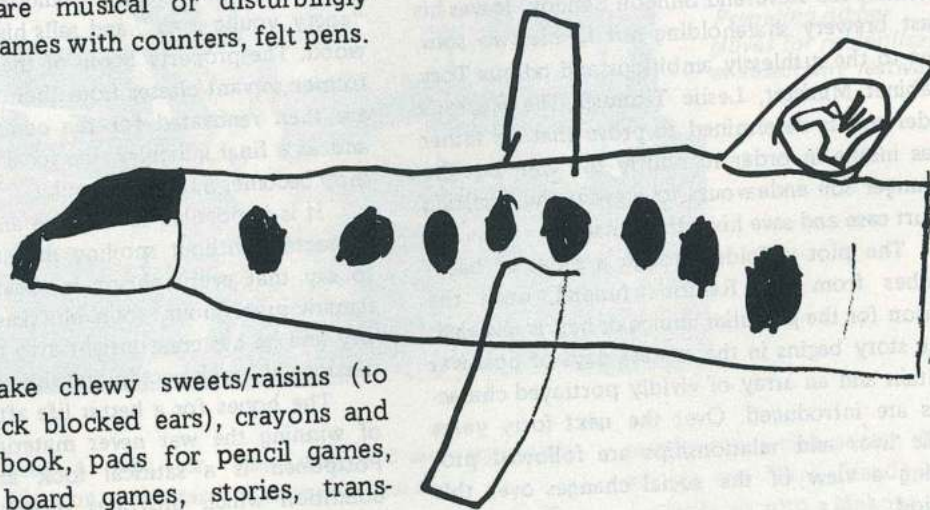
Do take chewy sweets/raisins (to help unblock blocked ears), crayons and colouring book, pads for pencil games, magnetic board games, stories, transformers, playing cards, pocket computer games.

The airlines generally provide something for the children, but they are often the same games on the return trip. The pilot will usually allow children up to the cockpit, and he will sign your child's Junior Jetsetter Logbook.

Whenever possible, choose an overnight flight. The movie on board is often too late for the young ones to watch, even if you did want them to see "Rambo". But the radio with earphones will keep them amused for sometime, especially if there is a station for children.

The tensions of the day terminate at the plane seat where, strapped-in safely and after a late meal, the hum of the engines create a soporific effect.

Tracksuits are warm and comfortable. Pyjamas can help persuade young ones that it's bedtime, and don't forget favourite soft toys and comforters. There are families that take sleeping bags and airbeds, but the use of these is limited by the amount of space available.

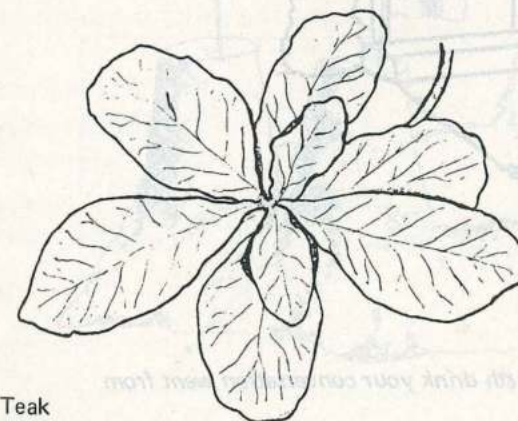


These hints seem to work on most children, but if your child is still wound-up or is an insomniac, you could always suggest counting the stars out of the window!

THAI PLANTS

Teak

THAILAND and Burma have meant teak to traders since Victorian times. Mellowing in colour from golden brown to medium brown when used indoors, or weathering to soft grey if used outdoors, teak is an attractive wood. But it has a range of valuable properties far beyond its looks: the accumulation of resins in the wood helps teak resist attack from both decay and insects; the wood is close grained, so it is suitable for carving and is often seen outside temples. It is stable when seasoned (doesn't warp or bend) despite changes in humidity, so it is also suitable for furniture making. Boatbuilding was probably the most important use originally: teak resists "marine borers", sea creatures which tunnel holes 2.5 cm in diameter through marine piling and ships' timbers. Unfortunately at current timber prices teak-hulled yachts are becoming very rare, though the wood is often used decoratively on boats.



Teak
(*Tectona grandis*)

The teak tree grows naturally in the monsoon forest of South-East Asia — it needs a dry season for satisfactory reproduction, so it is not found in rain-forest. The wild tree has been exploited for centuries but for many decades now teak has been a favoured plantation tree in all suitable tropical environments. As teak does best on good agricultural soils, plantations must compete with farming for land.

The tree grows as a single straight trunk until its first flowering season; the flowers are small, cream coloured, borne in large flowering spikes. After flowering the trunk starts to branch, so plantation management is aimed at delaying flowering for as many years as possible, for example by fertilising the soil.

Traditionally a tree is girdled (a ring of bark is removed) and the tree is left to dry out, standing, for about 3 years before being felled and transported downstream as part of a raft. Increasingly, though, timber is hauled by truck as river transport is slow: "as the log floats," it's three years from Upper Burma to the coast along the Irrawaddy.

The leaves of teak are large and are used as makeshift bags in remote areas: measuring up to 50 cm long and sometimes 40 cm wide, they are large enough, and strong enough, to carry a parcel of food — the original teak lunchbox!

And an ornamental

Bo Tree



Bo tree
(*Ficus religiosa*)

THE sacred tree, in the shade of which the Buddha attained enlightenment, is extremely hardy and long-lived. Often found growing self-seeded in pavement cracks or crevices in buildings, bo trees rooted in a dangerous or inconvenient place are removed only by non-Buddhists.

Enormous girth (10m) is attained by ancient specimens: a 1500 year old bo tree has been recorded. In Thailand the fluted bole of the bo tree is frequently seen bedecked with sashes and garlands.



"Because somewhere between your third and fourth drink your conversation went from thought-provoking to just plain provoking."

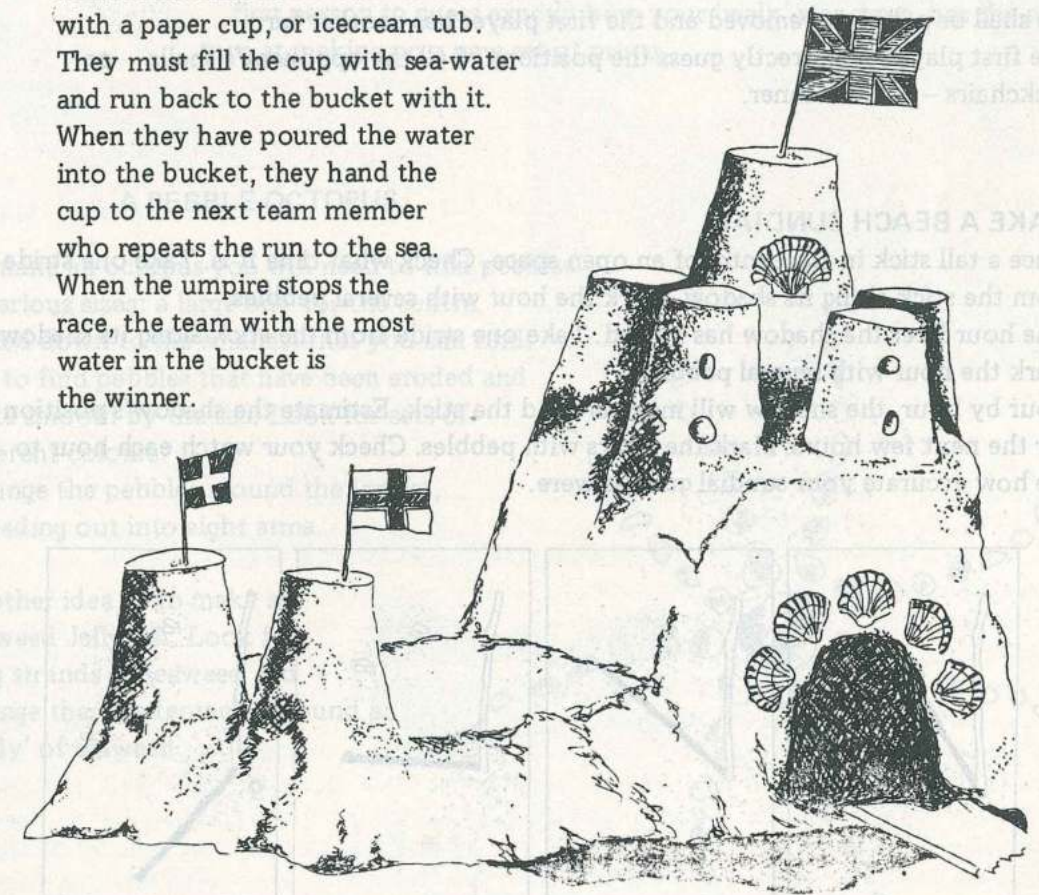
CHILDREN'S CORNER

Beside the Seaside

FILL THE BUCKET RACE

Divide your family and friends into two teams. Choose somebody to act as umpire. Place a bucket in front of each team.

At the start of the race, one person from each team runs down to the sea with a paper cup, or icecream tub. They must fill the cup with sea-water and run back to the bucket with it. When they have poured the water into the bucket, they hand the cup to the next team member who repeats the run to the sea. When the umpire stops the race, the team with the most water in the bucket is the winner.



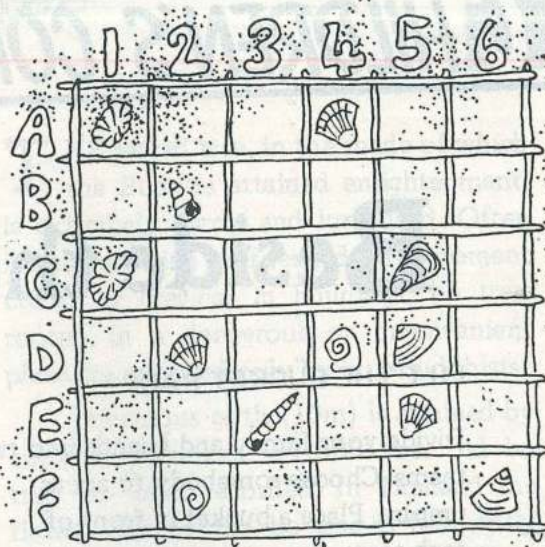
DECKCHAIRS

Play this game in the sand with a friend. Imagine you are both deckchair attendants. It is late afternoon and you have to clear the beach of empty deckchairs. Who can collect the most deckchairs?

The players sit back to back and each draws a square chart in the sand. Measure six squares across and six down, making 36 squares altogether. Number the squares along the top, 1-6 and the squares down the side, A-F.

Place pebbles or shells in 12 squares to show where your deckchairs are.

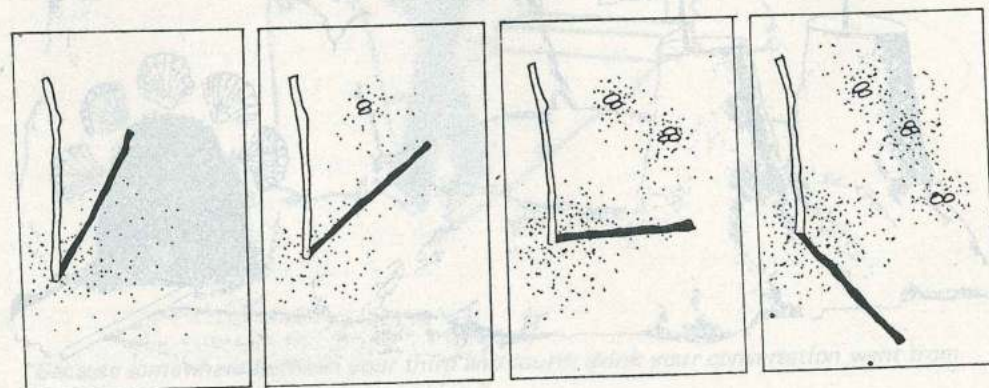
The first player calls out the number and letter of one square, for example: 1A or 5C. If the second player's square has no "deckchair", then it becomes his turn to call. If, however, the square is occupied, then the shell or pebble is removed and the first player has another turn. The first player to correctly guess the positions of all the opponent's shells – or deckchairs – is the winner.



MAKE A BEACH SUNDIAL

Place a tall stick in the centre of an open space. Check what time it is. Take one stride from the stick along its shadow. Mark the hour with several pebbles. One hour later the shadow has moved. Take one stride from the stick along its shadow. Mark the hour with several pebbles.

Hour by hour, the shadow will move around the stick. Estimate the shadow's position for the next few hours. Mark the hours with pebbles. Check your watch each hour to see how accurate your sundial guesses were.

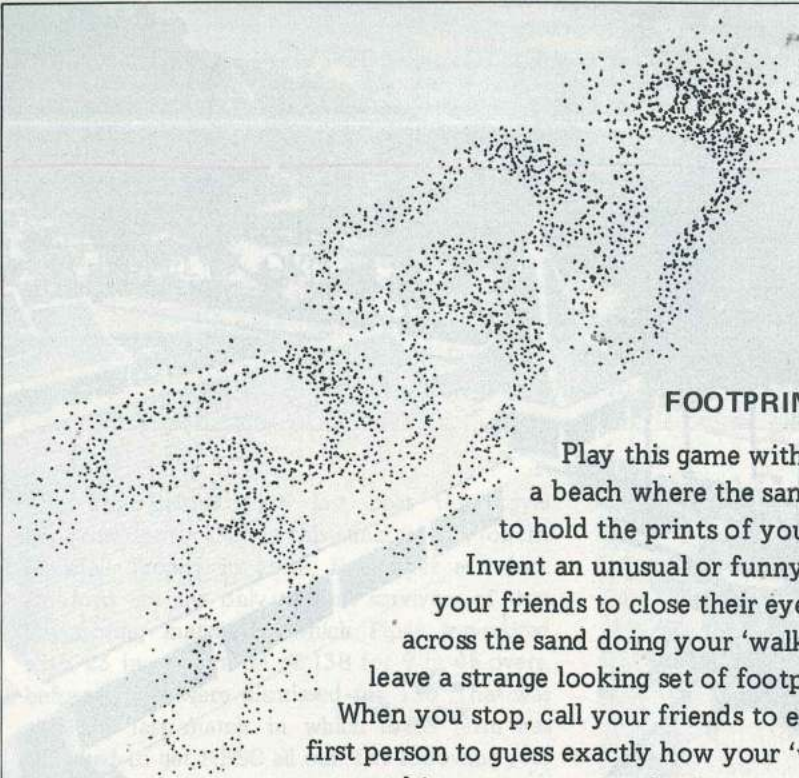


FOOTPRINTS IN THE SAND

Play this game with your friends on a beach where the sand is damp enough to hold the prints of your feet.

Invent an unusual or funny way of walking. Tell your friends to close their eyes while you set off across the sand doing your 'walk'. Make sure that you leave a strange looking set of footprints behind you.

When you stop, call your friends to examine your footprints. The first person to guess exactly how your 'walk' was done, has the next turn at making up a new set of prints.

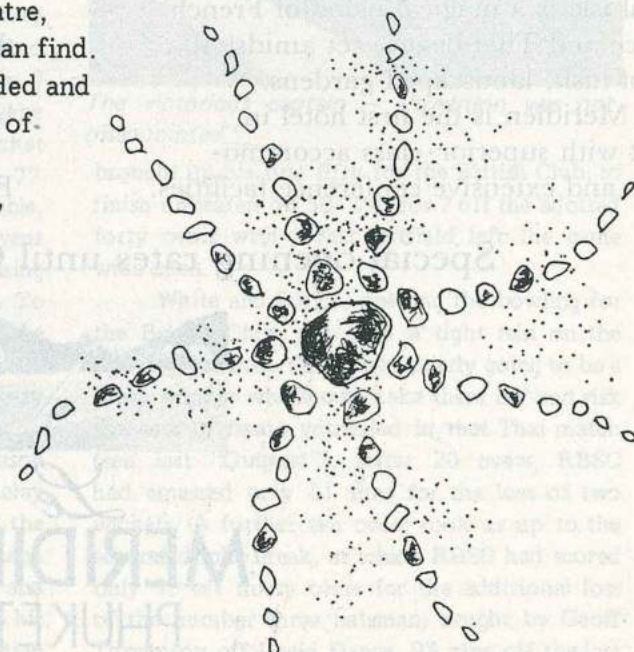


A PEBBLE OCTOPUS

To make an octopus you will need to find pebbles of various sizes: a large one for the centre, graded down to the smallest that you can find. Try to find pebbles that have been eroded and made smooth by the sea. Look for sets of different colours.

Arrange the pebbles around the largest, spreading out into eight arms.

Another idea, is to make a Seaweed Jellyfish. Look for long strands of seaweed and arrange them as tentacles around a 'body' of seaweed.



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SPORTS ROUNDUP

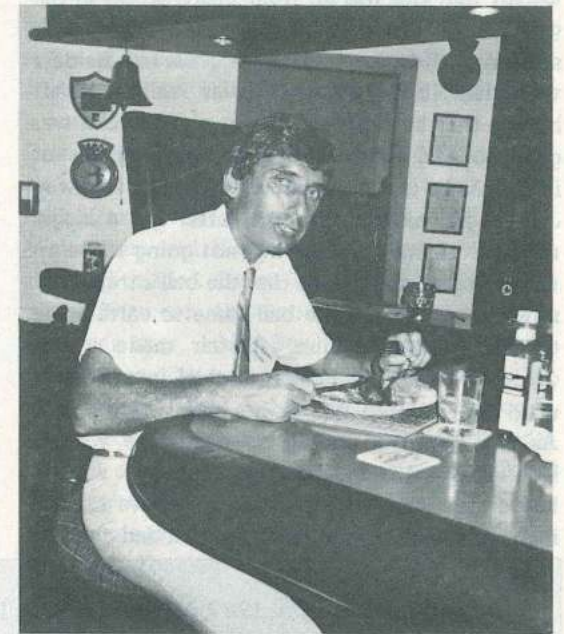
CRICKET CRICKET

BRITISH CLUB REGAINS MARSHALL TROPHY AFTER FIVE YEARS

19 April 1987, Marshall Trophy vs RBSC, Won by 9 runs,
BC 190-7 (Hough 58*, Dance 54, White 41, Grocock 12, Adams 11*)
RBSC 181-9 (Dance 20-1-99-5; White 20-4-76-2)

The British Club last beat the Royal Bangkok Sports Club in this annual fixture for the Marshall Trophy in 1982, Ben Piper and Jack Dunford are the only current survivors of that low-scoring match, in which Piper top-scored with 23 in a BC total of 138 for 9 in 45 overs, before RBSC were dismissed for 130. That was also the last match in which a BC team has managed to get RBSC all out. The following year RBSC regained the Trophy with a vengeance in the famous match when they scored 327 for 5 in 50 overs and their top batsman, now in Hong Kong, scored the only double century ever scored in Thailand (202) with the help of several dropped catches and 30 off one Paul Eastaway over.

The 1987 fixture, it was agreed on a particularly hot day, would be played over forty overs, Nick White and Nigel Grocock opened the batting for BC and had put on 43 in only 9 overs when Nigel was caught. David Dance came in and put on a further 34 for the second wicket before Nick went the same way as Nigel. 77 for 2 off only 18 overs looked fairly respectable, but then Ben Piper and Alistair Rider went cheaply and 100 for 4 with a rapidly-decreasing scoring rate did not seem quite so healthy. To meet with this situation, in strode hero of the innings, Frank "Rambo" (or should that be "Rimbaud"?) Hough. He and David put on forty for the fifth wicket before David was caught, having first achieved his sixth fifty of the season off 50 balls. Despite the extremely short delay between arrival at and departure from the wicket of the next two batsmen, Dunford and Binns, Frank now began to take command, and with Terry Adams to keep him company, he hit four fours and two sixes, the second of which



The victorious captain - "tradition was not disappointed".

brought up his first fifty for the British Club, to finish unbeaten on 58. 190 for 7 off the allotted forty overs with a fast outfield left the game wide open.

White and Dance, opening the bowling for the British Club, put such a tight rein on the opening batsmen that it was clearly going to be a brave skipper who would take them off and risk the sort of fiasco witnessed in that Thai match (see last "Outpost"). After 20 overs, RBSC had amassed only 51 runs for the loss of two wickets. A further ten overs took us up to the second drinks break, at which RBSC had scored only 98 off thirty overs for the additional loss of the number three batsman, caught by Geoff Thompson off David Dance. 93 runs off the last

ten overs seemed a tall order, but with their most aggressive batsman at the crease, and David and Nick rapidly tiring, BC began one of their famous "wobbly bits". This technical expression covers a pot-pourri of features such as long-hops, full tosses, wicket-keeping lapses, misfields, overthrows, missed run-outs and dropped catches, and is a speciality of the British Club. One incident in particular, incorporating almost all the above features, deserves a wider circulation, Alistair Rider, in a display reminiscent of Geoff Thompson's silent-screen performance at the water-jump (see "Outpost" for April 1987), except that this was far from silent, set off in the general direction of third man after a lofted ball, shouting, "Keeper's, keeper's!". Several fielders were demolished before Alistair realised to his horror that he had run too far and the ball was going to land behind him. Now, stopping Alistair in full flight is not unakin to stopping a runaway Jumbo jet, except that the latter has a bigger tail, and Alistair clearly was not going to be up to the urgent about-turn that the ball's trajectory now demanded. As the ball came to earth some three feet behind him, Alistair made a last desperate effort to launch himself into a backward flip and fell flat on his back and the ball. As the batsmen ran up and down the wicket, BC fielders converged on the recumbent wicket-keeper to first persuade him to remove his not inconsiderable weight from the ball and then to

disinter the ball from the depths of the Polo Club turf. Luckily, mirth had prevented the RBSC batsmen from taking full advantage of this incident and winning the match there and then. Even so, they took 27 runs off the first two overs after the water-break, and by the time their top scorer was caught by Jack Dunford at deep long off, the target looked to be well within range of the remaining RBSC batsmen. However, following (but *post* not necessarily implying *propter*), a midfield pep-talk from skipper Dunford, things began to go right again, and Frank, Ben and Alistair all took catches as RBSC slumped to 170 for 9. Despite a defiant last wicket partnership which included a six off the third ball of the last over, RBSC had been left by the opening batsmen with too much to do, and BC won by 9 runs. White and Dance had bowled unchanged throughout, and combined with their batting performances of 41 and 54 respectively, this was enough to win them a half-share each of the Charles Stewart man-of-the-match award.

It is traditional on these occasions that the BC captain returns to the BC bar and drinks large amounts of Kloster beer from the Trophy while wearing the lid on his head and entertaining the crowds with delightful selections of time-honoured celebratory saws (e.g. "We stuffed 'em"). Tradition was not disappointed.

26 April 1987, 50-over league vs Indian CC, Won by 139 runs.
BC 230, (Grocock 113, Dance 41, Hough 26, Hall 11, Binns 10*)
ICC 91, (Dance 16-10-26-7; White 6-0-23-1; Piper 9-1-29-1)

Ten of the eleven BC players had spent most of the night at the St George's Ball, and on a hot and airless morning at the Polo Ground, it would not have taken a Sherlock Holmes to deduce this fact from the faces, eyes and nether rumblings of the team as it prepared to play what, following the Indians' disinclination to accept our invitation to replay the invalidated 30-over game, was to be our last scheduled match of the season. Luckily, for at least some of the team, Jack won the toss and elected to bat. Nick White was pointed in the general direction of the wicket to open the batting. His arrival at the crease proved to be his greatest achievement of the innings, as the first ball missed both Nick's

bat and the wicket, while the second ball missed only the former. This brought Chris Cowper to the crease; Chris, you will remember, had, on his only other outing for BC this season, opened the batting and hit five fours off the first over. This time, on his last appearance for BC, he was determined to go even better, and he smashed the first ball he received to the square leg boundary for six, much to the joy of those of us back in the pavilion who had adjusted their vision to seeing that distance. The second ball, alas, bowled him, and BC were 6 for 2 off just 4 balls. Not for the first time this season, it was a third wicket stand which was to save us from disaster. David Dance joined Nigel Grocock

and, after a tentative start, these two began to hit out fluently. It was beginning to look as though the only question was going to be who would reach his fifty first when David surprised everyone, himself included, when lack of concentration caused him to hole out in the deep. Piper again failed to last, but number six, Frank Hough, was clearly determined to continue where he left off, and he and Nigel put on 61 for the fifth wicket. Nigel had long passed his fifty and the question was whether anyone could stay with him long enough for him to score his century. Rider and Adams were both bowled quickly and we were 174 for 7 with twelve overs left. David Hall stayed long enough to score eleven runs, but Nigel was not seeing much of the ball. Mike Binns came in and after what seemed like an agonisingly long time in the nineties, Nigel finally reached his century with a single in the 48th over. This was BC's third century in the last two seasons, and it had been a pleasure to watch. His final tally of 113 included 13 fours and was scored off just 137 balls. He was very unfortunate to be ninth man out just three balls away from carrying his bat. Jack needed to see out the last two balls to deny ICC their fifth bowling bonus point; very unluckily, he was bowled off the last ball. Mike Binns was left not out on 10 at the end, having stayed at the crease for an invaluable 26 minutes.

The Indians began confidently enough, but Nick bowled the opener in the seventh over with the score on 25, and David had the number three caught by Frank Hough nine runs later. The third wicket put on seventeen runs, but the scoring rate had slowed right down, and when David struck three times with the score on 51, the Indians seemed to lose all interest in scoring. They scored only one run in the five overs following the first of these wickets, and only 39 runs in the last twenty overs of their innings. In the end, after Dance had bowled 16 overs, including a club record of ten maidens, and had taken seven wickets for just 26 runs, we were treated to the sight of Alistair taking his pads off to bowl his elegant sky-scraping lob. Even this, however, was not enough to tempt the Indian skipper, who seemed content to play the ball out into the field without taking a run, even where

it seemed there might have been time for two runs. When the last Indian batsman was run out, the Indian skipper had scored 28 off some 72 balls and the team had fallen 9 runs short of even scoring one batting bonus point. It was all very bewildering. Nevertheless, this match represented BC's seventh straight victory, the longest winning streak in its recorded history, and may yet have won us the fifty-over league.

At the time this report goes to press, the Thai Cricket League have still to make several major rulings on matches that have not been played for one reason or another this season, but I calculate that the British Club, despite a disastrous beginning to the season in which we lost seven of our first ten matches, will finish either first or second in the fifty-over league, and either second or third in the thirty-over league.

David Dance has ended up the season with the remarkable (and club record) aggregate of 653 runs at an average of 54.42, while both Nick White and Nigel Grocock have averages in the mid-thirties. Dance and White have bowled some 300 overs between them at around three runs per over, while Ben Piper contributed 27 wickets to finish second overall wicket-taker after David Dance. Jack Dunford finished second in the bowling averages, while, in the field, Rider had 18 dismissals behind the stumps, and Geoff Thompson had 9 catches in the outfield. Fuller statistics next time, together, I hope, with the final league tables.

David Hall
May 11th 1987

DARTS DARTS

The new Johnnie Walker darts league is now well under way and so many players have registered that the Lilly Whites have entered 2 teams.

The 'A' team has some class players like Mike Majer, Mike Evans, Mike O'Connor, Arthur Phillips and Captain Peter Downs who have now been joined by newcomers Jim and Sherie Fletcher, George O'Brien and John Morgan. However, they've only submitted 1 score-sheet to your scribe, which, strange to relate, recorded their 13-4 win against the Ozzies on 2nd April.

Closes: George O'Brien (3), Jim Fletcher (2), Mike Evans (2)
Sherie Fletcher (1 + 1 Walkover)
Tons: Arthur Phillips, George O'Brien (3), Jim Fletcher

The 'B' Team, which is made up of all the regular Kloster drinkers, had it's usual auspicious start with 3 straight defeats. An S.O.S. has been sent out, to which Brian Heath has responded magnificently by handing over his £150 in a fit of drunken generosity.

26th March British Club 'B' 6, OZZIES 11
Closes: Si Miles, Terry Adams (2), Orin Kongmee, Bryan Baldwin
Tons: Andy Pickup, Terry Adams, Wan Chaichanla

Your favourite team threw away a 4-2 lead in the singles by losing all 6 points in the doubles. The rot set in when Bryan miscalculated his finish, shot x 16, shook hands with the opponents only to be told he still had to get a double 1. His partner Jackie Gramond muttered a lot of things not normally heard at the British Council.

Wan scored her first ton for the team and is obviously destined for great things.

2nd April British Club 'B' 6, Saddle Rack 11
Closes: Andy Pickup, Terry Adams (2), Wan Chaichanla
Tons: Andy Pickup, Terry Adams, Jackie Gramond (146!)

This was one of those steady defeats! 4-2 down after the singles, 8-4 after the doubles etc. The highlight was Jackie's 146, Bryan's 3 and Terry's 1.

9th April British Club 'B' 4, VW 13
Closes: Roger Daniel, Andy Pickup (2)
Tons: Roger Daniel (120 and 100)

The same scoring pattern again with Terry even scoring another single. Roger scored his 120 with only 2 darts, but Brian Heath was so disgusted with the team's performance that THE NAI immediately signed on. Practices are now being held every night until Christmas!

LADIES GOLF GOLF

ROSE GARDEN

19 APRIL '87

Thirty two golfers played in extreme heat but produced some marvelous scores. Mobil (Thailand) Ltd. sponsored the match.

Results were:			Points
"A" Group	1st	- J. Miller-Stirling	40
	2nd	- S. Chappell	39
	1st Nine	- E. Jurgens	19
	2nd Nine	- W. Morris	22
"B" Group	1st	- D. Wallace	41
	2nd	- A. Johnstone	38
	1st Nine	- R. Schramm	18
	2nd Nine	- J. Auger	25
Long Drive	- Ladies	- T. Merry	
	- Men	- D. Benham	
Closest the Pin	- J. Kelly, L. Houghton,		
	K. Chappell, D. Benham		

EKACHAI

3 MAY '87

Jardines sponsored this outing where 30 golfers struggled in the heat to keep their equilibrium - also trying not to put too many balls into the many lurking ponds that fill Ekachai.

The competition was a best-ball stroke play competition which proved very popular.

Winners were:			Net
1st Team	- Bill Watters/Joan Jurgens		65
2nd Team	- Mike Binns/Dave Benham		67
1st Individual	- E. Jurgens		74
2nd Individual	- B. Mancell		74
Best Lady	- M. McEwan		81
Special Effort Award	- H. Benham		
Long Drives	- Ladies	- Wendy Binns	
	- Men	- J. Miller-Stirling	
Closest Pin	- W. Binns, I. McLean,		
	M. McEwan, R. Armstrong		

INTERSOCIETIES' TROPHY EVENTS – 1987

TEAM TROPHIES

St. Patrick's Trophy	–	St. Andrew's	459
2nd	–	St. Patrick's	450
3rd	–	St. George's	437
4th	–	St. David's	402

St. George's Trophy	–	St. Patrick's
St. David's Cup	–	St. Patrick's
Auld Reekie Cup	–	St. Andrew's

INDIVIDUAL TROPHIES

The Delacour Cup (St. George)	–	Mike Majer	72
The J.P. Malone Cup (St. Patrick)	–	Terry Merry	74
The E.C. Howell Cup (St. David)	–	Paul Hauritz	71
The Sybil Donofield Cup (St. Andrew)	–	Dugal Forrest	71
The Jean Gundlach Trophy (Top Lady)	–	Terry Merry	74
The Kinnaid Trophy (Top Man)	–	Mike Majer	72



The "Irish" team – only second best in 1987.

LADIES' GOLF



LADIES' GOLF

After a hectic couple of golfing months we seem to have slowed down slightly and so we should all be well rested and ready to shoot good scores in the GESTETNER TROPHY – May 12th and 19th at the Rose Garden.

Many thanks to Dorothy Hartgerink who sponsored our outing on 21st April. Dorothy has been playing really well these last few weeks and has brought her handicap down to 33 from 39. Well done! Dorothy, we shall miss you – Bon Voyage and Good Luck. This was also Betty Watters' last game with B.C.L.G. Betty has been a great supoorter of B.C.L.G. and will be sorely missed – best of luck in the U.K. Betty. (We shall miss Bill too)!

COMPETITION RESULTS

21st April	Non T's and F's			HCP
Flight "A"	Winner:	Dolores Aaron	37 nett	16
	R/Up:	Margaret McEwan	41 nett	20
Flight "B"	Winner:	Wendy Binns	38½ nett	25
	R/Up:	Pam Hardy	40 nett	24
Flight "C"	Winner:	Merle Decot	35 nett	28
	R/Up:	Terry Merry	42 nett	28

Both Merle and Terry played under par and Dorothy had another good game but was ineligible as sponsor!

28th April	LGU MEDAL			HCP
"Silver" Div	Winners:	Margaret McEwan	78 nett	16
		Wendy Morris	78 nett	16
"Bronze I" Div	Winner:	Merle Decot	74 nett	25
	R/Up:	Nena Reid	77 nett	19
"Bronze II" Div	Winner:	Margaret Currie	75 nett	31
	R/Up:	Dorothy Hartgerink	79 nett	31

There was no outing on 5th May due to the holiday.

Forthcoming Competitions

May 12th	Gestetner Trophy at the Rose Garden
19th	
May 26th	MEDAL
June 2nd	Stableford

Finally, we are very sad to say farewell to our Captain, Wendy Morris. Wendy is leaving Bangkok in June and Wendy Binns has agreed to take on the Captaincy after the Gestetner Trophy. Good luck and Bon Voyage Wendy. We will miss you a lot.

SNOOKER



SNOOKER

MABBATT CUP 1986

The club championship for straight snooker played between Ian McLean and Ron Armstrong has been contested in a best of 35 challenge.

In the first meeting Armstrong took a 7-4 game advantage. The second meeting was 6-4 for Armstrong, leaving the match at 13 games to 8.

The third round saw McLean at his best winning 8-4. Now the match was 17-16.

The final test after a long layoff was finished on May 7, 1987.

Both players agreed to a warm up two games, after which the series would be completed.

Both warm up games were won by Ian McLean and the ensuing game by Armstrong ending the championship 18-16.

SQUASH



SQUASH

SQUASH LEAGUES

In an attempt to make sure everyone who wanted to play in the League did so, last month the Squash Committee tried to include all regulars who did not state that they wished to be excluded. This caused even more headaches and confusion in drawing up the Divisions, and therefore for future Leagues we will return to the previous system of application forms.

So please remember, if you wish to play in the next League, you must submit an application form before the closing date, as trying to fit in late entries really does cause so many problems for the league coordinators.

COMMENCING NEXT MONTH THE CLOSING DATE IS FINAL!!

And now a few comments on promotion and demotion, which appear to cause some misunderstanding to a few players.

If you win a league you are not necessarily promoted to a higher division although you will always be promoted to play against stronger

opposition in the following League Competition. This is because sometimes the number of new entries or returnees above you may mean that you stay in the same division, or possibly even go down one.

If a player does not play at least 3 matches in his or her League, these results will not count in the final points score, and that player may be demoted.

Points scored by players completing 3 matches or more do count, but unplayed matches may, on appeal to the coordinators, be claimed as 6-0 walkovers by the opponents, depending on the circumstances.

TWO ONE-DAY HANDICAP TOURNAMENTS

While the rest of the squash fraternity were still wallowing in slumber, no doubt sleeping off the last of their customary Sunday morning hang-overs, a few of the more dedicated squashies had made it to the club only 4 hours after sunrise to complete in the first of the new one-day handicap tournaments, inspired by the

ever-inventive Colin Reid.

After 'fixing' the handicaps for himself and the four other intrepid competitors, Colin was defeated by a defiant Barbara Overington, and with Tony Laven withdrawing his gammied leg from the rest of the fray to give Jorgen Toft a brief run into the semis, Barbara was then left with only her husband to bring to his knees to become the first One-Day Handicap Tournament champion.

By noon, just as they were beginning to think about lunch and a few ice-cold beers to chase their morning exertions, the early morning revellers were joined by Dave Mason looking for breakfast and the Currie's, the McEwan's and the Sill's in search of some light exercise, and so it was decided to run a second tournament during the afternoon.

This time Jorgen 'daned' to win straight through to the finals, and there he treated us to an eloquent display of colourful expletives, before he too succumbed to the 'steely' stare and delicate drops of the spritely Jon Sill.

Dave's win in the Plate will be remembered for his remorseless wearing down of Barbara's biotic knee which subsequently needed several external applications of ice cubes and numerous stomachal injections of Kloster before becoming serviceable once again.

Prizes of wooden spoons were awarded to the 2 winners Barbara and Jon, and also to Dave and Jorgen in the Plate Competitions.

For anyone looking for a change from the routine trek to Pattaya or becoming bored with the weekend 'lie-ins', watch the noticeboards for details of the next tournament - they really are good fun.

Remember - the matches are handicapped, so everyone has the same chance of winning - EVEN YOU!

INVITATION WEEKEND TOURNAMENT

Colin Reid will be leaving Thailand (once again!) sometime during July, and he has agreed to run a weekend tournament over the weekend of June 13-14th. The competition will follow the previous pattern of several matches to be played from Friday evening until Sunday, with a Barbeque on Sunday evening. 16 men and 8

ladies will be invited to compete in this most exhausting of tournaments, so please watch the noticeboard for details. Even if you are not playing, this competition makes a great spectator sport, and all of you are welcome to come to the Barbeque afterwards.

Come along and be entertained!

SQUASH RULES

Before he leaves, Colin has also agreed to hold a session on Squash Rules.

Please watch the Squash Noticeboard for details, and come along to see how the rules of squash are interpreted by a qualified Marker, even if the 'think' you know how the game should be played.

INTER-SOCIETY SQUASH

The Squash Section is planning an Inter-Society Competition over the weekend of 6-7th June. We are looking for 6 teams of 3 men and 3 women, with 4 UK national teams, Australasia and the Rest of the World competing.

Each game will be played to 15 points with American scoring, best of 5 games to decide each match. Watch the noticeboard for details.

WEDNESDAY EVENING AND SUNDAY AFTERNOON SQUASH

Wednesday evening Club Night continues to remain very popular, with up to 20 players turning up each week looking to expend some excess energy. The Sunday afternoon 'Mix-In' on court 3 is now also gaining popularity.

So if you are new to the Club and you just want to see how you would fit into the ladder, you're looking for some stiffer opposition above your normal league level, or just want a game but haven't got around to fixing up a match, come down for either of these sessions and you'll get some good games of squash and meet some new people.

LADIES' SQUASH

Every Thursday morning, 9 'til 12, Barbara Overington is running Ladies' Squash at the Club. If you want to start playing but don't know how,

or looking to improve your game, Barbara is there every week just waiting for you.

SQUASH FEATURE – BY THE UNSQUASHABLE

RULE OF SQUASH – BALLS

'Non-marking' balls do.

'Long-play' balls don't.

No squash ball is ever too fast, nor too slow.

No two squash balls play the same.

A ball which suits your game perfectly will break during the match.

The ball will split on the day you've forgotten to bring a spare.

It will always break at the most critical point in a match.

Although the British game is called 'soft' ball, anyone who's been hit in the eye by one knows this is not true.



Watch out for the really unscrupulous opponent who may resort to below the belt tactics to upset your concentration.

YOGA YOGA

THE ART OF RELAXATION and it is an art.

**"To sit in complete stillness of body and mind
and listen to the music of my soul"**

Relaxation CAN IMPROVE HEALTH.
Relaxation is a tonic for the whole being.

All action originates in the mind. When the mind receives a stimulus that alerts it to the need for action, it sends a message via the nerves to contract the muscles in readiness. Many people spend much of their lives – even when asleep – in a state of physical and mental tension. Contrary to general opinion, sleep does not induce relaxation. It is a form of rest from fatigue; can be a form of escape. Escape in a conscious sense, for when we sleep, our mind and body will still carry the burden of worry, illness, anger or sorrow.

Modern man (and woman) is starved of solitude. "Getting away", playing tennis, doing things we enjoy, does not denote "relaxation" or a sense of solitude because we think we "feel" relaxed. The very contradiction in terms – that we are "doing" something – even if it is something we enjoy doing, does not bring a sense of quiet to the mind or the body. The answer is in the quote above ... "stillness".

That's just it. We need "quiet" and frankly, here in Bangkok, I think it takes a little more effort and additional incentive and knowledge than in most places.

Let's make that "quiet" – solitude. Bringing to mind a picture of one being alone. It is in, and through solitude, that the human mind gains in strength and power. The greatest creative energy works in silence. Our very own silence – one that gives us the opportunity to look inward, to know ourself, to become aware of ourself.

People's attitude is to seek happiness outside, to make the external body beautiful, instead of doing more seeking and beautifying inside. Most problems spring from our world within, and so the solution too, is to be sought within, be it mental, physical or spiritual.

Recent medical research shows that relaxation may help ward off disease by making people less susceptible to viruses and by lowering blood pressure and cholesterol levels. "Just sitting quietly or, say, watching television, is not enough to produce physiological changes", says Herbert Benson, director of Beth Israel Hospital, a part of Harvard Medical School in Boston. "You need a relaxation technique that will break the train of everyday thought, and decrease the activity of the sympathetic nervous system".

Relaxation in yoga, called savasana, seems deceptively simple, but is considered one of the most difficult asanas (postures). As we all know, when we are stressed, it is not easy to calm down, or relax.

HERE'S THE SIMPLE YOGA TECHNIQUE:

Try to do this routinely once a day.
Do this when you feel stressed.

1. Preferably lie down in a symmetrical manner (lends space for all parts of your body to relax). The actual mental exercises can be done sitting in a chair keeping the spine well extended.
2. Stretch your body out. Push your heels away from your body and release – keep

the legs about 18" apart. Press shoulders to the floor, arms slightly away from the body, and release. Dip chin slightly down toward chest. Press the small of your back to the floor and release. Close your lips but keep your teeth slightly apart. Take eyes deep back into your head and then look inward.

3. Let gravity embrace you – surrender into the position. Feel your weight pulling you deeper into calmness. Let your body feel heavy.
4. Let your breath slow down – concentrate on your breathing. Breathe rhythmically. Mental and physical activity must never compete – create a tone of harmony.

Begin to feel many important physiological changes taking place; reducing the body's energy loss, removing stress, lowering your respiration and pulse rate and resting your whole system. As your relaxation and sense of peace becomes more intense, your mind will grow clear and detached. You will begin to feel **LIGHT IN WEIGHT**.

5. Now begin the tense and relax control. Let your mind travel throughout your body. Feel what is occurring and then with your mind's eye, try to see what is happening. Picture each part of your body. You

EACH TIME YOU INHALE FEEL A WAVE OF OXYGEN FLOWING DOWN TO YOUR FEET; EACH TIME YOU EXHALE FEEL THE TENSION FLOWING OUT OF YOUR BODY, LEAVING YOUR MIND LIKE A DEEP, STILL LAKE WITHOUT A RIPPLE. NOW DIVE DEEP INTO THE CENTRE OF THIS LAKE, DEEP WITHIN YOURSELF, AND EXPERIENCE YOUR TRUE NATURE.

RELAXATION IS AN ART – MAKE YOUR OWN BEAUTIFUL PICTURE – YOUR BODY AND MIND – HARMONY – WITH SPIRITUAL UNITY.

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

know what your body looks like, experience the tension and then the relaxation.

6. Feet and legs: Lift your right foot just an inch off the floor. Tense the leg, hold, then let it drop. Repeat on the other side.
7. Buttocks: Clench your buttocks tightly together, lift the hips a little way off the floor and hold. Relax and drop them down.
8. Chest: Tense and lift up the back and chest, keeping your hips and head on the floor. Relax and drop them down.
9. Shoulders: Lift your shoulders and hunch them up tight around your neck. Let them drop, relaxed. Now pull each arm, in turn, down alongside the body, and relax.
10. Hands and arms: Raise your right hand an inch off the floor. Make a fist, tense the arm, then let it drop. Repeat on the other side. Relax.
11. Face: Squeeze every muscle in your face up tight, bringing it to a point around the nose. Now open the face wide, stretching your eyes open, and stick out your tongue as far as it will go. Relax.
12. Head: Tuck in your chin slightly and roll the head gently from side to side. Find a comfortable position in the centre for the head to lie, and then relax.

COMMITTEE



JACK DUNFORD
(Chairman)
Office: 236-0211
Home: 286-1356



RICHARD HOPKINS
(Entertainment)
Office: 286-2642
Home: 211-9620



BRIAN HEATH
(Vice-Chairman)
Office: 282-9161 x 191
Home: 321-1723



DUGAL FORREST
(Outpost)
Office: 390-2191-2
Home: 381-1329



MICHAEL D. RYAN
(Treasurer)
Office: 235-1940-9
Home: 251-6106



VINCE SWIFT
(Membership/ Publicity)
Office: 252-4294
Home: 258-8522



MICHAEL BALL
(Food & Beverage)
Office: 236-7348
Home: 579-1419



ALISTAIR RIDER
(Membership/ Publicity)
Office: 251-9905
Home: 251-8369



DAVID HALL
(Personnel)
Office: 529-0100 x 2867
Home: 392-2410



DAVID WILLIAMSON
(Manager)
Office: 234-0247, 234-2592
Home: 258-8522



TERRY ADAMS
(Sports)
Office: 211-5808
Home: 253-9653 x 51A

ACTIVITIES

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

BILLIARDS/SNOOKER	—	RON ARMSTRONG	390-2445
BRIDGE	—	MIKE EVANS	236-8655-8
CRICKET	—	JACK DUNFORD	236-0211
DARTS	—	MIKE MAJER	513-1970
GOLF	—	DAVID BRITTAIN	573-0074
LADIES' GOLF	—	WENDY MORRIS	258-4090
OUTPOST	—	MAREN WHITE	258-1481
RUGBY	—	JAMES HOWARD	252-2635 251-3056
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SQUASH	—	MIKE KELLY	253-0191 x 220
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