

# OUTPOST

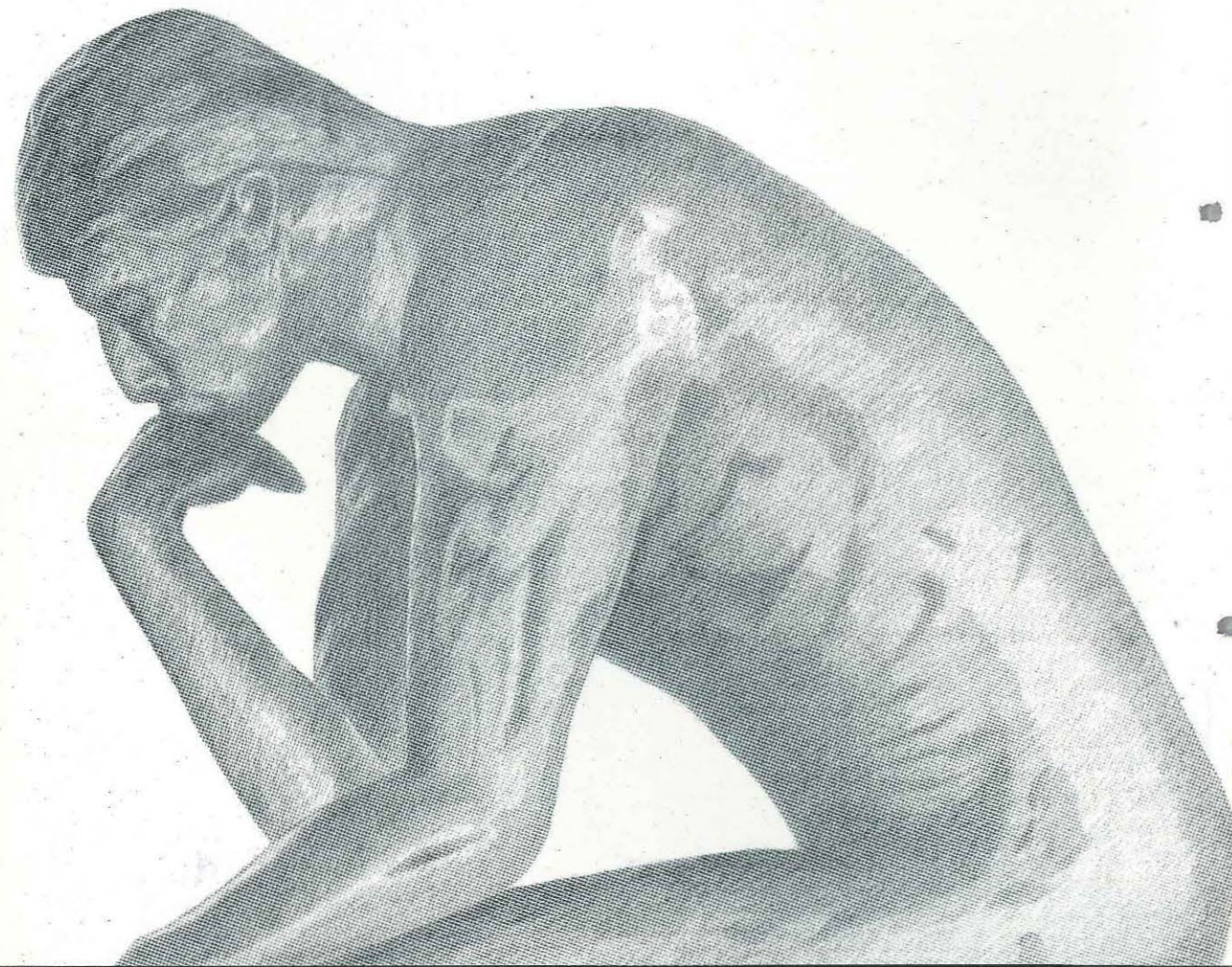
MONTHLY MAGAZINE OF THE BRITISH CLUB

JUNE 1990



moving thoughts

..... THAI



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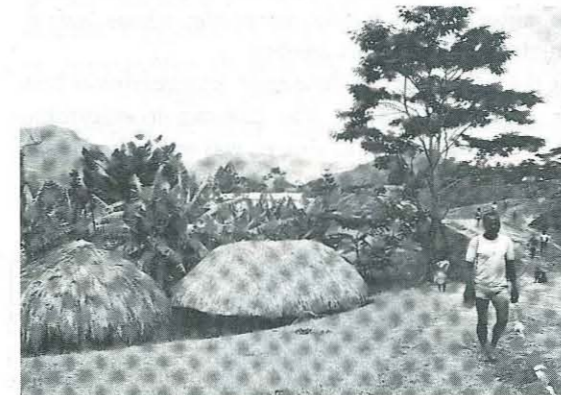
**THE BRITISH CLUB**

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## Ching-Chok

THE tragedy of death is that it is so final and that it often, slicing into a perfectly ordinary day, comes so unexpectedly. One minute a child is healthy, happy, laughing, playing in the sun, jumping into the pool. The parents paint on another layer of sun tan cream, order a drink, read The Bangkok Post, enjoy the family, dream of their child's future.

The next minute there is no future.

This very nearly happened at The British Club last month. Thank goodness the father was in the pool at the time; thank goodness that when the child's heart had stopped beating and pulse was still, expert medical help was there at the time; and thank goodness the child, now out of hospital, is alive. Almost as if nothing had happened.

But what if it had happened? What could we, as a Club, not as a Committee, but as a Club have done about it?

One thing we could do is post educational notices in the Salas about what to do to revive a half-drowned child. This is being done.

Another thing we could do is train the Club management and staff in basic first aid and resuscitation procedures. This is also being done.

We could write an article in OUTPOST, telling all members to treat this as a warning. Here it is.

We could also provide a full-time lifeguard. But is that a guarantee? And does a lifeguard give parents the right to play tennis, wait in the Bar, go to Central? What if the lifeguard, only human, goes to the loo, has a drink, lies down with a headache? What if the accident happens then: is it his fault? Or is it the Committee's fault? Or the Manager? The answer is that it does not matter whose fault it is because a child is dead. And the only people who can lose a child are its parents.

So, unless anyone has any better ideas, that is where it lies. If your child is swimming at The British Club, he or she is in your hands, your charge, your responsibility. The Club can do everything to help but please take this incident to heart, because last month death, as always, was only a heartbeat away.

18th May 1990

### DEAD LUCKY

Dear British Club members,

Why? Why did a 5 year old nearly die on Friday 11th May in the British Club pool? He was not unattended, luckily his parents were watching and pulled him out; resuscitation began immediately and succeeded. So this time the story has a happy ending.

Back to the question - Why? - No one knows. But perhaps this incident is a timely warning to those of us who leave our children unsupervised at the pool whilst we pop to Central, the Library or the bank. It only takes a minute. Whether your child is a swimmer or non-swimmer, accidents can still happen. Please, please don't leave your children unattended in the pool.

The horror and shock of this incident will remain with us for a long while to come. Please don't let it happen again.

Yours sincerely,

A guilty mum, who no longer leaves her children unattended.

## FROM THE CLUB MANAGER

RECENTLY a child was almost drowned in the Club swimming pool.

Why? Because we take things for granted! After all it could not happen to your child now could it.

Speaking personally it's happened to me twice - once I lost my young brother who was ONLY playing in a car-park - killed by a reversing car at the age of 3½ years. Right in front of my mother.

Also as General Manager in Abu Dhabi, I was jailed because I was held responsible for the death of an Arab in one of my pools.

Children are so easily killed believe me, take good care of them, don't leave them to their own devices and please don't send them to the Club with only your maid (I will not permit them to enter) NUF SAID.

### April's Staff Bonus Competition

THANK you for completing the assessment slips for the Club's service staff. The lucky winner for £2,500 Bonus is Khun Sripat from the Churchill Bar chosen for her efficient, friendly and polite manner. Congratulations go to Khun Sripat. And don't forget if you feel some of the staff deserve recognition then please return the nomination slip back to me.

The remaining £2,500 will go to Khun Preecha, poolman for his tireless, efforts, good timekeeping and never-ending cheerful disposition.



Sripat

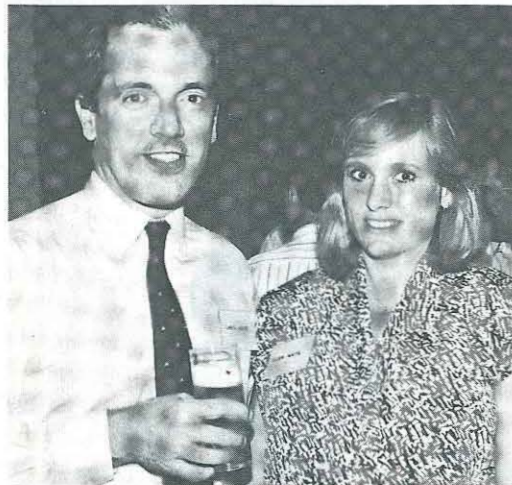


Preecha

## Meet the New Members



Martin and Jane Quicke are two lawyers seconded from Hong Kong and only here until the end of June. They both play tennis and Jane has already been visiting Pakkred Babies Home. They feel slight frauds as they are here for such a short time but they have paid their money!



Chris and Ellen White have been here for 8 months and Ellen is 8 months pregnant! They are both from New York and already have a little girl of 18 months. Ellen likes to play tennis, golf and bridge and Chris golf, golf, golf, tennis, and bridge. They joined the Club for its sausages!



David and Kathryn Haworth. David is working for Compunet linking computers; they have just moved here from Hong Kong. They are both tennis players and Kathryn also enjoys doing aerobics.



Ejuind (pronounced Ivan) and Maeve Morgensen have been here for 1½ years, he is from Denmark and she from Dublin; they met in Pakistan. Maeve is a kindergarten teacher and has recently joined the Sweet Adelines; Ejuind works with the I.L.O. on co-operatives and drinks alot when nervous.



George Huebsch (left) has been here for 2 years and works for Union Securities. He is married to the Stock Market but has joined the Club to relax. An ex-American footballer he will be putting his name down for the darts team; he also enjoys watching sports and drinking.



Flemming Petersen and Tanya Boiken are married (to each other) and hail from Denmark. They have been here for 6 months and like Bangkok very much. They enjoy squash, badminton and swimming and have a boy aged one.



Alan and Glenys Cadman have been here for nearly one month. Alan is a Brit and Glenys New Zealander but they have been residing in Australia. Other places they have lived in are Pakistan, S. America and Turkey. They both enjoy skiing, scuba diving and swimming and Alan is an ex-rugby man.



Peter and Rob members as the to Bangkok eve sailing at the F Peter is English Their home is i children. (I have write for OUTPO



Dick enjo abro she it!



in a  
Gala Dinner Performance  
Sunday, June 24th, 1990-7.00 p.m.

## GRAND BALLROOM

Tickets: Baht 1,800.- (Dinner and Show)  
(Special concession for British Club Members Baht 1,600.-)

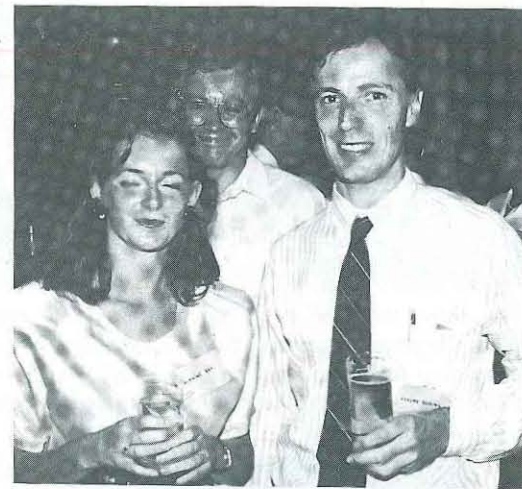
Where else but ..... the Shangri-La!

# Meet



*Inka was at New Members meeting their second baby — Peter extraordinaire, he has himself in the B.C. cricket team and a bowler. Andre is here until the end of June to be here for a while (visiting Pakkred Babies to save up!)*

*Martin and Jane Quicke seconded from Hong Kong and a bowler. Andre is here until the end of June to be here for a while (visiting Pakkred Babies to save up!) feel slight frauds as they are here for such a short time but they have paid their money!*



*Delphine Rey with her fiancé Jerome. Delphine is from Mauritius, so considers herself part British and part French. She is an accomplished artist and sculptress and plans to start classes here. Until she came to Thailand she was a designer for Nina Ricci.*



*Chris and Ellen White have been here for 8 months and Ellen is 8 months pregnant! They are both from New York and already have a little girl of 18 months. Ellen likes to play tennis, golf and bridge and Chris golf, golf, golf, tennis, and bridge. They joined the Club for its sausages!*



*Jeht and Pranee Pongfuengfu.*



*George Huebsch (left) has been here for 2 years and works for Union Securities. He is married to the Stock Market but has joined the Club to relax. An ex-American footballer he will be putting his name down for the darts team; he also enjoys watching sports and drinking.*

Shangri-La Hotel  
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# CANTABILE

'MUSIC OF THE NIGHT'  
WORLD TOUR



in a  
Gala Dinner Performance  
Sunday, June 24th, 1990-7.00 p.m.

## GRAND BALLROOM

Tickets: Baht 1,800.- (Dinner and Show)  
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Where else but ..... the Shangri-La!

# CLUB ROUNDUP

## April Swimming Gala

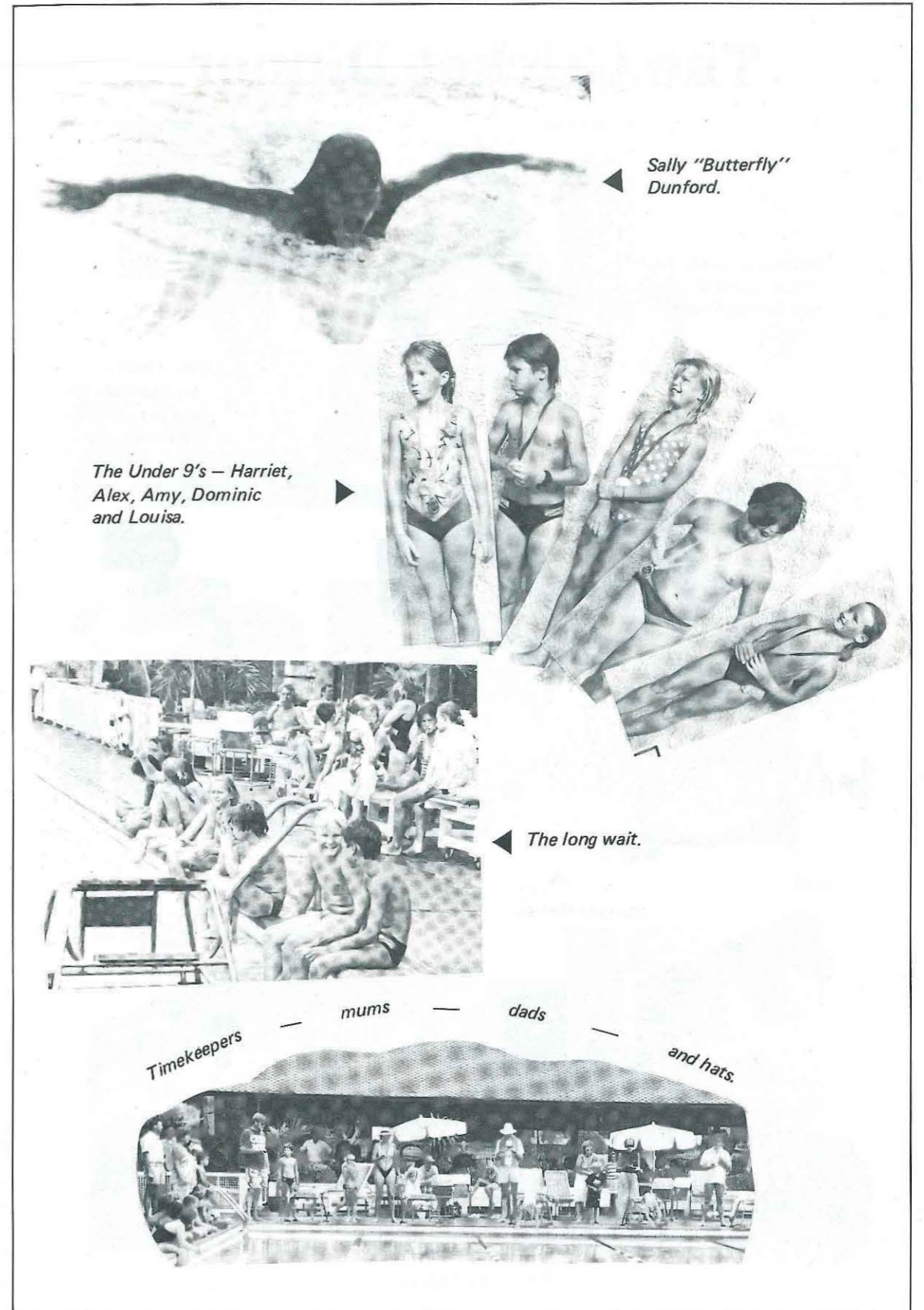


The Under 11's.

Gordon, Candice,  
Guy, Alexander,  
John, Rebecca,  
Sarah and Ben.

The Under 7's.

Sharreen and Nadia.



Sally "Butterfly"  
Dunford.

The Under 9's - Harriet,  
Alex, Amy, Dominic  
and Louisa.

The long wait.

Timekeepers — mums — dads — and hats.

# The Cricket Dinner

*'Supporter of the Year'  
- Bob Radford  
(see the April issue).*



*Our Leaders -  
the Captain  
and the  
Chairman.*



*Song and  
dance duo - 'Lewis  
and Hall'.*

*Coca-Cola  
Keith.*



*Starman George.*



*Only One!*



# The Bar Quiz



*The Winners - Cricket.*



*Runners up,  
(but very close) Rugby.*



*The 'Quizmaster and mistress.'*



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## T RAVEL LOG

### Pacific Pyramid

"T RAVEL articles are also rather thin on the ground" (Editor, OUT-POST Feb 1990, p. 5). What about the story of a trip to Pyramid? No, it's not in Egypt, and you probably won't find it on any map available in Bangkok. It's a tiny settlement about 5,000 feet up in the central mountain range of Irian Jaya, Indonesia, and it was our destination in February 1990.

The TG flight to Jakarta took off on time from Bangkok, then landed again half an hour later because the undercarriage would not retract. Inward groans, but Thai handled this snafu in an exemplary manner. They gave us lunch in the plane on the ground, avoiding the hassle of an overcrowded restaurant, and provided another aircraft which took off successfully less than three hours later. Moreover, they kept us fully informed, and that does more to calm frayed passenger nerves than anything else. Full marks to TG, and other airlines please note.

In Jakarta we were met by an Indonesian friend, who took us next day to see the sights, especially the Central Museum and the former Dutch Residency, which is now also a museum. But since many of you have been there and seen



Workshop participants taking a hill walk. The "Pyramid" is the hill in the middle distance.

for yourselves, we won't take time describing these. Next morning we had to be up at the awful hour of 02.40 in order to get to the airport for the 05.00 Garuda domestic flight that would take us to Ujung Pandang in South Sulawesi on the first leg of the journey to Irian Jaya. As seems to be inevitable in such circumstances, the flight was delayed, but only by about an hour, and it didn't matter because the connecting flight to Jayapura was also late. The most interesting part of the flight was going over the long inlet that almost cuts in half the Bird's Head peninsula at the north-western end of the island of New Guinea. In the

late afternoon, after a stop at Biak, we reached Sentani, the airport for Jayapura, the sleepy overgrown village that is the provincial capital of Irian Jaya. We were somewhat surprised to discover that Jayapura is further from Jakarta than Bangkok is; Indonesia is a larger country than one realises.

One could go thus far without any special bother, but to visit the interior, a Surat Jalan, or travel permit is needed. The purpose of our visit was to attend a workshop organised by the Indonesian Bible Society for people involved in Bible translation in the many languages of Irian Jaya. The various missions in Irian Jaya have a joint adminis-





*Making colourful string bags.*

trative office in Jayapura, and happily the people there organised the Surat Jalan for us, and we did not need even to set foot inside a government office. However, it all took time, and gave us a weekend in Jayapura, which has some fine coastal scenery. We were strongly reminded of our old home in Port Moresby, Papua New Guinea, which had lovely views over the harbour there. There is also a large natural lake at Sentani which is very picturesque. And everywhere there is air consisting only of oxygen and nitrogen, though we did not notice any withdrawal symptoms from the dilute diesel fumes that pass for air in Bangkok.

On the Monday morning we were back at Sentani bright and early for a flight on Merpati, an Indonesian domestic airline, over the mountains, or more accurately through the mountains, as some of them reached higher altitudes than the plane (an HS748 propjet, if anyone is interested). After an hour or so we landed at

Wamena, a sizeable town in the broad valley of the Baliem River which cuts through the mountains on its long journey to the south coast. Wamena, with 40,000 population claims to be the largest town in the world supplied entirely by air. Time for a cup of coffee there, then on to our final destination at Pyramid. This is only about 20 miles from Wamena, and lies in the same reasonably flat valley. However, there seems to be no driveable road, and given a choice between a twelve-hour walk with a suitcase and a ten-minute flight, what would you take? The flight this time was on a Cessna 208, a 10-seater plane belonging to the Missionary Aviation Fellowship. This group renders an invaluable transportation service not just to missionaries but to many isolated communities in remote parts of the world. For instance, MAF helicopters were the first relief on the spot when a major earthquake struck Irian Jaya in August '89. On this particular day,

several of the small MAF planes were ferrying people from different locations to Pyramid for the workshop. In the mountains, the best flying weather is usually in the mornings, with cloud often closing in in the afternoons, and this day was no exception. By lunch time everybody was safely installed at Pyramid. The name comes from a somewhat pyramid-shaped hill standing in the middle of the valley as an outlier from the main mountain chain that rises on either side of the river. The airstrip is of course just grass, and has quite a significant slope which helps to slow planes when they are landing (uphill) and speed them on their way when they take off (downhill).

Why such an out of the way spot for a workshop? It was one of the earlier places in which missionaries settled in the late 50s when the area first came into contact with the outside world, and it was the place where they gathered for annual conferences. Gradually cabins were built to accommodate quite large groups like ours, and such facilities are not found in too many places in Irian Jaya. We were around 75 people in all, about 50 Irianese from 26 different language groups, and about 25 missionaries and Indonesians from other parts of the country. Irian Jaya has about 300 languages spoken by the two to three million indigenous people, so there are many languages spoken by very small groups. All those present were involved in translating some part of the Bible into one of

these languages. The aim of the workshop was to provide both training in translation principles, and practical work on specific Bible passages which were explained in detail. Lectures were both in English and in Bahasa Indonesia, the national language which the Irianese could handle with varying degrees of ability. You are spared the technical details of the lectures!

When the Baliem Valley was first opened to the outside world in the 50s, its people were still living in a stone-age culture. Sweet potato was the staple food, and pigs the measure of wealth. Interclan warfare was common, and cannibalism practised in some parts. Health care was non-existent. In some respects things have changed a lot, and in others very little. Clan wars are much less common, and cannibalism practically gone. The diet now contains a much greater variety of vegetables, but is still protein-deficient. There are a good number of clinics, though on the debit side, chloroquine-resistant malaria has come in. In the way of clothing, many people now have T-shirts, but among the Dani people of the Pyramid area, a lot of women still wear grass skirts, often with nothing else. The Dani men frequently wear no more than the traditional G-string and penis gourd. Photos can be supplied, but who knows whether they would pass the eagle-eyed scrutiny of the editor of what is often alleged to be a family magazine?

Our schedule at the workshop did not leave a lot of time



*A Dani village from the "main road."*



*The market day at Pyramid.*

for sight-seeing, and naturally the area is hardly geared for tourism, but we did manage to see some of the local villages, with their mixture of small round thatched huts, and larger longhouses for communal living. A round house was being built in the compound where we were quartered, and it made visible progress

every day, being completed in about a week. The local market was held on a Wednesday, and was very informal, with most of the wares just laid out on the grass. Sweet potatoes, vegetables, fruit and hand-woven string bags were the main items on sale. By the middle of the day it was all over and people were drifting off home.

All too soon it was time to leave again, and begin the journey in reverse. We could not resist the temptation to divert a bit from the most direct route in order to visit Bali and Borobudur, but these destinations are so much better known that they hardly need publicity from us. The whole trip was extremely interesting, and helped to open our eyes a bit to the fascination of a vast, complex and friendly neighbouring country.

David & Glenys Clark

## Where Lawn Tennis Really Began



**E**ARLIER this year there arrived at the Wimbledon Museum a longcase clock, known colloquially as a Grandfather, and a beautiful example of 18th century English craftsmanship it is too. It was made by Edmund Wills of Salisbury and stands seven feet nine inches high. The case is mahogany,

the twelve inch break arched dial is silvered and above it is an automated tennis scene of a man and a woman playing tennis on the lawn, a very uneven one from the looks of it, of a country house. The movement of the ball between racket and racket times the seconds.

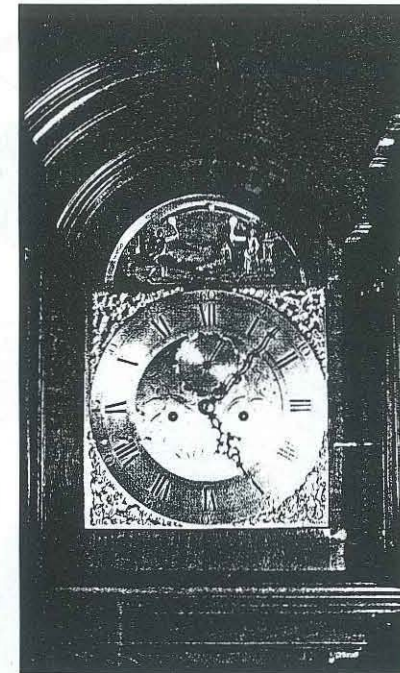
For some years the clock was housed in the Home Office in Whitehall but now is on permanent loan to the Museum from the Department of the Environment. But no one knows its history or where it came from.

Nearby the clock, as it stands in the Museum, is a

bust of Major Walter Wingfield, who is generally recognised as the founder or inventor of lawn tennis now universally known as tennis. And the interesting point here is that while Major Wingfield patented his version of lawn tennis in 1874 Edmund Wills made his clock with its lawn tennis scene one hundred years beforehand, in 1775 or thereabouts. How is it that the clockmaker beat the Army Officer by a full century? Indeed, Edmund Wills was not the only clockmaker to do so. There is in existence a bracket clock depicting a tennis scene made by W. Bull of Stratford in 1770.

A clue to this puzzle is to be found in the wall print almost opposite the clock in the Museum. It tells of ancient ball games and points out that in 1500 B.C. the Egyptians engaged in a ceremony in which a ball was struck with a stick, the forerunner, of course, of the racket.

Lawn tennis developed out of the very old game (12th century or beforehand) of tennis, known in Britain as real tennis, in France as Jeu de Paume, in Australia as Royal tennis and the U.S.A. as court tennis. It is played in a massive indoor court containing numerous buttresses, hazards, galleries and penthouses (roofs) along which the ball can travel. The net is slung across the court as in lawn tennis but sags in the middle. The racket is lopsided and heavy and the balls, though cloth covered like lawn tennis balls, are solid inside and only bounce



of the world put together and the game has a very enthusiastic following.

So the clockmakers had a racket and ball precedent though not necessarily a country house lawn. We know that a Birmingham solicitor, J.B. Perera, was playing some form of tennis on his lawn in Edgbaston in 1858 and that Major Harry Gem was doing the same at Leamington where the first club in the world was formed and is now the site of the Manor House Hotel.

That does not, however, answer how Edmund Wills managed to depict an outdoor tennis scene in 1775. My own theory is that some form of tennis was played on lawns long before Perera, Gem and Wingfield and the reason is to be found at Hatfield House, the home of the Marquises Salisbury. Their real tennis court, still one of the best in the country, was built in 1843. The game there was confined to the men. Indeed women were not allowed into the court. The women became bored and in order to placate them one member of the Salisbury family gave them rackets and balls and told them to go out on the lawns, while the men stayed inside the court, and pat the balls back and forth to each other just as the figures are doing on the clock. There were plenty of country house courts in existence in the time of Edmund Wills. Could not the same chauvinistic attitude have been taken by the men in his day?

on a hard floor.

The game originated in monastery cloisters and the galleried salons of castles and chateaux. It was basically restricted to Royalty and the aristocracy in Europe and Britain. Henry II of France was a top class player as was our own Henry VIII who built the court at Hampton Court in 1529, the oldest existing court in the world. A few years later his cousin, James V of Scotland, so as not to be outdone, built a court at Falkland Palace which is the only example of an outdoor or uncovered court still remaining in the world, and is still in use.

In the sixteenth and seventeenth centuries the game became very popular particularly among the merchant classes and, at one time, there were over five hundred courts in Paris. Now there are more courts in Britain than the rest

# Hallowe'en in June

**G**HOSTS and spirits are best not taken too seriously, but they are persistent little things and you would be unwise to ignore them totally. Regardless of individual cultures and religions, there seems to exist in most countries a tradition of appeasement towards the inhabitants of the invisible world. Rituals that were once deemed to be important still survive today – even if it is only in the form of 'hedging one's bets' against the improbable but possible. The most notable example in the West is Hallowe'en. Although Thailand does not celebrate this spirited occasion as such, at least one Thai village has managed to retain its own version of a similar festival – when the ghosts walk!

Dan Sai, some 450 kilometres northeast of Bangkok, in Loei province, is a quiet little place surrounded by hills, forests and padi fields but otherwise unremarkable. Unpretentious as it is, however, the town has one claim to fame – its annual Phi Ta Khon festival, a celebration of the spirit world marked by as much good fun and general high jinks as our Hallowe'en. On a date in May or June (fittingly the most auspicious time is set by a medium – and I am assured that this year it is in June), Dan Sai erupts with the wild cavortings of 'ghosts' when all the town's eligible males don grotesque



masks and weird costumes to entertain the crowds with practical jokes and other antics.

Phi Ta Khon literally means 'ghost mask'. The bizarre hats are made from *haad* – a woven bamboo container used to steam sticky rice – while the all important mask is shaped from the bottom part of a coconut stem. Holes are cut for

the eyes and mouth, and a long carved wooden nose, like a giant beak, is added. The mask is finally finished in white paint with splashes of red daubed around the eyes and mouth. For the dress, sheets or blankets are sewn together to give the effect of a shroud. Nothing costly is used, because at the end of the festival the

costumes are ceremoniously consigned to the river.

The precise origins are, as ever, shrouded in mystery, but some of the older villagers tell a story about the nearby pagoda of Phra That Sri Song Rak, a site considered most sacred by the people of north-eastern Thailand. The pagoda was constructed in the mid-sixteenth century to commemorate an alliance between the kings of Ayutthaya and Laos against their common enemy, the Burmese. During its construction, it is said, there were two lovers whose union was thwarted by their parents and so they ran away and hid in a tunnel under the site. When the building was completed the tunnel was sealed – and no one was aware that the lovers were trapped inside. Thus, it is believed, that when they died they became guardian spirits – and the numbers of these 'spirits' have increased over the years as pilgrims stated their wish to, eventually, reside with them.

Charming though this story is, the roots of the Phi Ta Khon festival can more clearly be seen to lie between two more established celebrations. One is the *Boon Bang Fai*, a festival held to pray for rain so vital to the crops, and *Boon Phra Ves*, which has its roots in the Buddhist tale of Phra (Prince) Vesandorn, the Buddha's penultimate incarnation. The story goes that Phra Vesandorn's return to his kingdom was treated with such ecstasy that all the spirits of the departed emerged to celebrate along with the people.



A few of the "ghosts" who join in the festivities at the Phi Ta Khon Festival in Loei Province.

On the first day of the festival, a gun is fired over the Mhan River in a ceremony of invitation. The young men of Dan Sai then dress themselves as ghosts and roam the town, singing and dancing, for the rest of the day. Among their wild antics, the 'spirits' seek donations – usually sweets – which are given freely in order to gain merit. Our 'ghosts' are not adverse to a little sly shoplifting as they run past, either, because no one takes anything too seriously during this special time.

The highlight of the fun is the great delight that the 'ghosts' take in terrorising the young women. Any girl in Dan Sai who crosses their path is considered fair game. The handles of the mock swords and clubs they carry are carved unmistakably into phallic symbols, which suggests that the Phi Ta Khon festival may long ago have also incorporated elements of fertility rites – an important ingredient of many rituals. Tin cans are filled with pebbles and drag-

ged along the ground to add to the noise, but despite this, the 'ghosts' are careful not to utter a word, lest they give away the identities they have so carefully concealed in their elaborate costumes.

On the second day Phra Vesandorn is honoured by an elaborate procession through the town to the pagoda. The procession circles the temple three times before entering and, in this way, propitiatory invitation rites have been performed and the Prince has been fittingly welcomed home from his long exile in the mountains. Everyone rejoices, and none with more outrageous fervour than our friends the 'spirits'.

The third day of the celebration stands in strong contrast to the previous two. Dan Sai returns to its usual peace and tranquility, and the day is marked by a recital of the Machachart (The Great Life) at the Wat. This traditional narration of the story of Phra Vesandorn is regarded as a occasion that will result in great virtue, and make much more merit for the listeners.

What has been a time of wild fun for the citizens of Dan Sai, thus ends on a note of deep reverence for the Buddhist faith. The 'ghosts' are quiet once more, their costumes cast into the river. But this year, once again, they will rise and walk in all their enchanting strangeness ... Or so I have been told. Why don't you try and join them?

Hild

## WELL WORTH WATCHING

### Broadcast News

**N** EWS these days is big business. The media industry has pioneered major technical advances in order to present us with up-to-the-minute graphic accounts, on screen, on paper, in stereo, of what is happening all over the world. It budgets in billions.

At the same time, the definition of what actually constitutes news is becoming blurred. Look at ITN, famous for its rosy human interest stories, designed to take the sting out of the tail of some appalling disaster report. Or the disaster itself, re-created and sensationalised endlessly as 'infotainment' in the tabloid press. How, exactly, does this kind of reporting come to be and how does it tally with a simple definition of news as 'an objective account of a real event'? What price the truth? And how should reporters go about securing it? It seems ironic that, as the news industry expands and progresses, the hoary old question of its ethics has yet to be resolved.

'Broadcast News' takes a cynical but humorous look at this question in its most extreme form, against the backdrop of the Washington bureau of a major American TV news network. Steeped in glamour, deadlines, ambition and insincerity, the staff at the bureau have no time to wrestle with moral dilemmas. Should they screen an execution or swear undying love to a source in order to get a story? Unequivocally 'yes'. Except Jane.

Jane, played by Holly Hunter, is a successful but neurotic producer and an uncompromising advocate of pure news. Holed up with the Contras in Nicaragua, she intervenes when her cameraman directs a soldier to put on his boots while he films him. "We're not here to stage news. You wait and see what they do." "You can do whatever you want", she tells the guerilla, "it's your choice". Puzzled, he puts them on anyway. The resulting story is a hit, but her

obsession with being right makes it impossible for her to be happy.

Courting her, both professionally and privately, are Aaron and Tom, otherwise known as Albert Brooks and William Hurt. Aaron is a reporter who cannot stop himself telling the truth with little regard for the effect it might have on the person to whom he is talking. His comments are perceptive, amusing and invariably right, but he is too bitchy and self-pitying to be truly likeable. "Wouldn't this be a great world if insecurity and desperation made us more attractive - if needy were a turn-on?" he winges. A good journalist on paper, he is overlooked by the media moguls, so resolves to prove himself as an anchorman, the ultimate test of screen success.

Popularity has never been a problem for Tom. Good-looking and open but not as bright as the others, he thinks he is merely pretending to be a reporter. "I'm no good at what I'm being a success at", he complains. But then he realises that he IS good at selling himself, at pushing his own credibility - which is the key to becoming a news anchorman. Tom personifies everything which Jane has been fighting against - yet she begins to fall in love with him.

The rivalry between Tom and Aaron is handled cleverly. Tom lacks the principles to be right, while Aaron lacks the charm to succeed. Watching Tom, it is easy to acquiesce to his style of reporting, without realising that in so doing, you could be inviting lower standards, spicier stories, "sex'n'tears" journalism.

If all this makes 'Broadcast News' sound too moralistic and heavy to be entertaining, it shouldn't. The film works because it wraps its message in good comedy, an unpredictable but realistic plot and tense drama. Like Tom's news reports, it is good cinema. Look out for

Jack Nicholson in a small but evil role as the hard-bitten managing editor.

'Broadcast News' came out last year. It must be coincidence that Dan Rather, bastion of the American media world and anchorman for CBS, has recently been accused of faking parts of his award-winning film of "the biggest one-day defeat of Soviet troops since World War II".

And that Sandy Gall has been criticised for forgetting to point out that some of his footage on Afghanistan came straight from a Mujahideen propaganda unit. Fabricated reports are difficult to pinpoint, even harder to prove. Perhaps both men should have watched 'Broadcast News'!

## SCOFFERIES

### Dolf Riks Restaurant

**A** Songkran holiday visit to Pattaya presented new territory for eating out, and a quick review of the advertising handouts revealed a choice as varied if not more so than Bangkok.

Personal reasons led me to forgo this choice as I wanted to visit the Dolf Riks Restaurant, having heard of Dolf from a mutual friend who is now UK based. There was no problem in locating it on the Soi connecting Pattaya 2 Road and the Beach Road which passes the Regent Marina Hotel in North Pattaya.






The restaurant presented a very pleasant interior, and having introduced ourselves to Dolf Riks, we were soon seated at a table with a drink. He has been a resident for nearly 30 years, and apart from running the restaurant, paints the pictures which line the walls. The menu was augmented by a substantial blackboard display and is international in range with specialisation in Indonesian

food. We opted out of rijstafel, gado-gado and rendang, all old favourites, and chose international. Madras Ramme-kin caught our attention, a delicious pot of spiciness meat and vegetables. Pot roasted oxtail (a blackboard selection) and Mediterranean prawns were delicious and substantial. A light sweet was called for and the chocolate pudding topped with rum soaked raisins was very satisfactory. The restaurant is in the medium price range; our three courses with two rounds of drinks came to Bt 850.

Nosher

# JUNE CALENDAR

For further information see Activities Page for contact names and telephone numbers. If you would like to announce any B.C. related events in the *OUTPOST* Calendar, please contact Judi Leddy on 258-5110. The deadline is the 10th of the preceding month. \*Indicates "to be held in the Wordsworth Room."

	SAT	SUN	MON	TUE	WED	THU	FRI
	2 Flicks for Kids - 6.00 p.m. 'No Fixed Abode' Wordsworth Lounge - 8.00 p.m.	3 Golf at Railway Flicks for Kids - 11.00 p.m. Sunday afternoon Club Tennis - 3-6 p.m.	4 B.W.G. Mahjong* - 9.00 a.m. Aerobic Classes - 9.00 a.m. New Member's Night/ Happy Hour - 5.30-9.00 p.m. Chess Club - 7.00 p.m.	5	6 Ladies' Golf - 7.00 a.m. Aerobic Classes - 9.00 a.m. Tennis and Squash Club Night from 6.00 p.m.	7 Ladies' Tennis - 8-10.00 a.m. Ladies' Squash - 9-12 noon Tennis Clinic 6.00-7.00 p.m.	8 Aerobic Classes - 9.00 a.m. Accumulator Night - 8.00 p.m. Tennis Clinic 6.00-7.00 p.m.
	9 Flicks for Kids - 6.00 p.m. 70's Disco Video Dinner	10 Flicks for Kids - 11.00 p.m. Sunday afternoon Club Tennis - 3-6 p.m.	11 B.W.G. Mahjong* - 9.00 a.m. Aerobic Classes - 9.00 a.m. Happy Hour - 5.30-9.00 p.m. Chess Club - 7.00 p.m. Scottish Dance Practice - 7.30 p.m.	12	13 Ladies' Golf - 7.00 a.m. Aerobic Classes - 9.00 a.m. Tennis and Squash Club Night from 6.00 p.m.	14 Ladies' Tennis - 8-10.00 a.m. Ladies' Squash - 9-12 noon Bambi Meeting Tennis Clinic 6.00-7.00 p.m.	15 Aerobic Classes - 9.00 a.m. Accumulator Night - 8.00 p.m. Tennis Clinic 6.00-7.00 p.m.
	16 Flicks for Kids - 6.00 p.m.	17 Fathers Day Golf at Muang Ake Inter-Societies Squash Flicks for Kids - 11.00 p.m. Sunday afternoon Club Tennis - 3-6 p.m.	18 B.W.G. Mahjong* - 9.00 a.m. Aerobic Classes - 9.00 a.m. Happy Hour - 5.30-9.00 p.m. Chess Club - 7.00 p.m.	19	20 Ladies' Golf - 7.00 a.m. Aerobic Classes - 9.00 a.m. Tennis and Squash Club Night from 6.00 p.m.	21 Ladies' Tennis - 8-10.00 a.m. Ladies' Squash - 9-12 noon B.W.G. Lunch Tennis Clinic 6.00-7.00 p.m.	22 Aerobic Classes - 9.00 a.m. Accumulator Night - 8.00 p.m. Tennis Clinic 6.00-7.00 p.m.
	23 Flicks for Kids - 6.00 p.m.	24 Golf at Ekachai Flicks for Kids - 11.00 p.m. Sunday afternoon Club Tennis - 3-6 p.m.	25 B.W.G. Mahjong* - 9.00 a.m. Aerobic Classes - 9.00 a.m. Happy Hour - 5.30-9.00 p.m. Chess Club - 7.00 p.m.	26	27 Ladies' Golf - 7.00 a.m. Aerobic Classes - 9.00 a.m. Tennis and Squash Club Night from 6.00 p.m.	28 Ladies' Tennis - 8-10.00 a.m. Ladies' Squash - 9-12 noon Tennis Clinic 6.00-7.00 p.m. 'Follies' in Suriwongse Room	29 Aerobic Classes - 9.00 a.m. Accumulator Night - 8.00 p.m. Tennis Clinic 6.00-7.00 p.m. 'Follies' in Suriwongse Room
	30 Flicks for Kids - 6.00 p.m. 'Follies' in Suriwongse Room	JULY 1 Flicks for Kids - 11.00 p.m. Sunday afternoon Club Tennis - 3-6 p.m.	2 B.W.G. Mahjong* - 9.00 a.m. Aerobic Classes - 9.00 a.m. Happy Hour - 5.30-9.00 p.m. Chess Club - 7.00 p.m.	3	4 Ladies' Golf - 7.00 a.m. Aerobic Classes - 9.00 a.m. Tennis and Squash Club Night from 6.00 p.m.	5 Ladies' Tennis - 8-10.00 a.m. Ladies' Squash - 9-12 noon. Tennis Clinic 6.00-7.00 p.m.	6 Aerobic Classes - 9.00 a.m. Accumulator Night - 8.00 p.m. Tennis Clinic 6.00-7.00 p.m.

## Cable Skiing in Bangkok

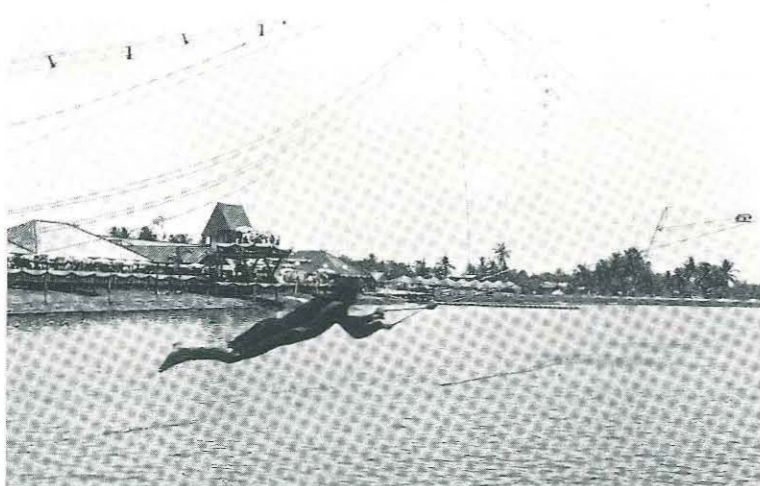
**S**ORRY to disappoint all you avid snow skiers but the snow has not arrived in Bangkok yet! However, if you're a watersports enthusiast, a snow skier wanting to get in shape or someone who wants to waterski, cable waterskiing is for you.

'Cable waterskiing', you say, what is that? Well, in a nutshell, instead of being dragged around a lake by a boat, you are literally pulled around using a ski rope attached to an overhead cable.

The 'cable ski' or 'Rixen ski' is the brainchild of Bruno Rixen, a mechanical engineer from Bremen, Germany. Whilst visiting Holland one day in 1959 a friend complained to Rixen that the ski boat was not efficient. Rixen, being somewhat of an inventor decided there and then to design an alternative to the ski boat. Thus, the Rixen Cable ski was born.

Many problems had to be solved, not least of which was how to make two heavy wire cables travelling horizontally for a distance of 350 meters with no support.

However, problems overcome, one of the first cable skis to be built was installed in the sea at Benidorm, Spain. To this day this remains one of the longest, being 1.4 kilometres long. There are now 60 installations worldwide including 3 in Britain, at Thorpe Park, Nottingham and Don-



caster which has two systems on one lake. Bangkok is the first installation in Asia.

For the 'green' faction of the British Club, members will be pleased to note that this system is totally harmless to the environment and actually assists the lake it is installed in.

The Cable Ski recently installed in Bangkok utilises a sixty horsepower motor to drive two vertically separated cables from speeds of 0 kph to 64 kph if one has the arms to 'hang on'! This motor produces no black smelly smoke, has no enlarged exhaust pipe and to be totally honest is both noise and air pollution free, a pleasant change for Bangkok. The action of pulling skiers and would be skiers through the water oxygenates the lake and thus provides cleaner water and bigger fish!

The Bangkok system utilises

4 pylons, set at 45° to the vertical and positioned in a rectangle, the sides being 350 metres by 30 metres. Other venues in the world have different layouts but there is always one side 350 metres long to enable a slalom course to be installed. Up to 6 pylons can be installed thus making the corners easier to negotiate.

'How do you ski using a cable?' I hear many people ask. Well, believe it or not, it is a lot easier to learn on the cable than behind a boat. You don't have to rely on a cowboy boat driver wrenching your arms out whilst talking to the pretty girl next to him.

The cable travels at a constant speed which is nice and slow for beginners, and speeds up for those with a wish to increase the adrenalin flow. As a beginner, you are shown what to do by the resident instructors and then for the

first few goes it is recommended that you use a kneeboard to acquire the feel for the cable. This is a very safe method.

Fall off? — no problem, swim back and try again. The 'Cable Ski' can carry eight persons at any one time. As the cable never stops, it can carry a large number of people every hour. During the course of the day the speed is varied to suit all standards and of course if you're a beginner, the operator will let you finish your round before accelerating the cable for the next grade of skiers.

All standards are catered for on the 'Cable Ski' and everyone from beginners to slalom skiers, would be Mike Hazelwoods, and barefooters can join in the fun. The 'Cable Ski' is fun for all the family, for kids five and under up to grandma at ninety-five. No



need to use skis, try a kneeboard, a disc, trick skis, a surfski or even barefoot!

Interested? Intrigued? If you've always wanted to have a go, now's your chance.

Asia's first Cable Ski can be found at CLUB TACO, which

is situated at kilometre 13 on the Bang Na Trat Highway (road to Pattaya), south east of Bangkok.

Members of the British Club are invited to try Cable skiing, windsurfing and scuba diving at Club Taco on the following Saturdays, 26th May, 2nd June and 9th June, between 10.00 and 14.00.

For an inclusive price of 300 Baht for Adults and 150 Baht for children of 14 and under, British Club members can waterski, windsurf and scuba dive under the careful eye of Club Taco instructors. Waterski lessons will be given by Club Tacos' British coach. Lunch and soft drinks are also included in this offer.

All you've got to do is show your British Club membership card on arrival. For further details please see the Club noticeboard.

Have fun!!!



**"For what we are about to receive, thanks for nothing."**

# UK PROPERTY PURCHASES - AN ALTERNATIVE APPROACH

## U.K. PROPERTY REVERSIONS

Most personal fortunes are built on real estate. It is a sound, medium to long term, virtually guaranteed investment. The current outlook for investing in UK property is especially good and expatriates who do not own a property should seriously consider buying now. In some areas of Britain prices are 30% lower than at this time last year, the market is bottoming out and there are a number of bargains available.

For those persons who wish to invest in property but not necessarily live in it then property reversions are an excellent opportunity to double your money and collect interest on it over a period of about 10 years.

Reversionary property has become available because many elderly people, because of inadequate pension planning and inflation eating away at their savings, find it impossible to maintain a reasonable standard of living on reaching retirement. Many do not have relatives they would like to leave the property to and would like to release some of the capital tied up in their house. By selling full or part reversions they can obtain an

immediate lump sum of money, an income for the next 10 years, and remain in their homes for the rest of their lives rent free.

## FULL REVERSIONS

For an investor buying the reversion the purchase price is approximately 50% of current market rates; the exact amount is determined by the age of the owner(s), type and condition of the property and its location. An agreed initial lump sum is payable, usually 25% of the purchase price, and the rest of the repayments are paid monthly over the next ten years at a fixed rate of interest.

The property becomes the investors on the death of the owners, or if they decide to move out. It is of course possible that the owner may still be in residence after the payments have been completed, in this case the property may not be sold. The average time for reversions however is 8-9 years and occasionally can be considerably less. At all times the upkeep of the property is the responsibility of the resident.

## PART REVERSIONS

Part reversions operate in exactly the same way but only a portion of the property is for sale. For example if a

house is valued at £100,000 a 25% part reversion could be purchased for approximately £11,000. A further 25% may become available in the future and the original investor would automatically be given the first option to buy.

The advantages to purchasing part reversions are that, it provides the opportunity to buy a 'spread' thus maximising the chances of an early reversion, and it allows access to the property market for the 'smaller' investor. More and more expatriate investors are realising the benefits of reversion mortgages in preference to buying and renting out a property as there are considerably fewer problems involved. The property is already 'rented out' and the occupiers are responsible for all outgoings such as insurance, repairs, redecorating and poll tax and the reversion may be sold at any time to another investor.

If you are considering purchasing property in the UK then the reversion route is one you should consider. As a form of investment for a ten year period full or part reversions offer a relatively safe and reliable option with almost guaranteed returns.

Jeff Williams

# Shaye When

## An Opuscle on Titillation and Tippling

A friend gave me a ring from Los Angeles last night, right after I returned from an intoxicating wine tasting at The Siam Wine Society, having been invited by Pira Sudham, Thailand's Nobel Prize nominee for literature, and Alistair McManus, property surveyor and golfer. My pal, Bob, provided me with his surname for my title, and the inspiration for my theme; in vino veritas. Ecco homo, Robert Shaye, martini maniac, tequila tyrant, Pimms puker, Americano Americano, president of New Line Cinema and distributor of the enormously successful film *TEENAGE MUTANT NINJA TURTLES*, an inebriating box-office gross to date of over \$100 million. I saw the film myself when I was in LA last month. It's very clever. Produced by our neighbour, Raymond Chow of Golden Harvest in Hong Kong, the man who made the Bruce Lee films, this gentleman is sodden with intuition regarding the public taste. Bob, so successful in distribution and production, has just directed his first film - about love - which is rather heady stuff, but films alone can't get you blotto, so on to a few reviews on imbibing.

Duff Cooper was one of the most remarkable men of England in the 30 years that followed the end of the First War. He had great and varied gifts. He rose to high office in the State, and showed great courage during the Munich crisis when he was at the Admiralty.

He mobilised the Fleet at the first sign of danger and when Chamberlain made his pact with Hitler he resigned his post, and seemed in doing so to have ruined his political career for ever. Later he was proved to have been right and returned to office. In his memoirs *OLD MEN FORGET* he writes, "I should acknowledge the consolation I have never failed to find in the fermented juice of the grape. I can truthfully say that since I reached the age of discretion I have consistently drunk more than most people would say was good for me. Nor do I regret it. Wine

has been to me a firm friend and a wise counsellor. Often wine has shown me matters in their true perspective and has, as though by the touch of a magic wand, reduced great disasters to small inconveniences. Wine has lit up for me the pages of literature and revealed in life romance lurking in the commonplace. Wine has made me bold but not foolish; has induced me to say silly things but not to do them. Under its influence words often come too easily which had better not have been spoken and letters have been written which had better not have been sent. But if such small indiscretions standing in the debit column of wine's account were added up, they would amount to nothing in comparison with the vast accumulation on the credit side."

Not everyone adjures the plonk. Most things have been best said by Shakespeare, and the issue is fairly put in all its implications in the scene in *Othello*, in which Iago makes Cassio drunk in order to involve him in a quarrel.

Cassio "Not tonight, good Iago; I have very poor and unhappy brains for drinking; I could well wish courtesy would invent some other custom of entertainment."

Iago "O, they are our friends; but one cup: I'll drink for you."

Cassio "I have drunk but one cup tonight, and that was craftily qualified too, and, behold, what innovation it makes here: I am unfortunate in the infirmity, and dare not task my weakness with any more."

Iago "What, man! 'tis a night of revels: the gallants desire it ..... If I can fasten but one cup upon him

With that which he hath drunk tonight already,

He'll be as full of quarrel and offence as my young mistress' dog."

There follows a scene which contains one of the best drinking songs in literature, a match for *The Beggar's Opera's* 'Women and wine should life employ, is there aught else on earth desirous?'

"And let me the canakin clink,  
A soldier's a man; A life's but a span;

Why, then, let a soldier drink .....

Cassio "O God, that men should put an enemy in their mouths to steal away their brains! that we should, with joy, pleasance, revel and applause, transform ourselves into beasts!"

Iago "Why, but you are now well enough: how came you thus recovered?"

Cassio "It hath pleased the devil drunkenness to give place to the devil wrath: one unperfectness shows me another, to make me frankly despise myself."

Iago "Come, you are too severe a moraler: as the time, the place, and the condition of this country stands, I could heartily wish this had not befallen; but since it is as it is, mend it for your own good."

Cassio "I will ask him for my place again; he shall tell me I am a drunkard! Had I as many mouths as Hydra, such an answer would stop them all. To be now a sensible man, by and by a fool, and presently a beast! O strange! Every inordinate cup is unblessed and the ingredient is a devil."

Iago "Come, come, good wine is a good familiar creature, if it be well used: exclaim no more against it."

And indeed I won't. I was going to give you my recipe for a Personhattan, but decided that the following sounded tipsy and fey.

### PICKLED CARNATIONS

Ingredients:

- 1 cup cider vinegar
- 1/2 cup sugar
- 1 stick cinnamon
- Pinch mace

Salt and pepper to taste

To prepare

Fill a pint jar with prepared, chopped carnation petals.

Bring all ingredients to a boil for 3 minutes. Let stand off heat for 30 minutes, remove the cinnamon stick, and pour over the petals. Cover and shake the jar gently. Let stand for 48 hours before using. Very nice to garnish ham or lamb.

### GARDENIA FRITTERS

Ingredients:

- 1/2 bottle beer (6 ounces)
- 1/2 cup flour

1 teaspoon sugar

Pinch of salt

1 cup gardenia petals

Powdered sugar

To prepare

Combine the beer, flour, sugar, and salt and let stand for 3 hours or more. Wash and dry the gardenia petals, dip in powdered sugar, then into the batter and cook in deep oil at 375 degrees until golden. To serve, sprinkle with powdered sugar, cinnamon sugar, or with Grand Marnier. Serve with coffee on a romantic night.

Ninki Mallet Maslansky



"He fetched it upside down again."

# CHILDREN'S CORNER

## 3 letters

- All
- Lob
- Net
- Out
- Set
- Win

## 4 letters

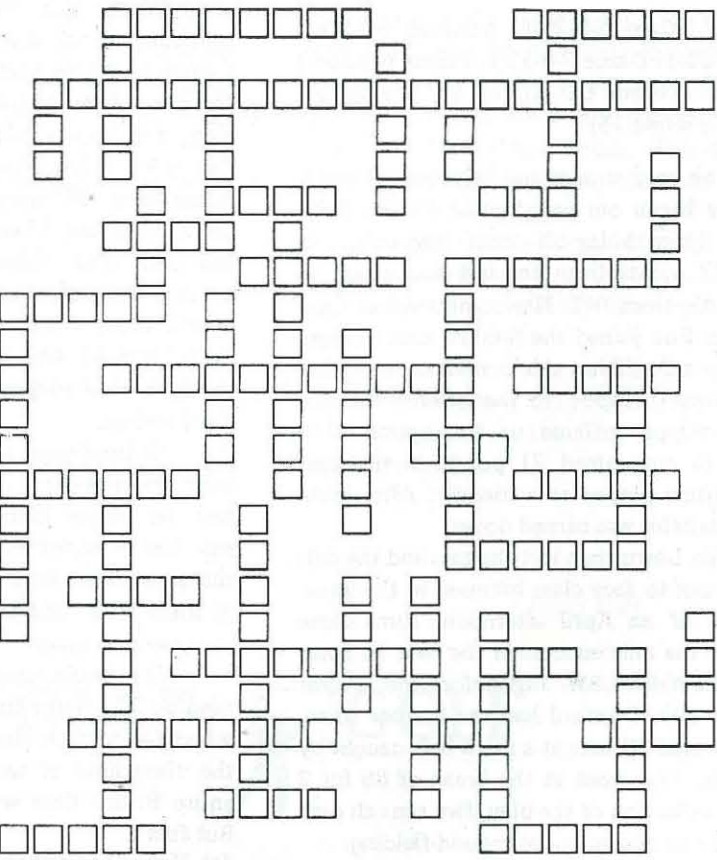
- Game
- June
- Lawn
- Line
- Love
- Play
- Seed
- Spin
- Toss

## 5 letters

- Balls
- Deuce
- Drive
- Fault
- Forty
- Match
- Seats
- Serve
- Smash

## 6 letters

- Bounce
- Points
- Racket
- Thirty
- Trophy
- Umpire
- Volley



## 7 letters

- Ballboy
- Doubles
- Fifteen
- Singles

## 8 letters

- Backhand
- Forehand
- Linesman

## 9 letters

- Advantage
- Fortnight
- Wimbledon

## 10 letters

- Spectators

## 11 letters

- Barley water
- Centre Court

## 20 letters

- Strawberries and cream



# CRICKET CRICKET

21 April. 35 overs vs Scribblers. At Polo Club. Won by 7 wickets.

Scb 192-7 (Caro 5-0-29-1; Dunford 5-0-30-1; Welsh 7-1-33-1; Dance 7-0-33-1; Tissera 6-1-36-1) BC 196-3 (Tissera 62\*, Caro 53, Wilson 31; Dance 18\*, White 13)

In this very strange and fragmented cricket season, we began our penultimate 35-over game after a 2-month lay-off from league cricket needing 47 points from the last two games to take the title from AIT. Newcomers Adam Caro and Simon Fox joined the familiar cast of regulars to face a Scribblers side containing a number of international ringers, to the extent that the opposing skipper offered us the option of a walkover (a guaranteed 21 points in the bag) with the game played as a friendly. After some debate, this offer was turned down.

Bionic Lewis then lost the toss and the lads were sent out to face class batsmen in the liquefying heat of an April afternoon. Runs came freely, and the only success in the first 16 overs was a Keith Welsh LBW. Just before the 17-over break, however, Dunford had the number three, who had scored 33 runs at a run a ball, caught by Nick White. The score at the break of 86 for 2 was a fair reflection of the play, five runs an over being the price of some poor ground-fielding.

The second half of the innings began well for BC, with David Dance taking a brilliant return catch to dismiss the surviving opener, and the number five being run out for one. Two more wickets fell soon after – another run out, and an excellent running catch from Simon Fox off Adam Caro's bowling, but that was the last success until the final over, as the Scribblers' impressive number four proceeded to ruin the runs-per-over averages of all the BC bowlers. The last five overs of the innings yielded almost ten runs apiece despite Tissera's last-over bowling success, and the Scribblers ended on 192 for 7; the last ball cost three runs during which easy run-outs were missed at both ends, thus depriving

us of a crucial fourth bowling point and typifying the fielding display.

Wilson and White were parted at the beginning of the seventh over when Nick edged a catch to the wicketkeeper, and Mark's followed six overs later bamboozled by a slow floater from the Sports Editor of the Bangkok Post. But with Adam Caro and André Tissera in classy form, BC were ahead of the clock at 99 for 2 when the 17-over break came around. In the 24th over, Adam became the fourth BC batsmen to score a fifty on their debut (the others being Chris Cowper, David Dance and John Garden), but he was bowled soon after, having helped to put on 79 off 74 balls for the third wicket.

48 runs were still needed for victory, but with seven wickets and ten overs in hand, the task no longer looked difficult. Not that this has ever stopped BC from losing before. But this time, David Dance and André saw us through in some style, and the match was all over with four overs to spare.

The result gave us 24 points, leaving us needing 23 off the final match against the Thais, scheduled for 5th May. The waiting, the tension, the discussions of tactics, team selection ... the entire British Club was impaled on tenterhooks. But first ...  
4th May. The Cricket Dinner. At BC. Lewis won by ten hours.

Lewis 10 a.m. (Speech 24 hours (new club record); song 1½ hours including encores whether requested or not; planning for next day's match 1½ nanoseconds)  
White 11.59 p.m. (BC Food 1 for none)

Thoughts of the following day's epic and all-important match against the Thais were clearly uppermost in all the cricketers' minds as they confined their celebratory end-of-season drinks to one or two small port wines while their wives knocked back large quantities of neat gin, Australian plonk and Spanish brandy. Some

indeed (Wilson and Fox spring to mind) elected to spend most of the evening going to the airport rather than exposing themselves to the temptations of the festive table in the Wordsworth Room. Those who were there will always remember an evening of traditional good cheer and bonhomie, graced as usual with the presence of Ben Piper on his annual ODA-funded evaluation of the cricket dinner. The season's honours went to David Dance (Batsman of the Year), Jack Dunford (Bowler of the Year) and Peter Andrews (Fielder of the Year), with the much sought-after Bad-Shoulder-of-the Year Award going to skipper Brian Lewis for putting every part of his body into his award-winning effort. An early night, then, and everything ready for the final 35-over match.

5th May. 35 overs vs Thai CC. At Polo Club. Rained off.

Only those who had not yet retired were up at the crack of dawn to see a high pressure wedge moving from China towards a low pressure wedge forming over the Bay of Bengal; the meeting of the two wedges was consummated directly above the Polo Club cricket ground and 123.6 mm of acid rain was dumped on the intended site of our league triumph. Eight points each and second place in the league. Expletive deleted.

6th May. 45 overs vs RBSC. Walkover.

RBSC conceded their fifth walkover of the season against TCL sides. Of course, they get games against visiting teams from abroad, so they're all right.

6th May. British Ambassador's XI vs Australian Ambassador's XI.

The traditional Ambassadors' game broke with tradition this year and did not include the Australian and British cricketing community, instead confining itself to Embassy staff. Unsurprisingly with so many non-cricketers playing, it was a bit of a non-match, with one of the sides, I forget which, being dismissed for under fifty runs.

So that's it for another season, with BC finishing second to AIT in both leagues, and the Pavilionaires finishing fifth in the 35-over league.

Except that ... there remains the overseas tour; a full report on our mid-May trip to Jakarta will be included in the July OUTPOST. Order your copy now!

David Hall

# GOLF GOLF

Coming Events:—

Date	Course	Time	Event
Sunday June 3	Railway	10.00 a.m.	VS Japanese Assoc Club
Sunday June 17	Muang Ake	10.30 a.m.	VS Wanderers
Sunday June 24	Ekachai	8.30 a.m.	Eclectic 2
Saturday July 7	Rose Garden	8.30 a.m.	Eclectic 3
Sunday July 8	Rose Garden	11.48 a.m.	Eclectic 3
Monday July 9	Rose Garden	8.30 a.m.	Eclectic 3
Sunday July 22	Rose Garden	10.12 a.m.	VS Anucharn

ECLECTIC 1990 – ROSE GARDEN – JULY 7/8/9

The eclectic event for 1990 will be played over the 3-day weekend in July and will no doubt prove to be as popular as previous years. Accommodation has been organised and those members wishing to stay over should contact Dugal Forrest on 2596226 to book a room.



"OK, OK! I'll stop playing the golf instruction tapes. Now get back in the car."

#### Attendance/New Members

The 1990 season has seen a rejuvenation of the golf section membership with attendances well up into the 40's and new members appearing regularly. The most recent new members to play include Lavita Hughes, Howard Shields, Barry and Caroline Hughes, David and Sandy Brice and Duncan and Fiona Ramsay and we give them a warm welcome.

#### Recent Results:

##### Bangpra - 5th May

A Grade			B Grade		
Winner	Dennis Farmer	11 points	Chris Branston	38 points	
R/up	Dave Stewart	35 points	Judy Farmer	34 points	
1st 9	David Williamson	18 points	Cheryl Lamb	19 points	
2nd 9	Dugal Forrest	20 points	John McCartney	18 points	

##### Long Drives : Men - Dave Stewart

##### Ladies - Joan Jurgens

##### Siam Country Club - 6th May

A Grade			B Grade		
Winner	David Frost	40 points	Padraic Casey	41 points	
R/up	Bobby De Cozier	39 points	Brian Hughes	35 points	
5th	Les Vize	36 points	7th Lloyd Houghton	35 points	
6th	Simon Edmonds	35 points	8th Judy Farmer	35 points	

##### Long Drives : Men - Simon Edmonds

##### Ladies - Sriwan Forrest

##### Sattahip - 7th May

A Grade			B Grade		
Winner	Dugal Forrest	32 points	Lavita Hughes	35 points	
R/up	Sandy Brice	32 points	Brian Hughes	34 points	

1st 9	Lloyd Houghton	17 points	Angela Poustie	18 points
2nd 9	Padraic Casey	15 points	Terry Adams	16 points

##### Long Drives : men - Les Vize

##### Ladies - Lavita Hughes

##### HOLES-IN-ONE (& others)

There has been an extraordinary rash of technically brilliant play in recent weeks, with 4 aces and a deuce being scored by golf section members.

Les Vize aced the 14th at Nakhon Nayok

Bobby De Cozier aced the 4th at Siam Country Club

Chris Branston aced the 12th at Green Valley

Les Vize scored a double when he aced the 4th at the Sports Club and Rodney Bain holed out in two for an eagle at the 14th at Siam Country Club.

##### LIGHTER MOMENTS (or "YOU'VE GOTTA LAUGH")

Golf is never an easy game, despite those people who can ace a hole at will, and caddies are always depended upon to provide some assistance. It has been related to the author of this segment that a prominent lady member of the section, whilst seeking assistance in lining up a particularly difficult putt, enquired of her caddy "Where should this putt go?" to be promptly informed "In the hole, madam" - needless to say, that after the mirth had died down, the putt did not comply.

More next month - happy golfing.

## SOCCER SOCCER

IT was a balmy April evening in Krung Thep. There was an excitement in the air that suppressed the normally carbonised atmosphere of smoke belching buses and spluttering tuk tuks. An air of anticipation that overcame even the all pervading pungent aroma of the infamous stagnant Klongs. A magical medium which meant only one thing - it was Cup Final night in the City of Angels. Farang Challenge Cup Final night to be precise and the myriad of fans of both sides made their way along Soi 15 to the distinctive sextuple floodlit pylons of the International School Stadium chattering excitedly about the prospects of their respective favourites. The devoted admirers of the

Indian Cougars forsaking all other gurus for one night, heads swaying rhythmically from side to side in that motion so familiar of indigenous persons of the Great sub-continent gaily bedecked in the yellow favours of their favourite team wondering whether they could repeat the 3-0 victory over the traditional but often bitter rivals our very own Bangkok British Club. Not to be outdone wives, girl friends, club members and other sundry punters turned out in force - Dr. Martins, navy favours et al to lend support to the British Club contesting their first major Cup Final in three years. Could they reverse the previous 3-0 defeat. Could they go one better than their last

final appearance when they surrendered a two goal lead in the last twenty minutes to lose 3-2 to Benz. Would the show-piece final degenerate into a bitter backbiting match as so many of the previous fixtures between these two giants of the Farang league had done? Would Frank Hough stay cool? The questions, arguments and uncertainties raised the pulse of the stadium to almost heart attack proportions as the hands of "Father Time" (yes Jimmy Howard was there) wound inexorably round to kick-off time. The local constabulary (Bangkok's Finest) hearing of the English Fans' riotous reputation had stationed a pistol-totin' tamruat at the main gate to keep out the hooligan element. Alas to

no avail as Phil 'Jacko' Jackson sneaked by the alert cordon displaying devious determination. This was a Casual of a different nature from those who play and drink heartily every week.



The teams for the record were as follows:

Indian Cougars (4-3-3): Uni Hans, Nehru, Goosy, Goosie, Gandhi; Chapati, Papadum, Dahl; Curry, Vindaloo and Madras.

Substitutes: Guru, Maharishi, Tandoori, Raj and Mount Batten.

As you can see they had a red hot forward line with a few heavy weights in mid field.

British Club (also 4-3-3): Alex 'King Kong' Kondras, Alex 'Scoop' Forbes, Jim\* 'Bonzer' Boyd, Tommy 'Kick-im-if-he moves' Keenan, Alan 'Magic' Mays; Jimmy 'Rat-catcher' Howard, Steve 'Cushy' Casteldine, Frankie 'Rough and Tough' Hough; Dave 'Bengal Basher' Bennington, Vince 'not very' Swift and Ritchie Killer Crooks. (\*an Australian term meaning - very good or so Jim tells me).

Almost four centuries of experience to start the match

and on the bench another ton and three score as the BC subs were Mike 'pulverise em' Pomfret, Brian 'Real Thing' Lewis, Steve 'Marvel' Martin, Billy 'Mr.' Wright and last but by no means least Vaughan

'Electric' Elias.

The big moment arrived. Referee Augusto Romeo fresh from Italian League fame and without doubt one of the top referees in Thailand led his linesmen out. The crowd silenced in anticipation - no more rustling sweet papers - peep - the Captains were called for the toss. The Indians then played their first act of gamesmanship delaying the toss and kick-off for over 10 minutes with various stalling tactics which could have been designed only to anger and frustrate the B.C. It worked slightly but generally the lads joked with each other, counselled 'Rough and Tough' on the Thai concept of 'jai yen' and when the kick-off did come were fairly well 'unphased'. This was not to last.

One minute into the game and DISASTER for the Club. The jynx that has befallen

previous British Club captains in major cup-ties struck again. Steve Castledine dispossessed an Indian midfielder to break up their first attack and then played a lobbed passback. Keeper Kondras appeared to have it easily covered but made the mistake of letting it bounce in front of him. Although the hallowed turf had been watered, it was firm enough for the ball to bob viciously and it formed a perfect parabola as it sailed over his head. He turned almost as if in slow motion and rooted to the spot his fear-gripped eyes could only watch in anguish and despair as the ball agonisingly crossed the line for an own goal. A catastrophic start that not even the two protagonists could envision in their wildest nightmares.

Now, however, was the time for encouragement not condolences or recrimination. The team rolled up their sleeves (very hard since they were all short sleeved shirts), grit their teeth and in true bulldog fashion took the game to the Curry-eating Cougars whilst the yellow favours of the cheering/jeering turbanned fans were produced and waved with vigour to indicate their pleasure at their teams 1-0 lead and their sheer delight at the good fortune which occasioned it.

There smugness was thankfully short-lived. After a period of sustained attacking a good move saw our Frankie H. cross from the right for 'Killer' Crooks to stoop low and send a firm but finely guided header past a diving, despairing

Cougar's Keeper. One all and it was the BC Fans turn to be on their feet, punching the air and cheering ecstatically. This banter between rival supporters was to be a feature of the final creating atmosphere at times acrimonious, at times comic but in the end amicable.

The pattern of the match was now set and the British Club with a commendable determination not seen for sometime continued to have the lions share of possession and do the bulk of the attacking. Uni Hans the Cougar's Keeper produced a series of fine saves particularly in the second half when Mike Pomfret substituting for Dave Bennington added a fresh and more potent attacking dimension on the right wing. It would have been a travesty then had the Indians scored with two minutes to go when they finally sprang a very tight British Club defence to create their first real chance only to have Alex Kondras pull off a double save of the highest calibre. We adopted a more cautious approach from then on and the game ended one-all. This left us facing extra time and we had already used up our quota of substitutes (three were allowed from the five named) as Elias and Lewis had replaced Keenan and Howard in addition to the Pomfret switch.

Extra time saw the same trend as the game proper with the British Club doing most of the attacking and the Cougars seemingly happy to soak up the pressure and play for a penalty decider. They did resort to another piece of

gamesmanship as they sent on a further two substitutes in extra time which meant they had used all five when only three were permitted. Uncharacteristically referee Romeo must have lost track in the exciting countdown and allowed this. Generally he had an excellent game and stood no nonsense as epitomised by his second half booking of Frank Hough.

Despite all our pressing, extra time finished all square and the destination of the cup was to be determined by penalties. Five were to be taken by each side and if all square it was to be on to sudden death with each player having to take in rotation. Up strode Steve



Casteldine, Vince Swift, Mike Pomfret, Frank Hough and Alan May in quick succession, alternating with kickers from the turbanned terrors, their faces contorted in different patterns of stress turning to relief-cum-ecstasy as each in turn struck a fine shot past the Indian goalie. Unfortunately the Cougars scored at the same rate and it was 5-5 on penalties

meaning sudden death. Jim Boyd legs trembling from the evening efforts tainted with a little trepidation made it 6-5. The Indians equalised despite a valiant attempt by Kondras to pull off the save. Out strode Brian Lewis, the stadium hushed, mesmerised by the impressive strike rate he shot - goal - 7-6. The BC in front again! Along came the Indians next kicker. Kondras gave him a direct look of sheer aggression that would have wilted Genghis Khan himself. Thirty seconds later it was all over as the ball was blasted over the bar. The British Club had won. Justice was done. Gold was produced not in the medals but in cans.

The real celebrations had to be delayed for one hour however as the team made a beeline for the BC to take part in the quiz against St. Davids who had sportingly agreed to defer this other match. The result - yes it certainly was our night as we romped to victory. Thanks go to the 'Taffies' for their cooperation.

Back to the match and

everyone played their part in a great team victory. A genuine and well earned thanks to the many members who turned up to lend support. It really did make a difference. Incidentally these of you who read last months article may remember I mentioned my favourite team Aberdeen winning their Scottish Cup Semi by the same result as a good omen. You will by now know Aberdeen took their cup after a marathon penalty decider battle. Mere coincidence or fate? Who Knows.

### MATCH REPORT

Only one other game to mention in a relatively quiet month. This was the Craig Rennie Farewell Challenge and was played between club members. Since Craig was going to Singapore and so many of our club players had lived there it was felt appropriate to have a Singapore versus the rest encounter.

It turned out a very enjoyable game with Rennie's Renegades (Singapore) edging a 3-2 victory. Two goals by Vic Lane, the second a brilliant strike and a third from new Dutch striker Hans were offset by a Keith Pearson goal and one from Dave Bennington. Craig will be a hard act to follow but hopefully will make frequent visits to Bangkok in his new regional role.

### CASUALS CORNER

Peter Downs has been busy as usual organising fixtures which included two matches against the Bank of Thailand and one against SGS. The

first match against the Bank of Thailand saw the casuals bolstered by some of the league team members gain a very creditable 2-2 draw against strong opposition. Unfortunately in the return the casuals were understrength and despite holding their own for two thirds of the game they lost four goals in the last third. The final score in a game where defences were on top was 7-3. Another face made a Bangkok footballing debut however in the shape of Jim Gray the Clubs 'Foremost' man.

The next match was the total reverse with a strong pool of seventeen players taking on a youthful SGS side. Another brace from Vic Lane plus two from Keith Pearson against his own company and singles from Vinny Grednall and Brian Lewis, the latter a devastating shot which hit the bar, then the poor goalkeeper's head before reaching the back of the net saw our boys win, six to nil. Perhaps the casuals biggest victory since records began leaving broad smiles on the face of all, none less than another impressive debutant, Ray Hughes. Excellent form and great team spirit. Keep it up lads.

### POST-SCRIPTS

It is now June and thoughts are turning to Wimbledon, the Open, idyllic days watching cricket on the village green, home leave, and Scotland winning the World Cup well maybe just reaching round two). The football action in Bangkok continues however with an

extended season this year. We have the Singapore Tour first on the agenda followed by our final league game and then we are host of an Invitational Tournament involving the Bank of Thailand, Thai Shell, ourselves and the touring Bank of England side. As a prelude to this the casuals will play the Bank of England reserve squad. Finally we will have the RBSC Veterans (over 35) 5-a-side. A full calender for you to read about next month and hopefully we can report on more silver-ware.

But now:-

Why don't cats shave?

Because 9 out of 10 cat owners prefer Whiskers!

Why can't cars play football?

They've only got one boot.

A publican had a dog that he was very fond of, but one day the dog died. The publican was upset.

"I'm going to miss him," he told one of his customers "Especially the way he used to wag his tail."

"I've got an idea," the customer replied. "Why don't you cut off his tail and have it hanging above the bar, to remind you of him."

"What a good idea," said the publican. "I'll cut it off before I bury him."

So he did, and mounted the tail on a wooden plaque above the bar.

A few nights later he was woken by a dreadful howling, coming from the bar. Creeping down, he saw the ghost of his dog sitting looking at its tail on the wall and howling.

"What do you want? Why have you come back?" asked

the publican.

"I want my tail back," replied the dog.

"I'm not sure I can do it," the publican replied nervously.

"Of course you can," said the dog. "You've got a licence to retail spirits."

Stop Press: Casteldine's Competition Crew Collect Cup in Singapore. We just arrived back with the Silverware from Singapore where the British Club won the prestigious Windmill Cup defeating the British Hotspurs 5-4 in penalties. Full

report next month.

That's it for this month. If you're off on holiday have a great time. TAKE CARE.

Scoop

## SQUASH SQUASH

ANYWAY, as I was saying before I was so rudely interrupted by the power cut, there was our new Squash captain, Mike Stockley, playing this skillful chappie from the Chinese Swimming Club, Singapore and at 8-8 in the first game the lights went out. Unfortunately they came back on and after a good tussle Mike joined all the rest of the team in coming second. The result of this embarrassing whitewash is that there will now be training, yes serious stuff, at 6.45 p.m. on Thursdays to get everyone fitter, please note and come along.

Notwithstanding the above comments, there was a tremendous response to the coaching sessions offered by Khun Peerapong. We will try to extend this facility to meet the great demand and look forward to all the coachees displaying their skills around the courts.

### The Participants



Squash Section Tournament, Pattaya 6th-8th April 1990.

### The Winning Team & Chairman



Photo shows: (from left) Ms. Fiona Munro, Bernie Adams, David Jezoph, Tony Austin.

Here are a couple of photos from the Pattaya weekend. As was said before a great time was had by all and the Dusit Resort are very prepared to have us back again next year for a similar thrash-long term planners please note!

Intimate details of the Penang trip plus revealing photos will be in the next issue of "OUTPOST", negatives will be available from the usual sources in return for the usual brown envelope plus contents. Actually, to be honest, I can't tell you how good a trip it was, everyone that was asked said something about losing the squash, so what's new, if they remembered playing squash at all, then they mentioned Mike O'Connor, started to giggle and promised me it would be written up for next month. So a great time was apparently had by all, please watch this space.

Recharged by this overseas squash extravaganza, the rumour is that another overseas visit for

the squashies is proposed for October 19-23 this year. Likely target, sorry destination, Kuala Lumpur. Details to follow, we haven't warned KL yet but medium term planners please note!

As promised last month here's a list of who's who in BC Squashland, the Committee for 1990-91:-

Tony Austin	-	Chairman
Mike Stockley	-	Squash Captain
James Nichols	-	Secretary
Mel Leddy	-	Outpost
Keith Denner	-	Treasurer
Mike Stockley & Phil Evans	-	Competitions
Bernie Adams	-	Court Maintenance
Maureen Denner & Art de Boer	-	Leagues and Ladders
Emilie Fangman	-	Ladies' Squash

Any, and all, useful suggestions and criticisms should be made to the appropriate person and they will do their best to help, pass the request to the Committee etc. We are looking at various suggestions from several squashies and we ignore the very rude ones, or send back an equally rude reply. A minor apology because the league flyer reminder did not come out with the "OUTPOST" magazine last time and was subsequently mailed rather late. We will try to improve our spoonfeeding to the members back to its usual high standard as soon as possible. For the better organised, or those who have a diary or even have a piece of paper and pencil the league months will be as follows:- July, September, November, January, March, May, July etc., i.e. alternate months. I know its complicated but who ever said living in Bangkok was easy!

Concerning prizes for league winners, in the future there will be a different prize each month which will be chosen by the Squash Committee as administering a choice system seems to have proved to be impossible.

The annual Inter-Society Team Handicap will be 17th June (see notice board for details).

Early July, starting July 1, finals on July 8, will be the Don Johnson Men's Closed Competition and the Parry Handy Plate. At the same time there will be the Ladies' Cup and Len Alexander Plate. Details on the notice board. Let's go for a record entry. Short term planners please note!

See you in court.

Mel Leddy



Another successful B.C. Swimming Gala.

Welcome to new swimmers Scott and Gordon Boyd who really made their mark, winning all their events. Well done!

Many thanks to Sheila Myers, Hilary Driver and especially Paul Myers for the organisation.

RESULTS OF THE BRITISH CLUB GALA  
SUNDAY 29TH APRIL 1990

	Freestyle	Breastroke	Ind. Medley
<b>Under 5's</b>			
Richard McLaren	41.56		
J. Thornton	48.03		
<b>Girls Under 7's</b>			
Angela McLaren	40.77	44.84	
<b>Boys Under 7's</b>			
Neil Casey	26.20	31.60	
Christophe Ramacotti	27.53	32.50	1.09.02
F. Dumont	27.85	32.64	1.12.23
Darran Rayner	32.91	35.24	1.16.99
Michael Thornton	29.34	37.19	1.19.90
S. Richardson	32.47	38.23	1.29.61
S. Daniel	34.31	37.38	
M. Dean	32.52	35.74	1.21.68
Paul Stamp	47.67		
<b>Girls Under 9's</b>			
<b>Backstroke</b>			
Amy Burgess	45.91	1.00.34	58.32
Louisa Marion	46.88	1.00.93	59.47
Harriet White	49.53	1.01.94	1.06.62
Melissa Folwell	1.04.00	1.25.68	
<b>Boys Under 9's</b>			
Gordon Boyd	42.07	53.52	53.61
Alex Stamp	43.49	1.00.69	1.02.74
Dominic Glattbach	52.96		
<b>Girls Under 11's</b>			
<b>Ind. Medley</b>			
Candice Driver	40.48	52.48	1.41.70
Sarah Myers	41.30	52.27	1.45.71
Rebecca White	41.19	56.90	2.03.21
Aiofe Casey	44.53	53.20	
Lisa Dumont	46.17	56.34	2.06.08
Angie Hastings	49.59	57.93	2.17.00
Nicki De Boer	48.71	1.01.59	2.12.94
Petra Glattbach		1.07.96	
<b>Boys Under 11's</b>			
Alexander Ramaciotti	38.96	51.12	1.48.99
Ben Quarmby	39.86	57.25	
Guy Marion	44.05	58.77	2.09.51
Steven Forbes	48.11	1.03.58	2.06.97
Torke Atkinson	53.66	58.42	2.20.81
Michael Rayner	49.99	1.08.36	
Simon Molan	52.90	1.05.34	
James Folwell	53.26	59.24	2.21.94
<b>Girls Under 13's</b>			
Nadia Hall	1.43.15	55.01	2.03.72
S. Pearson		52.54	2.08.19
Daniella Crawford		58.56	2.12.06
Sian Daniels		1.02.27	
<b>Boys Under 13's</b>			
Scott Boyd	1.21.65	48.59	1.35.80
Andrew Kwong	1.31.44	48.91	1.43.29
Gary Wyder	1.25.55	54.16	1.48.88
J. Barnes	1.37.52	54.24	2.05.85
James Molan	1.50.49	1.06.00	2.17.00
<b>Girls Under 15's</b>			
Sally Dunford	1.31.00	51.42	1.44.06

SWIMMING SECTION AGM

We will hold the Swimming Section AGM on Wednesday 20th June 1990 at the British Club starting at 07:50

Drinks and snacks will be available.

Paul Myers, Chairman, Swimming Section

# TENNIS TENNIS

## SINGAPOREANS EDGE BRITISH CLUB TENNIS



A surprisingly strong 14-member men's tennis team from the Chinese Swimming Club of Singapore edged out the British Club on the latter's court yesterday by the score of 7 to 6 matches.

Led by Nicholas Lim, the Singaporians looked to be swamped as the British Club surged to an early 5 to 1 matches lead. But in the final seven matches the visiting team took six matches to scrape by winning the friendly interport fixture in the last match.

Detailed results of this, the third contest between the clubs, are as follows (Visiting team members are listed first):

### Men's doubles:

Kurniadi and Ho Jau beat Michael Poustie and Richard Groves 9-1  
 Arnold Gay and Thomas Au lost to Jim Musin and David Seldon 5-9  
 Kelvin Ho and Matthew Liew lost to David Ingham and Ian Hamilton 4-9  
 Tony Gay and Nicholas Lim lost to Bernie Adams and Bill Wright 4-9  
 George Ong and Eric Wee lost to Gary Cooper and Bob Merry 5-9  
 Philip Lim and Tan Kim Cheng lost to Poustie and Groves 7-9  
 Au and Liew beat Ingham and Hamilton 9-4  
 Kurniadi and Ho beat Adams and Wright 9-3  
 Gerald Chew and Collin Tseng beat Musin and Seldon 9-7  
 A. Gay and Ho beat Poustie and Groves 9-3  
 T. Gay and Wee lost to Cooper and Merry 5-9  
 Kurniadi and Au beat Wright and Gordon Martin 9-4  
 Chew and Tseng beat Ingham and Hamilton 9-5

### Five - A - Side TENNIS

ON 22nd April 1990 a five-a-side tennis tournament was held in honour of Fiona Munro who was due to leave the "City of Angels" for a hardship posting in Washington D.C.

Fiona, if you remember, had been the secretary to the tennis section and a keen organiser and competitor in all the tennis events held at the Club.

Enough nostalgia, back to the tennis. Five-a-side tennis is just that, five people on court, on one side, at one time i.e. a total of ten players. Crowded, yes, the game was designed to maximise court usage and provide a fast and furious event which teaches, amongst other things to keep your eye on the ball and be aware of your surroundings on court.

Twenty players turned up, twenty-one if you count late comers, which made four teams and during the course of the afternoon every team played each other in a round robin event, the best of three games deciding the winner in each contest.

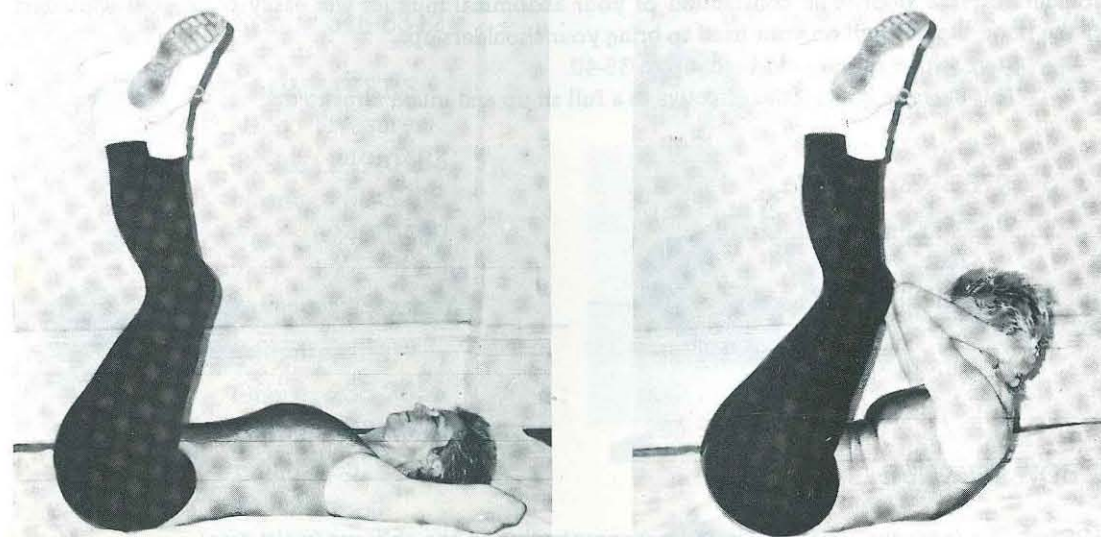
To start with, confusion was King, but, as the teams settled down, patterns of play developed and tactics introduced. A lot of light-hearted banter and abuse was heard from all teams but especially from the one containing the large Welsh contingent (Keith & Alexis).

However, at the end of the day, the team led by Bill Wright disposed of all opposition and emerged worthy winners.

There then followed a buffet supper on the lawns of the Club and a thank you here to the Club management and caterers for providing an excellent repast. After a quantity of food and drink had been consumed, the tennis section presented a small gift to Fiona to "Remember us by" and Fiona gave a small speech in thanks; unfortunately the contents cannot be printed as so much of that speech loses its meaning when translated from Australian to English.

Fiona left the Club sometime later and did not play squash on Monday.

## Aerobics



### KNEE TOUCH CRUNCHES

CRUNCHES are an excellent abdominal isolation movement.

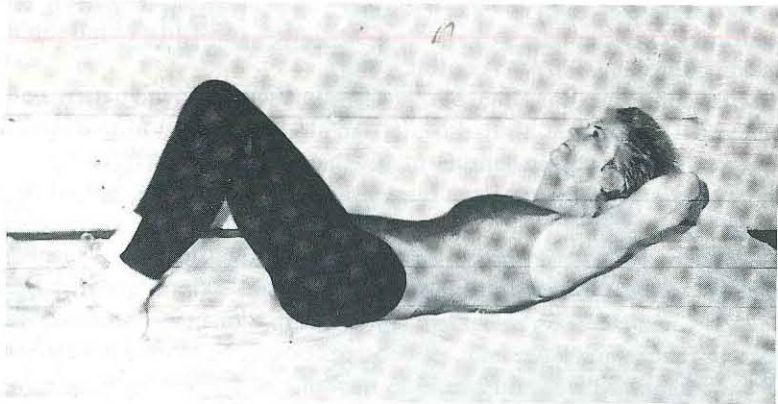
Lie on your back with your hands behind your head. Legs raised with your feet crossed at the ankles and knees slightly bent.

Now squeeze your abdominal muscles and curl your shoulders off the floor and touch your elbows to your knees. Then curl back down again and repeat.

There are 3 things to remember whilst doing this exercise:

1. Let your hands take the weight of your head to avoid straining your neck.
2. Press your lower back to the floor and contract your abdominal muscles.
3. Breath out when curling up and breath in on the way down.

Start with 8-16 repeats and build up to 30 repeats.



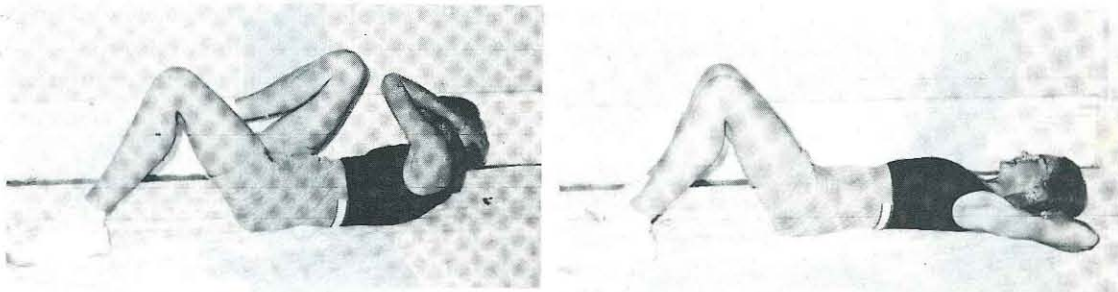
### THE CRUNCH

LIE back on the floor with your knees bent and hands behind your head. Let your hands take the full weight of your head to avoid strain on your neck.

Now press your lower back to the floor, contract your abdominal muscles and raise your shoulders off the floor. The contraction of your abdominal muscles will easily bring your shoulders off the floor. Do not pull on your head to bring your shoulders up.

Start with 8 repeats and build up to 35-40.

This exercise is almost as effective as a full sit-up and much safer to do.



### ELBOW TO KNEE

THIS exercise is for the abdominal muscles, concentrating on the obliques (waist area).

Lie back with your knees bent then lift your shoulders off the floor, at the same time bringing in your right knee to meet your left elbow return to the 1st position and repeat on the other side.

Start with 8 repeats alternating sides. Then do 8 only to the right knee (keeping the leg in one position and lifting your shoulder up and down, as in picture 2). Change sides and do 8 repeats to the left knee. Build up to 30 repeats alternate legs and 24 repeats to each leg.

Remember Aerobic sessions every Monday, Wednesday and Friday morning at the B.C. with Aysha.

## COMMITTEE



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Fax : 235-1560

# ACTIVITIES

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

BILLARDS/SNOOKER	- RON ARMSTRONG	390-2445
CHESS	- JAMES NICHOLS	236-8834
CRICKET	- BRIAN LEWIS	253-0557
DARTS	- ANNE DOUGLAS	311-1324
GOLF	- LLOYD HOUGHTON	252-0435
LADIES' GOLF	- PENNY WHALLEY	286-1463
OUTPOST	- MAREN WHITE	258-1481
RUGBY	- PETER SNELL	236-7879
SCUBA DIVING	- CHRISTIAN BOUTEILLIER	279-5373
SOCCER	- ALEX FORBES	260-1950
SQUASH	- TONY AUSTIN	278-1557
STAMP COLLECTING	- PATRICK WINDELER	391-8691
SWIMMING	- ERIKA MAJER	252-7492
TENNIS	- JULIA FREEMAN	287-1268

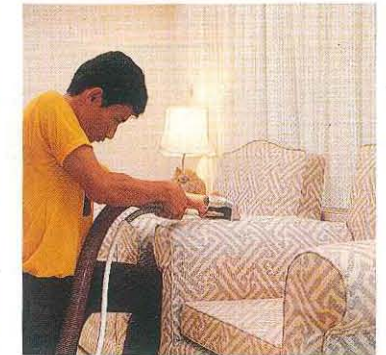
Fully integrated services to meet the demands of all businesses



Security services



Carpet cleaning



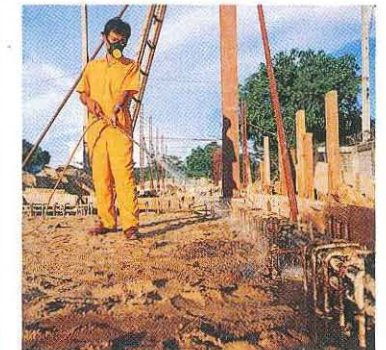
Upholstery care



Eradication of mosquitoes and other insects



Termite control in the house



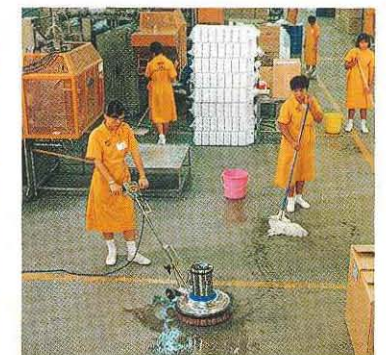
and on construction sites



Cleaning offices



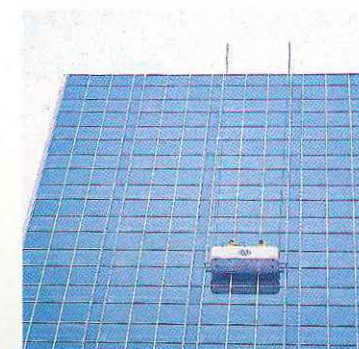
department stores



and factories



Interior and



Exterior window cleaning



With over 22 years' experience



12

12 YEARS OLD

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