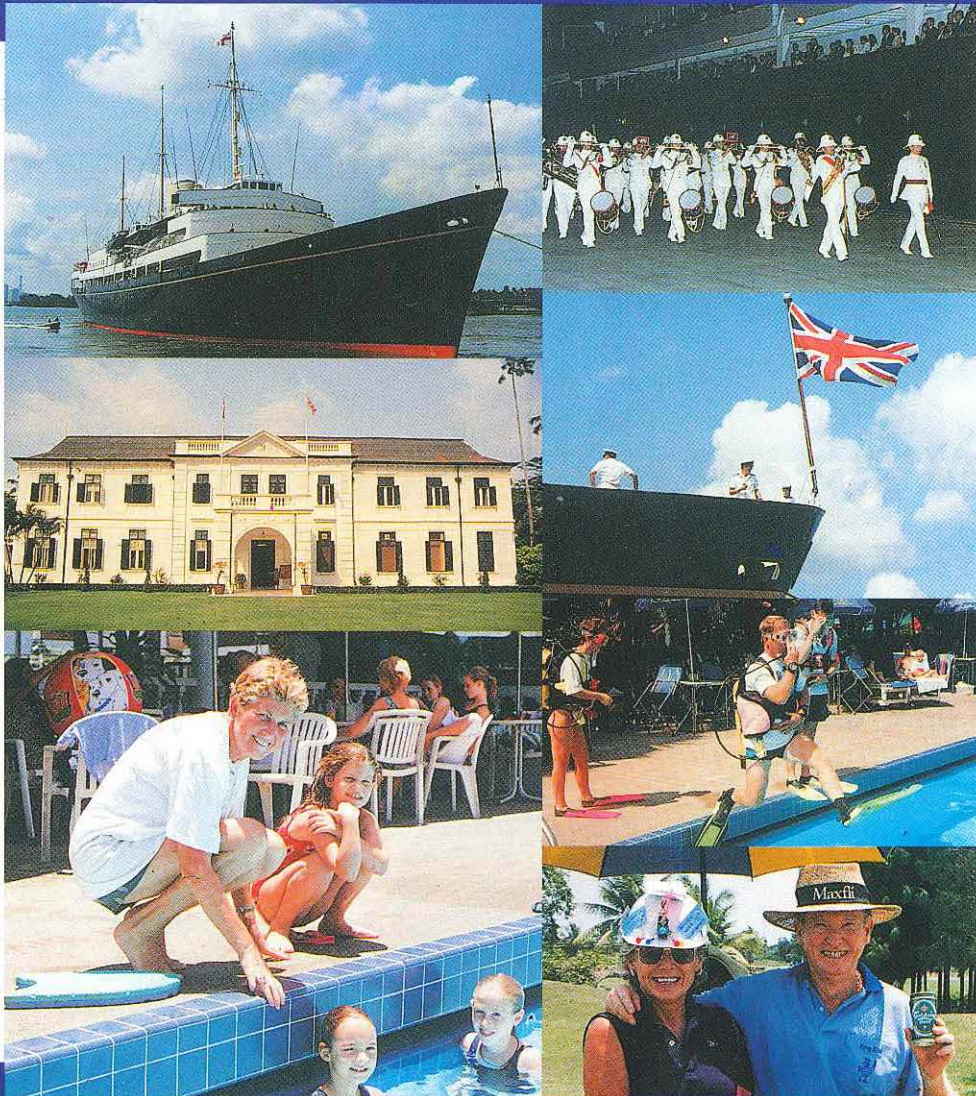




Outpost

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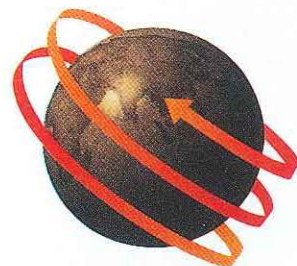
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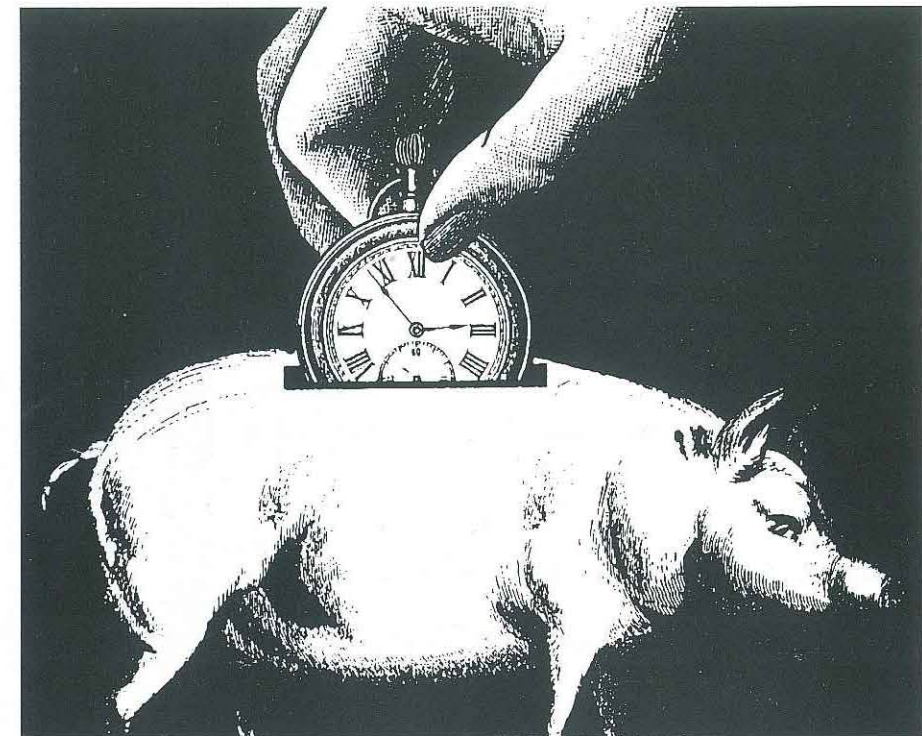
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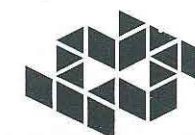
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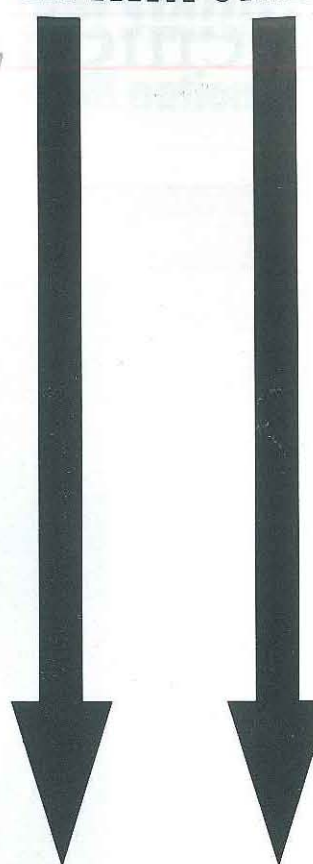
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The contents of this magazine are not necessarily the opinion of the editor or the committee.



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If you would like to contribute to Outpost please contact Gaynor on Tel/Fax: 237-4031



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Outpost Magazine

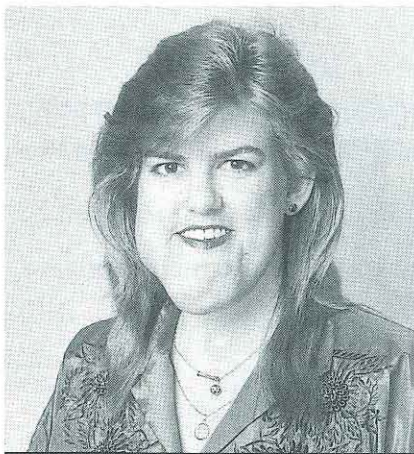
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From the Editor

This month's issue has been dedicated to one of the most famous ships in the British Royal Navy fleet, the H.M. Yacht Britannia, which paid Bangkok a brief visit last month. Apart from a few official engagements in the region, the collection of Chris Patten, Governor of Hong Kong, during the handover of the island from Britain to China in July marks her last official voyage as she faces decommissioning in December. On the auspicious occasion of her stopover here



Gaynor de Wit - Editor

I thought it appropriate to pay homage to a beautiful ship in her twilight days as Part of the Navy.

It was also an honour to offer temporary Club membership to the crew while they were in Bangkok, not to mention the positive effect on bar takings (!), and thanks must go to Lisa Fitzpatrick for liaising with the Embassy in organising tennis, football and golf matches between crew and Club teams. The reports and photos from these successful events can be seen herein.

The greatest difference you'll notice in this month's Outpost is the disappearance of the New Members section; this is a direct result of the recent and sudden decision of the new General Committee to abolish New Members Night as part of the formal application procedure, placing the onus instead on joining members to contact "at least two General Committee members" as stipulated in the Club Constitution, with a quarterly social being held for new members on a voluntary attendance basis.

As this new rule was brought in only one

month ago (at time of writing) and was effective immediately, I was given no time to prepare for the change; however, I am now negotiating with the Club management on how to reconfigure the New Members section so that you the members can still have a reasonable preview of the incoming membership in terms of family, occupations, sports, hobbies and interests, along with their photographs. I am determined to restore this section by next month, as the thought of covering three month's intake of new members at the first quarterly social by August's issue is daunting to say the least.

Onto this month's Outpost, the swing towards activity in the Club is more noticeable by the month as more sports and recreation projects initiated by Lisa get under way. The swimming section is now a going concern again and there is also an article on scuba diving which is gaining popularity in the Club; indeed, there is a meeting scheduled for 17th June to launch a Scuba Section in response to a call from some members to pool (sorry!) ideas on training and diving trips - see Management News for details.

June's Outpost contains another thoughtful poem from Rachel Elias, the solution to last month's prize crossword and the winner of the competition, and my thanks also go to Colin Snow, who kindly penned a tribute to long-time Bangkok resident and Club member, Derek Enscoe, who died tragically in a car crash in May.

Finally, a fond farewell to Colin and Dawn Monk and all the best for their upcoming wedding!

Gaynor de Wit
Editor

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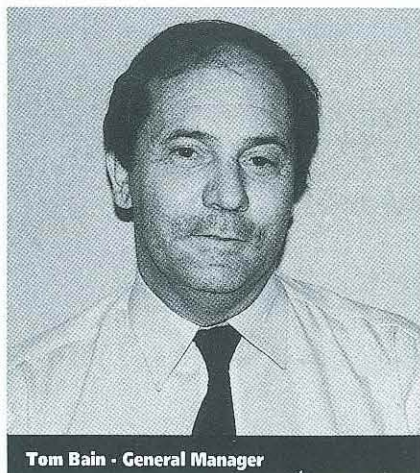
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From the Manager

It is good to see that Lisa Fitzpatrick, the Club's Sport & Recreation Coordinator, has made her mark on the Club's activities already. The Friday afternoon tennis coaching



Tom Bain - General Manager

sessions have been taken over from Sportathlon and on Saturday mornings swimming lessons have commenced, resulting in a large number of members congregating in the salas on Friday evening and Saturday mornings. Other activities include the return of Tuesday afternoon ladies squash, improved

aerobics classes, the introduction of aqua aerobics and a snooker competition. Also, in June a teenage disco will be held in the Silom Sala (see Management News).

At the April General Committee meeting it was decided to discontinue monthly New Members Nights, as they are no longer relevant to the joining process for applicants. However, it was felt that there is still a need to welcome new members to the Club, so there will still be New Members Nights but on a quarterly rather than on a monthly basis. The next night will be held in July (date to be decided). Instead of compulsory attendance at a New Members Night, applicants will be required to meet with at least two General Committee members prior to their applications being processed. In addition, the Com-

mittee decided that committee meetings will now be held only once per month and this will normally be the third Monday of every month.

During May, the Sunday Carvery commenced. This is held in Lords every Sunday from 5.30pm and promises to be a treat for all the family. A roast and a range of The Best of British Fare will be available in this sumptuous buffet.

Over the past few weekends there have been several incidents of vandalism and graffiti at the Club. In particular, the visitors book at Reception has been scribbled in. Parents are reminded that they are responsible for the supervision of their children while at the Club. These acts of vandalism are senseless and unnecessary and if anyone is caught the matter will be treated seriously.

At the moment there seems to be a fairly major and rapid exodus of expatriates from Thailand. This has caused a slight dip in the number of members compared to this time last year. The Club is always on the look-out for suitable candidates for Club membership so if you know of anyone interested in joining the Club, of any nationality, please bring them to the Club and they will be given a tour of the facilities.

Tom Bain
General Manager

Management News

Sunday Carvery

This is held every Sunday from 5.30 pm in Lords. The cost is Bt 370 for adults and Bt 175 for children under 12. Please make reservations at Reception or in Lords. In association, there will be a children's movie in the Surawong Room starting at 4 pm.

Surin Elephant Round-Up

This popular trip will be on again this year. Bookings are limited and will be taken solely on a first-come, first-served basis. Please use the form in this edition of Outpost and fax your booking to the office to secure your place.

Ladies Squash

Ladies squash will be held at the Club at 2 pm every Tuesday. All ladies are welcome and social competitions will be held later this year.

Vandalism, Graffiti and Theft

Over the past few weeks there have been several incidents of vandalism of Club property, graffiti in the Visitors Book and theft of personal belongings from the changing rooms. Members are asked to take care of their personal belongings and not to leave valuables, including clothes and sports shoes, unattended.

All of these activities are unnecessary and totally against the ethos of the Club. The matter will be regarded as serious and anyone caught will be punished. It is suspected that the acts of vandalism and graffiti are committed by children, so Club members are reminded that it is their responsibility to ensure that their children are properly supervised while at the Club.

Visit of H.M.Y. Britannia

During May, H.M.Y. BRITANNIA visited Bangkok and teams from the ship played the Club at tennis, golf and football. Although the lads appeared tired from too much partying, the sporting fixtures were enjoyed by all those who participated and the BC hospitality appreciated. At time of writing, the arrival of H.M.S. BEAVER is awaited and I am sure the Club will have offered similar hospitality to the ship's company.

Children's Swimming Gala

This will be held on Sunday 22nd June from 10.30 am - 12.30 pm (approx). All ages and abilities are encouraged to take part. Must be able to swim at least 1/2 lap of the pool and be confident in deep water. Please sign up at the Fitness Centre.

Darts

Darts will re-commence on Friday 20th June in the Churchill Bar at 7 pm. Come along for a social night in the bar.

Junior Disco

There will be a Junior Disco (7 to 11 year olds) on Friday 13th June with the theme of "Black Friday". Prizes will be given for the best dressed. Please sign up at Reception.

Scuba

There will be a meeting on scuba diving held on Tuesday 17th June at 7 pm in the Silom Room. Any members (with or without diving qualifications) interested in being involved with the Scuba Section please contact Cheryl Lamb on 258 1382 or Lisa Fitzpatrick.

Obituary - Derek Enscoe

The Committee, members and staff of the British Club would like to express their sadness at the sudden passing of Derek Enscoe. A long-time resident of Bangkok, the Club offer sincere condolences to his family. The following tribute to Derek is from Colin Snow:

Derek arrived in Thailand in 1970 aged 22 and, following a short spell at the Bangkok Post, founded the company later to be called Chamber Publications. Derek was also a keen member of the Hash House Harriers, one of Asia's oldest running clubs, where Derek's rotund physique and sharp humour together with his indestructible spirit fitted perfectly. One of the all-time Hash classics was a run on Koh Larn island off Pattaya where Derek

got lost; the pack was half way back to town on an ancient junk before Derek's absence was noticed, predictably shouts of "Are you" was all the sympathy he got. Having persuaded a local fisherman to transport him back to the mainland, he was thereafter known as 'Desert Island Derek.' He was appointed Hash Joint Master this year and ironically had been reconnoitering the upcoming AGM with co-conspirator J.M. Neil Hutchinson when the fatal car crash occurred. Desert Island Derek was buried on Tuesday 5th May in the cemetery on Charoen Krung Road. He is survived by his wife Kwanchai and son Edward, to whom we all offer sincere condolences.

June Farewells

This month we say goodbye to another seventeen members:

Iain and Kay Cardiff, David and Georgiana Crocker-White, Roger and Patricia Daniel, Pritpal and Manjit Gill, David and Alison Hedge, John and Suntorn Henshaw, Guy and Karen Hollis, Alan Lam, Todd Martin, Melvin and Gayle McKeown, Colin and Dawn Monk, Billy and Kanda Phillips, Robert and Valerie Ralph, Stephen and Matrina Rees, Vicki Schouten, Owen and Carolyn Shannon and last but not least, Ian Smith and Pauline Bispham.

Quarterly Sundays from Now On

Yes, you read right - the latest decree from your esteemed Tennis Committee at their first meeting recently was to abolish the monthly second-Sunday tournament thingy and change it to a quarterly instead (this by pure chance coincides with the transmogrification of monthly New Members Nights into similar quarterly events, but let's not get political here). Now while I can see the sense in holding off the monthly tournament (starting at 3 pm) during these baking months, when many more sensible (and therefore less English/mad dog) bods won't venture on court before around 4.30 pm, I'm not sure about the rest of the year, and especially the cool season when it's a positive pleasure to play at 2 let alone 3 pm, but let's deal with that when we get to it. In the meantime, there has been no second-Sunday tournies since March and the next one will be on **Sunday 13th July**... the weekend before a potential long holiday weekend away in Pattaya - make sure you sign up on the noticeboard if you'd like to go on this or the planned Singapore fling in September. Following are the two recent match reports by Cap'n Bruce, and let's see if he can hang on to his passport long enough to get back here at the end of this month...

Lotsaluv
Me

Away Match vs Body Systems

Saturday 22nd March

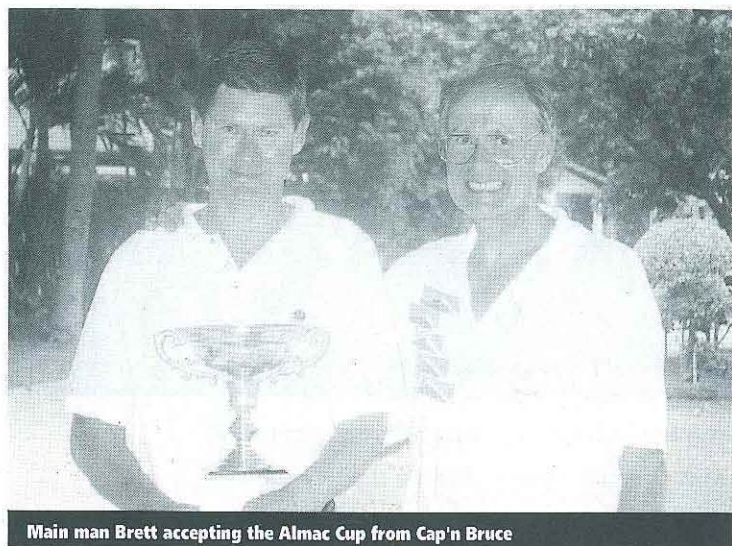
By way of a change from the usual array of large clubs that we play on a regular basis, we



The winner of the Almac Cup - and us

arranged this new Saturday afternoon fixture with a small sports club at their request. Unfortunately, whilst a match of this kind seemed a good idea at the time, subsequent events cast a bit of a shadow over what should have been an enjoyable encounter. Situated just opposite the Capital Club, "Body Systems" is ideally located and has excellent gymnasium facilities and a pleasant restaurant. We were competing with a small team of three men's pairs and just one ladies pair due to their having only the two recently resurfaced tennis courts. All members of our team were ready to play at the appointed time of 1.30 pm but there was absolutely no sign of our opponents.

Their club manager kept assuring us that the team would be appearing in a few minutes, but an hour later we were still sitting there in the baking heat, that afternoon being one of the hottest this year, with no sign of the other side. To say that some of our team were becoming a little impatient would be something of an understatement and it took all the persuasive powers of your Captain, which by common consent are considerable, to keep them at their posts.



Main man Brett accepting the Almac Cup from Cap'n Bruce

Fortunately we had been supplied with a more than adequate quantity of fresh fruit and soft drinks with which to slake our ever-increasing thirst and thus refreshed we proceeded to play amongst ourselves.

It was with great relief that your Captain finally spied signs of the opposition at around 3 pm. However, our problems were not yet over as we were then informed that only one court could be used and needless to say our players were not amused after waiting around for over one and a half hours. Fortunately, the use of both courts was restored after we registered our protest and with that the match finally got under way.

With such an unpromising start to proceedings it came as something of a pleasant surprise that the tennis subsequently played was to a high standard and with both sides being pretty determined to win. That the BC managed to achieve one of its rare victories was in no small part due to the high levels of adrenaline that had built up during the prolonged and frustrating delay.

Pat and Steve kicked off the match and consequently bore the brunt of the attack as their opponents were still full of fresh vigour. Our pair fought back to force a close match to a tie break but were just not able to close out the set. James and Burnie (*sic*) had a good day, bringing home two wins although one was a very close call indeed. Dick and Roger were even stevens with one win and one loss and those same two, pairing with Wan and Nisa respectively, managed to win both their mixed doubles matches.

As a result we ran out overall winners by 7 matches to 3 and very happy to do so. All in all, we did get to play some very good tennis and at the end of the day that's what it's about. However, perhaps we also learnt a lesson or two and in future, prior to accepting new fixtures, we will set out very clearly exactly what is expected in terms of start and finish times, scoring systems, provision of refreshments, etc. In any case, we do still plan to have a return match some time in the second half of the year so that says it all.

Match vs Capital Club

Sunday 27th April

The first leg in what is now a regular 2 match per annum event between BC and Capital Club was a rather special occasion in that it heralded the arrival of the **Almac Cup**. This impressive pot was generously donated by Pat Dean, managing director of **Almac International** who, for those of you who don't know, installed our carpet courts some years ago and who recently resurfaced our cement courts. We were spurred on to deeds of rare endeavour

our but our opponents were equally spurred if not more so and unfortunately for us on the day they appeared to have rather more innate ability than we did. Nevertheless, we all set to with a will and some very enjoyable tennis ensued. The short set format of "first to 6 with no tie break" was used and again proved to be very popular with all the players, providing many close results and of course the opportunity of playing lots of matches.

As this fixture is a friendly affair, there are no restrictions on players, so it was an ideal opportunity to call on Tom and Lisa for the first time in an interclub match. However, even with their undoubted skill and experience, it was as naught at the hands of Brett, Philip and Andy, all sometime Circuit/College players in either Aus. or the US of A. Our ladies were also up against it competing against two very experienced Thai pairs and one competent farang pair.

With all that weight against us it was not too surprising that the final result was 20 to 9 against. However, on the bright side, there were no less than six close results which could well have gone the other way and had they done so there would have been a truly nailbiting finish.

We are already planning for the return match when their three "heavyweights" (Brett, Philip and Andy) are simultaneously out of the country and their best ladies are otherwise engaged... Meanwhile, anyone knowing a cheap and plentiful supply of "innate ability" is asked to please get in touch with Khun Lisa! And with rain, fog and a following wind, who knows?!!



Taking over as Match Sec is all too much for Dick

Richard Ellis was BC's man of the day, winning no less than 3 and coming very close in another of his 5 matches. For the ladies it was of course that rapidly improving mother and daughter duo of Wan and Nisa who managed 2 wins in the ladies doubles. Single set wins went to Bernie and James, Bruce and David, Gaynor and Zandra, Keeravoot and Julie, with Graciela also managing to get a win playing with Richard, as did Keeravoot.

Julie's win with Keeravoot was particularly commendable as she came into the side at short notice as a virtual 'scratch' player and on the day came good. Well done indeed, and that goes for the rest of you too. It was also a first appearance on the BC team for Khun Joom, last year's most improved player and while she didn't manage a win this time, I'm absolutely sure that with her degree of determination it won't be long before she too is up amongst the winners.

The return leg should be played sometime in November so watch this space!

Bruce "Our Man in Milan" Gordon



Kanchanaburi Dunlop Weekend

The long weekend of the 5th April was the event for the Dunlop Cup and the Dunlop Plate which was sponsored by **Dunlop Thailand**.



Dunlop Cup winners: Andrew, Chris (Club Capt), David (Dunlop) & Roger

This three-day event was played at Nichigo and River Kwai Golf Clubs. The format was a pairs competition and all players on the first day played better ball stableford off full handicaps. The best four scores played in the semi finals for the Dunlop Cup while the remainder played for the Dunlop Plate. The first day was played at Nichigo. The four pairs to play in the semi final after day one were David and Cheryl Lamb, Roger Fitzgerald and Andrew Hursthouse, Phil Hall and Brian Dodd and Greg and Lauren Lambert. Day 2 was played at River Kwai; the pairing for the day which was pulled out of a hat was David & Cheryl vs Greg & Lauren, which Greg & Lauren won. Day 3 was played at Nichigo again and the Dunlop Cup was won by Roger and Andrew with the runners up being Greg and Lauren. The Dunlop Plate players format for days 2 & 3 were better ball stableford. The winners of the Dunlop Plate were the pair that had the highest stableford points over the two days. Judy Fitzgerald and Gareth Sampson were the winners of the Dunlop Plate.

There is nothing like keeping it in the family and the Fitzgeralds certainly did by taking both major prizes. There was a great turn-out for this weekend which included newcomers Andrew Hursthouse and Olivier Janin. The battle for the cup and plate and the revelry at night was a fair indication that everyone enjoyed themselves. The weather was very kind (if you consider sweltering heat 'kind') and probably didn't get below 35°C. I am not a great advocator for taking carts around the golf course but this was definitely warranted for the second and third days of play. The first night everyone was left up to their own devices, so some dined in Kanchanaburi and the rest at The Pavilion, the hotel next to Nichigo. Sunday night we were treated to a BBQ Thai-style at Nichigo.

Footnote: A special prize was awarded for the longest drive and was presented to Tony Jeffereys, who took seven hours to get to



Official photographer Judy with David Lamb; who's holding the umbrella?

Kanchanaburi from Bangkok! The traffic was bad, but going via Pattaya was not the shortest route...

Johnnie Walker League - 4th Round

The fourth round of the Johnnie Walker League was played on Saturday 19th April as usual at the Vintage. There was quite a strong wind throughout the match and the greens were much quicker than normal, which made for difficult conditions.

The British Club took on the New Americans and gained an impressive result winning 13 to 3. The team was led out by James Lawden and Geoff Rydon in the pairs, playing against Don Oswald on his own and they had a comfortable victory, winning 5 & 4. Geoff Lamb and Greg Lambert beat Gordy Brainhard and Al Masi 3 & 2, which meant that we had half the points in the bag already. One of the singles matches was halved as both the Americans and the BCGS were short of players. Dugal Forrest achieved a fine result with a 5 & 4 win over Mark McLean and Chris Gething just to get a result in a match against Phil Hall who was representing the Americans. Chris managed to win the 18th for a one-up win. Des Keane had a might tussle against Tony Cairns but lost a fine game 3 & 2. This means that the BCGS are lying third place behind the Golfers Cocktail Lounge and Delaneys after the fourth round of the league although we have only played three counting matches.

Quarterly Medal - 2nd Round

The second of the Quarterly Medal sponsored by **Johnnie Walker** was again held at Royal on the 27th April. This day was supposed to be the hottest and I thought it was



Dunlop Plate winners: Gareth, Judy, Chris (Club Capt) & David (Dunlop)

only 'mad dogs and Englishmen' that go out in the midday sun? It was certainly hot but I think they got it wrong (again), by the time we were playing the back nine holes the weather cooled and was very pleasant. Not everyone that signed up turned up, but those that did had a great day. The winner of Flight A with net 66 was Mike Corey (why does this not surprise me?), Flight B was David Lamb with net 70 and Flight C with net 71 was Roger "there's that name again" Fitzgerald. Thanks go to Judy Fitzgerald, our official photographer of the day.

Coming Events

The match against the British Embassy will be played at Vintage on Sunday 8th June which always turns out to be a great day followed by an even greater evening. Another fun club day will be held at Vintage on Sunday 22nd June and also the not-to-be-missed Captain's Day which is on Sunday 6th July at Vintage.

P.S. Don't forget the coming long weekend away at Forest Hills in July.

Anyone interested in playing any or all of these events, please contact a committee mem-





"What would Moses do in a situation like this Bernie?"

ber by phone or fax, or put your name on the sign-up sheets on the Golf Section noticeboard. To all members, please remember to turn up to events at least $\frac{3}{9}$ hour before tee time. This helps the starters put together teams and enables us to start on time.

Happy Golfing
Lauren Lambert

Why?

Why do you always put up with my moods,
and try to cheer me up?
When I'm ranting and raving over the smallest thing,
You can always lift me up.

My memories of you are like a dream,
which never ends.
We've been up, we've been down,
and around life's many bends.

Each day I thank my lucky stars,
Thank them for you, and that we've come this far,
We stick together through thick and thin,
We've gotten out of the troubles we might have been in.

Why is it that when troubles and depression come close,
I can depend on you to hold me tight, to comfort me and care.
You're always there when I need you most,
If I turn around, I know that you'll be there.

If I think hard, I find the answer,
to why you are so good to me,
Because your nature is to care,
you can't help but love.
And I'm just glad it's me you chose,
Because without you I'd be nothing.

Rachel Elias

Junior Tennis New Format Tournaments

Junior Tournament

Sunday 20th April

Despite at least 3 different dates being published for this event, 27 junior tennis players made it to the start at 0800! This was a great turn-out considering the loss of various players over the last 6 months and we were really pleased to welcome new players, Paul Bentley, Colin Linthicum, Richard Roberts and Laura Hughes. In addition we had 3 players from the Chang family who were guests for the day, one at each level of play.

There were enough amongst the more experienced players for us to hold a 16 player knock-out. The overall winner was newcomer Paul, beating Andrew Jones in an exciting final. The plate winner was Sarah Henton and she beat Leigh Gammons, a recently graduated "junior junior".

In the Junior Junior round robin tournament, Thomas Philips had an excellent morning and won with 12 points, just ahead of new player Laura who had 11 points.

Prizes for this month were kindly provided by **Asiapac Investment Consultants Limited** and Asiapac have committed to providing sponsorship for the Juniors for the future tournaments, which is a very welcome offer.

Three other players were competing for the first time this month - Brooke Vivian, Lauren Jensen and Timothy Weekes. Along with Hamish Chang they had a 'longest rally' competition assisted by James Young. This was an introduction to the little ones and hopefully they will now take part on a regular basis. The prize this month was donated by Sharon Linthicum and won by just a one-ball margin by Timothy.

The Asiapac Junior Tennis Tournament

Sunday 11th May

This was the first of the tournaments in which we tried the new timings in the hope of keeping everyone moving more once they got started. We had the younger Juniors beginning at 8am and the teenagers taking a lie-in until 9am. The system needs 'refining' as there were still some longish waits, but it did feel as if more games were played in the time we had.

It was extremely hot and there was not the usual rush to carry on playing at the end of the tournament. In the younger group Laura Hughes came out as winner of a round robin between 5 players. Into the larger group of players went those Juniors who are at intermediate level and in need of lots of games. They played from 8am, but their scores did not count until they joined in the knock-out competition which started at 9.

In the knock-out, Paul Bentley was winner in the Main competition and Richard Roberts was winner in the Plate. At one time it looked as if we would manage a 'bowl' round and even a 'saucer', but the heat overcame the enthusiasm.

The next Junior tournament will be held on **June 8th** and the last event of the academic year will be held on the **6th July** and this will be one for Juniors and Adults. Another Generation Game to look forward to! Look for the notices and banner for more details. Players will have been informed, but if any further information is required please ring me, Shelagh Weekes on 398 2717, or Kate Henton on 254 1582.

Shelagh Weekes

Water Activities for All the Family

The first 8-week course of swimming coaching is almost over. It has been great to see such a positive response from members, and good



Rosemary Imlah with some of the junior swimmers

to see the Club busy again on a Saturday morning. A **Presentation Luncheon** will be held at the conclusion of the course on Saturday 14th June at 12.30 pm. All participants and their families are invited to attend, and certificates will be awarded at this time. More details will be published soon. It will be necessary to sign-up in the Fitness Centre for the luncheon.

The **next course** commences on Saturday 21st June and concludes on August 9th. Application forms are in the Fitness Centre and need to be completed at least one week prior to the commencement of the next course. Any enquiries to me at the Club.

There will be two **Holiday Sports Programmes**

run during the summer vacation that will include swimming and a variety of other sports. More details will be published closer to the event.

I would like to encourage **more adults** to join the programme. There is a beginner class (stroke work) at 9.15-10.15 am on Saturday mornings. Other times can be arranged upon request.

For those of you interested in **training** or **endurance swimming**, please contact me at the Club to organise suitable training times. This class aims at improving aerobic fitness whilst also correcting and improving stroke technique.

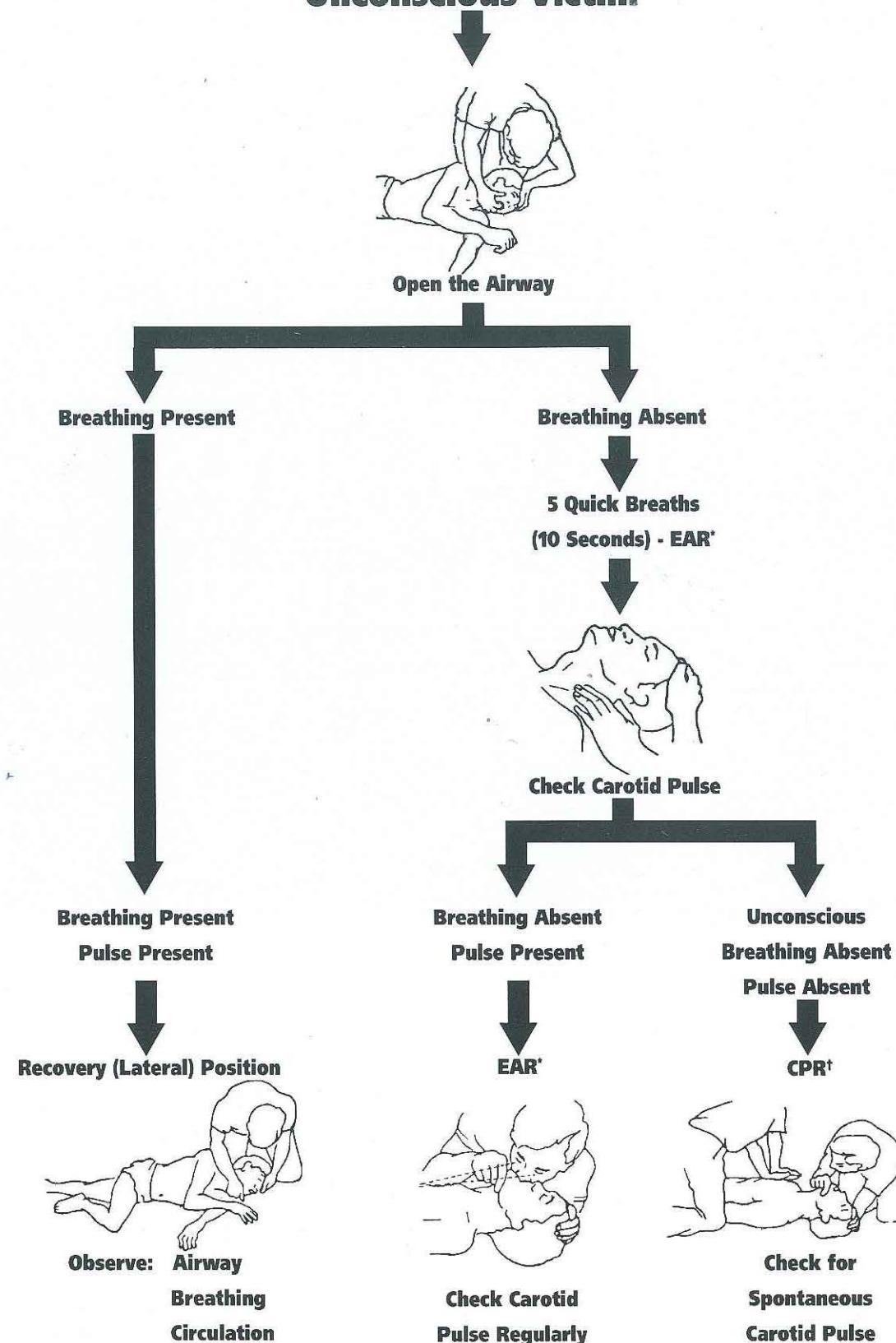
A **Parent and Baby Class** is also being offered, for those with children under 2 years old. This class teaches the parent how to familiarise their baby with the water and to develop confidence in this environment.

The **Resuscitation & Lifesaving Programme** has been a great success. Very little is offered here in Bangkok in the way of emergency procedures and water rescue. Rosemary Imlah, who is teaching this course, has over 30 years experience in the field and is keen to educate adult members and advanced juniors (over 12). Application forms are in the Fitness Centre. The cost is very reasonable for an 8-week programme.

Lisa Fitzpatrick

How Familiar Are You With Emergency Procedures?

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†Cardiopulmonary Resuscitation

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The Royal Yacht Britannia

Named and launched by Her Majesty Queen Elizabeth II in April 1953 and commissioned in January 1954, HMY Britannia replaced the 50 year old Royal Yacht Victoria and Albert as an official residence of the Royal Family in peacetime and a naval hospital ship in times of hostility.

The Royal Yacht's visit to Thailand last month was part of her last official voyage before being decommissioned later this year, and several Club members were lucky enough to be allowed on board during her 5-day mooring at Klong Toey port.

The Royal Apartments extend from mainmast to the stern, comprising a dining room, an ante room and a large and airy sitting room to comfortably cater for parties of 30, as well as adequate sleeping facilities for members of the royal family and their entourage. A considerable quantity of national treasures are stored on board for use in the royal entertainment rooms. The engine room is a museum-piece of '50s engineering in good working order - a geared steam turbine with two shafts of 12,000 shaft horsepower, and all fixtures and fittings are kept highly polished.

A new, purpose-built Royal Yacht is planned for launch in time for the Queen's Golden Jubilee in 2002 but in the meantime one can only hope that this beautiful, 44 year old ship is transformed into a floating museum or pleasure craft and not scrapped at the end of the year.



The Royal Dining Room



The Royal Drawing Room



At the Royal Thai Navy base, ready to sail to Manila

Bidding farewell to Bangkok

The Wheelhouse



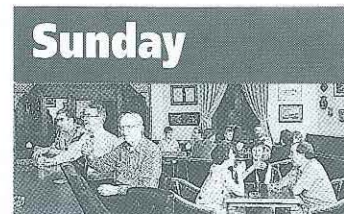
The Engine Room

Facts & Figures

Launched	April 16th 1953
Built by	John Brown (Clydesdale) Ltd
Full complement	19 officers & 217 men
Length	412 ft (125.7 m)
Beam	55 ft (16.8 m) max
Gross tonnage	5,860 ton
Max speed	21 knots
Range	2,400 nautical miles
Main mast	139 ft high
Draught	17 ft (at load displacement)

Calendar

British Club Sports and Entertainment Calendar - June



Sunday

1
11am-1pm **Badminton Mix-In-Soi Nares**
3-6pm **Tennis Mix-In**
4-6pm **Children's Video**
5.30pm **Sunday Carvery - Lords**

8
11am-1pm **Badminton - Soi Nares**
11am **Golf - Vintage**
3-6pm **Tennis Mix-In**
4-6pm **Children's Video**
5.30pm **Sunday Carvery - Lords**



Monday

2
8am **BWG Mahjong**
9.30am **Aerobics**
6-8pm **Squash Coaching**
7-9pm **Tennis Team Training**

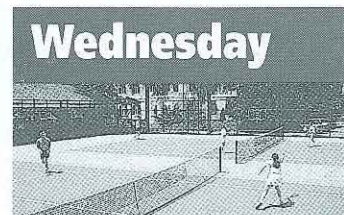
9
8am **BWG Mahjong**
9.30pm **Aerobics**
6-8pm **Squash Coaching**
7-9pm **Tennis Team Training**



Tuesday

3
7am **Ladies Golf**
9-11 am **Ladies Tennis**
2 pm **Ladies Squash**
7-9pm **Soccer Training**
8-10pm **Badminton - Soi 22**
8-11pm **Friendly Bridge**
9pm **Gentlemen's Spoof**

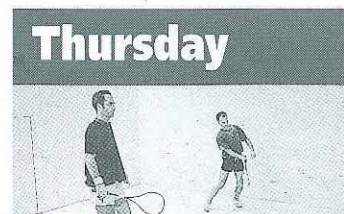
10
7am **Ladies Golf**
9-11 am **Ladies Tennis**
2 pm **Ladies Squash**
7-9pm **Soccer Training**
8-10pm **Badminton - Soi 22**
8-11pm **Friendly Bridge**
9pm **Gentlemen's Spoof**



Wednesday

4
9.30am **Aerobics**
5-8pm **Squash Coaching**
6-9pm **Tennis Mix-In**
7.30 pm **Snooker Mix - In**

11
9.30am **Aerobics**
5-8pm **Squash Coaching**
6-9pm **Tennis Mix-In**
7.30 pm **Snooker Mix - In**



Thursday

5
10-12 noon **Ladies Squash**
6-9pm **Squash Mix-In**
7pm **Aerobics**
7-9pm **Rugby Training**
8-10 pm **Badminton - Soi 22**

12
10-12 noon **Ladies Squash**
6-9pm **Squash Mix-In**
7pm **Aerobics**
7-9pm **Rugby Training**
8-10 pm **Badminton - Soi 22**



Friday

6
9.30am **Aerobics**
3-9pm **BC Tennis Coaching**

13
9.30am **Aerobics**
3-9pm **BC Tennis Coaching**



Saturday

7
8am **Junior Tennis**
8-11am **BC Swimming Coaching**
8-11am **Tennis Coaching**
4.30pm **Casuals Football - Soi 15**

14
8am **Junior Tennis**
8-11am **BC Swimming Coaching**
8-11am **Tennis Coaching**
4.30pm **Casuals Football - Soi 15**

Children's Sports Activities

Tennis Coaching
Swimming Coaching

Friday Evening & Saturday Morning
Saturday Morning

Don't Forget !!

Swimming coaching and gala or scuba diving training - make use of the pool in June!

15
11am-1pm **Badminton - Soi Nares**
3-6pm **Tennis Mix - In**
5-7pm **Children's Video**
5.30pm **Sunday Carvery - Lords**

22
7.30am **Golf - Vintage**
11am-1pm **Badminton - Soi Nares**
3-6pm **Tennis Mix-In**
4-6pm **Children's Video**
5.30pm **Sunday Carvery - Lords**

29
11am-1pm **Badminton - Soi Nares**
3-6pm **Tennis Mix - In**
4-6pm **Children's Video**
5.30pm **Sunday Carvery - Lords**

10.30am Children's Swimming Gala

16
8am **BWG Mahjong**
9.30pm **Aerobics**
6-8pm **Squash Coaching**
7-9pm **Tennis Team Training**

23
8am **BWG Mahjong**
9.30pm **Aerobics**
6-8pm **Squash Coaching**
7-9pm **Tennis Team Training**

30
8am **BWG Mahjong**
9.30am **Aerobics**
6-8pm **Squash Coaching**
7-9pm **Tennis Team Training**

17
7am **Ladies Golf**
9-11 am **Ladies Tennis**
2 pm **Ladies Squash**
7-9pm **Soccer Training**
8-10pm **Badminton - Soi 22**
8-11pm **Friendly Bridge**
9pm **Gentlemen's Spoof**
7pm Scuba meeting

24
7am **Ladies Golf**
9-11 am **Ladies Tennis**
2 pm **Ladies Squash**
7-9pm **Soccer Training**
8-10pm **Badminton - Soi 22**
8-11pm **Friendly Bridge**
9pm **Gentlemen's Spoof**

Opening Times
10am-11pm **Churchill Bar**
11.30am-2pm **Lords Restaurant - Lunch**
6-10pm **Lords Restaurant - Dinner**
7.30am-10pm **Poolside Bar**
6am-9pm **Fitness Centre - Mon-Sat**
9am-9pm **Fitness Centre - Sun/Hols**
9am-5pm **Thai Massage - Tue/Sun**

18
9.30am **Aerobics**
5-8pm **Squash Coaching**
6-9pm **Tennis Mix-In**
7.30 pm **Snooker Mix - In**

25
9.30am **Aerobics**
5-8pm **Squash Coaching**
6-9pm **Tennis Mix-In**
7.30 pm **Snooker Mix - In**

Sports - Contact the following:
Badminton **Gaynor de Wit 237-4031**
Cricket **Peter Young 679-7644**
Football **Alex Forbes 260-1950**
Golf **Chris Gething 261-1963**
Rugby **Joe Grunwell 262-0220**
Squash **David Turner 279-1234**
Tennis **Bernie Adams 674-0810**

19
10-12 noon **Ladies Squash**
6-9pm **Squash Mix-In**
7pm **Aerobics**
7-9pm **Rugby Training**
8-10 pm **Badminton - Soi 22**

26
10-12 noon **Ladies Squash**
6-9pm **Squash Mix-In**
7pm **Aerobics**
7-9pm **Rugby Training**
8-10 pm **Badminton - Soi 22**

Sports - Contact the following:
Non-BC Sports
Ladies Golf **BCLG**
LIGHT
Hockey **Will Agerbeek 259-7019**
Eileen Cook 295-4596
Lois Carson 258-5295

20
9.30am **Aerobics**
3-9pm **BC Tennis Coaching**

2nd Tennis Coaching Course Starts
7pm Social Darts Tournament

27
9.30am **Aerobics**
3-9pm **BC Tennis Coaching**

Venues
Soi 15 **NIST grounds**
Soi Nares **Behind Bangrak Police Station**

Golf - As advertised

21
8am **Junior Tennis**
8-11am **BC Swimming Coaching**
8-11am **Tennis Coaching**
4.30pm **Casuals Football - Soi 15**

2nd Swimming Coaching Course Starts
Lighthouse Club Builders Ball

28
8am **Junior Tennis**
8-11am **BC Swimming Coaching**
8-11am **Tennis Coaching**
4.30pm **Casuals Football - Soi 15**

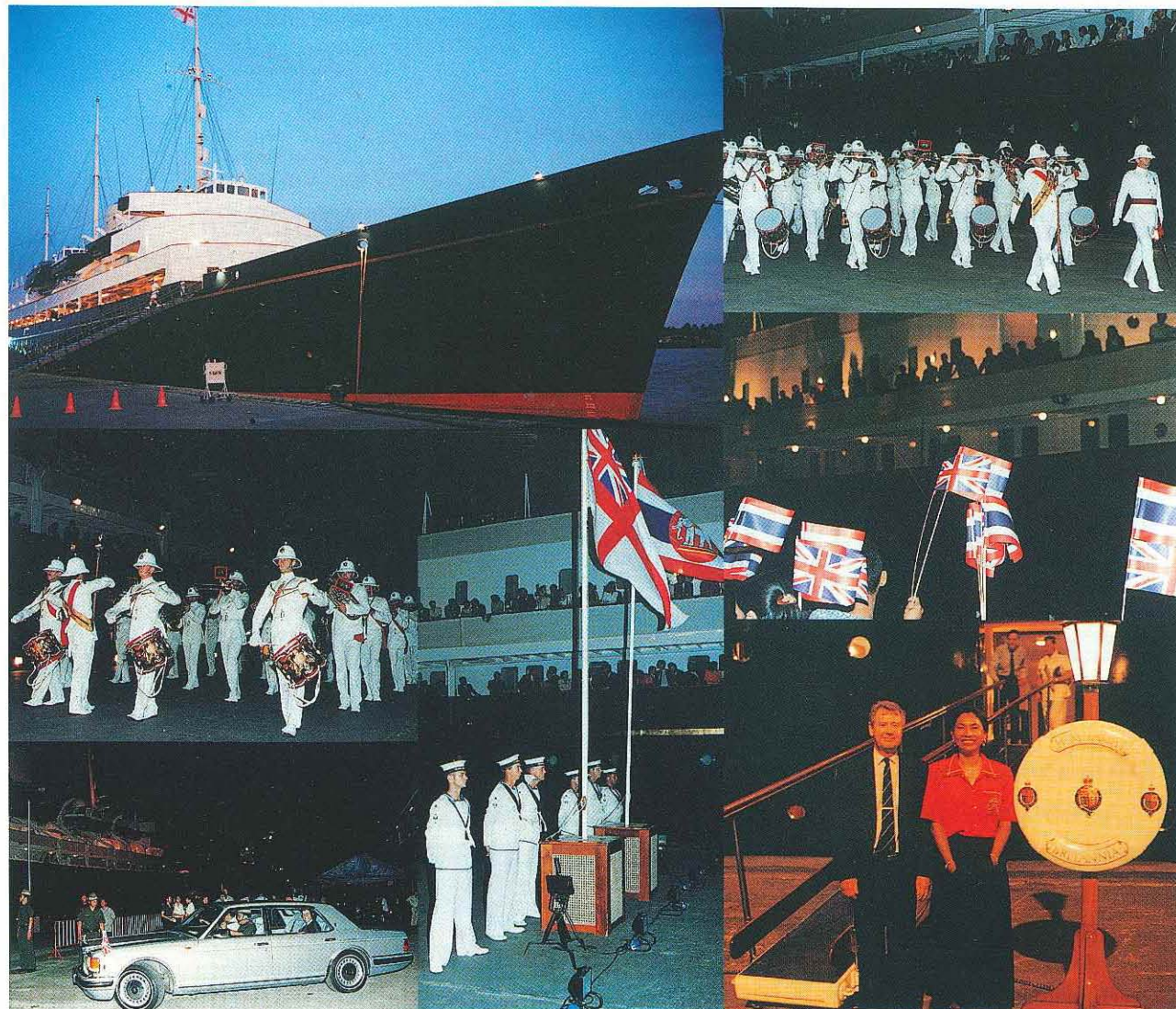
The Ceremony of Beating Retreat

Originating from the mediaeval period of daytime fighting, when drummers were sent out to beat 'retreat' back to camp for the night, this ceremony has developed considerably into the polished musical display as seen on the quayside on Tuesday 14th May. With the beautiful backdrop of the Royal Yacht Britannia lit up, HM Royal Marines Band played and marched to several military tunes, including 'Heart of Oak' and a moving rendi-

tion of 'Land of Hope and Glory', before closing with the national anthems of Thailand and Britain.

Gaynor de Wit

(Anyone wanting further information about HMY Britannia and her visit to Bangkok please contact me)



Britannia's Visit to the BC

Some moments from the Yacht crew's brief BC visit; for more pictures and reports of the sporting events please see pp 26-7.



The tennis players plus supporters



The Royal Yacht hat donated to the Club, modelled by the Editor with Russ & Glenn



Unofficial football action v. the Yacht



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The Britannia Sporting Challenge

Britannia Sunk by BCGS!

HMY Britannia Golf Society were entertained at the Vintage on Saturday 10th May. Notwithstanding the fact that it had been the Ball the previous night, the BCGS won the match averaging 30 Stableford points to Britannia's 20. The entertainment was carried on from the course to Soi Cowboy, finishing at around 12.30 am. It is believed the crew really enjoyed their outing!

Chris Gething

Tennis & the Unofficial Football Results

The afternoon of Saturday 10th May saw one of our strongest teams in ages turn out for the Big Match against the Navy from the visiting Royal Yacht Britannia... only to find that there weren't that many of them, and some hadn't played in years! However, the BC upheld that Great British sportsmanship for which we're so popular - you know, that compulsion we have of handing out victories to visiting sides - and held a mini American tournament mixing in some of their lads with ours, to make it a match. Each set was washed down with plenty of beer, which no doubt was necessary playing under that hot sun simply to make up sweat loss (yeah, right). A fun if hot afternoon and I believe the Club won easily.

That was when the *real* competition started - the impromptu footie match on the front lawn. In hindsight it was a pity the BC crack squad (Bernie, James, David H and Pat) removed their shirts for team identification, as they denied those single female members (precious few of us that there are) the sight of the four somewhat fitter torsos of Dave, Oz, Chippy and Warren. Keeravoot excelled as a

seasoned ref, with all the hand signals off pat, rightly ignoring Chippy's calls of "cheat" and "shoot the ref" when blatant bias was shown towards the BC. At 3-2 to the Navy, ref declared a penalty shoot-out on the grounds of the extra point from home-team advantage (it sounded good enough) and a nice finishing touch by Lisa past Bernie saw the Navy win 2-1... until she was reminded who her employer was, which kind of swung the match our way! A good day was had by all and the subsequent evening of joke-telling, drinking, bar-hopping and more drinking was enjoyed by those still standing at the end of it, although actually remembered by far fewer.

Ms Hospitality Herself

Casuals Draw the Yacht

One of the hottest periods ever recorded in Bangkok saw two reluctant teams step out onto the sun-baked and badly rutted Soi 15 pitch. During the warm-up (!) a young and fit-looking Britannia side, obviously eager to take full advantage of being on terra firma, went a long way to undermining the ever-mature BC team spirit!

After a lively first half from Britannia, the BC's experience of playing in such conditions held the advantage in the second half, resulting in a spirited comeback as the Britannia team started to wilt. The final score: BC Casuals 2, Royal Yacht Britannia 2.

All in all a fairly evenly-matched contest with many agreeing that for once the result actually did go in line with the run of play. In the spirit of the occasion, both teams retired to the bar for a well deserved beer or two. The Britannia team holding strong with tradition

were immaculately dressed in their compulsory collar and tie (no such thing as a day off for these guys); I'm not sure the sweat was as compulsory though inevitable. Nonetheless the beer continued to flow with the opposition gaining confidence to brave the temptations of the Bangkok nightlife, in

the knowledge that they had to report back to ship by 7 am next morning or face a severe reprimanding... sound familiar?! while the BC were on duty at St George's a chorus of 'Rule Britannia' was very appropriate!!

Adam Caro



Sop Moei Arts - Summer Sale in Bangkok !

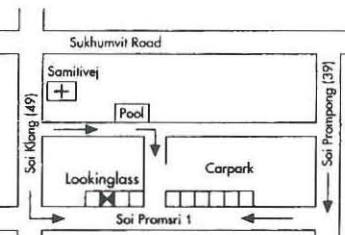
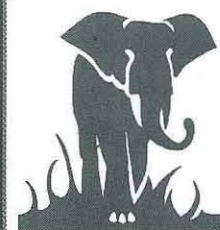
- * Hand woven cotton/silk textile, garments and scarves
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Exclusively from the remote villages of Mae Hon Son province

June 23(Mon) - 29(Sun) 10:30-18:00

At Lookin'Glass on Sukhumvit Soi 49-Promsri 1
Behind Samitevej hospital, in the Racquet Club
(Parking available at Racquet Club)

For Information Call Franza 01-637-9193
or Masako 01-252-4362



Please enjoy the Photo exhibition of the villages and their work as well



Intersociety Success for St George

A scratch English team carried off the laurels in the **Dunlop Intersociety Tournament** in April. It was literally a scratch team be-



Unfortunately, there wasn't a prize for the best dressed team

cause they were still scratching around half an hour after the event had started trying to find players because only two people arrived at the appointed time. Luckily a bye in the first round gave them time to drag a team together and to pip the Kiwis for the title. The Aussies were a close third, followed by St David and last year's champion St Elsewhere trailed the field.

The successful team was Nick White, Stuart Parkinson, Mike Weekes, Phil Hall and Jenny Ferrier (the Kiwis maintain that they couldn't have done it without the NZ import). As always, a fun tournament and a few well-deserved beers afterward were also enjoyed by all.

Chiang Mai Cup

This annual event at the RBSC is purportedly one of the oldest squash tournaments in the world and has been competed for since 1910. It is even more notable in that it is a doubles competition, and while this is not that unusual, what makes this competition different is that it is played on a special court that is about twice the size of a normal court. It is also an international tournament now with teams drawn from countries all around the

region (principally Singapore, Malaysia and Hong Kong).

In last year's event, the two BC teams entered discovered that the techniques and skills required on this large court were quite different to the normal game and suffered ignominious defeats in all their matches. This year there was a determination to do better so a couple of practice sessions were organised on the large court. As a result the three teams performed much better and while no trophies were collected, some pride was restored. All three teams lost their first round games (a blessing in disguise given the high standard of the players that were in this side of the draw). Dick Anwar and Khun Ja had a tough draw in the second round and lost a very close match. Mark Reading and Marc Hagelauer played very well to reach the quarter finals of the Plate, losing to the eventual winners in another close match. Dave Jewell and Colin Hastings had an easier draw and managed to get through to the Plate semi-final but unfortunately lost that match after taking an early lead. So, no silverware but a lot of fun. The championship final was won by Zainal Abidin and Anthony Chua of Singapore over another Singaporean team in an enthralling match. Doubles squash on a large court seems to give the top players greater opportunity to show their skills and some wonderful rallies result involving unbelievable short-making and retrieving. The fast pace brought about by having 4 players on the court makes it a real treat for the spectators.

Squash Refereeing - an introduction

10:00 am Sunday 15 June at the British Club
The format will be on initial classroom session with video examples, followed by a practical session on the court. If you have never refereed before or would like to clear up a few question on the game - come along. See the Noticeboard outside Court 1 for more details or contact Phil Hall on 655 3030 ext 5000 or (01) 400 0130.

Snippets

If anyone wants to see a full copy of the International Rules of Squash, contact Phil Hall.

There is a clearance sale in the gym of the prized BC Squash shirts at a below cost price of 100 Baht each. Get in quick before your size runs out.

Mark Prothero achieved two notable firsts in April that deserve our congratulations - getting married was one of them and being promoted to League 1 was the other. Unfortunately Mark, only one of these achievements lasts forever.....

Good to see Mark Smith back on the courts after a long layoff with a troublesome ankle.

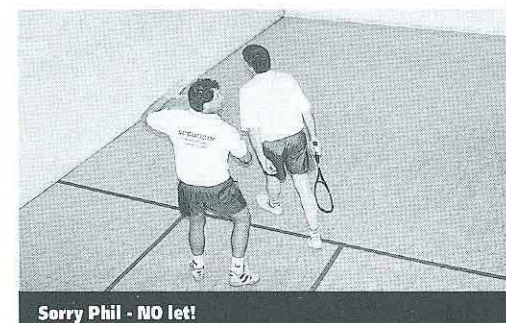
Upcoming Events

Our big internal competition is nearly upon us, so I hope you all are fit. The Men's and Ladies' Club Champs are on this month and are being played under a slightly different format to ensure all games are played by the correct date. The draw on the Noticeboard has all the details. The finals will be on the weekend of the 28 and 29 June.

Ladies squash is on every Tuesday afternoon at 2 pm - all welcome.

Our next Sunday mix-in is Sunday 1 June and then Sunday 6 July. This handicap tournament is open to all and starts at 12:30 pm - just turn up by then.

See you at the courts
Dave Jewell



Sorry Phil - NO let!



The satisfied smiles of success



The Aussie battlers looking a little ragged



Marvyn's Marvels are happy with the outcome

Try Scuba!

Several of you will have seen our scuba instructor, Peter Gary, in and around the pool at the Club, teaching members wearing



Jonathan Spruce and Rebecca Pitt take the plunge for the first time in the BC pool

lurid-coloured self-contained underwater diving apparatus (scuba) equipment the right way to submerge, breathe, etc. And it's catching on, so for those who want to know more about this fascinating sport, Peter has prepared the following:

Scuba diving is an outdoor activity rapidly gaining popularity in Thailand, enjoyed by those as young as 12 years old. This exciting underwater adventure provides you, your family and friends with a safe and enjoyable way to explore our most precious resource - our seas and oceans. You will feel relaxed, meet new friends and travel to new places. PADI (Professional Association of Diving Instructors) is the largest international scuba training organisation in the world, their diving courses are very easy to learn and can be taken at The British Club, with classes scheduled for your convenience.

You need not be a marathon swimmer to scuba dive; you should be able to swim at least 183 meters, float or tread water for 10 minutes and be in good physical condition. My professional teaching philosophy is to provide students with:

- a safe and enjoyable learning experience,

- small and personalised classes (2-4 students)
- reliable and well-maintained equipment
- state-of-the-art instruction with PADI materials
- flexible schedules
- convenient pool and classroom locations

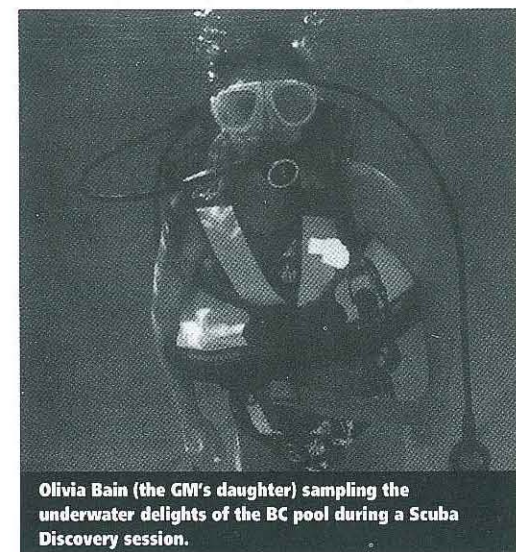
1997 Diving Courses

- **Open Water Diver (OWD)** - learn the knowledge and skills to dive independently; procure air, equipment and other services; plan, conduct and log open-water, no-decompression dives.

Approx 16-25 hours of class and pool sessions, in addition to 4 open water dives over 2 days. Min. age = 12.

- **Advanced Open Water Diver** - next step up from the OWD. 5 open water training dives including: Deep, Navigation, Night, plus 2 elective dives. Must be a certified OWD. Approx 3 hours classroom plus 5 open water dives over 2 days. Min. age = 12.

- **Medic First Aid** - useful for all divers and non-divers, this first aid course covers seven basic skills of patient care including CPR and resuscitation. No diving or pool activity. 8-10 hours.



Olivia Bain (the GM's daughter) sampling the underwater delights of the BC pool during a Scuba Discovery session.

- **Rescue Diver** - develop the knowledge and skills to effectively perform diver rescues, assists, manage diving accident situations and render first aid. Must be PADI Advanced OWD and have completed Medic First Aid course. Approx 25 hours of class and pool sessions, plus 2 days in open water. Min. age = 12.

Speciality Courses:

- | | |
|--|---------|
| - Navigation speciality | 4 dives |
| - Deep speciality | 4 dives |
| - Night speciality | 3 dives |
| - Wreck speciality | 4 dives |
| - Photographic speciality | 2 dives |
| - Peak performance buoyancy speciality | 2 dives |

- **Divemaster** - information available upon request

- **Snorkelling** - see the underwater environment from the surface using minimum effort and equipment. 1-2 hours pool. No age limit.

- **Skin Diver** - learn breath holding diving. Must be in very good health and a good swimmer. 6-8 hours classroom and pool. Min. age = 8.

- **Discover Scuba** - introduces a non-diving person to scuba diving in the safe confines of a swimming pool in one enjoyable and controlled session. 1 hour pool. Min. age = 12.

- **Scuba Review** - a knowledge and skills review for certified divers who have not been diving for more than 6-12 months. 1-2 hours class and pool sessions.

If anyone is interested in taking up scuba diving, please call me on 634 7792-3 for more information or contact Lisa Fitzpatrick at the Club.

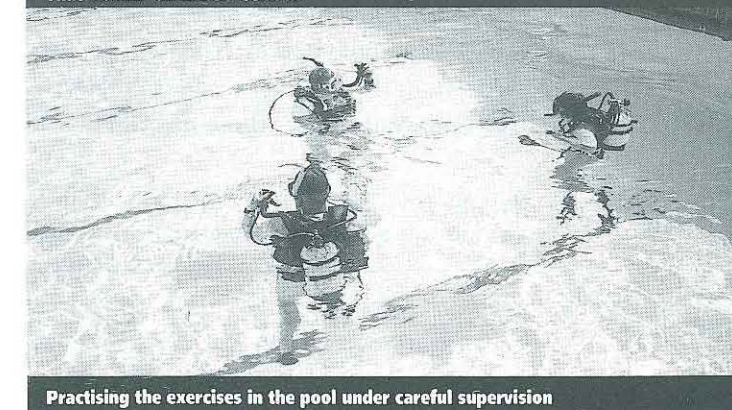
Peter Gary



Rebecca and Jonathan completed their PADI Open Water Diver course in February and their Advanced Open Water Diver course in March!



That walkin' on water feelin'...



Practising the exercises in the pool under careful supervision

(Peter has been certified as an instructor since 1971 and is a senior PADI scuba instructor)

BC Surin Elephant Round-Up

Certainly the most stylish trip available."

On 14th November, the British Club will once again be packing their cooking utensils and sleeping bags ready for you to join them on this very exciting, once-a-year event. The elephant round-up in Surin makes news in Europe and the States; have you ever seen 250 elephants together in one field? All walking peacefully, munching away on bananas and sugar cane and not being lumbered by showy outfits, all au naturel! There is a show as well, of course, and an interesting market at the round-up site. Young and old enjoy this trip. We leave Bangkok at around 8.30 pm from Bangkok (Hua Lumphong train station) and arrive in Surin at 4.30 am, where you are collected by the BC tour bus and taken to our meeting point for a (Thai style) shower and BC breakfast. At around 7.30 am we set off for the round-up - plenty of time for you to have a look around the market and make your way leisurely to your reserved, covered seats to watch the round-up. The show ends

at around 12.30-1 pm, when the bus will take you to a Khmer ruin with a picnic area; plenty of safe space for the kids to stretch their legs and for you to have a quiet relax while enjoying the full splendours of the BC bar. In the afternoon there is time to visit local handicraft centres, ride on elephants in Surin town centre, visit a Khmer ruin on a hill or anything else you'd like to do which can be arranged. The train leaves for Bangkok at around 8 pm and arrives at 4 am, so plenty of time to go back to your own comfy beds.

We expect the price for this incredible trip to be Baht 3,500 (adults), Baht 2,500 (children over 3 years old) and Baht 1,200 (children 3 and under). As the trip takes place in November, more general elections or other unforeseen circumstances notwithstanding, this price is still a guesstimate; the total price will depend on the price for the train ticket, bus rental and show ticket price. As previously, we aim to book first class air conditioned sleeper berths on the train both ways.

PHOTOCOPY AND FAX BACK TO THE GENERAL MANAGER

I, _____ (name) _____ (Club number), would like to reserve the following spaces on the BRITISH CLUB ELEPHANT ROUND-UP TRIP.

Adults (names):

Children (names and ages):

BOOKINGS REQUIRED BY 15th AUGUST

** Please note that cancellations will not be accepted after 15th August 1997 and a deposit of Baht 1,200 per person will be debited to your account on booking (not refundable after 15th August 1997) in order for the BC to reserve the train and show tickets.

Sport & Recreation News

At last, a 'holiday-free' month! No excuses for not visiting the Club and participating in the many activities or events. There will be a Junior disco held on Friday 13th of this month with the theme of 'Black Friday' and a children's swimming gala on Sunday 22nd; see Management News for details.

During May we had the pleasure of hosting several sporting and social activities for the crews of H.M.Y. Britannia and H.M.S. Beaver. It was a privilege to be able to offer temporary membership and see the Club buzzing with activity. For the results of the competitions played, please see the section in this issue.

New activities this month include the Snooker competition each Wednesday night at 7.30 pm in the Club Billiards Room. Interested members please come along and join in the friendly competition. Darts will also be starting up on Friday 20th June at 7 pm in the Churchill Bar, and will take place every week. Aqua aerobics will also be getting under way this month. Thank you for such a positive response. I hope the times suit most people. More classes will be introduced if there is the demand. "Ladies Tuesdays" - Both tennis (9-11 am) and squash (2-4 pm) are being run for any lady member interested in social play. Look forward to seeing more of you at the Club. Aerobics is well and truly under way with classes every Monday, Wednesday and Friday at 9.30 am with Irene and on Thursdays at 7 pm with Kathy or Noni.

The second round of coaching courses for tennis and swimming begin on Friday 20th June and Saturday 21st June respectively. Application forms and times are available in the Fitness Centre. Some minor changes have been made from the previous course to cater for the holiday period; see the form for details.

Well, it's hard to believe that we are nearly half way through the year. With the cooler



Lisa Fitzpatrick - SRC

weather on the way, let's aim to get that fitness level up... and waistline down!

Lisa Fitzpatrick
Sport & Recreation Coordinator

Tips on Keeping Cool

As an athlete, you undoubtedly know the importance of replacing sweat losses, but you may have questions about the best way to keep your cool. The following True-False Quiz is designed to test your knowledge about fluid replacement and help you survive the heat in good health and with high energy.

- Drinking cold water during exercise will cool you off better than drinking warm water - T/F?

True: But not by a large margin. Although drinking cold fluids during exercise can keep your body temperature slightly lower than drinking warmer fluids, the difference is small. The more important concern is whether or not you drink enough fluid. Any fluid of any temperature is better than no fluid at all. In studies that compared the physiological effects of different temperatures of fluids, the subjects initially reported that they felt more

bloated with cold water but then got accustomed to it during training. This points out the need to practise drinking during training what you will have available during competition. Many athletes train with inadequate fluids and then experience problems during competitive events - a needless mistake. (*Med Sci Sports Exerc*: May, 1974; April 1993)

- **Wetting yourself down during exercise with a cold sponge or towel will cool you off - T/F?**

False: Surprising as it may seem, research suggests that sponging the face, arms and trunk every 20 minutes with a cold towel does not lower core body temperature. Psychologically, this cold towel sure provides surprising relief. Hence, your best bet is to sponge as desired, as long as you have enough fluids for both the inside and outside of your body. The inside fluids make the real cooling difference.

(*Med Sci Sports Exerc*: May, 1974; April 1993)

- **Drinking water 30 minutes pre-exercise eliminates the need to drink fluids during a 2-hour workout - T/F?**

False: Drinking a quart of water pre-exercise is less effective than drinking an equal volume while exercising. Researchers aren't sure why, but they recommend optimal approach: tank-up beforehand plus drink enough to match your sweat losses during long, strenuous exercise. To determine your target fluid intake, you should weigh yourself before and after a workout. If you have lost one pound in one hour, you've lost one pint (two cups) of sweat, and should plan to drink accordingly; i.e. 8 ounces every half hour.

(*Med Sci Sports Exerc*: May, 1974; April 1993)

- **Soda is a poor choice during exercise because the CO₂ in the bubbles will hurt performance - T/F?**

False: Historically, athletes were always warned to 'de-fizz' carbonated beverages taken during exercise in fear the carbonation would interfere with oxygen transport and hurt performance. New studies comparing carbonated vs non-carbonated soft drinks

show no deleterious effect of the carbonation either on performance or stomach comfort. (*Int J Sports Nutr*. 2:239, 1992)

- **After exercise, a diet cola will replace sweat losses as well as plain water - T/F?**

False: Research showed that athletes who drank diet cola in equal volume to sweat losses replaced only half of their sweat losses as compared to two-thirds with water or a sports drink. The caffeine in cola has a diuretic effect that stimulates greater urine formation (approx 8 oz more urine compared to the sports drink) and causes valuable fluids to get flushed down the toilet. To rapidly replace sweat losses, choose sports drinks; their electrolyte content helps them replace sweat losses the fastest - even faster than water.

(*Int J Sports Med* 13 (5):399, 1992)

- **Given the same exercise load, athletes sweat less than unfit people - T/F?**

False: Athletes actually sweat more than unfit people because they have adapted to cooling themselves more efficiently. If you are physically fit, you will sweat sooner after the start of exercise. Your sweat glands will respond quicker, plus you have larger sweat glands. Your sweat will be less salty than the person who is unaccustomed to hot weather exercise, because your body has adapted to conserving sodium.

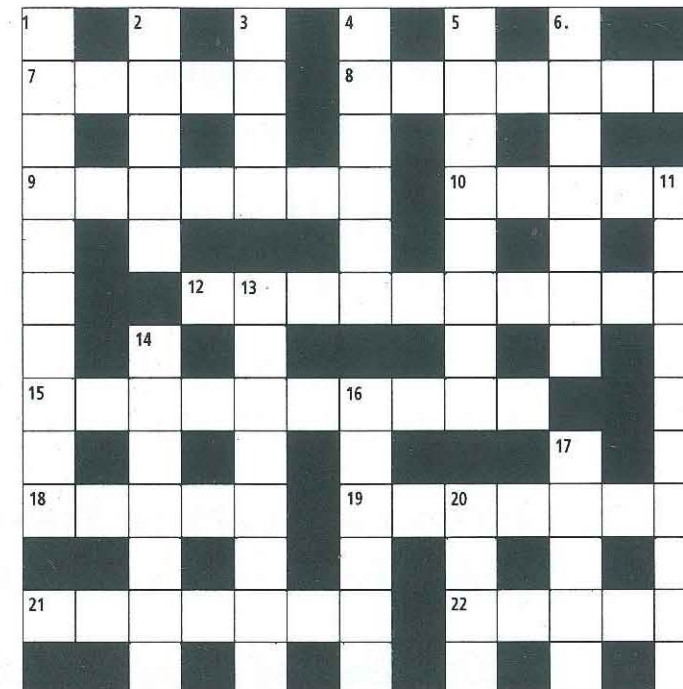
(*Phys Sports Med* April 1991)

- **Don't bother to drink during exercise that lasts less than an hour because the fluid has too little time to get into your system - T/F?**

False: According to Dr Larry Armstrong, exercise physiologist at the University of Connecticut, water can travel from stomach to skin in only 9 to 18 minutes after drinking. This water is essential for dissipating the 15 to 20 times more heat produced during exercise than at rest. If you become dehydrated and lack enough body fluids for sweating, you can seriously endanger your health. To keep your cool, always drink during hot, strenuous exercise.

Crossword

June Crossword



Clues

Across

- You'll find them around in Basra...
- ... and these hang about in bitter weather
- Ties the rest and makes secure
- A measure of drink with the little American is the sum
- One who can do a balancing act
- Extensive property?
- "Unpleasantest word that ever blotted _____." (Shakespeare - 'Merchant of Venice')
- Do people retire to it from boredom?
- "Sweet bird... most _____, most melancholy." (Milton)
- "He cutteth the _____ in sunder." (Psalms)

Down

- Dropped off quickly (4,6)
- Don't do it and you won't want
- Man is one
- If back as a Company is a complete failure
- Tint disc anyhow - it's perfectly clear
- High-rise flat
- Visitors who turn up eventually
- A drop of water
- His part arranged for an instrumentalist
- Shade of blue
- Unusually sober ceremonial attire
- Gorgeous girl at dinner?



Well done to Andy McWhirter, winner of last month's hot season prize crossword, the bottle of wine shall be all yours next time you, me and my camera converge on the Club! Bad luck and do try again, Bob Boulter, you were pipped to the fax post by two days!

This month's straightforward puzzle shouldn't present those crossword fiends among you with too much difficulty.

Last month's solution

T	A	R	M	A	R	R	I	E	S
E	A	S	T	E	R	P	O	L	
N	S	A	S	P	E	C	I	A	L
S	Q	U	A	S	H	A	U	T	
I	A	O		R	E	E	L	E	D
O	R	G	A	N	D	I	E	T	D
N	E		E	N		B		A	
M	D	P	I	T	F	A	L	L	S
P	I	E	R	C	E	R	O	S	
R	A	N	P	A	R	O	L	E	
T	R	A	G	E	D	Y	C	M	R
O	O	E	P	A	T	E	N	T	
G	R	E	N	A	D	A	S	D	S

Jane's Saturday

5:00am: Woken by a noisy Saylor in the soi.

7:00am: Same breakfast as yesterday.

9:00am: Spent 2 hours in traffic buying groceries.

12:00 noon: Scrambled eggs on toast - again

2:00pm: Phoned Joanna but she's apparently in Katmandu

4:00pm: My tennis game washed out by rain

7:00pm: Soi flooded so ate at home. John didn't like the food

9.30pm: Bored so went to bed early

Joanna's Saturday

5:00am: Watched the sun come up over Mount Everest

7:00am: Had some incredible goat cheese and ham for breakfast

9:00am: Bought fabulous Nepalese jacket in market

12:00 noon: Ate lunch in a Tibetan camp in the hills

2:10pm: Phoned Jane only to learn she's bored with the traffic

4:00pm: Had tea with our Sherpa guide before wishing him goodbye

7:00pm: Watched exquisite dance show over a candle lit dinner

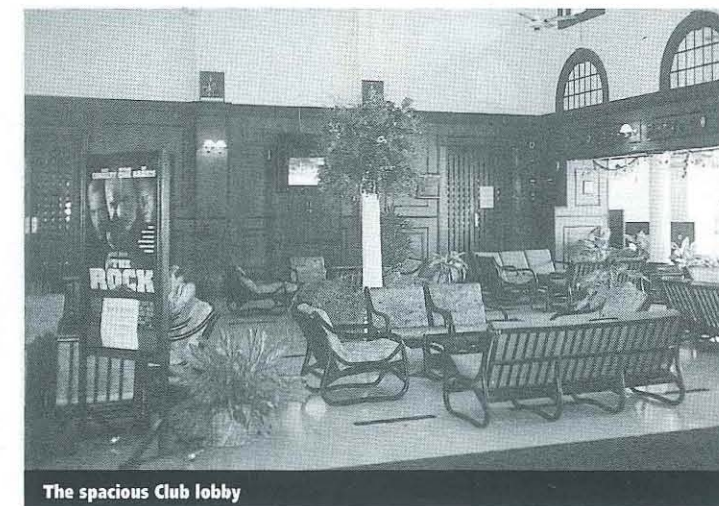
9.30pm: Went to bed excited about tomorrow's trip to Bhutan

Penang Sports Club

Located near the centre of Penang, not too far from the 'Moral Uplifting Society', the Penang Sports Club is the equivalent to our Club - except much bigger. There are 19 tennis courts (2 hard, 8 carpet & 9 real grass!), 2 squash courts, 2 badminton courts, 2 pools, a snooker/billiards room, a cards room, a games room, a karaoke lounge, a library with videos, 2 saunas (1 in each changing room), a multi-purpose pitch (cricket, hockey and football), a hair salon, a formal restaurant and an open-air informal coffee shop called "Annie's Corner". Like the BC, there is no accommodation.

Although an active sporting club, the PSC was also described by a member as "the family club in Penang"; the Club certainly has considerable space for all these facilities. All sorts of social activities are encouraged, from showing a block-busting film every week at the poolside to bar promotions such as free tankards if you consume certain (large) quantities of beer. Other activities include an organist night, a karaoke night, a Saturday disco, a 4-piece band on Fridays and occasional special bands and shows to attract members in throughout the week.

A great contrast to the quiet Penang Club, the other reciprocal club on the island, billed by a PSC members as "the exclusive club on the island" where "the food is excellent, they have real waiters and you can get a proper bottle of wine there." Not sure what that says about F&B at the PSC. It's true that the system of ordering drinks from Annie's Corner was frustrating as they came from the other end of the long terrace, which meant my food was cold by the time my drink arrived. However, the Club is relaxed and



The spacious Club lobby

spacious and obviously tries hard to occupy the membership. At the same time, discipline is maintained by a public noticeboard informing of all debtors and club suspensions for demeanours unstated... an interesting concept.

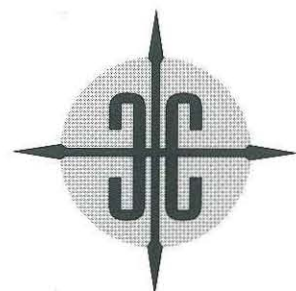
Definitely worth a visit for the sporting bods when you're in Penang. For more details or a reciprocal membership card, please contact Tom Bain or Khun Sri, Membership Secretary.

Gaynor de Wit



Love That Sign!

"GET OUTTA TOWN"



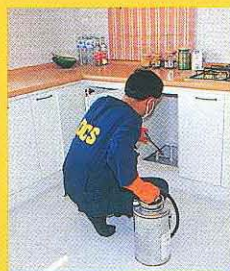
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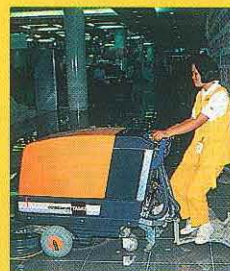
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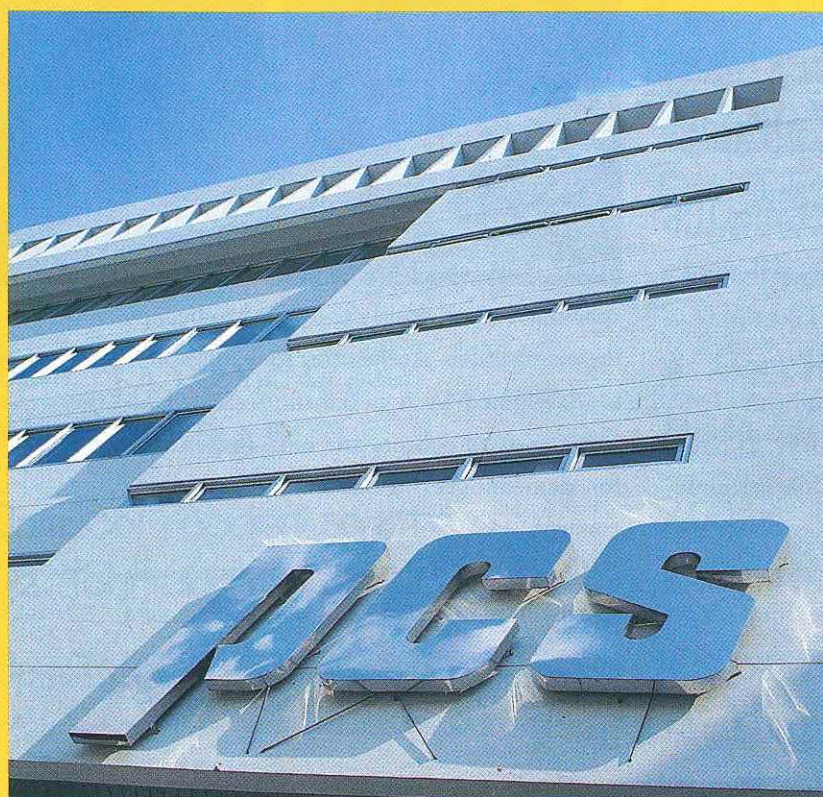
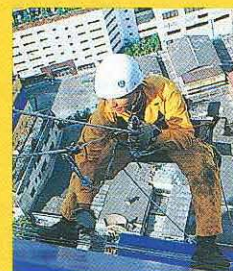
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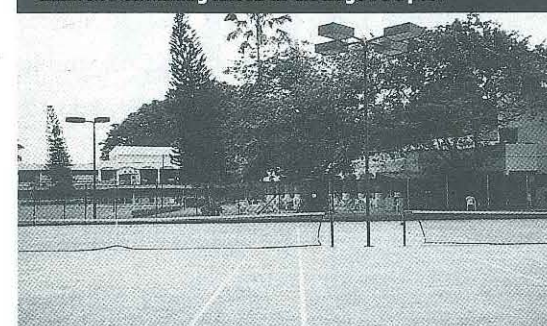
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Children's swimming lesson in the large PSC pool



The hair salon and squash court building from the grass courts



The Clubhouse from the carpet courts



The bar at one end of the open terrace

Recipe Chocolate Chip Cookies!

It's been some time since Outpost carried a recipe, so I thought I'd include this one which should appeal to all the engineers I know we have out there.

Ingredients:

- 532.35 cm³ gluten
- 4.9 cm³ NaHCO₃
- 4.9 cm³ refined halite
- 236.6 cm³ partially hydrogenated tallow triglyceride
- 177.45 cm³ crystalline C₁₂H₂₂O₁₁
- 177.45 cm³ unrefined C₁₂H₂₂O₁₁
- 4.9 cm³ methyl ether of protocatechuic aldehyde
- Two calcium carbonate-encapsulated avian albumen-coated protein
- 473.2 cm³ theobroma cacao
- 236.6 cm³ de-encapsulated legume meats (sieve size #10)

Method:

- a) To a 2-L jacketed round reactor vessel (reactor #1) with an overall heat transfer coefficient of about 100 Btu/F-ft²-hr, add

ingredients one, two and three with constant agitation.

- b) In a second 2-L reactor vessel with a radial flow impeller operating at 100 rpm, add ingredients four, five, six, and seven until the mixture is homogenous.

- c) To reactor #2, add ingredient eight, followed by three equal volumes of the homogenous mixture in reactor #1. Additionally, add ingredient nine and ten slowly, with constant agitation. Care must be taken at this point in the reaction to control any temperature rise that may be the result of an exothermic reaction.

- d) Using a screw extruder attached to a #4 nodulizer, place the mixture piece-meal on a 316SS sheet (300 x 600 mm).

- e) Heat in a 460K oven for a period of time that is in agreement with Frank & Johnston's first order rate expression (see JACOS, 21, 55), or until golden brown.

- e) Once the reaction is complete, place the sheet on a 25C heat-transfer table, allowing the product to come to equilibrium.

From the Chairman



Dugal Forrest - Chairman

The most significant event to occur at the Club this year is the arrival of Lisa Fitzpatrick, our new Sport and Recreation Coordinator. I am sure that, by now, most Club members will have met Lisa as she seems to have spent every working hour at the Club since her arrival. Taking on this new position at the Club is challenging as it is a completely new position without any precedent for guidance. Lisa has taken to this challenge well and so far is performing admirably. Evidence of how well can be seen on Friday nights and Saturday mornings during tennis and swimming coaching, as the salas are full of people participating in these lessons.

In May the Sunday carvery started. This event takes place every Sunday in Lords. Preceding the meal a children's movie is shown on the "Big Screen" in the Surawong Room. The effect of the big video screen is very good and it is just like being in the cinema. After the show is the carvery, commencing at 5.30pm. The menu will vary from week to week but

will always include a roast and other British Fare. After being at the Club on Sunday afternoon why not relax at the Club and let the staff do the cooking. After all, it is the maid's day off!

Overall it is good to see the Club so active and busy with all of the extra sporting and social activities that are taking place.

Now that the security system is fully operational it has been decided to reduce the number of security guards by one. Service to members will not be affected but there will be a saving on operational costs.

Finally for this month I would like to encourage members to be on the lookout for potential new members. Membership numbers are at a very high and healthy level but there has been a slight drop off over the past three or four months. It appears that many people are returning home and either they are not being replaced or their replacements are not joining the Club! Therefore if you know of any suitable candidates for membership please bring them along to the Club.

Dugal Forrest
Chairman

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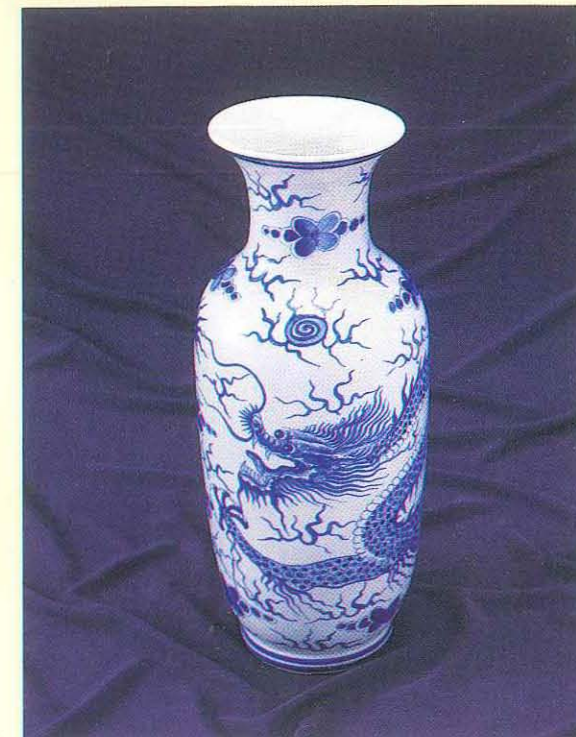
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If you have any questions about the British Club or if you have any suggestions, please call any of the Committee Members above or the General Manager on 234 0247



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