



OUTPOST

MAGAZINE

JUNE • 2003



INSIDE THIS MONTH

A fighting start for the football vets... Koh Kret in colour...
Golf: Magpie roosts at the BC... The low down on jet lag...
and a return by tennis!

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

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

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Singapore Recreation Club

Due to the recent outbreak of SARS (Severe Acute Respiratory Syndrome), the Singapore Recreation Club has taken safety measures by temporarily suspending reciprocal arrangements with affiliated clubs. We will let you know when this restriction is lifted.

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GM'S BRIEF

**Dear Members,**

This month we have some interesting events lined up, including a "first" for the BC with a day trip to the Chokchai Dairy Farm. More about that inside. Also on our calendar is a romantic-Dinner Cruise on 21 June, the Intersection Sports Day on 28 June and quite a lot more to entertain the whole family. Some of the planned events for this month have sadly had to be postponed due to the SARS outbreak, such as a visit from a Chicago chef, a whole kitchen of chefs from the Victoria Hotel in Vietnam and a return visit from Boston's entertaining 'Whiffenpoofs'.

As reported last month, the children's changing room has been completed at the Silom Sala and we would urge parents to make full use of these new facilities for nappy changing, rather than using the sala dining tables! Parents are responsible for their own children while visiting the Club and youngsters should not be left with the maid, or with no supervision at all.

Moving along ... Work commenced on the replacement of the main Club House roof in the middle of May. Apologies are offered as this may be causing a bit of an inconvenience.

I would just like to add a reminder to Members that guests need to be registered in the visitor book at Reception in the Club House or at the bar counter in the Suriwongse Sala.

Centenary celebrations are really hotting up, and inside you can find a calendar of great events marking the Club's 100th birthday which this month includes the Intersection Sports Day. Centenary Polo shirts and caps are on sale in Reception for those who want a great memento of this historic occasion.

My thanks go to the gentlemen of the Rugby Section who organised a successful "Cen Ten's" event in April with local and international teams. It was a great but rather hot weekend and a special vote of thanks goes to Bruce Hill, Ben Knowles and Jonathan Prichard who worked so hard to make it a success. A report is coming in next month's issue.

The other Sports Sections have been asked to consider similar centenary events to this, so keep your eyes on the Sports pages of *Outpost* for sporting fixture updates.

Do hope to see you at the Club soon.

Yours sincerely,

Willem T. P. Pentermann
General Manager

BOOK ON-LINE!

www.britishclubbangkok.org

BCB Centenary Charity Spoof: 11 August 2003

In honour of the centenary of The British Club Bangkok (BCB), the Bangkok Gentlemen Spoofers are to hold a special "Charity Event" on Monday 11th August 2003 in Lord's Dining Room. As with the Thai National Championships (TNC), dress will be formal, Spoofing Jackets or national dress.

The evening will include a number of rounds of Spoof until the final eight are known. Dinner will then be served. The Semi-Finals and Dessert will follow this. The evening will close with the Charity Final and, of course, the passing of the Port!

As with the TNC there will be an auction and a raffle, and the main proceeds will go to the BCB charity, The Khun Pissamai Fund. All gentlemen are invited to join the event - already we have an international attendee confirmed!

Gentlemen, when the hands are out!

Contact: Steve "Swampy" Eaton on steve.eaton@synovate.com

WHAT'S ON

Summer in the City

Check out the Centenary Calendar too for a look at what the Club is planning for its Big Birthday Celebrations.

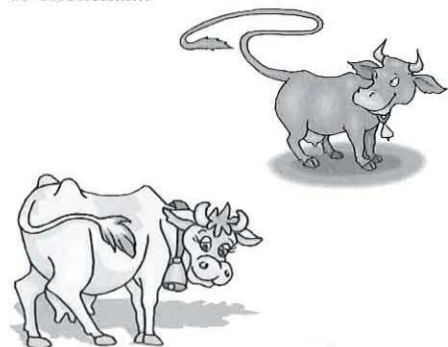
CHOKCHAI FARM, KHAO YAI

Saturday, 7 June

Moo-sie on down to the farm with us! Board the milk float (er, coach) at 9.00am for an hour-and-a-half journey to Chokchai near Khao Yai National Park. Tour the farm followed by lunch at the well-known Chokchai Steak House.

There'll be 'udder' things to do, like observing the different stages of raising cows, calves being bottle fed, getting a first-hand look at milking cows, as well as a visit to the processing facility to learn how milk gets from cow to shop.

A churnful of different experiences await you at Chokchai...



- "The Horseback Experience" - horse training and a herding demonstration, cowboy style!
- A petting zoo
- Horse riding for the kids
- Hippos and Ostriches
- A chance to feed the deer
- Or just a bit of relaxation by the waterfall where fish abound.

Charge: adults B 1,600, Children B 850 (between 4 -12 years of age)

GENERAL MANAGER'S GOLF CUP

Saturday, 14 June

The format for this special golfing event is Texas Scramble. Teams of 4 will be drawn during breakfast at the Silom Sala. Here are the timings:

9.00am - 9.30am Breakfast at the Silom Sala
9.45am - Depart by coach to the Golf Course
12.00 noon - Tee off

5.30pm - Return by coach to the British Club
6.30pm - BBQ and prize presentation at Silom Sala.

Price B 1,500 per person for Club Members and B 1,750 for guests which will include caddy fee, green fee, breakfast, BBQ Dinner, transport by coach and prizes for the tournament.

BAR QUIZ

Tuesday, 17 June, 7.30pm

Team up for a challenging evening with Quizmaster Rodney Bain in Lord's. Teams of 6 can register for a fee of B100 per team player. The next quiz is slated for Tuesday, 22 July so mark it in your diary now.

INTERSECTION FAMILY

SPORT'S DAY

Saturday, 28 June, 2.30pm -5.30pm

Part of the BC centenary celebrations in which the whole family can participate. It will be a Fun Family Day so register NOW!! at reception.

Registration fee for adults B 450, and children aged 4-12 years B 225. This includes include all activities, BBQ dinner and prizes. Please register at reception.

CREOLE FOOD CARNIE

Friday & Saturday, 4 & 5 July

Join Chef Boonlerd and his team in Lord's for a mouthwatering adventure into the cooking style of the southern U.S. where food comes hot 'n' strong-tasting. All accompanied by a great selection of Robert Mondavi wines.

NEW MEMBER'S NIGHT

Tuesday, 8 July, 7.30pm

A chance to mix and mingle with new Members, Club management and members of the General Committee in a convivial atmosphere. Free snacks and a lively ambience. As usual, 'No Fixed Abode' will be there to entertain everyone.

MID SUMMER RIVER CRUISE

Saturday, 21 June 2003

No nicer setting for a dreamy cruise on the magical Chao Phraya River than the beautiful Loy Nava Rice Barge decked so beautifully with fairy lights and orchids.

Gather in the Churchill Bar at 7.00pm, depart at 7.45pm for Sripaya Pier and a fantastic three-hour dinner cruise aboard this elegant teak rice barge.

The price of B 1,350 per person includes a Thai seafood dinner, half bottle of wine per person and transportation from the British Club to the pier and back.



REGULARLY AT THE CLUB

Some things never change...

BAR ACCUMULATOR

Every Wednesday at 7.00pm in the Churchill Bar.

DARTS NIGHT

Every Wednesday from 7.00pm in the Churchill Bar.

BRIDGE NIGHT

Every Tuesday from 7.00pm onwards in the No Smoking section of the Bar.

CHILDREN'S MOVIE NIGHT

Every Friday evening at the Silom Sala at 7.00pm. No charge for the kids.

CHILDREN'S ACTIVITIES

Sunday afternoons at 2.00pm in the Silom Room. The British Club and "Kids Care" combine talents to entertain the kids and give the parents a rest. There is no charge for this service.

GOLF

BCGS Wins the Magpie Putter

The last month has been a busy one once again for the British Club Golfers. We started with a fantastic victory over the Bangkok Wanderers to win the Magpie Putter and then went on to hold one of our major events of the year – The Trafalgar Eclectic. On top of all this we managed to squeeze in our Monthly Medal and a hastily arranged club day at Royal Lad Krabang.

MAGPIE PUTTER

The annual tussle for the Magpie putter was Larry Goodliffe's first match as Captain of the British Club and we were determined to give him a good start to his year. The match was played at Lam Lukka on a very hot Sunday. This is always a popular event and the format – a two ball scramble – is great fun but still very competitive. The Wanderers fielded sixteen pairs and the British Club 15. The best fourteen scores from each team were to count.

Mike Staples took on the job of pairing up the British Club players and as we teed off we were confident that we had a fighting chance of winning back the putter that we lost so narrowly last year.

As the scores started to come in things were not looking great for the British Club. Most of our pairings had played solidly but while our scores were coming in at around 70, the Wanderers had a good run of scores in the mid to high 60s. There was still hope. We knew that we had some strong pairings in the back of the field and if they scored well, we would be in with a chance.

Larry and Gary (the Wanderers Captain) kept us all in suspense until the presentation. As Larry took to the stage he showed no emotion and gave nothing away. The technical prizes were distributed and then we got our first glimmer of hope. Both societies were awarded a prize for the lowest net score. The Wanderers lowest score was a net 66. We had heard rumours of net 62s and 63s among the British Club golfers so this was an encouraging sign. The lowest net for the British Club was an outstanding net 61 from Mike and Angela Poustie (a pairing we will have to remember for future matches). Special mention must go to Bryan Brook and



Scott Rowley checks out the competition for the Magpie Putter in the shape of Val and Barry Ashman and Nick White.

Roy Barret who scored an amazing gross 69 – the lowest gross of the day.

As Gary took to the stage to announce the result we still didn't know if we had done enough. The Wanderers had a total score of 950 and the British Club.....941. Victory was ours by a mere 9 shots.

As we sat down afterwards for a few celebratory shandies we noticed that one of our team wasn't looking quite as buoyed by victory as we would expect. Having seen the early scores coming in Jo Goodliffe was sure that we had lost and the presentation of the putter to Larry (Jo's husband) had completely passed her by. As she drank her beer she turned to Tom and Liz Mackay and said 'I can't believe we lost'. Needless to say Larry was a little disappointed that Jo had missed his moment of glory. We'll just have to make sure that we win our next match against the Japanese.

APRIL MEDAL ROYAL LAD KRABANG

Our fourth medal of the year was played at Royal Lad Krabang. It was a stinking hot day with very little breeze but the golf was enjoyable. We were delighted to welcome a couple of new faces - Michael Kurachar and Shiraz Poonevala. Michael has been a member of the golf section for some time but this was his first game with us.

The course was in great condition and some great scores were carded. Bryan Dodd played a great round scoring a magnificent gross 75 to win A flight with a net 66. David Lamb had also played well and must have been

disappointed that his net 69 wasn't enough to secure victory. On any other day it probably would have been. Shiraz Poonevala took third place in A flight with a net 73. A great first outing for him with the British Club.

Kevin Jones won B Flight with a net 70 just ahead of Joom White with 71. Ed Ashman continued his good run of form with a net 73 to take third place.

Orin Baldwin won C Flight with a net 74. Tom Magarry came second on countback with a net 75. Third place went to Brian Baldwin with 75.

The technical prizes were very evenly distributed with the Near Pins going to Maureen Gibson on hole 3, Tom Mackay on hole 7, Brian Baldwin on hole 13 and Paul Graham on hole 17. Make Staples won the men's long drive and Karen Holloway the ladies'. Bryan Dodd sank the longest putt.



The Victorious Pousties

THE RESULTS

A Flight

1st	Bryan Dodd	75 net 66
2nd	David Lamb	85 net 69
3rd	Shiraz Poonevala	85 net 73

B Flight

1st	Kevin Jones	94 net 70
2nd	Joom White	90 net 71
3rd	Ed Ashman	96 net 73

C Flight

1st	Orin Baldwin	109 net 74
2nd	Tom Magarry	111 net 75
3rd	Brian Baldwin	111 net 75

(See photos p.9)

THE TRAFALGAR ECLECTIC

Every May the British Club golfers make the trip to Hua Hin to compete for the Trafalgar Shield. This is a three day eclectic event sponsored by Trafalgar International Insurance Brokers and is one of our majors of the year. Once again Trafalgar had pulled



The Magpie Putter is back with the BCGS!

GOLF



Andy Flynn - Eclectic Champion!

out all the stops to offer a fantastic prize to the first golfer to make a hole in one on the par 3 12th hole. 100,000 baht was up for grabs!

The competition is played at Majestic Creek which is a beautiful and testing course. Every time we play there we get caught out by the greens, which are unusual to say the least. Uphill puts struggle to make it to the hole but when faced with a downhill put there's a good chance you'll either be 10 feet short or 10 feet past! Despite the tricky greens the weekend saw some great scoring and the quality of golf was generally quite high.

As I mentioned earlier, this is a three day



All the winners at the Trafalgar Eclectic



Kevin and Vicky Jones at the hole-in-one sponsored 12th hole

competition and we were expecting to play three rounds of golf. Unfortunately the weather had different plans for us and a number of us got caught in a pretty ferocious storm on the first day. Only nine people actually completed their round so the first day's scores were only counted up until the last hole that we all completed, the fourteenth. There were some very soggy golfers back in the clubhouse but our spirits were not dampened. Our only complaint was having to play in wet shoes the following day.

The sun shone for the final two days and by the end of the weekend we'd managed 2.77 rounds of golf. Grant Cameron and Barry Maddox from Trafalgar were a welcome sight on day 3 as they toured the course with beer, soft drinks and cold towels for the weary players. They had a heart-stopping moment at the 12th hole when they were there to witness Val Ashman hitting the pin on the 100,000 baht hole-in one hole.

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GOLF

APRIL MEDAL - ROYAL LAD KRABANG



Bryan Dodd wins A Flight



Kevin Jones wins B Flight



Orin Baldwin wins C Flight

The following people all won technical prizes over the weekend (some of them more than one!): David Lamb, Gaew Khongyoo, Bridget Snow, Mike Staples, Brad Weatherstone, Andy Flynn, Bryan Dodd, Gareth Sampson, Val Ashman, Diane Bulow, Pat Dean, and Karen Carter.

A big thank you to our sponsors **Trafalgar International** for their continuing support of the British Club Golf Section's annual eclectic

Barry Ashman was the early leader after day one with a great round of net 52 for the fourteen holes on the first day winning the best net for day one. Day two saw Mike Staples making his charge up the leaderboard with a net 68. The **Trafalgar Eclectic** is a competition that Mike has won three times in the last four years and this year he was going for a hat-trick of consecutive victories. On day three it was Orin Baldwin who scooped the lowest net prize with a net 70.

As the scores were counted on the final day our winner emerged but it was a close run thing. The scores were checked and double checked and we were ready for the presentation. Harland Bulow had played an excellent final round and was in third place with a net 59. Bridget Snow who had played steadily on the first two days and brilliantly on the third was second with a net 58. And our winner.... Andy Flynn with a great net 56. Andy played in the competition last year as a guest and would have won had he been a member then. He has since joined the British Club and it was great to see him picking up his first major trophy. I'm sure there will be many more.

The Colombo Cup for the lowest gross score was awarded to Bryan Dodd. Mike Staple and André Tissera presented this cup to the club four years ago.

THE RESULTS

Best Net (and winner of the Shield)	Andy Flynn
2nd Place	Bridget Snow
3rd Place	Harland Bulow
Lowest Gross Trophy	Bryan Dodd



Barry Ashman gets his Best Net on Day One Prize from Bryan Baldwin and Vice Captain Kevin Jones



Bridget is presented with her prize by Barry Maddox from Trafalgar International.



Harland takes 3rd place in the Eclectic

competition. We look forward to doing it all again next year. Maybe we'll have got used to the Majestic Creek greens by then!

CLUB DAY ROYAL LAD KRABANG

Having enjoyed the **Trafalgar Eclectic** weekend so much, the British Club golfers were keen to get back out on the course so a Club Day was hastily arranged at Royal. The course was packed, the car park was full and there wasn't a caddy in sight when we arrived. Early morning rain had caused chaos but we did eventually find a parking space and a caddy and we made it to the tee an hour late. Despite the delay we all finished what was a very enjoyable, if a bit slow, round of golf.

The format of the competition was a stableford and there were some good scores. Mike Staples was the clear winner with 40 points. Kevin Jones was in second place with 37 and Gaew Khongyoo was in third place with 36.

The Near Pins were won by Maureen Gibson on hole 3, Gareth Sampson on hole 7, Barry Ashman on hole 13 and Mike Staples on hole 17. Karen Carter won the Ladies Long Drive and Brad Weatherstone won the men's. Barry Ashman sank the longest put. We were delighted to welcome Paul Rogers and Jo Palmer as guests on the day.

Vicky Jones



Bryan Dodd wins the Colombo Cup.

V9

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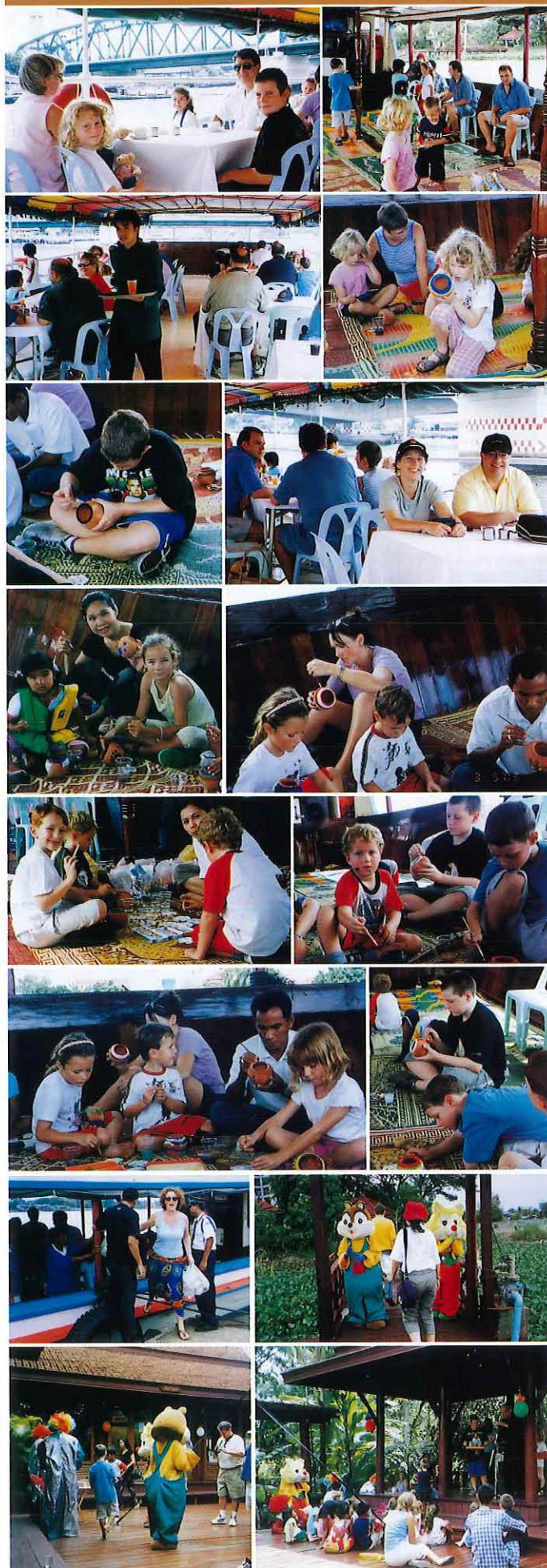
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JUNE • 2003

A BIT OF RELIEF

Watch Your Donation Grow!

In celebration of their 25th anniversary, the Duang Prateep Foundation has launched an appeal to raise funds for their "New Life for Abused Children Project" in Kanchanaburi.

Recognising the importance of becoming self-supporting and sustainable, the Foundation looked at various ways of generating money for their Kanchanaburi project and decided that planting palm trees would provide the best choice for a stable income over the long term.

With your help, 4,400 palm trees will be planted this season. It is estimated that by 2011 the trees will supply 65% of the income required to sustain the New Life Project. Besides generating an income, the newly planted palms will also provide a greener and more pleasant environment in which the youngsters can live and grow.

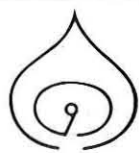
Your donation is really needed. All it costs is Baht 1,500 (US\$35) to prepare, plant and care for one tree during the first four years before harvesting can begin. Please give as much as you can - every little helps. Payment may be made by:

- Money transfer to Thai Farmers Bank, Klong Toey Branch, Savings Account No. 017-2-06336-5
- Cheque payable to Duang Prateep Foundation
- Postal money order payable to Duang Prateep Foundation, Klong Toey Post Office
- By cash - if hand delivered

"Let us plant your donation. We will nurture it so that it flourishes and produces a rich harvest to help disadvantaged and abused children over many years."



The New Life Project provides a safe environment for disadvantaged and abused children in which to learn new skills and live a more satisfying life.



For additional information, please contact the International Relations Section:

DUANG PRATEEP FOUNDATION

Lock 6, Art Narong Rd, Klong Toey, Bangkok 10110

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SPECIAL BC OUTING

Fun until the Cows Come Home!

CHOKCHAI FARM

Saturday, 7 June 2003

Coach leaves the BC at 0900 hrs

A day spent at Chokchai Farm offers the whole family a taste of some of Thailand's great scenery, fresh air and best beef! Chokchai Farm is one of the oldest and most extensive cattle ranches in Thailand and the largest dairy farm in Asia, set amid the lush countryside of Khao Yai. Trade in the unwelcome smells of Bangkok's pollution for the sweet smell of manure!

Visitors to the 20,000 rai farm are encouraged to experience the sights and sounds of life on a dairy farm, from raising calves to drinking the milk. A haywagon is the means of touring around the farm, and the 2 and a

half hour guided tour will introduce the visitor to all the activities on offer at Chokchai - herding cowboy-style, horseback riding, petting zoo (including feeding deer) or just enjoying the fields of corn, hay and sunflowers gently blowing in the soft breeze... The tour of the farm finishes with lunch at the famous western Chokchai Steak House, renowned for its succulent beef that just bursts with flavour (the process of getting beef to table is not part of the tour!!!!), served with the freshest of vegetables. Of course, dessert is the richest ice cream imaginable.

The day would not be complete without a stop in the Dairy

shop, where fresh milk, yoghurt and ice cream can be bought, and a browse in the Souvenir & Gift Shop, where souvenirs have been specially designed to remind you of this very unique place.

See the 'What's On' page for more details about this wonderful, educational day out!



OUT IN THE COMMUNITY

British Community in Thailand Foundation for the Needy (BCTFN)



For many of us in Bangkok, the Ploenchit Fair held every November is an event we look forward to with pleasure; it's the best place to buy Christmas cards and gifts, and a great venue for meeting up with friends for a good time, eating, drinking, amusing the kids - and most importantly raising funds for deserving Thai charities. Sadly this year the Fair is having to be postponed - but don't worry, it will be back early next year!

Here BCTFN's President, Carolyn Tarrant, updates Club Members with what she hopes will be the first of many BCTFN Newsletters to come. - Outpost Ed.

As you are all probably aware, the Ploenchit Fair held in November 2002 suffered many set-backs, not least of all the torrential rain on the eve of the Fair and during Fair day, the security situation following the Bali atrocity and Khun Taksin Shinawatra organizing a keep-fit session with a cast of thousands an Sanam Luang, to enter the Guinness Book of Records.

For those who did come along, it was a typical British fairground, sloshing along in the mud and rain - the first time for 20 years that Ploenchit Fair has had rain!!! The atmosphere was absolutely terrific and the innovative skills of the stallholders in moving their sites around the concrete path, through the slime, was magnificent!! The Fair was double the size of previous years with over one hundred different attractions run and supported by over 300 companies and groups and at the end of the day, BCTFN realized a profit of just over 3 million baht. This is, unfortunately, well down on expectations, but 'mai pen rai', we kept a tradition that has been going since 1956 and we can still support our charities for this coming year.

We have committed an allocation of funds to over 30 charities this year amounting 6.5 million baht (see details of some of these projects below) so we will be organising further fund-raisers this year. Unfortunately Ploenchit Fair due in November 2003 has to be postponed, but it is hoped to re-schedule this to early in 2004 and I will keep you informed of future developments. We are actively seeking organisational help, so if any of you have spare time on a regular basis and would like to become involved, please do let me know.

PROJECTS FOR 2002 TO DATE:

Foundation to Encourage the Potential of Development of Disabled Persons - Chiang Mai Disabled Centre

Project under consideration for the training of two disabled therapists for an outreach programme to assist many cases of severely disabled children from poor rural communities and to provide assistance and education for their families in the areas of physical and occupation therapy. Bht.200,000-400,000

St. Joseph's Home in Betong

Two half-yearly donations towards the cost of food for this old people's home and orphanage. Last year, a complete new set of beds, tables and bedding were also provided. Bht.500,000

Siam Care

This outreach center for HIV infected persons offers counseling, assistance and a mother and baby home in Bangkok for which we supply annual vitamins and has just recently established a youth center in Mukdahan where we are funding a sports field. Bht.155,000

St. Vincent de Paul

Funds provided to equip a new home for the aged in Udonthani Province and to repair a village weir in Ban Moozer, Kampangetch province that serves a village of 400 people. Bht.190,000

Karen Hill Tribes's Trust

Funding provided for the building of a village water supply at Ban Mai Pookoo. Bht.150,000

Rural Ear, Nose and Throat and Cleft Palate Foundation

Approval given for the purchase of two machines, a portable audiometer and a middle-ear analyzer for use in their mobile clinics. Bht.340,000

HAND - Human and Animal Nutrition Development Project

Funding for this two-year project in Chaing Mai and Chaing Rai to train 30 villages in agriculture and animal husbandry. Bht.620,000.

Baan Fai Sigh-y

Funding for the installation of water-well and piped supply for a new orphanage outside Chaing Mai. Bht.186,000

Baan Unrak, Neo Humanist Foundation

Funds approved to furnish and equip a new school and library and purchase second hand computer equipment for this orphanage in Sangklaburi. Bht.300,000

Rural Area Medical Aid Society

Funds provided for the cost of drugs and medicines used in 6 up-country trips by volunteer doctors, dentists and nurses. Bht.116,000

Christ Church Discretionary Fund

Funds provided to Christ Church on an annual basis to assist distressed Thai persons who walk in and seek assistance from the Church. Bht.150,000

Rejoice Urban Development Project

Annual allowance, in quarterly payment, for the purchase of palliative medicines and milk powder for this project that visits outlying HIV infected patients in the Chiang Mai area and conducts a daily clinic. Bht.360,000

Projects for 2003:

• Princess Mother's Mercy Project • Renn Fuller Low Vision Centre • Camillian Centre • Cheshire Homes • Caulfield Foundation • Sisters of Good Shepherd • Support the Children Foundation • Village Weavers, Nong Khai • Project Life • Wat Sae Kaew • Students Education Trust - Phra Peter

In addition, we receive and consider requests for assistance on a monthly basis from many other charities. All projects are visited and overseen by Committee Members. Reports and photographs of all projects are available, if you are interested, in our office.

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B.C.T.F.N.

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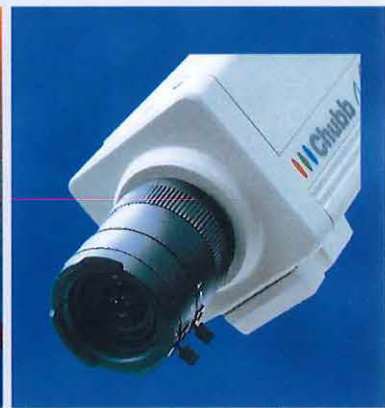
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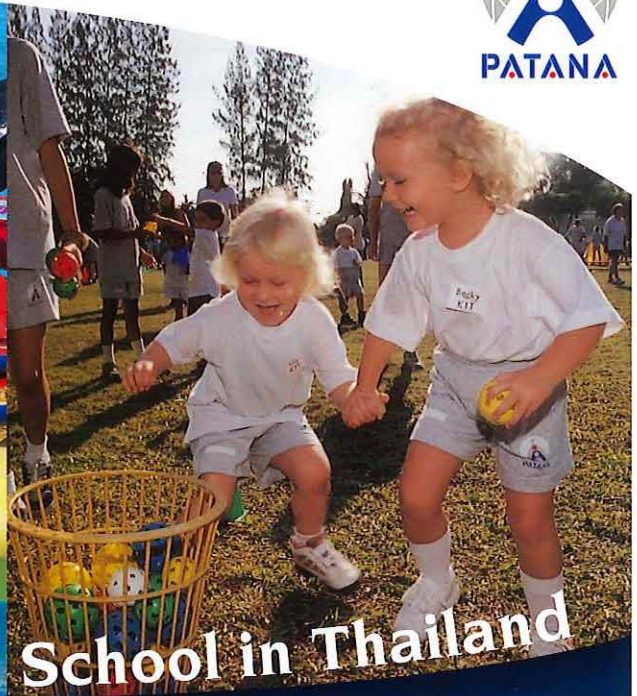


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FOOTBALL

BC Vets hold their own in Tournament

The BC Vets recently competed in an Over 40's tournament staged at the Chaeng Watthana Army Base. The competition was made up of eleven Thai teams and the BC. It was well organised by the sponsoring company Ricco Holidays, Bangkok

OFF TO A FIGHTING START

The first game saw the BC pitted against Shitsaesam. The game was a well matched affair with Shitsaesam going ahead in the first half, before Brian Abbott equalised with a great strike from distance early into the second half. The game finished 1-1 at full time and so headed into penalties. The teams could still not be separated after taking five penalties each and sudden death went a further three rounds before Shitsaesam finished victorious.



British Club Veterans Squad for the game against Shitsaesamk with tournament sponsor's staff.

DOWN TO EARTH WITH A BANG

Due to injuries, most notably that to Steve Golsby (ripped achilles, requiring surgery and putting Steve out for at least a year) and travel commitments, the BC had to resort to press gang tactics to ensure a squad was available for the second game against Patum Kongka. The Vets battled out a tough game going down 2-0 to two very soft goals



British Club and only 10 of the Shitsaesam Squad - at this stage!

having spent most of the game under siege in their own half. The high point for the BC was an outstanding game from Man of the Match, keeper Keith Brooks.

GOALS GALORE FROM THE BC

And, so to the final game. The BC, determined to demonstrate some goal scoring prowess, endeavoured to score all the goals in this contest versus Ratchamonkot Sampan. The Vets went ahead through Kevin Watt before Ratchamonkot Sampan equalised through a BC own goal (a magnificent header by our Chairman, it must be said). Half time came with the Vets ahead 2-1 following a further strike from Kevin Watt. Peter Smith added a third goal straight after half time before Kevin Watt completed his hat-trick and the scoring for the BC. Ratchamonkot Sampan nicked a consolation goal but it could not upset a great performance from the BC with the game finishing 4-2 at full time.

Unfortunately it was not enough to advance the BC Vets to the final stages but it was a very enjoyable and well organised event. Thanks go to all who participated for the BC particularly those who dusted off boots and strapped on limbs when the calls went out on Friday night and even Saturday morning.

Chris Jolly

BC Veterans Co-ordinator

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NEW MEMBERS' NIGHT, MAY 2003

PETER AND SARA BOMER - BRITISH/IRISH

New member Peter is sure to make many friends around the Club, especially once they learn he is Marketing Director for Johnnie Walker Whisky in Asia. He and his lovely wife Sara have been in Thailand for only three months in this their first posting overseas, but they plan to spend a minimum of two more years here. Sara describes herself as a housewife but certainly keeps herself busy with reading, cinema, walking, cooking, learning Thai just some of her hobbies. She is also keen on keeping fit so should be an ideal applicant for the Club's many sports sections. Peter also keeps himself busy with martial arts, golf, sailing and music. In fact Peter is a former punk rock musician who "never could sing, but still likes to..."! Anyone for karaoke? Future ambitions while here include learning Thai, scuba and Sara says she is very interested in charity work.



PETER AND MARY CLARKE - IRISH/AMERICAN

This charming trans-Atlantic couple have recently arrived in the Land of Smiles and plan to see as much as possible of Bangkok and beyond during their time here over the next three to five years. Having previously worked abroad in Indonesia, the USA and the UK, Peter is now Director of Rooms for the Four Seasons hotel group and Mary is



mother of 18 month-old Liam. Both are keen tennis players (Bruce Gordon please note!) while Mary also enjoys a dip in the pool and Peter is a lapsed rugby player. In their spare time they are also lovers of fine cuisine, listing food, cooking and dining out amongst their interests. Welcome to the Club!

ANDREW 'ANDY' FLYNN - BRITISH

'In Like Flynn' would be a fitting description of this familiar BC face who already has plans to turn the Spoofers 'sports' section into a multi-gender group! Andy has also set himself the slightly easier goal of achieving world peace in his time at the Club, which you can clearly see him working hard to achieve here in the comfort of the Churchill Bar. Outside of these pursuits, Andy enjoys golf, golf and more golf as well as 'working' as Director of Interdean, Interconex relocations company. Having previously worked in Hanoi for five years, Andy relocated to the big mango two years ago since when he has been "financing the golf industry of Thailand with my purchases of new clubs and balls." Unmarried and with no children (at least not that he is aware of!) Andy also describes himself as an ex-hasher. On, on.



SPORT'S UPDATE

Summer - the Season for Sport

The majority of sports activities started up again for the season in April or May, but don't worry, it is still possible for you and your kids to join in. Just register your interest at the Fitness Centre. Make a special note that the Junior Tennis, after a few delays, is starting up again this month, and that swimming lessons with the Bangkok Dolphins is now scheduled for Saturday mornings only.

JUNIOR CRICKET

Sundays - 9.00am-11.00am

Venue: Back Lawn - Cricket Nets

Charge: B 3,000 for 10 lessons

Trainer: Mr. Brian Wiggins, qualified Australian coach

MINI & JUNIOR SQUASH

Started Friday, 25 April

Mini squash 5-7 yr 4.30pm-5.15pm

Junior Squash 8-10 yr 5.15pm-6.00pm

Venue: Squash Court Number 3

Charge: B 1,900 for 10 lessons

JUNIOR SWIMMING

Saturdays

Lessons conducted by the Bangkok Dolphins at the BC Pool starting at 9.00am. Check at the Fitness Centre for further details.

B 3,000 for 10 lessons

TAEKWONDO

Sundays

Time: 10.30am-12.00 noon

Venue: Squash Court Number 3

Charge: B 1,800 for 10 lessons

AQUA AEROBICS

Tuesdays & Thursdays

Time: 10.30am-11.30am

Venue: Main Pool

Charge: B 2,500 for 10 lessons.

Trainer: Els van den Broecke

AEROBICS

Sundays & Mondays

Venue: Squash Court 3

Mondays: 9.30am-10.30am

Sundays: 3.00pm-4.00pm

Charge: B 3,000 for 10 lessons

JUNIOR TENNIS

Starting Friday, 6 June 2003

Beginners 5- 8 yr	4.00-4.30pm	B 1,500
Intermediate 9-11 yr	4.30pm-5.30pm	B 2,000
Advanced: 12-16 yr	5.30pm-6.30pm	B 2,500
for 5 week session		
Coaches: Zubin and Piyanart Engineer		

TENNIS

BC Thrashed in Final Match of the 2002-2003 Year!

BC V THANA TENNIS CLUB At the BC on Sunday, 30 March

An excellent year of match results came to a shuddering anti-climax when an already under-strength BC team was weakened by two very short notice on-the-day-cry-offs, one of whom being our top player available for that match, and the no-show of one of our senior players. Consequently, we suffered a resounding loss by 20 sets to 6 against an excellent Thana Tennis Club team in the final match of the year.

There were some notable successes: Wan Adams recorded wins in all of the 3 sets in which she played; a tie break 7-6 victory playing with Eileen, a 6-4 victory playing with Wandee, and a 6-4 win playing a mixed doubles set with Pat Dean. Our other victories were Michel and Pat who won 6-0, Mahin and Simon who recorded a tie break 7-6 win and Benz and Michel who came home with a 6-3 win.

Our visitors were a very young and very talented team interspersed with a number of experienced players, all of who displayed great sportsmanship and friendliness throughout.

Said the BC's acting (for the day) Captain Terry Adams "Despite being on the losing end of most matches, it was a pleasure to play against the Thana Team and to talk with them both during the matches and at the lunch provided by the BC. They very much enjoyed coming to the BC and look forward to playing against us again, and hopefully we will be able to put out a strong team and give them a real challenge next time."

An email received on the following day from Richard Dawson, the Thana spokesman sums up their thoughts on an excellent morning of good tennis: "We had a great time at the tennis on Sunday and should like to thank you for your organising the event. As usual, the hospitality extended to our team was fantastic!"

JUNIORS V SILOM CLUB JUNIORS At the BC on Saturday 26 April

The match against Silom Club can be deemed quite a success considering that it was 'Sonkran' weekend. Luckily we managed to field a full team for the occasion.

On the day our Juniors were rather outgunned, partly due to nearly all Silom's players being over thirteen and partly due to two or three of our better players being holiday absentees.

Nevertheless, both Alessondra and Champ put in particularly gutsy performances and Champ nearly pulled off the win of the day, just failing to clinch a win from his 3-1 lead. Jamorn and Jonny are also to be commended for managing to forge a well-fought 'Under 13' doubles win. However it was left to the final doubles match of the day to produce an outstanding win for scratch pair Chris Bell and Davis Weekes. We are sure to be getting good results from this pair in future matches. The Silom players gave a clear demonstration of the benefits to be gained from properly run Team Coaching and their visibly higher standard of play was a credit to Pom, their coach.

We should all aspire to a similar standard and I for one will be doing everything possible to inspire our young players to set themselves equally high standards.

SPONSORSHIP FOR MONTHLY LEAGUES

The Tennis Committee is very pleased to announce that **Crown Relocations** have graciously agreed to sponsor the individual winners in the monthly league fixtures. Natascha Clark, their energetic Business Development Manager is leading this initiative on behalf of **Crown** and expects to come to the Club on the first Monday of each month after the leagues close, to present the prizes.

Results: April Tennis Leagues

The following people were the winners of their respective leagues:

- | | |
|-----------|-------------------|
| League 1. | Michel Le Quellec |
| League 2. | Pat Dean |
| League 3. | Khun Jessada |
| League 4. | Andrew Robertson |
| League 5. | Parvis Brown |

Congratulations to all of these worthy winners who toiled through some of the hottest days of the year to get a result.

GROUP COACHING

The group coaching has now changed to Monday. The first session started on 28 April from 6-8 pm. Court 3 will be reserved for our coaching. The group coach is Ms. Jang (Sirikanya Hoonsiri). Jang used to play in the Thai National Team (Asian Games and SEA Games) and received many awards for her tennis skills. She went to Hungary Education University to take international coaching lessons (sponsored by the International

Olympic Solidarity) for three months in 1993 including various ITF coaching courses. She is well qualified to help us improve our playing skills for doubles.

Should anyone be interested to join, please contact Khun Yubharet Visitsunthorn at 02-255 9100 (off) or 01-700 7918. The Tennis section will subsidise part of the coaching fees. For participating in the group coaching, the cost is 800 baht/8 week-sessions. It is still not too late to join.

Cost: 800 baht to pay in advance, plus 65 baht for the court each time.

After the group coaching, the tennis 'mix-in' Court 2 and the practice courts to practice with partners for inter-club events (Centre Court, Court 1 and Court 3) will be made available for this purpose.

Chris Watt
Tennis Pen-man

"CAPTAIN'S COURT"

On Sunday April 27 the BCTS hosted the Silom Tennis Club for interclub competition. The format chosen was 10 men and 6 ladies and we fielded a very competitive team. I would like to thank our team for arriving punctually for our early match time of 8am. Unfortunately our opposition did not arrive on time which was rather disappointing, but rest assured that this promptness issue will be stressed in future to all visiting teams.

The score in the men's doubles matches was 13 sets to the BC and 1 set to Silom while the ladies was 3 sets to each team. Due to the very hot conditions only 1 of the scheduled mixed matches was completed and was won by Silom. The final result was a resounding win for the BC by 15 sets to 5 (my maths says 16 sets to 5.... ed). Details of our next match are being organised now and will be distributed shortly. See you on the courts,

Brad Weatherstone
BC Team Captain

CHAIRMAN'S CHAT!

Your new Tennis Section Committee is small in number but makes up for this by being both very active and very committed to representing the views of and generally improving the lot of tennis at the BC. Our key short-term tasks are to work with the BC General Committee and Management to address the vital issue of replacement of the surfaces of courts 2 and 3, and the upgrading of the currently inadequate court

TENNIS



Brad & James about to blitz the opposition



Chalathip & Siriluk surrounded by the opposition

floodlighting. Hopefully there will be good news on both of these important matters very soon!

We will then be turning our attention to matters affecting the booking and usage of the tennis courts where we have a number of innovations and changes to progress that we hope will benefit all tennis players at the BC.

Additionally, we are exploring the possibility of holding a Centenary Tennis Event towards the end of the year, where the Tennis Section, which is probably the largest sports section in the Club in terms of active player participation, will be able to contribute to the Club's Centenary Celebrations.

See you on court!

Terry Adams

Chairman, BC Tennis Section Committee

YEAR 2003 JUNIOR CHAMPIONSHIP REPORT

The Junior Championship was rescued from the brink of extinction with a last minute effort to recruit sufficient entrants to justify holding the event. Finally a total of 22 players participated in just 2 events, 'Under 17 Singles' and 'Under 13 Singles'.

To ensure all players had maximum exposure to match play a Round Robin format was adopted, resulting in each entrant having up



Bruce & Pat about to do battle



Wan & Patchanee get ready for war

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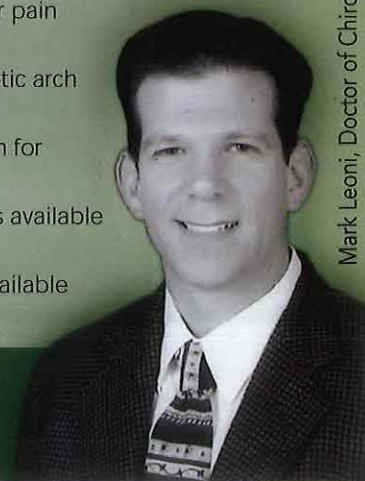


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TENNIS

to 9 matches to play. Only 3 players, Natacha Nussaume, Pim Suntiasvaraporn' and Alessondra Parra completed all their matches and all are to be congratulated on a very considerable achievement.

The two players winning the most matches in each group went through to a play-off on Championship Finals Day. Finalists in the Under 17s were Mint Thrumrongluck and Alessondra Parra, both under 13 years of age. Regrettably Alessondra was unable to play on the day due to sickness, resulting in Mint collecting the winner's trophy by default. However, both young ladies deserve to be congratulated on their respective high levels of commitment and standard of play and behaviour throughout the tournament. They set standards all other young players should try to emulate.

The Under 13s Final was between Mooky Thrumrongluck, Mint's younger sister, and Jamorn Hong Teo who just pipped Natacha Nussaume for his finals place. On the day Mooky was just too good and rang out a comfortable win at 6-2.

Although a doubles event was set up, the difficulty of arranging for 4 players to attend on the same day proved too much for even the most persistent entrants, resulting in abandonment after just 2 matches had been completed.



Enjoying the after-match lunch

As all inter-club matches consist of at least some doubles play, we should try to reintroduce a doubles event at a later stage in junior tennis development.

It is to be hoped that by seeing the above keenly contested events, more youngsters will be persuaded to join in next year's Championships and gain valuable experience in competitive junior tennis.

JUNIOR TENNIS TRAINING

Started Saturday 3 May at 9.00 am

The first Junior Tennis Team training session was due to take place on Friday 6 March but regrettably for some as yet unexplained reason the supporting email was never sent out. This unsurprisingly resulted in our coach Zubin and myself being present but no juniors turned up. Steps have been taken to avoid a recurrence of this episode in future. Not to be daunted we started again with our Team Training Sessions on that Saturday morning, and thereafter every following Saturday morning commencing at 9.00am and initially, continuing on to 11.00am. These hours will be extended as participant numbers build up. Whilst overall responsibility and control rests with Zubin Engineer, his wife Khun Piyanart will be the regular Team Coach in charge of each week's training session. Piyanart's CV is on display in the Fitness Centre.

Piyanart has wide experience of teaching juniors at National level and should be more than capable of generating that spark of enthusiasm in all our juniors, so necessary for them to succeed. Zubin will be attending sessions and matches whenever he is available but at present he has been seconded to assist several of Thailand's 'up-and-coming' stars, so his time may be limited by these other professional engagements.

All members of the Junior Tennis Committee



Captain Brad and Pat Dean in celebratory moods

will be taking a keen interest in the progress of individual players and that of the Junior Team as a whole. Inter-club matches will provide a ready guide for judging the level of benefit gained from Team Coaching enabling alterations, additions and corrections to be made to the programme as soon as the need is recognised.

The cost of joining the Junior Team Training Programme is just Baht 3,000 per month, which will be charged to the parents' accounts on a monthly basis (i.e. only full monthly payments will be charged with any missed sessions being made up over time). We hope you will support our efforts to introduce top class Junior Team Training to the British Club by joining this programme. I'm sure that all who attended the last match with Silom Club immediately saw the benefits to be gained from running a properly structured professional team-training programme. The results spoke for themselves. Looking forward to you participating in our new 'Junior Team Training Programme'.

Best regards,

Bruce Gordon
(for Junior Team)

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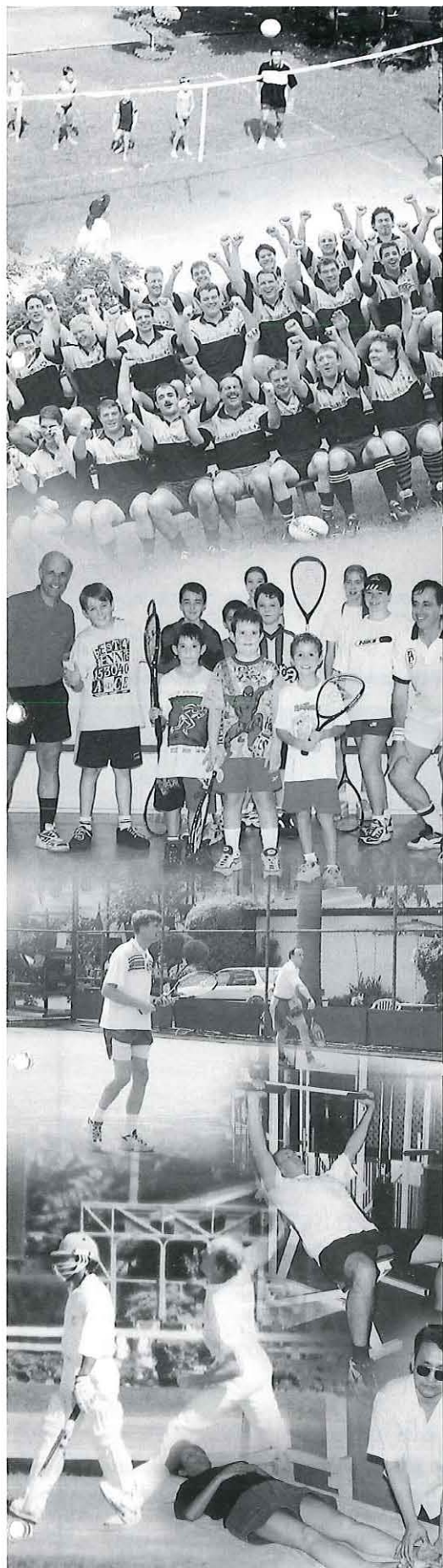
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CALENDAR

BRITISH CLUB SPORTS AND ENTERTAINMENT CALENDAR



SPORTS

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

SPORTS

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

SPORTS

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

SPORTS

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

CHURCHILL BAR ACTIVITIES

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

SPORTS

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

CHURCHILL BAR ACTIVITIES

7.00pm	Darts
7.00pm	Accumulator

SPORTS

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

SPORTS

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

Sports - Contacts

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

Loyal Societies

St George's	Angela Stafford	0 2632 0560 x 3037
St Andrew's	Daniel Fegan	0 1755 8737
St Patrick's	Ian Kane	0 2678 1813 x 1738
St David's	Basia Filzek	02 286 1348

Venues

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

Opening Times

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

CENTENARY CALENDAR

The British Club Bangkok

Celebrating 100 Years, 1903 - 2003

Two very special centenary events are taking place over the coming weeks: the first is the eagerly awaited launch of the British Club Centenary Book (details coming!); the second is the fun Family Sports Day scheduled for Saturday, 28 June starting at 2.30pm and wrapping up with a family style BBQ. See "What's On" in this issue for further details.

If you would like a memento of the Club's centenary, then you will find specially designed Centenary Polo Shirts and Caps on sale at Reception.

LOOKING AHEAD AT CENTENARY EVENTS**June**

BC Family Sports Day on Saturday, 28 June.

August

Bangkok Gentlemen Spoofers' Centenary Charity Spoof

September

Comedy Night with comedian specially imported from the U.K. Watch out for more details.

October

Rally through Bangkok.

November

Jazz Night at the Club with a variety of Jazz bands.

December

Centenary Gala Dinner with live music and a great firework display.
Centenary Spoofing Championships

Fixed to June 2005!

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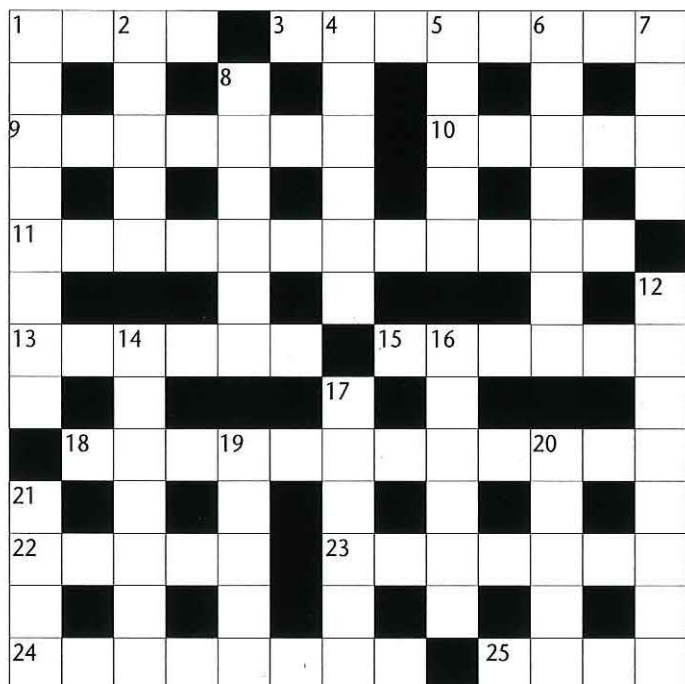
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CROSSWORD

It's Midsummer - here's a Dream of a Crossword!



Compiled by Margaret Miller

Down

- 1 He's argumentative
- 2 Rats I put about to get a step up!
- 4 "_____ is a modern Babylon" (Benjamin Disraeli)
- 5 "Two truths are told... of the imperial _____". (Macbeth)
- 6 Man rose around - these people are grumblers.
- 7 Put up favourites and take one on 2 Down.
- 8 More miserable - when put around can be dangerous!
- 12 "'Tis strange, the mind, that fiery _____". (Byron)
- 14 "Liberty - as large a _____ as the wind". (As you Like It)
- 16 They happen.
- 17 "Children, you are very _____!" (Robert Louis Stevenson)
- 19 Spoil the egg.
- 20 Obviously he has it!
- 21 The beginning of everything was a Big one.

CLUES

Across

- 1 He positively likes getting in a jam!
- 3 Lied most deceptively in days gone by. (3, 5)
- 9 "All hope _____, ye who enter here" (Dante, Inferno)
- 10 Rub out in the USA!
- 11 Where we all began (6, 2, 4)
- 13 "...play on: give me _____ of it". (Shakespeare - Twelfth Night)
- 15 It was the Shah's old kingdom.
- 18 Did this work of Milton's refer to 11 Across? (8, 4)
- 22 Played - with a date about a hundred.
- 23 Antic it didn't survive!
- 24 What Reg Arden became - but not in 11 Across.
- 25 "A fool sees not the same _____ as the wise man sees". (Wm. Blake)

Solution for May

1	D	E	2	C	L	A	3	R	E		4	A	5	B	O	6	V	E
	A		A					A				A			I			
7	B	A	N	G	E	R	S			8	C	R	A	C	K			
	S		E				I					E			T			
	9	S		10	C	U	T	E		11	A	F	O	O	T			
		E		O			I		12	C		A			R			
13	I	V	A	N			14	E	G	O		15	C	A	I	N		
		E		T			S			N		E			A			
16	S	N	E	A	K				17	I	C	E	D			N		
		T		I					E					18	S		19	D
20	B	E	A	N	S				21	T	R	A	M	P	L	E		
		E		E					T				O			A		
22	S	N	O	R	E				23	R	O	O	S	T	E	R		

Hi's and 'byes...

A WARM WELCOME TO THE FOLLOWING NEW MEMBERS:

Andrew & Juliet Medhurst • Stewart & Clare Cairns
 Marc & Kathalin Coakley • Gregory White
 Usa Vorakoondumrong • James & Suleeporn Moss
 Nicholas Holden • Christopher Demetsopoulos
 Kumar & Ila Barvadia • Colin Naughton

AND A FOND FAREWELL TO THESE:

Robert & Irene Gray
 Robert & Heather Logan
 Duncan & Amanda Furber
 John and Bernadette Barker
 Jeremy & Anne Busfield
 Paul & Franca Caputo
 Stuart & Patricia Anderson
 Prasong & Pornpen Panichpakdee
 Anucha & Noppawan Kuruvelukorn
 Walter & Susan Kreutzner-Ferguson
 Laurance Earnshaw
 Steven & Nicky Harvey
 Thomas Watson

The Low Down on Jet Lag

Travel has never been easier, for the businessman or woman racing from one city to another half a world away is common place. But it can wreak havoc on your body's normal functions.



'If God had meant us to fly he would have given us wings.' Of course the body wasn't designed for flying, and jet lag is more than just a state of mind it is a physiological response to actions within the body. It has to cope with pressure and humidity changes.

Humidity is low in an aeroplane cabin and can range from one to ten percent, even though

this does not seem great it is enough to cause dehydration.


Dehydration can be prevented by not drinking caffeinated drinks like tea or coffee, and by avoiding alcohol before and during the flight also.


Cabin air is re-circulated and may contain pollutants and more particles than normal 'ground level' air does. These can stage an attack upon your immune system making you susceptible to infections like the common cold or sore throats. Some relief can be obtained by the use of nasal sprays or petroleum jelly to keep nasal passages moist. If you feel the air is stuffy ask a flight attendant to request the captain to refresh the cabin air.


But the biggest effect that jet travel has is on the body's internal clock. A hormone called Melatonin is produced in the brain's pineal gland, it works on a cycle, influenced by daylight and darkness. Melatonin is associated with the onset of sleep; it is at its peak levels at night. It becomes out of sync when it experiences different parts of the day at the wrong times, such as when flying to a different time zone. Experts encourage travellers to get a head start on adjusting sleep patterns while on the plane. Adjust your watch to the time at your destination. If you arrive in the morning try to get some sleep, if your arrival time is at night then stay awake on the journey.


Your best bet in fighting jet lag, say experts at the BNH Hospital International Travel Medicine Clinic is to incorporate a few simple steps before and during your trip. These include getting plenty of sleep before you leave, minimising or avoiding alcohol, eating well-balanced meals, avoiding over eating, getting plenty of exercise while on vacation and getting used to the new time zones by eating and going to bed according to the new time a few days before you depart.


Safety Tips


 Get plenty of sleep before travelling.


 Avoid caffeinated beverages like tea and coffee.


 Minimise or avoid alcohol before and during the flight.


 Avoid dehydration by drinking plenty of water on the flight.

 Nasal sprays will help relieve that stuffy feeling.

 If your arrival time is early in the morning try to sleep on the flight.

 If your arrival time is due in the evening do not sleep on the flight.

 Eat and sleep according to your new time zone a few days before you depart.

 Exercise regularly on the plane.

International Travel
Medicine Clinic,



BNH Hospital

9/1 Convent Road, Silom,
Bangkok, 10500

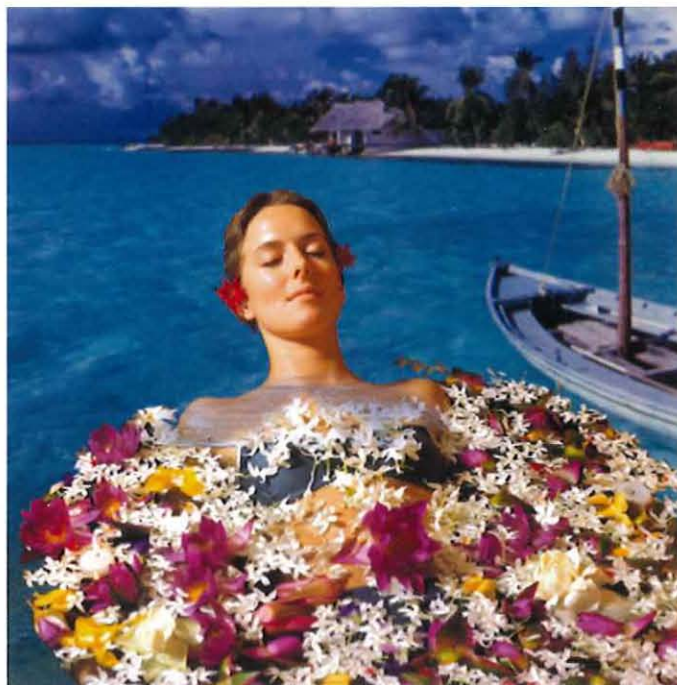
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For more information please contact

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