



OUTPOST

THE BRITISH CLUB
BANGKOK

JUNE 2008

The Neilson Hays Library
Venue for Friday 13th Murder Mystery Dinner

Murder Mystery Issue

It's **Blood Donation** Day on the 12th

"Sex and the City", Fun Fair and Book Sale, Balinese Banquet, BCB Swimming Gala



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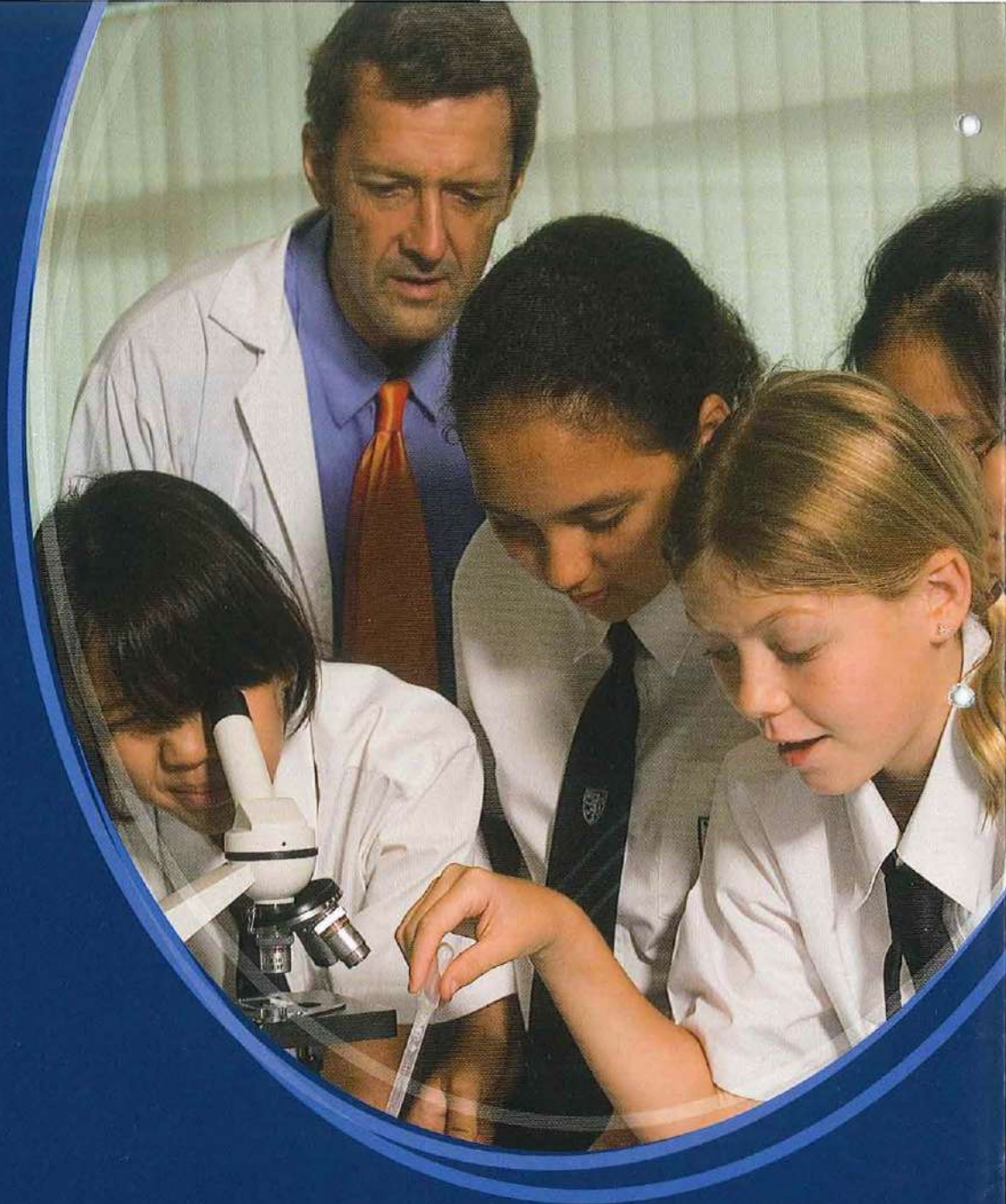


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THE BRITISH CLUB
BANGKOK



The BCB Pipe Band were again invited to play at the ANZAC Day Remembrance Services held at Kanchanaburi on 25th April, in memory of Australians and New Zealanders who gave their lives in South East Asia and other theatres of war over the past 100 years ... lest we forget. See pages 18-20.

The Library next door

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The story of the Neilson Hays Library begins with Dr Dan Beach Bradley, an American Protestant missionary who, in 1826, dedicated himself to the Lord's service after a revival of the Second Great Awakening in his home town of Marcellus, New York. After obtaining his MD he married and was accepted as a missionary. In 1834 he set sail with his new wife for Bangkok. Now, people do occasionally complain about the length of the flights from the US to Thailand, but this was an arduous six-month voyage just to get to Singapore, and (for reasons unknown) another six months to Bangkok ...

On arrival in Bangkok Dr Bradley made himself busy but, despite over thirty years of preaching and distributing tracts, he apparently did not succeed in converting one single person to Christianity. It could all have been a dreadful waste of time but fortunately Dr Bradley proved himself both diligent and remarkably capable in other fields, notably medicine and printing. He was responsible for the introduction of anti-smallpox vaccinations, and for performing the first surgical operation and opening the first hospital in Thailand. He also brought a printing press with him to Siam and was responsible for the first printing of public documents.

It was Dr Bradley's wife and daughter who signed the original constitution of the Library Association in 1869. The Association's mission was to establish a library to cater for the reading needs of the increasing English speaking community residing in Bangkok. Such books as were accumulated were stored in the Protestant Chapel in the compounds of the Borneo Company, and later in various rented premises.

The Library would finally acquire its own premises under the leadership of Jennie Neilson Hays who became the president of the Library Association in 1895. She was Danish by birth, but had immigrated as a child to America. She came to Siam as a missionary in 1881, and married Dr Thomas Heyward Hays in 1887. Mrs Neilson Hays was involved with the Library for 25 years, during which time the Library moved several times. Eventually, in 1914, the Association decided to buy land in order to establish a permanent home for the Library to reduce the strain of rent. Debentures were issued in the sum of 8,700 ticals to buy land and erect a modest library on the present site on Suriwongse Road. One of the older roads in Bangkok, Suriwongse Road was built in 1897 by the excavation of a canal which has since been covered for road expansion.

Mrs Hays died unexpectedly in 1920 from suspected cholera, and money from her estate paid off the debt on the land and building. In memory of her love for the Library, and of her long association with it, Dr Hays commissioned Mario Tamagno, an Italian architect, to design the present building which replaced the former one, and gifted it to the Association under the name of "The Neilson Hays Library". The new building was opened on June 26, 1922.

On Friday the 13th of June, this elegant building will be the venue for a murder mystery evening and magnificent 4-course dinner. If you hurry there could still be places left - see page 26 for details.

Billy Beefeater



Cover pic—
The Neilson
Hays Library,
venue for an
upcoming
murder mystery
dinner (see page
26).

OUTPOST MAGAZINE

The contents of this magazine are not necessarily the opinion of the Editor, the General Committee or the Club's management. Criticisms and suggestions are welcomed by the Club's management or by Veritas Enterprises.

OUTPOST is produced on behalf of the British Club by Veritas Enterprises. For advertising inquiries contact Jim Fowler (081-844-7015 or Jim@VeritasEnterprises.com); and for editorial matters contact the Editor at OutpostEditor@VeritasGraphics.com

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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Letter from the Chair

Dear Members,

As any new member of the General Committee (GC) will relate, there is quite a bit of "homework" to be undertaken on first joining the GC. There are minutes to read, procedures to understand, and a Constitution and its revisions to familiarise oneself with. In 2008 there is even greater emphasis on this "out of session" transfer of knowledge.

This year I have asked all GC members to become "champions" of certain areas in the Club, such as Food & Beverage, Development, and Marketing & Membership. The actual process of developing strategic plans for these areas is complicated and it demands an approach that is unfamiliar to many. The critical elements centre on not only identifying what we plan to do (objectives), but exactly how objectives will be realised (milestones) and who will be Responsible, Accountable, Consulted, and Informed as part of this process. The latter is known as the RACI Model approach. I think it could play an invaluable part in all of the Club's procedures.

So whilst the GC is spending time on identifying and prioritising issues, and investing in change management systems that could serve the Club well into the next decade, there is in the back of everyone's mind a ticking alarm clock that will ring loudly in one year's time. The term of this GC will expire, its mandate will come to an end and in theory at least, 10 new members could form a new committee.

Whilst this is all part of the democratic process, we must make a distinction between the personalities and the processes involved in providing strategic oversight of our Club today. In making this distinction clear, one is led to carefully examine the term of office of our GC members. One-year committee time is rather less than one year in real time; actual club stewardship "time" is much less, even with a significant out of session work programme.

In context of implementing substantive strategic plans, development projects and other processes that require a thorough consultative process, one year is just not enough time. A one-year term effectively means a rolling one-year business plan, which may be dynamic but is hardly appropriate to an institution as well established as the British Club. Furthermore, we must compete with many businesses that implement 5-10 year strategic plans and enjoy a freedom to operate and streamlined decision-making processes that give them a distinct competitive advantage over any committee-run institution.

In the coming months I plan to pose these questions and others to members through an open consultation, perhaps at the first "Meet the General Committee" which I shall announce shortly. We are also in the process of developing a comprehensive Club Survey that will be invaluable in getting members' opinions into our plans for the coming years.

In the meantime I am looking forward to a new event on our calendar, a night for the current GC to meet former Chairmen and General Managers. It is important to gain insight and perspective from those who have contributed to our great Club over the years and see how they think the Club can evolve and meet the modern day challenges of a dynamic recreational environment in Bangkok.

I look forward to seeing you at the British Club Bangkok in June.

Yours sincerely



Dr Andrew Roberts

Chairman

BCB General Committee 2008/2009

Dear Members,

After a recent quick holiday back to Australia to visit family, it is great to be back working at one of the most unique and special Clubs in the region. I took the time while in Melbourne and Sydney to visit a number of Clubs and while many may boast huge Memberships and great facilities none have the special combination of location, events and special features that the British Club Bangkok provides.

The situation in Australia is very similar to Thailand in that prices of food and fuels are increasing dramatically and most other items are following suit. While on such a delicate subject as rising prices, the situation is fast becoming a reality that many of our Food and Beverage prices are due for an upwards adjustment that will begin from June 1st.

The Club's beverage prices have not increased on beer and spirits for over a year and most items will increase in the order of 5 to 10 baht per standard drink (depending on quantity), and food increases will again be kept to the most reasonable level possible.

As we move toward the time of the year where many of our members are heading back home for the holiday period, it is a time for the maintenance staff to begin the regular painting and maintenance schedules to keep the Club looking as good as possible. Some landscaping is planned and some extra works in the Clubhouse to continue the ongoing improvements in the Club's outlets, and back corridor.

The CEO's report

Work on constructing a concrete base for the two tennis courts is scheduled to begin in late June and **this may require the closure of the Suriwongse entrance for about 8 weeks** during the construction period. The outdoor terrace area of the Verandah will also be constructed at this time but it is hoped this will not create too much disruption to Club activities. **I apologise in advance**

for any inconvenience to members and we will attempt to keep everybody notified in advance by email and notice.

Even though there will not be the same level of activity with respect to numbers of people in the Club, don't forget all the great events that Barry has planned for the next few months, in particular the Queen Elizabeth's Birthday Fun Day and the sports and recreational opportunities Reed and the Fitness staff will continue to provide.

I must congratulate Barry and all staff on the success of the St George's Society function, despite the soggy Back Lawn in late April, and the FA Cup which was enjoyed by the members of our Club who attended the television broadcast.

I look forward to continue meeting all members around the Club over the next month.

Michael Silcock
Chief Executive Officer



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Mamma Mia! Here we go again . . .!

Dear Members,

June sees the Club buzzing with activity. On Thursday June the 12th we are hosting the Thai Red Cross and the BNH Hospital in our second Blood Donation Day. The event is to celebrate the launch of world blood donation day. Last year despite the Thai Red Cross being totally unreliable and leaving early we still collected around 80 pints of blood and this year we hope to collect more . . . Complimentary tea, coffee and cookies are on offer to all who donate. Further details are on page 40.

The following day is Friday June 13th and we have joined forces with the Neilson Hays Library and the St David's Society to hold a Black Friday Whodunit Murder Mystery Dinner. The venue is unique - we are going to hold the Dinner in the Neilson Hays Library *Prestige Wine* with the dinner catered by the Club and wines by Prestige Wine.

The cost is Bt.1000 per head for members and Bt.1300 for non-members. To book you can contact the St David's Society or the Library - see page 26 for all details. And for the kids we have a Hogwarts Freaky Friday 13th party up in the Suriwongse Room from 6 to 9pm. Cost is Bt.250 baht and includes soft drinks and Hogwarts school dinner. More details page 10. This is the only Friday 13th in 2008 so let's make it fun!!

The following day we are joining again with the Neilson Hays Library as they host their semi-annual book fair and we will be celebrating Queen Elizabeth's 82nd Birthday with a fun fair. This year we have made the event free but we ask members to book so we can judge how many to cater for. As the event is free there will be no big wheel or carousel but we have been generously sponsored by BNH for the giant slide and rodeo bull, and Shrewsbury School are once again sponsoring the giant climbing wall. There will be lots of schools and various societies coming along to play games and run their stalls. We also have 17 vendors coming along to sell all their handicrafts to members. The book fair is from 9am until 4pm, the fun fair from 2pm until 7pm and the vendors from 9am until 7pm. There will be a beer and refreshments garden on the back lawn selling lots of beer, wine and Pimms and lots of hot dogs, burgers and curries etc. Come to the Club on June 14th for free and join in and celebrate Queen Elizabeth's birthday. See page 27 for more details - the book sale and vendors will be back on Sunday as well!



The Wine Tasting in June will take place on Thursday June 26th - not a Friday this time as we're so busy. To coincide with the tasting, in the Verandah and Churchill Bar Khun Laak will create a delicious Balinese Buffet and Khun Boom will make some beautiful Balinese cocktails. The Buffet will be available at both lunch and dinner times - cost is Bt.350 (adults) and Bt.180 for children, cocktails Bt.125 each - to book contact the Verandah direct. In June we will also be hosting the Canadian Chamber's Canada Day event to celebrate Canada's 142nd Birthday. The event will take place at the Club on Saturday June 28th - see page 28 for details.

Please note that there will be no parking available at the Club on the Saturdays of June 14th and June 28th - no car parking allowed from 10pm on Friday June 13th to 10pm on Saturday June 14th, and from 10pm on Friday June 27th to 10pm on Saturday June 28th. This is for safety reasons due to the numbers of children around the Club. There is no alternative parking laid on and I would advise members to come by taxi. There is car parking at the Narai Hotel but this is at members' own expense. Hopefully June will be a month with little rain and we will be able to enjoy these events before members head off for the school holidays!

We have booked tickets recently to two cinema films here, both times at the excellent Siam Paragon cinema, and both nights were fully sold out . . . Now we are off again to see the movie of the Abba Musical "Mamma Mia". The date has still not been set but keep your eyes peeled. Meet us there and come dressed in your Abba 70's gear. Cost of tickets is Bt.1,000 each.

Are you all out of love? Then fall in love again with Air Supply live in concert. We have booked a limited number of tickets for this concert held at Suan Lum on the 1st of July. We will meet you there at 7.15pm to issue tickets and the show begins at 8pm. The tickets cost either Bt.3,500 or Bt.2,500 each. Book now to avoid disappointment.

Isn't it amazing that we are talking about July already?! Next month I will have more info on the Club's Xmas Ball and festive activities!!

Merry Christmas!
Regards,

Baz

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REGULAR WEEKLY EVENTS

MONDAYS The Verandah

From 6pm

The Verandah VOUCHER OFFER – Buy one meal and pay 50% for a second main course meal (A la carte only – conditions apply).

TUESDAYS Churchill Bar

8:30pm-late

Spoofing

The Verandah

From 6pm

VOUCHER OFFER – Buy one meal and pay 50% for a second main course meal (A la carte only – conditions apply).

WEDNESDAYS The Verandah

From 6pm

VOUCHER OFFER – Buy one meal and pay 50% for a second main course meal (A la carte only – conditions apply).

Noon-2pm & 6-10pm

THE MIDWEEK CARVERY - Choose from soup, two roasts carvery with potatoes & vegetables (Bt.250) and salad (Bt.285) (Voucher offer does not include carvery)

Churchill Bar

7pm and 8pm

PRESTIGE WINES ACCUMULATOR

Any member could win from Bt.5,000 to Bt.25,000 – prize increases each week.

7:30pm

BOTTLE DRAW – somebody present in the Bar will win a bottle of whisky, tequila, vodka or gin.

FRIDAYS The Verandah

Noon-2pm & 6-10pm

THE FRIDAY 'THEME' BUFFET – **6th June:** GREEK BUFFET – Enjoy a soup, a range of delicious salads and main courses – the best of Greek cuisine freshly prepared by Khun Laak, the Club's executive chef, and her team; Bt.300 per person.

13th June: T.G.I.F CURRY BUFFET – This famous buffet consists of a soup, curried dishes, samosas, a range of salads and naan bread; Bt.250 per person.

20th June: KHUN LAAK'S MIDDLE EASTERN BUFFET – Enjoy a soup, a range of salads and main course items such as koftas, kebabs and many more dishes created by Khun Laak and our team of chefs; Bt.300 per person.

26th June (Thurs) and 27th June: BALINESE FOOD & DRINK PROMOTION – Enjoy a delicious buffet of all things Balinese created in-house; Bt.350 per person, Bt.180 for children. Khun Boom will also create a range of Balinese cocktails.

Silom Sala

7pm and 9pm

'Kids' VDO - It's free. Includes free Nestle ice creams for the kids.

SUNDAYS The Verandah

Noon-2pm & 6-10pm

THE SUNDAY CARVERY - Choose from soup, cold cuts, three roasts carvery, with potatoes and veggies, hot dishes, children's buffet, fresh salad bar and a range of desserts.

Adults Bt.350; children Bt.180 including fee Coke/Sprite.

Silom Room

1-3pm

CHILDREN'S ACTIVITIES. Games, videos, crafts, soft drinks and snacks with Khun Susie.

Suriwongse Room

3pm onwards

Bridge tournament (except last Sunday in the month)

Official Opening Times

The Verandah
Churchill Bar
Poolside Bar

11am - 11pm
10am - 11pm
7am - 10pm
(last food orders – 9.30pm)

Fitness Centre (Mon-Fri)
Fitness Centre (weekends)
Thai Massage (Tues-Sun)

6am - 10pm
6am - 9pm
9am - 6pm

Special Events at the Club this month

**** MONTHLY BALUT TOURNAMENT** **Wednesday 4th June, 7pm, Churchill Bar & Silom Room**

Played under Balut Section Tournament rules. Entry fee is 100 baht charged to your Club account. BC members who are not Section members are welcome to 'try' one Tournament and if they then wish to play each month they must join the section: annual fee 300 baht. All players who play six Tournaments in each year will be eligible to win the BCB Shield. For more, see opposite page.

**** SEX AND THE CITY – MOVIE PREMIERE – VIP SEATS**

Thursday 5th June, 7pm, Paragon Cineplex

We have booked the whole VIP Cinema at The Siam Paragon on June 5th for the opening night of this movie based on the popular TV series. Cost is Bt.1,000 per person. The cost includes VIP seats, complimentary welcome drink and canapé, and large Pepsi and popcorn. Our ticket desk will open at 6.15pm, the theatre opens at 6.40pm, and movie begins at 7pm. Enjoy this movie with your friends in the comfort of a private theatre and relax knowing you do not have to watch annoying advertisements or listen to even more annoying people on mobile phones.

**** CANADIAN GRAND PRIX**

Sunday 8th June, 11.45pm, Churchill Bar

Join us in the Churchill Bar for the latest race of the 2008 grand prix season coming live from Montreal @ 11.45pm race time. Come early to reserve the best seats. The race will be re-shown at noon on Monday 9th June in the Churchill Bar.

**** BLOOD DONATION DAY**

Thursday 12th June, from 8.30am to 6pm, Suriwongse Room

In recognition of "World Blood Donor Day" the British Club is joining hands with the Thai Red Cross and the BNH Hospital to collect blood to increase stocks for the National Blood Center. "Your Blood Can Save Lives". Our target is to collect as much blood as possible during the time available - we aim to collect 130 units. Simply come along to the Club between 8.30am and 6pm and register in the Silom room.

**** "MURDER IN THE LIBRARY"**

Friday 13th June, 7.30pm, Neilson Hays Library

The St David's Society, the Neilson Hays Library and the British Club present a murder mystery game "Murder in the Library" held at the Neilson Hays Library. Join us for a murder mystery evening of great fun and enjoyment, followed by a magnificent 4-course dinner, including wine from Prestige Wine. Cost for members (NHL, St David's, British Club) Bt.1,000; non-members Bt.1,300. To book your place (or table of 8) contact the Library at (tel) 02 233 1731. For more information, go to www.stdavidsinbangkok.com/

And there's also something for the kids on Friday the 13th too ... See HOGWARTS next.

**** HOGWARTS FREAKY FRIDAY 13th PARTY**

Friday 13th June, 6-9pm, Suriwongse Room

The name says it all. Come dressed as your favourite Harry Potter character. Definitely NO PARENTS ALLOWED. Warning: "Be Prepared to Be Scared". Cost is Bt.250 - includes soft drinks and school dinner.

**** FUNFAIR & BOOK SALE**

Saturday & Sunday, June 14th-15th, British Club grounds

Admission is free on both days, with book sale (9.30 to 16.30) and vendors (9.30-19.00). The Fun Fair will run on Saturday from 14.00-19.00 with heaps of food & drink, music, activities and ... fun! See poster on page 27 for details.

**** QUIZ NIGHT**

Tuesday 17th June, 7.30pm, The Verandah

The June round of the British Club Quiz will be held in the Verandah at 7.30pm on Tuesday June 17th 2008. As usual Bangkok's premier Quizmaster, Rodney Bain, will be asking four rounds of 19 questions (on a range of subjects from Asia to famous people) each ending in the dreaded "Common Denominator". Prizes go to First, Second, Third and 'Second to Last', and in addition, there are also three 'between round' questions where your team has the chance to win a bottle of wine sponsored by Crown Worldwide Relocations. So, get a team of friends (up to six) to come along and join in the fun - at least one Club member per team - or just pop along to see if we can fit you in. The cost to enter is Bt.150 per person.

**** FRENCH GRAND PRIX**

Sunday 22nd June, 7pm, Churchill Bar & Verandah

Join us in the Churchill Bar and the Verandah for the latest race of the 2008 grand prix season coming live from Magny-Cours at 7pm race time. Come early to reserve the best seats.

**** MONTHLY WINE TASTING**

Thursday, 26th June, 6pm, Suriwongse Room

Join us for our regular monthly wine tasting completely free of charge and featuring wines from all over the world. Four companies will be here to let members try unlimited samples of their wines. Members can also purchase wines at specially discounted prices and the Club will create a range of canapés to complement the wines. What a great way to start your weekend - free wines in the comfort of your Club.

**** BALINESE FOOD & DRINK PROMOTION**

Thursday 26th & Friday 27th June, Lunch & Dinner, The Verandah

Enjoy a delicious buffet of all things Balinese created in-house. The Buffet costs Bt.350 per head and Bt.180 for children. Khun Boom will also create a range of Balinese cocktails.

**** CANADA DAY**

Saturday 28th June, 3pm onwards, Club Grounds

Come celebrate Canada's 141st birthday at the Club. There will be games and activities for the whole family and a sumptuous buffet dinner. See the poster on page 28!

**** SWIMMING GALA**

Sunday 29th June, 9-11am, Pool

Join us at the pool for the premiere swimming event of the year, with swimming races for adults and children and fun events for the young ones (3 years and older). Lots of medals and prizes to be won. Sign up for your selected races by Wednesday, June 25th. See you there!

**** AIR SUPPLY IN CONCERT**

Tuesday, 1st July, 7.15pm, Suan Lum

Are you all out of love? Then fall in love again with Air Supply live in concert. We have booked a limited number of tickets for this concert held at Suan Lum. We will meet you there at 7.15pm to issue tickets and the show begins at 8pm. The tickets cost either Bt.3,500 or Bt.2,500 each. Book now to avoid disappointment.

To book for an event send a fax or email to the Club, book online at the Club's website, or sign up at the Clubhouse reception. For further information please contact Khun Koy or Barry.

June Activities at the Neilson Hays Library

"Palms and Landscape", a watercolor and acrylic painting exhibition, 3-29 June

Sarah Sutro's small, luminous watercolors depict facets of the natural world, in particular the Thai countryside. Her paintings are figurative, yet compositionally abstract, and reveal interesting interplays of light and shadow. Sarah has been a painter and professor of art for 30 years and her work is collected internationally.

Opening reception: Friday, 6 June, 7:00 – 9:00 p.m.

Survival Thai – 5 classes beginning Tuesday, 10 June, 10:00 to noon

If you have only a very basic knowledge of Thai and would like to learn more phrases to order a meal, get around in a taxi, shop in the market etc., come and join these informal and convivial classes with Ajahn Tippan. Class size is limited, and the fee is Bt.1250.

Murder at the Library – dinner and "investigation", Friday, 13 June

Tickets are still available for this exciting evening, co-sponsored by the Library, the British Club and the St David's Society. Book a table for 8 or book alone and meet some new friends! The price (Bt.1000 for members, Bt.1300 for non-members) includes a 4-course dinner and wines from Prestige Wine.

Used Book Sale & Street Party – Saturday & Sunday, 14-15 June

It's almost time for our semi-annual used book sale, this year to be held in conjunction with the British Club's "Street Party". There will be lots of good quality used books for sale, games and activities for the children, vendors, and lots of good food. Now's the time to clean out your closets and donate those books that have been read and enjoyed!

195 Surawong Road – 02-233-1731 (tel.)
– www.neilsonhayslibrary.com, neilson@loxinfo.co.th

BRITISH CLUB BALUT LOCAL

The May monthly tournament caused only small movements in the Balut Shield with Steve Mallon just nosing ahead of Roger Willbourn to take third, and Tony Rodriguez taking eighth place from Arun Gupta. There are now only three tournaments left in the 2007-2008 competition.

The BCB Balut Shield leagues now reads:

QUALIFIED PLAYERS (6 Tournaments minimum)

Rank	Player	Tournaments played	BEST SIX Average
=1	Paul Cheesman	11	101.6
=1	Steve Eaton	10	101.6
3	Roger Willbourn	8	99.2
4	Steve Mallon	8	98.9
5	Jeremy Watson	6	98.7
6	John Boisclair	10	98
7	Christopher Poustie	7	95.1
8	Tony Rodriguez	7	95.1
9	Arun Gupta	6	92.9

QUALIFYING PLAYERS

Rank	Player	Tournaments played	BEST SIX Average
1	Cartoon Merrigan	2	108.0
2	Caroline Willbourn	5	103.3
3	Phil Alexander	4	97.5
4	Bob Merrigan	5	96.8
5	Muntana Merrigan	5	96.2
6	Simon Davies	4	95.8
7	Rohit Naheta	3	94.9
8	Ben Willbourn	3	94.6
9	Bruce McLaren	2	92.3
10	George Okrasa	5	91.1
11	Bob van Es	2	90.4
12	Tom Merrigan	3	89.9

The next tournament is 7th May.

INTERNATIONAL

The 28th STC Interport Balut Competition Committee is moving ahead:

WEBSITE LAUNCHED

The 28th STC Interport Balut Competition website can be found at www.britishclubbangkok.org/28th-interport

SPONSORS NEEDED

We have devised sponsorship packages ranging from Bronze at 10,000 Baht to Gold at 50,000 Baht with a reserved Platinum 100,000 Baht with many companies already coming in at the Silver level (20,000 Baht). The competition will be advertised (by email, Internet and newsletters) to some 70,000 members of all 15 Members' Clubs that currently play STC Balut in South East Asia and will give exposure to sponsors for over six months.

Our thanks go to our initial sponsors ...

Martello Realty

ICPA

Det 5

RSM Advisory

Jaedrow Holdings

If you or your company would like to sponsor this competition please contact Bob van Es on bob@det-5.com today!

SEX AND THE CITY

THE MOVIE

New Date !!!

5 June 2008

at Siam Paragon Cineplex

Tickets @ Baht 1,000.-/Person

The cost includes entrance to the movie in the VIP private cinema, luxury seating, private check in, welcome drink at the lounge before the movie starts and a complimentary large Pepsi and Popcorn. Movie starts @ 7 pm.

Book now @ Clubhouse reception



ANIMAL PALS

Hungry Alligator



CRAFT MATERIALS:

- Two new green kitchen scrub pads
- Scissors
- Red felt
- White felt
- Tacky glue
- Googly eyes
- Green pom-poms
- Black pom-pom
- Green rickrack

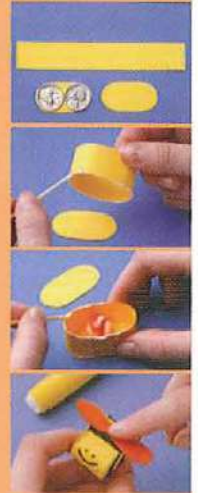
1. Start by trimming two new green kitchen scrub pads into elongated pocket shapes. Then cut two similar shapes from red felt. From white felt, cut triangular teeth and use tacky glue to stick several to the rounded edge of each scrub pad. Glue a red felt piece atop each scrub pad, covering the bases of the felt teeth.
2. Next, stack the scrub pads with the red felt pieces face-to-face. Glue all along the straight edges but leave the rounded, toothy edges unglued to create the alligator's open mouth.
3. To make the gator's face, glue googly eyes onto green pom-poms, then glue the pom-poms to the top of the head. Finally, affix green rickrack ridges and black pom-pom nostrils atop his snout, and your reptile is ready for the first course of writing utensils.

Make a Swarm of Tumblebugs

Set these little critters on an incline and watch them cartwheel a beeline to the bottom. The secret to their antics is a marble rolling around inside.

CRAFT MATERIALS:

- Scissors
- Card stock
- 2 10-baht coins
- Tacky glue
- Toothpick
- Marble (1 for each bug)
- Black marker
- Coloured tissue paper
- Glue stick



1. For each bug, cut a 16- by 2.5-cm strip of card stock and two 5- by 2.5-cm card stock ovals.
2. To make an oval, lay 2 10-baht coins side by side on the card stock and trace around them, connecting the top and bottom.
3. Glue the strip into a loop, overlapping the ends by 3 cm. Pinch it or use a paper clip to hold it together while the glue dries. Next, use a toothpick to line one edge of the loop with glue, then set the loop on top of an oval.
4. When the glue dries, place a marble inside. Line the edge of the loop with glue and press the other oval on top.
5. Once all the glue is dry, use a marker to add a face and other features. Cut out a couple of 5-cm-long wings from tissue paper and use the glue stick to attach them to the top of your bug.

ANIMAL JOKEES FOR KIDS

Why did the ram fall over the cliff?

He didn't see the ewe turn!

What is a crocodile's favourite game?

Snap!

Why are elephants wrinkled?

Have you ever tried to iron one?

When is it bad luck to see a black cat?

When you're a mouse!

Why is it hard to play cards in the jungle?

There are too many cheetahs!

What kind of animal goes OOM?

A cow walking backwards!

What happens when a cat eats a lemon?

It becomes a sour puss!

What time is it when an elephant sits on your fence?

Time to get a new fence!

What is the difference between a flea and a wolf?

One prowls on the hairy and the other howls on the prairie!

What animal has more lives than the cat?

A frog, he croaks every night.

Why are igloos round?

So polar bears can't hide in the corners!

How do you get an elephant down from a tree?

Put him on a leaf and wait until autumn!

What do you get if you cross a crocodile with a flower?

I don't know, but I'm not going to smell it!

LOOKING BACK

ST GEORGE'S DAY CELEBRATION

As a change from the annual Ball to celebrate St George's Day but also due to the divine intervention and suggestions made by Barry Osborne, it was decided to hold an event at the British Club on 26th April which would include the younger generation so that the patriots of the future can start to appreciate and celebrate their English heritage and traditions.

In true tradition, the British Club had done a wonderful job of the back lawn with a definite red and white theme throughout. A programme of events had been drawn up and everything would have gone to plan were it not for the rain. This appeared in copious amounts just before the start and at 3 pm as the heavens opened the only ones present were the organisers, Gale Bailey and Sarah Glaze, David, Anna and Nicholas Glaze plus Paul Jackson, Eckie the Clown and the champion raffle ticket seller, Gale's cousin, Sharon Skovron. We all watched with dismay as the ground became waterlogged despite having made a fortuitous last minute decision to hire an awning to cover the majority of the tables. It was drinks all round to drown our sorrows but eventually the rain stopped, the sun came out and the crowds appeared.

Drinks and snacks were served as people waded in, with footwear being discarded by the minute (mine went in the bin on Sunday morning) but the British Bulldog Spirit prevailed and everyone, young and old, got into the swing of an English afternoon - enjoying face painting, giant slide, football, darts etc.



The First St George's Day Celebration cake doubled as a birthday cake as a highly revered guest, Edith Stewart MBE, from north of the border had chosen to spend her special day in the presence of the Sassenachs who felt honoured to have her in their presence. HAPPY BIRTHDAY EDITH!





Paul Jackson, MC, DJ and master of the airwaves on Wave FM88 did a great job keeping everything ticking over with Eckie the Clown and Red Sleeve (band of teachers from Shrewsbury) putting in an appearance. After everyone was fed and watered, the traditional part of the evening began ...

The President waited patiently for the Baron of Beef to arrive, carried aloft by Khun Laak, head chef of the British Club and heralded by a very loud town crier (Robert Waddell) Policeman (David Betts) Beefeater (Karen Reilly) with Nell Gwynne (Sarah Glaze), her maid of honour (Anna Glaze) and knight in shining armour (Nicholas Glaze). To the delight of the assembled crowd, the beef was declared fit to eat and a toast was drunk before dinner was served. There was a delicious array of beef and Yorkshire pudding, turkey, lamb, vegetables galore, salads and tempting desserts.

Gale thanked the main sponsors (Bangkok Hospital, Cromwell Tools and Titco) and Sarah Glaze without whom the day would not have happened. Sarah had procured some wonderful raffle prizes from our other generous sponsors which encouraged so many to buy, as well as the quip from Gale's cousin Sharon of '300 Baht for a strip'. This had



brought forth many smiles and quizzical looks! Gale made a special mention to the ladies and their partners of the British Women's Group who always support St George's events.

After dinner there were resounding renditions of Land of Hope and Glory, Jerusalem, Rule Britannia and There Will Always be an England accompanied by much flag waving by young and old – a fantastic atmosphere! Adults and children danced and sang into the night. The ones with younger offspring started to wander off about 9 pm but there were many stragglers with the last ones (Gale, Mick, Sharon, Edith, Sally, Tim and Paul) leaving well after midnight with everyone declaring what a great event it had been and a wonderful way to celebrate our English Heritage.



I would like to make a special mention and to say a big **THANK YOU** to the wonderful staff of the British Club who were on hand and willing to assist throughout the event. They made it all seem so effortless but I know what a lot of hard work goes on behind the scenes and into organising such events. I know my life was made easier and less stressful with the assistance and support of the British Club. **SIMPLY THE BEST!**

Gale Bailey, President
Bangkok St George's Society

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The Beasts do it again!

At the April 22nd Quiz, all the teams from March came back and another one – The Crown Southerners – joined in to make it six. The competition was fierce from the word “go” but once again the Beasts got into the lead and held it throughout the Quiz, despite the valiant efforts of the Spoofers to dislodge them. The Beasts also got the first Crown Relocations bottle question by (almost) correctly stating the speed of the Gulf Stream at 7.2 km/hr – and if you don’t think that’s fast, try swimming against it. The other bottle prizes went to the Crown Southerners and Under Par.

During the breaks in proceedings, the teams were encouraged to “ham-it-up” for the camera. Below are as many of the weird and wonderful results as space allows.

Oh, and the scores:

1. The Beasts	131	4. Jim's Junkies	98
2. Bkk G' men Spoofers	119	5. The Crown Southerners	89
3. Under Par	106	6. Textile All Stars	81



Beauty & The Beasts



Val's had enough



Outrageous!



We'd like one of these please



Junkies unanimous (almost)



The price of success



The four hams

ANZAC DAY REMEMBRANCE SERVICES 2008



The Pipe Band once again had the privilege to play the pipes and drums, by invitation of the Australian Embassy and New Zealand Embassy Defence Attachés at the ANZAC Day Remembrance Services held at Hell Fire Pass and at the Kanchanaburi War Cemetery in central Kanchanaburi on 25 April 2008.

ANZAC Day commemorates the landing at dawn on 25 April 1915 of the Australian and New Zealand Army Corps together with forces from Britain, India and France on the west coast of the Gallipoli Peninsula to open the Dardanelles Campaign of World War I. It was a campaign in which allied casualties were extremely heavy and subsequently it became the custom each year on 25 April for the people of Australia and New Zealand to commemorate on this day their dead of all wars, including Gallipoli, Sinai, Palestine, France and Belgium, Greece, Crete and Syria, the jungles of Malaya, Indonesia, New Guinea, Pacific Islands, Burma, Thailand, Japan, Korea, Borneo, Malaysia, Vietnam and in peacekeeping operations in the Middle East.

During World War II, in 1942, the Imperial Japanese Army (IJA) decided to construct a railway link connecting the existing railways at Thanbyuzayat in Burma and Banpong in Thailand, now

known as the Burma-Thailand Railway or remembered by Allied servicemen as the "Death Railway". The Japanese had invaded and occupied Thailand and Burma at the time.

Construction of the railway as a Japanese military objective required the urgent completion of a significant engineering project through inhospitable and largely undeveloped country, involving the excavation of cuttings and passes through difficult jungle terrain and the construction of bridges and viaducts over rivers and valleys, the Bridge over the River Kwai being one of them.

The IJA was provided with a group of Japanese civilian engineers and other supporting personnel to design and supervise the railway's construction. It is estimated that a total of approximately 15,000 Japanese and Koreans were involved in the railway project. To provide a suitable labour force for construction of the railway the IJA recruited approximately 200,000 Asian civilian labourers particularly Tamils, Malays and Burmese. In addition to the civilian labour force more than 60,000 Allied Prisoners of War (POWs) of the Japanese were forced to work on the railway between May 1942 and August 1943 after the fall of Singapore to the Japanese in February 1942. The Allied POWs who worked on the railway mainly comprised

of British, Dutch and Australians and a small number of Americans. The POWs were accommodated in numerous and extremely primitive camps established along the railway route, which extended for a distance of some 400 miles from end to end. These camps were administered by the IJA and their notoriously cruel Korean conscripts who were used as POW guards. As the POWs had already spent months in Japanese detention and some, especially the older men, were in poor physical condition at the time they arrived to work on the railway, and as a result the terrible conditions associated with working on the "Death Railway", more than 13,000 POWs perished. Although no precise figures are available it is said that perhaps as many as 80,000 of the Asian civilian labour force also perished during its construction.

Many of the POWs undoubtedly suffered early deaths attributable to the after effects of illnesses and privations of their incarceration, such as insufficient medical supplies and facilities to cater for malaria, dysentery, tropical ulcers, beriberi, and being over worked and starved by their oppressors. Many of these men lie buried in the Kanchanaburi War cemeteries and many others lie buried somewhere in the jungles of Burma and Thailand.

It has also been noted that many of the POW survivors owed their lives to the



Wreath Laying Ceremony at the Kanchanaburi War Cemetery



brave assistance given by certain of the local Thais in providing food and medical supplies to them whilst they were working on the railway.

The Band arrived in Kanchanaburi on the 24th April, the day before the actual services were scheduled and practiced a "test run" under the very efficient directions of Warrant Officer Mark Dixon, OAM (alias "Dicko" - the snare drummer in the Band) at the Kanchanaburi War Cemetery with the

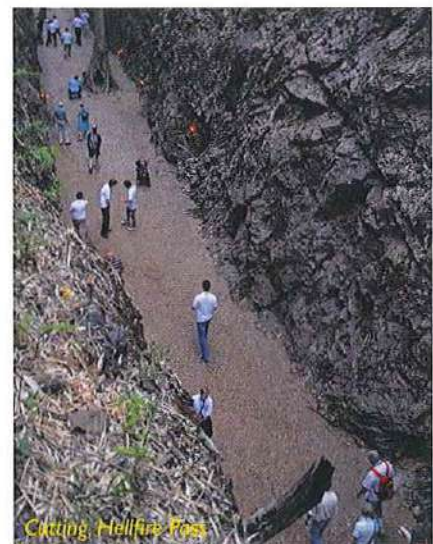
Australian Army, who were to form the Catafalque Party (Guard of Honour) for the official services the next day.

After the "test run" with the Catafalque Party, in temperatures of around 40 degrees C, we all visited the adjacent Burma-Thailand Railway Museum which proved very interesting and informative. Thereafter the Band, together with its newfound Army friends headed off to its hotel, the River Kwai Village on the River, to take a short rest before its next engagement at Home Phutoey, a resort located on the banks on the River Kwai a few km's upstream, where the attendees for the next day's services held a get together dinner and 'Light and Sound' Show.

The "Light and Sound Show" at Home Phutoey went off well, not like last year when the show was cancelled due to a tropical storm that blew up during the course of the evening. The evening was

a great success and the Band played a few tunes for the many guests who had arrived from Australia and New Zealand to attend the services.

The Dawn Service at Hellfire Pass commenced at 0530 on 25 April 2008, just on dawn break. A memorial and museum in remembrance of the fallen POW's has been erected at Hell Fire Pass, which is a cutting through the hills to allow passage of the railway. To get there in time entailed a 0200 rising for the Band in the morning.



Cutting Hellfire Pass



Dawn Service, Hellfire Pass

The service commenced precisely on the stroke of 0530, which was quite uncanny because a wild bird in the jungle called at precisely the same time. The service was conducted by the Chaplains of the Burma Thailand Railway Association, and 16th Air Defence Regiment, Australian Army. A very moving memorial service was held at which the Ambassadors of Australia and New Zealand attended together with many visiting Australians and New Zealanders some even flying over from the Antipodes just for the occasion, including some of the surviving ex POWs, namely Bill Haskell, Ernie Redman, Wally Holding, "Snow" Fairclough and Neil MacPherson, who were gusts of honour. At the closing stages of the service and at the breaking of the dawn, Keith, Angus and Roy played the lament "The Flowers of the Forest" followed by the hymn "Amazing Grace", as both tunes were considered to be fitting for the occasion. The Australian Army formed the Catafalque Party (Guard of Honour) during the Memorial Service.

After the Hell Fire Pass Memorial Service the Catafalque Party and the Band headed back to the River Kwai Village Resort for a hearty breakfast and then checked out and travelled on to the Kanchanaburi War Cemetery for the Wreath Laying Ceremony that was scheduled to commence at 1100.

At the Wreath Laying Ceremony, the Band piped and drummed the Australian Army Catafalque Party into the cemetery and up to the Memorial Cross and awaiting dignitaries and attendees to the Great War pipe tunes "The Green Hills of Tyrol" and the "When the Battle is Over".

After the Act of Remembrance and just prior to the Laying of the Wreaths, the Band played the lament "The Flowers of the Forest". To close the ceremony the Band piped and drummed the Catafalque Party away from the Memorial Cross through the cemetery to the tunes "Waltzing Matilda".

The ANZAC Day Memorial Services of 25 April 2008 were truly nostalgic occasions for the Band and finally closed with a piping and drumming performance after a hearty luncheon and refreshments with the Royal Australian Army and other Military personnel in attendance at the "River Kwai Floating Restaurant" situated below the "new" Bridge on the River Kwai. The Allies managed to destroy the original bridge in a bombing raid conducted in the closing stages of the Second World War. The movie with Alec Guinness "The Bridge over the River Kwai", despite being quite a good movie, is Hollywood fiction.



'Snow', Ex POW

We then booked into the Felix Hotel in Kanchanaburi where we stayed the night. In the evening the Band was invited to play at the Four Nines Pub in Kanchanaburi (Scottish owner) where some of the army guys had changed into "civvies" and were having a few beers. The band played inside the pub to the great enjoyment of the publican and patrons, and the Band had a few beers on the house as well with the lads. What a great way to end off the day's parades.

On Saturday afternoon the 26th, the Band played at the ANZAC CUP Australian Rules football match held between the "Thailand Tigers" and the "Jakarta Bintangs" in Kanchanaburi, where the POWs were guests of honour. A great game of "footy" ensued with the Tigers taking the spoils after being vocally supported by their "sheilas" and kids. A nice way to round off the "ANZAC Day Weekend". The Band then mounted up and travelled back to Bangkok in its mini bus, tired and pleased at the success of the whole venture and at the same time enjoying some ice cold refreshments and brotherly banter.

The members of the Band are extremely proud to have been invited to play at this auspicious occasion and have made many friends there over the past two years. The Band hopes to continue to play at these Remembrance Services in the future and considers these parades as their most important and premier parades of the year.

A journey to Kanchanaburi, which takes about two and a half hours by road, is definitely a worthwhile undertaking for Club members and their families. The Hell Fire Pass Museum and War Cemeteries are beautifully laid out and cared for by the Australian War Graves Commission and the adjacent Burma-Thailand Railway Museum is also worth a visit. Moreover, there are many well priced hotels and lodges situated alongside the River Kwai to stay over in the evening as an overnight stay is a must.

The pipers and drummers of the British Club Bangkok Pipe Band generally practice every Monday and Wednesday evening at the British Club in the rooms upstairs, so if any Club members wish to learn the bagpipes or drums or just wish to come and listen to some traditional music of a Celtic nature, you are most welcome to make an impromptu visit upstairs.

CONTACT: Angus McKernan on angus.mckernan@gmail.com

Bowl Cats

By Karen van der Schaar



Grimm



Pugsley



Grimm again



Wat in pot

Have you ever heard of bowl cats? I'm sure you've all seen a few and smiled to yourselves. I have a confirmed bowl cat and two wannabes. As my three cats are from Thailand, I wonder whether it's a peculiarity of Thai cats, but I imagine it's not.

Do you ever wonder how cats can get into the strangest places and lie there, relaxed and at peace with the world in the most uncomfortable looking positions?? I certainly do!

Grimm, my fluffy orange rescue, has a huge affinity with bowls. When he was younger...and smaller...he'd sleep in any bowl he could find. Now he's larger but no wiser, he STILL sleeps in the same bowl he used to fit into, needless to say he overflows the edges and looks desperately uncomfortable, but he sleeps like a ...well, like a cat.

Pugsley, my fluffy white rescue, has an obsession with sinks, especially bathroom ones, and is the resident white fungus... he's been known to frighten people who aren't used to the peculiarities of cats.

Little Wat, my white, blue-eyed rescue cat from a Bangkok temple, the smallest of the three, has developed a need to sleep in a large pot.....hmmmm...it's FAR too big for him but he's happy!

They're all so different yet sleep soundly in their chosen places, however strange. I envy their ability to do this and wish they could let me know their secrets...I do ask them but all they do is look at me and purr... very inscrutably!

Karen van der Schaar was a British Club member before relocating to Beijing, China last year. Karen volunteered with SCAD Bangkok and is sorely missed! If you would like to volunteer your time (animal or non-animal related!) with SCAD, we have many opportunities ranging from gardening, working in one of our lovely stores, helping to socialize puppies and kittens, fostering cats or dogs, helping out at events... we need you!

For more information check out our website:

www.scadbangkok.org

For adoptions, please contact:

adoptions@scadbangkok.org or call

Billie on 08 5686 8590

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If you want someone who's always game for a laugh ...

THEN ADOPT A DOG.



If you want someone who's content to sleep by your side and doesn't care if you snore ...

THEN ADOPT A DOG.



If you want to chinwag with someone who'll hang on your every word ...

THEN ADOPT A DOG.



If you want someone who'll adore you no matter what ...

THEN ADOPT A DOG.



... But, if you want someone who ignores you most of the time, leaves hair everywhere, runs around all night and only comes home to eat ...

THEN ADOPT A CAT!

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BC CALENDAR June – The Month at a Glance

Sunday <div> 1 <p>9:00am Tennis Team Practice</p> <p>10:30am-2:15pm Squash Mix-in</p> <p>Poolside 11:30-3:00pm Poolside BBQ</p> <p>The Verandah Noon-2:00pm, 6:00-10:00pm THE SUNDAY CARVERY</p> <p>Silom Room 1:00-3:00pm Children's Activities</p> <p>2:30-3:30pm Yoga</p> <p>3:00-6:00pm Cricket Practice</p> <p>Suriwongse Room 3:00-6:30pm Bridge Tournament</p> </div>	8 <p>9:00am Tennis Team Practice</p> <p>2:30-3:30pm Yoga</p> <p>Poolside 11:30-3:00pm Poolside BBQ</p> <p>The Verandah Noon-2:00pm, 6:00-10:00pm THE SUNDAY CARVERY</p> <p>Silom Room 1:00-3:00pm Children's Activities</p> <p>3:00-6:00pm Cricket Practice</p> <p>Suriwongse Room 3:00-6:30pm Bridge Tournament</p> <p>The Churchill Bar 11:45pm CANADIAN GRAND PRIX</p>	15 <p>9:00am Tennis Team Practice</p> <p>British Club Grounds 9:30am-7:00pm BOOK SALE, VENDORS & ACTIVITIES</p> <p>Poolside 11:30-3:00pm Poolside BBQ</p> <p>The Verandah Noon-2pm, 6-10pm THE SUNDAY CARVERY</p>
Monday <div> 2 <p>9:00am-12noon BWVG Mahjong</p> <p>6:00-10:00pm Tennis Match Play</p> </div>	9 <p>9:00am-12noon BWVG Mahjong</p> <p>6:00-10:00pm Tennis Match Play</p>	16 <p>9:00am-12noon BWVG Mahjong</p> <p>6:00-10:00pm Tennis Match Play</p>
Tuesday <div> 3 <p>8:00-11:00am Tennis Ladies Mix-In</p> <p>9:00-10:30am Ladies Tennis Clinic</p> <p>10:00-11:00am Aqua Aerobics</p> <p>5:15-9:00pm Squash Casual Mix-in</p> <p>7:00-9:00pm Football Practice</p> <p>Churchill Bar 8:30pm-late Spoofig</p> </div>	10 <p>8:00-11:00am Tennis Ladies Mix-In</p> <p>9:00-10:30am Ladies Tennis Clinic</p> <p>10:00-11:00am Aqua Aerobics</p> <p>5:15-9:00pm Squash Casual Mix-in</p> <p>7:00-9:00pm Football Practice</p> <p>Churchill Bar 8:30pm-late Spoofig</p>	17 <p>8:00-11:00am Tennis Ladies Mix-In</p> <p>9:00-10:30am Ladies Tennis Clinic</p> <p>10:00-11:00am Aqua Aerobics</p> <p>5:15-9:00pm Squash Casual Mix-in</p>
Wednesday <div> 4 <p>The Verandah Noon-2:00pm, 6-10pm THE MIDWEEK CARVERY</p> <p>5:00-6:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p> <p>7:00-10:30pm Pipe Band Practice</p> <p>Churchill Bar 7:00pm BALUT TOURNAMENT 7:00 & 8:00pm PRESTIGE WINE ACCUMULATOR 7:30pm Bottle Draw</p> </div>	11 <p>The Verandah Noon-2pm, 6-10pm THE MIDWEEK CARVERY</p> <p>5:00-6:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p> <p>7:00-10:30pm Pipe Band Practice</p> <p>Churchill Bar 7:00 & 8:00pm PRESTIGE WINE ACCUMULATOR 7:30pm Bottle Draw</p>	18 <p>The Verandah Noon-2pm, 6-10pm THE MIDWEEK CARVERY</p> <p>5:00-6:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p>
Thursday <div> 5 <p>8:00-11:00am Tennis Ladies Mix-in</p> <p>5:15-9:00pm Squash Mix-in</p> <p>6:00-8:30pm Cricket Practice</p> <p>7:00-9:00pm Rugby Practice</p> <p>7:00pm SEX AND THE CITY @ the Paragon Cineplex</p> <p>9:00-11:00pm Hockey Practice</p> </div>	12 <p>8:00-11:00am Tennis Ladies Mix-in</p> <p>Suriwongse Room 8:30am-6:00pm BLOOD DONATION DAY</p> <p>5:15-9:00pm Squash Mix-in</p> <p>6:00-8:30pm Cricket Practice</p> <p>7:00-9:00pm Rugby Practice</p> <p>9:00-11:00pm Hockey Practice</p>	19 <p>8:00-11:00am Tennis Ladies Mix-in</p> <p>5:15-9:00pm Squash Mix-in</p>
Friday <div> 6 <p>2:00-5:30pm Junior Swimming Classes</p> <p>5:00-6:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p> <p>The Verandah Noon-2pm, 6-10pm GREEK BUFFET</p> <p>Silom Sala 7:00-9:00pm Kid's VDO</p> </div>	13 <p>2:00-5:30pm Junior Swimming Classes</p> <p>5:00-6:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p> <p>The Verandah Noon-2pm, 6-10pm T.G.I.F. CURRY BUFFET</p> <p>Neilson Hays Library 7:30pm "MURDER IN THE LIBRARY"</p> <p>Suriwongse Room 6:00-9:00pm HOGWARTS FREAKY FRIDAY 13th PARTY</p>	20 <p>2:00-5:30pm Junior Swimming Classes</p> <p>5:00-6:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p>
Saturday <div> 7 <p>9:00am-1:30pm Junior Swimming Classes</p> <p>9:30am-12noon Cricket Practice</p> <p>2:00pm Squash Handicap Mix-in</p> </div>	14 <p>9:00am-2:00pm Junior Swimming Classes</p> <p>CAR PARK CLOSED</p> <p>British Club Grounds 9:30am-7:00pm BOOK SALE, VENDORS & ACTIVITIES 2:00-7:00pm FUN FAIR</p>	21 <p>9:00am-2:00pm Junior Swimming Classes</p>

<p>Silom Room 1:00-3:00pm Children's Activities</p> <p>2:30-3:30pm Yoga</p> <p>3:00-6:00pm Cricket Practice</p> <p>Suriwongse Room 3:00-6:30pm Bridge Tournament</p>	<p>22 9:00am Tennis Team Practice</p> <p>Poolside 11:30-3:00pm Poolside BBQ</p> <p>The Verandah Noon-2pm, 6-10pm THE SUNDAY CARVERY</p> <p>Silom Room 1:00-3:00pm Children's Activities</p> <p>2:30-3:30pm Yoga</p> <p>3:00-6:00pm Cricket Practice</p> <p>Suriwongse Room 3:00-6:30pm Bridge Tournament</p> <p>The Verandah & Churchill Bar 7:00pm FRENCH GRAND PRIX</p>	<p>29 Pool 9:00-11:00am SWIMMING GALA</p> <p>9:00am Tennis Team Practice</p> <p>Poolside 11:30-3:00pm Poolside BBQ</p> <p>The Verandah Noon-2pm, 6-10pm THE SUNDAY CARVERY</p> <p>Silom Room 1:00-3:00pm Children's Activities</p> <p>2:30-3:30pm Yoga</p> <p>3:00-6:00pm Cricket Practice</p>
<p>7:00-10:30pm Pipe Band Practice</p>	<p>23 9:00am-12noon BWG Mahjong</p> <p>6:00-10:00pm Tennis Match Play</p>	<p>30 9:00am-12noon BWG Mahjong</p> <p>7:00-10:30pm Pipe Band Practice</p> <p>6:00-10:00pm Tennis Match Play</p>
<p>7:00-9:00pm Football Practice</p> <p>The Verandah 7:30pm QUIZ NIGHT</p> <p>Churchill Bar 10:00pm-late Spoofing</p>	<p>24 8:00-11:00am Tennis Ladies Mix-In</p> <p>9:00-10:30am Ladies Tennis Clinic</p> <p>10:00-11:00am Aqua Aerobics</p> <p>5:15-9:00pm Squash Casual Mix-in</p> <p>7:00-9:00pm Football Practice</p> <p>Churchill Bar 8:30pm-late Spoofing</p>	
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<p>The Verandah Noon-2pm, 6-10pm MIDDLE EASTERN BUFFET</p> <p>Silom Sala 7:00-9:00pm Kid's VDO</p>	<p>27 2:00-5:30pm Junior Swimming Classes</p> <p>5:00-6:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p> <p>The Verandah Noon-2pm, 6-10pm BALINESE FOOD & DRINK PROMOTION</p> <p>Silom Sala 7:00-9:00pm Kid's VDO</p>	<p>Short Term Rental (daily, weekly, monthly)</p> <p>Long Term Rental</p> <p>Rental with Chauffeur</p> <p>Limousine Service</p> <p>Location: Bangkok • Suvarnabhumi • Chiang Mai • Hua Hin • Pattaya</p> <p>M Lumphini Station</p> <p>Tel. 0 2696 8240 E-mail: info@europcar.co.th</p> <p>www.europcar.co.th</p> <p>Europcar</p> <p>YOU RENT A LOT MORE THAN A CAR.</p>
<p>9:30am-12noon Cricket Practice</p>	<p>28 9:00am-2:00pm Junior Swimming Classes</p> <p>9:30am-12noon Cricket Practice</p> <p>British Club Grounds 3:00pm onwards CANADA DAY CAR PARK CLOSED</p>	

On the menu . . .

The Club has two very special culinary events this month:

Wimbledon Fortnight Strawberries

From June 23rd until July 6th

Starting on June 23rd in all the Club's outlets we will have a promotion on Strawberries and Pimms for the whole fortnight of the Wimbledon Tennis Championships from good old Blighty. Strawberry desserts include Strawberries and Cream, Strawberry Cheesecake, Strawberry Eton Mess, Strawberry Daiquiri and lots more.



Balinese Food & Drink Promotion

Thursday 26th & Friday 27th June, Lunch & Dinner, The Verandah

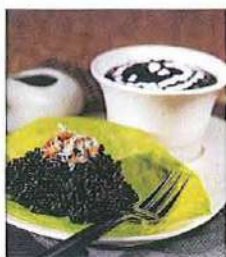
Enjoy a delicious buffet of all things Balinese created entirely in-house by Khun Laak and her team. Khun Boom will also create a range of Balinese cocktails. The Buffet will be available at both Lunch and Dinner times: price Bt.350 adults, Bt.180 children, cocktails Bt.125 each. To book contact The Verandah direct.

This month we feature the Taste of Bali, with Balinese dishes and cocktails – A breakfast dish, a tasty salad, a dessert and as a bonus, one of the foundations of Balinese cuisine - the spice paste that is used in many vegetable dishes . . . And if you've never had Sex on Kuta Beach, check out the Balinese cocktails! Bon Appetit!



Steamed Black Rice with Coconut

Jaja Injin
(serves 4)



This delicious but simple snack is often served for breakfast together with a glass of thick, black and very sweet coffee.

Ingredients

Black glutinous rice	175 g
White glutinous rice	175 g
Screwpine (pandan) leaves	3
Grated coconut	120 g
Palm sugar syrup	125 ml
Coconut cream	250 ml

Method

- Rinse black and white glutinous rice well under running water. Soak overnight. Drain before using.
- Place black and white glutinous rice together with screwpine leaves into a conventional steamer and steam for approximately 45 minutes or until rice is soft
- Spoon rice onto a flat tray and season with a pinch of salt. Leave to cool.
- Just before serving, stir grated coconut and palm sugar syrup into rice. Serve at room temperature with coconut cream on the side.

Vegetable Salad in Peanut Chilli Dressing

Serombotan (serves 4)

Ingredients

Bean sprouts	100 g, blanched
Water convolvulus	100 g, cut into 2.5 cm lengths and blanched
Baby aubergines (egg plants)	100g, finely sliced
Soy beans	50g, deep-fried
Black beans	100g, blanched
Grated coconut	100g

Dressing

Coconut oil	30 ml
Garlic	5 cloves, peeled and sliced
Large red chillies	4, seeded and sliced
Bird's eye chillies	10
Dried prawn (shrimp) paste	1 tsp, roasted
Peanuts with skin	80g, deep-fried until golden brown
Salt	to taste
Lime juice	extracted from 1 lime
Ground black pepper	to taste

Method

- Toss bean sprouts, water convolvulus, aubergines, soy beans, black beans and grated coconut together.
- For the dressing, heat oil in heavy saucepan, add garlic and chillies and sauté until chillies are soft. Add dried prawn paste and continue to sauté for 1 more minute. Leave to cool before placing in a food processor or stone mortar. Add half the peanuts and salt and grind the mixture into a fine paste.
- Add water and lime juice then season to taste with more salt and pepper. Toss vegetable mixture and dressing well. Garnish with remaining peanuts.





Young Jackfruit Braised in Coconut Dressing

Jukut Nangka Mekuah (serves 4)

Ingredients

Cooking oil	30 ml
Spice paste for vegetables (see right)	125g
Young green jackfruit & cut into 2.5 x 1 cm pieces	600g, peeled, cleaned
Chicken or vegetable stock	1 litre
Salam leaves	2
Lemon grass	2 stalks, bruised
Bird's eye chillies	25 g, sliced
Coconut cream	250 ml
Salt	a pinch
White peppercorns	2-3 crushed
Fried shallots	2 tbsp

Method

- Heat oil in a heavy saucepan and sauté paste until fragrant. Add jackfruit and continue to sauté for 2 more minutes. Pour in stock, add lemon grass, salam leaves and chillies and bring to the boil. Lower heat and simmer for 10 minutes or until jackfruit is 90 per cent soft.
- Add coconut cream and continue to simmer over very low heat until jackfruit is tender. Season to taste with salt and pepper. Garnish with fried shallots.



Spice Paste for vegetables

Base Jukut

Ingredients

Large red chillies	250 g, halved, seeded and sliced
Bird's eye chillies	25 g, sliced
Shallots	100 g, peeled and sliced
Garlic	100 g, peeled and sliced
Galangal	100 g, peeled and thinly sliced
Turmeric	100 g, peeled and sliced
Lesser galangal	100 g, peeled and sliced
Candlenuts	200 g
Coriander seeds	1 tbsp, crushed
White peppercorns	½ tbsp, crushed
Dried prawn (shrimp) paste	1 tbsp, roasted and crumbled
Vegetable oil	150 ml
Salam leaves	2
Lemon grass	2 stalks, bruised
Salt	¾ tbsp
Water	250 ml

Method

- Combine all ingredients except salam leaves, lemon grass, salt and water in a stone mortar or food processor and grind coarsely.
- Place ground ingredients in a heavy saucepan, add remaining ingredients and simmer over medium heat for approximately 1 hour or until water is evaporated and paste takes on a golden colour. Cool before using or storing in the refrigerator.

Balinese Cocktails

Sex on Kuta Beach

Ingredients

1 oz	Vodka
½ oz	Bali Banana Liqueur
1 oz	Sweet and Sour mixed
2 oz	Fresh Orange Juice



Method:

Shake all ingredients together and pour into glass.

Bali Colada

Ingredients

1 oz	Light Rum
½ oz	Bali Coconut Liqueur
1 oz	Coconut Milk
2 oz	Pineapple Juice



Method:

Shake all ingredients together and pour into glass.



Bali Blue Moon

Ingredients

1 oz	Vodka
½ oz	Bali Melon Liqueur
½ can	Sprite

Method:

Pour ingredients over full glass of ice cubes, stir and serve.

**The St David's Society
The Neilson Hays Library and
The British Club present**

A Murder Mystery Game

"Murder in the Library"

Friday, 13 June, 2008

7:30 p.m.

The Neilson Hays Library

**Come join us for a murder mystery evening of
great fun and a magnificent 4-course dinner**

**Members (NHL, St David's, British Club) - 1000 Baht
Non-members - 1300 Baht**

**To book your place contact the Library at 02 233 1731
For more information, go to www.stdavidsinbangkok.com**

Can you work out who "done it"?

KIDS ACTIVITIES • BOUNCY CASTLE • GIANT SLIDE • CLIMBING FRAME • PUPPETS • GAMES



THE BRITISH CLUB
BANGKOK



NEILSON HAYS LIBRARY

THE BRITISH CLUB & NEILSON HAYS LIBRARY

FUN FAIR & BOOK SALE



Saturday & Sunday, June 14-15

09:30 - 16:00 BOOK SALE Sat & Sun

09:30 - 19:00 VENDORS Sat & Sun

14:00 - 19:00 FUN FAIR Saturday only

FREE ADMISSION

Information :

Neilson Hays Library: 02-233-1731

neilson@loxinfo.co.th

www.neilsonhayslibrary.com

The British Club: 02-234-0247

Barry.Osborne@britishclubbangkok.org



www.BNHhospital.com



NEILSON HAYS LIBRARY



THE BRITISH CLUB
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shrewsbury
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ADULTS • BEER GARDEN • STALLS • RODEO BULL • MUSIC • FOOD • VENDORS

COME CELEBRATE CANADA'S 141st BIRTHDAY BRITISH CLUB, SATURDAY, JUNE 28, 2008



DISCOUNT TICKETS SOLD IN ADVANCE - LIMITED TICKETS AVAILABLE AT THE DOOR

**BUFFET DINNER FEATURING SALMON & BEEF
CANADIAN BEVERAGES, CHANCE TO WIN FABULOUS PRIZES**

Tickets Prices

- Adults
- Children (6-12)
- Children 5 and under
- Reserved Tables of 8

800 baht in advance/ 1000 baht at the door
400 baht in advance/ 500 baht at the door
100 baht in advance/ at the door
You can reserve tables to ensure seating arrangements
(in advance only; contact TCCC before June 20th)

Schedule

- 3pm Doors open
- 4pm Children's game
- 4:30pm Ball hockey, volleyball tournament & adult games
- 6pm Greetings and grand draw prizes
- 6:30pm Dinner



CALL Thai - Canadian Chamber of Commerce for Tickets at 02-266-6085/6

For more information, visit www.canadiansinthailand.com



With Reed Passmore

Dear Members,

This month we have two new and exciting activities at the Club:

The British Club Amazing Race Bangkok

Sunday June 22nd

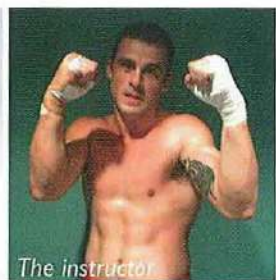
Come and join in a race around Bangkok. Two people per team. Starting and finishing at the British Club. This will be an all day event with a buffet dinner, prizes and drinks. Join in with a family member, friend or represent your sports section.



Amazing race competitors will race in and around Bangkok completing funny, challenging and at times embarrassing tasks. Teams will be given a limited amount of money to complete the day. You will have a chance to win more money at designated challenges and any money returned will be awarded as points.

Look out for more details.

Boxing and Kickboxing Training



The instructor

I will be running two boxing/kick boxing sessions a week starting in June. These will be for men and women of all ages. Training will cover fitness and self defence. The sessions will take place just outside of the British Club.

A kickboxing session can burn 1000-1200 calories in an hour and your metabolism will be 10% to 15% higher for the next 18 hours

Men's Health magazine rated Kickboxing/Muay Thai as "the best cardio and fat burning workout around".

Please contact me for more information on "The Amazing Race" or "Boxing/kickboxing"

June events:

Hogwarts Freaky Friday 13th party

Friday June 13th, 6pm to 9pm

On Black Friday come to the Suriwongse Room dressed as your favourite Harry Potter character. Definitely NO PARENTS ALLOWED. Warning: "Be Prepared to Be Scared". Cost is Bt.250 - includes soft drinks and Hogwarts school dinner.



Swimming Gala Sunday June 29th, 9am to 11am

Joins us at the pool for the premiere swimming event of the year, with swimming races for adults and children and fun events for the young ones (3 years and older). Lots of medals and prizes to be won. Sign up for your selected races by Wednesday, June 25th. See you there!



Monthly health and fitness tips

Did you know?

1. Sit Ups/Crunches

To burn one pound of fat from your belly would take 250,000 crunches (that's two weeks of continuous 24-hour crunching)

Doing sit-ups and crunches does not burn fat from your belly but burns fat from your whole body. To decrease body fat, consume less calories than you burn.

2. Binge Drinking

Drinking around 5 pints of beer in one session adds up to over 1000 calories. If you do this weekly you could put on a stone (6.3kg) in a year.

3. Couch potatoes - 51% of Britons have done no exercise in the past 4 weeks.

4. Calorie-city - Triple Whopper with cheese = 1,230 calories, 82g fat, compared to a Whopper Junior - 370 calories, 21g fat. (max recommended daily fat intake = 65g)

I hope some of these statistics motivate you to become more active and we may see some new friendly faces in the Fitness Centre.

Guests

Dear members, these are the some of the rules regarding Guests at The British Club:

64(a) All members (except Absent members), and spouses thereof, shall be entitled to introduce guests into the Club providing such introduction does not interfere with the convenience of members and according to the following conditions:

- (i) Members may introduce guests to any of the Club's F&B facilities. However, on weekends and on public holidays, prior management approval is required for guest use of the Poolside Salas and Swimming Pools.
- (ii) Guests may not use the Fitness Centre or Sports Facilities at any time without prior management approval.
- (iii) All guests who enter the Club must be registered as laid down in the By-laws.
- (iv) Not more than three guests may be introduced by any one member or spouse on the same day without the prior approval of the General Committee or the General Manager.

Golf Report for April 2008

Dunlop Cup

The Dunlop Cup is one of the oldest and most popular events in the BCGS calendar. Nowadays it is played over three consecutive days, this year utilising the Chakri day holiday at the beginning of April. It is a better ball competition, so the first prerequisite is securing a good partner – and a golf partner is not necessarily the same animal as a life partner! Much behind the scenes negotiations ensued in the year, and especially the week, before the final pairings took to the course. And what a course it was.

Black Mountain, just outside Hua Hin towards the by-pass, opened just over a year ago, and we were some of its first customers for last year's Dunlop Cup. Magnificent as the club house and golf course are, it was with some trepidation that I approached the venue. I was still trying to get the dust out of my car from the 4km dirt track entrance, but to my great surprise and joy, fresh tarmac had been laid, and we thus arrived earlier than expected, giving more time for the excellent Swedish breakfast at the spa style clubhouse. A "Swedish" breakfast is "American" with fried potatoes instead of sausage and a side course of fresh bread, ham and cheese.

Day One was the qualifying round, where all eleven pairs tried to accumulate as many better ball stableford points as they could. This was the closest qualifying round in the history of the competition since records began (have any records been kept?) with only 6 points separating the highest and lowest. The highest was 44, followed by 4 pairs on 43. As only 4 pairs could go forward into the match play semi-finals the "countback" rule had to be invoked, with Harland & Dianne the unlucky couple. Those not qualifying for the semis continued to play better ball stableford on days 2 and 3, with the highest 3-day score winning the Dunlop Plate. In the semis Heineken Karen and Frank prevailed over Captain (Maureen) and Sponsor (David) 3 & 1 and surprise package Val & Yurachatr overcame the youngsters Gaew & Todd 2 & 1. Back at the clubhouse Harland began to celebrate his birthday, until he was reminded it wasn't actually until



Ladies in Pink



The Finalists



Black Mountain



Spot the Ball

tomorrow, and following copious quantities of delicious food and beverage, most revellers adjourned to the beach, for boules and seafood dinner.

The final day started early, so that those who wanted to, or at least those that had to, could return to Bangkok at a reasonable time. And some were in a hurry so the pace of play was nice and brisk. There was some movement on the Plate leader board during the day, but Harland & Dianne were invincible wrapping up a wire to wire victory with a total of 130 points over 3 days, thus proving that married couples can make a good golf pair, or is this the exception that proves the rule! Last year's Cup champions, Roy & Jeremy, finished second on 124 points, Barry & Brian were the best of the rest with 121 points. In the Cup matches David & Maureen beat Gaew & Todd 5 & 4 for 3rd place, and the Final was nip and tuck and nervous putts until the match was decided on the 17th in favour of Frank and Karen. Time to fill stomachs and quench thirsts, and a birthday cake was presented by the clubhouse staff to Harland, and to Pete G. Our generous sponsor then distributed prizes to the winners and just about everybody else, and of course we had our usual technical prizes, too numerous to list.

April Hassell Stableford

Bangprakong Riverside is very easy to find, less than an hour from the centre of Bangkok down the Chonburi motorway. The tees were in their weekend spots, well forward, the greens much slower than Black Mountain; and there was a stiff breeze, welcome respite from an otherwise very hot day. Fourteen competitors with three scores on or better than Par. Barry (36) missed out on the wine from Peter B (38) and Phil (42). Some bandit off a high handicap! Not at all, Handicap 4, which means Gross 70 - a stunning round of golf with 6 birdies, a joy to watch.

April Millward Brown Firefly Medal

After a week of heavy rain sometime each day the major talking point with the pre-match khao tom and coffee concerned our chances of finishing the round without getting wet. The concerns proved ill founded - in fact the light cloud cover helped take the (excessive) heat out of the day and conditions were very pleasant. Scores varied from atrocious to commendable. The commendables contrived some close finishes. Vaughan had the best score (Net 72) in Division B and David Moran's net 70 won Division A, thus two of our newest members took the honours.

Events for June are (provisionally - send email to bcgs2002@yahoo.co.uk to check):

Sunday 1st June: Club Day at President

Sunday 8th June: Club Day at Royal

Sunday 15th June: Hassell Stableford at Bangkok Golf

Sunday 22nd June: Honda Cup v Japanese Association at Royal

Sunday 29th June: Millward Brown Firefly Medal at Royal

British Club Golf Section contact details

Website: www.geocities.com/bcgolfsociety

Email: bcgs2002@yahoo.co.uk

Phone: Captain, Maureen Gibson 089 017 2254



The Winners and David



Happy Birthday



The Mess

Quote of the month:

“The mark of a great sportsman is not how good they are at their best, but how good they are at their worst.”

Martina Navratilova

Junior Tennis in Thailand

By Andrew Roberts

Fellow member Marcel Petit, a fine player and professional coach, has written many excellent articles in Outpost on the trials and tribulations of nurturing aspiring junior tennis players. All the advice is well received; as a tennis parent I can see profound insight in all his comments.

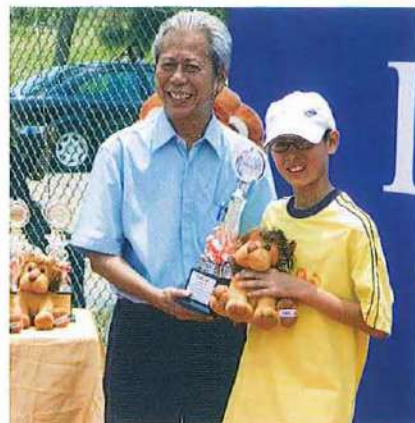
Marcel and I often bump into one another at junior tournaments, and my son Charlie, well known in the Club's tennis section, is playing more frequently than ever. He plays 6 days per week normally and also joins the adults at the British Club for mix-ins whenever he can. He trains at the TT academy near our home on Ram Indra with a group of juniors, six of whom are ranking in the top ten nationally of their respective age groups.

Charlie turned nine at the beginning of 2008 and has therefore now graduated to the under 10s. We expected a tough year as he will meet players one year older. This makes a big difference in tennis experience at this tender age. Add to that the fact that some of the players are already following an

incredibly hectic schedule, with their own courts and in one case a personal tutor taking the place of attending school!

Results were mixed until recently, with Charlie reaching quarterfinals in most tournaments and losing tough matches to some older players. However, the ING Junior Tennis Tournament at Sport & Spa resort on April 16th provided a turning point, and has catalysed his season.

On his way to the final, Charlie beat the number 6, 4, 3 and 2 ranked players, all previous winners of the series of Game Set and Match magazine tournaments. In the final Charlie faced the number one player, who proved to have too much guile at this stage. Very often in junior tennis at this age, so-called moonballers and retrievers can pose a major threat to more cavalier players who hit the ball harder and more aggressively, and thus commit more errors. Anyone seeing Charlie play will see an all-court player who even enjoys forays to the net for some "serve and volley".



For us as tennis parents, we try to emphasize performance and not results; we also believe that training for the long haul is paramount. With so many young players leaving the sport from age 12 onwards, there is a real danger that any young player will get overexposed to the game and quit. It is important to keep things fun and coming to play at the British Club, with its superb tennis facilities, has been just that.

COACH'S CORNER By Marcel Petit

How to Choose a Racket

This month we're going to look at the various factors you should consider when choosing a racket. Should it be flexible or stiff? Oversized or standard? Light or heavy? It's a complex subject but here are a few basic things every player should know.

The thickness of the frame determines power and forgiveness while sacrificing precision: the thicker the frame, the more power and forgiveness are generated. The thinner or more narrow the frame, the more you gain in accuracy.

The grip must be just right for your hand. Once you put the racket in your hand, there should be about 1 cm or 1/2 inch between your palm and the tips of your fingers. This is particularly important for children. Think of your racket as a bird: hold it tight enough so that it won't fly away, but not too tight that you crush it! You are better

off choosing a racket with a grip that is too small; then you simply build it up using one or more overgrips.

The head size determines the racket's ability to generate power and "forgiveness" when you miss hit the ball.

The power of a big head or oversized racket head comes from the fact that you have the maximum stringing distance top to bottom and maximum width, side to side. The longer the distance from top to bottom, the more the strings can recoil to create a "trampoline" effect.

The forgiveness of a frame depends completely on the surface of the racket head. Forgiveness is defined as the capacity of the racket to compensate when the ball is not struck in the sweet spot, the spot that determines how the ball feels as well as levels of control and power. The bigger the racket head, the more forgiveness it offers.

The stringing pattern has a direct effect on the level of control and power. When the racket is strung tightly, with the strings close together, there is less space between the strings, so they stay in place and recoil less. This means more control over the ball. Conversely, with a racket strung more loosely, with strings farther apart, the more they can move, thus making it easier to create "effects" (spin, slice, etc.)

The strings in a more loosely strung racket will wear out more quickly because they move more.

Finally the size and structure of the head determine the racket's sweet spot, which is where you want to strike the ball for maximum power, control and comfort. Usually this corresponds to the zone where the strings are the



longest and therefore, more flexible. The structure of the head can increase the size of the sweet spot – isometric frames were developed for precisely this reason. Frames shaped like drop-lets were created to augment "comfort."

SMALL RACKET HEADS GIVE YOU MORE CONTROL WHEREAS BIG HEADS GENERATE POWER.

Most rackets **WEIGH** between 225 and 350 grams. Weight determines manoeuvrability – that is, how hard or easy it is to handle the racket. The weight you choose depends on your level of skill and physical fitness.

Composition: the materials used to manufacture your racket determine not only its weight and manoeuvrability but also its power and comfort zone. Aluminium: rackets are light but there are many vibrations Graphite: combines lightness and stiffness Carbon fibre: flexibility and comfort Titanium: very stiff

Generally speaking, if you play often, your racket will lose some of the qualities mentioned above within two years because of tiny fissures caused by contact with the ball.

Racket Stiffness: measured by Rahmen Units The most flexible rackets: less than 62 RA Stiff rackets: more than 67 RA

Each brand has its own set of indicators (for marketing purposes) but a RA index is used by all brands to assess stiffness/flexibility.

The only variable besides a frame wearing out is the string tension. It's up to each player to decide whether to compensate or augment control or power.

The greater the tension, the more control the player has. The lower the tension, the more forgiving the racket.

Nevertheless, if your strings are strung too loosely, you will lose both power and control. The Balance of the Racket: is measured by the distance between the base of the grip (handle) and the balance.

The balance should reflect your style and your body type in order to avoid injury (such as tennis elbow).

For groundstroke players who like to stay at the baseline, it's better to choose a racket with a heavier head

(34 cm + in size) to enhance power. For aggressive, net players, it's better to choose a racket weighted towards the grip to get optimal manoeuvrability.

For all-court players: about 34 cm.

ADVICE: Ask your tennis teacher or a sales person who plays tennis to guide you in the choice of your new racket. They know how you play, understand your physical strengths and weaknesses better than a stranger peddling his own brand. Visit the web sites of different brands to compare the criteria mentioned above. **TAKE YOUR TIME.** Choose three or four styles of racket, then try them out after you've had them strung with different tensions. **CAREFUL:** tennis elbow often comes on the heels of a racket change, stringing or a grip that is too small (I squeeze too hard) or too big (I have trouble squeezing...). If you play on a regular basis, change rackets every two years.

NEXT MONTH: we'll look at how to choose your strings as well as a selection of rackets with their characteristics

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Thursday 9:00–11:00pm Practice on the Tennis Court

Pipe Band

Monday 7:00–10:30pm Practice - upstairs Clubrooms
Wednesday 7:00–10:30pm Practice - upstairs Clubrooms

Rugby

Thursday 7:00–9:00pm Practice on the Tennis court

Spoofing

Tuesday 8:30pm until late - Churchill Bar

Squash

Tuesday 5:15–8:15pm Casual Mix-in
1st Saturday of every month 2:00pm Handicap Mix-in
Thursday 5:15–9:00pm Mix-in
And 1st Sunday of every month 10:30am–2:15pm

Swimming

Friday 2:00–5:30pm junior classes
Saturday 9:00am–2:00pm junior classes

Tennis

Match Play
Monday 6:00–10:00pm
Mix-in All Standards
Wednesday 6:00–10:00pm
Friday 6:00–10:00pm
Ladies Mix-in
Tuesday 8:00–11:00am
Thursday 8:00–11:00am
Team Practice
Sunday 9:00–11:00am

Tennis Coaching

With Khun Pierre...
Friday 3:30–5:30pm: Junior tennis
(Contact Reed in the Fitness Centre for more details)

Yoga

Sunday 2:30–3:30pm

Sports/Activities Price List

Aqua Aerobics

Bt 3,000 for 10 sessions

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Use of cricket nets - Bt 300 day/Bt 600 evening if lights needed

Massage

Thai massage/foot massage - Bt 250 per hourly session (except Mondays)

Squash

Private coaching with David Lines - Bt 700 for 1 hour

Squash courts

Bt 50 per 45 min

Swimming

British Club Swimming lessons – Bt 325 per session, Bt 3,250 for 10 lessons

Tennis

Private coaching with Khun Jang – Bt 550/hour

Junior Tennis

Bt 5,500 for 10 lessons (Friday)

Tennis courts

Bt 30 per hour am/Bt 90 per hour pm

Tennis knockers

Hourly knocking sessions with – Khun Kaew (Bt 500), Khun Tom (Bt 400),
Khun Choon (Bt 400), Khun Phon (Bt 300), Khun Champ (Bt 300)

Yoga

Bt 2,500/month for 10 sessions; drop-in Bt 300 per session

Double Diabolical Sudoku

We received 11 entries for the May sudokus, with times ranging from 8 minutes (a new record!!) to 75 minutes. Averages were fast too, with the average time for Puzzle No 1 being 37.5 minutes and Puzzle No 2 just 32.5 minutes.

Here are another two minimal Diabolical Sudokus. As usual, each Sudoku will have its own draw and for each a bottle of wine goes to the skilful – and lucky – winner.

Fax or deliver your completed sudoku/s to Barry Osborne as soon as possible after receiving Outpost. Entries must be received by the 10th of the month (but we will extend the deadline in the rare event that Outpost is late out). The author of the first correct entry (for each Sudoku) drawn out of a hat will win a bottle of wine.

		3			2		5	
				1		6		
			5				4	
7	8							
1								
				6		7		1
	2	5	3					
						8		

Rating: 'Diabolically Difficult'

Solution times: You tell us! Write down your time next to your completed puzzle(s) – be truthful now!

May SUDOKU WINNERS

The winner of the draw for the first puzzle is Andrew Robertson (R87). Congratulations Andrew on your first sudoku win.

And congratulations to Dr J P Dickson (D6) the winner of the second diabolical sudoku draw – and his second sudoku win this year.

To the winners, just a reminder that we at Outpost are always available to help you drink your wine, should you need assistance ...

If you missed out this time, there are two more chances on this page ...

Each sudoku has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

		3		6				
							5	
							4	
		6			1	7		
2			5					
						3		
4	5		2					
				7		6		1
	8							

Rating: 'Diabolically Difficult'

Solution times: You tell us! Write down your time next to your completed puzzle(s) – no fibbing!

Exciting Pattaya 10s

The Pattaya 10s had come around very quickly after the Songkran holidays and we weren't sure what sort of team we could field. In recent games we were fielding mish-mash teams as it was the university holidays and many of our players had gone back home up country.

Club captain Magnus Andersson was away enjoying the spoils of winter and Team Captain Morcar McConnell was recovering from torn ankle ligaments, so the heart of the team was already missing!! Nevertheless we managed to put three teams together for the weekend and off we went!

Our first game was against our old rivals the Southerners. It was the first game of the tournament starting at 9 am and in true British Club style only half the team turned up at 9.30am! The organizers however, could move the schedule up as our 2nd and 3rd teams were playing in the following games. We managed to throw a few players together and get on the pitch against a very well drilled Southerners side looking very regimental in their new camouflage uniforms. They were too prepared for us and raced out to a 15-0 lead at half time. Luckily for us the rest of our team showed up and we changed the team at half time. Morcar, not wanting to get embarrassed by the Southerners, decide to have a run and see how his ankle was. The whole team fought hard in the second half but only managed to peg two tries back, losing 15-12.

Our next game was against Mahasarakam University, who we know very well from our recent tours in the Northeast and also the Lao 10s where we met them in the semi-finals. We were much better prepared for this game with the full team having turned up and warmed up. We were expecting a tough fast game against Mahasarakam but their long drive down from the Northeast must have been affecting them as they seemed very lethargic and it was very easy to win the ball back from them. We took a comfortable 19-0 lead into halftime. Morcar made the fatal mistake of thinking the game was over and made many changes at half time. Mahasarakam scored two quick tries and were only 19-14 down with a few minutes to go, their coach obviously having very stern words at half time. We had now ourselves gone to sleep and couldn't seem to manage to get a pass together or string anything resembling a move. We had a frantic last 2 minutes defending our line but with a couple of the boys really putting their bodies on the line we managed to scrape past Mahasarakam University. Luckily we had 2 hours break before our next game.

Bangkok University was next. This was almost a game against ourselves, as the majority of the Bangkok University team had been part of the BC squad two seasons ago before we lost them to professionalism. Bangkok University pushed the Southerners all the way and was looking the stronger towards the end, but it ended 0-0. So we were expecting a titanic struggle, both teams needing a win to go into the cup

next day. The game was played at an immensely fast pace, end to end with no breaks off play. The BC were hanging in there and trying to slow the game down using our bigger forwards. With 2 minutes to go Bangkok University couldn't get the ball back off our forwards who were picking and driving from the half way line. Not much of a spectacle, but it was very effective. We got to the their 22-meter line, a surprise quick break blind by our scrum half Mac drew all the Bangkok University backs to the blind leaving a huge overlap on the open with Morcar on the wing. The ball was swung wide, the stand-in fly half Jud missing out the inside centre passing to Train and luckily Train decide to run and not pass to Morcar who in his present state would not have made it! The desperate cover tackle was not enough as Train powered over the line. Mac followed with the conversion, the hooter sounded and it was over! We were in the cup and could start nursing our wounds as it was a very tough first day.

The 2nd and 3rd team had a much harder time than us. We didn't quite have enough players for two teams so they were playing two games in a row, but they played well and showed much improvement, some of the new players really standing out. The 2nd team finished the day making the plate, the 3rds not managing a win dropped down to the bowl.

The next morning our first game was at 11.30 am. Could we really be late again? We had drawn the very tough Werthers Originals from Bognor in England. Along with the Thai Ba-Bas they looked the strongest in the first day. True to form we turned up at 11.31 am. Supremely puzzling to Morcar and Big Rob who had started the Sunday with waking up at 6am to get an early morning run on Jomtien beach and a huge breakfast buffet at the Amari Hotel. They had then been waiting all morning at the Horseshoe Point and actually told everyone to turn up at 10am!

Their game plan was obvious and so was ours. They tried to bash us up and down the field with their bigger more powerful forwards. We tried to use our speed out wide and pass the ball out every chance we had. The difference in styles made for an entertaining game. No tries before half time, the Werthers camped on the BC try line for the whole of the first half, the BC boys defending like their lives depended on it, with two or three boys throwing themselves at the endless onslaught of the Werthers forwards crashing towards our line. Half time couldn't come quickly enough. We were going downhill in the second half and planned to run everything. We almost played touch at times as we avoided contact and kept their bigger players chasing the ball. Our backs were swinging the ball from touchline to touchline and it was clear they were getting very tired. From a ruck Mac broke blind and gave a quick pass to Train, with only a few meters to work in Train danced around his opposite winger and was clear, a 50-meter sprint and the first points were ours. Time was running out for Werthers



The scrum on the move

and they were getting frustrated, their captain getting sent off for punching Big Rob who claims he did nothing. But we all know Big Rob better than that. With one man down and one minute to go the game was ours, we kept the ball well and passed it around until the gap appeared, Jud playing flanker today making the decisive break and touching down. 14-0. A big surprise victory with many shocked supporters looking on as the hooter sounded.

The semi-final was against the Thai Ba-Bas. The British Club, being the only team to have a winning record against them, was confident after our victory in the quarter final. However this game we were no match for the much fitter faster team. Our first game had taken too much energy and we were just run off our feet in the end. The Ba-Bas had been training hard for the tens season this year and you could see it. 36-7 at the hooter. Even losing, it was a very enjoyable weekend as we had played some great rugby and upset many teams.

Results

British Club 1st Team at Pattaya 10s, May 3 – 4, 2008

First day played:

Southerners Lost 15 - 12

Maharakam University Won 19 - 14

Bangkok University Won 7 - 0

Second day played:

Werthers Originals Won 14 - 0

Thai Ba-Bas Lost 36 - 7

The 2nd and 3rd teams were feeling Saturday night's court session too much as many of them were on their first tour and the punishment is quite brutal!! They played valiantly but lost their first games, and I think they were happy to spend the rest of the day in the pool.

A very successful and fun weekend was enjoyed by all. The Thai Ba-Bas, too fit for a depleted Southerners side in the final, were the eventual champions.

Just a note to thank Jimmy Howard and the boys in Pattaya for putting on a great weekend, probably the best Pattaya 10s yet.

Yours in rugby,
Magnus Andersson
Rugby Section Club Captain



Lineout with little scrumhalf



Two or maybe three Lao players equals the size of one BC player

Squashy Bits

Thank you to the anonymous sheep who wrote last month's Squashy Bits. Coming back from my world tour I was afraid I would find Outpost full of pictures of obscure red-shirted sports teams ... but Baa-rvyn was surprisingly well-behaved and is now the official deputy Squashy Bits put-together-er.

2008 AGM and Mix-Up

The event of the month was of course the eagerly anticipated BC Squash Section Annual General Meeting and Mix-up on 27th April. There was a goodly turnout of about 25 squashies at the AGM and the somewhat eccentric proceedings were conducted as usual by our long-standing chairman, Mr. Peter Corney (can anyone remember who was the last one?). The agenda passed around was for 2003 and the accounts were for 2005 ... but nobody seemed to notice.

Timed at 8 minutes, it was longer than usual because Peter was in an unusually expansive and eloquent mood. He opened by offering the apologies of David Mason who couldn't make it because he was doing his washing, and then individually thanked every one of his committee members profusely for their hard work during the year: David Lines for his inspirational captaincy, excellent coaching and linguistic skills; James Crossley-Smith for never coming to committee meetings but expertly cooking the books; luvly Jayne for being the best-looker by a mile; Marvyn for keeping his mouth shut at least some of the time; David Eastgate for his unflagging battles with the management to get something done about the shower-heads in the men's changing rooms; and of course Jack Dunford for his brilliant, in-depth squash articles for Outpost.

Club Captain David Lines was overwhelmed with emotion as he recalled many famous victories during the year with rousing rallying calls of, "Eee lads, we're all part of the team 'ere at the BC", "Eee, there's no lass bonnier than our Shirley" etc, etc.. James Crossley-Smith stunned everyone with his masterly grip on numbers, reporting that we had spent a bit more than we received and didn't have quite as much now as when we started ... or was it the other way round?

Under "any other business" Peter decided not to waste any valuable time discussing boring things like BC sports' membership, Club development, player discipline etc, and moved on quickly to the election of the Committee for 2008 which went something like this: "Jayne has given up squash and is into mud-wrestling now, and James Crossley-Smith can't take the pressure any more ... so someone else will have to take their places. Everyone agree? Thank you. The meeting's over. Let's get stuck into the booze". (Watch this space for new committee portfolios next month.)

From then on things got better. For some complicated reason in the Club bylaws, governed by the GC policy and procedures manual, normally sports sections have to pay



AGM08 - A goodly turnout!



AGM action



Vote'm in again!



Baa'rbyn holds forth



You figure it!



Mix-up champs



George takes on the best!

about 500 baht a head for a few sausages and a chicken leg, but this year the squash committee cunningly worked out that if we had our lunch early we could have the Sunday Carvery at the same price as other members for only 350 baht ... so the grub was great and the best value ever.

These occasions are of course also famous for Marvyn's quizzes with lots of valuable prizes like out-sized sports shirts, desk fountain pen holders and waterproof golf ball holders, all generously donated by the section members and supporters. This year the theme was "Welsh pop music 1927 to 1973". All the prizes were won although no one knew whether the answers were correct or not.

Fourteen squashies had played in the mix-up beforehand with Da (again) and Frank Flatters winning the two divisions. Great to have David "Achilles" Hedge back to join in the fun. Unfortunately for the family silver, Da took it easy on the old man in the play-off and kindly kept hitting the ball straight back to him when a few shots down the wall would have had him on his knees ... but well done Frank!

League Winners

Congratulations to the winners of the April League #230: Division 1, Chris Vendrell, 2 Shiraz Poonevala, 3 Peter Corney. Wow! A new name at the top, well done Chris!

Ladder

Having not played squash for two years and two months I occasionally look at the ladder to see how far my name card has dropped, carefully weighing up the opportune moment to return. I have no idea how Da got above me having never, ever, beaten me, but watch out ... I've just painted the living room ceiling and figured out that my shoulder is just about ready for a comeback soon!

Family Matters

And whilst on domestic affairs, George, Vicky and Amelia are making a surprise visit to Bangkok at the time of writing. George, intent on impressing everyone with his squash skills last night took on Tom Annas in front of a packed gallery (well, me and Mark), playing out a thriller and creditably going down only 20-21 on the last point. "It wasn't fair really ..." said Tom with his usual modesty, "... I've had 48 years more experience!"

Other Squash

The 18th RBSC International Squash Doubles Tournament took place at the beginning of May. I was not able to get along for the action but I am hoping my stringers will have some pictures and a report for next month. There should also be a report on the Indonesian open scheduled for early June where there are high hopes of Khun Nan bringing home the goodies again. Until then ...

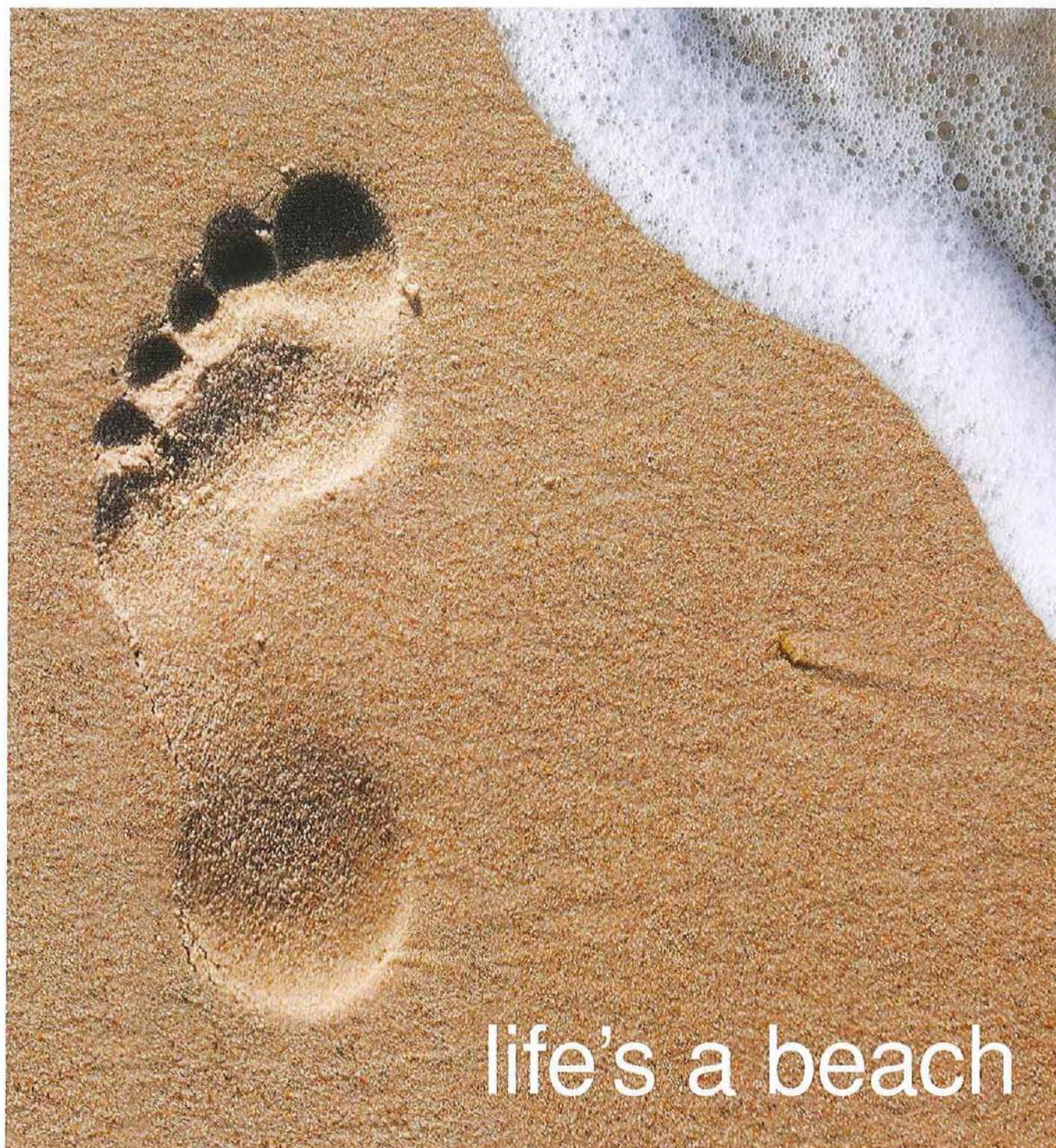
Happy Squashing!

Jack Dunford

Getting in touch

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Balut - Phil Alexander (philalexander@martellorealty.com)		Pipe Band - Angus McKernan (angus.mckernan@gmail.com)
Bridge - Jeremy Watson (jerrywat@ksc.th.com)		Rugby - Magnus Andersson (magnus.andersson@hhs.se)
Cricket - Zeeshan Khan (shan@bangkokgemmart.com)		Spoofers - John Boisclair (benedict@ksc.th.com)
Football - Peter Rodgers (p_a_rodgers@yahoo.co.uk)		Squash - Peter Corney (peter@acagroup.com)
		Tennis - Marc Nussaume (marcnus@hotmail.com)
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St David's - Mrs Stephanie Jones (stephanie.j@shrewsbury.ac.th)		St Patrick's - Desmond Kimmet (deskimmet@yahoo.com)
Associated Groups		
Australians in Thailand		http://www.ait.org.au
Babies and Mothers Bangkok International		http://www.bambiweb.org/
Bangkok Community Theatre		http://www.bct-th.org/
Bangkok Music Society		http://www.bms.in.th/
Bangkok Reel Club		Meilan Henderson - meilan@mail.com
British Chamber of Commerce Thailand		http://www.bccthai.com
British Women's Group		http://www.bwgbangkok.com
Committee for Coordination of Services to Displaced Persons in Thailand		http://www.ccsdpt.org
Masonic Lodge of St John		Chris Moore - lasanne@loxinfo.co.th
New Zealand Society		http://www.nzocietythailand.com
New Zealand - Thai Chamber of Commerce		http://www.nztcc.org
Society of Professional Engineers in Thailand		Chris Moore - lasanne@loxinfo.co.th
Thai Canadian Chamber of Commerce		http://www.tccc.or.th
Miscellaneous		
BCB Webpage	online	http://www.britishclubbangkok.org
Outpost Submissions	Member magazine	outpost@britishclubbangkok.org

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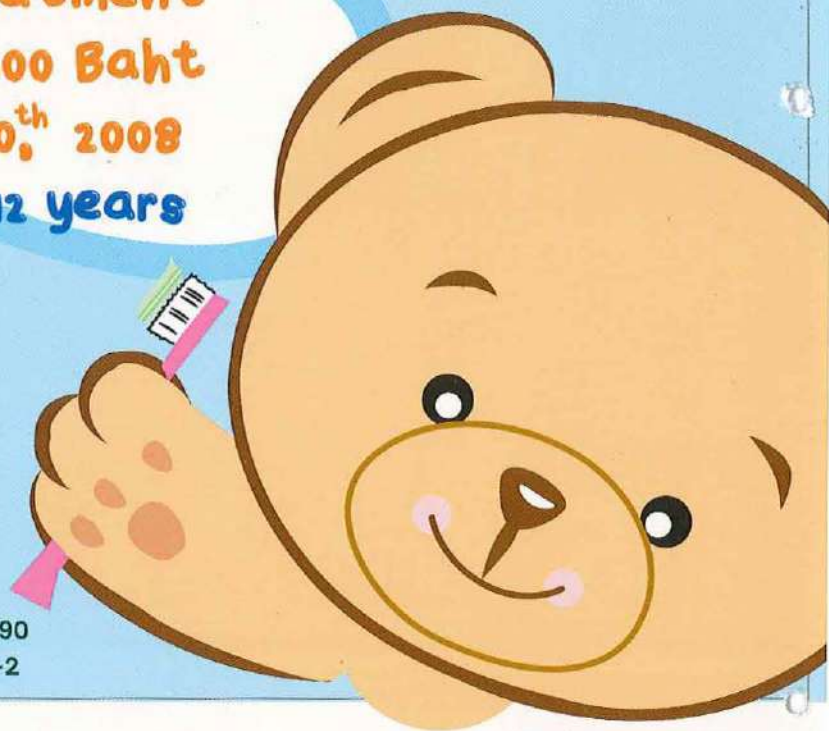
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