

OUTPOST

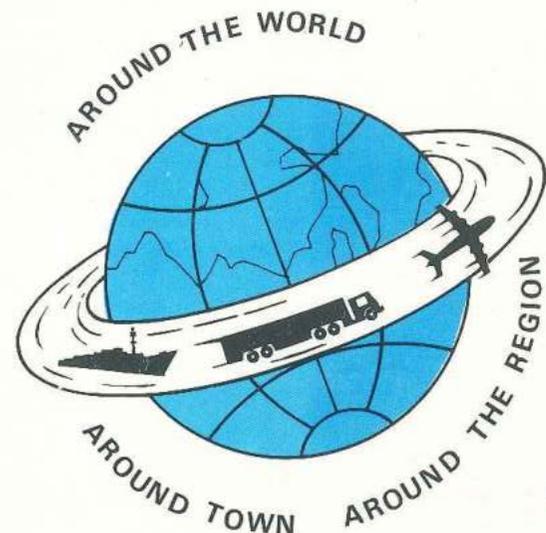
MONTHLY MAGAZINE OF THE BRITISH CLUB

JULY 1986



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From THE EDITOR



THIS will be our last full issue until October as the Editorial staff will be on leave. However, the Committee has valiantly offered to put together skeleton issues for August and September. Thanks lads.

Apologies for the poor quality printing in the June issue - most of the photographs were reduced to black blobs! Our printing press is obviously on its last legs and the situation is being studied. Hopefully alternatives will be available by the time we return in the Autumn.

Congratulations to last month's Jingjok for such a hilarious "tongue-in-cheek" prod at our new committee. We look forward to more juicy comments and, with all the changes being made by our very energetic Committee, he should have plenty of scope.

Happy home leave to all our readers and see you in October.



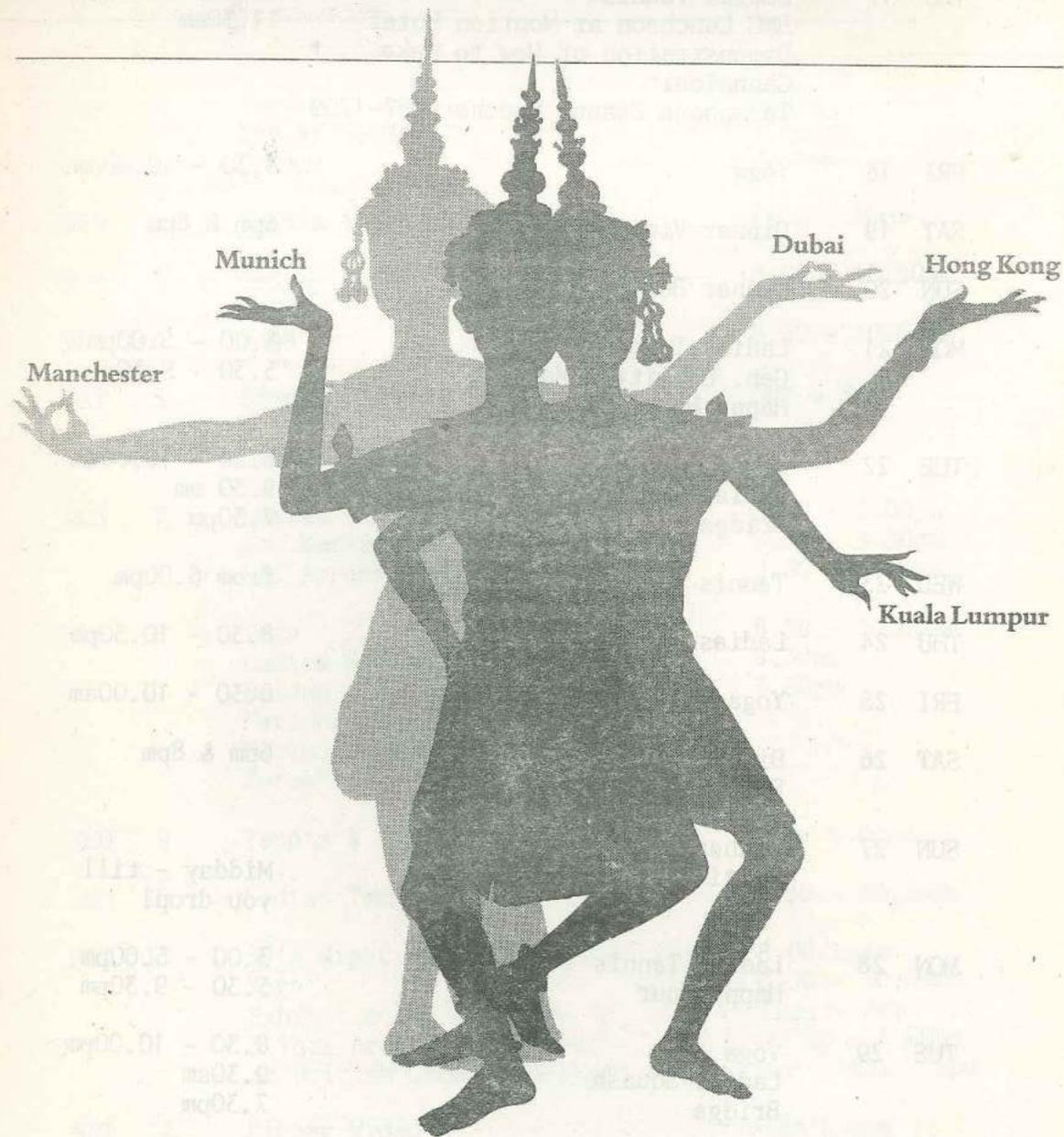
DIARY



TUE	1	Yoga Ladies Squash Bridge	8.30 - 10.00am 9.30am 7.30pm
WED	2	Tennis & Squash Club Night	from 6.00pm
THU	3	Ladies Tennis	8.30 - 10.30am
FRI	4	Yoga	8.30 - 10.00am
SAT	5	Dinner Video	6pm & 8pm
SUN	6	Dinner Buffet	
MON	7	Ladies Tennis New Members' Night/Happy Hour Red Arrows Demonstration	3.00 - 5.00pm 5.30 - 9.30pm 2.30 - 3.00pm
TUE	8	Yoga Ladies Squash Bridge National Museum Volunteers Monthly Lecture. "Films on Korea"	8.30 - 10.00am 9.30am 7.30pm
WED	9	Tennis & Squash Club Night	from 6.00pm
THU	10	Ladies Tennis	8.30 - 10.30am
FRI	11	50's Night in the Churchill Bar Yoga Exhibition of Drawings by 3 Thai Artists 11-31 July at British Council Gallery	8.00/late 8.30 - 10.00am Tues.- Fri. 10.00 - 7.00pm Sat. 10am - 5pm
SAT	12	Dinner Video	6pm & 8pm
SUN	13	Dinner Buffet	
MON	14	Bastille Day Restaurant Speciality Night Ladies Tennis Happy Hour	7.30pm 3.00 - 5.00pm 5.30 - 9.30pm

TUE	15	Yoga Ladies Squash Bridge	8.30 - 10.00am 9.30am 7.30pm
WED	16	Tennis & Squash Club Night	from 6.00pm
THU	17	Ladies Tennis BWG Luncheon at Montien Hotel Demonstration of How to make Canneloni Telephone Deanne Boucher 287-1209	8.30 - 10.30am 11.30am
FRI	18	Yoga	8.30 - 10.00am
SAT	19	Dinner Video	6pm & 8pm
SUN	20	Dinner Buffet	
MON	21	Ladies Tennis Gen. Committee Meeting Happy Hour	3.00 - 5.00pm 5.30 - 9.30pm
TUE	22	Yoga Ladies Squash Bridge	8.30 - 10.00am 9.30 am 7.30pm
WED	23	Tennis & Squash Club Night	from 6.00pm
THU	24	Ladies Tennis	8.30 - 10.30pm
FRI	25	Yoga	8.30 - 10.00am
SAT	26	Dinner Video Ship's Visit	6pm & 8pm
SUN	27	Dinner Buffet Multi-spit at the Snakepit	Midday - till you drop!
MON	28	Ladies Tennis Happy Hour	3.00 - 5.00pm 5.30 - 9.30pm
TUE	29	Yoga Ladies Squash Bridge	8.30 - 10.00pm 9.30am 7.30pm
WED	30	Tennis & Squash Club Night	from 6.00pm
THU	31	Ladies Tennis	8.30 - 10.30am

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Jingjok

"May it please Your Majesty, the Spanish Armada now lies at the bottom of the Channel."

Sir Francis Drake, 1588

"Napoleon is crushed, and England is safe."

Lord Wellington, 1815

"We shall fight them on the beaches...."

Sir Winston Churchill, 1940

"Please come in, you're very welcome."

The British Club Committee, 1986

The Wild Bunch have ignored the lessons taught to us by those illustrious heroes who in times past have valiantly defended our shores. They have rejected the groundswell of Members' opinions opposing their zeal for change. And they have failed to heed my warnings about the damage they will do to the fabric of this Venerable Club.

They seem determined in their resolve to bring new members into the Club, at any cost.

They are now attempting to mollify the uniformly adverse reaction to their hare-brained schemes by stating that their radical changes are in fact merely procedural. They say that they have retained the right to veto unsuitable applications for membership and that this will safeguard the intrinsic Britishness of the Club. This is clearly absurd. Already by their naive antics, they have shown they lack the right spirit to lead this Club. Had we relied on them to protect us from the Armada, Napoleon and Hitler there is no doubt that today we would be eating paella, snails and sauerkraut.

They are also attempting to justify their rash behaviour by claiming the Club needs extra revenue and can comfortably accommodate more Members. The logic is again flawed, and the weaselling excuses are pathetic. The cash flow is currently problematical because of impudent decisions last year to develop unnecessary and costly facilities and to renovate when

renovations were not needed. This shortfall can easily be made up by current Members increasing their usage of the Club. Be unstinting in the Bar and keep outsiders where they belong: outside.

As for there being ample room, a visit to the Bar on recent Monday evenings gives this the lie. There is a lemming-like charge, led by the Wild Bunch, to partake of the cheap liquor-reduced in price by none other than the Wild Bunch themselves. Senior Members who escape being trampled have been elbowed out of their customary places by junior Members, Americans and women.

My forebodings were justified.

There are however some glimmers of hope. First, I am heartened to note that the "New Blood" injected by the Wild Bunch's barrel-scraping is barely a thimbleful. As predicted, the Membership has repudiated its misguided leadership. Secondly, the Members clearly realise how they should disport themselves regarding Dress in the Club House. I have observed shorts being worn on a very few people - and only those from whom nothing better could be expected.

But I am most pleased by the rising tide of discontent against the Committee's arbitrary pronouncements. I trust it will not be long before the Wild Bunch are flushed out completely.

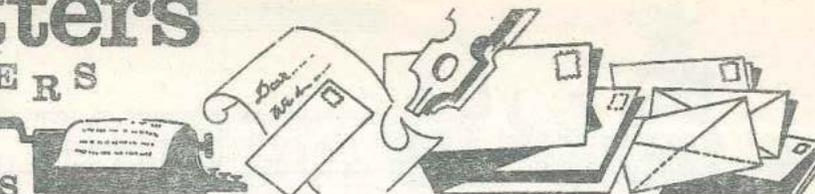
Jingjok

Letters

LETTERS

Letters

LETTERS



Dear Sirs,

May I take issue with your contributor Mr. Jingjok? He really is a stuffed shirt, isn't he? Or perhaps I should say a stuffed sporan, since there is presumably a Scotsman masquerading under that ludicrous and transparent pseudonym.

Sirs, I was a member of the British Club for four years and have recently returned to Bangkok and the Club after a decade's absence. Compared with the old days which Mr. Jingjok wishes to restore the Club is definitely a much friendlier place. I reckon I have got to know more people in one year more than I did in four years before. On one occasion in the early 70s a friend of my wife's addressed an innocent remark to an elderly female, who removed her lorgnette, replied "I don't think we've been introduced" and returned to her book! Such an encounter would not happen in 1986 and if its absence is a result of the corporate dementia of the committee, then such dementia is more than welcome. The committee is after all hardly senile, consisting as it now does of men in (or at least within recent memory of) their prime. If we need new members, then let's get them!

However, I do feel that the carrot dangled before us donkeys is a little inappropriate, and discriminates (unwittingly I trust) against the squash fraternity. This fine body of guys (and dolls) is, unlike other sporting groups within the Club, noted for its sobriety and unlimited consumption of nam manow. No squash player would dream of allowing a bottle, or even a barrel, of bubbly to induce him to join the hunt for new members. No, sirs, nothing less than free squash court stickers to the equivalent value will do. I trust this injustice will soon be rectified.

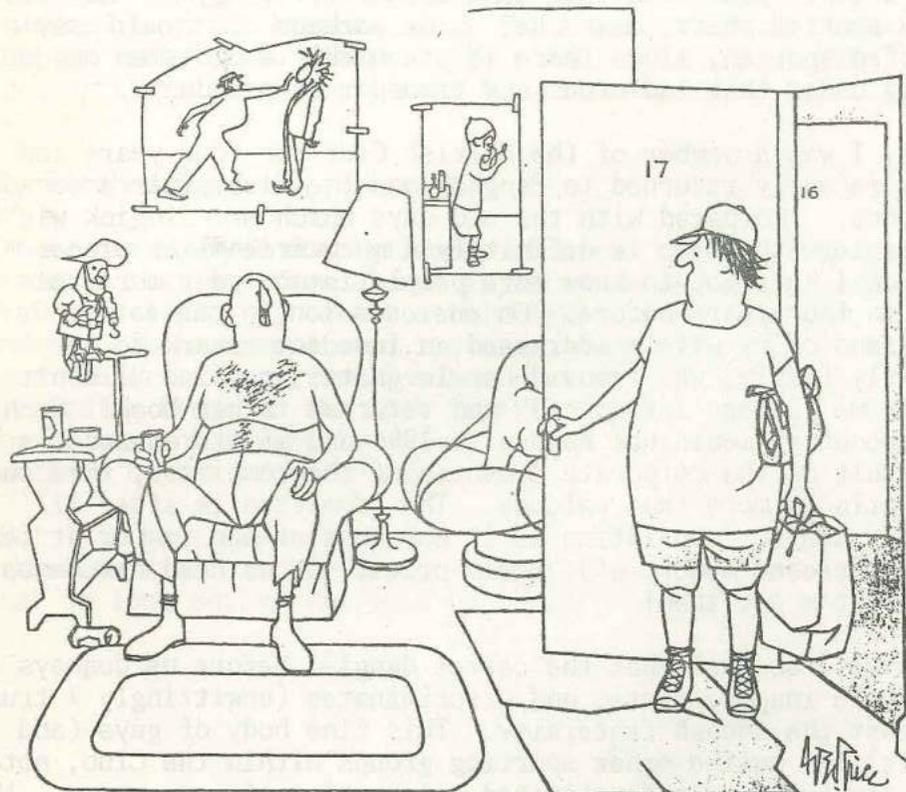
Good luck to the committee in their efforts to get new blood. Maybe we shall have black pudding on the club menu soon.

And may Mr. Jingjok get caught by one of the club cats. I probably belong to his generation, but would like you to know that not everyone of his age shares his views.

Confident that I, and not he, represent the majority of older members, I remain.

Yours (not too) sincerely,

TOOKAY



"Oh, it's you. I thought I heard the rustle of silk."

CLUB ROUNDUP



BYELAW 9 AMENDMENT

By action of the General Committee on 19th May 1986 Byelaw 9 relating to Dress has been amended to read:

9. Dress

It is expected that Members and their guests will be appropriately dressed whilst on the Club premises.

In the Club House footwear must be worn and bathing costumes, trunks and soiled sportswear may not be worn except by users of the Club House changing rooms.

This amendment has been made to accommodate many Members' opinions that respectable shorts, especially ladies' fashion shorts, are acceptable forms of dress in informal social situations. There have also been embarrassing incidents when visiting Service personnel or sports teams have arrived in shorts and contravened the old byelaw.

The Committee has resisted suggestions to define "respectable shorts" and will trust in the good sense of Members to ensure that this amendment does not result in a general degeneration of dress standards. It is not the Committee's intention to turn the Churchill Bar into a sports bar by this action and this amended byelaw prohibits sports players from entering the Bar in their soiled sportswear after exercise. We trust that this amendment will remove existing anomalies and expect all Members to observe the general requirement to dress "appropriately" whilst on the Club premises. If necessary the byelaw will be reviewed again at a later date.

D.C. Williamson
Manager

OUR VISIT TO THE CIRCUS

On May 24th at 3.00 pm a British Club Outing set out in two big coaches to go to Chipperfields Circus. The tour arrived there at 4.00 pm it was great and I was there. We bought popcorn and drinks, then walked over to some steps leading up and into a huge blue and red tent with lots of flags and a complicated metal structure on top.

Inside the tent it was airconditioned but not the usual freezing Thaistyle. There were wires every where. At 4.30 a bouncy little man with a top hat on introduced the circus and the first act started. A blue man with a whip and a curly mustache made polar bears do hilarious tricks. Many other funny things were done with the animals including a tiger who stood on a sparkling ball and spun it round (I bet it felt very dizzy afterwards.)

After this the circus changed a bit, all the acting was done by people. Funny men juggled hoops and played soccer; clowns played instruments and when they cried their tears were TEN feet long. Acrobats swung from trapezes and leapt through the air. My favourite part was when four actors climbed up four poles and made the poles bend backwards and forwards while performing funny tricks all the time.

I thought the outing was very successful and alot of fun!!!

By: George Dunford

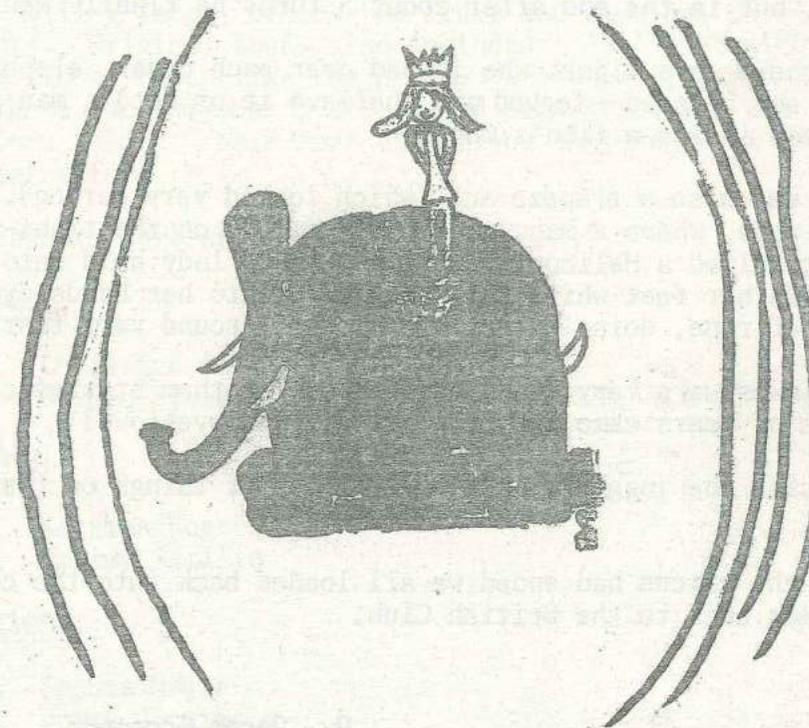
On the 24th of May I went to the circus with the British Club. It was very good and exciting. I can't make up my mind which show was best. The actors must have been brave because they were doing somoursalts in the air by swinging of a swing and being caught by another person on another swing and then swung up and stood on a platform on top of the swing. And that was our day at CHIPPERFIELDS CIRCUS it was all about 2 hours long.

By: Sally Dunford

CHIPPERFIELDS CIRCUS

On the 24th of May we all met at the British Club to go to Chipperfields Circus. There were two coaches with air-conditioners in them to take us to the Circus. We left for the Circus at 3.30. When we got there, we went into the tent, and took our seats. First we had the bears then the non striped tigers then the striped tigers and last of all the lions. In between we had people dance and people climbing up poles and doing acrobatics on top. I can't remember what came next but they were all exciting. I can remember one which was my favorite one it was called the "flying Camel act" which was people swinging on trapezes.

After the Circus we went home.



By Zoe O'Connor

sack race and even the Dads put on a great show. (I wonder how they would have got on in the dressing-up relay?) The egg and spoon race and under 5's bunny hop were next, followed by a mummy wrapping competition in which one child had to wrap his or her partner in toilet paper to look like a mummy. This was so popular, David Williamson had to be sent to raid the BC stock cupboard for more loo paper. The winners of that race were very hard to distinguish!

Once again, the egg throwing contests were the most popular events of the day and you could easily pick out the T-ball players! As for the adults - well it obviously depended on how much practice each couple had previously had in this art. Jane Kefford, a last-minute entrant (you should have stayed in Central another 10 minutes, Jane) collided with a Pepsi broolly as she reeled around to catch a fast throw from Andrew. No damage done to Jane or the egg. The B.C. eggs at one time were under suspicion as competitors were seen to catch them on the second bounce, or chase them across the lawn. Katherine Sill was a bit unlucky though as her rolling egg hit a chair leg!

The donut eating competition was as usual a messy affair and saw little children stuffing their mouths so full they could hardly chew let alone swallow. Great team spirit here as "big kids" were seen to scream and jump up and down encouraging the under-5 favourites. Maia McAlister was so determined her younger brother, Maxwell was going to win that she had to be restrained from cramming his little mouth so full. I'm still amazed no-one was sick - or were they?

Running races were requested by so many that they were added to the programme and, in fact, replaced the tug-of-war as it was getting so late.

The Maypole Dance - or rather an attempt at it - was not a roaring success despite Mike Harder's instructions. How about starting a weekly practice session now for next year, Mike?

The children I think would have carried on all night if the parents had not decided it was time to take advantage of the new "shorts allowed in the bar" rule. So cartoons were shown for the kids in the Suriwongse Room after ice-cream had been handed out to all those who were not already full of popcorn and candy floss.

What a great day and, judging by the enthusiasm of all up to the last minute, enjoyed by everyone who went. Thank you to Pepsi who supplied the drinks, popcorn, candy floss and prizes, to Rita Dunford for her great organization, to Jim Howard. M.C. and to all those who made the day so much fun.

LIST OF WINNERS

MAY DAY FESTIVAL - 22ND MAY 1986

Under 5's Bunny Hop:

<u>1st</u>	<u>2nd</u>	<u>3rd</u>
Gemma Murdoch	Gemma Jack	Katarina Davison

Dressing Up Relay:

<u>1st</u>	<u>2nd</u>
Natalie Garvey Scott Quinn Caroline Quinn Tosha Sander Mark Freeman Nadia Hall	Nigel Howard Sarah Rennie Richard Cramp Katie Sill Damian McDonald Gordon Fowles George Dunford

Sack Race:

<u>1st</u>	<u>2nd</u>	<u>3rd</u>
Scott Quinn Nicholas Ferguson James Garvey	Katie Sill Kristen Shryer Caroline Quinn	Natalie Garvey Michelle Howard Mark Freeman

Dads

Bruce Murdoch	Lau Larsen	Jack Dunford
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Egg & Spoon Race:

<u>1st</u>	<u>2nd</u>	<u>3rd</u>
Scott Quinn Michelle Howard Caroline Quinn Katie Gidley	April Mitton Damian McDonald Mark Freeman Katarina Davison	Natasha Lovell Sarah Rennie Robert Brittain Anna Freeman

Mummy Wrapping:

<u>1st</u>	<u>2nd</u>	<u>3rd</u>
[Scott Quinn Gordon Fowles	[Jacqueline Howard Katie Sill	[Nigel Howard Ali Fancy
[Maia McAlister Mark McAlister	[Michelle Howard Sarah Rennie	[Damian McDonald C.J. Kefford

Egg Throwing:

1st

Richard Lovell
Simon Johnson

2nd

Richard Cramp
Jeffrey Harder

3rd

Katie Sill
Jacqueline Howard

Adults:

N. Nicholson
M. Nicholson

J. Howard
D. Whittaker

[D. Williamson
J. Freeman
M. Currie
L. Currie

Running Races:

10+

Natasha Lovell

George Dunford

Katie Sill

9

Gordon Fowles

Richard Lovell

Nicholas Ferguson

8

Jeffrey Harder

Christopher
Ferguson

Robert Brittain

7

Richard Cramp

Nina Fancy

James Garvey

Under 7

Robert Rennie

Sandie Johnston

Jeremy Baillie

⦿ IT'S A SPLASHOUT ⦿

or

(BRITISH CLUB TENNIS TEAM WINS SWIMBLEDON)

"If you can tread water for five seconds, and swim a length, enter, you'll be fine" was the call and enter they did. Eight teams were gathered from different sporting sections and miscellaneous groups of very keen kids.

The weather was marvellous, the pool blue and inviting and, speaking purely as a spectator, the entertainment was great (so were the Klosters).

The Gala was organised by the Swimming Section who must be thanked for all the effort they put into the planning organising and running of a super afternoon for us.

The afternoon started with an "Inner Tube" relay race. Mr. Barry Collins on the microphone called the team together and explained the 'Joker' to them (a clever way to double the points). Mrs. Majer was poised ready with her chalk to mark down the scores. This fiendishly clever, energy sapping game was won by the team whose male swimmers obviously had had plenty of practice already, in carrying around spare tyres - the game looked exhausting, and there were five more races to go!

Time for the next race, the "balloon passing" race. Gin Bay Country Club started this race off in very good spirits, but even they needed a tonic by the end of it.

The third event the "Cracker-eating, Whistling Marathon" was decisively won by the Tennis section.

By this time the teams were wilting a little. It looked exhausting to us spectators too, so we poured ourselves another Kloster.

Now onto the "Diving for Money" race. The Caledonian team, showed great tenacity in retrieving the small coins off the



THE TENNIS TEAM



GIN BAY COUNTRY CLUB

bottom of the pool. In fact they didn't want to get out until they had checked and double-checked they hadn't missed any.

The scores were mounting up. The Tennis team was ahead - a narrow lead from Gin Bay Country Club. Their lead widened though with their win in the Ball/Bucket game.

The final game was 'finally' announced - who will win the Milo cup (kindly donated by Nestle⁴)

Who will be the team to have their names engraved on the side for posterity?

The excitement was building, the teams ready for the final splash - would the winners be New Zealand, the children, Rugby/Football, Squash or Swimming or the group enigmatically known as 'The Mercenaries'

We watched avidly as the teams forced themselves into pyjamas and T-shirts, shoes and hats. The Tennis team was definitely ahead.

It was the Tennis team. "Tennis team have won the Milo Cup" was the cry. Well done Jacky, Julia, John K., Bob, Mervyn, Mary, Nigel, Fiona, Sara, Jane, and Jo.

Ah! but there was one more item to go we were told - a special arranged and financed by Castrol, an underwater car diving spectacular. It was won by the Gin Bay Country Club.

The afternoon was rounded off by a prize-giving ceremony held just before the Barbeque in the garden, Tennis group winning the cup with Gin Bay Country Club, and New Zealand second and third.

All participants received T-shirts and hats and the cup winners also received large tins of Milo!!

Many thanks to Nestle, the Swimming Section, especially Mike Miles, David Baillie, Barry Collins and Erika Majer the organisers.

It was a great afternoon enjoyed by all of us who watched it. Let's have another 'It's a splashout' soon.



THE RED ARROWS - MONDAY 7TH JULY 1986

The Red Arrows Aerobatic Team of the Royal Air Force will be giving a flying display at R.T.A.F. Base Don Muang (opposite International Airport) on Monday 7th July from 14.30 - 15.00. The display will be co-hosted by C. in C., R.T.A.F. and H.E. the British Ambassador.

The display will be before an invited audience and is primarily for the Thai Military. However, those interested members of the British Club who would like to receive an invitation, please telephone:-

Mr. Peter Collins
Naval & Air Attache' Office
British Embassy

Tel: 23 0191 ext.312

N.B. The air display can be seen almost as well anywhere within 5 kms. of Don Muang.

AFTER THE CROSSWORD WHAT IS THERE?

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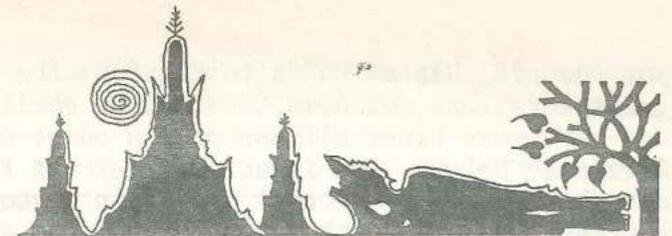
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TRAVEL LOG



KOH SAMET is a small island two to three miles off the east coast of Thailand. It lies approximately 10 miles east of Rayong and 5 miles west of Wang Kaew. The Koh Samet coastline consists of a series of picturesque bays offering a variety of simple accommodation which ranges from 20 per night bamboo huts to 400 per night two-bedroom bungalows. The beaches have fine white sand and the clear turquoise seas are filled with coral and vividly coloured fish; all that one might desire on a tropical island!

The journey down usually takes between four and five hours, the deciding factor being the length of wait for the ferry.

For the first stage of the trip, by car, head out of Bangkok as if going to Pattaya. Go through Chonburi and Sriracha and then, before Bang Lamung, take road 36 to Rayong. About eight miles beyond Rayong (on road 3) take a right turn to the small fishing town of Ban Pae. An alternative route is to leave Bangkok by the same road but take the Chonburi bypass. Turn left on the 344 to Klang. In Klang take route 3 back towards Rayong and, approximately five miles after the turning for Wang Kaew, take a left turn to Ban Pae. For those who prefer, a coach leaves Ekamai bus station on Sukhumvit every hour. The fare is 120 return, 70 single. If you have driven down you can leave your car behind the Ban Pae Rama Cinerama at a cost of 30 per night. Koh Samet has no roads and the ferries carry only people. From Ban Pae you catch a boat to Koh Samet. The boatmen work to no particular timetable as far as I can see, and it is a matter of enough people being there to make the journey a financial proposition for the boat owner. The wait is never over long though (the longest I have experienced being an hour) and whilst waiting you can sit in a small pier side restaurant and watch the fishing boats land their catches. Some of the island bays have their own boats sailing from the mainland; these are probably more seaworthy than some of the others! The journey takes approximately 45 minutes. At the other end, the boat may dock at a pier or, as at Vong Duen (the only bay I have stayed on), tie up 100 yards from the beach. The last part of your journey then is by small raft. Do not let this

put you off. It all adds to the fun; the children find it a great adventure and down through the shallow turquoise water you have your first glimpse of Koh Samet coral, only four or five feet below. You invariably get wet feet or even knees disembarking from the raft, so it is a good idea to go in shorts or something that you do not mind getting wet. Luggage should be waterproof too and minimal. All you will need is sunglasses, swimwear, T-shirt, shorts and hat. Oh! yes, and gallons of sun tan cream. Snorkelling equipment is a must too and all the usual beach gear.

The island is not a sophisticated resort and is not for those who crave bright lights and nightly entertainment. It is a wonderfully calm and restful spot.

The "more expensive" accommodation on Vong Duen is small but adequate. A two-person bungalow is ฿350 per night and for four people a larger one is ฿400 per night. There are fans in the bedrooms but no air-conditioning.

Electricity is generally only 'on' from 6 pm to 6 am but this causes no hardship. The bungalows are clean and have a bedroom or two and a bathroom with shower, washbasin and a proper loo. There is also a large water container which should be filled whilst the electricity is on. Then during the hours of no power you shower Thai style. Each bungalow also has its own little verandah with easy chairs from which one can enjoy a view of the bay.

On Vong Duen Bay there are a couple of restaurants which serve good, cheap Thai food and the odd variation on a European dish. One venue has actually just started a Saturday night discotheque and the other shows cartoon videos for the children at suppertime, whilst you enjoy another beer. Night time entertainment otherwise is D.I.Y. This is a great place for playing cards, Monopoly or for long talks with your nearest and dearest on 'the meaning of life'!

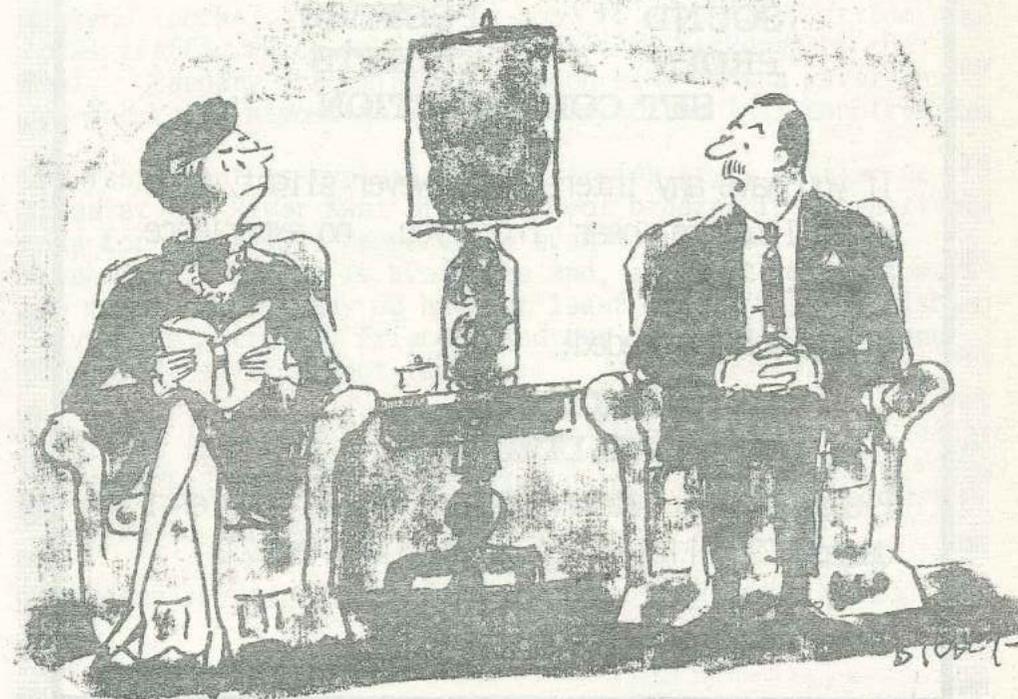
Daytime activities are just what they should be on a tropical island, lazy! The water is beautifully clear, and shallow for a good distance. Coral beds are near enough to allow even small children to be taken snorkelling. Rock pools abound; another favourite with the children. For the energetic, windsurfers (and lessons if you want) are available at one end of the bay at a reasonable price (which I've forgotten!). Snorkelling equipment can also be hired. A short walk over the hill, at the back of Vong Duen Bay takes one to Candlelight Bay. This is a smaller beach and is a particularly good spot for coral viewing. It is also possible to

take a boat out to explore one of the 'bumps' on the horizon or to circumnavigate Koh Samet itself.

All in all this is a great place to get away to. Avoid going when storms are likely and on Bank Holiday weekends, when as everywhere there are too many people. Apart from luxury lovers and A/C addicts I would wholeheartedly recommend Koh Samet to anyone.

Maren White

Editorial Note: We have been advised that Koh Samet is a malarial area



"I've been thinking, Martha. You're right. I am an incredible bore."

PANTOMIME

The co-producers of the next pantomime, to be held in January 1987, are looking for people to help in the following areas:

COSTUMES	PROMPT
MAKE-UP	CONTINUITY
LIGHTING	PUBLICITY
SOUND	POSTERS
PROPS	TICKETS
SET CONSTRUCTION	

If you have any interest, however slight, we would like to hear from you, no experience needed.

Also urgently needed:

SET DESIGNER
MUSICAL DIRECTOR

Please contact Maren White 258-1481 or Terri Jezeph 286-1165, 1474, 6625, 3138 ext.7D



LEISURELY LUNCH

Looking for Sunday lunch with a difference? How about delicious Thai food served in a delightful riverside location. We discovered a very pleasant lunchtime spot in Nontaburi while looking for the Natural History Museum. We failed dismally in finding the museum but were adequately recompensed by stumbling on the restaurant.

Riverside Nontaburi is a peaceful rural retreat within an hour's drive of Bangkok making it an ideal get-away spot for weekend lunches. The river is host to an endless stream of local traffic which makes an interesting backdrop to the meal. Greenery predominates on each side of the river bank and one could almost be in the heart of the Thai countryside.

The restaurant is typical Thai riverside style similar to those at the River Kwai Bridge. Cool breezes from the river make for a pleasant temperature even on the hottest day. An extensive Thai menu is available and, although the customers are mainly Thai, they do have at least one menu in English. Service is extremely friendly and our gestures at the menu soon produced excellent food.

Nontaburi is twenty kilometres from Bangkok and can be reached on Highway 302 (a left turn off the Expressway near Don Muang). The more adventurous can reach it by the Chao Phya Express Ferry for a mere £7.

Who knows you might even find the Natural History Museum!

.....
PLOENCHIT FAIR - UNITED KINGDOM COMMITTEE FOR THAI CHARITIES
.....

The UKCTC was formed in 1968 under the auspices of the British Embassy to co-ordinate the various charitable support given by the British Community under one theme. It was felt at the time that after participating for many years in the Y.W.C.A. Fair with the Australian, New Zealand and Canadian Communities, the British community was large enough to hold its own annual fair and give support and aid to its own particular charities in a "once-a-year" fund raising drive, under one controlling group.

The first-ever Ploenchit Fair took place in February 1957, operated by the U.K. Community. This was not under any central committee and Sir Berkeley Gage, the then Ambassador, and Lady Gage loaned the Embassy grounds and were the inspiration behind the whole operation. Mrs. Mary Jackson, wife of Mr. Mark Jackson of Borneo Company with Mrs. Sheila Turnbull, wife of Mr. I. Turnbull of Bombay Burmah Corporation acted as joint Chairmen. Mr. Charles Mabbat supervised the building of the stalls and supplied the speedboat which operated on the lake, whilst Mrs. Mabbatt ran the Arts and Crafts stall, which alone turned in Bht.14,000. Other ladies, both from the Community and Embassy, assisted by the men, worked hard throughout the day supervising the sale of food and drinks besides helping with the side shows. This grand effort in 1957 produced a net profit of Bht.78,000.

In 1968 under the Chairmanship of Lady Pritchard, the U.K.C.T.C. organised Ploenchit Fair again and on 7th December 1968 made a net profit of Bht.97,900. After this success, the Committee thought the Fair should be continued on an annual basis, because of its contribution to the image of the U.K. Community in Bangkok and because it was useful in promoting the social well-being of the Community. It was also thought that it was an effective means of raising money for charitable purposes, administering and distributing funds raised to benefit the many needy Thai people both then and in the years to come.

Over the years the Fair has grown tremendously - it is now a well-known and accepted annual event, not to be missed, in the cool season. Amazingly, each year the profit figures have grown and, in 1985, gross receipts were just under Bht. 2 million - with a net profit of Bht.1.5 million available for distribution.

For newcomers to Bangkok, the concept of the Fair is a fun-filled-day for all the family. There are over 60 stalls and attractions including different games of chance, a Ferris wheel, children's rides and roundabouts, Father Christmas and everybody's favourites, the Treasure Island, Bingo and Bottle Stalls. There are many exciting things to buy, bargains at Granny's Attic and an opportunity to win trips to London, and other destinations. Full catering facilities, a British bar - the Crown and Anchor - hot dogs, candy floss and other refreshments are all available, whilst music is provided by the Dixieland Jazz Band. Each year there are some new attractions and we sadly lose others but, on the whole, it is a unique day and great fun for all.

Last year there were 1,200 volunteer workers, tons of merchandise and truckloads of canvas and tables and chairs. Every British firm and many from the other communities are represented, either by stall management or donations of goods or cash and the Fair would not be possible without such generous support and the unstinting efforts of all concerned. The Royal Bangkok Sports Club aid us considerably and again, without their assistance, there could be no "Ploenchit".

The money raised at Ploenchit Fair was distributed last year to over 40 different charities throughout Thailand. The Committee meets on a monthly basis and carefully scrutinises all requests for aid. Each Committee member is personally responsible for investigating and supervising two or three of the recipient agencies and it is policy never to give cash, rather goods, medicines and equipment that can be of most use to all. We also try to support projects beneficial to the whole community and in a way which will be of use for many years. These can be extremely wide ranging, from a small donation of Bht.7,000 to enable a local abbot to set up a playground for the children of mothers working in paddy, to funding the Rural Area Medical Aid Scheme for its monthly drug bills for trips up-country. We have started rice and buffalo bank schemes, built water wells and inoculated all babies in Klong Toey against polio. Our support is also given to duck breeding programmes and fish replacement projects. We have purchased this year a ventilator machine, foetal heart monitors and surgical equipment for up-country hospitals and are in the process of purchasing an electrocar-

diograph machine for Manorom Hospital, Chainat. We also have many projects under way to assist the blind and deaf.

Most of you will, by now, already be involved in this year's Fair and indeed the mention of "Ploenchit" has already caused some low groans and grumblings, but it is an absolutely super day. There's a great feeling of bonhomie and a tremendous spirit of accomplishment when it's all over. The Fair does bring all the community together so please, if you haven't yet committed yourself to helping, make a note of the date 22nd November 1986 and firmly mark your diary.

This year we are desperate for volunteer helpers, from new stall-holders down to an-hour-on-the-roundabout, so if you can help please contact Mrs. Carolyn Tarrant (258 8833). Mrs. Tarrant will be on leave until 15th September but if you write to her at 8, Soi 35 Sukhumvit or leave a letter at the B.C. reception, she will contact you on her return. Do write now so that you don't forget - it is easier to volunteer than to be press-ganged!

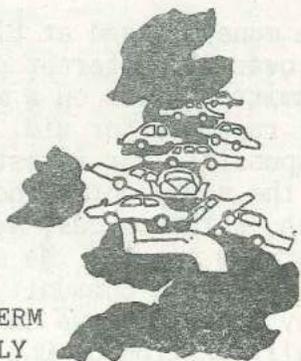
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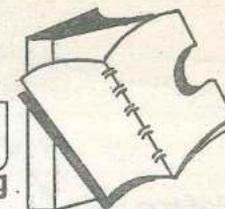
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Well Worth Reading

WELL WORTH READING

well worth reading



FOREIGN AFFAIRS

by

Alison Lurie

"Foreign Affairs" is an amusing book, chronicling a summer in the lives of two Americans visiting London. One is a middle aged anglophile, Professor Vinnie Miner, confirmed in her love of all things English after several trips across the Atlantic. Small and plain, she is anticipating a contented stay in her spiritual home, far removed from other Americans, doing research for her latest book.

The other visitor is a fellow academic from her home university; Professor Fred Turner is young with film-star good looks, and arrives in London disillusioned after a stormy separation from his wife. He is also in England to do research; at first however his only friends are exiled Americans with a fairly low opinion of England and the English, until Vinnie bumps into him unexpectedly and invites him on the spur of the moment to a party which she is giving. Here he meets her English friends, in particular an actress, who for added fascination is also the daughter of an Earl.

Vinnie, meanwhile, much against her better judgement, is getting caught up in the affairs of a brash Texan who is trying to trace his family roots, with perhaps too much success.

The book is written in a direct style, portraying characters with very human failings and delusions and allowing us to see humour in situations which might otherwise be uncomfortable. It also gives an interesting picture of life in England, in particular in London, observed by Americans from both positive and negative standpoints.

Alison Lurie has been compared to a latter day Jane Austen, an apt description judging by this book.

Rattan

Spare a thought for the chair you're sitting upon. An attractive component of many homes in both Asia and the West, rattan canes come from a group of palm species which grow as "scramblers", climbing over other plants and trees and holding on with vicious hooks. There is a great variety of leaf and stem types and sizes, with diameters varying between about 3 mm and 3 cm, whilst stems may be short or very long: up to 200 m.

Most rattan species are able to survive only in the natural forest environment, where the complex interaction of many plants and animals provides the conditions required. Malacca cane is one of only two rattan species successfully grown in plantations; in Indonesia rattan is sometimes cultivated by planting cuttings in cleared lines in disturbed forest. But most rattan is still collected from natural forest by farmers who supplement their incomes with this difficult, poorly paid work.

The collector sets off into the forest (in Forest Reserves he may need a collecting licence) and once he finds a cane he cuts the base. Then he dislodges the long stem from the trees - no easy task in view of the hooks; he also runs the risk of pulling down such hazards as dead trees and insect nests at the same time. He then rubs the prickles off by pulling the cane round a tree before cutting it into lengths for the journey to market.

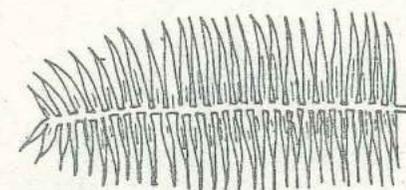
After drying, further processing techniques may include fumigation, boiling in oil, boiling with turmeric or bleaching, to produce an insect-resistant rattan of uniform and attractive colouring. Furniture is the major use: steam heating may be used to bend and mould the solid canes (note that this is not possible with bamboo, which is hollow). Sometimes the rattan cane is stripped of an outer layer, used for baskets and mats, and the remaining core is then used for furniture.

Indonesia is the world's main rattan supplier, producing about 92%; Malaysia and Thailand follow.

Rattan
Calamus sp., etc.



fruit



and an ornamental tree:



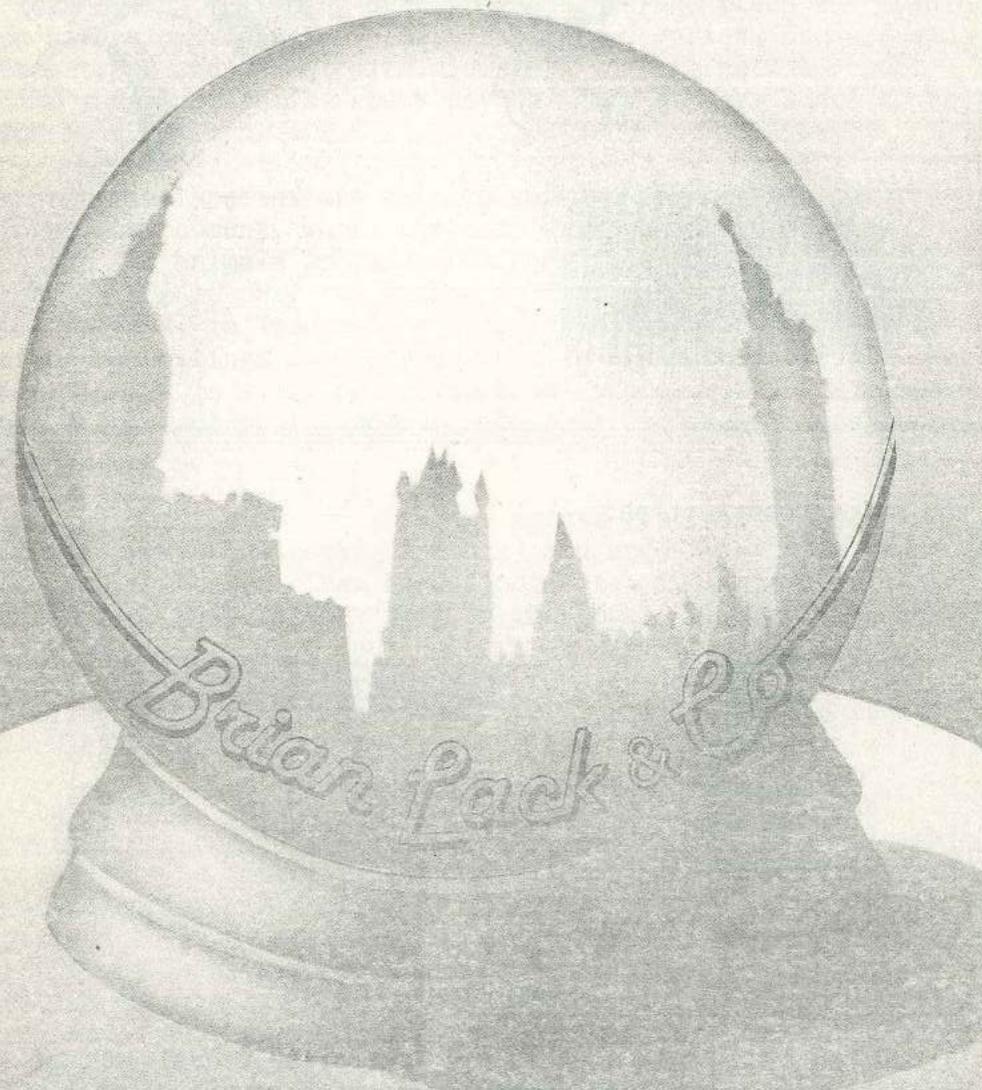
overlapping leaves on twig

Cook's Pine or Norfolk Island Pine

Discovered by Captain Cook in his Australian travels and now widespread in gardens and parks in frost-free zones, this tall columnar conifer has regularly spaced whorls of horizontal branches. Tiny, stiff, dark green leaves overlap along the branchlets. This is a relative of the Monkey Puzzle tree.

Jacqueline Piper

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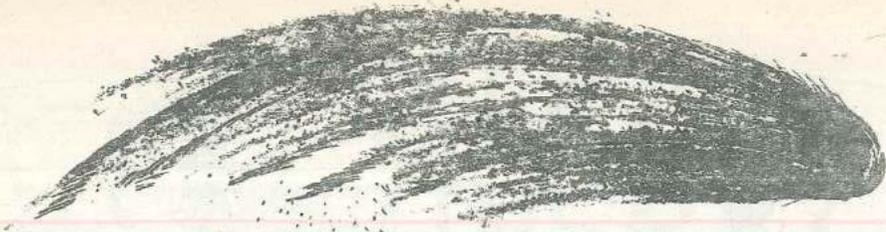
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❖ DID YOU SEE HALLEY'S COMET? ❖

↳ **S**URPRISINGLY few people seem to be able to answer "Yes!" Anyway, a determined band of comet-spotters fore-gathered at the august premises of the Siam Society on April 11, and after an appetite-whetting comet video, embarked on a coach bound for Pattaya. Pattaya? Yes, Pattaya. Not perhaps the first place you would think of going to look for a comet: and comets are not perhaps the first things you would think of looking for at Pattaya, but we put our trust in the Siam Society, and boarded the coach.

Having successfully avoided Pattaya for over 10 years, we wondered on arrival whether the driver had somehow got to Dubai or Bahrain, but we were assured it really was Pattaya. As we drove in the rain started and at that point few people had much hope of sighting their quarry. We were told to go to bed and we would be called if the rain stopped and the clouds cleared. Sure enough about 12.15 am all our rooms were telephoned and the somnolent corridor attendant on our floor was jerked into astonished alertness when about five bedroom doors opened simultaneously and a string of respectable looking middle-aged farangs, one accompanied by a child, made for the lift. Whatever the attendant was used to in the middle of the night, it evidently wasn't this!

Off we went to the Pattaya Park to join crowds of other would-be comet spotters. but we were not part of the common herd. As members of the Siam Society expedition, we were allowed on to a higher part of the roof than the proletarian masses, and were permitted to look through a big telescope belonging to some real astronomers from Chulalongkorn University. And sure enough there it was, Halley's Comet. You had to be told exactly where to look, and what to look for, but there really was an elongated smudge in the sky, even though it was not visible to the naked eye. We all looked and looked but the smudge didn't do anything and eventually the party lost interest and drifted downstairs to the inevitable hamburger, coke and T-shirt stalls. I've never bought a T-shirt at 2 am before, but it was after all, once in a lifetime. The number of occasions on which one could wear a Halley's Comet T-shirt is rather finite, but with a bit of luck, it might dazzle an opponent on the squash court.

Our science-filled night was followed by a culture-filled day. We drove on to Chantaburi, and checked in at a hotel whose menu was in some respects the highlight of the whole weekend. In addition to such commonplace delicacies as SIRLION STEAK and SPHERE RIBS there were also more exotic dishes to titillate the jaded palate, such as BARBECUES STERK, VEGETABAD SALAD, FRIED CUTTLESHRIM BALLS, ASSORTED BLACK MUCHROOM, and (the pièce de résistance) BROIL OR GRILLE CLAMSAD. We actually settled for something a little more pedestrian, if I remember rightly!

The ensuing culture binge took us first to a DIY ruby mine, which consisted of a couple of holes in the ground filled with muddy water. The "miners" stood waist deep and swished around mud and stones from the holes in a sort of sieve. They seemed to have quite a few small rubies, but there must be easier ways to make a living. Next stop was the Wat Phlab where a huge reclining Buddha was in process of construction, then on to some extensive fortifications built in the nineteenth century to keep out the Vietnamese. They were evidently successful, as the numerous cannons were never fired in anger. Then we rejoined the rubies on their adventurous career. Before being marketed, they are baked in a mudball that looks rather like a Scotch Egg. Apparently this curious process deepens their colour. The evening concluded with a meal in the market (no menu - what you see is what you get!) and a half hour watching a likay play, parts of which seemed remarkably akin to a Victorian melodrama.

Next morning we visited Wat Thongthua, where some ancient Khmer stone carvings have been cemented into the ground to prevent theft, before going to explore the remains of a large Khmer edifice whose origins and purpose are equally obscure. A waterfall that was not too well supplied with water was followed by an open-air lunch at Laem Singh beach, and a view of the Red House, a relic of the two year occupation of the area by the French in the early years of this century. Our (French) guide was most apologetic about this lapse in Gallic courtesy.

From Laem Singh we returned to Bangkok after a varied and well organised weekend. It seems that the Siam Society was even able to arrange the weather better than those serious comet maniacs who went all the way to Alice Springs. We really felt smug when we heard about their misfortunes. Bully for the Siam Society, even though the comet was hardly worth seeing anyway!

CROSSWORD

◁ SOLUTION ▷

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23	P	R	E	S	S	A	G	E	N	T							

"INTERNATIONAL DAY AT PATANA"

FRIDAY the 13th may have seemed an ominous day to stage such an auspicious event, but any fears were totally unfounded. A massive turnout of parents produced a supportive audience for a colourful spectacle. The programme began with a parade of pupils in their national dress - a thoughtful decision for mixed marriage parents.

Many nationalities went on to entertain the crowd with examples of their songs, dances or martial arts. Each country was represented in the classrooms with cultural displays. A lot of hard work had obviously been put into these. The highlight had to be the delicious foods offering a taste of authentic cuisine to the sampler.

Watching all those children from such different countries join together was incredibly moving. The innocence radiating from every face regardless of race or colour was a privilege to watch.

All are fellow pupils and future citizens who, as yet, have no real sense of any other loyalty. The fierce National identities will be instilled into them at a later date.

Now they stand united but in ten years who knows? And yet it wasn't just the children who felt this common bond. For just a brief moment parents too were joined. Barriers broke down as cultures were exchanged in friendship. In a world of uncertain future, it is comforting to hope that our children will remember the bonds of their schooldays and the cultures they have glimpsed first hand.

Thank you Patana School.



BRIDGE

The change from Monday night to Tuesday night for the regular bridge evening has been a good choice.

For the last couple of months we have had an average of four tables and lots of pleasant bridge. Last month we had a special two evening session which was a great success. The winners for the evenings were Jennifer and George Arnott with the first prize being Baht 500. The second prize went to Genevieve and Sacha Levitan. And the third to Bob Ralston and Alec Rozental. The scores were very close.

For the last three weeks the respective winners were as follows: Colin Snow and Mervyn Rattray with 65%, Harry Kurd and Peter Schoenmakers with 72% and, in the last session on June 3rd, we had a tie with Judy and Gerry Altman and Harry and Peter with 49 points or 62%

We are planning to have a league competition, starting in September and lasting for 12 weeks. The winners will be calculated over the best 8 scores. So if you miss a couple of weeks, you still have a fair chance of winning. There will be some attractive prizes to be won, but the main thing is that you enjoy your evening of bridge.

We would like to invite all bridge players to join us for the weekly Tuesday evening bridge at 7.30 pm sharp.

The results of the weekly league matches will be published on the notice board. Looking forward to seeing you next Tuesday.

Peter Schoenmakers



LADIES' GOLF

Probably this will be the last Outpost report for most of you before you go off on leave. May I take this opportunity of wishing you a good vacation with your families. Come back fresh and re-juvenated ready for the latter part of the season.

We say farewell this month to Lise, our last year's captain who has been a strong and keen supporter of our group for many years. Thank you Lise for all your hard work with the group - we shall all miss you so much. All good wishes for your new life in Denmark and hope you can keep up your golf if perhaps not as regularly. Many thanks and much luck.

Also we say goodbye to Linda who has smiled her way around the course for three plus years. Never a dull moment Linda, and always so cheerful. Our good wishes go with you to England.

Welcome back to Pat Dodsworth after a long absence. Good to have you back, Pat and happy golfing with us.

Competition Results

Gestetner Trophy - May 13th and 20th

This was a two-day Stableford competition played at the Rose Garden. We had two very enjoyable days with a superb lunch and prize-giving at Penny's house after the final game. Thank you Trevor and Penny both for your sponsorship and kind hospitality. This was much appreciated by all our ladies.

<u>Overall Winner</u>	:	Mariko Shimada	(24)	72 pts
<u>Second</u>	:	Joan Jurgens	(14)	66 " c/b
<u>Third</u>	:	Ruth Kennedy	(25)	66 "

First Day

<u>Winner</u>	:	Kanda Phillips	(26)	33 pts c/b
<u>1st Runner-up</u>	:	Margaret McEwan	(21)	33 "
<u>2nd Runner-up</u>	:	Joyce Cadwallader	(40)	29 "

Nearest Pin

Hole No 4	:	Pam Hardy
Hole No 6	:	Mo Harris
Hole No 14	:	Joan Jurgens
Hole No 15	:	Kanda Phillips

Long Drive

Hole No 7 : Mo Harris
Hole No 17 : Mo Harris

Second Day

Winner : Wendy Morris (22) 36 pts c/b
1st Runner-up : Anne Hendrie (28) 36 "
2nd Runner-up : Penny Whalley (30) 35 "

Nearest Pin

Hole No 4 : Joan Jurgens
Hole No 6 : Betty Watters
Hole No 14 : Kanda Phillips
Hole No 15 : Kanda Phillips

Long Drive

Hole No 7 : Wendy Morris
Hole No 17 : Diana Wingfield

Under Par : Mariko Shimada - 70



Penny Whalley presenting the GESTETNER TROPHY to the Winner Mariko Shimada



2nd prize to Joan Jurgens



3rd prize goes to Ruth Kennedy

May 27th - LGU Medal

Silver Division

Winner : Joan Jurgens (12) 75
Runner-up : Dolores Aaron (18) 76

Bronze Division

Winner : Wendy Morris (19) 73
Runner-up : Margaret McEwan (20) 75

Bronze Division II

Winner : Joyce Cadwallader (36) 84
Runner-up : Diana Wingfield (31) 86

Nearest Pin

Hole No 8 : Dolores Aaron
Hole No 16 : Lise Dencker-Nielsen

Long Drive

Hole No 18 : Dolores Aaron

June 3rd - Stableford

Flight A

Winner : Pam Hardy (22) 36 pts
Runner-up : Margaret McEwan (21) 35 "

Flight B

Winner : Janice Dahl (28) 32 pts c/b
Runner-up : Merle Decot (29) 32 "

Flight C

Winner : Penny Whalley (30) 37 pts
Runner-up : Betty Watters (31) 33 "

Nearest Pin

Hole No 4 : Wendy Binns
Hole No 13 : Margaret McEwan

June 10th - Bisque Bogey

Flight A

Winner : Dolores Aaron (19) +7
Runner-up : Ruth Kennedy (25) +3

Flight B

Winner : Joyce Cadwallader (40) +9
Runner-up : Dorothy Hartgerink(38) +8

Nearest Pin

Hole No 8 : Margaret Rose

Under Par

Dolores Aaron - 69
Janice Dahl - 71

FORTHCOMING COMPETITIONS:

July 1st - Stableford
July 8th - Best Nines
July 15th - Bogey
July 22nd - Blind Partners
July 29th - LGU Medal

HANDICAP CHANGES:

Dolores Aaron 20 to 19
Mariko Shimada 24 to 23
Prue Pointer 21 to 20



GOLF

FINAL RESULTS - "SINGER" ECLECTIC

This three round competition was very keenly contested with an average of 40 golfers playing in each outing at Railway Golf Course.

"A" Group - Winner - 1st Outing - L. Vize
Runner-up - " - J. Jurgens

"B" Group - Winner - 1st Outing - R. Barrett
Runner-up - " - P. Young

Results of 2nd Outing

"A" Group - 1st - L. Vize 37 pts
2nd - I. McLean 35 "
1st Nine - B. Merry 19 "
2nd Nine - B. McEwan 19 "

"B" Group - 1st - J. Auger 35 pts
2nd - M. Baker 34 "
1st Nine - D. Ferguson 17 "
2nd Nine - B. Mancell 17 "

Long Drive - Ladies - M. Ross
Men - I. McLean

Closest Pin - Roy Barrett
Ron Armstrong

This outing sponsored by CASTROL CO.

After two rounds the net leaders were:

J. Auger 64 net
L. Vize 66 "
R. Barrett 66 "
D. Williamson 66 "
D. Cadwallader 67 "
B. Merry 67 "
I. McLean 68 "

The third round of play produced man sighs and groans and greatest of all - "A Hole-in-one" (the first in the British Club section for three years). It was that likeable, steady Irishman - Les Vize who is having one of the greatest golf years of his life, on the 11th hole he said he hit bad shot - but it must have been fair as it rolled into the hole.

Just a few months ago Les led the "Irish Team" to victory at the inter-societies annual "Bash".

This was his "first" hole-in-one, too.

Today was sponsored by Singer (Thailand) who also sponsors the first and second over-all prizes.

The final round results were:

"A" Group	1st	- L. Vize	39 pts
	2nd	- I. McLean	38 "
	1st Nine	- E. Jurgens	18 "
	2nd Nine	- B. Merry	21 "
"B" Group	1st	- D. Ferguson	35 pts
	2nd	- J. Garvey	35 "
	1st Nine	- A. Rider	18 "
	2nd Nine	- J. Addis	17 "
Long Drive - Ladies	- M. Ross		
	Men	- J. Addis	
Closest the Pin	- B. McEwan		
	- J. Jurgens		

ECLECTIC COMPETITION - FINAL RESULTS

NAME	HDCP	NET	PLACING
Les Vize	14	60	1st
Roy Barrett	27	62	2nd
Dave Williamson	19	62	2nd
John Auger	21	63	3rd
Bob Merry	15	63	3rd
Dave Ferguson	23	63	3rd
Ian McLean	8	64	4th
David Cadwallader	16	65	5th

Congratulations all!!



SQUASH

The 58th Squash League was played during May and, although a couple of players withdrew and a few matches were not played, 13 divisions were fielded and produced some keenly fought battles with 13 eventual winners.

DIVISION 1	Mervyn Rattray	15 pts (max.)
DIVISION 2	John Morgan	15 pts (max.)
DIVISION 3	Dougal Forrest	15 pts (max.)
DIVISION 4	Richard Wingfield	17 pts
DIVISION 5	Bob Raynor	12 pts
DIVISION 6	Ian McCarthy	14 pts
DIVISION 7	Rick Schramm	15 pts (max.)
DIVISION 8	Sue Kunzmann	17 pts
DIVISION 9	John Thorp	9 pts
DIVISION 10	David Clark	15 pts (max.)
DIVISION 11	Bob McEwan	15 pts (max.)
DIVISION 12	Heather Moore	14 pts
DIVISION 13	Mary Nicholson	12 pts (max.)

To these ladies and gentlemen we offer our congratulations on winning the trophies which will be available at the Front Desk shortly.

Division 4 could not have been closer as there were no less than 3 players with 17 points at the end of the league. Richard Wingfield, Andy Hawkins and Leif Rasmussen all amassed the same number of points and each had been beaten by one of the other two. The winner was decided by the number of games against throughout the league - Richard 6 games lost, Andy 9 games lost and Leif 11 games lost.

In July the usual Club league will be conducted, but probably on a smaller scale due to the number of people who have home leave during July and August.

60th Squash League - September

The British Club's 60th Squash League will be played in September. This event will be sponsored by Nestle' thanks to Jim Johnston and promises to draw contestants out of the woodwork.

Each competitor will receive a free T-Shirt commemorating his/her meritorious efforts in this event.

There will be handsome prizes for the winner and runner-up in each division as well as a smattering of other "prizes" for those who may or may not be deserving, but by fair means or foul have been noticed or recognised for their demeanour or even misdemeanour.

The closing date for entries is August 24th and, as some people will still be away, may we suggest you enter before going on leave.

The entry fee for this particular league is B75, so enter early to avoid disappointment.

Coaching

Richard Parkinson is a young, fit squash player from the U.K. who is staying in Bangkok for a short while and is very willing to bring out the best in players of any standard. Richard is a Squash Racquets Association Grade 1 Coach.

On Club morning every Tuesday, take advantage of a very talented female coach who is currently doing wonders for the playing ability of some of our lady members. Just turn up Tuesdays.

Club Nights

Wednesday Club Nights are now in full swing. In general the nights are extremely successful both for squash and from the social point of view. People are meeting people and it has been noticed that some of the squash players have even been talking to the Tennis players, proving that we really are a friendly bunch.

To allow a wider choice of playing partners, one can now choose from the next five names on the chalk board on Club nights.

By the time you are reading this copy of Outpost, some of our better squash players will have already left or just about to wing their way back home.

Mervyn Rattray who has left his mark on most of the competitions around the Club and has been on top of the Club ladder for such a long time, is returning to Melbourne (that's down the bottom bit of Australia).

Steve Riley who was a few places below Merv on the ladder also left his mark at the Club, but mostly in the form of

elbow indentations on the bars. He and his wife Jane are returning to U.K.

Peter and Amanda Young are also settling back in the U.K. after their of duty in Bangkok and on the B.C. Squash Committee.

The squash Section will miss these smiling faces and the displays of good squash and sportsmanship. We wish them every success in the future.

squash
coaching
for all
with
richard
parkinson
259-0380
room 1340

Richard Parkinson is a Grade I SRA Coach, and he is prepared to give coaching at Baht 100 per session to British Club Members, until his departure on 20 July.

So, whether you are a relative beginner, or would like to find out how to improve your game - Telephone Richard on 259-0380/9 Room 1340 or see details on the Squash Notice Board.



SWIMMING

❖ DISTANCE SWIMMING AWARDS IN APRIL ❖

We had only a small number of children this month. Maybe because of the Easter holidays. Anyway, congratulations and well done to the following children.

100 Metres:

Timothy Strange
Timothy Johnston
Alexi Hughes

400 Metres:

Lynley Strange

There was no gala or tests in May because we had so many public holidays and a lot of people were away, then there was the great Flood which put our pool out of order for over a week.

It's a Splashout! was a great success. Some one asked if we could do it every week. It did go on longer than expected but it was our first try and we hope you'll forgive us.

All together we had eight teams. The Mercenaries, St. Andrew's, Tennis, Swimming, Football/Rugby, New Zealand, Squash & GBCC. The winning team was tennis, who worked so hard for the trophy. Well done!

Thankyou to everyone who participated: swimmers who were all good sports, the timekeepers, the committee members who worked so hard to get the whole day organised. Many thanks to Barry Collins who did a marvellous job as Master of Ceremonies and Jack Dunford.

Many thanks to our sponsors from Nestle' (Milo), Castrol, Cheeseborough Ponds, Perrier, Singapore Airlines, British Airways, Royal Orchid Hotel and Alcan.

It was a sad farewell to Linda Tinson, our accountant who left us last month to go back to Canada.

Erika Majer is standing down as chairman of the swimming group because of study commitments but will carry on as co-ordinator. Mike Miles will be our new chairman in August on his return from home leave.

Mike Majer is no longer our scribe for Outpost because of business commitments. So we have two situations vacant. If anyone is interested please call Erika at 252-7492. Or if anyone would like to get involved with gala days and test days just come along. We welcome any new ideas.

Next Proficiency Tests - July 5th 9.00 a.m.
Gala - July 6th 11.45 a.m.

See you at the Pool!



"Edith, here is a news item that would not have amused my first wife, Sylvia, but will, perhaps, amuse you."



TENNIS

SCC DOWNS BC TENNIS TEAM

A strong Singapore Cricket Club (SCC) team led by its Tennis Convener Wilfred Wee and guided by team captain Teo Teng-poh swamped the British Club (BC) by a score of 7 matches to 1 and one drawn on Sunday afternoon 8th June on the two grass and two hard courts of the British Club.

Detailed results of the competition are as follows (BC players listed first):

Men's Doubles:

Ambassador Derek Tonkin and Dave Benham drew with Thomas Teo and Kasem Narkprasert 2-6, 6-4

Dick Chessman and Gordon Martin lost to Wilfred Wee and Tan Poh-seng 4-6, 1-6

John Kelly and Bruce Pointer lost to David Havelock and James Fu 3-6, 4-6

Mervyn Rattray and Bob Merry lost to Choo Cheok-hai and Teo Teng-poh 2-6, 1-6

Women's Doubles:

Helen Benham and Terry Merry lost to Vivian Demierre and Fiona Narkprasert 4-6, 4-6

Jackie Gramond and Mal Chessman lost to Hilary Havelock and Anne Ong 0-6, 1-6

Mixed Doubles:

Elaine Kelly and Dick Chessman lost to Vivian Demierre and Wilfred Wee 0-6, 1-6

Duangporn Wray and Chris Wray lost to Anne Ong and Teo Teng-poh 2-6, 1-6

Jackie Gramond and Bruce Pointer beat Hilary Havelock and Choo Cheok-hai 6-5 (rain)

Following the competition, a curry dinner was held in the bar at which time mementoes were exchanged between the conveners and team captains.

TENNIS REPORT

The finals of the Evening Tournament which started in February, were held on Monday May 19th at 7.00 pm, when Peter Vereker and Prue Pointer played some good steady tennis to beat Bob and Terry Merry, 2 sets to love.

On Sunday May 25th there was a large turn-out of players for the popular monthly Round-Robin tournament. Partners were drawn and divided into 2 sections (sounds painful, but no-one complained), and then they proceeded to play 4 games with their partner and 4 against each couple in the section. The afternoon's play ended very rapidly in a "Splash Off" when the heavens opened and the courts were quickly awash. It was then that Terry took advantage of the situation and selected her team for the "Splash Out" which was being held the following Sunday, as this was her only opportunity to judge the various aquatic skills of the members. Well done Terry! The winners of the tournament were as follows

Section A

Men's : Bruce Pointer
Ladies' : Wendy Binns

Section B

Men's : John Kelly
Ladies'?!? Pat Patterson

As from July 1st, Pam the Tennis Coach will be dealing with bookings. The coaching sessions are on Monday and Wednesday afternoons and Saturday mornings. Please keep her advised with as much advanced warning as possible about lesson cancellations and home leaves etc. (PS: Anyone not turning up for a lesson will be billed). Her fees are Bt.110.- per 1/2 hour which also covers court costs. During July and August there are several vacancies, so book early and avoid disappointment.

The Ladies' Tennis on a Monday afternoon and a Thursday morning is flourishing but new players will be made very welcome.

Monday evening is now Men's Night and Wednesday evening is Mixed Club Night. If you haven't been along yet, come and see what you've been missing.

As you now know from the club circular, if you need someone to play tennis with, Sataporn at Bt.50.- an hour is your man.

Or else at Bt. 10.-per person per hour he'll ballboy for you.
Its best to book ahead though.

The June/July evening doubles tourment is now underway. More
details next month.

NEW FLASH

DUNLOP have just volunteered to donate all tennis balls for
our tournaments and matches. We are extremely grateful for
this generous sponsorship and all members are urged to
support DUNLOP sports goods whenever possible!



"Am I to understand that my proposal is greeted with some skepticism?"

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▽ YOGA △

BREATHING - PRANAYAMA

BREATHING ??????

BUT...I DO BREATHE.....ALL THE TIME !!!!!

Yes, you do. All of the "living" breathes. Then, you ask, what is there to write an article about?

Well, as in everything we undertake, there is a proper, more beneficial way in which to do it.

Most people do not give much thought to their everyday breath. One becomes alarmed when one is "nervous" "short-winded", "breathless", or "puffing" while climbing stairs. But when such symptoms subside, so does the concern or attention.

We can go weeks without food, days without water, but only minutes without breath.

Now that tells you something, doesn't it?

The fourth stage of Hatha Yoga is.....Pranayama. This means the rhythmic control of breath. "Prana" means in Sanskrit "life force" or "vitality". Prana is not the air itself but the subtle life-giving element extracted from the air. Life-force is present in all forms of nourishment but, obviously, it is most accessible and most constant in the air. There are many techniques of Pranayama. Each one results in a particular advantage to one's health and well-being. Generally, we assume that because breathing is normally automatic (an involuntary function of our body), it is beyond our active control. This is not true. In Pranayama, by arduous training of lungs and nervous system, breathing can be made more efficient by changing its rate, depth and quality. The lung capacity of great athletes, mountain climbers and yogis is far greater than that of ordinary people allowing them to perform extraordinary feats. The average person takes in short, shallow breaths. When the breath is slow and rhythmic, anxieties and tensions lessen or dissolve completely and control of the mind for purposes of concentration is greatly increased. Think of how you feel - what your body is doing - when you are "calm", "relaxed". You will note your breath is not only smoother, quieter, but also slower and sometimes a

bit deeper. Our emotions are more controlled. Unfortunately, this total state of calmness comes all too infrequently. There is, however, a solution. First of all we must become aware of our breath. Then we must consider it important enough to practice "Ujjayi" breath daily - just for 5 or 10 minutes a day, to begin with. Ujjayi is a Sanskrit term. "Uj" or "Ud" means upwards or expanding. "Jaya" means conquest or success. It is sometimes referred to in articles as "the complete breath" or "the basic yoga breath".

"As light radiates from the disc of the sun - so air is spread through the lungs"

To breathe in or inhale brings oxygen into the body. To breathe out or exhale takes carbon monoxide from the body. Oxygen is essential to the production of energy for the body, so if the muscles can extract oxygenated blood more efficiently, those muscles will be less fatigued. Tension will be lessened also, as tension is kept in the muscles. Improved "oxygen uptake" (also called VO2 maximum) indicates the heart and trained (or regularly exercised) muscles have become more efficient.

In allergic or nervous conditions such as hay fever and asthma, tightening of the small tubes and air sacs of the lungs occurs; relaxation and Pranayama exercises can be helpful in warding off these and other throat and chest infections - besides improving the quality of your blood, complexion and general health.

Bad posture, an ill-shaped or caved-in chest, obesity, emotional disorders, various lung troubles, smoking and uneven use of the respiratory muscles, lead to improper breathing, below one's capacity.

A few words about the respiratory system: this is composed of the air passages and the lungs. Respiration must take place through the nose, for the nose is specially constructed to warm, moisten and filter the air. There are other ways to breathe. For instance, vocalists use the abdominal muscles more, and athletes use the mouth from which to exhale. There are yoga breathing techniques which also use the mouth and the abdominals.

However, for all purposes, the most efficient and everyday type of breathing we do requires that of using the nose. The breath we are now dealing with - Ujjayi Pranayama, and most Pranayama techniques are done in this manner.

The act of inspiration and expiration is not done by the lungs which are conical in shape and merely elastic and not muscular but by the muscles of respiration. These fall into two groups; the diaphragm and the intercostals. The diaphragm separates the rib cage from the abdomen and the intercostals lie between and are attached to the ribs.

When you exhale, the abdomen contracts and the diaphragm moves up, massaging the heart; when you inhale, the abdomen expands and the diaphragm moves down, massaging the abdominal organs. The deeper, the better, for this and several other reasons.

There are three parts to each breath - inhalation, retention, and exhalation. To begin the regulated breath, we exhale first, to "empty out" as much as possible. To end the cycle, we take a normal breath in.

As with the Yoga Asanas, the breathing techniques should be introduced by proper instruction from an experienced teacher.

"When the breath wanders, the mind is unsteady, but when the breath is still, so is the mind still"

Hatha Yoga Pradipika CH. 11, 2.

Yours in Yoga,

JOAN C. FRENCH

Membership Matters

NEW MEMBERS

The following were elected to Membership of the British Club in June 1986

Ordinary:

Mr. D.G. Benham	B.P. Minerals
Mr. G.R. Chessman	Camp MEC Joint Venture
Mr. P. Downs	Finexco
Mr. F.D. Hough	D. & N Telecommunications
Mr. D.G. Knott	Sir Alexander Gibb & Partners
Mr. J.D. McCullen	United Nations
Mr. C.S. Reid	British Embassy

Non-Voting:

Mr. P.A.A. Brooks	British Embassy
Mr. D.L. Cohen	Pataya Food Industries Ltd.

Up-Country:

Mr. P. Chester	Southeast Asian Outreach
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Ladies Privileges:

Ms. K.M. Harris	Deemar Co., Ltd.
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Associate:

Mr. G. Andre'	-
Mr. E.L. Bittenbender	International Church of Bangkok

■ Status of Membership ■

The current membership status is as follows:

Honorary	10
Ordinary	347
Non-Voting	8
Associate	65
Ladies Privileges	35
Up-Country	24
Candidates	<u>17</u>
TOTAL	506
Absent	<u>844</u>
GRAND TOTAL	<u>1350</u>



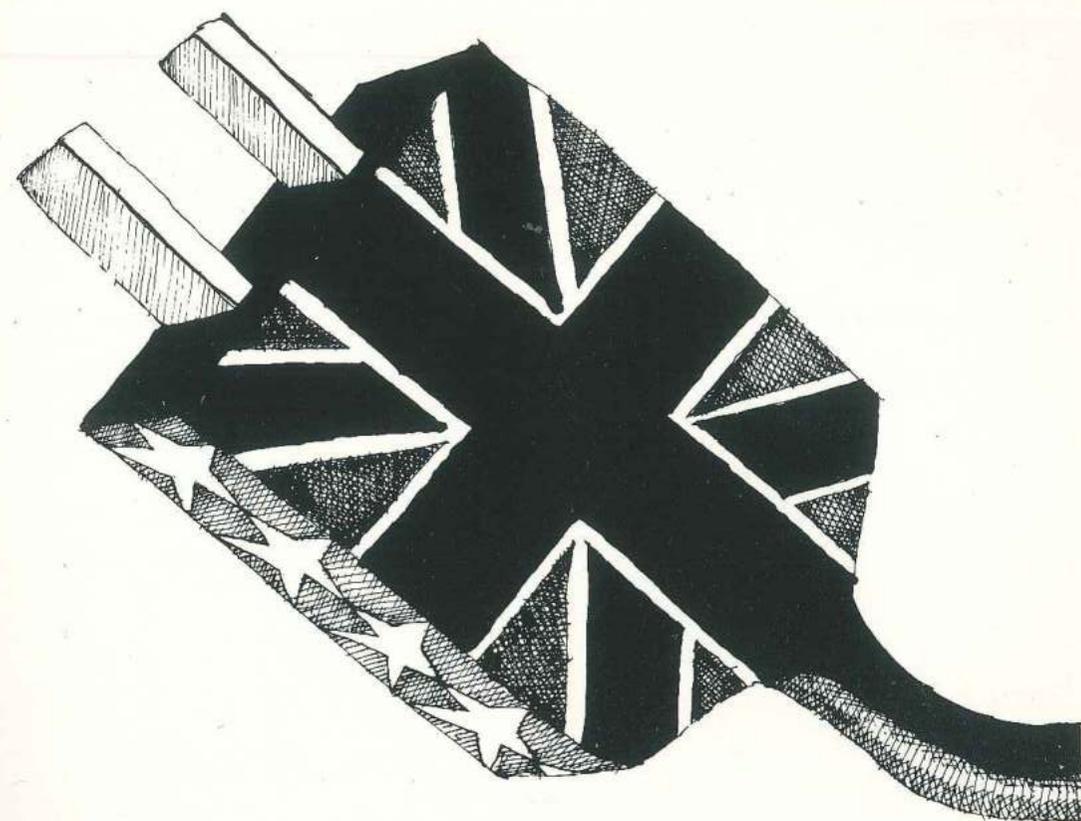
Committee

	<u>OFFICE</u>	<u>HOME</u>
JACK DUNFORD (Chairman)	236 0211	286 1356
BRIAN HEATH (Vice-Chairman)	282 9161 x 191	321 1723
Geoff Percival (Hon. Treasurer)	-	314 2464
Richard Duffy (Food & Beverage)	236 6916	258 4387
DAVID HALL (Personnel)	529 0100 x 2867	392 2410
DOUGAL FORREST (Sports)	390 2191-2	381 1329
RICHARD HOPKINS (Entertainment)	286 2642	211 9620
VINCE SWIFT (Membership/Outpost/Publicity)	252 4294	258 8522
ALISTAIR RIDER (Membership/Outpost/Publicity)	251 9905	251 8369
TERRY ADAMS (Membership/Outpost/Publicity)	211 5808	253 9653 x 51A
.....		
DAVID WILLIAMSON (Manager)	234 0247 234 2592	258 8522
ADISAK KAMKHANTI (Asst. Manager)	234 0247 234 2592	-

ACTIVITIES

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

BILLIARDS/SNOOKER	-	RON ARMSTRONG	390 2445
BRIDGE	-	MIKE EVANS	252 8927
CRICKET	-	JACK DUNFORD	236 0211
DARTS	-	MIKE MAJER	513 1970
GOLF	-	BARRY HYDE	393 0556
LADIES GOLF	-	MRS. M. HARRIS	258 5603
RUGBY	-	TERRY SMITH	253 0557 391 5832
SOCCER	-	CRAIG RENNIE	236 0205 236 4281
SQUASH	-	LESLIE CURRIE MIKE KELLY	314 7434 253 0191 x 220
SWIMMING PRACTICE (KHUN CHOON)	-	MRS. ERIKA MAJER	252 7492
SWIMMING GALA	-	MRS. ERIKA MAJER	252 7492
TENNIS	-	BRUCE POINTER	233 2020



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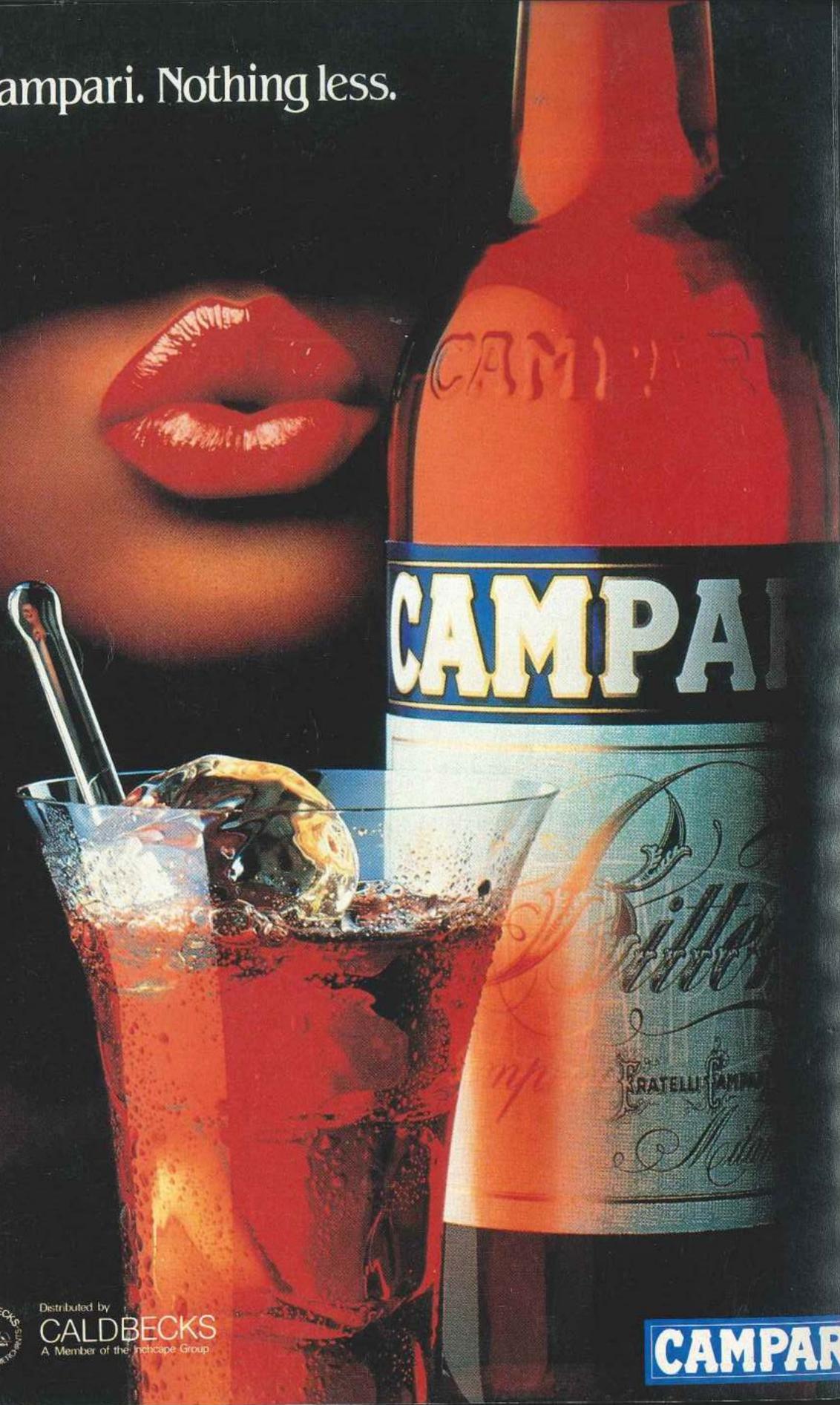


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