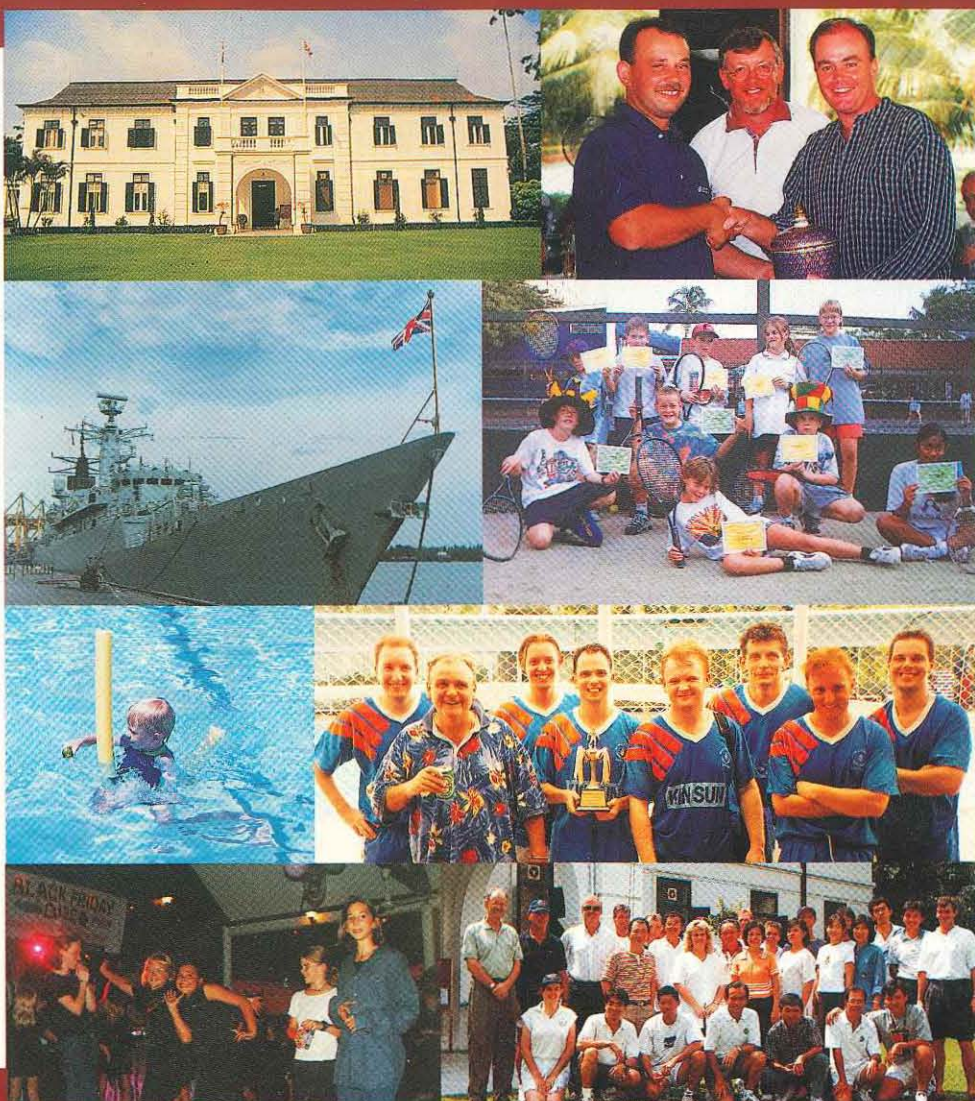




Outpost

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Jane's Saturday

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

7:00am: Same breakfast as yesterday.

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

12:00 noon: Scrambled eggs on toast - again

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

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

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

9.30pm: Bored so went to bed early

Joanna's Saturday

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

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

9:00am: Bought fabulous Nepalese jacket in market

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

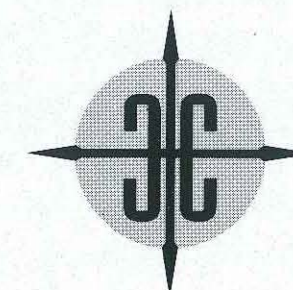
2:10pm: Phoned Jane only to learn she's bored with the traffic

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

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

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

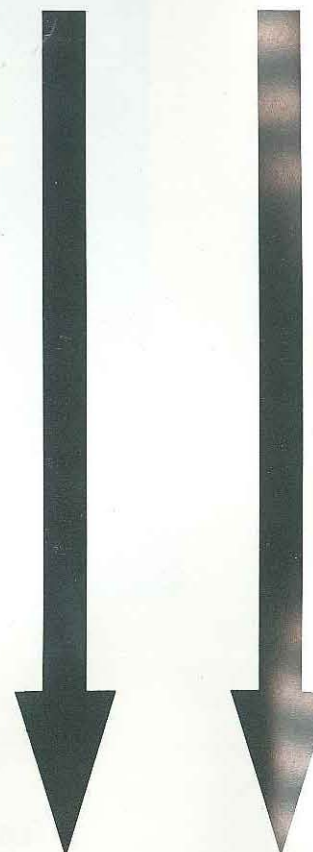
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British Club

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



Contributions

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



The British Club

is a family, sporting and social club with an international membership
For details about the Club contact the General Manager on 234-0247 or 234-2592; fax: 235-1560



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From the Editor

That there are 20 pages in this issue devoted purely to sport-related activities must be a good indication of how much is going on in the Club. This should be encouraging to potential members as well as to current members who were thinking of getting involved; all contact names and numbers are on the calendar pages so there's no excuse for not knowing who to talk to about the respective sports. But the British Club is not only a sports club. A wide range of activities and entertainment is held annually on the premises, and it is up to the membership to keep an eye out for the notices in Outpost, mid-month flyers and posters and banners around the Club to keep up to date with what's going on. In July, for instance, there are several events which require no sporting ability from the spectator - there's the Bangkok Community Theatre's 'Radio Daze' supper theatre production on Friday 11th and Saturday 12th at 7.30 pm in the Surawong Room and then there's the Paulett wine tasting night at 7 pm on Tuesday 22nd, where you will be able to meet with the winery owners and sample a variety of wines. Notices for both of these can be found in Outpost and further information and tickets for the theatre are available from the Club. There's also the darts social on Friday evenings and snooker friendly tournaments on Saturday afternoons, neither of which require finely-honed physiques.

Spectators may wish to watch the Tennis Generation Game on Sunday 6th, a whole day of juniors and adults competing together for some grand prizes which can be safely and enjoyably viewed from the Surawong Sala, or

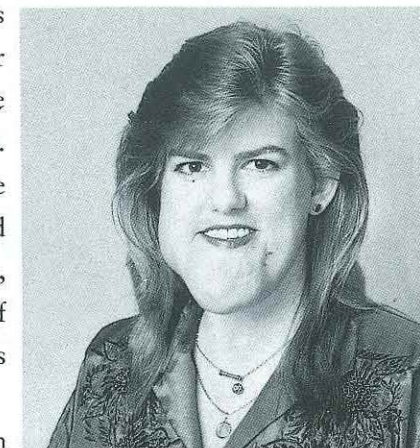
the Squash mix-in tournament at lunchtime on the same day, for which we have viewing galleries.

Following the great success of the 'Black Friday Disco', the Club is hoping to hold another such event soon after the start of term in September. The report from the June event has been squeezed into this month's issue, including lots of photos of prize-winners and juniors enjoying themselves.

Also in this month's edition is a report on the visit to Bangkok and the British Club by HMS Beaver, the second of the two Royal Navy ships to dock in Klong Toey in May. Judging by the range of pictures I've seen of various social occasions on board, a few of the printable ones of which are included herein, a good time was had by all who encountered the fun-loving crew.

I would like to thank Leonie Vejjavija for this month's thought-provoking poem on refugees on page 37 and to say a sad good-bye to Norman Bright and wish him and his family all the best as he heads back to Blighty; the Football Section have written their own piece on his performance at his testimonial match in early June and the subsequent night out and farewell gift presentation.

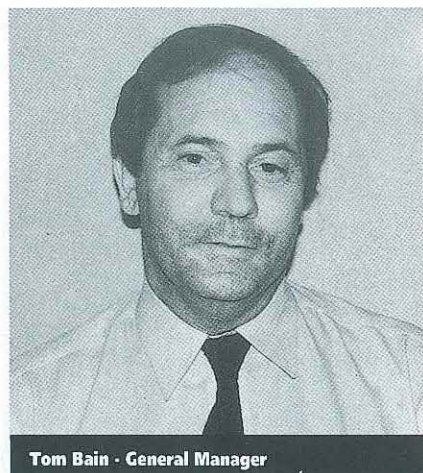
Gaynor de Wit
Editor



Gaynor de Wit - Editor

From the Manager

As reported in last month's magazine, a new procedure for new applicants has been put in place. Instead of having to attend monthly New Members Nights, applicants



Tom Bain - General Manager

will be required to meet with at least two General Committee Members before their application is finalised. New application forms have been printed and there is a box for applicants to obtain the signatures of the Committee Members they meet. For Ordinary, Country and Non Voting members the

application procedure will be complete at this stage. All applications for Associate Membership will still have to be voted on at the following General Committee Meeting. New Members Nights will in future be held on a quarterly basis with applicants, proposers and seconders invited to attend. New members will be encouraged to attend, to be welcomed at the Club, but attendance at New Members Nights will not, from now on, be an essential part of the joining process. The next New Members Night will be on Monday 7th July. To assist with the production of the monthly New Members section in Outpost applicants will be requested to fill in a profile form and submit an extra photograph with their applications.

The Sunday Carvery has proved to be a success. It has now been running for six weeks with good attendances each time. The event starts with an up-to-date children's film shown in the Surawongse Room commencing at 4pm. Two films are shown each Sunday. The Carvery starts at 5.30pm which enables those with families to eat early and return home at a reasonable time to be ready for school the next day!

Staying with F&B, Barry has created new "all pastry" pies for the Churchill Bar menu. Rave reports have been received about these, so next time you are feeling peckish why not order one.

This year the Surin Elephant Round Up trip is on again. Full details appear later in the magazine, but I would ask you to please book early as places are limited and the trip usually fills up quickly.

The Club still seems to be suffering a net outflow of members who in the main are returning home to the UK or other exotic locations. If you know of anyone wishing to become a member please introduce them to me or Khun Sri, the Membership Secretary, and we will make all the necessary arrangements.

Tom Bain
General Manager

Management News

General Committee

Unfortunately Keith Bell has resigned from the General Committee (see Chairman's report for more details); therefore, there is a vacancy. If you are interested in contributing to the overall management of the Club by joining the Committee, please let the Chairman, the General Manager or any Committee member know.

Sunday Carvery

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

Surin Elephant Round-Up

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

Aqua Aerobics

Classes have finally started on Tuesday mornings at 10.30 am with Janice and Wednesday evening at 6.30 pm with Hannah. Come along to experience getting/staying fit with the resistance of the water whilst reducing the strain on the joints.

Coaching - Tennis & Swimming

New tennis and swimming courses have commenced on Friday evenings and Saturday mornings respectively. Please sign up in the Fitness Centre. Private coaching is also available upon request to Lisa at the Club.



A beaming Barney Phillips receiving the fine bottle of Ballantines whisky, first prize in the Lords 'New Menu' promotion

Reciprocal Clubs

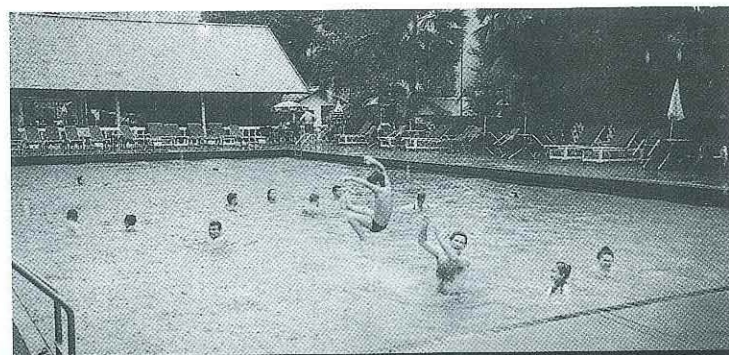
We have had three more clubs join the list of affiliated clubs for which British Club members share reciprocal facilities, these include two in India: the Ajmer Club in Rajasthan and the Residency Club in Pune, and the Chinese Swimming Club in Singapore.

First Aid

Management staff and fitness centre staff have (or will have soon) participated in the Medic First Aid Course. This course will not make anyone an expert but will give valuable first aid knowledge for when accidents happen around the Club. If any member would like to participate, please contact Tom Bain or Lisa Fitzpatrick.

Desk Top Publishing

The Committee has approved the purchase of a desk top publishing package. Once installed, we hope to be able to improve the quality of our posters and flyers so that no one can say, "We never heard about such and such an event!"



Even in the pouring rain the pool draws crowds - seen here are members and HMS Beaver crew enjoying the water

Yachting Section

It has been proposed that the Club establish a yachting section. If you are interested, whether as a sailor or non-sailor, please let Lisa Fitzpatrick know. If there is enough interest a meeting will be organised.

Dress Code

Members are reminded that there is a dress code for the Clubhouse. Bathing costumes and soiled sportswear may not be worn in the Clubhouse (except in the changing rooms). Also, shorts may not be worn in the bar after 6pm.

Discover Scuba

Have you ever wondered what it's like to breathe underwater while using scuba equipment? Experience floating and the freedom of discovering a whole new world underwater, breathing air of better quality than any found in Bangkok! Embark on this adventure under the safe and watchful eye of a PADI diving professional within a controlled and safe environment. There is a scuba meeting on Sunday July 13th at 2 pm in the Churchill Bar - all welcome. For details contact Lisa Fitzpatrick.

Snooker

A successful 'get-together' on Wednesday 28th

May has led to a change of day for future competition. A friendly snooker contest will now be held every Saturday afternoon from 3 - 6 pm. For details please contact Gavin Broad on 656 8378.

Darts

The dart boards will be set up and darts provided every Friday evening from 7 pm onwards in the Churchill Bar; come along and throw a few arrows.

Visit of HMS Beaver

The warship HMS Beaver was docked in Klong Toey for five days towards the end of May; while in port the crew took part in several sports matches against Club teams and, as with the crew of HMY Britannia, some members went aboard for a tour. For more details of these see the relevant sports sections and the article herein. We have received a fax from Captain David Lewis, captain of the Beaver, an extract of which follows:

"On behalf of my Officers and crew I would like to thank you very much for extending an open invitation to use the magnificent facilities of the British Club throughout our stay in Bangkok. The generosity and hospitality shown to us will be remembered for a long time to come, not only for the full and keenly competitive sports programme but also for the warm and friendly welcome we were given at the Club itself."

"I would like to pay special thanks to all your team, especially Lisa Fitzpatrick, without whose staunch efforts on our behalf very little would have been possible. ... Your kindness in allowing us to use the Club made such a difference to our stay in Bangkok and I cannot thank you enough."

Well That's That Then

The season was always going to be tough, with the loss of a few key players and the lack of enthusiasm for playing at close to midnight on the dust bowl Chula 'pitch', so to some extent a third place finish was a creditable effort. But things could have been better and with a bit of extra commitment and with more luck on our side we should have put in a closer challenge for a second consecutive championship. So what went wrong?

Well, not too much really. Points dropped against lower-ranked teams when victory was expected and what seemed like extra efforts from the opposition against the defending champions, combined to let the Brazilians eventually pull away for a comfortable and, to be fair, deserved championship. The season finished rather tamely. A good 2-0 win over the French, just revenge for the 3-2 defeat earlier in the season, followed by a walkover when the Thai Sikhs couldn't be bothered to turn up, and then a disappointing loss to league runners-up Italians meant the season finished on a flat note. In fact, morale had dropped to the level that the BC could not raise a team for the end of the season one-day cup tournament preferring instead to concentrate on an enjoyable match with the visiting Navy lads from HMY Britannia and a night on the town attending the St George's Ball. Hopefully we have seen the last of the Chula stadium as the BC 'boycott' reflected total disinterest in toiling all day on the unfriendly and uneven surface.

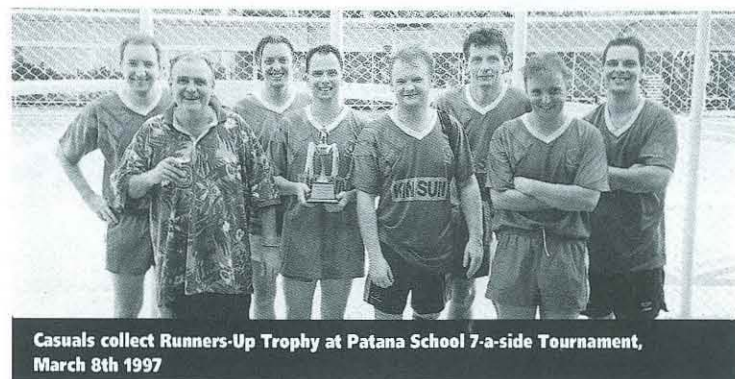
So what of next season? Already there is talk of some of the BC 'superstars' moving over to other teams, Delaney's and Bulls Head being



The Squad seems to have grown in stature - but no, it's just the goalposts are smaller than usual

the likely lucky recipients. Another suggestion has the BC retaining its core talent and supplementing this with 'extras' recruited from non-members in order to be able to challenge aggressively for top honours. Whatever the players decide, one thing that does appear to be missing from recent years is the camaraderie that pulled the squad together in good and bad times. The awful league schedule didn't help but there is no getting away from the fact that the current set-up can hardly raise enough players for a 6-a-side tournament in Bangkok, let alone a full-scale eleven-a-side plus substitutes for an overseas event that had been the norm in the past. Perhaps the choice will boil down to a league-winning-at-all-costs team versus a less competitive side with better team spirit, although in reality there's no reason not to aim for both.

To finish the column a word of congratulations to Terry Grogan and Alex Forbes. As captain and section chairman respectively they both put in a tremendous amount of effort in getting the best out of a somewhat depleted squad. There's no getting away from



Casuals collect Runners-Up Trophy at Patana School 7-a-side Tournament, March 8th 1997

the fact that the BC was the oldest team in the league by far and the strong season long showing was a reflection of the captaining skills of Terry as he juggled with a squad that was in reality not as strong as previous years. Whoever takes over next year, if Terry stands down, will have a tough act to follow.

League Table - Final Standings

	P	W	D	L	GF	GA	Pts
Bull's Head	18	13	3	2	48	5	42
Italian FC	18	10	4	4	37	17	34
British Club	18	10	3	5	31	18	33
Scans	18	9	4	5	40	26	31
Thai Sikh Assoc	18	8	4	6	32	16	28
RBSC	18	7	5	6	25	20	28
French	18	7	4	7	27	19	25
Shell FC	18	4	6	8	22	37	18
Delaney's	18	2	2	14	10	68	8
Siemens	18	1	2	15	13	61	5

Cup Final Day 7-a-side Tournament

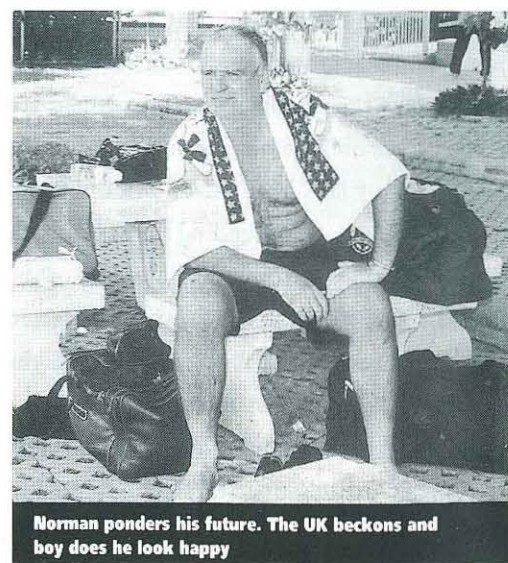
BC finished runners-up in this fun one-day affair losing to a revitalised Delaney's in a highly entertaining final. For once the team photographer was in action.

Scoop

Casuals Round Up

You've read about the rest, now read about the best. After many months of reading only about the trials and tribulations of the First XI we, the Casuals, decided it was high time that you heard about the other team of the Football Section. It has been an enjoyable 9 months for the Casuals with just the right amount of wins and good spirit to keep this important part of the Football Section alive and kicking. Despite being more for the social aspects of football rather than the cut and thrust (and wing-backs, apparently) of the Coca-Cola League, the Casuals can boast a decisive season with very few losses and a consistently high standard of football for a hot Saturday afternoon.

As usual, Alan Mays has made a Herculean effort in terms of arranging fixtures and refs and opponents for both the Social League and the general games. After Peter Downs' untimely departure back to England late last year, Matt Duke stepped into the role of



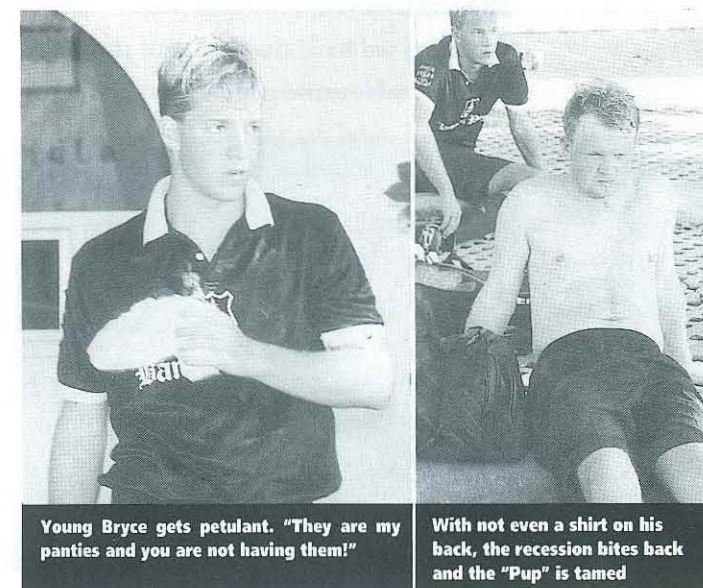
Norman ponders his future. The UK beckons and boy does he look happy

assisting Alan in organising the team and captaining the side during the Social League games. The Casuals played very well in that league with only two hard-fought losses and the rest flawless (who's counting anyway?) victories. In addition, a Casuals' 7-a-side team (with no subs on the day until the very last game) did very well to reach the final at the season-ending tournament at Patana School. The very tired 7 managed to hold on in the first half of the final but eventually the younger college team prevailed and we had to settle for the runners-up trophy.

The Casuals were also able to provide support for the First XI in the form of extremely useful all-rounders such as Mel Birkinshaw, Andy Gibb and Colin Harlow. More recent additions such as Steve Sloman and Steve Duckworth are surely worth a look by selectors for this year's First XI. The team also had noted spirited performances from Steve MacGowan and Andy Morrison, reliable regular contributions from Tony Green, Pete Rogers, Steve Jones and Stewart Edwards and the anticipated (is that the right word here?) return to play of Paul Greenhalgh.



Two naughty youngsters caught sipping an illegal substance between games



Young Bryce gets petulant. "They are my panties and you are not having them!"

With not even a shirt on his back, the recession bites back and the "Pup" is tamed

Norman Bright played in goal. Next season we hope to see Russell Chalon and Andy Lazenby back to form after injuries which have kept them out for most of the year. A special thanks to Adam Caro for turning up religiously and playing very well despite having a busy time with the First XI and cricket. New members might not be aware that there is no entrance exam (clearly) or fitness test or ritualistic ceremony required to come and play for the Casuals, nor indeed to come to training on a Tuesday night from 7-9 pm at the Club. If you or someone you know are interested in playing for the Casuals on a weekend bring yourself/them down next Tuesday or see the Football Section flyer on the noticeboard for contact phone numbers. The more the merrier. Current section members are reminded to keep us up to date on your contact phone and fax numbers.

We CAN Beat Someone!

The title says it all - after many years of searching we have finally found the definitively beatable team: ships' crews. Also below



The Chinese Swimming Club of Singapore and us for the posed shot on the front lawn

is the report of our match against the Chinese Swimming Club - another amazingly favourable result - which was inadvertently left out of last month's issue, and after forcing Bruce to write it before his jolly to Europe as well. Please note that on 6th July there will be a **Generation Game Day**: Juniors and Intermediates will be playing with an adult partner in a morning tournament from 8 am to noon, and the Senior Juniors will be joining the 'mix-in' tournament from 2 - 6 pm in which each competing Junior will have a variety of adult partners. All those who normally participate in Sunday mix-ins are invited to join in. For further details or to sign up, please call Shelagh on 398 2717 or Kate on 254 1582. Anyway, seeing as "Dick was doing the Beaver", as it was reported at the committee meeting, here he is without further ado - over to you, Dick.

Beating the Beaver

Following our experience against the crew of HMY Britannia a couple of weeks earlier, the

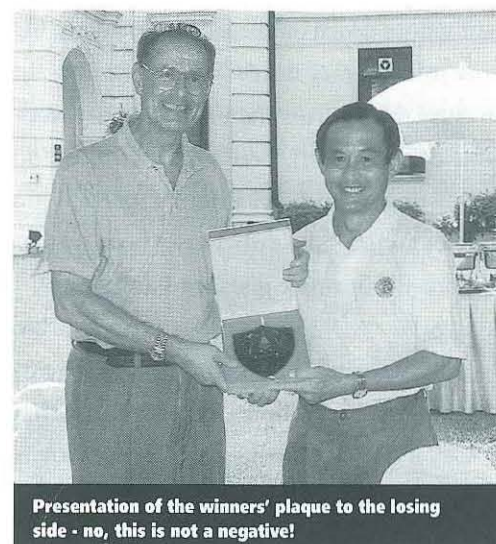
Tennis Section fielded a team more weighted toward the mediocre for a match against HMS Beaver on Saturday 24th May. Our recent impressive hot streak against teams of sailors who have not played in years continued, and the committee needs to consider arranging more of these kind of fixtures as opposed to our usual approach which entails enduring getting thrashed by swimming clubs or event actual tennis clubs! Perhaps a submarine crew, who could not even practice their deck tennis... HMS Beaver fielded a team of 6, including 2 wrens. BC was represented by Voratthep, Andrew, David Henton, Terry, Ken and Dick. It was agreed to mix the two teams in an attempt to have a more evenly balanced match, but Team A dispatched Team B by six matches to one, leading one to question the handicapping abilities of the organisers. Beer was the most popular between-set refreshment, accompanied by cigarettes for some, and as the afternoon heat took its toll the general performance level sank dramatically, giving rise to raucous and spirited criticism from the tennis-savvy group of sailor-spectators relaxing in the sala. Eventually both teams gave up the tennis under the strain (and the rain) and joined the revellers for a few hours of more concentrated pleasure seeking.

Dick Blackmore

Match vs Chinese Swimming Club

Sunday 30th March

Your scribe is now standing on his head as this is the only way that he can set about writing up the truly remarkable events that took place at the British Club on the above



Presentation of the winners' plaque to the losing side - no, this is not a negative!

date and with which he has yet to come to terms. So improbable is the story that regular readers are strongly advised to seek corroboration from unbiased observers otherwise they must inevitably conclude that the writer has at last succumbed to the extreme pressures of Captaincy and finally and irrevocably taken leave of his senses.

On the day, the BC ladies swept the board, achieving a remarkable 'whitewash' over the visiting side and winning all six of their matches with no less than two scores of 6-0 in their favour... what an achievement!!

Of course, this was absolutely the overriding event of the match against the Chinese Swimming Club and the fact that the BC went on to gain a rare win with an overall score of 15-11 was almost incidental except of course that this was also entirely due to the performance of the ladies as our men only managed to draw 8-all and lucky at that. We were however on the losing end of the mixed doubles with a deficit of 3-1 against.

The rather unpromising start of early light rain was further exacerbated by the visiting

team failing to turn up for the pre-arranged early start to help offset the rather large team they were presenting - no less than 25 souls and all hoping to play at least 3 matches apiece on BC's somewhat restricted 4-court facility. Needless to say our stalwarts and particularly our ladies were all assembled and ready to start at the appointed hour (We were? Even me? - G).

The rest is history. The two ladies pairs who achieved their 'whitewashes' simply have to be revealed: Zandra & Gaynor and Wan & Nisa. The outcome of the mixed pairings was rather less successful, the only win out of 4 played being Dick & Wan with 6-2. It is clear that Dick has made a new start and is determined to reinvent himself as "Leader of the Pack" when it comes to mixed doubles. Ladies, watch this space! However, the overall outcome was influenced to some extent by the fact that their ladies were not keen to play on into the heat and sun of midday which curtailed the event somewhat and probably cost the BC a couple of matches. The men's team managed only one 'whitewash' achieved by Pat and Richard; one other notable win going to Steve and Andrew at 6-1. The rest of the matches were so close that there was nothing in it. The short set format seemed to work well and all were able to get in as much tennis as they could possibly want. Overall victory in this match was made all the sweeter when we were informed that CSCS had managed to win against the Sports club the previous day, albeit on a somewhat restricted format.

Our guests were a very friendly crowd and the whole event went off extremely well. As usual an excellent buffet was served up by



David getting on famously with one of the wrens as the BC and Beaver players smile for the camera

Barry and staff and the day's tennis came to a close after commendably short speeches by both Captains and an invitation to BC for a return match in Singapore in the second half of the year.

Bruce 'Dreaming of Europe' Gordino

Proposed Trip to Singapore

Get your names down on the sign-up sheet early, folks, as all comers including husbands, wives, girlfriends, lovers and families, absolutely regardless of tennis prowess, will be welcome on this trip scheduled for some time in September. We are tentatively planning for a 3-day event (Friday to Sunday) leaving early Friday morning and returning late Sunday. There will be 3 matches scheduled for Friday mid-afternoon, Saturday afternoon and Sunday morning. Shop-pers can miss any one match by prior arrange-ment and those who cannot escape early on Friday can arrive that night or early Saturday morning and still participate in two events. Budget price for the full 3 days including all hotels, food and air fares, etc, is anticipated to be between Baht 8,000 and 10,000, depending on final numbers. Those interested please put

your names down on the list in the sala or for more info contact Bruce Gordon.

To close this shorter-than-usual report (wel-come back, Bruce!), here's a nifty little Top Ten listing found by Lisa Fitzpatrick on doubles tactics - she's obviously been watch-ing some of our mix-ins! Read and *learn!!*

Doubles Tactics - The Ten Commandments

1. Honour Thy Partner - Respect each other
2. Cover Thine Overheads - Get your own smashes, don't leave it to your partner
3. Keep Thy Returns Cross-Court
4. Protect Thine Alley - Make sure your tramlines/alley are covered
5. Thou Shalt Not Double Fault - Limit double-faulting. It gives away too many points. Aim for percentage serves and putting in your first serves.
6. Seek the Net - Come to the net as a team
7. Punch Thy Volleys - Put your volleys away
8. Analyse Thine Opponents - Try to find out your opponents' weaknesses
9. Poach Not, Win Not - Try to intercept by moving at net
10. Thou Shalt Not Lose Heart - Be positive. Remember, your partner needs you to be confident.

I would like to add the rule about moving to t'other side of the court if the ball sails over your head while you're at net, but we'll save that for another lesson...

Lotsaluv

Me



Ships and Seniors

Seniors Weekend

sponsored by OSRAM

This long weekend turned out to be a great 3 days, everyone enjoyed their golf and the weather was hot enough to fry one's brains. We played at Pattaya Country Club, Century,



Osram sponsor Mark with winner Mike Poustie and runners-up

Ban Chang and Green Valley, Rayong. The seniors were playing for the **Winderler Cup**. Gareth Simpson's golf ball had a close encounter of the canine variety when his drive was intercepted by a marauding mutt looking for a bit of fun in its otherwise hum-drum life. With much chasing and cajoling from players, caddies and farmers and a lump of wood the poor mutt decided it had had enough and went and looked for solace away from the 2-legged aliens.

Jamie Woodford was awarded a sleeve of balls for his closest to the pin (with a club head) on a par 3 when the head of his 6 iron almost overtook his ball. We are all wondering if this course (Green Valley, Rayong) is jinxed for the BCGS as this happened to Roger Fitzgerald last year when he lost his ball and the head of his 7 iron in a water hazard.

The jury is still out about Mike Poustie's encounter with something that rendered his

leg looking like it had been visited by a thousand little pricks! I guess he should stick to the fairways in future.

The social aspect of long weekends is always filled with confusion and merriment. Needless to say, whatever restaurant people landed at was enjoyed immensely although 7 people crammed into Bob Dixon's car when the Lamberts' driver disappeared was taking togeth-erness a bit too far. By the way, Angela did enjoy riding in front on Mike's knee with the door handle you know where and also it was Greg's wallet in the back seat but then again it could have been Jamie or Andrew but Lauren is not saying!

Dinner on Sunday night was at a Ban Saray restaurant overlooking the Bay and Pattaya where everyone enjoyed sundowners out on the lawn with the gentle sound of the water in the background; this was followed by a BBQ and 'more' after-sundowners.

The weekend was a great tester for the over 45's playing on unusual courses and the winner Mike Poustie was equally chuffed with his eagle on a par 4 which rounded off his golfing weekend. Second and third was a close finish behind Mike, won by Roger Fitzgerald and Bernie Adams respectively. Thanks go to Mark Verheyen of **OSRAM** who sponsored the event.

Fun & Games with Britannia and Beaver

The BCGS had the honour of playing a round of golf on two separate occasions when HMY Britannia and HMS Beaver docked in Bangkok. The crew from Britannia had a day to remember with a loss to the BCGS and to commiserate that loss, had to help each side finish off the 1st and 2nd prize which was a bottle of Johnnie Walker each. Of course, the day (or should I say night) couldn't end at the golf course; the sailors had to be shown just



Toppoint technical prize winners

one of the colourful niteries of Bangkok and with a few of the hard stayers of the BCGS they set up camp in Soi Cowboy for a few nightcaps and the like. They were also joined by the Royal Marines Band who had no venue on that night except for centre stage at one of the Soi Cowboy bars.

The lads off the Beaver (only 4 of them) were treated with a little bit more decorum although the writer is not sure what happened when she left the golf course and Roger and Bernie were still in full swing...

New Members Day

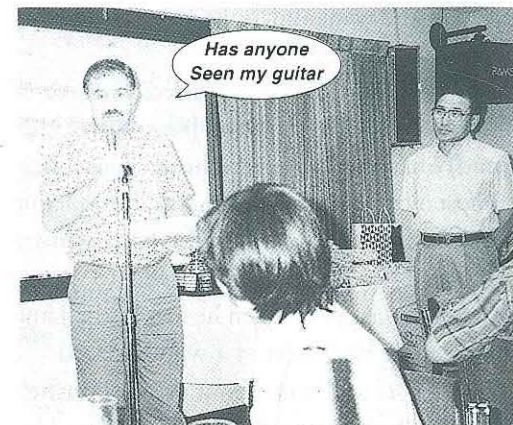
sponsored by GAB Robins

This event was played at a relatively new course for BCGS, Subhapruek. It turned out to be a fun day with many new faces teeing off at 8am or thereabouts with the weather quite moderate. Sponsors for the event were **GAB Robins**, a division of **SGS (Thailand) Ltd** for the main prizes and **Toppoint** which handed out a sleeve of golf balls to each of the winners of the technical prizes. A newcomer to the golf section but not to the BC, James Young, took out 1st prize followed by Bernie Adams and Mike Corey. Everyone's handicap was determined after play on the Systems 36 and the Stableford points were then calculated from that.

David Jewell had a heart-stopping moment when the ball from his tee shot on the par three 16th dropped for an almost hole-in-one. However, David's ball heard his gasp and after completing a couple of circuits out of sight of several thirsty onlookers thoughtfully popped out and lay casually alongside the hole for an easy 2-inch birdie putt. When asked later why the pale look when his ball disappeared David replied that he had left his credit cards at home.

Japanese Association vs BCGS

Tuesday 20th May (Visakhabucha Day) was played at Royal, Lad Krabang, with all prizes and entertainment supplied by the Japanese Association. This turned out to be a day of great golf for Paul Jensen who handed in his card with his all time record (here in Bangkok) with a net score of 61. The BCGS retained the **Honda Cup** with a win of 10 matches to their 5 with 2 matches halved. Everyone was invited back to the Japanese Club for the prize-giving ceremony and much imbibing of the amber liquid, with and without fizz, and to a feast of Japanese food. The party then moved on to the Churchill Bar where our illustrious Captain (in full spirits in more ways than one) and his underlings took over the bar much to the chagrin of the Tuesday night spoofers (tough luck guys).



What a month May was, packed full of fun and games, enjoyed by the old, new, young and the rest of us. You too can join in these revelries by signing your name on the sign-up sheets for the following events. **July 6th** is **Captain's Day** playing at Vintage with a tee-off at 8.30am. We have another long weekend away on **July 19th, 20th & 21st** at Forest Hills playing in the **Eclectic** where you are competing against yourself to better your playing over the 3 days on the same course. August 3rd the event will be against the **Commonwealth**. So please, everyone out there, polish the cobwebs off your woods and irons and hit the golf courses.



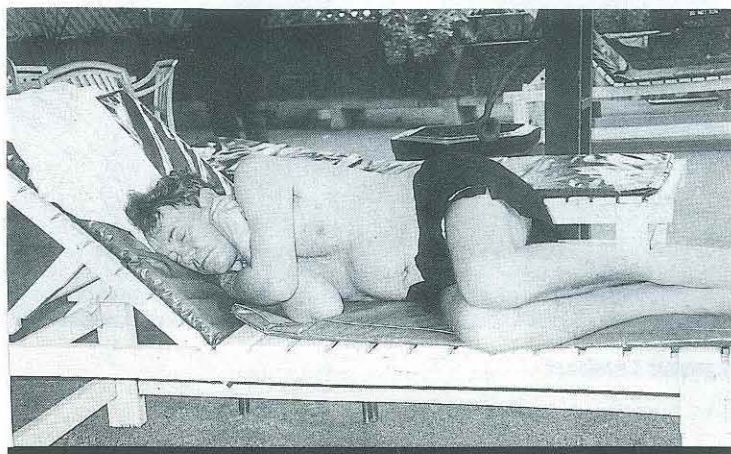
GAB Robins sponsor Gareth with new members winner James Young

Happy Golfing
Lauren Lambert



Keeping Up the Hard Work

May was a relatively quiet month at the Club with no big events other than the usual league competition. That's not to say that the



One of your over-worked Committee taking a well deserved break...

courts aren't being well used - it is great that so many are making use of the Club's facilities and enjoying some squash. Courts 1 and 3 have had their floors resurfaced and are much improved. Help keep these courts in this pristine condition by having clean soles on your squash shoes. Also it has been noted that during the weekend small children are using the courts as a play area. Please discourage this and remove any offenders.

Snippets

The Club Champs for men and ladies have just finished and there will be a full report next month.

The men's World Squash Championship and World Team events are being held in Kuala Lumpur later this year. The finals are Sunday November 9th with the competition being held during the week prior to this. It's a great oppor-

tunity to see some wonderful squash so close to Bangkok. How about some enthusiastic member organising a weekend group trip? Anyone interested in squash coaching should contact Phil Hall for details and information. Barb Overington won the June Sunday mix-in and took home a bottle of wine for her efforts. (Did you do the handicapping also Barb?....:) Tom Livingston also won a bottle as a spot prize.

Upcoming Events

The handicap tournament is coming up next month so watch the noticeboard for the sign-up sheet. The committee is working on a revised handicap system to ensure that there is an equal chance for all.

The Dawee Cup will be held at the Polo Club at 10am Sunday July 6th. The Cup is an annual event competed for between teams of 10 farangs (represented by the British Club) and 10 Thais. The BC won the cup last year for the first time in quite a few years and will be hoping to retain it this year, despite playing in the unfamiliar air-con courts. Supporters will be very welcome.

Sunday mix-in: The next one is on Sunday July 6th and then August 3rd. This is a friendly, fun, handicap mix-in for players of all levels. All welcome - sign up on the day at 12:30pm.

See you at the Club.

Dave Jewell

A Glorious Exit for Chris Reed!

The Junior Tournament on 8th June attracted 26 juniors ranging from 7 to 15 years. We need more courts!!

The Junior Juniors began the day and the courts were full before 8 am. The intermediate players who came early warmed up with some of the less experienced players and then moved into the next group at 9 am where they faced fiercer opposition. Winner of the Junior Junior round robin was Michael Jones, just! He and Laura Hughes drew with 7 points, but Michael had beaten Laura in their game which gave him the top place.

The 21 players in the next competition were divided into 4 leagues. Matches were hotly contested and despite efforts to speed up the games by complicating the scoring, most people did not get to play everyone in their league. However, each league eventually had a clear winner and the four of them competed in an exciting knockout. The exciting matches were between Paul Stamp and Darren Rayner and Chris Reed and Richard Roberts. Both matches had people, parents and onlookers alike, on the edge of their seats. Eventually Chris and Darren emerged hot and tired to meet in the final, which was played in the heat of the day at around 12.30. It was a tough battle, with Chris playing coolly and consis-

tently to come through with a win.

What a nice way to bow out of Bangkok Junior Tennis! We will all miss Chris when he goes off to school in England in September, as we will Frederik Marshall and Andrew Jones. Peter Evans, who was a new player in the intermediates, is also leaving - so we say good-bye to all of them but hope to see them on the BC courts during the school holidays in future!

Diary Dates

The next Round Robin tournament will be on Sunday 7th September but before that, on 6th July, we will be having a **Generation Game Day!**

Juniors and Intermediates will be playing with an adult partner in a morning tournament, 0800 to 1200, and the Senior Juniors will be joining a 'mix-in' tournament from 1400-1800 in which each competing Junior will have a variety of adult partners. All those who normally participate in Sunday mix-ins are invited to join in. For further details or to sign up, please call me on 398 2717 or Kate on 254 1582.

Shelagh Weekes

Farewells

Here's the latest group to wave good-bye to the green lawns of the Club:

Mel Birkinshaw, Stuart and Anne Marie Bowman, Ron and Robyn Brooke, Robert and Christina Colvin, Clive and Mary Croy, Nick and Jenny Ferrier, Paul and Pamela Gill, Brian and Susan Hutchinson, James and Lucienne Kilpatrick, Charles Kitson, Ian Lafferty, David and Norma Ledlie, Andrew and Wanpen McDowell, Andrew and Lynne Mudie, Nortey and Cynthia Omaboe, Adriaan and Eileen Rodenburg, Suphak and Fongchan Saphakkul, Jonathan Spruce and Rebecca Pitt, and last but not least Philip and Josephine Wittke. More famous names among this list in terms of the active life of the Club; good luck to all of you, wherever you go from here.

Calendar

British Club Sports and Entertainment Calendar - July

Sunday



Opening Times

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

Monday



Sports - Contact the following:

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

Tuesday



1

7am **Ladies Golf**
9-11am **Ladies Tennis**
10.30am **Aqua Aerobics**
7-9pm **Soccer Training**
8-10pm **Badminton - Soi 22**
8-11pm **Friendly Bridge**
9pm **Gentlemen's Spoof**

Wednesday



2

9.30am **Aerobics**
5-8pm **Squash Coaching**
6-9pm **Tennis Mix-In**
6.30pm **Aqua Aerobics**

Thursday



3

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

Friday



4

9.30am **Aerobics**
3-9pm **BC Tennis Coaching**
7pm **Social Darts**

Saturday



5

8am **Junior Tennis**
9am-1pm **BC Swimming Coaching**
8-11am **Tennis Coaching**
3-6pm **Snooker Tournament**
4.30pm **Casuals Football - Soi 15**

6

8.30am **Golf - Vintage**
10.30am **Adult Swimming Coaching**
11am-1pm **Badminton - Soi Nares**
2-6pm **Tennis Generation Game**
4-6pm **Children's Video**
5.30pm **Sunday Carvery - Lords**

7

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

7.30pm New Member's Night

8

7am **Ladies Golf**
9-11am **Ladies Tennis**
10.30am **Aqua Aerobics**
7-9pm **Soccer Training**
8-10pm **Badminton - Soi 22**
8-11pm **Friendly Bridge**
9pm **Gentlemen's Spoof**

9

9.30am **Aerobics**
5-8pm **Squash Coaching**
6-9pm **Tennis Mix-In**
6.30pm **Aqua Aerobics**

10

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

11

9.30am **Aerobics**
3-9pm **BC Tennis Coaching**
7pm **Social Darts**

12

8am **Junior Tennis**
9am-1pm **BC Swimming Coaching**
8-11am **Tennis Coaching**
3-6pm **Snooker Tournament**
4.30pm **Casuals Football - Soi 15**

Children's Sports Activities

Tennis Coaching
Swimming Coaching

Friday Evening & Saturday Morning
Saturday Morning

Don't Forget !!

To book your place on the Surin elephant round-up trip!

13

10.30am **Adult Swimming Coaching**
11am-1pm **Badminton - Soi Nares**
3-6pm **Tennis Mix-In**
4-6pm **Children's Video**
5.30pm **Sunday Carvery - Lords**

2pm Scuba Meeting

14

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

15

7am **Ladies Golf**
9-11am **Ladies Tennis**
10.30am **Aqua Aerobics**
7-9pm **Soccer Training**
8-10pm **Badminton - Soi 22**
8-11pm **Friendly Bridge**
9pm **Gentlemen's Spoof**

16

9.30am **Aerobics**
5-8pm **Squash Coaching**
6-9pm **Tennis Mix-In**
6.30pm **Aqua Aerobics**

17

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

18

9.30am **Aerobics**
3-9pm **BC Tennis Coaching**
7pm **Social Darts**

19

8am **Junior Tennis**
9am-1pm **BC Swimming Coaching**
8-11am **Tennis Coaching**
3-6pm **Snooker Tournament**
4.30pm **Casuals Football - Soi 15**

TBA Golf - Forest Hills

20

7.30am **Golf - Vintage**
10.30am **Adult Swimming Coaching**
11am-1pm **Badminton - Soi Nares**
3-6pm **Tennis Mix-In**
4-6pm **Children's Video**
5.30pm **Sunday Carvery - Lords**

TBA Golf - Forest Hills

21

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

TBA Golf - Forest Hills

22

7am **Ladies Golf**
9-11am **Ladies Tennis**
10.30am **Aqua Aerobics**
7-9pm **Soccer Training**
8-10pm **Badminton - Soi 22**
8-11pm **Friendly Bridge**
9pm **Gentlemen's Spoof**

23

9.30am **Aerobics**
5-8pm **Squash Coaching**
6-9pm **Tennis Mix-In**
6.30pm **Aqua Aerobics**

24

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

25

9.30am **Aerobics**
3-9pm **BC Tennis Coaching**
7pm **Social Darts**

26

8am **Junior Tennis**
9am-1pm **BC Swimming Coaching**
8-11am **Tennis Coaching**
3-6pm **Snooker Tournament**
4.30pm **Casuals Football - Soi 15**

27

10.30am **Adult Swimming Coaching**
11am-1pm **Badminton - Soi Nares**
3-6pm **Tennis Mix-In**
4-6pm **Children's Video**
5.30pm **Sunday Carvery - Lords**

8am Tennis Japanese Club

28

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

29

7am **Ladies Golf**
9-11am **Ladies Tennis**
10.30am **Aqua Aerobics**
7-9pm **Soccer Training**
8-10pm **Badminton - Soi 22**
8-11pm **Friendly Bridge**
9pm **Gentlemen's Spoof**

30

9.30am **Aerobics**
5-8pm **Squash Coaching**
6-9pm **Tennis Mix-In**
6.30pm **Aqua Aerobics**

31

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

Sports - Contact the following:

Non-BC Sports
Ladies Golf **Will Agerbeek 259-7019**
BCLG **Eileen Cook 295-4596**
LIGIT **Lois Carson 258-5295**
Hockey

Venues

Soi 15 **NIST grounds**
Soi Nares **Behind Bangrak Police Station**
Aerobics Surawong Room
Golf - As advertised

Second Coaching Course Under Way

June was definitely the busiest month in the pool since the commencement of the increasingly popular swimming coaching.



Junior Swimming

Saturday 14th June saw the wind-up of the first 8-week course of lessons. Children and adults enjoyed a buffet luncheon whilst certificates were presented to toddlers through to teenagers. Well done to all participants. The next course began on June 20th and is being offered in two 4-week blocks to allow for the start of the holiday period. The second

block will begin on Saturday 19th July and finish on the 9th August. Please collect an application form from the Fitness Centre. Sunday 22nd June saw the return of the British Club Swimming Galas. I am confident that the event was well-attended. At the time of writing it was still in the preparatory stages. Photos and results will appear in the next edition of Outpost.

Rosemary Imlah is now becoming a familiar face around the pool and Club in general. She is currently running an Adult class and a Toddler class on a Monday morning. For more information please contact Rosemary or myself.

Aqua aerobics has begun. Two classes are being offered initially to determine the response of participants. More classes will hopefully be offered. Janice will be taking the Tuesday morning class at 10.30 am and Hannah the Wednesday evening class at 6.30 pm. The cost is Bt 120 per session. Enjoy!

Lisa Fitzpatrick

Saturday Class Schedule

Class/Certificate	Criteria	Time	Cost (Baht)
Toddlers	2 years old	9 - 9.30 am	1,200
Water Awareness	3 - 4 years old	9.30 - 10 am	1,200
Water Confidence	4 - 6 years old	10 - 10.30 am	1,200
Water Skills (Stroke Development)	6 - 8 years old	10.30 - 11.15 am	1,400
Junior (Stroke Correction)	8 - 9 years old	11.15 am - noon	1,400
Intermediate (Technique/Endurance)	10 - 15 years old	noon - 1 pm	1,600
Resuscitation & Lifesaving	12 y.o - Adult	1 - 2 pm	1,600

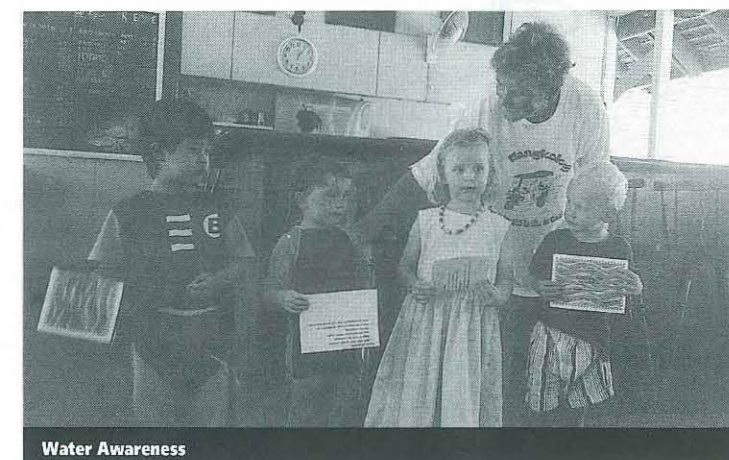
You may wish to enrol in the "short course" of four weeks:

Course A: 21st June - 12th July

Course B: 19th July - 9th August

The cost of these is half the amount indicated in the table.

Please note that the age give for each class is only a guide. Ability and confidence are better indicators. Please ask Rosemary or Lisa if you are not sure.



Water Awareness



"Noodled"



Meirav



Intermediate/Endurance



Poppy on her 3rd birthday with her Water (if not certificate) Awareness



Resuscitation & Lifesaving



Water Confidence

BEAVERED!

At least they all got home this time! After (allegedly) putting themselves about reasonably respectably on the pitch, and managing the usual less-than-respectable display in the streets and hostleries of Wanchai, the boys slipped "quietly" through Don Muang refreshed and ready for a fresh assault on the Bangkok season - plus a few bruises, minus rather more wallets... So thanks to all those who made Manila-Hong Kong '97 possible - the incomparable "troika" of Stitch, Ramsay and Bruce, and the generous sponsors: **VAP**, **Strongbow** and especially **Hongkong Bank**, without whom we would still be stuck somewhere between Soi 15 and...

Farewell then to the old Hong Kong, and farewell also to the aging Hollis, swapping Sukhumvit for the Falls Rd, and to Taff - sorely missed by all but a certain Corsaire!

Down to business, and with the **Hongkong Bank League** looming again, down to serious work. Frighteningly, nam manaow has apparently taken over as the post-training drink of choice... surely taking a competitive spirit too far! A few sessions at Soi 15 and on the back lawn under the belt, and a few too many injuries taking their toll (a sad hiatus in our illustrious Captain's career), the boys were just about prepared for the assault of the assorted farangs of HMS Beaver.

Normally there's no problem being a tad tardy for a BC fixture (or even losing the venue), but not so this time. Her Majesty's forces were clearly "up for it" and those who decided to take in the undisputed delights of Hawaiian Night "en route" had only themselves to blame. The game was as varied, lewd and exciting as

the ideas about what to put on the commemorative t-shirt. Despite suggestions that the man-in-the-middle had received the Kings (sic) shilling from the home side, the BC eventually ran out deserved winners by 12-10, a brace of tries by Alex and captain for the day Rod (shame about the toe) being too much for the sailors, and rather spoiling the celebrations of a Welsh fly-half! We won't even mention the catching prowess of the Chairman...

The post-match facilities were held in the Surawongse Room - as ever, excellent food, washed down by stupendous quantities of beer, kindly donated by **Carlsberg**: it all went, despite the massive over-order! The singing started, to the enjoyment of all, but gradually slithered and slipped its way into the depths of depravity, not without the assistance of the lady ratings and officers who now "man" Her Majesty's warships!

The Sunday invitational visit aboard ship was an epic sequel to the "War and Peace" of the Friday debacle, with about 20 husbands, wives, girlfriends and kids patrolling the cable and instrument-festooned corridors of the vessel from flight-deck to engine room... well, not quite all... our erstwhile Captain Trev and his trusty batman Ramsay (commando? who?) quickly employed their high-tech sensors to locate the Senior PO's mess and took the description literally! (see pics on page 36)

All in all - game, revelry and visit - a highly memorable weekend... and those Beaver t-shirts are bound to become collectors items - good slogan, Mr Chairman!

Paul Kane

Sports & Recreation News

Yet another month has passed us by as we approach the ever-popular holiday period. It won't be long before the Christmas celebrations



Lisa Fitzpatrick - SRC

are upon us (heaven forbid!). All the more reason to prepare yourself for those future indulgences. What better way to get fit (without the feeling overwhelming heat exhaustion) than **Aqua Aerobics**. Classes have commenced on Tuesday mornings at 10 am with Janice and Wednesday evenings at 6.30 pm with Hannah. I dare you to try it - you'll be hooked! Hope to see both men and women making the most of these new classes. Friendly **Snooker** competition day has changed from Wednesday evening to Saturday afternoon from 3 pm. Gavin Broad is your contact on 656 8378-9.

Tennis and **Swimming** coaching courses have begun after the very successful first 8-week series. The Friday (tennis) and Saturday

(swimming) lessons are being offered in two 4-week blocks to cater for the commencement of the holidays. The second block starts on 18th/19th July and concludes on 8th/9th August. Application forms are in the Fitness Centre. The **Black Friday Disco** held on Friday 13th June was a great success. 60 juniors aged between 7 and 11 years enjoyed a fun-filled evening of music, games and prizes. Please see the special report in this issue. Another disco will be held early in the next school term. Thank you to parents for supporting this event. **Darts** recommenced on Friday 20th June in the Churchill Bar. Please come along at 7 pm each week and give it your best shot! If all else fails, the bar isn't too far away! See you on Fridays. The first big event of the year for swimmers was held on Sunday 22nd June. At the time of writing this event was still in the preparatory stages. Photos and details of the results will be in the next edition of Outpost.

Lisa Fitzpatrick

You may wish to enrol in the "short course" of four weeks:

Course A: 20th June - 11th July

Course B: 18th July - 8th August

The cost of these is half the amount indicated in the table.

Please note that the age give for each class is only a guide. Ability is a better indicator. Please ask Lisa if you are not sure.

Tennis Friday Coaching Schedule

Class/Certificate	Criteria	Time	Cost (Baht)
Mini-Tennis	4 - 6 years old	3.15 - 4 pm	1,400
Beginners	6 - 9 years old	4 - 5 pm	1,700
Juniors	8 - 11 years old	5 - 6 pm	1,700
Intermediate/Advanced	12 y.o. and up	6 - 7 pm	1,700
Adult Beginner		7 - 8 pm	2,000
Adult Intermediate		8 - 9 pm	2,000

Ironing Out the Facts

Is it true that spinach is "full of iron"? Actually, Popeye would have received more iron from the tin can than from the spinach! Although there is iron in spinach the body is unable to absorb it due to the presence of oxalates. So, if spinach is not a good source of iron, what is? To answer this we need to look not only at the iron content of food but also at how well the iron is absorbed by the body. Iron is found in food in two different forms: haem iron and non-haem iron. Meat, chicken and seafood contain haem and some non-haem iron whereas vegetables, lentils and beans contain only non-haem. Haem iron is absorbed twice as well as non-haem iron. There are also certain factors in food which can bind non-haem iron or prevent it being absorbed. These include oxalates found in spinach and rhubarb and phytates found in unprocessed bran and oatmeal.

Here's the good news: non-haem iron absorption can be improved by the addition of a vitamin C-rich food. For example, a glass of orange juice contains 110 mg of vitamin C which taken with a breakfast cereal can double the amount of iron absorbed. Other good sources of vitamin C are strawberries, kiwi fruit, capsicums and tomatoes.

For those not keen on meat, even small amounts of meat at the same meal will improve the absorption of iron from other foods. Try following the Asian style of mixing small amounts of meat with seafood, vegetables and rice. Another good source of iron is breakfast cereals as these are fortified with iron. This is a great snack for teenagers. As well as providing iron, if taken with milk it will also add calcium to the diet.

Getting the most iron out of your food:

- eat small amounts of lean meat, seafood or chicken on a daily basis

- include a vitamin C source with each meal
- increase intake of break (especially whole meal) and iron-fortified breakfast cereals
- if vegetarian, include cereals, beans, lentils and dried fruit

What is iron and who needs more?

Iron is stored in the liver, spleen and bone marrow. It forms part of haemoglobin, the oxygen carrier in blood and also myoglobin in muscle. Requirements for iron increase during pregnancy. Those at risk of inadequate iron intake include vegetarians and strict dieters where the total intake of iron may be reduced as well as the absorption. Sports people may have a need for iron but the reason for this is unclear. In addition to dietary factors, increased losses of iron through sweat, increased breakdown of red blood cells and blood loss from the bowel and the bladder have been proposed as possible reasons. Self-supplementation with iron tablets is not recommended as iron toxicity can result. If iron deficiency is suspected it should be properly diagnosed by a doctor. Increasing dietary iron is a much safer way. It is important to note that a diet low in iron is likely to be low in zinc and protein as well.

How much iron do you need?

The recommended dietary intake (RDI) for menstruating women is 12 to 16 mg and for men is 7 mg of iron daily. For teenage boys and girls (not menstruating) the RDI is 10 to 13 mg. Here's an example of how a woman's RDI can be achieved:

Feel like a cup of tea after reading all this? Sorry, but drinking a cup of tea with a meal can reduce iron absorption by 50% as the tannins in tea will bind iron thus reducing the amount absorbed. Before you switch to coffee,

small amounts of tannin are also found in this beverage so keep your tea and coffee weak and have it between meals if you can!

Deborah Kerr for the Australian Council for Health, Physical Education and Recreation Inc.

Food	Serving	Iron (mg)
Weetabix/similar wheat cereals	3	2.6
Orange juice	1 glass	0.6
Sultanas	2 tbsp	0.6
Wholemeal bread	5 slices	3.4
Roast chicken	30 g	0.3
Steak (lean)	120 g	4.9
Broccoli	1 cup	1.0
Potato	1 medium	1.4
Grilled tomato	half	0.2
Total		15.0

Radio Daze



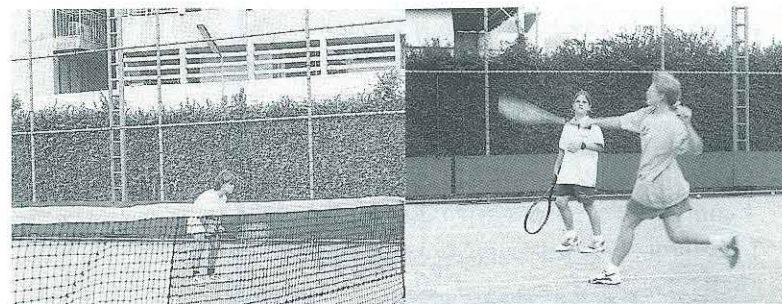
**Dinner Theatre at the British Club
Friday 11th July and Saturday 12th July at 7.30 pm**

Don't miss this live, 40's style radio variety 'supper show' to be performed in the Surawong Room for two nights only! Come and enjoy an informal evening's entertainment including a buffet supper, songs, comedy and heaps of pizzazz!

Tickets only Bt 500 from Reception or Asia Books (Sukhumvit soi 15). For more information on this or other Bangkok Community Theatre productions please contact Angela Mitchell on 258 8495.

Coaching Events

On the same weekend as the conclusion of the first swimming coaching course, with the awarding of certificates to all participants (see the Swimming section), the first tennis course drew to a close. These pictures show the classes receiving their certificates.



Carly Young

Gabby + Laura



Intermediate Tennis



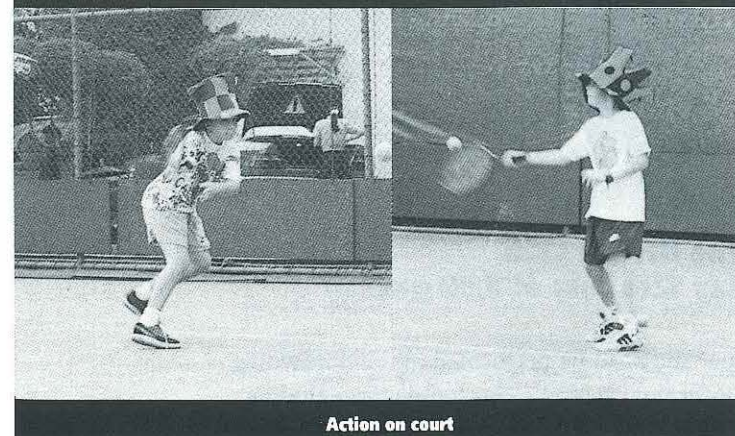
Beginner Tennis



Mini Tennis



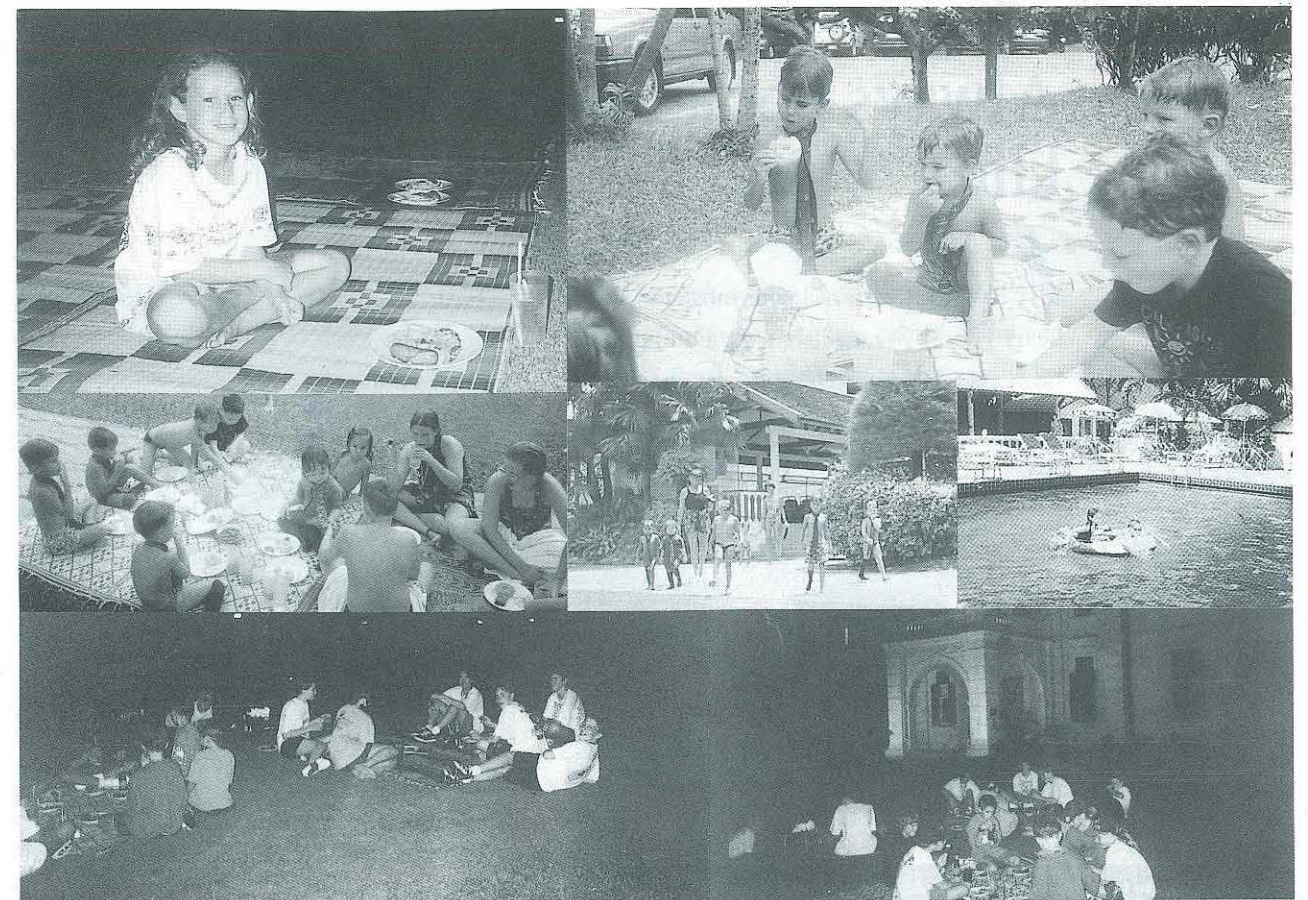
Junior Tennis



Action on court

Just before the first tennis and swimming coaching courses started there was a mini-tournament and gala held for the two sports on Friday 18th evening and Saturday 19th April morning respectively. The swimming event consisted of novelty games and races and the tennis a round robin, all designed to familiarise the coaches with the levels of ability and to allow the participants in the upcoming coaching courses to get to know each other. Two al fresco parties were held on the front lawn to accompany these events; for the swimmers there was a 'strict' dress code for the boys of a tie and at least one sock...

Lisa Fitzpatrick & Gaynor de Wit



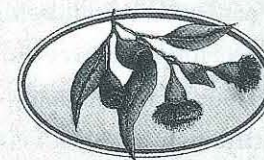
PAULETTS AT THE BRITISH CLUB?

Tuesday 22nd July, 7.00 pm

The British Club and Bangkok Fine Wine Company announces a surprise visit from the Pauletts winery in Clare, South Australia. This extremely small winery has been recognised as a consistently excellent producer with notable success at the London International Wine Challenge in 1996.

During the evening of July 22nd 1997 we invite members to attend a tasting of Pauletts wines with the opportunity to meet Neil and Alison Paulett personally. Commencing at 7.00 pm, this shall be a unique opportunity to taste some very exciting wines available exclusively to members at remarkably affordable prices.

PAULETT'S



1994

POLISH HILL RIVER

CABERNET
MERLOT

PAULETT'S
SAUVIGNON BLANC
CHARDONNAY
CABERNET MERLOT
SHIRAZ
"ANDREAS"

PAULETT'S



1994

POLISH HILL RIVER

SHIRAZ

Enquiries: The British Club, Mr Barry Osborne on 234 0247, 234 2592; Fax: 235 1560
or Bangkok Fine Wine Co, Mr Jonathon Glonek on 247 2450-2; Fax: 246 8475

Always Look on the Bright Side of Life

It is with a certain lachrymose air and a hearty "bon voyage" that the Football Section says good-bye to Norman Bright in June.

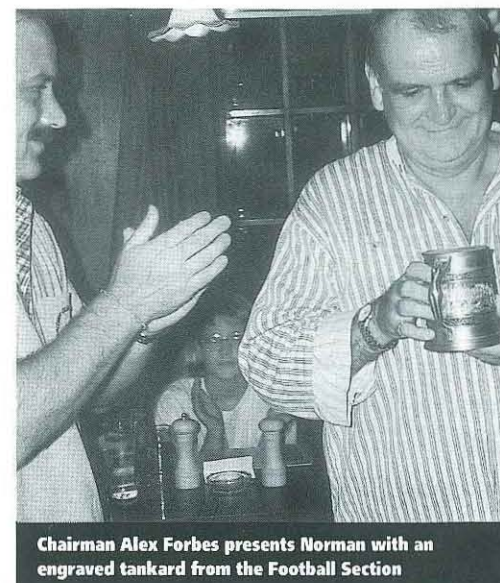


Football Section Inter-Squad for Norman Bright's Testimonial, June 7th 1997

Norman has been a large part (literally!) of the First XI and Casuals for the last 6 years. In addition to keeping goals in a laudable fashion he has served on the committee in various guises with verve, aplomb and an almost fanatical devotion to the idea of 'joie de vivre'. There is not enough space in *Outpost* to fully do justice in recanting the many, many times that Norm has created the stuff from which legends are made, even if most of it might be somewhat apocryphal (or at least let's hope so). Norman has been a particularly large part of the Casuals' success this year, providing a very solid barrier to would-be goal scorers. In addition, his experience and patience were very useful in providing support to newcomer Matt Duke who stepped into the captain slot for the Casuals in the Social League as normal king-pin Alan Mays turned his attention to grooming the NOSS team during the league. The almost universal good spirit and camaraderie which typified

the Casuals over the last year is in no small part due to Norman's sense of humour, knowledge of the game and almost uncanny ability to make tremendous saves when called upon. Saturday 7th June marked the closing paragraph in the exalted story that is the Bright Side of Life. Norman's testimonial match was an inter-squad game that saw the return of many past favourites for the BC team if not the return of past form. Of note was the appearance of Steve Golsby, who left the 'dry heat' of Athens to be a part of this auspicious occasion. The two evenly matched sides, which comprised a rare assortment of First XI and Casuals, struggled to find a rhythm in the first half, if for no other reason than the unusually stifling conditions. Norman's team in yellow relied on pressure through the middle from Chris Davin and Adam Caro, while the opposition in blue looked to recent section member Steve Duckworth and cricket maestro (yes, our boys are multi-talented!) Steve Sloman to spear the attack from the mid-field in reply. Seasoned defenders such as Greg Watkins and Vaughan Elias were on hand to shore up the back four at both ends, while Alan Morton (determined not to cook his head the way Vaughan had and deciding to do his best Dennis Hopper impression from 'Easy Rider') unveiled a bandanna for his noggin of such strikingly garish colours and patterns that one was left wondering whether he spent just a little too much time watching the movie 'Colours'.

The second half saw a much more open and flowing game as the sun finally lowered behind the sky scrapers and the temperature



Chairman Alex Forbes presents Norman with an engraved tankard from the Football Section

finally dropped below 40, which by a strange coincidence is the number of balls that section members have put over the fence into the klong in the last year. Action at both ends witnessed some excellent short and long range attempts on goal, some of which were also on target. After some very spirited play the 'blues' managed to carve out a 2-1 lead over Norman's 'yellows'. It was at this time that Norman realised he would have to raise the level of his game to pull his team back onto level pegging. Now playing in the centre forward role he not only dazzled everyone (including himself) with some extremely delicate touches and passes but also almost scored from a free kick some 5 yards outside the box. A graceful curling ball wrapped around the wall and was only inches from neatly tucking under the top right hand corner of the post and cross bar.

Not to be daunted by this near-miss, Norman was soon back in the opposition's area and did what any captain would do to save the

day. He took a dive in the box that would have made Greg Louganis proud. Who can say if referee and section chairman Alex Forbes was properly positioned to witness the alleged infraction, or if Norm's howl of anguish as he was felled like a majestic oak did the sympathy trick. In any case, the 'yellows' drew level at 2-2 when Norman stroked the ball past the keeper who very sportingly only put one hand on it. Sadly it was not to be the 'yellows' day as the 'blues' started to put some nice attacking football together and were rewarded by two late goals for a final score of 4-2.

At the end of the day, though, it was Norman who was the winner as the habitual three cheers were offered up to him. The evening's celebrations started with a few drinks and a presentation ceremony as Alex had the chance to wax lyrical about all the contributions Norman had made of the years and present him with an engraved tankard. Norman's heart-felt reply left very few dry eyes in the house and I'll leave it to the reader to decide what kind of tears were being shed. As Norman moves onto the next episode in his life we wish him all the best. We hope he hasn't become a "fair weather" player as he tackles the tundra that is Wolverhampton in the winter. We also hope that he remembers us fondly and may even join us on tour now and then. It is people like Norman that make being part of a social club so worthwhile. We'll miss him.

BC Surin Elephant Round-Up

"Certainly the most stylish trip available."

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

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

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

PHOTOCOPY AND FAX BACK TO THE GENERAL MANAGER

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

Adults (names):

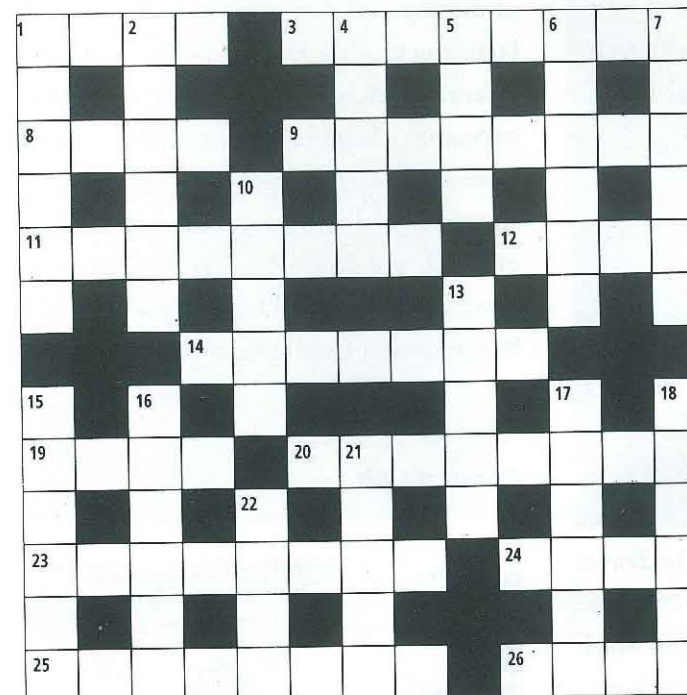
Children (names and ages):

BOOKINGS REQUIRED BY 15th AUGUST

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

Crossword

How's Your Geography?



Clues

Across

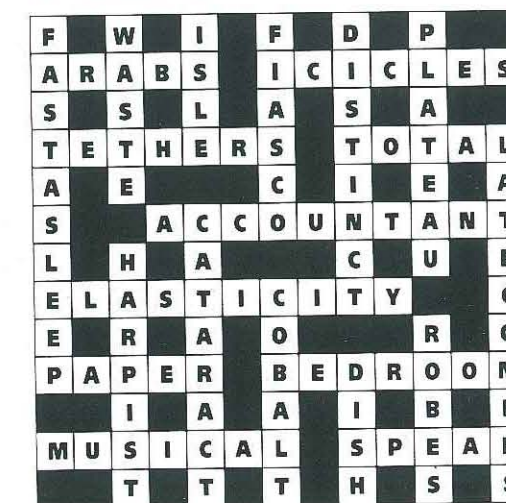
- 1 Must be a very clean city
- 3 Is it an ocean of whiskey round Man? (5,3)
- 8 Waterway through the land of 2 down
- 9 A sand pea found in California
- 11 Boring village? It's this kind of place! (3-5)
- 12 Gamble here - and get a divorce!
- 14 Famous for China
- 19 Around on your own to find a Northern capital
- 20 Food such as sushi
- 23 Johann Strauss was
- 24 Hi! in South Pacific
- 25 Here we are right now!
- 26 Mumtaz's memorial is here

Down

- 1 Just the place for an American tea-party!
- 2 City of Ancient Kings
- 4 Sounds like a Greek island, but are just travellers' ways
- 5 River of West Australia
- 6 Direction to an old garden for a European Kingdom
- 7 Tough old lady who is the flower of Brazil!
- 10 Produced in the plantations of the Far East
- 13 Fly an aircraft around to get this mountain Kingdom
- 15 Capital of an Aussie State
- 16 Sounds like I'll ask her for the name of this US territory!
- 17 Georgetown for your visa run!
- 18 Muslim Holy City
- 21 A small mountain lake is called _____ (1,4)
- 22 Lara is around for a Russian sea

Another mixed-bag crossword with straight and cryptic clues on the subject of towns, cities, countries, nationalities and geographical features. Enjoy!

Last month's solution



Beavering in Bangkok

Hot on the heels of HMY Britannia, the HMS Beaver pulled in to Klong Toey port for a short visit in late May. A Type 22 Batch 2



Anti-Submarine Warfare Frigate, the Beaver was carrying between 13 and 33 crew more than full complement (depending upon which official document you use for comparison) - surprisingly popular, Bangkok... The Beaver arrived here from Hong Kong as part of a 4-month tour as part of Ocean Wave '97, a Royal Navy Task Group deployment designed to demonstrate British naval operational effectiveness as well as promote international relations by participating in joint manoeuvres.

The Beaver is kitted out with Exocet and Seawolf missiles, Stingray and triple launcher torpedoes, Lynx helicopters and much more in order to be able to defend herself and attack targets above, on or below the sea surface. Designed as fast and manoeuvrable, modern frigates have advanced sensor equipment (radar, sonar), providing early warning of threats to give the command team time to react.

As with the Britannia, sporting fixtures were arranged with the crew (see sports sections) and several members were given guided tours

of the ship and first-hand experience of the large stock of alcohol on board (including several barrels of CSB at the Rugby reception on Sunday). Some of us even received "sticky beavers"... With far fewer photography restrictions I had a field day, some of the results of which are shown here. If anyone wants more information on Ocean Wave '97 or the Beaver itself, please contact me.

Gaynor de Wit



Steering the Beaver: even an idiot could do it



'Scenes' from the Beaver on Sunday



View of the bow, with Exocets aimed on Bangkok CBD...

The Refugees

Oh child! don't look at me that way,
It's not my fault you died of hunger in this fertile land.
I never heard you when you cried.
It wasn't me - blame someone else
I turned my eyes away.

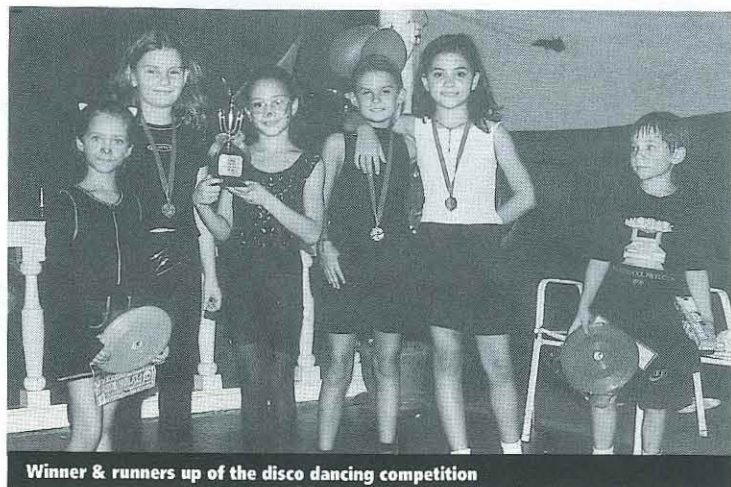
Grandma - what brought you to this place,
What's happened to your farm, your dignity, your home?
Your brooding eyes - your withered arms
Prove suffering we cannot bear to face
And so - we turn our eyes away.

Young mother - you've walked how many miles today?
With arid breasts, all hope is lost - your children die
Where can you turn - who'll count the cost
Of your dead dreams - perhaps the world
Now sees - and will no longer turn its eyes away.

Leonie Vejjavija

Black Friday Disco!

The Black Friday Disco held in the Silom Sala on Friday 13th June was a great success, with sixty 7 to 11 year olds dancing away to



Winner & runners up of the disco dancing competition

the latest pop music as well as more than one rendition of the Macarena... There were games and competitions, including musical chairs, fancy dress and, the highlight of the evening, the disco dancing contest, with prizes for many participants.

Despite the high standard of entry, the four Mad Hatters elicited the loudest screams from the party-goers to hand them the victory in the fancy dress, with Casper the Ghost and one of the two cats as runners up. The musical chairs was a closer fought race with Cindy emerging as champ, but not nearly as close as the disco-dancing championship which was won after a tough series of short-listings by Anastasia Palsson, who out-Macarena'd five others for the trophy.

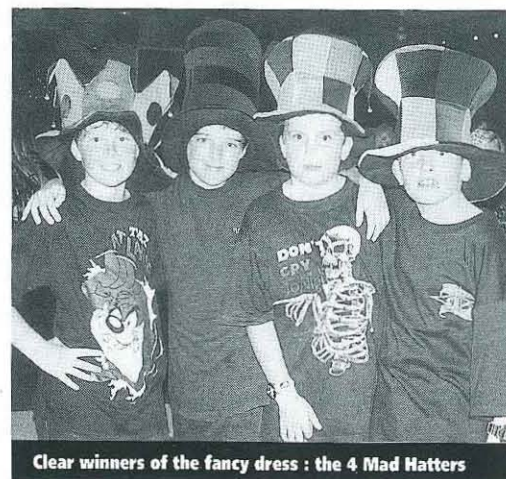
Many thanks to **Professional Leisure Services** for their promotional offer that enabled us to keep the prices down; certainly the tirelessly enthusiastic team of Simon, Richard, Paul and Eddi kept everyone on

their feet all evening. Thank you also to **Coca Cola** for their continued support. Finally I must thank the parents for supporting this event. Indeed, several of the parents were happily contributing to Churchill Bar takings during the evening and some were seen at the door of the bar telling their tiring children at around 10.30 pm to "go back and enjoy yourself for another half an hour, the poster said it doesn't finish until 11 pm"...!

Probably the most striking moment was at around 10.30 pm, with several participants starting to drift off and only around 4 or 5 were left in the sala, when someone put the Macarena back on the turntable... within seconds about thirty juniors rushed in from all directions, forming spontaneous lines and quickly falling into routine for this amazingly popular song!

Given the success of this disco, we are hoping to hold another disco early in the next school term, so keep your eyes peeled for notices.

Lisa Fitzpatrick & Gaynor de Wit



Clear winners of the fancy dress : the 4 Mad Hatters



In musical chairs, you never know when the music will stop!

Is this a stomachache or the Macarena?



The disco dancing finalists Macarena-ing



From the Chairman

Although they are a little way behind us now, I should like to reflect on the visits to Bangkok of HMY Britannia and HMS Beaver. The Club was asked by the British Em-



Dugal Forrest - Chairman

bassy to extend temporary membership to the crews of both ships and this was, of course, approved by the General Committee. I am happy to say that both visits proved very successful with a number of sporting events being arranged against both crews, including football, rugby, tennis, golf, squash, snooker and darts, all of which were

played in a spirit of friendly competition. In addition, many crew members visited the Club and greatly appreciated the welcome extended to them. Whilst here the men and ladies of both crews were a credit to their ships and I hope the Club will be able to host similar visits in the future.

With the day-to-day activities of the Club now being in the hands of a capable management team, the General Committee has been able to reduce the frequency of its meetings to once per month instead of the previous twice. This has brought about two main changes. Firstly, it makes the task of sitting on the General Committee a little less onerous and as such should, hopefully, make it easier to find members who are prepared to join the committee and help. And secondly, it has meant the demise of the monthly New Members Nights previously held on the first Monday of every month. Our approach to welcoming new members has, therefore, changed a little

and details of the new arrangements will be found elsewhere in this edition. Suffice it to say here that we have introduced a system which is, we believe, more in keeping with present day circumstances.

Whilst on the subject of the General Committee, I have to announce that after only two months with us Keith Bell has found it necessary to resign. Keith has just been appointed as the Manager of a Club that could be considered as competition to the BC and as such has decided that, rather than face possible conflicts of interest, it would be better for him to leave the General Committee. It is a pity since Keith was just beginning to make his presence felt but I recognise his concerns and wish him well in his new position. This means, of course, that we need to try to find someone to take his place on the GC. If any of you are interested or know a member who might be, please contact Tom Bain or any member of the GC and let us know.

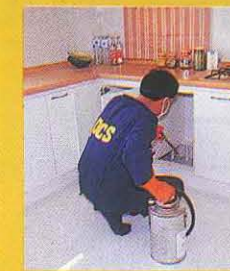
Finally, a mention of our Food and Beverage. Barry and his staff have up-graded some of the more traditional British type foods available in the Club and I am sure that if you try them you will not be disappointed. A regular Sunday evening Carvery has also been introduced and, judging by the comments of those who have already sampled it, is well worth a visit.

Dugal Forrest
Chairman

Security



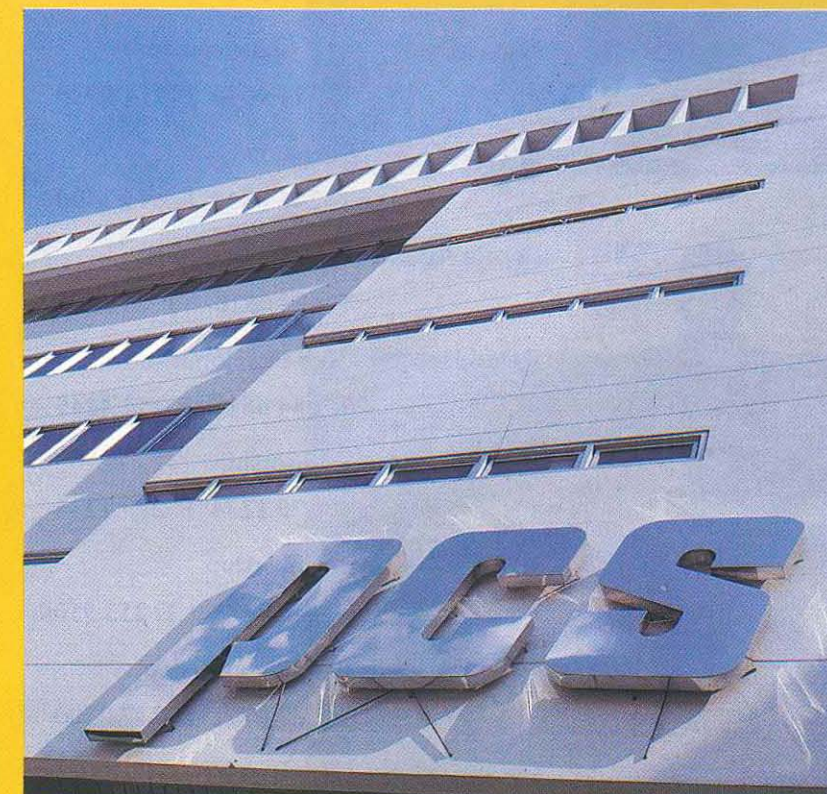
Pest Control



Janitorial Division



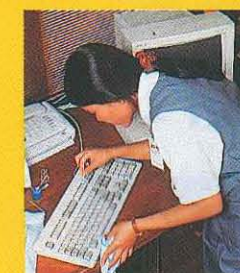
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British Club General Committee



**Dugal
Forrest**



**James
Young**



**Phil
Evans**



**Bernie
Adams**



**David
Henton**



**David
Turner**



**Ian
Webb**



**Mike
Lamb**



**Colin
Hastings**

— The Committee is: —

- Dugal Forrest** Chairman
T. 398 3807 F. 399 1564
- James Young** Vice Chairman/Sport
T. 714 9040 F. 714 9039
- Phil Evans** Treasurer
T. 246 8844 F. 645 3400
- Bernie Adams** Club Development
T. 674 0810-1 F. 210 2332
- David Henton** Club Development
T. 254 6819 F. 254 4849
- David Turner** Sponsorship
T. 279 1234 F. 279 1234
- Ian Webb** Membership
T. 656 8378-9 F. 253 9500
- Mike Lamb** Sport/Sponsorship
T. 237 0777 F. 237 0780
- Colin Hastings** Club History
T. 240 3700-9x1511
F. 240 3843

— Club Staff —



**Tom
Bain**

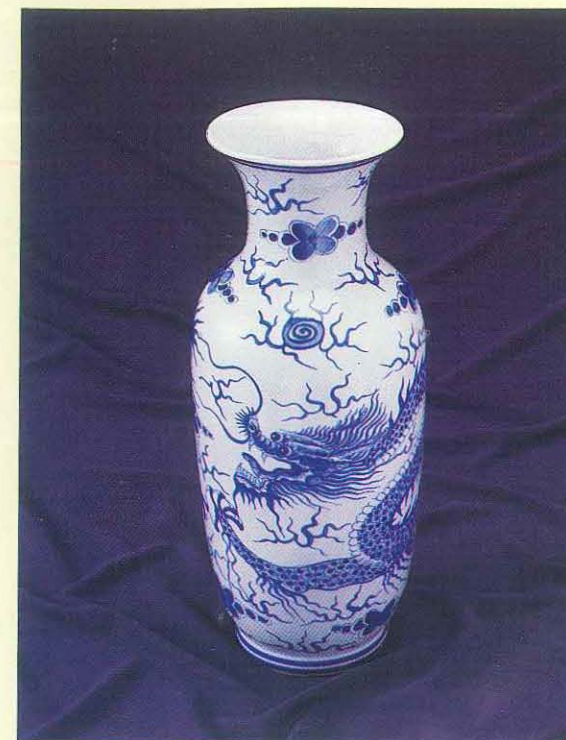
General Manager



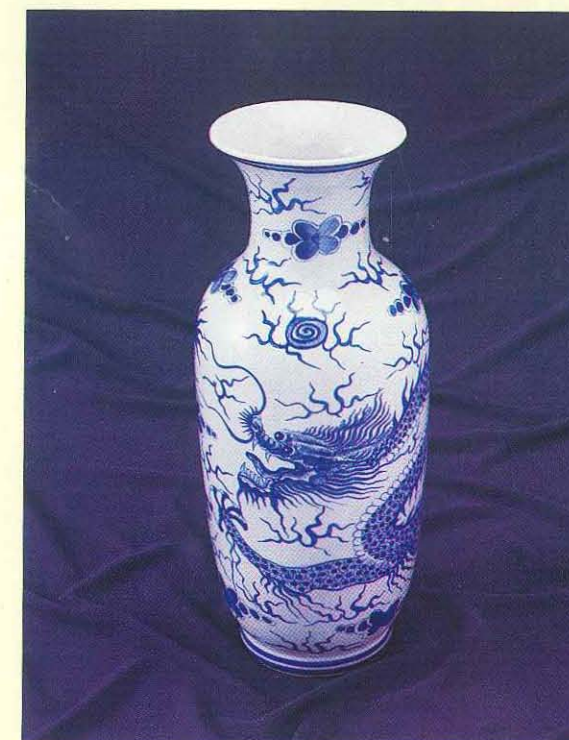
**Barry
Osborne**

Operations Manager

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



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