

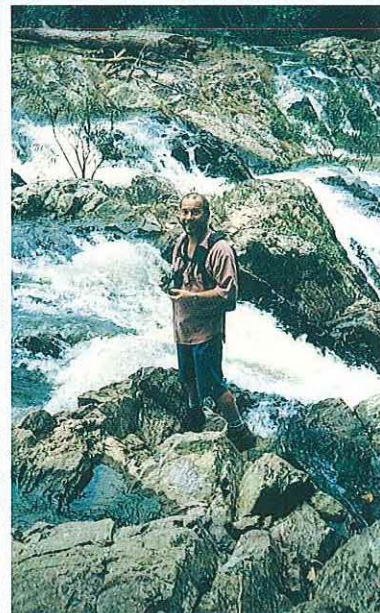
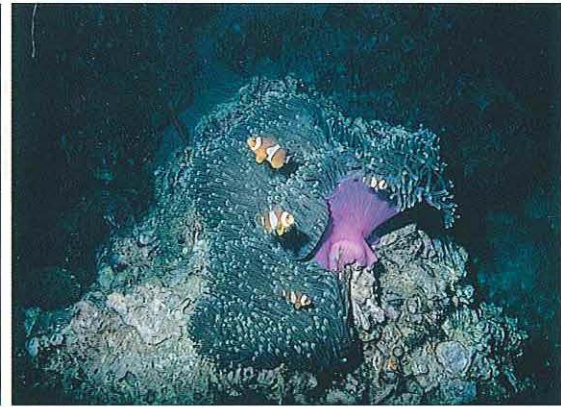


# Outpost

July

M A G A Z I N E

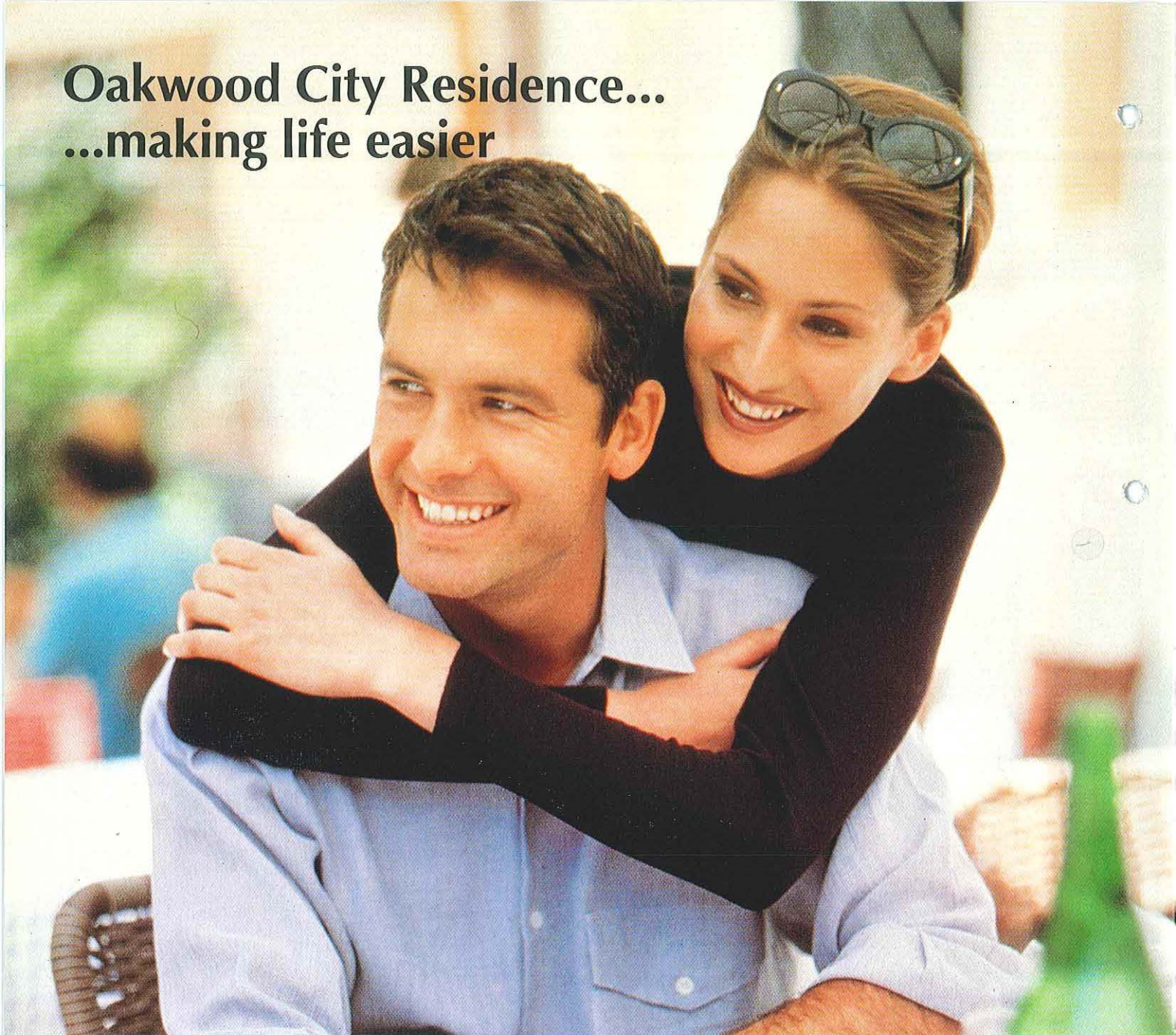
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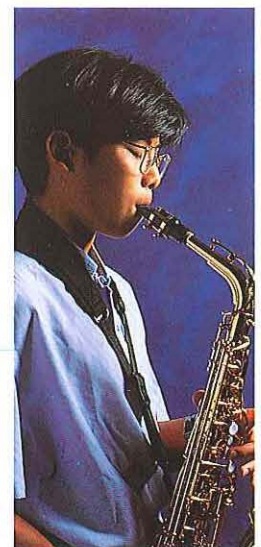
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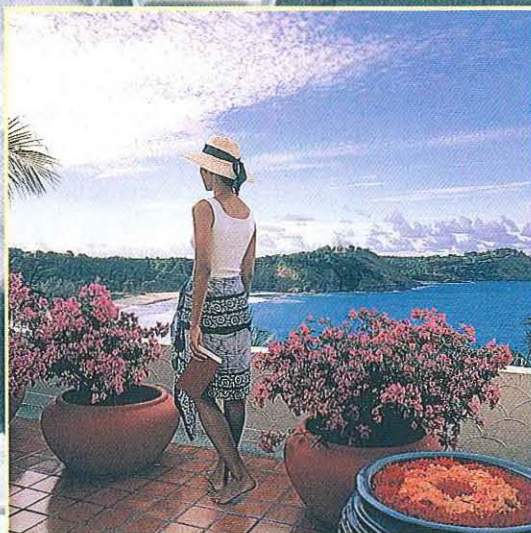
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### Contributions

If you would like to Contribute to Outpost please contact the Editor, Sherry Conisbee, on Tel: 285 4721-2, Fax: 285 4723



### Outpost Magazine

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



### On the Front Cover:

Newly-engaged new members, Mark and Annabel  
Ged Allen, tepid explorer  
The triumphant tennis team  
The golf team on court  
Clown Anemone fish (see Scuba page)

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### Outpost Magazine

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It's that time of year again when many of you, particularly those with children at school in Bangkok, will fly off for the long summer holiday to some exotic destination, like Bognor or Crewe, leaving us a little quiet here at the Club. We do get a few visitors braving the hot, humid months; children from overseas boarding schools and universities who come to spend their holidays with family in Bangkok. It's always great to see them here.

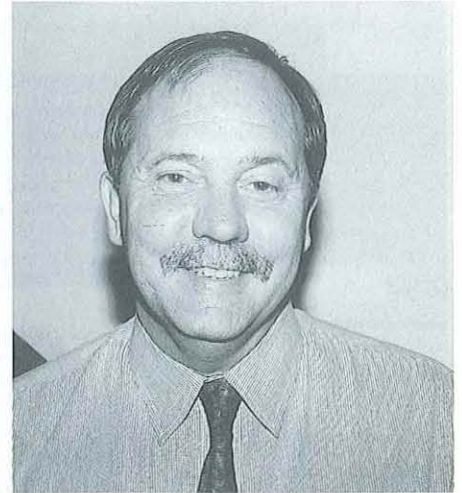
If you're one of those taking off, then have a good time and don't fall into any bad ways. We'll look forward to hearing about your travels on your return and perhaps a few of you might consider your holidays adventurous enough to feature in *Outpost*... I hope so. For those remaining in Bangkok or just visiting, please come and make use of the best oasis in town - and keep an eye open for the children's activities programme (more details on the SRC's page).

Casting holiday fever aside for the moment, work at the Club goes on - like trying to minimise our mistakes and finding better ways to do things! Seriously for a moment, I'm heartened by the number of members who've been free in their praise of the way things tick around here. It's nice to know that many of the members appreciate the efforts of management and those ten courageous men who give freely of their time to manage the affairs of the Club - and who accept complaints and criticism so unflinchingly! Remember, if you have a suggestion or gripe about any aspect of the Club, please contact me or any member of the management team.

Looking further ahead to the Club's busy period and the lead up to 2000, please start thinking about events such as Guy Fawkes, Loy Krathong, the Christmas Ball and New Year's Eve River Cruise, not forgetting the ever popular St. Andrew's dance practices on the front lawn where everyone has a reeling good time. Sign up for everything and make the most of what's left of this century!

And finally, if there's something you want to know about the Club, why not get your fingers tapping and lock into our new website <[www.britclub.com](http://www.britclub.com)>

Catch you around the Club.

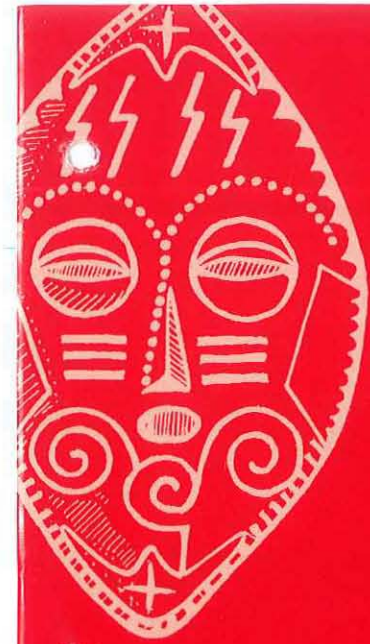


Thomas Bain - General Manager

A handwritten signature in black ink, appearing to read 'T. Bain'.

**Thomas Bain**  
**General Manager**





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## **Bar Quiz**

Get the grey cells working on Friday, 2nd July. Teams of up to six can enter and you can book at Reception. The price: Baht 50 per person. The venue: the Churchill Bar, of course!

## **Safari World**

Following the huge success of the Khao Yai weekend break, the BC is proud to present its full-day tour to Safari World on 11th July. Leaving the BC at 7.30am, an air-conditioned coach will whisk you and the kids to an unforgettable adventure - all for the astonishingly low price of Baht 695 for adults and Baht 450 for children. But there's more... this price includes the entrance fee to the Safari Park, a jungle

cruise, entrance to all shows, a buffet lunch AND we'll get you back to the Club in the same air-conditioned comfort. Book at reception - now!

## **Sliding Doors**

No it's not a maintenance problem but the smash hit, British romantic comedy "Sliding Doors". Come and see this movie on Saturday, 24th July at 7.30pm in the Surawongse Room. The price is B190 per head and includes a fish 'n' chip supper. Sign up at reception.

## **Happy Days!**

The Club has 'Happy Hour' EVERY DAY - in fact it has two! Two whole hours of happiness and cheap drinks in all the

Club's outlets from 6-8pm, plus complimentary bar snacks.

## **Pub Stuff**

Why not get some mental and physical exercise while hanging around in the Churchill Bar. Try a rubber of bridge or a game of darts - or pop over to the Snooker Room to pot some balls. Details of how to join in all these games are easy to find...

## **Sunday Carvery**

The Best of British is served up every Sunday in Lords Restaurant - mouth-watering roasts and a delicious assortment of meat and vegetable dishes. Try it - but book first as it's very popular.

## **Magic Manipulation**

Hard game of squash? Stressful day at the workhouse? Phone the Fitness Centre and book in for an oil and pressure massage to ease the tension in muscles and joints. Go on, you know you want to...

## **Surin Elephant Round-up**

It's not too late to join up for the highlight of the BC Calendar, the Surin Elephant Round-up. Turn to page 24, fax off the reservation form - and start packing your trunk.

## **Free Wine Tasting**

The popular wine tasting evening is back, on Friday 30th July, 7.30pm in the Snooker Room. Australian wine is the theme, with all wines kindly supplied by PTK Marketing & Management. This event is FREE!, and that low, low price includes some nibbles. Come along to savour the valleys of Australia.

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# Tennis Section Wins the Day

**H**ow shall I start with this one? Well, after much prodding and threatening by me that I would NOT cancel the event even if we only had 2 teams, I think it should be said that the Intersection Sports Day was once again a huge success. We landed up with just 3 teams but no-one seemed keen to kick off and the question "is it cancelled?" was asked in hope on more than one occasion. However by the end of the day (as we waited patiently for the Excel spread sheet to do its thing) all the negativity had disappeared and everyone was enthusing about the event. This reminds me of child birth - or so I hear! The mother forgets about the pain moments after the birth and a few months later is talking about having another one!

## What happened...

By the narrowest of margins the tennis team (again) bested all comers, i.e. the squash and golf teams. I say narrow as it came down to the last game of the day, darts - the squash and tennis teams were tied up till that point. Sorry but the golf team never really came close! The tennis victory was helped along by the two highest darts scores of the day - "One Hundred and Nineteen" for both James Young and Richard Ellis of the tennis squad. For the squash team a mere 34 for Tony Perkovic and an almost impossible score of 12 with all 6 darts for Paul Bowden.

## The Titles

The men's title went again to Richard Ellis with second place going to Chairman James Young and third place to Tony Perkovic. Well done gents! It was close but not quite as close as the overall title - anything could have happened with darts being the deciding factor again. The ladies' title was also closely fought with Joanne Wood edging Charlotte Parks into second place and Karen Carter into third. For a round-up on all competitors, please see the end of this article.

## Absent Teams

Sadly the badminton section's 7 members were not quite enough to make up a team, one being out with a rugby injury(!) and 2 others being out of town. Cricket was in the same boat with so few members left that they almost had trouble being able to practice. The rugby team was not in quite

the same boat but with Jon Prichard being very busy, what with work and getting married, his appointee unfortunately dropped the proverbial ball and there was no rugby team this year. Football (I keep wanting to call it soccer... always a Canadian, eh?!) saw Matt Duke, the hard working organiser, returning from a 3 week holiday just days before the event with no team organised. He tried to scramble one together but could not pull it off.

## Interesting Observations

An unbelievable 320 points in the snooker game for David Henton! I watched the final half of this exciting display of control and team work which netted David the top spot in the snooker game, fifty points ahead of the next closest rival, Tony. To the disbelief of many, I watched as James Young skillfully placed the ball back in front of the pocket moments after it was sunk by Mr. Henton.

"28 seconds, no way!" Tony's football time of 28 seconds (13 seconds faster than the next closest competitor) was hard to believe - my staff swore he was flying. He couldn't hit the back of the net though and both his shots soared wide of the goal. Slow down a bit next time and get them in, would ya!

Young Laura Hughes was overheard screaming to a competitor who refused to put her head under the water during the swimming race (no names here), "Get yer hair wet mom!" The competition was fierce let me tell you!

The tennis game needs some serious review as the score keeper is supposed to keep track of both the total number of times the ball is struck in a row AND take note of the player who made the error which caused the ball to be missed. This sounds complicated enough but try it with 6 people (some of whose names you don't know) while standing in the blazing sun with a fever of 102. Now that's difficult. Thank you to David Blowers who helped out even though he had been unable to get out of bed the previous 2 days.

A comment was overheard that the tennis section will slaughter all competition next

year as they will enlist Marc Hagelauer to their team. He's a tennis and squash player, as well as Intersection Sports Man winner in two previous years. Somehow he was overlooked this year by both teams. A painful and costly oversight but I will try and make sure that I call him early next year and get him on the Badminton team which is always short of a few players.

It should be mentioned that Joanne Wood was actually wearing shorts but her shirt was just really long - for all those who were wondering!

## Final thoughts

Many people I talked to in the 3 days prior to the event as I tried to scramble a spare team together, had not heard of it! At first I could not understand this but later I realised it is really only the section committee members who get involved and it usually stops there. So here's some thoughts for next time. I suggest that we have a more open Sports Day with sections, families and friends putting in teams. If the games are well organised we should be able to host about 10 teams easily, 12-15 if we run a tight schedule. Having seen how much fun it is I really think this is a great idea.

If you have any thoughts, please drop by the fitness centre and let me know or discuss it with one of your committee members.

## Overall Individual Results

### Men

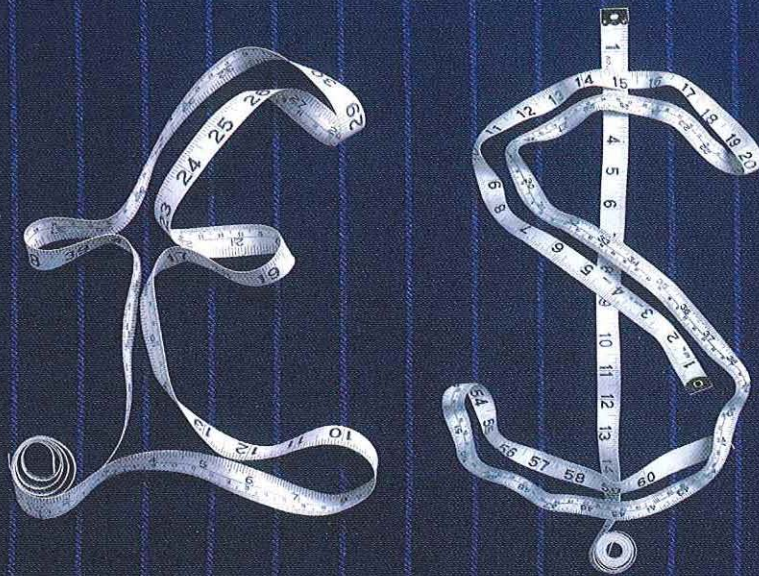
1. Richard Ellis
2. James Young
3. Tony Perkovic
4. Greg Brown
5. David Eastgate
6. Pat Dean
7. Paul Bowden
8. Paul Nears
9. David Henton
10. Peter Smith

### Ladies

1. Joanne Wood
2. Charlotte Parks
3. Karen Carter
4. Anita Hughes

Pictures on page 11





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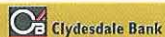


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## Intersection Sports Day



The triumphant tennis team



Men's title winner, Richard Ellis



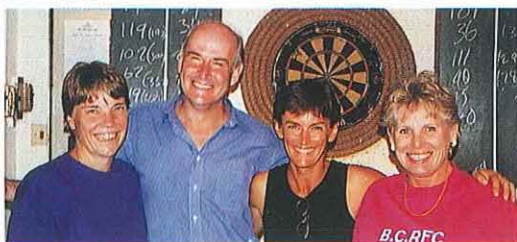
David accepting the trophy for the tennis team



The squash squad



Khun Amnat & Damon



Golfing "also-rans"



Joanne Wood, ladies' title winner

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As promised, this month we will explain in more detail the General Committee's plans for the maintenance and development of the club.

The maintenance element, under Chris Moore, is developing a review programme covering all aspects of the building and grounds. This involves regular inspections of the property and reporting to the General Manager. Obviously this has been happening in the past but we are now trying to identify potential problems before they occur. In order to increase the emphasis in this area the General Manager has been personally tasked with overseeing the programme.

Beyond regular inspections, a programme of refurbishment is also required. This will result in a schedule over a five year period that should facilitate better financial planning. We need to move away from the quick fix option as this often proves to be a false economy. On the development side, overseen by David Eastgate, the Sub Committee has decided on a Phased Development Plan. The initial phase is to look at the food and beverage outlets, particularly in the Club itself. It has been decided to have an Architectural Competition to provide members with some concepts to consider and comment upon. The brief for the competition is presently being written. If any members are interested in participating then please contact Tom Bain in the first instance. We anticipate having plans and impressions for the membership to view in September and, if we can reach a consensus, we hope to make a decision by the end of the calendar year.

In addition, the Surawongse sala in particular is becoming very crowded at peak times. Very shortly we ought to be in a position to open the sala up and provide a more spacious environment for all to enjoy the poolside area.

Attention is being given to F&B as a priority as it obviously generates revenue for the Club. If this can be increased, in terms of volume as opposed to price, we can progress through the various phases more quickly.

Beyond this, several urgent projects have been approved and these are listed below.

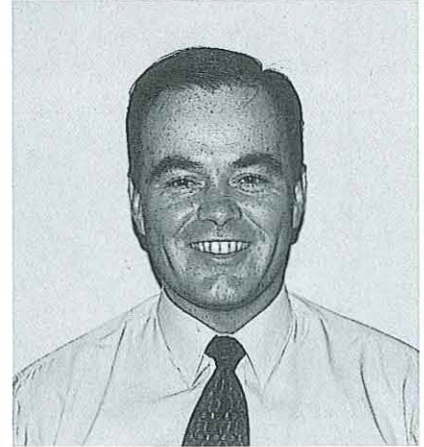
**Approved expenditure:**

- Upgrading of the electrical system
- New shower system for the poolside changing rooms
- Repainting of the Clubhouse
- New staff uniforms

**Approved in principle and awaiting quotes:**

- Poolside furniture
- New playground equipment for the children

If you have a specific interest, I would encourage you to discuss the projects with Tom Bain or any member of the Sub-Committee which consists of David Eastgate, Bernie Adams, Chris Moore, David Henton and Bruce Gordon.



James Young - Chairman of the General Committee

A handwritten signature in cursive script that reads "James Young".

**James Young**  
Chairman



# British Club General Committee



**James Young**



**Nick Bellamy**



**Bernie Adams**



**Alex Blackwood**



**Peter Corney**



**David Eastgate**



**Dugal Forrest**



**Chris Moore**



**David Turner**



**James Woodford**



**Tom Bain**  
General Manager



**Barry Osborne**  
Operations Manager

## The Committee is:

|                         |                 |               |
|-------------------------|-----------------|---------------|
| James Young<br>Chairman | Tel: 712 5407-9 | Fax: 712 5410 |
|-------------------------|-----------------|---------------|

|                               |               |               |
|-------------------------------|---------------|---------------|
| Nick Bellamy<br>Vice Chairman | Tel: 679 6444 | Fax: 236 5226 |
|-------------------------------|---------------|---------------|

|              |               |               |
|--------------|---------------|---------------|
| Bernie Adams | Tel: 675 6123 | Fax: 675 6120 |
|--------------|---------------|---------------|

|                |               |               |
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| Alex Blackwood | Tel: 682 5745 | Fax: 682 5745 |
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|              |               |               |
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| Peter Corney | Tel: 714 2426 | Fax: 714 2430 |
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|                |                 |               |
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| David Eastgate | Tel: 672 0123-5 | Fax: 672 0127 |
|----------------|-----------------|---------------|

|               |               |               |
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| Dugal Forrest | Tel: 398 3807 | Fax: 399 1564 |
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|             |               |               |
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| Chris Moore | Tel: 398 7768 | Fax: 747 6935 |
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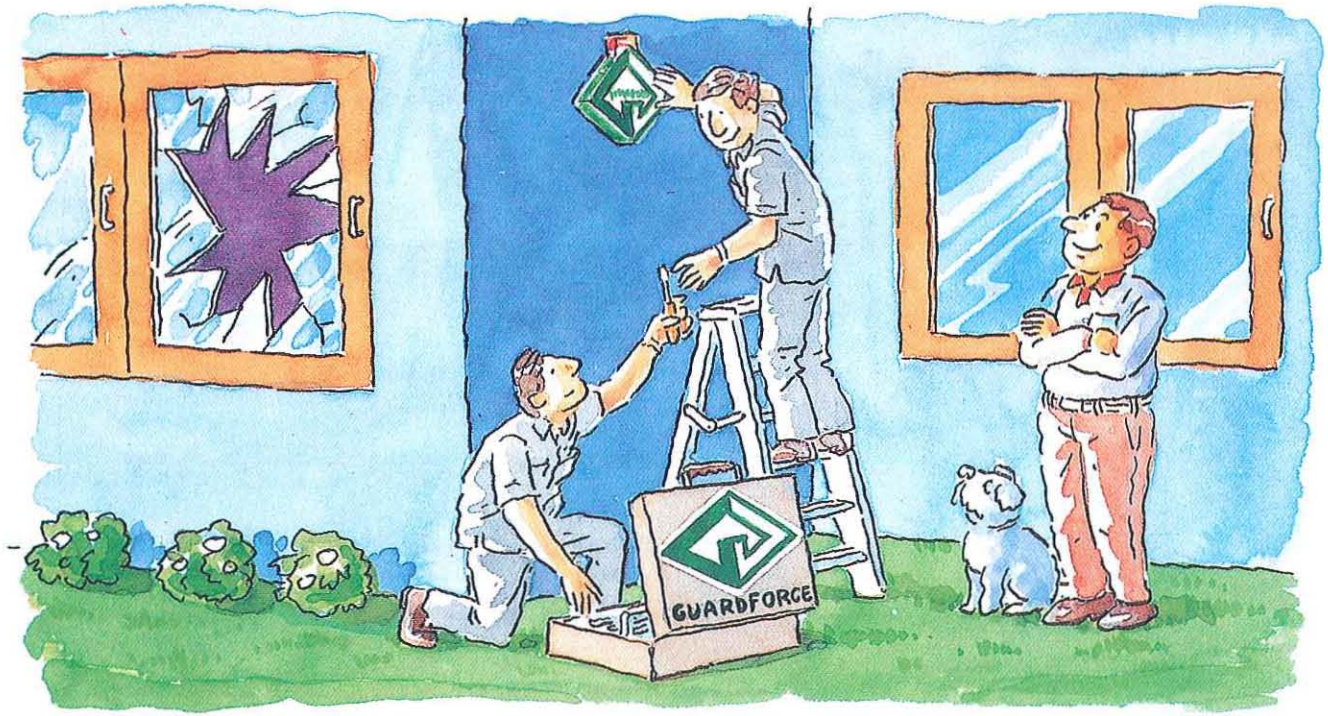
|              |               |               |
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| David Turner | Tel: 618 6516 | Fax: 279 1234 |
|--------------|---------------|---------------|

|                |               |               |
|----------------|---------------|---------------|
| James Woodford | Tel: 326 0660 | Fax: 326 1123 |
|----------------|---------------|---------------|

## Club Staff

If you have any questions about the British Club or if you have any suggestions, please call any the Committee Members above or the General Manager on 234 0247, 266 4734 or 266 0597 or email us on <britclub@loxinfo.co.th>





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# BC Rugby Boys Retreat in Rayong

The annual Rayong Retreat, held on May 15 and 16, almost turned into the traditional no-sport social event thanks to Andy Davies' disorganisation.

A pitch was arranged and cancelled, rearranged and recancelled and finally, surprisingly, thanks to the Bangkok Japanese, arranged once again. Once settled, all players were informed to bring their kits, as yes, they would be playing! The next, not unexpected, obstacle was "where is it?" No mean feat for the directionally-challenged, the Rayong Retreat, which traditionally stays at least 20 miles away from Rayong, started on a playing field in Laem Chabang Port.

Most players managed to find the excellent pitch and in the cool breeze of a threatening thunderstorm, three teams played two games each. The British Club, making their first appearance in red shirts, managed to tie the score in the first game against the Pattaya Panthers with a 0-0 draw. In the next game against the Bangkok Japanese, Nick scored his 500th (or was it 5,000th) career try and when the international Hong Kong referee ended the game the scoreboard showed 5-5.

An eloquent quote from Rod Kerr, team captain, best describes the day's sporting feat: "We remain undefeated in our new outfits". Tibault never saw the end of his first BC game. Cyclops escorted him to the hospital where x-rays showed a broken collarbone. Nevertheless he did turn up again later for a couple of beers after Fish kindly dressed him. Bruce travelled to Chonburi to arrange sideline catering for the disabled and Jon, suffering "bowel discomfort" scavenged for scraps of toilet paper.

The evening's entertainment began in Delaney's in Pattaya, where the free beer and morsels of food went down almost as well as the Japanese cultural songs. The remainder of the night, of course, was spent discussing tactics and playing backgammon. Everyone turned in early to be home with the wife and kids nice and early the next morning. Naturally nobody knows why the kitty was empty apart from a receipt for two full-sized mirrors.

Linda Belonje



The new kit



Fitness is our strength



Rayong Retreat T-shirts



This is as organised as it gets





# More Members Going Under

Scuba diving has been a swirl of activity over the past few months. This unseasonal weather has proved a great time for training and more families are discovering the new adventures they can share together by completing basic and advanced courses.



The Sautters and Jaffres

I hope you'll join me in congratulating the following members on their various achievements:

The Renshaw family has been spending a lot of time in the water lately! James Renshaw, aged 12, is now the youngest member of The British Club to date to earn his Open Water Diver certificate. Well done, James! You may remember that his father, Steve, earned his Master Scuba Diver rating last year. James' younger sister, Kathryn, has already qualified as a Skin Diver and is looking forward to joining her father and brother.

Yves and Julie Sautter recently earned both their Open Water and Advanced Open Water Diver certificates.

Florence Jaffre earned her Open Water Diver certificate and with her husband, Pierre, earned their Advanced Open Water Diver certificates together. They will be diving on some interesting WWII wrecks in the Mediterranean Sea near southern France this July. (Need any help carrying your dive bags?)

Both the Sautter and Jaffre families are

planning to continue towards Master Scuba Diver levels by early next year.

Last month, Ann Napier and Damon Nemish completed their Medic First Aid course and are ready to come to the rescue when needed.

In May, I was proud to receive the PADI Certificate of Recognition for Excellence and I would like to thank all those who made this happen. Having such an enthusiastic and supportive group of students at The British Club has been very rewarding for me, and I will continue to do my best to maintain the highest safety standards and to hopefully exceed your expectations for your enjoyment in the education and adventure of scuba diving.

As a taste of what can be found under water, I thought I would include a couple of marine life discoveries taken during a dive trip to the Hin Daeng area in March. One is on the front cover - a beautiful common anemone and some clown anemone fish.

Peter Gary



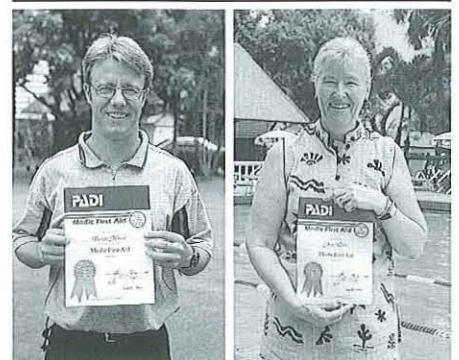
Steve, James and Kathryn Renshaw



Julie and Yves Sautter



Florence and Pierre Jaffre



Feel safer now that Damon has his Medic First Aid certificate!

Ann Napier shows off her Medic First Aid certificate



Lion fish resting on a large Gorgonian Sea Fan with Red Soft Corals (Hin Daeng area)





# A Losing Streak

**N**o, the above title does not refer to any competition we may have held while in Pattaya last month (report & pics next month), unfortunately it refers to the matches being reported on this month. Sigh. Three matches, three losses, though the Navy was a squeaker.



Ye new Tennis Committee, from left: Zandra, Marc N, Marc H, David, Bruce, Gaynor, Mam, Vorathep, Pancee, Lawrence. Service with a smile!

With Bruce getting ready for his marathon leave in Blighty just as I was preparing this write-up I'm afraid details of the matches are on the scanty side, but I can relate the scores:

- **Match vs Royal Thai Navy** - they won, but only just, at 14 sets to 12, as yet again the BC heroically snatched defeat from the jaws of victory. As always a competitive but friendly match, and again we resolve to practice more together and to improve our tie-break averages for our next clash with the sailors, as they're not that much better than us.

- **Match vs The Doctors** - I recently found out from Pancee the inside info on how this group of doctors gets to be as expert with a racquet in their hands as with a scalpel: they practice together at some ungodly hour every morning at a court near the hospital. Oh well, at least they'd be wearing all whites... Anyway, we took a bit of creaming here, at 22-11, as their men outplayed ours; as reported last month a result of this magnitude was expected,

which is why our two ace player doctors, Pongsak and Apichart, both played for the good guys! Glad to see a new side in Bangkok, and hope this becomes a regular fixture.

- **Match vs Peninsula Club** - Khunying Mai and her squad turned out in style for this drubbing, with several sets lost by us in the tie-break, a familiar story. 22 sets to 6 the final scoreline, but a good day of tennis had by all. I thought the bemused look on Anita's face when being waited on by the ballboy was priceless, such are the trappings of this match! A particularly good buffet was noted at this event, more's the pity that I'd tucked into the *kai yang khao neaow* at lunchtime and wasn't the slightest bit hungry by grub-up time. Obviously the personal touch of Zandra (and Lip when he's here) organising the catering is working well.

## Ye New Committee

On this page is the photo of your new committee, as assembled after the AGM.

These are the people who willingly sacrifice hours of their time organising things for you. Our main duties include:

- Block-booking mix-in and match courts
- Providing new balls for mix-ins
- Organising of inter-club and inter-port matches (including the post-match entertainment!)
- Running the leagues and ladders
- Monitoring court maintenance and recommending action accordingly
- Promoting improvement in the levels of play among Section members
- Representing the Tennis Section according to the by-laws of the Club

There are of course more things than this on our plate but these cover the main points, so if you have any queries please contact one of us. The full committee list and their responsibilities - as printed in last month's *Outpost* - is posted (or should be) on the Tennis Section noticeboard in the Suriwongse Sala.

Well, that's it from me this month; short and sweet. Next month we'll delve into the goings-on in Pattaya over the 12th/13th June weekend, where fun and/or utter relaxation was had by all and Wandee found herself holding a really big one! Until August,

**Lotsaluv  
Me**



Ken finding parenthood and tennis a little trying





# Juniors get a Taste

The squash section was encouraged by the response to this taster session with 12 juniors attending, ranging in ages from 6-16 years of age.



The initiative for the event came from David Eastgate who led the session, ably assisted by Peter Corney and Ian Walton. The juniors who attended certainly showed us what potential there is within the British Club. Follow up sessions will already be underway by the time this article appears. A junior ladder is planned and will be stationed alongside the senior ladder by the squash courts. This is open to the children of any British Club members who wish to join.

For the younger players further sessions will be arranged for them. The squash section has made available special junior rackets and balls, which can be signed out, by parents, at the fitness centre at no charge. Any parents who would like further details about the junior activities, please leave your details at the BC for the attention of David Eastgate.

**Damon Nemish**

## Recent events

• **Squash Coaching:** On Friday 11th June 8 club members received coaching from Derek Johnson, a qualified coach from the UK. It was a very successful

session and everyone thought they gained some valuable tips. If he passes this way again, I would fully recommend that any members who wish to improve their game should participate.

• **Oakley Intersociety Handicap Tournament:** Four teams of five competed in the tournament on 13th June. The teams were Elsewhere, ANZACS, Europe and England. The handicapping was reasonable as there were only 39 points between the first and last teams. ANZACS narrowly won on the day and the team were presented with very fine trophies donated by Oakley. The final scores were:

ANZACS 197  
Europe 186  
England 172  
Elsewhere 158

The ANZACS team included Tony and Melissa Perkovic, Peter Corney, John Vivian and Paul Bawden.

There were some excellent individual performances on the day. Tom Livingston came from 14-3 down to lose 15-14 to Marvyn Lewis. Marc Bowers played an excellent game against Peter Corney to

defeat him 15-7 and Barry Daniel played a great game against John Vivian to win 15-3. Melissa, Tony and Otto were the only ones to win three matches. There were five players who didn't win any matches but some of those had very close games. There were only four players with less than 30 points from a maximum of 45. Tom Livingston didn't win any games but with 39 points was the 7th highest score. Melissa Perkovic, who has never won a squash match before, played very well and had to have her handicap adjusted in the first game to make it fairer to the other girls but she still easily won all her matches.

A big thank you to Oakley for sponsoring this tournament.

• **Central Grand Plaza Hotel Sunday Mix-in:** Eight players took part in the mix-in on 4th June. Unfortunately a few of the regular players were suffering from colds and were unable to play. The winner of the dinner for two donated by the Central Grand Plaza Hotel was Marc Hagelauer. The results were:

### Division A

|                      |    |
|----------------------|----|
| Bill Randall (-18)   | 39 |
| Tom Livingston (-23) | 45 |
| Nick White (-30)     | 35 |
| Peter Norris (-10)   | 44 |







## Division B

|                      |    |
|----------------------|----|
| Marc Hagelauer (-26) | 45 |
| Martin Reed (-13)    | 34 |
| Marvyn Lewis (-19)   | 28 |
| Mike Simoni (7)      | 39 |

Marc defeated Tom in the playoff.

Rumour has it that Wayne Needoba actually went to the Central Grand Plaza to play in this competition. I know he has been away from Thailand for a while but....

## Future events

- **The Dawee Cup** against the Polo Club and the game against the Ambassador Jomtien will have been played by the time this is published. Write ups will be included in the next edition.

- **Handicap Tournament and Plate:** The Handicap Tournament and plate will commence on 15th August. This is a great tournament in which any one in the Club is capable of winning regardless of their ability. A sign-up sheet is on the notice board or you can email Peter Corney at [acapacth@samart.co.th](mailto:acapacth@samart.co.th)

**Peter Corney**

## Women at the helm of squash!

The World Squash Federation President is a woman Kiwi Susie Simock from Auckland. Come on all ladies we would like to start a Women's League and anyone interested should Email [faster@cscoms.com](mailto:faster@cscoms.com) or call me at home on 258 1947. There will be a form on the notice board at Court 1 for any interested ladies to leave their name. Our first meeting may be just a coffee or an evening out. We can then get a league underway. Until then please put your name

down for the existing league and get a few games of squash under your belt.

## How fast does a squash ball travel?

Here's an interesting piece of information from website [www.squashplayer.co.uk](http://www.squashplayer.co.uk): The Physics Department of Birmingham University has timed the speed that national standard players hit the ball at upwards of 250km/hr and club players up to 144km/hr. Now there's a good reason to keep out of the way of your opponent! However, the corresponding speeds off the wall are 50km/hr and 29km/hr - about 20% of the initial speed.

This makes 49,536 squash courts in 134 nations. Thailand is credited with only 50 courts. A list of court locations in Thailand can be found at: [www.geocities.com/soho/lofts/6566](http://www.geocities.com/soho/lofts/6566) which is the official website of the Squash Rackets Association of Thailand.

## Squash Section Web Page

The section's web page can be found at [www.britclub.com](http://www.britclub.com). If you wish to keep updated on world squash, contact [glsqling@inforamp.net](mailto:glsqling@inforamp.net).

## Sponsorship

We are currently looking for sponsors for leagues and competitions throughout the year. Any interested members should contact Peter Corney on [acapacth@samart.co.th](mailto:acapacth@samart.co.th) or on 714-2426.

## Contributions to Outpost

All members are encouraged to submit any comments or gossip etc. for inclusion in the *Outpost* squash section to me by fax (258 1947).

**Melissa Perkovic**

## How many squash courts are there?

The website at [www.squash.org](http://www.squash.org) tells us:

| Region  | Courts | Most Courts     |
|---------|--------|-----------------|
| Africa  | 6,222  | Egypt 3,600     |
| Asia    | 4,472  | Hong Kong 600   |
| Europe  | 25,570 | England 8,666   |
| Oceania | 5,453  | Australia 4,600 |
| Panam   | 7,819  | USA 3,500       |



# Calendar

British Club Sports and Entertainment Calendar - July 1999

## Sunday



### Venues

Soi 15 NIST grounds  
Soi Nares Behind Bangrak Police Station  
Aerobics Surawongse Room  
Golf As advertised

## 4

11 am-1 pm Badminton - Soi Nares  
12-2 pm Sunday Carvery - Lords  
3-6 pm Tennis Mix-In  
5.30 pm Sunday Carvery - Lords  
6-8 pm Happy Hour

## Monday



### Opening Times

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

## 5

8.00 am BWG Mahjong  
9.30 am Aerobics  
6-8 pm Happy Hour  
7-9 pm Tennis Team Training  
7.30 pm Latin & Ballroom Dancing

New Members Night

## Tuesday



### Sports - Contact the follow

|           |                      |             |
|-----------|----------------------|-------------|
| Aquatics  | Liz Beal             | 262-9351    |
| Badminton | Anant Leighrahathorn | 654-0002-29 |
| Cricket   | Nick White           | 246-0832    |
| Football  | Matt Duke            | 545-5555    |
| Golf      | Bernie Adams         | 675-6123    |
| Rugby     | Jon Prichard         | 662-6376    |
| Scuba     | Peter Gary           | 634-7792    |
| Squash    | Peter Corney         | 381-7240    |
| Tennis    | David Blowers        | 285-4721-2  |

## 6

7 am Ladies Golf  
8-10 am Ladies Tennis  
10.30 am Aqua Aerobics  
6-7 pm Masters (Adult) Swim Training  
6-8 pm Happy Hour  
7-9 pm Soccer Training  
7.30 pm Darts  
8-11 pm Friendly Bridge  
9 pm Gentlemen's Spoof

## Wednesday



**Kids bored?  
Sign them up for  
Summer Camp**

## 7

9.30 am Body Shaping  
4.30-9pm Squash Coaching  
6-8 pm Happy Hour  
6-9 pm Tennis Mix-In  
6.30 pm Cricket Nets

## Thursday



## 1

8-10 am Ladies Tennis  
10.30 am Aqua Aerobics  
6-7 pm Masters (Adult) Swim Training  
6-8 pm Happy Hour  
6-9 pm Squash Mix-In  
7-9 pm Rugby Training  
9-10 pm Hockey

## 8

8-10 am Ladies Tennis  
10.30 am Aqua Aerobics  
6-7 pm Masters (Adult) Swim Training  
6-8 pm Happy Hour  
6-9 pm Squash Mix-In  
7-9 pm Rugby Training  
7.30 pm Latin & Ballroom Dancing  
9-10 pm Hockey

## Friday



## 2

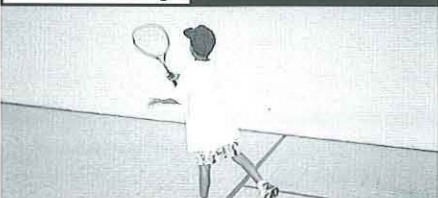
9.30 am Step Aerobics  
3.30-9 pm BC Tennis Coaching (Tots - Adults)  
5.30 pm Swimming - Junior Squad Training  
6-8 pm Happy Hour

Bar Quiz

## 9

9.30 am Step Aerobics  
3.30-9 pm BC Tennis Coaching (Tots - Adults)  
5.30 pm Swimming - Junior Squad Training  
6-8 pm Happy Hour  
7 pm Snooker Night

## Saturday



## 3

9 am-12 am Squash Coaching  
9 am-1 pm BC Swimming Coaching  
4.30 pm Casuals Football - Soi 15  
6-8 pm Happy Hour

## 10

9 am-12 am Squash Coaching  
9 am-1 pm BC Swimming Coaching  
4.30 pm Casuals Football - Soi 15  
6-8 pm Happy Hour



**Don't Forget !!**

- Safari World - 11th July
- British romantic comedy, "Sliding Doors" - 24th July

**11**

11 am-1 pm Badminton - Soi Nares  
 12-2 pm Sunday Carvery - Lords  
 3-6 pm Tennis Mix-In  
 5.30 pm Sunday Carvery - Lords  
 6-8 pm Happy Hour

7.30am Trip to Safari World

**18**

11 am-1 pm Badminton - Soi Nares  
 12-2 pm Sunday Carvery - Lords  
 3-6 pm Tennis Mix-In  
 5.30 pm Sunday Carvery - Lords  
 6-8 pm Happy Hour

**25**

11 am-1 pm Badminton - Soi Nares  
 12-2 pm Sunday Carvery - Lords  
 3-6 pm Tennis Mix-In  
 5.30 pm Sunday Carvery - Lords  
 6-8 pm Happy Hour

**12**

8.00 am BWG Mahjong  
 9.30 am Aerobics  
 6-8 pm Happy Hour  
 7-9 pm Tennis Team Training

**19**

8.00 am BWG Mahjong  
 9.30 am Aerobics  
 6-8 pm Happy Hour  
 7-9 pm Tennis Team Training

**26**

8.00 am BWG Mahjong  
 9.30 am Aerobics  
 6-8 pm Happy Hour  
 7-9 pm Tennis Team Training

**13**

7 am Ladies Golf  
 8-10 am Ladies Tennis  
 10.30 am Aqua Aerobics  
 6-7 pm Masters (Adult) Swim Training  
 6-8 pm Happy Hour  
 7-9 pm Soccer Training  
 7.30 pm Darts  
 8-11 pm Friendly Bridge  
 9 pm Gentlemen's Spoof

**20**

7 am Ladies Golf  
 8-10 am Ladies Tennis  
 10.30 am Aqua Aerobics  
 6-7 pm Masters (Adult) Swim Training  
 6-8 pm Happy Hour  
 7-9 pm Soccer Training  
 7.30 pm Darts  
 8-11 pm Friendly Bridge  
 9 pm Gentlemen's Spoof

**27**

7 am Ladies Golf  
 8-10 am Ladies Tennis  
 10.30 am Aqua Aerobics  
 6-7 pm Masters (Adult) Swim Training  
 6-8 pm Happy Hour  
 7-9 pm Soccer Training  
 7.30 pm Darts  
 8-11 pm Friendly Bridge  
 9 pm Gentlemen's Spoof

**14**

9.30 am Body Shaping  
 4.30-9pm Squash Coaching  
 6-8 pm Happy Hour  
 6-9 pm Tennis Mix-In  
 6.30 pm Cricket Nets

**21**

9.30 am Body Shaping  
 4.30-9pm Squash Coaching  
 6-8 pm Happy Hour  
 6-9 pm Tennis Mix-In  
 6.30 pm Cricket Nets

**28**

9.30 am Body Shaping  
 4.30-9pm Squash Coaching  
 6-8 pm Happy Hour  
 6-9 pm Tennis Mix-In  
 6.30 pm Cricket Nets

**15**

8-10 am Ladies Tennis  
 10.30 am Aqua Aerobics  
 6-7 pm Masters (Adult) Swim Training  
 6-8 pm Happy Hour  
 6-9 pm Squash Mix-In  
 7-9 pm Rugby Training  
 9-10 pm Hockey

**22**

8-10 am Ladies Tennis  
 10.30 am Aqua Aerobics  
 6-7 pm Masters (Adult) Swim Training  
 6-8 pm Happy Hour  
 6-9 pm Squash Mix-In  
 7-9 pm Rugby Training  
 9-10 pm Hockey

**29**

8-10 am Ladies Tennis  
 10.30 am Aqua Aerobics  
 6-7 pm Masters (Adult) Swim Training  
 6-8 pm Happy Hour  
 6-9 pm Squash Mix-In  
 7-9 pm Rugby Training  
 9-10 pm Hockey

**16**

9.30 am Step Aerobics  
 3.30-9 pm BC Tennis Coaching (Tots - Adults)  
 5.30 pm Swimming - Junior Squad Training  
 6-8 pm Happy Hour

**23**

9.30 am Step Aerobics  
 3.30-9 pm BC Tennis Coaching (Tots - Adults)  
 5.30 pm Swimming - Junior Squad Training  
 6-8 pm Happy Hour

**30**

9.30 am Step Aerobics  
 3.30-9 pm BC Tennis Coaching (Tots - Adults)  
 5.30 pm Swimming - Junior Squad Training  
 6-8 pm Happy Hour  
 7.30 pm Wine Tasting

**17**

9 am-12 am Squash Coaching  
 9 am-1 pm BC Swimming Coaching  
 4.30 pm Casuals Football - Soi 15  
 6-8 pm Happy Hour

**24**

9 am-12 am Squash Coaching  
 9 am-1 pm BC Swimming Coaching  
 4.30 pm Casuals Football - Soi 15  
 6-8 pm Happy Hour

**31**

9 am-12 am Squash Coaching  
 9 am-1 pm BC Swimming Coaching  
 4.30 pm Casuals Football - Soi 15  
 6-8 pm Happy Hour

7.30pm Movie - "Sliding Doors"



# The Value of Vitamin C

**Yes this is all about vitamin C, and it is meant to startle you into finding out more about vitamins and minerals and your individual needs.**

I am no expert but I've read some interesting and informative articles on the subject - and I practice what I preach.

I shall start with a discussion I had with a member a few weeks ago who was obviously ill with a cold or a flu-type thing - red eyes, runny nose, etc. I asked her how long she had been ill and she said about a week. Long enough, I thought to myself. "Are you taking any vitamin C?" I asked. "Yes," she replied. "Every day."

"How much?" I asked.

"One or two tablets," she stated.

"Are they the 100 milligram chewable ones?" I asked.

"Yes," she said. "The pineapple flavoured ones."

.... Let's interrupt this conversation because at this point I proceeded to tell her what I want to tell you now.

Vitamin C is an antioxidant which, in short, means that it helps your body attack and rid itself of, for want of a better word, 'bad things' such as viruses, pollutants and chemicals. The worse off you are with an illness or surrounding stressful pollutants, the greater the amount of vitamin C you can and should take in order to help your body fight these 'bad things'. I explained to this member that I take about 1000-2000 milligrams of vitamin C daily when I am not ill and 2 or 3 times that amount if I am sick. Now, I have not told you everything..... exercise also adds oxidative stress on the body's immune system and can be relieved by the antioxidant vitamin C.

A study in one of my diabetes books shows how much vitamin C a sick person can take before diarrhoea sets in. If you take too much vitamin C, trust me, you will get diarrhoea! For example, a person who has a cold can take 5-10g of vitamin C and not get diarrhoea but once their cold has gone they may only be able to handle 2-4g before they get the runs. That same person with pneumonia could take 15-20g of vitamin C, while another person with the same illness might take only 5-10g or 20-

30g before the inevitable rush to the bathroom. Basically the study shows that the more ill you are, the more vitamin C your body will use to combat the illness before being flushed out of your system. It also shows that we are all different. Note: vitamin C is water soluble and therefore passes out in your urine unless extreme amounts are taken and then it goes out the back door as well.

Now, I am not saying that vitamin C will cure all your ailments but I do want to point out that antibiotics or aspirin, which are commonly thought of as the appropriate medicine, are actually foreign substances to the body, meaning that we do not make these substances naturally. The traditional means to cure ourselves is by using our own immune system, but you need to give it the tools to work with.

I do not want you to stop going to the doctor and to stay home with your bottle of vitamin C, but please think about how you can get all the vitamins and minerals you need - and remember, you need to be the one who knows your body the best. After all, you live with it every day for your entire life whereas the doctor only sees you when you are sick and cannot possibly know all the nuances of your personal biology. We may all be human but the average person is anything but average. We are as different as the snowflakes that fall in my home land. By combining the new and old methods of treatment you may get further ahead than if you stick to one alone. In parting, I will leave you with the suggestion that you add some vitamin C to your daily diet to help ward off the nasty Bangkok air.

Good luck and good health!

## Snooker

We have had 2 snooker nights and although not hugely popular yet, the promise is there. We certainly have a few good players around the Club. Remember, snooker is played on the second Friday of every month.

## Darts

Well, this has got off to a rocky start but again we have the players and we just need to get them out. Last time I played I was runner up twice, meaning that both times someone kicked my butt! It was good fun and thanks to Philip Weaver, Martin and Sherry Conisbee, and Terry Moore for helping me count!

## Summer Camps

A plethora of summer camps are available during the school holidays. Most camps have minimum and maximum numbers, so please sign up early to avoid disappointment.

## Swimming Camp

July 19th-23rd - all ages. Charge 1100 Baht. 5 days of swimming, 40 minutes per class per day, with a maximum of 8 students per class. Please see the flier.

## Junior Golf Day

Thursday July 29th. Charge 2500 Baht. Early morning departure from the BC with 2+ hours of basic instruction on stroke, putting and chipping (with Damon). All abilities welcome. The charge includes green fees, transport, lunch and snacks. If club rental is required, it can be arranged for 700 Baht. Parents are welcome to help supervise.

## Adventure Camp in Rayong

August 2nd-5th. Charge 5800 Baht. 4 fun filled days of team working, rock climbing, archery, rope climbing, camping, and an early morning offering of food to the monks. We will stay at the YMCA camp in Rayong. Ages range from 6 or 7-13+. For the younger ones it will depend on the number of students and the individual child.

## All day Sport Camp at the BC

August 16th-20th. Charge 5000 Baht. This all day sport camp includes lunch and snacks for the kids and we have Khun Rit, a national level squash coach, for squash



coaching; an (almost confirmed) Hawaiian coach for tennis; and Khun Damon teaching swimming. The campers will also learn and experience cricket and a spattering of other sports over the 5 days. Maximum of 12 kids in each group. Age groups will be for 5-7 or 8 and 8-13+. Exact groupings will depend on enrolment.

### Varuna Sailing Camp

August 23rd-26th. Charge 6200 Baht. Hugely successful last year and back this year, 4 days of fun and sailing in Pattaya for children over 9 years of age. Learn to sail with Khun Somkiat, one of the Thai national team sailors, and enjoy the hospitality of Pattaya. Maximum of 15

students so each student can have their own boat. Parents are welcome to help supervise.

Please sign up for these camps at reception or see the flier which contains a booking form.

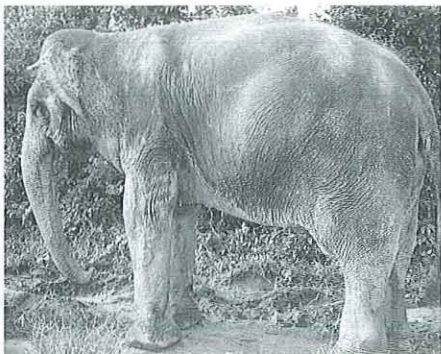
Damon Nemish

### P.S. from the Editor

## Helping the Elephant is just a Trunk Call Away

Back at the Club the boys in the back room are working round the clock, checking lists and making calls to finalise the logistics for getting us all safely to Surin (those who have been sensible to book, that is) to gaze in awe at the couple of hundred elephants parading about in their Sunday best (yes, yes, I know the round-up is on a Saturday but who's ever heard of wearing one's Saturday best). Those members who have been before are making their own lists of what to take: a bigger towel to better protect their modesty in the Thai-style showers, a fluffy cushion to save their botties from the brutality of the benches and an extra roll of film to capture the unexpected. Back in the Editor's office, I too have been thinking of elephants - or one in particular.

Somboon. She's a Thai elephant, 35 years old and originally from Surin Province.



Somboon

Somboon now lives in Phuket, working at an elephant trekking company with her mahout, Pee Surat. A group of concerned organisations, companies and individuals are today seeing to it that Somboon and her fellow elephants on Phuket - nearly 200 of them - are getting the care they so rightly deserve.

According to "Elephant Help", founded in November 1998, some older residents of Phuket can remember stories told by their parents of wild elephants on the island. Seventeenth century books make reference to the sale of ivory from Phuket but, due to tin mining and the planting of rubber trees, there have been very few elephants on the island for the last few decades - until recently.

At the end of 1994 there were about 15, but that year saw one entrepreneurial company introducing the first elephant trekking on the island and within 6 months other trekking companies were springing up. Today there are at least 24 companies in operation with more elephants still arriving.

This influx of elephants is due partly to the ban on logging ten years ago which left little alternative employment for the 3,000 or so captive elephants in Thailand. It is certainly much better that the elephants are in Phuket than on the streets of

Bangkok, risking injury by car and having to beg for a living. For those of you who read 'Poets' Page' in last month's Outpost, you will recall that BC Member Tom Watson had a close encounter with an elephant on Bangkok's street and recommended the use of trunk and tail lights to safeguard these gentle giants.

Elephant trekking is popular and tourism helps to provide the much-needed employment for elephants and their mahouts. But with such large numbers of elephants, is there really enough food and water to go round? What about veterinary treatment? Are the elephants overworked or cared for properly? All worrying questions for people who care about the welfare and conservation of the endangered Thai elephant.

If you're one of those and want to know more, you can e-mail or phone Duncan Worthington in Phuket (e-mail: elephanthelp@siamasafari.com tel: 076-280272) and he'll tell you what "Elephant Help" is doing to assist elephant welfare and conservation such as regular health checks, funds for medicine, vaccinations, emergency services and training for people who work with elephants. I phoned him and he was rather nice...

The Ed.



# The Elephant Round-Up

Come and join in the fun of the British Club's annual trip to Surin during the world famous elephant round-up.



On 19th November, the British Club will once more be packing everything including the kitchen stove ready for you to join in this extravaganza, which is certain to delight both young and old. We have secured prime covered seating from which to watch 250+ elephants demonstrate their rightful place in Thailand's history.

The BC group will leave Bangkok's Hua Lumphong train station at 8.30pm on the overnight air-conditioned sleeper car arriving in Surin at around 5am. After a Thai-style shower at a local school and a

hearty BC breakfast, you are then whisked off to the nearby showground!

The show, with its cast of hundreds, will keep you mesmerised for over 4 hours (take a cushion to ease the hardness of the wooden benches); from there we take you to an historic Khmer ruin site for a leisurely and scrumptious BC picnic washed down by a tippie or three from the BC mobile bar! The afternoon takes in a trip to the famous Phanom Rung temple, a much-restored Khmer temple high on a hill with



spectacular views over the Burinam plains and across to the Cambodia border hills. There's also a fascinating market at the site. Back to the school for dinner prepared by the BC and a wander round Surin town before getting back on the train at 8pm. Before you know it you're back in Hua Lumphong!

The price for this worthwhile trip is expected to be around Baht 4,600 for adults, Baht 3,300 for children 4-16 years and Baht 1,500 for children under 4. These prices are estimates as the final sum will depend on the price of the train tickets, bus rental and show entrance fees.

## Photocopy and fax back to the General Manager on 235 1560

I, \_\_\_\_\_ (name), \_\_\_\_\_ (Club number), would like to reserve the following spaces on the British Club Surin Elephant Round-Up on 19th & 20th November:

Adults (names)

Children (names and ages)

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

### Bookings required by Friday, 13th August

Please note that cancellations will not be accepted after 20th August 1999 and a deposit of Baht 1,500 per person will be debited to your account on booking (not refundable after 20th August 1999) in order for the BC to reserve the train and show tickets.



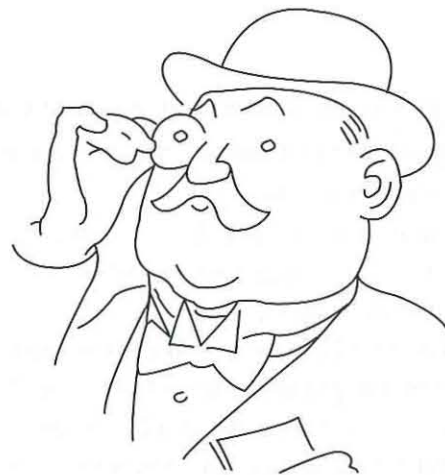
# Goodface on Health and Fitness

**M**aj. Henry Goodface (retired) is a pedantic, misogynistic, chauvinistic old fool and the views expressed in his letter are his and his alone and do not represent the views of the editor or any other reasonable thinking individual!

A good day to you all, Goodface here. The editor of this fine journal has had the jolly good sense to let me share my wisdom and good common sense acquired during 80 years of service in the British Empire. Being of a sound constitution despite my advancing years, I thought I'd start off by sharing my views on health and fitness. To come straight to the point, the simple fact is that you people today have got it all wrong. At every opportunity you are dashing off to the gymnasium and jumping, skipping, leaping, curling, bending, thrusting and doing everything you possibly can to put yourselves in agony. And then you'll try and have me believe this is doing you good. Absolute nonsense! After all, what could possibly be better for a man that to nestle in a comfortable armchair with a copy of the *Sporting Life*, a good cigar and a fine brandy? Of course in my day we didn't need to resort to any of these ridiculous antics. You got your exercise doing a good day's work tilling the land or carrying hods up a ladder, or in my case, being well born so to speak, watching others do it. And then it was into the military and up at the crack of dawn and a 50 mile forced march every day with 120lbs of kit and nothing to keep you going except the encouragement of myself and other officers watching from the mess. And talking of mess, have you seen what some of these women are wearing? It's an absolute scandal! They are prancing around in these outrageous leotard type outfits which would be banned in a brothel for fear of over exciting some of the older

clients. If they spent half as much time exercising as flirting with the so-called trainer they'd be so bloody fit they wouldn't need to be there in the first place. Of course the whole thing's just another excuse for the women to get together and dream up schemes of how to spend their poor husband's hard-earned money. The next thing is they'll be asking for the vote! But the thing that makes me really laugh is this jogging nonsense. The other day this old geezer came hacking and wheezing past my house and he couldn't have been a year younger than eighty. The poor old fool was struggling so badly he almost tripped over his Zimmer and yet if you asked him he'd swear that this was doing him good. I'm just hoping the next time he comes tottering past my property he drops dead of a heart attack so I can stroll out and drink a hearty toast to his health over his dead body.

But don't misunderstand me. I'm all for a bit of sporting action as long as it's of the manly variety. Rugby, cricket and boxing, now there are sports for you. What finer sight could there be than a couple of heavyweights beating the living daylights out of each other in the ring, or 16 great heaving, sweating monsters buckling down in a scrum, or a fast bowler haring up to the wicket intent on taking the batsman's head off with a finely aimed beamer! Splendid healthy stuff. Just the ticket for developing our young people into the kind of men the Empire can be proud of. Unfortunately even these hallowed institutions are being eroded by the need



to cater to the somewhat baser instincts of the lower classes. Why just the other day I went to Lords to enjoy a good day's cricket only to be greeted by the spectacle of a bunch of clowns in gaily coloured outfits spilling onto the pitch. At first I thought this must be a troupe from the local circus called in for a bit of pre-match entertainment, so imagine my horror when I discovered these were the players! Players dressed up like harlots at a fancy dress ball! Why old W.G. would die laughing if he weren't already dead. Needless to say I was not about to hang around watching this garish spectacle and retired to the Long Room for a good hearty pint to revive my spirits. And what do I find? Bloody women! In the Long Room at Lords!

Well of course that did it. If I needed any more proof that the last bastions of common sense had not only been breached but bloody well torn apart brick by brick, then that was it. So from now on I'm going to restrict my enjoyment of the sport of cricket to thumbing through the 1926 edition of *Wisden* and read about the feats of real men, not a bunch of pansies in pyjamas!

**Maj. Henry Goodface (Rtd)**

*Written and contributed by*  
**Damian Jaume (J79)**



# And the Winner is ...

**D**espite a slow start, pages of Cockney rhyming slang finally found their way to *Outpost* HQ, causing a bit of puzzlement and some red faces as meanings dawned.

Surprisingly the most slang - a staggering 512 words - came from one of our Thai members, Khun Kittisak!

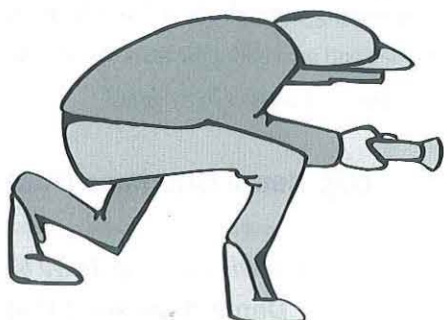
Khun Kittisak, the B2000 F&B voucher from **The Londoner Brew Pub** is yours! Just give us a ring at The Creative Partnership and we'll arrange delivery of your prize.

But the entry from committee man, Bernie Adams, deserves to be published with the following words of caution: Cockney rhyming slang is a coarse language used by the street traders of London and, as such, there are a number of rich, saucy or disrespectful meanings to much of it. To prevent protests from mindful parents, I've edited out the meanings of the more risqué bits.

Bernie - a valiant effort and I'll stand you a Forsyte when next I see you - S.

## Bernie's Jackanory

TGIF, the **Bird Lime** (time) is **Tom Mix** (six) an' I've just got the old **Tin Tack** (sack). I lit me an **Oily Rag** (fag), did up me **Peckham Rye** (tie), tightened me **Daisy Roots** (boots) and set off to the **Cat and Mouse** (house). When I got outside, would you **Adam and Eve** (believe) it, there was this **Tea Leaf** (thief), **Half Inching** (pinching) this **Elephant and Castle** (parcel) from inside a **Jam Jar** (car) that belonged to one o' me ol' China's



(China Plate - mate). I 'ollered at 'im, but he must have been a bit **Mutt and Jeff** (deaf) so I raised me **Hobson's Choice** (voice) and shouted "You **Merchant Banker**, what yer doing? Get yer **Ivory Bands** (hands) orf and move your **Bottle and Glass** (bottom)". Well this **Paraffin Lamp** (tramp) took one **Butcher's** (butchers hook - look) at me an' said "I don't give an **Eartha**, but if you want some **Barney Rubble** (trouble), I'll be quite 'appy to 'elp". Well, I thought, he's got some **Newington Butts** (guts), so I kicked 'im up the **Khyber Pass** (bottom), punched 'im in the **Derby Kelly** (belly) an' he fell in the **Frog and Toad** (road) right into this **Richard III**. I said "one more move an' I'll smack you in the **North and South** (mouth) and force yer **Hampstead Heath** (teeth) down yer **Gregory Peck** (neck)". He give in then, but did he **Pen and Ink** (stink). So I got on the **Dog and Bone** (phone) to the **Sweeney Todd** (Police) an' I said I got one for the **Flowery Dell** (prison cell) to come up before the **Barnaby Rudge** (judge).

Then I thought, I need an **Aristotle of Pigs** (bottle of beer), so I dusted orf me **Round the Houses** (trousers) and went orf to the **Rub a Dub** (pub). The **Battle Cruiser** (boozer) was a long way so I got a **Sherbet** (sherbet dab - cab) which saved me the **Ball and Chalk** (walk). When I got to there, I was on me **Jack** (Jack Jones - alone) so I ordered a **Salmon and Trout** (stout) with a **Gold Watch** (scotch) chaser and gave the barman the **Bread and Honey** (money). I was reading the **Linen Draper** (paper) and finished me first **Tiddlywink** (drink) when, through the **Rory O'Moore** (door) walked this **Ice Cream Freezer** (geezer) wearing a **Syrup**

(syrup of fig - wig). Boy did he look **Fore and Aft** (daft) and I was just about to **Bubble and Squeak** (speak) when he said "I'm **Borasic Lint** (skint) and I will be **Brown Bread** (dead) if I can't have a **Fine and Dandy** (brandy) with a **Collar and Tie** (pie) on the **Cain and Abel** (table) by **Harry Tate** (eight)". Well I must need a **Trick Cyclist** (psychiatrist) or something but I gave the barmen a **Lady Godiva** (fiver) and said to the **Glasgow Ranger** (stranger) "You must have some **Orchestra Stalls** to come in here without any **Sausage and Mash** (cash) and expect to get **Elephant's Trunk** (drunk) on other blokes **Greengages** (wages). To pay me back", I said, "go inter the **Johnny Horner** (corner) get the **Mince Pies** (eyes) on the **Joanna** (piano), loosen up the **Oliver Twists** (wrists) so that I can get the **Plates of Meat** (feet) moving in a **Kick and Prance** (dance)."

He went orf to play when in walked a right little **Treacle Tart** (sweetheart) wiv an enormous set of **Bristols** an the luvliest **Boat Race** (face) I've ever seen. The **Fife and Drum** was supported on the finest set of **Ham and Eggs** (legs) an' the whole thing made me **Hampton** stand to attention. The **Tom Foolery** (jewellery) round her neck must o' cost a **Monkey** (500 quid) or two and right up the **Chalk Farms** (arms) there was enough **Lovers Mould** (gold) to start a rush.

I was taken. So I says, "What about a **Tiddlywink** (drink)?" "Yes" she says, 'I'll have a **Vera Lynn** (gin) and **Fishermans Daughter** (water), I wanna get **Brahms and Liszt** tonight". I said "Why?" and she said "Well I was going wiv this **Sherman Tank** (Yank), an' he was a real **Turkish Delight**. He sold me an awful lot o' **Porky Pies** (lies), about how he didn't have no **Trouble and Strife** (wife) and no **Dustbin Lids** (kids). Then I met his **Skin and**



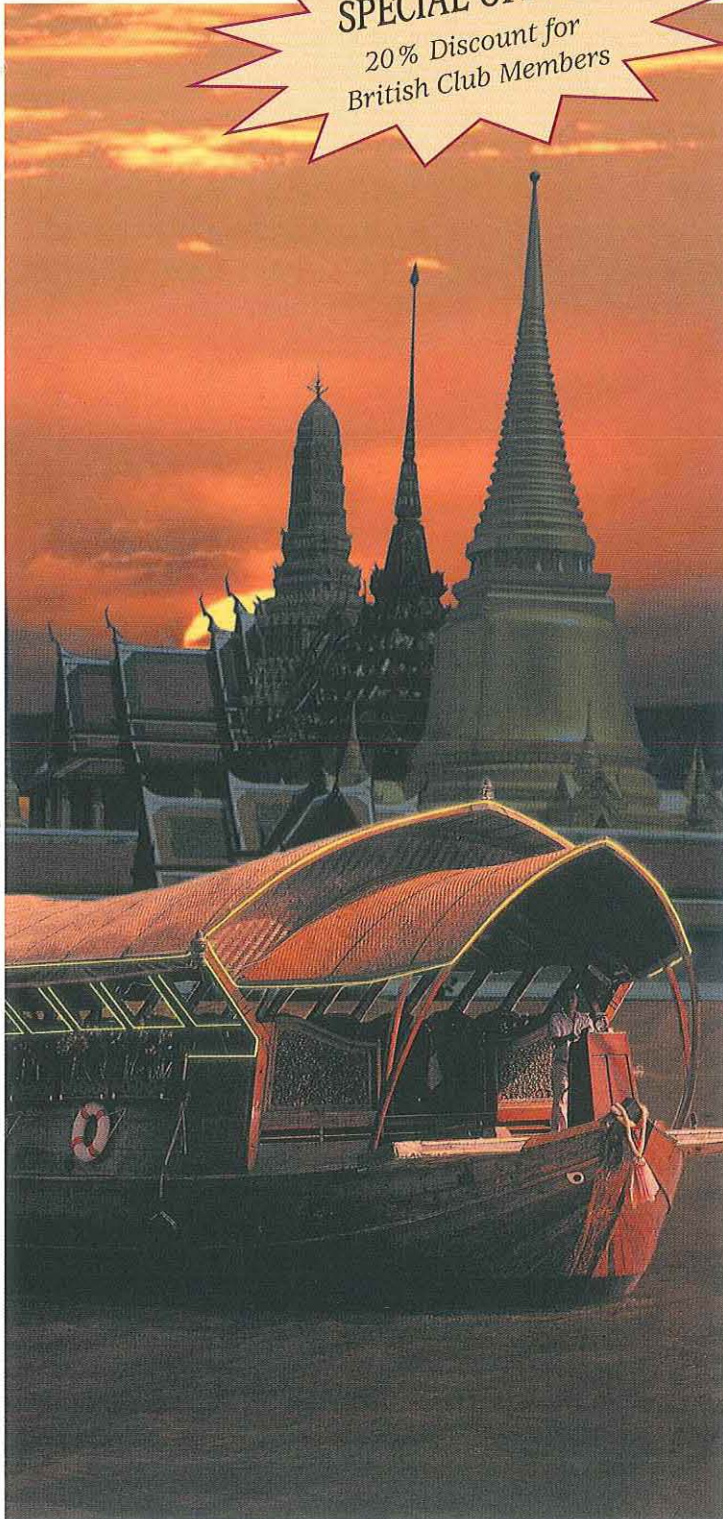


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## Cockney Competition

**Blister** (sister) who said that was a load of **Tommy** (Tommy Rollocks) and that he had a **Love and Kisses** (Mrs.) wiv two **Bricks and Mortars** (daughters) and that if she said a **Dicky Bird** (word) to me he'd make sure her **Mystic Eggs** (legs) was strung around her **Shakespeares** (ears)". Well I thought, the **Sherman Tank** sounds a right **Gary Glitter** (bullshitter) and I need to use me **Loaf** (loaf of bread - head) to turn this into some advantage. "So" I said, "It's **Cock and Hen** (ten), let's have some **Finger and Thumb** (rum) wiv a aris of **Plink-Plonk** (vin blanc) back at my gaff". She says yes an orf we go. I said "It ain't far, jus' up the **Jack and Jill** (hill) and we can **Rabbit** (rabbit and pork - talk) on the way". We got to the **Mickey** (mickey mouse - house) and she said "Do yer live alone?" "Yes" I said "I did have a **Mother of Pearl** (girl) but her **Old Pot and Pan**

(old man) found out and we ended up having this blazing **Bull and Cow** (row) and she left. I still have the flat, I'm just the **Artful** (artful dodger - lodger) and before we go up the **Apples** (apples and pears - stairs) I gotta pay the **Duke of Kent** (rent) to the **Iron Hoof** (poof) who owns this place. It's only two Ponies (2 x 25 pounds) a week".

Then we got to me own **Rory O'Moore** (floor) and went in. I said "I just got to have a **Jimmy** (Jimmy Riddle - piddle), mind the **Cherry Hog** (dog), take orf yer **Titfer** (tit for tat - hat) and sit down". I went to the bathroom and took orf me **Whistle** (whistle and flute - suit) and **Almond Rocks** (socks) and put on me best **Kippers** (slippers). "Are you 'ungry?" I says "I can do yer a **Ruby** (Ruby Murray - curry) and **Holy** (Holy Ghost - toast) or I got some **Jacks** (Jack the Ripper - kipper)". "No"

she says "I'm on a **Brixton** (Brixton riot - diet) and anyway, **Jacks** make me **Raspberry Tart**. So just do me a **Steam** (steam tug - mug) of **Rosie** (Rosie Lee - tea), that'll make me **Fine and Dandy**".

Well it did. And so to **Uncle Ned** (bed) but this time not on me **Todd** (Todd Sloane - alone) and fer once I wasn't **Taters** (potatoes in the mould - cold).

The End

## Letters

9th June, 1999

Dear Editor,

Thanks to Bob Wilde for his informative and curious articles on Victorian London. It is interesting indeed to read about the poor dietary habits of the *Olde English* (faggots? Saveloy?), but have times really changed all that much? I mean, what exactly is a Scotch egg and why would anyone want to eat one?

One can only be thankful that the Club has maintained only that semblance of British cuisine we non-Brits can comfortably handle... but here's a thought - if there's one thing about the English one could always count on (apart from long discussions about the weather and catatonic cricket commentaries) it is the wonderful tradition called 'High Tea'. Triangles of cucumber sandwiches, warm scones and clotted cream, crumpets and, of course, tea.

The British Club has established itself as a bastion of the old empire (the good parts) right here in Bangkok, from the Thursday night rugby scrums at the Churchill bar to the civilised tennis mix-ins and the Sunday carvery. But whatever happened to High Tea? Several Bangkok hotels offer this traditional English pastime and get away with charging outrageous prices for mediocre fare served in prissy, uptight surroundings. Why bother with expensive imitations when we could have the real thing right here?

So here's a suggestion that might well add a couple of notches to the Club's British belt - get the crumpets in the oven and start mashing some tea.

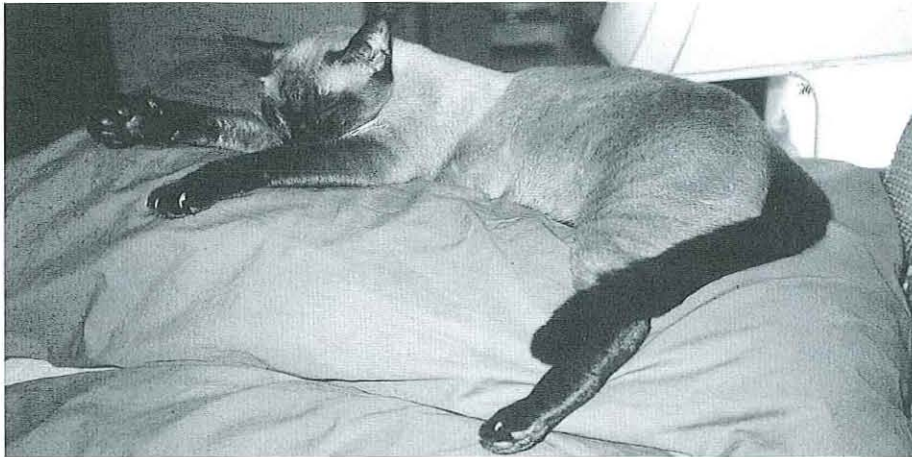
Nurith Borisute (B332)

*I can just imagine it - linen tablecloths, bone china and butterfly cakes on paper doilies. The very Best of British! And Nurith, you should ask Barry for the recipe for Scotch eggs; tasty boiled eggs cooked in a wrapping of sausage meat and coated with breadcrumbs. Ideal for children and picnics. What I don't know is whether they originated in Scotland, but I'm sure someone will tell us .... S.*



# Medicating a Cat!

Here's the first in our 'Paws for Thought' series. For those of you who've tried popping pills into your kitty, you'll really appreciate this step-by-step guide.



Chloe (D126) - Butter wouldn't melt in her mouth!

1. Pick cat up and cradle it in the crook of your left arm as if holding a baby. Position right forefinger and thumb on either side of cat's mouth and gently apply pressure to cat's cheeks while holding pill in right hand. As cat opens mouth, pop pill into mouth. Allow cat to close mouth and swallow.
2. Retrieve pill from floor and cat from behind sofa. Cradle cat in left arm and repeat process.
3. Retrieve cat from bedroom, and throw soggy pill away.
4. Take new pill from foil wrap, cradle cat in left arm holding rear paws tightly with left hand. Force jaws open and push pill to back of mouth with right forefinger. Hold mouth shut for a count of ten.
5. Retrieve pill from goldfish bowl and cat from top of wardrobe. Call spouse from garden.

6. Kneel on floor with cat wedged firmly between knees, hold front and rear paws. Ignore low growls emitted by cat. Get spouse to hold cat's head firmly with one hand while forcing wooden ruler into mouth. Drop pill down ruler and rub cat's throat vigorously.
7. Retrieve cat from curtain rail, get another pill from foil wrap. Make note to buy new ruler and repair curtains. Carefully sweep shattered antique china cups from hearth and set to one side for gluing later.
8. Wrap cat in large towel and get spouse to lie on cat with head just visible from below armpit. Put pill in end of drinking straw, force cat's mouth open with pencil and blow down drinking straw.
9. Check label to make sure pill not harmful to humans, drink glass of water to take taste away. Apply Band-Aid to

spouse's forearm and remove blood from carpet with cold water and soap.

10. Retrieve cat from neighbor's shed. Get another pill. Place cat in cupboard and close door onto neck to leave head showing. Force mouth open with dessert spoon. Flick pill down throat with elastic band.

11. Fetch screwdriver from garage and put door back on hinges. Apply cold compress to cheek and check records for date of last tetanus shot. Throw T-shirt away and fetch new one from bedroom.

12. Phone fire department to retrieve cat from tree across the street. Apologise to neighbour who crashed into fence while swerving to avoid cat. Take last pill from foil-wrap.

13. Tie cat's front paws to rear paws with garden twine and bind tightly to leg of dining table. Find heavy duty pruning gloves in shed, force cat's mouth open with small spanner. Push pill into mouth followed by large piece of raw hamburger. Hold cat's head vertically and pour pint of water down throat to wash pill down.

14. Get spouse to drive you to the emergency room, sit quietly while doctor stitches fingers and forearm and removes pill remnants from your right eye. Call at furniture shop on way home to order new table.

15. Arrange for RSPCA to collect cat and phone local pet shop to see if they have any hamsters.

*courtesy of Derek Williams*

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## Farewells

Khun Goi continued sowing her membership seeds, producing a bumper crop of 13 new members in May. The resignation of 7 old members who decided to plough elsewhere goes against the grain but we bid them farewell anyway: Matt Millard, Robert Taylor, Kenneth McKechnie, Catherine Stretch, Sally Herbert, Dirk Russell and Bob Wilde. We hope your grass stays green!

'Wilde Bob', I know, will be reaping the benefits of sun and clean air down in Pattaya but it's not the last we'll hear of him. His humour will continue to hit the pages of *Outpost* from time to time.



# Hole-in-One for Dugal

After a long wait of 49 years Dugal Forrest was finally rewarded with a hole-in-one at Lam Lukka.



Jamie, Irene and Guy

Using a five wood, Dugal gracefully projected the ball across the 151 yard expanse on the third hole... it bounced once on the inside edge of the green and rolled into the hole.

Unfortunately Dugal didn't see the ball go in because like all good golfers he kept his head perfectly still and didn't look up. However, once confirmed, he was heard to say "damn now I've got to pay for the beers". Fortunately for the twenty plus people present on that Sunday afternoon Club Day, Dugal did pay up and we all raised our glasses to his success.

The event itself - a team stableford competition - was won by Irene Grant, Guy Snow and Jamie Woodford. Laurence Goodliffe and Bernie Adams achieved the lowest stableford points for the day.

## Bronze for the Sporting Golf Team

The Golf Section put their finest team



Dugal retrieving his hole-in-one

together to compete in the Intersection Sports Day. Our sixth member Richard Ramsden was press ganged by the pool. He had only popped in to read the Sunday papers but on learning that he had once watched golf on TV we knew in an instant that we had discovered a new sporting hero. We gave the squash and tennis sections a run for their money. Jo Goodliffe scored the highest points in the squash competition and Paul Nears proved that he is capable of out-dribbling Alan Shearer. However, we did discover that golf is not an aerobic sport and as you will see from the photos the cardiac arrest team were on stand-by 5 minutes into the tennis relay. Well done anyway to the team for coming third.

## Eclectically Dyslectic

The three-day Eclectic event sponsored by Dunlop was held at Majestic Creek this year. The weather was idyllic and the course was in superb condition. Some of



Richard Ramsden in action

us couldn't get the hang of the competition at all though and kept improving on the same holes over the three days. Nevertheless Mike Staples proved that he wasn't eclectically dyslexic and he romped home with a net score of 53. Runner up was Graeme Reville. Day winners were Karen Carter, Carole Ann Eastgate and David Lamb.

## Next Outings

10th July, 12.00pm - Match vs Lighthouse at Subhapruek

17th July, 7.30am - Bangkok League match vs Scandinavians at Bangpoo

31st July, 7.30am - Match vs Japanese at Royal Lad Krabang

15th August, 10.00 am - Rysome Bowl at Vintage

21st August, 7.30am - Bangkok League match vs Gee Gees

29th August, 11.42am - Medal 3 at Royal Lad Krabang

.. and don't forget the Bangkok Ryder Cup will be held on Sunday, 26th September. To qualify for the team, get your cards in now!

## Eagle Eyes



The Golf Section fan club



Carole Ann going for a swim



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Is he still contagious?



... and collecting her prize



Dunlop sponsor, David Lamb



Runner up Graeme Reville



The bronze medal winning team



Ecclectic winner Mike Staples

## Meet the Staff

# A Real Asset!

Seven years ago when Khun Woroporn Ruengratanamatee was Finance & Accounting Manager with Casday Co Ltd, a ceramic toy manufacturing company, she spotted an advert in the local press for a Finance Manager for the British Club and decided to apply.

She was interviewed and finally selected for the position by Keith Bell and Paul Curtis, former General Manager and Treasurer respectively at the time. So in October 1992 Khun Woroporn joined the BC team and has been productively employing her talents here ever since.

Khun Woroporn graduated with a Bachelors Degree in Accounting from Chulalongkorn University and went on to obtain a Masters Degree in Accounting from Thammasart University. Starting her career as an auditor with PriceWaterhouse, she then moved to Performa Co Ltd as an Accounting & Administration Manager and from there to Casday Co Ltd. All of these positions gave her a solid grounding in finance and administration and prepared her well for her job at the BC.

Remaining single, Khun Woroporn lives with her family in Talingchan District. When asked about her time at the Club, she professed to enjoying her work which she finds challenging and very busy, and her aim is to ensure that the office systems and procedures remain efficient and effective.

Khun Woroporn enjoys keeping fit generally, taking saunas and, when time allows, playing badminton. And its not just her body she likes to keep fit but her mind too, which she does by reading plenty of business books. Commenting on the food served at the Club, she said that the Thai food on the menu in the Churchill and poolside bars is particularly delicious, especially the fish - praise indeed for the BC chefs!



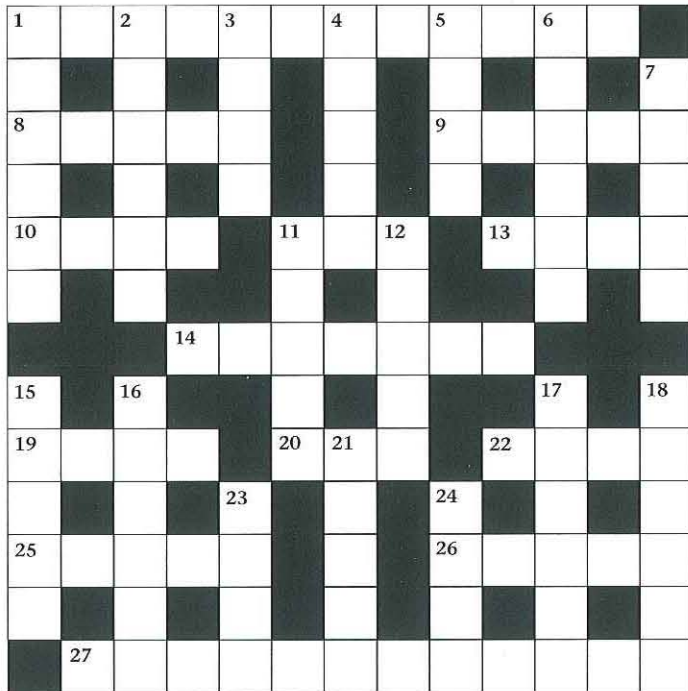
Khun Woroporn

In accounting terminology, she can best be described as an asset to the Club! Say hello if you meet her.

*Interviewed for Outpost  
by Khun Ratchanida Tippayalert  
(Staff Administration)*



# Bit of a Puzzler



**F**or those who missed the BC Bar Quiz on the 2nd, here's something from Margaret Miller to test your general knowledge. You have fifteen minutes starting... NOW!

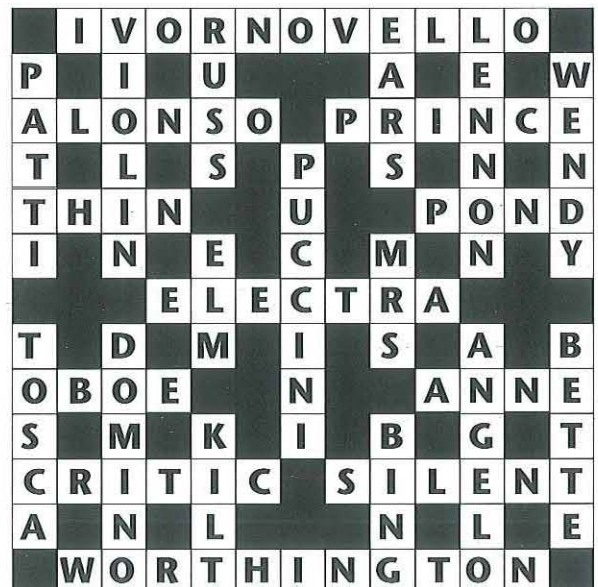
**Across**

- 1 She was the much-loved mistress of English King Henry II (4, 8)
- 8 Britain's Principality
- 9 Unit of weight at the jewellers
- 10 Neat, yes - but it caused destruction
- 11 Knock back for average value
- 13 This Mrs. was a gin-loving nurse! (Charles Dickens)
- 14 Quicksilver planet?
- 19 Jack Horner pulled it out!
- 20 Where in Plymouth Drake played bowls
- 22 An American waistcoat
- 25 "Let her alone - she will \_\_\_ you." (Ben Jonson)
- 26 Carmen, perhaps
- 27 All gain as far as you can for an American tourist destination

**Down**

- 1 A guy who wanted to dissolve Parliament
- 2 No man is one, said John Donne
- 3 "At Christmas I no more desire a \_\_\_ than I wish snow in May." (Wm. Shakespeare)
- 4 Hot and cold in Scandinavia
- 5 A spicy staff of office?
- 6 No way is about right for this country
- 7 39 were famous fiction!
- 11 A Fair Maid came from here
- 12 "\_\_\_ him at the name of Crispian." (Henry V)
- 15 Five tasty girls - or four?
- 16 Just clouds
- 17 "He will \_\_\_ Himself to His servant." (Milton)
- 18 Toasts for animals
- 21 Wilde man who is coveted in the USA!
- 23 No-woman party
- 24 Beat back for the game

**Solution to the June puzzle**





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## New Members

### Edward Ley and Kamonwan Searj



Edward and Kamonwan

An 8 year resident of Thailand and a High School teacher at Bangkok Patana, Edward reckons that he and his Thai wife, Kamonwan, will be staying here permanently. He's a golf and tennis enthusiast so I can understand his liking for this land of limitless fairways and racquet clubs. Kamonwan enjoys swimming and is learning tennis so hopefully we'll see them both regularly at the Sala.

### Mark Hamill-Stewart and Annabel Ley



Annabel and Mark

He's with HSBC; she's at Patana. He likes golf, swimming and sailing; he doesn't know what Annabel likes (yet). He's lived in Hong Kong, Soloman Islands, Dubai and Taiwan; Annabel hasn't! Both of them tell porkies! When I snapped this photo at New Members Night in April, they told me they hardly knew each other... and now they're getting wed! Mark tells me they first met in Thailand 16

years ago and only met up again in February of this year - aaaah - and it obviously wasn't long before he popped the question (what's yours love, marriage or a swift 'arf?). Many congratulations to you both from everyone at *Outpost*. and we'll be happy to 'cover' the wedding - if it's in Fiji, all expenses paid.

### Ernie and Jenny Kay



Jenny and Ernie

Following 2 years in Vietnam as Chief Executive of Castrol, Ernie transferred to Thailand earlier this year as Castrol Commercial's Area Director for S.E. Asia and expects to be here for 3-4 years. Ernie and Jenny have 3 grown up children back in Australia and they are both golf and tennis fans.

### Guan Ong and Nuj Chiaranussati



Guan and Nuj

Born in Thailand, new member Nuj studied and worked in the UK for 12 years before returning to Asia, this time to Hong Kong where she now works for Bankers Trust. Nuj and her Malaysian-born husband, Guan, have 2 sons aged 3 and 1, and they both like to swim and play squash. Spending her free time with the kids and travelling to visit family in Thailand, Singapore and Malaysia,

Nuj admits that she has little time left for much else other than occasionally relaxing with a good book.

### Frank and Catherine Switala



Frank and Catherine

Marathon man, Frank, is Plant Manager at Rehau Ltd and his wife, Catherine, is a "Home Executive" who looks after their young son, Kevin, and when given the time plays tennis and swims. Frank showed up at New Members Night in a snazzy shirt emblazoned with golfers, and admitted that whacking golf balls is one of his pleasures. That and whacky dressing...! (*Just tees-ing - S.*)

### Jonathan and Clare Speight



Jonathan and Clare

Well-travelled Brits Jonathan and Clare are newcomers to Thailand but not to the region having lived previously in Singapore, Hong Kong and Malaysia, as well as serving time in Oman and Germany. Somewhere down the line Clare picked up a bad habit - she cheats at Scrabble, according to her husband who's obviously a poor loser! He also owns up to being not so hot at tennis, squash and golf, but he's looking to improve now that he's joined the Club. Jonathan is with HSBC and Clare is a legal editor with Baker & McKenzie.

### Angus Wildie



Angus

Aussie Angus is General Manager with Brambles (Thailand) and says he'll be here until he's paroled! A poor squash player and an infrequent runner (his words),

funny-man Angus does get serious about a few things, one of which is his interest in Khmer architecture. You've heard it all before so I'll not print a single joke about Wildie nights on the town!

### Louis Harrewijn



Louis

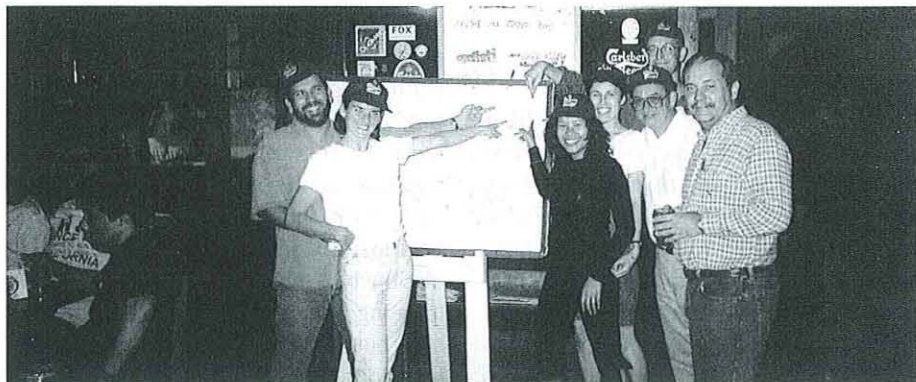
Dutch Louis came to Thailand in January as Division Manager for SGS (Thailand) and was quick to sign up for membership of the Club - as a fan of scuba-

diving, squash and tennis, obviously the Club's facilities bowled him over. Single and musically troubled (he plays drums), Louis' pastime is capturing people on film in their social and cultural environments. (*In return for putting your mugshot in the mag, perhaps you would make a photographic contribution to Outpost one day? - S.*)



# A Hike into Adventure

**T**here is nothing worse: To have to read an article from a terribly gushy member who participated in another British Club event. But I have to say, "It was marvellous, better than expected, brilliantly organised, excellent fun and enjoyable."



A variety of people accompanied Barry, Khun O and Khun Awe on the BC's first "weekend away" to the Khao Yai Villa and Mountain Resort at the end of May. It worked as well as it did because of the mix of people; all were there to enjoy themselves and have fun.

Setting off anywhere on a Friday is always fraught with danger. Everyone is tense after a hard week at work and there's the Friday traffic to cope with, always bad when it's pay day AND raining! But the trip had been planned down to the last detail and we left the Club very nearly on time - no thanks to Ged Allen who coerced his friends into the bar for the "first drink of the weekend". As scheduled, it took 2 1/2 hours door to door, and we arrived to a friendly welcome, clean and comfortable villas and a delicious Thai buffet. An unexpected visitor in Villa B1 in the shape of a friendly gecko was quickly removed by an understanding husband and tranquility was restored!

The Khao Yai Villa and Mountain Resort lies in a beautiful valley far from the biggest city of the district, Pakchong. The Khao Yai area is renowned for its unspoiled environment, tropical rain forests and magnificent waterfalls, so on Saturday after a cooked breakfast we set off in our

three specially designed buses to explore. We trekked around the park headquarters and clambered up and down the waterfalls, but couldn't find the tigers or elephants. So it was back to the Khao Yai Villa for the evening's entertainment.

A delicious barbecue with locally made German sausage was followed by the highlight of the evening, a British Club Bar Quiz. Along with the 5 teams of Brits all bursting with brain cells was a team from Chulalongkorn University (they came a surprising third place in the British Club question section - amazing!). The prizes, all kindly donated by various sponsors, included t-shirts, bottles of wine, hats, free dinners and weekends away. Details become a little fuzzy at this point as my behaviour worsened... but I do remember that at 2.30 a.m. Barry was drinking Schnapps and Brandy with the owner. Hey, a wonderful way to get the price down! Sunday was a day of rest. The two swimming pools had never seen so much activity and the local walks to the cave to see the statue of Buddha were traversed many times. Even elephant rides were laid on for us and five local elephants carried the culturally aware trekkers around the local area.

We couldn't leave without yet another

hearty meal and, after a last look around, we clambered aboard our huge coach, equipped with air-conditioning and videos for the children, for the return journey home. The staff from the resort waved us farewell, then collapsed into a heap from the stress of the weekend and overwork! It wasn't that we hadn't eaten enough but we had to make a stop at the local *khanom* factory just to make sure we didn't miss anything. The coach driver, driving with so much care and attention, got us back to the Club and, without knocking down the gateposts, delivered us safely to the door. I've obviously gone on far too long and gushed far too much. But, but... finally our thanks and appreciation must go to Barry for organising this. Not once, during the whole weekend, did he pause for breath! Also a huge warm Thai-style thank you to Khun O and Khun Awe who gave up their weekend and stepped into a role never performed by them before - assisting Farangs on holiday.

## A Happy Camper!

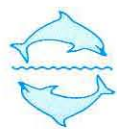
\*The British Club would like to thank the sponsors for their generous donations which contributed to a great weekend:

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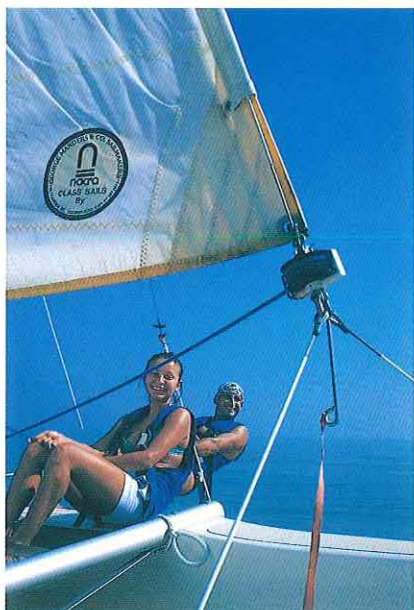
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Sarah riveted by the sights



Rear views over the Park



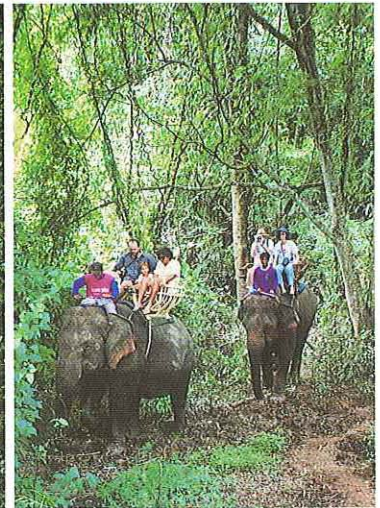
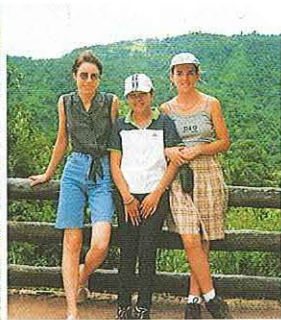
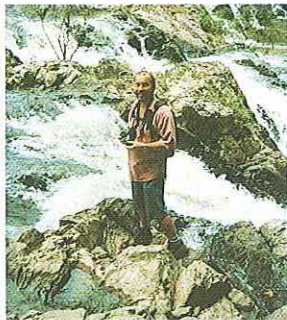
Simple Simon said...



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