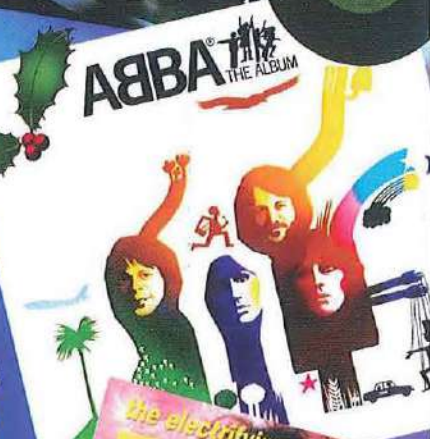
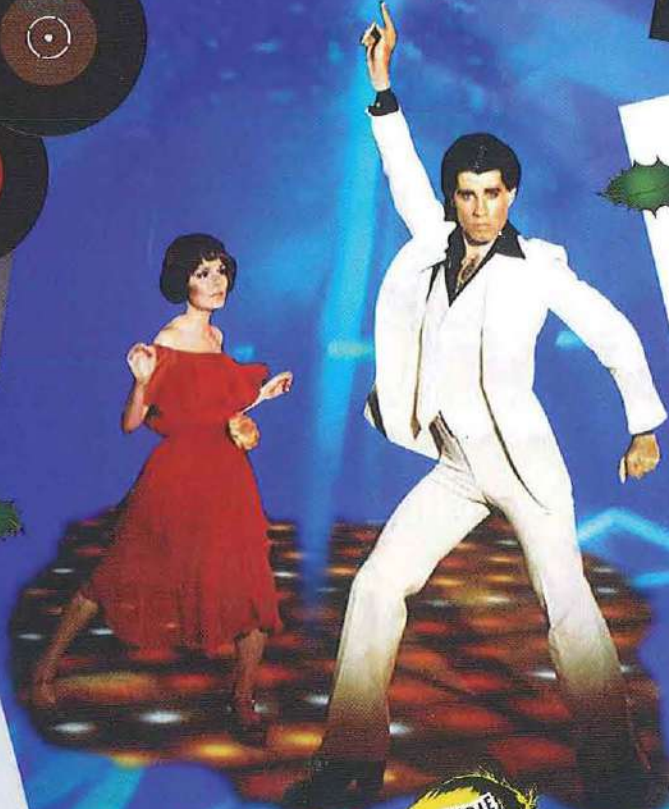




OUTPOST

THE BRITISH CLUB
BANGKOK

JULY 2008



Retro Issue

Back to the 70s and 80s Disco Night

Christmas in July Carvery, Andaman Adventure, "We will Rock You", Recipe Appeal

solidideas



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CONTENTS



THE BRITISH CLUB
BANGKOK



The men make a decision in Neil Simon's hilarious farce "Rumours" performed at the BC in May - see pages 16-17.

You should be dancing ... yeah!

Letter from the Chairman	5
CEO's Report	5
Bazza's Banter	7
What's Going On	
Regular weekly Events	9
Your guide to Special Club Events	10-11
Balut	11
Monthly Calendar	24-25
Club Features	
Susie's Kids Korner	13
A Lonely Cat story	15
On the Menu	27-28
Andaman Adventure	30-31
Book Reviews	47
Club Events & Notices	
Recipe Appeal	34
Upcoming Attractions	
Mamma Mia, the movie	12
We Will Rock You, live on stage	22
Looking Back	
Rumours simply marvellous	16-17
Quiz Night	18
New Members Night	20-21
Sex in the City premiere	23
Blood Donation Day	48
Sports	
Sport & Fitness with Reed Passmore	32-33
Rugby	34
Tennis	36-37
Sports, Games & Activities: times & prices	38
Squash	40-41
Golf	42-43
Football	44-45
Sudoku – Double Diabolical	39
In Touch	
Reciprocal Clubs – City University Club	46

No one can say for sure when disco music started ... but most pundits agree that the first disco songs - recognized as such - were released in 1973 and the first article about disco appeared in September 1973 in *Rolling Stone* magazine. The term "disco" comes from "discotheque" a French word meaning "record library". Discotheques originated in occupied Paris during the Second World War when the Nazis banned jazz and closed many of the dance clubs, breaking up jazz groups and driving fans into illicit cellars to listen to recorded music. As a collaboration of black and Jewish musicians from America, jazz represented the most glaring offence to Hitler's vision of a "pure society".

Disco, too, started as an American phenomenon and grew out of multiple musical influences, including funk, soul music, and even a dash of salsa. The "typical" disco sound is difficult to describe as this attempt from Wikipedia illustrates: "The disco sound has a soaring, often reverberated vocals over a steady four-on-the-floor beat ..." (ah yes the constant thump-thump-thump-thump that one hears while trying to sleep in a room below a disco party) "... an eighth note (quaver) or sixteenth note (semi-quaver) hi-hat pattern with an open hi-hat on the off-beat ..." (so, inside the party, one might hear thump-pshtt-thump-pshtt-thump-pshtt-thump-pshtt) "... and prominent, syncopated electric bass line. Strings, horns, electric pianos, and electric guitars create a lush background sound. Orchestral instruments such as the flute are often used for solo melodies, and unlike in rock, lead guitar is rarely used ...".

The early disco period featured mostly US artists like the Jackson 5 and Miami's KC and the Sunshine Band, which had a string of disco-definitive top-five hits between 1975 and 1977, including *Get Down Tonight*, *That's the Way (I Like It)* and *Shake Your Booty*. But the real disco heavyweights emerged out of the UK and Europe. In the late 70s the Bee Gees and ABBA propelled disco music into the mainstream and between them sold literally hundreds of millions of records worldwide. The Bee Gees' soundtrack to *Saturday Night Fever* became the highest selling record of all time (until dethroned by Michael Jackson's *Thriller*). Disco dance clubs proliferated, featuring rotating mirrored disco balls that splattered the dance floor with psychedelic splashes of colour; and multiple spot lighting that pulsed with the music - very hypnotic. But all this success brought a backlash. In the US, the disco craze angered rock music fans. While many just threw out their disco records a few rock DJs took more drastic steps, holding events like the infamous Disco Demolition night in a Chicago sports stadium in 1979 where disco records were handed in and then blown up and the subsequent anti-disco demonstrations nearly trashed the stadium.

Disco slowly declined in the 80s and gave way to leaner more aggressive musical forms, like punk. But is disco dead? Oh no! As well as spawning second cousins like house music and the more aggressive techno, disco itself is currently experiencing a huge revival with thousands of retro-disco bands springing up, particularly in the UK and Europe, and DJ's regurgitating all the popular disco hits from the 70's and 80's.

You too can experience all the thrills of retro-disco at the British Club on the 12th July at the BACK TO THE 70's AND 80's DISCO NIGHT. See What's Going On, page 10, for details.

Billy Beefeater



Cover pic-
Some of the great artists & albums from the 70s & 80s - hear them again at the "Back to the 70s & 80s Disco Night" on July 12th (see page 10 and editorial this page).

OUTPOST MAGAZINE

Editor in Chief: Michael Silcock

Issues Editor: Stuart Coghill

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

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

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

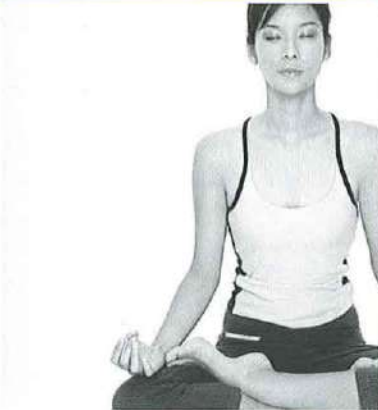
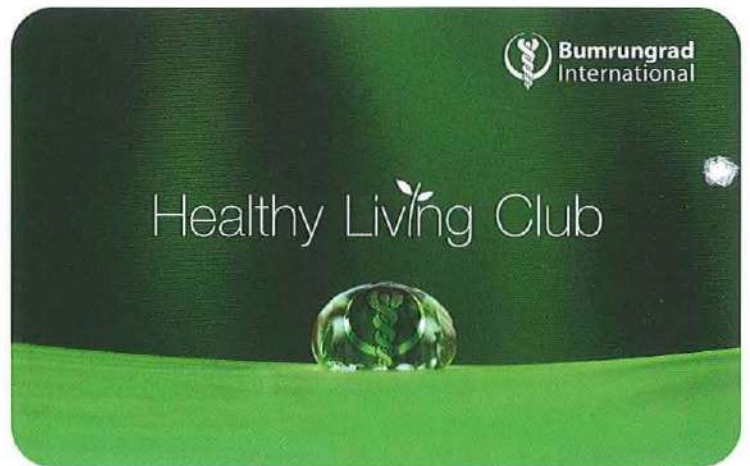
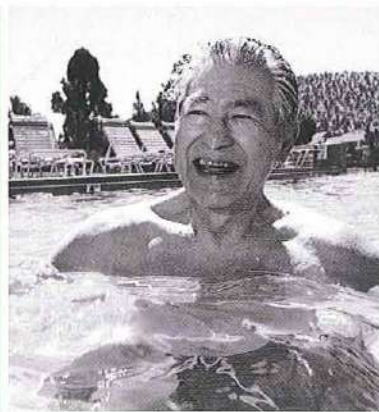
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Letter from the Chair

Dear Members,

I would like to welcome all the new readers to Outpost. For the first time we are distributing our flagship magazine to a selected external audience, which I believe is an important step in letting more people know about the British Club and the international community that makes it so special.

In this regard I would also like to direct members and interested readers to the loose insert within this issue and would warmly encourage you all to fill it in and return to the Club. It is important that members have the opportunity to opt-in and indeed out of the Club's communications materials and also have some flexibility in where they receive them. With various email communications, the Announcer and Outpost, the Club has a variety of tools to keep everyone informed and afforded the opportunity to feed back their opinions into the Club.

Communications and marketing of the Club are very important for a number of reasons, not least of which is the ongoing need to build our membership. However, it is much more than making the Bangkok community aware of the Club and the opportunities it offers. With so many time constraints and recreational choices, it is more about changing attitudes and behaviour when it comes to making the key step in committing to membership of the Club. With this in mind the Club must adopt a long-term measurable approach to Club marketing, whilst considering whether the current membership structure is appropriate to trends in modern lifestyles and the changing patterns of expatriate recruitment and assignment tenures.

Regarding membership I have taken up the role of carrying

on the excellent strategic review by the previous General Committee and I foresee that some open discussions with the membership at large will be both necessary and productive in shaping our membership structure for the next 10-20 years.

I continue to be greatly encouraged by the commitment of so many members to the Club in volunteering their time and providing a wealth of expertise in support of the Club's staff, operations and strategic planning. I would also like to take this opportunity to thank all the past-Chairmen and General Managers who came to the Club for a very special evening in late May. It gave me an opportunity to formally recognise our immediate past Chairman, Dr. Stuart Blacksell, and present him with a small memento for his service as General Committee Chairman.



With so many great events and promotions going on before the summer break I encourage you to come to the Club in July and wish all those returning for the summer holidays a safe trip and look forward to meeting you again in September.

Yours sincerely

A handwritten signature in blue ink.

Dr Andrew Roberts

Chairman

BCB General Committee 2008/2009

Dear Members,

June has been a fairly consistent month at the Club with some great highlights when the Club was very busy. Both the Queen's Birthday Fun Day and Book Fair attracted good crowds to the Club many of whom have shown a lot of interest in joining up as members. Canada Day was also a great success.

The few times each year that we do run an open event are all fantastic opportunities to showcase the Club to those other 15 to 20,000 expats who are eligible to join the British Club but have not. In addition, running large events keeps the BC in the forefront of people's minds and keeps our profile high within Bangkok.

As our Chairman Andrew Roberts has already stated, 1,500 members is our target to achieve over the next two years, which will not be easy as we have remained stagnant at about 1050 for some years now and a concerted effort will be required to increase membership to that level.

The other news that many members will no doubt be aware of is the work that has begun on the tennis courts that lie along the Suriwongse Road end of the Club. We have removed and stored the synthetic carpet, excavated the old bitumen base and are in the process of constructing a new concrete base. The exact surface we will install on this new base has (at time

of going to print) yet to be decided by the Development Special Interest Group and General Committee. Remember the DSIG member forums are open to all members as are Treasury Work Group Meetings and both encourage member participation.

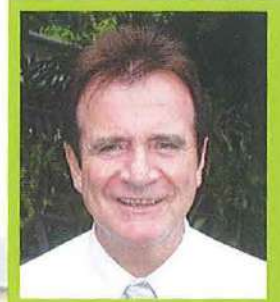
Other work around the Club that has been completed is the restoration of the garden along the poolside fence and front lawn, which has improved the area markedly. Further gardening and landscaping improvements will be taking place over the coming months.

We welcome our new Poolside Manager, Khun Wee, who started work in mid-June along with our two new receptionists, Khun Mai and Khun Kwan, and we hope they spend many years working as part of our staff team.

I look forward to seeing you all around the Club.

Michael Silcock

Chief Executive Officer



The CEO's report

shrewsbury international school

discover

new

horizons

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We're open over the Holidays with activities galore!

Dear Members,

June was a busy month for us here at the Club. We had the Blood Donor Day with BNH and the Thai Red Cross, but unfortunately the turnout was disappointing with only 50 pints taken, so we will not bother with this event next year. More successfully, we joined forces with the Neilson Hayes Library and the St David's Society and held a murder mystery dinner on Friday June 13th. The dinner took place in the Library itself and the event was completely sold out with a small waiting list also. The actors and script were provided by the St David's Society, the ladies from the Library organized seating plans, advertising and did all the admin work, and the Club catered the event. Thanks to all those who made this event a great success, and many thanks also to Tom Westbury and Prestige wine for sponsoring wines for the evening.



Prestige Wine

The following day we held our party to celebrate Queen Elizabeth's 82nd birthday and we were lucky with the weather. We woke up to heavy rain storms but fortunately we had completed 90% of the setup on Thursday night – including the awnings – so nearly everything stayed dry. As some members thought that the 400 baht entry fee last year was expensive, this year's party was free to enter. Even with free entry and activities, the fair appeared to be quieter than last year. However all of the outlets were a long way up on last year so I think we just had a better flow of activities. We also once again collaborated with the Neilson Hayes Library to join in with their excellent book fair and vendors sale. Many thanks to the BNH and Shrewsbury School for sponsoring the event.

Having taken 38 members to see the Indiana Jones movie premiere the previous month, in June we took 115 ladies and a few brave men (!!) to see the "Sex and the City" movie! In fact, we drank the cinema dry - they ran out of wine and ingredients for cocktails and had only a couple of bottles of Heineken left! A few days later I had a meeting with the sales staff at Central World and their first comment was "oh your members are very good drinkers"! We have now booked tickets once again at Central World SF Cinema to the hit



SF CINEMA CITY

musical movie version of Abba's "Mamma Mia" with Julie Walters amongst the cast - see page 12 for details.



We are also holding a funky retro disco with music from the 70s and 80s in the Suriwongse room on Saturday July 12th with our DJ Mr Mike in residence. The evening kicks off at 8pm and cost is Bt.350 per person, which includes 2 half-pints of Tiger beer or two rum and cokes, so shake your groove thing down at the Club this month.

The following Saturday we are returning to the Muangthai theatre to watch the Ben Elton musical "We Will Rock You" featuring the music of Queen. Last year we sold out all our tickets to the musical "Cats" so be quick - tickets cost either Bt.3,600 or Bt.4,600 and include transport.

For members going away for the long summer holidays I wish you all a safe trip and hope you have fun. For those of you staying in Bangkok don't forget that, unlike the schools, we do not close and will be open throughout the holidays for you with lots of events and activities to keep the family entertained.

Looking further afield, we are planning a trip to Siem Reap in January 2009 to visit the tremendous Light and Sound Show at the iconic Angkor Wat. This really is the trip of a lifetime and we will organise everything for you including hotel stays. Cost at present is looking like around Bt.28,000 baht per person. If you are interested in the event please let us know. I will have all details ready for the next edition of Outpost.

Finally, I would like to remind members of the Club's dress codes and in particular that thongs and soiled sports gear are not allowed in the Churchill and Verandah bars and also that mobile phones are to be switched off or left at the reception.

For further information on any event please check our website or give myself or Khun Kasem a call ...

Regards,

Baz

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REGULAR WEEKLY EVENTS

MONDAYS The Verandah

From 6pm The Verandah **VOUCHER OFFER** – Buy one meal and pay 50% for a second main course meal (A la carte only – conditions apply).

TUESDAYS Churchill Bar

8:30pm-late Spoofing

The Verandah

From 6pm **VOUCHER OFFER** – Buy one meal and pay 50% for a second main course meal (A la carte only – conditions apply).

WEDNESDAYS The Verandah

From 6pm **VOUCHER OFFER** – Buy one meal and pay 50% for a second main course meal (A la carte only – conditions apply).

Noon-2pm & 6-10pm **THE MIDWEEK CARVERY** - Choose from soup, two roasts carvery with potatoes & vegetables (Bt.260) and salad (Bt.295) (Voucher offer does not include carvery)

Churchill Bar

7pm and 8pm

PRESTIGE WINES ACCUMULATOR

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

7:30pm

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

FRIDAYS The Verandah

Noon-2pm & 6-10pm

THE FRIDAY 'THEME' BUFFET – 4th July: T.G.I.F CURRY BUFFET – This famous buffet consists of a soup, six curry dishes, samosas, a range of salads and naan bread; Bt.275 per person.

11th July: MEXICAN BUFFET – Enjoy a soup, a range of delicious salads and main courses - the best of Mexican food freshly prepared by Khun Laak and her team of chefs; Bt.325 per person - and 10 baht off a glass of Tequila or a bottle of Corona beer.

18th July: KHUN LAAK'S MIDDLE EASTERN BUFFET – Enjoy a soup, a range of salads and main course items such as koftas, kebabs and many more dishes created by Khun Laak and our team of chefs; Bt.325 per person.

25th July: "CHRISTMAS IN JULY" CARVERY – Celebrate Christmas in July and enjoy all your Christmas favourites whilst listening to Christmas carols. The buffet costs Bt.400 per person. A range of Christmas cocktails will also be available.

Silom Sala

7pm and 9pm

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

SUNDAYS The Verandah

Noon-2pm only

THE SUNDAY CARVERY - Choose from soup, cold cuts, three roasts carvery, with potatoes and veggies, hot dishes, children's buffet, fresh salad bar and a range of desserts. Adults Bt.375; children Bt.200 including fee Coke/Sprite.

Silom Room

1-3pm

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

Suriwongse Room

3pm onwards

Bridge tournament (except last Sunday in the month)

Official Opening Times

The Verandah	11am - 10pm	Fitness Centre (Mon-Fri)	6am - 10pm
Churchill Bar	10am - 11pm	Fitness Centre (weekends)	6am - 9pm
Poolside Bar	7am - 10pm (last food orders – 9.30pm)	Thai Massage (Tues-Sun)	9am - 6pm

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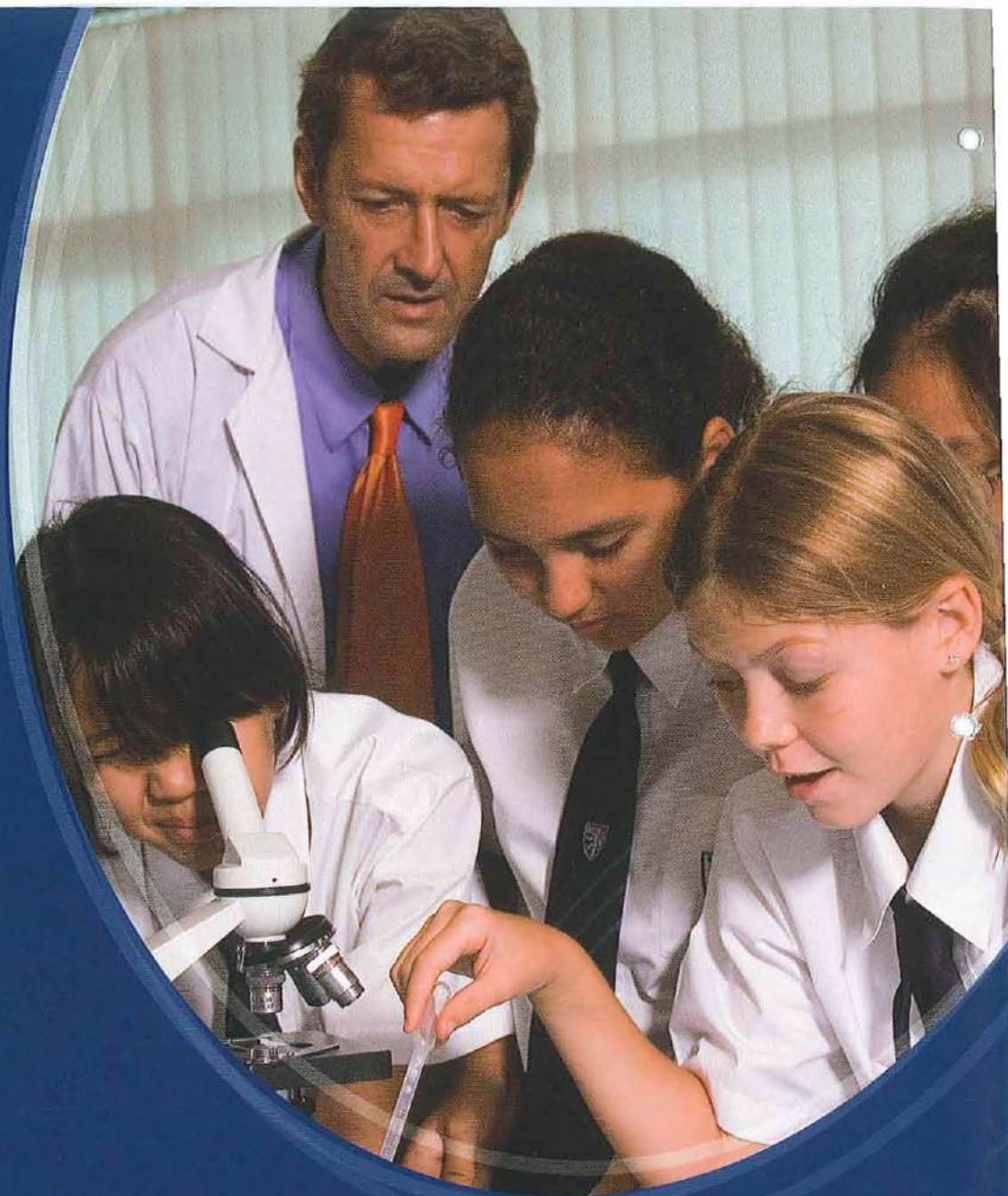
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Five companies will be here to let members try unlimited samples of their wines. Members can also purchase wines at specially discounted prices and the Club will create a range of canapés to complement the wines. What a great way to start your weekend - free wines in the comfort of your Club. And afterwards, why not pop down to the Verandah for a taste of Christmas in July ...

** CHRISTMAS IN JULY CARVERY & BUFFET

Friday, 25th July, Lunch & Dinner, The Verandah

We are celebrating Christmas in July in The Verandah bar with our Christmas Carvery. Enjoy all your Christmas favourites whilst listening to Christmas Carols. The buffet costs Bt.400 per person and a range of Christmas cocktails will also be available.

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

July Activities at the Neilson Hays Library

"Chahn's Impressions 2008", an exhibition of oil paintings, 1-30 July (Rotunda Gallery)

We're pleased to welcome Chahn Sutarapong back for his 8th exhibition at the Library. His new collection of oil paintings, in his trademark soft-tone, impressionistic style, has a freshness and vibrancy that catches the mood of the moment.

"Crossing Borders", an exhibition of photographs, 1-30 July (Garden Gallery)

This fascinating exhibition of black and white portraits by Norwegian-Japanese photographer Ayako Tsuda illustrates the essence of the people she's met through her travels, and the common human emotions across national, cultural, ethnic, climatic and language borders.

Art Party - Saturday, 12 July, 6:00-9:00 pm

Meet the Author - Colin Cotterill, Sunday, 6 July, 3:00 pm

Colin Cotterill, author of the Dr Siri Paiboun mysteries set in 1970s Laos, will give a presentation about his life and how he came to Asia. The Coroner's Lunch, the first book in the series, was recently shortlisted for the prestigious Duncan Lawrie Dagger Award by Britain's Crime Writers' Association. Colin is also a cartoonist and an advocate for child protection.

JADE, reading by S.P. Somtow, 16 July, 7:30 pm

The saga continues... S.P. Somtow will continue reading from his yet-to-be-published book, JADE. The readings so far have been very entertaining, and S.P. Somtow has promised to do a brief recap for those who missed the earlier sessions.

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

BRITISH CLUB BALUT

A LATE SURGE!!!

The June monthly tournament, organised by Balut Secretary Bob van Es, attracted 12 players but shot all the records to pieces.

Arun Gupta stormed ahead in the third game to match the highest Tournament score of 151 and Ranald MacDonald came in with the highest overall score of 556, averaging over 111 points per game. However the night went to Caroline Willbourn who entered the Balut Shield table for the first time by stealing the lead from Steve Eaton and Paul Cheesman ... can she be beaten with only two tournaments left?

The BCB Balut Shield leagues now reads:

QUALIFIED PLAYERS (6 Tournaments minimum)

Rank	Player	Tournaments played	BEST SIX Average
1	Caroline Willbourn	6	103.5
2	Steve Eaton	11	101.8
3	Paul Cheesman	11	101.6
4	Steve Mallon	9	99.2
5	Roger Willbourn	7	98.9
6	Jeremy Watson	7	98.7
7	John Boisclair	9	98.0
8	Arun Gupta	8	96.3
9	Tony Rodriguez	7	96.2
10	Christopher Poustie	8	95.1

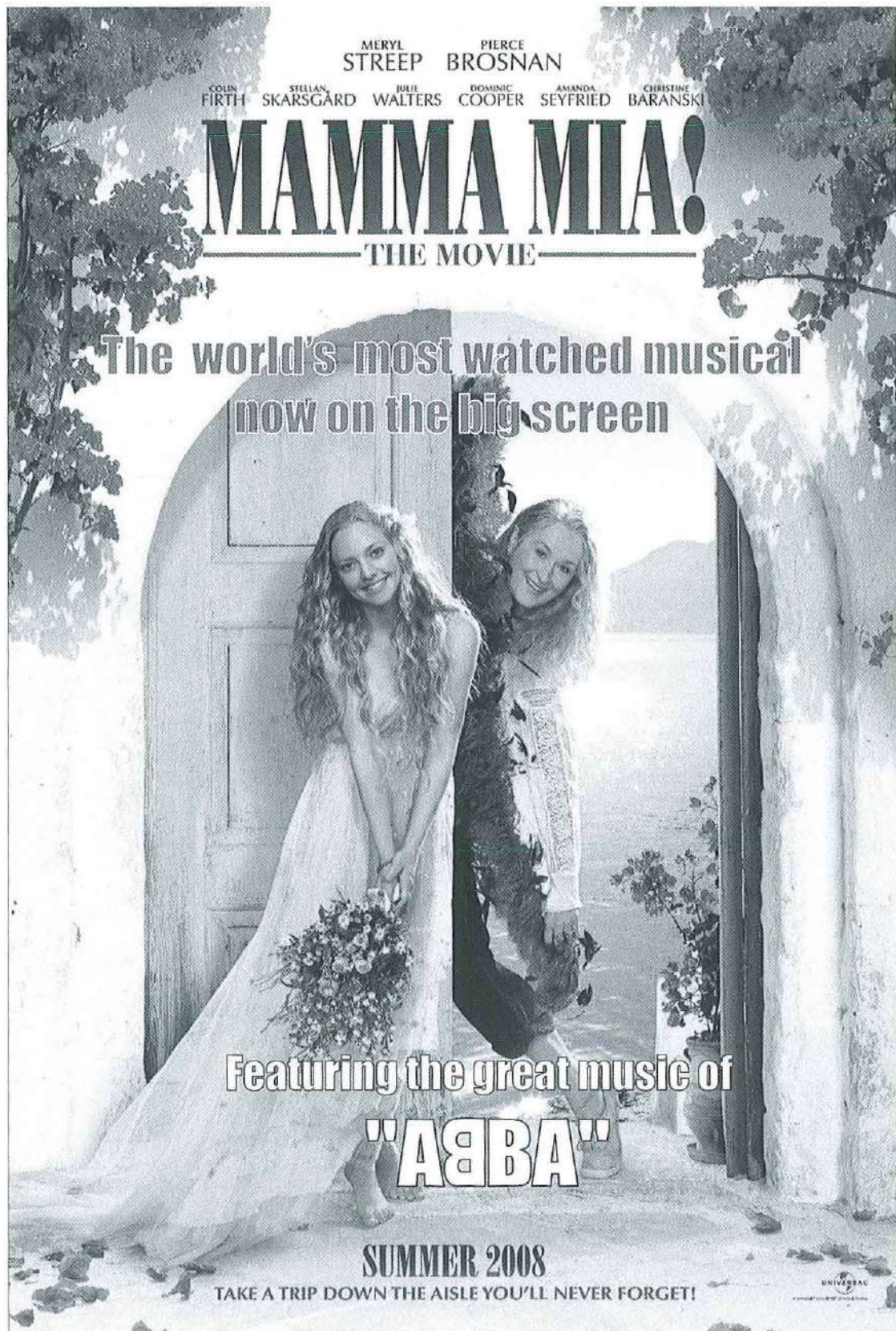
QUALIFYING PLAYERS

Rank	Player	Tournaments played	BEST SIX Average
1	Bruce McLaren	2	97.5
2	Rohit Naheta	3	96.8
3	Simon Davies	5	95.8
4	George Okrasa	5	94.9
5	Ben Willbourn	3	92.3
6	Phil Alexander	5	89.9
7	Bob van Es	3	89.9

The last two tournaments are 2nd July and 6th August. The Balut Section AGM (with the award of the Balut shield) will be held in September.

STOP PRESS!

On June 6th Ranald MacDonald threw 161 - the second highest score ever achieved in the Club - and his scoresheet joins those displayed on the Churchill Bar wall.



24th July @ SF Cinema Central World

Tickets @ Baht 1,000 per person

**Cost includes welcome mocktail, unlimited Coke and Popcorn,
Entrance to movie in the VIP Private Lounge. Movie starts @ 7 pm.**

Book now @ Clubhouse reception



SUSIE'S Kids Korner

RETRO CRAFTS

Join me in the Silom Room every Sunday!

Shiny Disco Ball

Craft Materials:

- 6 to 8 CDs you don't need
- 13-cm (5-inch) styrofoam ball
- Tacky glue or low temp glue gun
- Wire for hanging
- Kitchen scissors



Directions:

Cut CDs into irregular 1.5-cm (1/2-inch) pieces. Some pieces will splinter. Discard the splintered pieces. Wrap wire around Styrofoam ball in two directions. Bring loose wire ends together and form into a loop. Glue CD pieces all around Styrofoam ball. Hang from wire.

Groovy Lava Lite

Journey back in time to the very groovy seventies with this colourful retro-ornament, which uses the principles of immiscible liquids (fluids that just won't mix) and density to create a homemade version of that classic mind-expanding device, the Lava Lite.



Craft Materials:

- Glass jar
- Water with food colouring added
- Vegetable oil
- Shaker filled with salt



Directions:

Fill a glass jar with about 8 cm (3 inches) of water and add food colouring until you get a nice deep shade, as in the picture. Add 1/3 cup of vegetable oil and wait until the layers settle. Watching carefully, shake salt into the jar while you count to five. The oil and salt should form a glob and sink to the bottom of the jar. As the salt dissolves in the water, the oil should float back to the top. Keep adding more salt to watch the action repeat. As you sprinkle on the salt, watch the globs of oil sink, rest on the bottom, then rise again.

WHY IT WORKS: At first, the oil floats on the water because it's lighter - or, more accurately, it's less dense than the water. It also doesn't mix with water, so it won't dissolve. The salt, however, is denser than the water and does dissolve. When you shake it onto the oil, it clings and drags a glob to the bottom. In time, however, the salt starts to dissolve in the water. At a certain point, it can no longer hold down the oil blob, which then floats back up to the surface.

Funky Yarn Octopus

This rainy-day project provides plenty of practice for budding braiders and makes a fun, leggy pal who can just flop down anywhere and make the place look funky!



Craft Materials:

- Scissors
- Skein of yarn about 100 metres long
- 8-cm (3-inch) Styrofoam ball or a tennis ball
- 1.5 metres (5 feet) of yarn or ribbon, for tying the braids
- Tacky glue
- Large googly eyes

Time needed: About 1 to 2 Hours

Directions:

1. PREPARE THE YARN: Cut two 25-cm (10-inch) pieces of yarn from the skein. Get someone co-operative to hold their hands about 1 meter apart while you wrap the rest of the skein around their hands to form one large ring of yarn. Knot one of the 25-cm yarn pieces around the middle of the ring. Place the tied ring on a tabletop and snip both loops.



2. FORM THE HEAD: Centre the knot atop the ball and drape the yarn so that the ball is evenly covered. Knot the other 25-cm piece of yarn just below the ball.



3. BRAID THE TENTACLES: Divide the yarn strands into 8 equal bundles, then braid each one, securing the ends with yarn or ribbon. Glue on the googly eyes.



How to Braid:

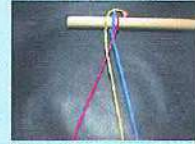
1. Divide your strands into 3 groups or sections



2. Take the right section and cross it over the centre section, so that they switch places.



3. Take the left section and cross it over the centre section.



4. Keep repeating these moves - right section over centre section, left section over centre section, right over centre, left over centre, etc, until braid is complete.





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Pepper gets the Blues ...

By Mark Stelzner

For a while, the future looked exceptionally bright for a young soi-cat named Pepper after being rescued by SCAD. Being a very cute and personable kitty, he soon attracted the attention of a foreigner who worked in Thailand and was looking for a friendly companion. So, after a short stay in our adoption programme, it was off to a lovely home in the suburbs, complete with a safe garden to indulge his occasional penchant for outdoor life. Pepper settled in well and, in the ensuing months, grew up to be a handsome, strong and loveable cat about the house.

So far, this is just one of the many “happy ever after” stories we, at the adoptions centre, thrive on and try to re-create every day. But Pepper’s fortunes took a different turn when his



What happened?

owner decided to return back to her home country. Out of the blue, we received a call from her about a year later, telling us that she would shortly be leaving Thailand – without Pepper. While her circumstances and reasons for this situation were plausible, it was clear that Pepper’s role in her life had suddenly changed from that of a cherished companion to undesirable baggage.

One might think that things could have gone worse for Pepper, as living at the clean, spacious SCAD cattery is not such a bad thing for most strays in our care. But shortly after his return it became clear that Pepper was not dealing with his new situation very well. Within days he turned from a friendly and active cat into one that was sullen and withdrawn. For a while he barely ate and drank and did not interact with any of his fellow residents. But once in a while, when a human passed nearby, Pepper would rush to the front of his enclosure and meow with heart-breaking urgency, just to get some of the human contact that his former owner had obviously taught him to expect. Poor Pepper was acutely depressed and missing his former family. At the time, our adoptions manager commented: “I really wish people could see what can happen to their pet when they take the decision to move on without their companion”.

With time and a lot of special attention from our adoptions volunteers, Pepper has largely overcome the blues and is once again a healthy, loving adult cat. For now, he seems content to play “big brother” to all the young ones and enjoys his status of “top cat” in the little community at SCAD’s rehoming centre, but he would just love to find a forever home! If you are here long term or are committed to taking your pets with you when you move on, please consider being Pepper’s new human companion.

Many SCAD volunteers are expats who have encountered the dilemma between the love for animals and the inherent limitations of our migrant lifestyles. Many of us come from countries with prohibitive rules on animal imports, but volunteering at SCAD as a foster carer can be just as rewarding as owning and taking on the long-term responsibility for an individual animal. If you can’t offer a permanent home for one of SCAD’s adorable adoptables, why not consider becoming a foster home? For more information, please contact Wendy – wendy@scadbangkok.org

“Rumours” simply marvellous

Just to remind BC play-goers that there is more to life than Gilbert & Sullivan, the Bangkok Community Theatre treated us to six “dinner theatre” performances of Neil Simon’s hilarious farce *Rumours* over the week of 22nd to 28th May. Once again the ambiance of the Suriwongse Room was employed to maximum effect with the elegant “living room” set on stage and over 100 people somehow being accommodated at dinner tables ...

Scientists say that the reason we humans evolved our large brains was not to devise ever more brilliant ways of killing mammoths or better tools ... it was to manage increasingly complex social interactions *with each other*. Neil Simon’s play illustrates this perfectly, as his characters attempt to manipulate events and each other with ever more convoluted strategies of deception, concealment, story reconstruction and spin.

The scene is the home of Charley and Vivian Brooks on the occasion of their 10th wedding anniversary. As the first guests Chris and Ken Bevans (Elise Meleisea and Severin Herbert) arrive at the house, they hear a gunshot. Upstairs, they find Charley, Deputy Minister of Finance, bleeding from a head wound, Vivian and the domestic staff missing, and a kitchen full of half-thawed food. As the other party guests begin to arrive, the Bevans decide that they must protect Charley’s reputation (and their own!) from scandal and do everything they can to keep the truth from leaking out while they try to figure out exactly what happened. The cover-up gets progressively more difficult to sustain as the other guests arrive and nobody can remember who has been told what about whom, climaxing hilariously with the arrival of the police (Jack Dunford and Anna Khendry).

It’s easy to see why Neil Simon is America’s most loved playwright and this “English” adaptation loses none of its witty “Jewish New York” edge. The humour is physical as well as



The Director/Producer team sitting in Charley & Vivian Brooks’ rather eclectic living room

cerebral with most of the characters sporting physical ailments: Ken the Lawyer goes deaf for half the play, Len the Accountant (Ray Stafford) has whiplash after crashing his new car, Ernest the Analyst (Justin Brooks) gets burnt in a kitchen accident, as does his wife Cookie (Nichola Frances) who spends a lot of the time crawling around on the floor to avoid back spasms, Glenn the Diplomat (Jack Ruenprapan) is hit in the nose by his extremely insecure wife Cassie (Pippa Harker) and Ken’s wife Chris, who has just given up smoking, almost drinks herself under the table as a substitute – we literally see the contents of the gin bottle reduce as the play progresses. Each character seems to be locked in their own little world of pain and insecurity, all too often aggravated by ... RUMOURS! As the title suggests, rumours are tossed around by everyone about the sexual promiscuity of ... everyone else. Claire (Bonnie Zellerbach) especially seems to delight in the gossip.

“It’s very satisfying, for me as a director, to hear an audience laugh, particularly in the right places!”

Angela Daniel



Opening of Act 2- The guests look glum



Cookie finds her earrings



Glenn tells Cassie to behave herself



The men decide who will be Charlie



Leonard makes up a story about a 'strange young man'

All this suffering, neurosis, and stress are grist to Simon's mill. Over the course of the play the rapid-fire dialogue, physical humour and need for timing placed huge demands on the cast. The fact that they delivered a very smooth and extremely funny play says a lot for their dedication and skill, and is a testament also to the direction of Angela Daniel: "...being a farce, entrances and exits had to be timed perfectly. It took a lot of rehearsals to get to that point, but we had a very talented cast who really pulled it off." The set was also a challenge to build in the small stage area of the Suriwongse Room. Behind all those doors at the back is the narrowest of squeeze-spaces.

Along with the hilarious dialogue, as stressed guests are pushed to their limits, the play was teeming with revealing physical gags – the pretzel packet that Lenny can't get into, which Cookie later deftly opens like it's second nature; the police two-way radio, which emits sputtering gibberish just like a real one; the ringing telephone and doorbell as instruments of oppression, heralding further difficulty and disaster and, with the impending arrival of the police, prompting wild avoidance reactions from the cast.

The highlight of the play came in the second act with Lenny's monologue in which he poses as Charley and attempts to pull together the whole crazy concocted story for the benefit of the police. A magnificent performance from Ray Stafford, especially as he had a cold that threatened to remove his voice! This was a very funny play that got a lot of laughs from the Monday night audience – thanks to the cast who kept up the momentum during the entire performance. I think the consensus was that it was fun but very hard work!

Thanks must also go to all the unseen people who made this event happen. Angela again: "We couldn't have done it without the fantastic support and co-operation of Michael, Barry and all the British Club staff, particularly Khun Addisorn who did so much work on the stage and bits of the set. . . Also, Khun Laak and all the staff who worked so hard on the night of each performance to provide such a hospitable environment." Indeed, Khun Laak exceeded even her own high standards with a delicious and expansive buffet, featuring turkey that must surely qualify as the tenderest, tastiest and most succulent in the known universe.



Officer Conklin thinks it over – will he believe the story?



The cast and crew, including six BC members

Congratulations to Angela Daniel, producer Bonnie Zellerbach and all involved, on putting together another really first class show. All six performances were sold out a week before they started and there was a waiting list of about 60 people. Hardly surprising for what is undoubtedly one of the year's cultural highlights in the Big Mango. And talking about rumours, next year it seems *The Mikado* may be coming to the British Club ... Need I say, book early?

Billy Beefeater



Spoofers triumphant in exciting quiz

The onset of the wet season added an interesting twist to the May 20th Bar Quiz in The Verandah with team numbers unexpectedly depleted by a vicious storm that blew up from nowhere at about 6.30pm, delaying the arrival of several players. The Beasts got off to a wobbly start and Sminky Binky Bang Bang began the evening as a team of one! Eventually everyone who was going to arrive did, but by that time Under Par had gotten away to a roaring start with the Bangkok Gentlemen Spoofers right behind and the Beasts trying to peg back a 10-point deficit from Round 1. It was a photo finish at the end with the Spoofers taking the Quiz by a whisker from Under Par and the Beasts. At the other end of the 7-team field, it was almost as exciting as the Junkies just held onto the drinks prize ahead of a depleted Sminky.

The Beasts partly made up for being dethroned by winning two of the Crown Worldwide Relocations wine prizes, correctly guessing the population of South Korea (49 million) and estimating with uncanny accuracy the number of planes lost by the Soviet Union during World War II (106,000!).

One of the more interesting quiz questions, apart from "How many sides does a banana have?" came in round 3: "The majority of US immigrants between 1820 and 1987 came from which country? (a) Ireland; (b) Russia; (c) Germany; (d) Italy. Doubtless, many teams picked Ireland but the answer is in fact ... Germany.

And the third table question? That was won by Sminky. "How many Americans claim German ancestry?" The answer is an astonishing 17.1% or around 50 million!

Oh, and the scores:

1.	Bangkok Gentlemen Spoofers	123	5.	The Crown Southerners	100
2.	Under Par	121	6.	Jim's Junkies	94
3.	The Beasts	120	7.	Sminky Binky Bang Bang	93.5
4.	Jokers Wild	102			

See the world, learn more trivia, get a chance to regurgitate facts you never knew you knew, have a laugh and maybe even win a prize at the next Quiz – now in the multi-screen Verandah Bar: Tuesday 22nd July.





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Full house!



New members (in the middle!) Miss Thanahathai Senavattanagul (Thai) and Miss Sylvia Quarmbly (Thai)



CEO Michael Silcock does the introductions



Mr. John M Miller (British)

New Members Night

Our latest New Members Night, held in The Verandah on 10th June, was a most convivial affair, with 10 new members attending, along with their spouses, children, proposers or seconders. Representatives from the General Committee, Loyal Societies and Sports Sections were also on hand, as were a goodly number of members and the Club's senior management including CEO Michael Silcock, who made the introductions ... as Khun Laak's delicious canapés disappeared at a rapid pace.

This latest diverse group of British, Thai, Swiss, Indian, Australian and Indonesian nationals (most of whom we managed to photograph!), will no doubt further enhance the British Club's cosmopolitan membership and we look forward to seeing all of them around the Club in the near future.

The New Members Nights are held bi-monthly and are a great opportunity not only to meet new members, but also to catch up with old ones. Don't miss the next New Members night, to be held in August.



Mrs. Louise Swinney-Snowball (British-Australian)



Mr. William Watkins (Australian) with spouse Ms. Theresia Salu (Indonesian)



Mr. Gerard Snowball (Australian)



Mr. Stanley Barrow (British) and spouse Ms. Thongkum Changsee (Thai) who came all the way from Nakhon Nayok, with Ms. Phattarathip Choeybuakaew (Thai) spouse of new member Mr. Michael Binney (British) who was unable to attend.



Mrs. Trapit Jain (Indian) with spouse Amit



Dr. Daniel Delevaux (Swiss) with his sponsor



Khun Laak's delicious canapes



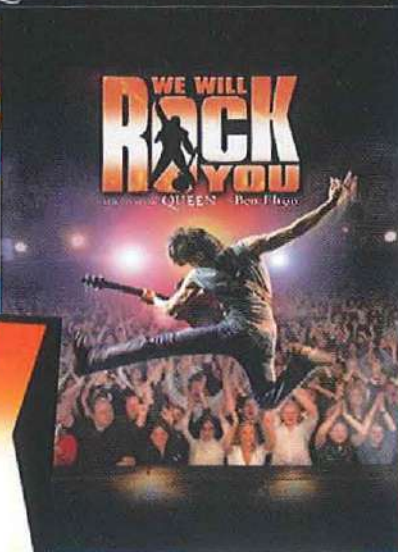
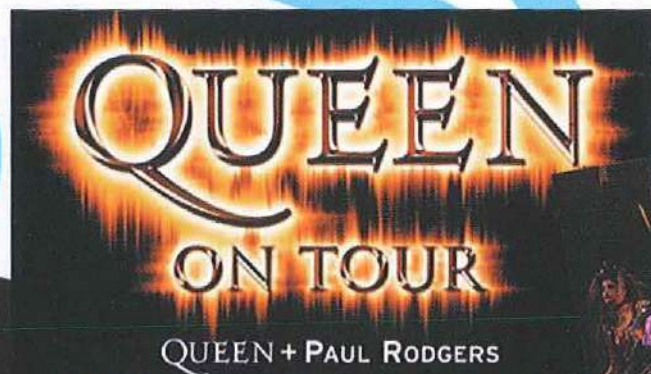
Mr. Kevin Murphy (Australian) with spouse Donna

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Saturday 19th July 2008



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BC at 6 pm. Theatre opens @ 7 pm.

Show begins at 7.30 pm.

Tickets @ Bt.3,600 / Bt.4,600 per person

Please sign up at reception or contact Barry or Khun Kasem



Sex and the City premiere

By Claire Deacon



Being co-chair of the British Women's Group Activities along with Angela Stafford, provides plenty of excuses to get out and about and find new things to entice our membership with... but, for our latest venture, Barry at the British Club allowed us to put our feet up and take advantage of the British Club's arrangements for the long awaited *Sex and the City* movie premiere. There were a few last minute details to deal with – first a change of date from the end of May to the beginning of June and then a change of venue! But, it didn't deter our

bevy of beautiful girls who turned out in great strength – 43 of us in total – to relax and enjoy the premiere of the long-awaited *Sex and the City* film (I refuse to say 'movie!') at the luxurious VIP suite in Central World Plaza SF cinema.

Naturally I got stuck in traffic and hot footed the last part of the journey on my stacked "Sex and the City" shoes – sadly not Manolo Blahnik's but high enough NineWest's for Carrie Bradshaw to have been proud of me – and was number 22 to arrive at the hospitality suite where we had some complimentary wine, some beautiful bright blue cocktails (!) and some delicious canapés. There was a buzz of chat and laughter as we mingled with the AWC ladies and the odd token male – perhaps they should have been in high heels to qualify for entry!

At 7 pm on the dot, we moved into the plush theatre room where wonderful red velveteen reclining seats welcomed us. Ooooh... and then we found the buttons that reclined the seat and brought the foot-rest up, and were

so comfortable that by the time the National Anthem came on it was quite a struggle to get up out of our cocoons! But would I be able to stay awake? After all, I was virtually horizontal, had my blanket on, the popcorn and the coke... soon I could be in the land of nod... but, no, the film was fun, colourful and full of marvelous shoes and I wasn't even tempted to drift off.

Thank you to all of you who came along and, of course, a big thank you to the British Club and Barry Osborne in particular, for doing all of the arrangements and for inviting our group to join in on the fun.



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BC CALENDAR July – The Month at a Glance

Sun	 <p>Get this feeling</p> <ul style="list-style-type: none"> Short Term Rental (daily, weekly, monthly) Long Term Rental Rental with Chauffeur Limousine Service <p>Location: Bangkok • Suvarnabhumi • Chiang Mai • Hua Hin • Pattaya</p> <p>Tel. 0 2696 8240 E-mail: info@europcar.co.th</p> <p>Europcar</p> <p>www.europcar.co.th YOU RENT A LOT MORE THAN A CAR.</p>	<p>6 9:00am Tennis Team Practice</p> <p>10:30am-2:15pm Squash Mix-in</p> <p>Poolside 11:30-3:00pm Poolside BBQ</p> <p>The Verandah Noon-2:00pm THE SUNDAY CARVERY</p> <p>Silom Room 1:00-3:00pm Children's Activities</p> <p>2:30-3:30pm Yoga</p> <p>3:00-6:00pm Cricket Practice</p> <p>Suriwongse Room 3:00-6:30pm Bridge Tournament</p> <p>The Verandah & Churchill Bar 7:00pm BRITISH GRAND PRIX</p> 	<p>13 9:00am Tennis Team Practice</p> <p>Poolside 11:30-3:00pm Poolside BBQ</p> <p>The Verandah Noon-2:00pm THE SUNDAY CARVERY</p>
Mon	<p>7 9:00am-12noon BWG Mahjong</p> <p>6:00-10:00pm Tennis Match Play</p>	<p>7:00-10:30pm Pipe Band Practice</p>	<p>14 9:00am-12noon BWG Mahjong</p> <p>6:00-10:00pm Tennis Match Play</p>
Tue	<p>1 8:00-11:00am Tennis Ladies Mix-In</p> <p>9:00-10:30am Ladies Tennis Clinic</p> <p>10:00-11:00am Aqua Aerobics</p> <p>5:15-9:00pm Squash Casual Mix-in</p> <p>7:00-9:00pm Football Practice</p> <p>AIR SUPPLY IN CONCERT Meet @ 7:15pm</p> <p>Churchill Bar 8:30pm-late Spoofing</p>	<p>8 8:00-11:00am Tennis Ladies Mix-In</p> <p>9:00-10:30am Ladies Tennis Clinic</p> <p>10:00-11:00am Aqua Aerobics</p> <p>5:15-9:00pm Squash Casual Mix-in</p> <p>7:00-9:00pm Football Practice</p> <p>Churchill Bar 8:30pm-late Spoofing</p>	<p>15 8:00-11:00am Tennis Ladies Mix-In</p> <p>9:00-10:30am Ladies Tennis Clinic</p> <p>10:00-11:00am Aqua Aerobics</p> <p>5:15-9:00pm Squash Casual Mix-in</p>
Wed	<p>2 The Verandah Noon-2pm, 6-10pm THE MIDWEEK CARVERY</p> <p>5:00-6:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p> <p>7:00-10:30pm Pipe Band Practice</p> <p>Churchill Bar 7:00pm BALUT TOURNAMENT 7:00 & 8:00pm PRESTIGE WINE ACCUMULATOR 7:30pm Bottle Draw</p> 	<p>9 The Verandah Noon-2pm, 6-10pm THE MIDWEEK CARVERY</p> <p>5:00-6:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p> <p>7:00-10:30pm Pipe Band Practice</p> <p>Churchill Bar 7:00 & 8:00pm PRESTIGE WINE ACCUMULATOR 7:30pm Bottle Draw</p> 	<p>16 The Verandah Noon-2pm, 6-10pm THE MIDWEEK CARVERY</p> <p>5:00-6:30pm Junior Tennis</p>
Thu	<p>3 8:00-11:00am Tennis Ladies Mix-in</p> <p>5:15-9:00pm Squash Mix-in</p> <p>6:00-8:30pm Cricket Practice</p> <p>7:00-9:00pm Rugby Practice</p> <p>9:00-11:00pm Hockey Practice</p>	<p>10 8:00-11:00am Tennis Ladies Mix-in</p> <p>5:15-9:00pm Squash Mix-in</p> <p>6:00-8:30pm Cricket Practice</p> <p>7:00-9:00pm Rugby Practice</p> <p>Suriwongse Room 7:00pm DETECTIVE VIDEO NIGHT "Lewis"</p> 	<p>17 8:00-11:00am Tennis Ladies Mix-in</p> <p>5:15-9:00pm Squash Mix-in</p>
Fri	<p>4 2:00-5:30pm Junior Swimming Classes</p> <p>5:00-6:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p> <p>The Verandah Noon-2pm, 6-10pm T.G.I.F. CURRY BUFFET</p> <p>Silom Sala 7:00-9:00pm Kid's VDO</p>	<p>11 2:00-5:30pm Junior Swimming Classes</p> <p>5:00-6:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p> <p>The Verandah Noon-2pm, 6-10pm MEXICAN BUFFET</p> <p>Silom Sala 7:00-9:00pm Kid's VDO</p>	<p>18 2:00-5:30pm Junior Swimming Classes</p> <p>5:00-6:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p>
Sat	<p>5 9:00am-1:30pm Junior Swimming Classes</p> <p>9:30am-12noon Cricket Practice</p> <p>2:00pm Squash Handicap Mix-in</p>	<p>12 9:00am-2:00pm Junior Swimming Classes</p> <p>9:30am-12noon Cricket Practice</p> <p>Suriwongse Room 8:00pm until late BACK TO THE 70s & 80s DISCO NIGHT</p> 	<p>19 9:00am-2:00pm Junior Swimming Classes</p> <p>9:30am-12noon Cricket Practice</p>

<p>Silom Room 1:00-3:00pm Children's Activities</p> <p>3:30-3:30pm Yoga</p> <p>3:00-6:00pm Cricket Practice</p> <p>Suriwongse Room 3:00-6:30pm Bridge Tournament</p>	<p>20 9:00am Tennis Team Practice</p> <p>Poolside 11:30-3:00pm Poolside BBQ</p> <p>The Verandah Noon-2:00pm THE SUNDAY CARVERY</p> <p>Silom Room 1:00-3:00pm Children's Activities</p> <p>2:30-3:30pm Yoga</p> <p>3:00-6:00pm Cricket Practice</p> <p>Suriwongse Room 3:00-6:30pm Bridge Tournament</p> <p>The Verandah & Churchill Bar 7:00pm GERMAN GRAND PRIX </p>	<p>27 9:00am Tennis Team Practice</p> <p>Poolside 11:30-3:00pm Poolside BBQ</p> <p>The Verandah Noon-2:00pm THE SUNDAY CARVERY</p> <p>Silom Room 1:00-3:00pm Children's Activities</p> <p>2:30-3:30pm Yoga</p> <p>3:00-6:00pm Cricket Practice</p>
<p>7:00-10:30pm Pipe Band Practice</p>	<p>21 9:00am-12noon BWG Mahjong</p> <p>6:00-10:00pm Tennis Match Play</p> <p>7:00-10:30pm Pipe Band Practice</p>	<p>28 9:00am-12noon BWG Mahjong</p> <p>6:00-10:00pm Tennis Match Play</p> <p>7:00-10:30pm Pipe Band Practice</p>
<p>10:00-9:00pm Football Practice</p> <p>Churchill Bar 8:30pm-late Spoofing</p>	<p>22 8:00-11:00am Tennis Ladies Mix-In</p> <p>9:00-10:30am Ladies Tennis Clinic</p> <p>10:00-11:00am Aqua Aerobics</p> <p>5:15-9:00pm Squash Casual Mix-in</p> <p>7:00-9:00pm Football Practice</p> <p>The Verandah 7:30pm QUIZ NIGHT</p> <p>Churchill Bar 10:00pm-late Spoofing </p>	<p>29 8:00-11:00am Tennis Ladies Mix-In</p> <p>9:00-10:30am Ladies Tennis Clinic</p> <p>10:00-11:00am Aqua Aerobics</p> <p>5:15-9:00pm Squash Casual Mix-in</p> <p>7:00-9:00pm Football Practice</p> <p>Churchill Bar 8:30pm-late Spoofing</p>
<p>6:00-10:00pm Tennis Mix-in</p> <p>7:00-10:30pm Pipe Band Practice</p> <p>Churchill Bar 7:00 & 8:00pm PRESTIGE WINE ACCUMULATOR 7:30pm Bottle Draw </p>	<p>23 The Verandah Noon-2pm, 6-10pm THE MIDWEEK CARVERY</p> <p>5:00-6:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p> <p>7:00-10:30pm Pipe Band Practice</p> <p>Churchill Bar 7:00 & 8:00pm PRESTIGE WINE ACCUMULATOR 7:30pm Bottle Draw </p>	<p>30 The Verandah Noon-2pm, 6-10pm THE MIDWEEK CARVERY</p> <p>5:00-6:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p> <p>7:00-10:30pm Pipe Band Practice</p> <p>Churchill Bar 7:00 & 8:00pm PRESTIGE WINE ACCUMULATOR 7:30pm Bottle Draw </p>
<p>6:00-8:30pm Cricket Practice</p> <p>7:00-9:00pm Rugby Practice</p> <p>9:00-11:00pm Hockey Practice</p>	<p>24 8:00-11:00am Tennis Ladies Mix-in</p> <p>5:15-9:00pm Squash Mix-in</p> <p>6:00-8:30pm Cricket Practice</p> <p>7:00-9:00pm Rugby Practice</p> <p>9:00-11:00pm Hockey Practice</p>	<p>31 8:00-11:00am Tennis Ladies Mix-in</p> <p>5:15-9:00pm Squash Mix-in</p> <p>6:00-8:30pm Cricket Practice</p> <p>7:00-9:00pm Rugby Practice</p> <p>9:00-11:00pm Hockey Practice</p>
<p>The Verandah Noon-2pm, 6-10pm MIDDLE EASTERN BUFFET</p> <p>Silom Sala 7:00-9:00pm Kid's VDO</p>	<p>25 2:00-5:30pm Junior Swimming Classes</p> <p>5:00-6:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p> <p>The Verandah Noon-2pm, 6-10pm CHRISTMAS IN JULY CARVERY & BUFFET </p> <p>Suriwongse Room 6:00-9:00pm WINE TASTING </p> <p>Silom Sala 7:00-9:00pm Kid's VDO</p>	
<p>Muangthai Ratchadalai Theatre "WE WILL ROCK YOU" Leave BC @ 6:00pm </p>	<p>26 9:00am-2:00pm Junior Swimming Classes</p> <p>9:30am-12noon Cricket Practice</p>	



Oil Painting:
EPE foam, double cardboard,
wooden crate

Vases:
brown paper, bubble pack,
paper padding, carton,
wooden crate

Lamp:
brown paper, bubble pack,
corrugated cardboard

Sofa Suite:
white paper, silica gel,
bubble pack, cardboard sheet

Carpet:
brown paper, silica gel,
cardboard

Coffee Tables:
brown paper, bubble pack,
cardboard

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JVK INTERNATIONAL MOVERS

The culinary highlight this month is Christmas in July, as celebrated in the land down under*:

"Christmas in July" Carvery

Friday 25th July, Lunch & Dinner, The Verandah

We are celebrating Christmas in July in The Verandah with our Christmas Carvery. Enjoy all your Christmas favourites whilst listening to Christmas Carols. The buffet costs Bt.400 per person and a range of Christmas cocktails will also be available.

To help you into the mid-year festive mood, below we've feature two great Christmas-in-July recipes, one modern, the other traditional - the truly amazing ham in Coca-Cola (give it a try!) and back by popular demand, an old-fashioned Christmas Pudding recipe from Mrs Beaton. Be sure to step-up your gym workouts after tackling these two!

Meanwhile, Wimbledon Fortnight continues with all things strawberry. We have two delicious strawberry drinks this month.

And to conclude we feature a seriously tasty Middle Eastern lamb and fruit recipe – and, if you want to stay out of the kitchen, there's always Khun Laak's Middle Eastern Buffet on 18th July which is a great opportunity to sample a variety of Middle Eastern food in the comfort of your Club.

Mrs. Beeton's Traditional

Christmas Plum Pudding

From Mrs Beeton's Book of Household Management 1923 Edition (Page 494)

Makes 2 Christmas puddings (Sufficient for 8 or 9 persons)

Ingredients:

- 8 oz moist sugar (use soft brown)
- 8 oz chopped suet (or modern day equivalent)
- 8 oz sultanas cleaned
- 8 oz raisins halved and stoned
- 4 oz currants washed and dried
- 4 oz shredded mixed candied peel – Cut your own or use ready cut
- 4 oz of plain flour
- 4 oz breadcrumbs
- 2 oz almonds blanched and shredded
- the grated rind of a lemon
- 3 eggs
- a salt spoonful of nutmeg grated
- half a teaspoon of salt
- quarter pint of milk
- 1 small wineglassful of brandy (optional)

Basic Method:

Mix all the dry ingredients together, stir in the well beaten eggs, milk and brandy (if used). Turn the mixture into 2 well greased basins, and steam from 5 to 6 hours.



Christmas Plum Pudding.



Ham in Coca-Cola

(serves 8)

"... I simply cannot urge you to try this strongly enough. The first time I made it, it was, to be frank, really just out of amused interest. I'd heard, and read, about this culinary tradition from the deep south, but wasn't expecting it, in all honesty, to be good. The truth is, it's magnificent, and makes converts of anyone who eats it."

(Nigella Lawson, from her book *Nigella Bites*, kindly bought for Barry by Cheryl MacKenzie who also supplies him with delicious Thorntons Toffee - Many Thanks!)

Ingredients:

- 2 kg mild-cure gammon
- 1 onion, peeled and cut in half
- 2-litre bottle of Coca-Cola

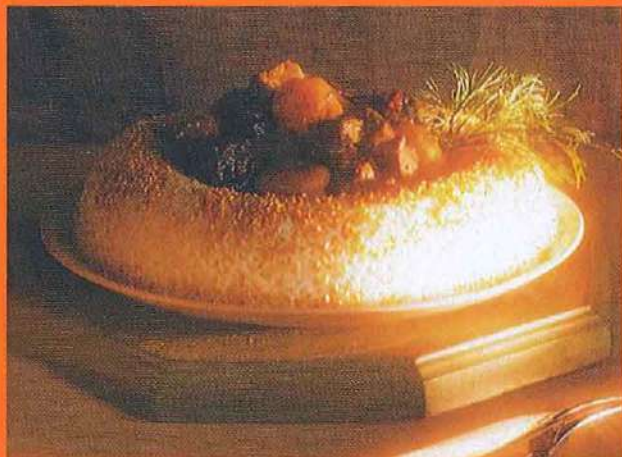
For the glaze:

- Handful of cloves
- 1 heaped Tbsp black treacle
- 2 tsps English mustard powder
- 2 Tbsps Demerara sugar

1. I find that mild-cure gammon doesn't need soaking but if you know that you're dealing with a salty piece, then put it in a pan covered with cold water, bring to boil, then tip into a colander in the sink and start from here; otherwise, put gammon in a pan, skin-side down if it fits like that, add the onion, then pour over the Coke.
2. Bring to the boil, reduce to a good simmer, put the lid on, through not tightly, and cook for just under 2 ½ hours. If your joint is larger or smaller, work out timing by reckoning on an hour per kilo, remembering that it's going to get a quick blast in the oven later. But do take into account that if the gammon's been in the fridge right up to the moment you cook it, you will have to give it a good 15 minutes or so extra so that the interior is properly cooked.
3. Meanwhile, preheat the oven to 240C/gas mark 9.
4. When the ham's had it's time (and ham it is, now it's cooked) take it out of the pan (but do NOT throw away the cooking liquid) and let it cool a little for ease of handling. Then remove the skin, leaving a thin layer of fat. Score the fat with a sharp knife to make fairly large diamond shapes, and stud each diamond with a clove. Then carefully spread the treacle over the bark-budded skin, taking care not to dislodge the cloves. Gently pat the mustard and sugar onto the sticky fat.
5. Cook in a foil-lined roasting tin for approximately 10 minutes or until the glaze is burnished and bubbly.

Should you want to do the braising stage in advance and then let the ham cool, clove and glaze it and give it 30-40 minutes, from room temperature, at 180C/gas mark 4, turning up the heat towards the end if you think it needs it.

*Australia



Lamb with Prunes and Apricots

Preparation time:

3-4 hours soaking

1 hour 35 minutes, including 1 hour 10 minutes cooking

Ingredients:

- ¼ lb pitted prunes
- ¼ lb dried apricots
- 2 Tbsp oil
- 1 medium onion
- 1 ½ lb lamb steaks, sirloin or any cut from the leg or shoulder
- 1 tsp ground allspice
- salt and pepper, to taste
- 1 Tbsp sesame seeds
- Plain Pilaf rice

Directions:

1. Rinse the prunes and dried apricots, cover the water and soak for at least 2 or 3 hours. Drain, reserving the liquid.
2. Pour enough oil into a heavy based saucepan to coat the bottom thinly. Grate the onion into it and set over medium heat. Cut the meat into 2-inch chunks and add to the pan. Add the allspice, salt and pepper, and mix well. Half cover the pan and cook for about 30 minutes, turning from time to time. If the meat sticks, scrape the pan and add a little of the soaking liquid from the fruit.
3. When the meat is cooked, add the whole fruit and enough reserved soaking liquid to just cover; bring to a boil and reduce the heat to simmer. Cook for another 30 minutes or until the liquid has thickened. Meanwhile, gently roast the sesame seeds in a dry frying pan and prepare the Pilaf Rice.
4. To serve, use an oiled mould to form a ring of rice, and turn it out onto the serving dish. Spoon the meat and fruit in around the ring, sprinkle with roasted sesame seeds.

This dish is also delicious cooked with only one of the two fruits, or with pork instead of lamb. A more exotic ingredient to cook with lamb in this way is fresh quinces.

Strawberry Cocktail & Smoothie

Strawberry Daiquiri



Ingredients

- 1 oz Light Rum
- ½ oz Cointreau
- 1 oz Fresh lime juice
- 3 pcs Fresh Strawberries

Method:

Blend all ingredients with crushed ice. Pour into cocktail glass and garnish with fresh strawberry.

Strawberry Delight



Ingredients

- 300 grms Fresh strawberries
- 1 scoop Strawberry ice cream
- 2 tbsp Yoghurt
- 2 tbsp Whipped cream

Method:

Place all ingredients to be blended, including the scoop of ice cream, in a blender. Blend for 1-2 minutes. Pour into glass and top with whipped cream.

Recipe appeal

Yorkies are fund-raising to build a new nursery for 60 children and are looking to publish a GLOBAL RECIPE BOOK by the end of this year.

Can you help?
**Send in your favourite recipes
from around the world!**

SEE RECIPE APPEAL, page 34

One Afternoon with Mr Keith Wecker Headmaster of Bangkok International Preparatory & Secondary School (Bangkok Prep)

It is with great pleasure that I am spending a brief but quality session with the newly appointed Headmaster Designate of Bangkok International Preparatory & Secondary School (Bangkok Prep), Mr Keith Wecker. After 11 years at NIST, this prominent Headmaster, Mr Wecker, then spent three years as Headmaster at the two campuses of APIS international school in Chiangmai before returning home to his motherland, Australia, for a year's sabbatical.

Q. It's great to have you back in the City of Angels once again. How do you view Bangkok nowadays compared to Bangkok you knew many years ago?

A. Bangkok is continually evolving into a more mature sophisticated city. New hotels, apartment blocks and shopping malls have replaced the "skeletons" of buildings left as a result of the Asian financial crisis from 1997 to 2002. The new airport is an outstanding architectural development and the city is now accessible via the maze of efficient toll-ways which will soon link with the sky-train extension, and the elevated and underground train services have provided easy access for local and overseas travelers in central Bangkok. The proliferation of international schools in Bangkok is testament to the continually increasing desire for both Thai and non-Thai expatriates to secure the best educational opportunities for their children.

Q. What do you do in your spare time?

A. My spare time is limited, but relaxation and spending quality time with my family is essential. I enjoy golf, walking, reading and research into best practices of business management and current world events.

Q. What do you see in Bangkok Prep that is different from any other international school in Bangkok?

A. Bangkok International Prep & Secondary School (Bangkok Prep) is unique from several aspects. Its location is outstanding – at the commencement of Soi 53 and with direct access to Thong Lo skytrain station, it provides a unique opportunity for older age students to reach school without requiring car transport to further 'clog Bangkok's roads'. In that sense, it could be classified as the number one environmentally friendly international school in Bangkok. BIPSS is a strategically planned school geared to reach a maximum student ceiling of 600. Parents and students appreciate the facilities that a larger school can offer yet, the nurturing and familiarity that a smaller school affords – its value for education, curriculum, financial and facilities – is exceptional. It has a well qualified staff, motivated students, a supportive Friends of Bangkok Prep Parents Group and an active and enlightened Board of Trustees.



Q. What will be your area of focus for the school in the next couple of years?

A. Bangkok Prep is now completing its fifth year of operation. It is time now to develop a Strategic Plan to encompass the six key areas of an educational institutions development. These being the solid meshing of curriculum, human resources, facilities, community, finances and governance. The completion of the implementation of the British National Curriculum, introduction of the IGCSE and the research and implementation of A levels or IBDP will ensure a comprehensive pre Nursery to Year 13 educational programme for the students.

Q. Last, but not least, how do you see Bangkok Prep in the next 5 or 10 years from now?

A. When projecting 5 to 10 years into the future, there are a myriad of directions any institution can take. My personal vision, to be shared and discussed with the Bangkok Prep community, will be to see the school recognized as the best mid-sized international school in Thailand – and perhaps in the Asia Pacific region. Reputation is built on pride, on positivity and the desire to seek excellence. Bangkok Prep is now well poised to utilize all that has already been achieved and actively position itself as the mid-sized market leader in the competitive international educational environment in Thailand.



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www.bkkprep.ac.th



Mangrove Roots

Andaman Adventure

By Jenny Beattie, BWG

Some people back home think that because I live in Thailand I am an intrepid explorer; I am, unquestionably, more of a creature comforts type. When I found myself free of family for five days however I did want a challenge.

Not being one to go trekking into the Thai mountains with a tent on my back, I had to work out what sort of adventure I wanted, while remaining safe. The answer came when Kelly May, Project Director from Andaman Discoveries, came to talk to the British Women's Group.

Andaman Discoveries developed from North Andaman Tsunami Relief, an aid organisation started in the wake of the tsunami. During the aid period, discussions with the communities uncovered that many were struggling simply to earn a living. The communities were attracted by the popularity of tourism in nearby Phuket and Khao Lak but concerned at undermining their cultural traditions and spiritual practice. Community based tourism was identified as being an ideal livelihood to supplement their traditional means of earning a living.

The communities were keen to continue their traditional ways, fishing, weaving nipa palms, shelling cashews but they were also willing to learn new skills and formalise other traditional ones, such as handicrafts. While preserving their heritage, they would introduce their customs and lives to respectful tourists.

In order that visitors get the most from their trip a translator is provided. For visitors unfamiliar with Thai culture, Andaman Discoveries produces information about what to expect while staying with a Thai Muslim family. Part of their remit is also to familiarise the Thai hosts with the strange behaviour that can be expected from farangs.

It was ideal. Joining Thai families in their homes and getting close to traditional lives was exactly what I was looking for. As an extra challenge to myself, I vowed that I would make every attempt to say yes to all new experiences.

My first homestay was in Ban Talae Nok with a lovely family, Deah, Bung Heam and their two children in their stilted wooden house. Deah made the most amazing food but it was predominantly fish. I love Thai food and spice, but I'm not a fan of seafood. My dare to myself had been whatever I was offered, I would try. The coconut and spice took away the fishy flavour and the curry was delicious. On another occasion, I removed the heads of and tried caramelised shrimps and deep fried grass which is a (delicious) local speciality of Tung Nang Dam.

It came as a shock to me that the hardest trial was sitting on the floor. I tried to sit cross legged, which I could only do for limited periods, then I'd have to stretch my legs out while trying



Weighing In



Horseshoe Egg



Fishermen

not to point my feet at anyone. I was transported right back to primary school where we were disciplined for fidgeting.

One day we were taken out on a tour of the mangrove forests. The trees are incredible; complicated and other worldly root systems make them look like sculptural installations. Most of the mangroves are able to reseed themselves but here, where damage has been done in the past, there are empty mud banks which need help with reforestation.

We pulled over and planted some mangrove saplings on the muddy bank. It was hard work crouching down and filling in the holes around the roots, while tiny fiddler crabs raced around in the mud. My translator, P'Tui pointed out the Nipa palms which are planted here as their roots reinforce the mudbanks. Since the tsunami, communities have recognised that a thriving mangrove system is essential to protect them in the future since those villages with good systems were protected from the wave. Now, in Ban Talae Nok, if one tree is cut down, ten are replanted.

It isn't only the mangroves that have suffered. In Tung Nang Dam, one afternoon is spent planting orchids. My guide, Noi Rattiya Petmamee, noticed how the number of orchids in the jungle had declined over the years (it is suspected that they were being sold.) She proposed an orchid planting project which would reintroduce certain species into the jungle and would be another activity for tourists to become involved in.

We sat in Noi's garden, in a dappled grove sheltered by several huge cashew trees and some palms. Noi showed me how to prepare my coconut shell in which we would plant the orchid: if actions failed us, P'Tui would translate but it surprised me how little we needed words. My tiny orchid would remain in the nursery until it was tough enough to be transported by Noi into the jungle. Our trek that day took us up into the jungle to plant a more robust orchid, marked with my name, then down over flats and onto the beach.

Living in the chaos of a city it's easy to forget the layers of life on which we're all dependent. I rediscovered a childish delight in some of those tiers of life all going about their business of finding food: hermit crabs, fiddler crabs, horseshoe crabs, mudskippers, a monitor lizard, butterflies, an egret, a monkey searching for crabs, jellyfish and of course, fishermen.

I'd watched the fishermen untangling their catch from the blue nets in Ban Talae Nok, in that languid Thai way. The nets might only last seven outings; some of the crabs can snip through the

nets, others will break if they aren't extricated carefully. The fishermen explain what the catch is worth, dependent on if it's alive or dead, the size of it and its species. There were more varieties of crab than I ever imagined, the most fascinating of which was a 'horseshoe' crab which looks like a cross between a weapon and a codpiece!

One of the fishermen turned over the horseshoe crab, P'Tui translates: 'he knows that this one is a female ...' The fisherman squeezes out an egg, which he offers to me: a delicacy, I don't doubt. In the spirit of saying yes ... I try really hard, but I discover there are some things, personal challenges aside, I just cannot eat.



Horseshoe Crab



Orchid Nursery



With Reed Passmore

Dear Members,

Sports and activities at the British Club have increased over the past two months with 4-a-side football (see below), swimming gala, swimming lessons, boxing classes, squash lessons, junior tennis coaching, cricket coaching, fitball classes, personal training and more. Now we are introducing two more activities:

- Junior rugby coaching
- Running club

Junior rugby coaching

Junior rugby will be available Saturday and Sunday afternoons from 3pm to 4:30 starting in August. The sessions will be for 3 to 7 year olds (girls and boys) and they will be run on the front and back lawns of the British Club. These sessions will focus on fun, childhood development, social activity and the basic skills/rules of junior rugby.



Running Club

The British Club will run a social and friendly running club 2 days a week starting in July. These will be run by Khun Amnat and myself. They may increase to 3 days depending on numbers. All sessions will start at the gate entrance (opposite Silom Rd) and comprise a 5km-10km run mixed with interval and a little strength training, the intensity increasing with every session.

Boxing

Boxing sessions have started and it's great to see so many members taking an interest. Our first sessions totalled over 1000 punches, 500 kicks and a little sparring. Sessions are only Bt 400 and class sizes are limited to give each member maximum contact time with the trainer. A trip to Lumpini stadium to watch the fights is being planned.

Fitness tips this month

Don't eat in front of the TV

- You will eat 71% more food when watching TV than when you are sitting at the dinner table
- Food Count- 10 pieces of McDonalds premium chicken breasts (1,350 calories)
- Exercise count- Run 109 laps of a football field to burn 1,340 calories

Your activities: (based on 75kg body weight)

Boxing- 1 hour	=	900	Calories
Squash- 1 hour	=	880	Calories
Rugby- 1 hour	=	860	Calories
Swimming- 1 hour	=	650	Calories
Tennis- 1 hour	=	600	Calories
Walking (fast)- 1 hour	=	450	Calories
Cricket- 1 hour	=	360	Calories
Studying- 1 hour	=	130	Calories
Sleeping- 1 hour	=	70	Calories



4-a-Side Football

The "Asian Tigers Thailand 4-a-Side Football Tournament" was a huge success. Thanks to all the members for participating, families and friends for watching, the Asian Tigers sponsors and Harrow International School for providing the goals.

We had close to 60 players of all sizes and ages playing (youngest to oldest age difference was 50 years!!!).

Some interesting team names popped up (often reminding members of their homeland). The Emu Bay Warriors, Drogba's Divers, Langman Loiterers, Somali Warlords, Livingston Legends, Ramsay Rams, Jaahs, KD Lions, Dicko's Devils, Snowballs Utd and The Floopies all took part in this event.

Pool matches separated the teams into two Divisions, the Cup and Bowl.

The Bowl Final was played between the Jaahs and the Loiterers. This was a very entertaining game with some of the best young players I have ever seen. The Jaahs came out on top in the Bowl Final.

The Cup draw was fast, furious and at times funny. The Ramsay Rams had a bye as they finished on top of the table. The Divers, Warriors, KD Lions and the Legends played the first round with the overall winner progressing to the final, which was the Lions.

The semi final between the Rams and Legends brought some history to the Club with over 50 years of memberships between the families. The Rams won this game.

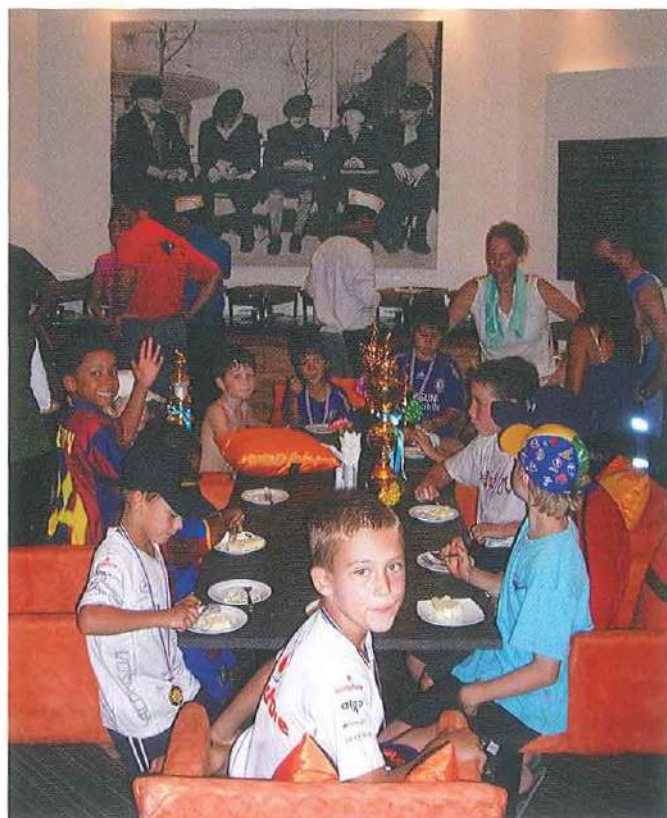
The Grand Final: The G.F as they called it was played out between the Rams and the Lions. This was a great game with the size and speed of the Rams proving too strong for the Lions.

The day was topped off with some individual trophies, including first goals scored, penalty shoot out competition which was held over lunch, and every player received a game day medal.



I would like to also thank Derek Cheyne for the Asian Tigers Sponsorship of this event, and the children would like to thank you for the cake. We all look forward to the next "Asian Tigers Thailand 4-a-Side Football Tournament".

Again, thank you to everyone including my staff and a special mention to Ali, Kerr and Mark Dixon for their support and refereeing during the day.



Rugby Report for May 2008



Thonburi university canteen gets busy before training



Looking forward to the next Pink and Black Ball

After a very busy 10s season, May has been a slow month for the Rugby Section. For three Sundays in a row the Section has managed to bring together a full squad for proper training sessions at Thonburi University. Team Captain Morcar McConnell and Assistant Team Captain Vorawut (Wai) Vaidyanuvatti took the lead at the training sessions and asked me to mention the very steady progress of our new players from the most southern provinces Yala and Narathiwat. Our southern boys who study on sport scholarships at Thonburi University have proven to possess excellent rugby skills and are fast becoming valuable members of our teams. Their spirit for the sport of rugby is outstanding. Morcar's and Wai's efforts to integrate these boys into our community serve as an important step to support grassroots rugby in the whole Kingdom of Thailand.

Meanwhile, the planning phase has started for this year's Pink and Black Ball, which was so successful last year. The event is scheduled to take place during the last weekend of September so please keep a slot open in your calendar. Be sure we will keep you updated with further details!

We are also very proud to have been contacted by the Lao Rugby Federation with their request to us to organize a training match against our First XV's. The Lao Rugby Federation has been working hard recently to develop links with the Thai Rugby Union and teams across region. The links between the British Club Bangkok and the Lao Rugby Federation have been developed via our recent tours to Lao PDR and the Northeast. To further these links, the Lao Rugby Federation is requesting a game against the BCB in Bangkok on Sunday, 15th June, as part of their National Team's preparations for the Asian Five Nations Competition division between the Lao PDR, Cambodia and Indonesia. The Lao Rugby Federation will field the Lao Dok Champa, a development side with a number of promising young players ahead of final national squad selection on the 21st June 2008. We will report with full coverage of the event in the next issue of the Outpost.

Yours in rugby,

Magnus Andersson
Rugby Section Club Captain

YORKIES GLOBAL RECIPE BOOK

RECIPE APPEAL

Yorkies are celebrating 10 years in Pattaya by raising 1.5 million baht to build a new nursery in Yasothon, N.E. Thailand, for 60 children...

PLEASE CAN YOU HELP ??



We are looking to publish a Yorkies "Global Recipe Book" by the end of this year. We are looking for all culinary experts, chefs, restaurant owners, mums with families or anyone who enjoys cooking to donate their favourite recipes as soon as possible.

STARTERS / MAIN COURSE / DESSERTS / BAKERY

I am looking for recipes from around the globe, so the more variety, the better the book (tried and tested only please).

We would like to have this book published by Christmas of this year so please email your recipes to Eileen at porkplatter@yahoo.com AS SOON AS POSSIBLE.

Please include your name, your country, and your restaurant or hotel if you are in business, as this will be included in the book.

All profits from the sale of the book will go to rebuilding our school in Yasothon.





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Quote of the month:

“Sex does not interfere with your tennis: it's staying out all night trying to find it, that affects your tennis”

Andre Agassi

League Results, 21 April–9 June 2009

Congratulations to all the division winners!

Div. 1 Marcel Petit	Div. 5 Laurence Lipman
Div. 2 Philip Mock	Div. 6 Richard Souter
Div. 3 Adam Head	Div. 7 Carol Frizelle
Div. 4 Scott Cunliffe	

Division winners can collect their prize at the Fitness Centre beginning Monday 16 June.

Next league, 13 June–31 July: To join, contact Andrew Robertson, andrewr@mozart.inet.co.th.

Upcoming club matches and events

To join a competition or for more information, contact Khun Phairoj Chansevikul, roj6546@yahoo.com, 089-104-5865, unless otherwise noted. Please note that the construction on courts 2-3 may delay competitions planned for the British Club courts.

June

Sunday, 29 June, 8am

- Away match: Piyarom vs British Club, Sukhumvit Soi 101/1
- Singles and doubles: Men and women, mixed

July

Saturday 5 July, Saturday 12 July, 3pm

- Family Tennis at British Club

Sunday 27 July, 8am

- Away: Thai Airways International Friendly

August

Saturday 9 August, 3pm

- British Club vs Dao Grajai
- Singles and doubles: Men and women, mixed

Sunday 24 August, 8am

- Away: Piyarom Club
- Singles and doubles: Men and women, mixed

Get the story out . . .



Mint and Mooky Thumrungluk, ladies doubles champions, in action at the BC Annual Tennis Championships 2008

Contact us!

Match reports and news on upcoming junior players belonging to the British Club are always welcome: Don't be shy! Send your news and photos to john@bleho.com.

Old Codgers Hic Cup, 18 May and 1 June

To mark his we-hope-temporary return home, Peter Hearn created the Old Codgers Hic Cup, a fortnightly (that's every two weeks for our North American friends!) doubles competition open to any who they or their friends and family consider to



Peter and Kitty, winners
—A nice farewell for Peter!

be old codgers. The first competition was held Sunday 18 May 2008, and was won by Andrew Robertson and Khun Kittti. Peter Hearn and Khun Kittti won the second competition Sunday 1 June. Losing players must pay homage to the winners by buying AND serving them a drink of their choice. Club staff cannot carry the drinks to the winners' table. Losers may not pour the drinks over the winners' pates.

Congratulations to all participants—and best wishes and thanks to Peter!

PS: The Hic Cup is on display in the Fitness Centre.



Bruce Gordon

As we went to press, Bruce Gordon, a long-time active and popular member, was undergoing surgery at Chinatown's Central Hospital to remove an intestinal tumour. Please join us in wishing Bruce a speedy recovery.

COACH'S CORNER By Marcel Petit



Strings attached

This month we're going to look at HOW TO CHOOSE THE RIGHT STRINGS. Does the way you have your racket strung really have a significant impact on your racket?

Some might say simply, "The strings are the racket's engine. They affect the comfort, power and control in your game."

In France, every September, my old club would organize a racket-testing event in conjunction with the racket companies we worked with on a regular basis. It was a wonderful opportunity for the club members to get together after the summer break and a unique chance to try out new equipment under the watchful eye of our coaching staff and racket professionals. As Athletic Director, my goal was to work with our sponsor – for his benefit and ours too. The idea was to allow members to try out as many different rackets as possible, as well as experimenting with different types of strings. This was organized over a three-day weekend. Often, our members would say, "This is the same racket, but it plays so differently depending on the tension and type of strings used – we don't get the same sensations each time!" Adjusting the tension, using thick or thin-gauge strings gives you significant modifications in how the racket feels and plays.

MAIN CRITERIA: how often you play, how often you break strings and your budget.

I will now try to sum up the main aspects of string choice and explain the different properties of each type of string.

You are looking for **POWER:** Use a flexible structure: multi-filament or fine-gauge gut – between 1.24 and 1.32 mm. The yield and comfort of this type of string is excellent, but has limited life – you may pop strings!

You are looking for **CONTROL:** Use a structure that can be strung more tightly: multi-filament or gut with a medium-gauge string between 1.33 and 1.37 mm. The tension will remain constant and you can control the ball nicely, but the comfort and resistance are only average.

You are looking for strings that will **LAST:** Use a structure that will give you maximum string life: single or multi-thread with a strong gauge of over 1.37 mm, a fine-gauge polyester structure or Kelvar (aramides fibers) for maximum strength. The strings will last a long time, but the comfort level is low.

HOW STRINGS ARE STRUCTURED

Multi-thread: synthetic fibers are woven together

Gut: natural fibers from animal intestine are assembled

Mono-thread: synthetic center

Hybrid strings = durability and comfort!

Used by many professional players as well as those with good technique and explosive shots, the hybrid string allows players to get the best from the two types of strings: strings with a high yield, maximum comfort and durability.

The most popular stringing method is to use high-yield, comfortable strings for the horizontal strings, and tougher, more durable strings on the vertical strings. If you chose nylon strings for the vertical, your tension should be 2 kgs (4.4 lbs) lower than on the horizontal strings. You can find these in half-boxes – that you can combine to make the hybrid of your choice. This has no effect on the stringing pattern, except that you must use 4 knots. This will not change the overall properties of the racket.

WHEN SHOULD I CHANGE MY STRINGS?

- When the strings in the center of the racket are worn through to less than 50 % of their diameter, as breakage is near (separate your strings to see)!
- Every four months (in the Tropics), or every six months in a continental climate. The heat and humidity wear out the strings quickly and they lose their dynamic qualities.
- When strings break ...

HOW TIGHT SHOULD MY RACKET BE STRUNG?

Choosing the right tension is very important – your style and manner of play depends on it! Generally speaking, today's frames can be strung between 24kg and 30 kg (50-66lbs).

Here are a few rules that will help you choose the tension that best suits your game.

The lower the tension, the more you gain in power, durability, touch and comfort. The higher the tension, the more you gain in control.

A FEW HINTS ...

Always string your racket a little **TIGHTER** than you may want because in a hot climate, you will quickly lose 1 to 2 kilos (2.2-4.4 lbs) .

If you have two rackets, string one less tightly than the other and use it on days when you are tired and not moving well to compensate.

Use a higher tension on thinner racket frames (see last month's Coach's Corner).

Always use an anti-vibration dampener to reduce vibrations that could injure your arm (increase comfort and follow-through).

Coach's choice: **GUT, FOR SURE!** You get the very best "feel" from gut, but it wears out fast and is not really suited for heat and humidity.

MEANWHILE, GET OUT THERE AND ENJOY YOUR TENNIS!!



Regular Sports, Games & Activities

Aqua Aerobics

Tuesday 10:00–11:00

Bridge

Sunday 3:00pm–6:30pm Tournament play in Suriwongse Room
(except last Sunday of every month)

Cricket

Thursday 6:00–8:30pm Practice - Back lawn
Saturday & Sunday mornings – Junior cricket practice

Football

Tuesday 7:00–9:00pm Practice on the Tennis Court

Hockey

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

Pipe Band

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

Rugby

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

Spoofing

Tuesday 8:30pm until late - Churchill Bar

Squash

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

Swimming

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

Tennis

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

Tennis Coaching

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

Yoga

Sunday 2:30–3:30pm

Sports/Activities Price List

Aqua Aerobics

Bt 3,000 for 10 sessions

Cricket

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

Massage

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

Squash

Private coaching with David Lines - Bt 700 for 1 hour

Squash courts

Bt 50 per 45 min

Swimming

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

Tennis

Private coaching with Khun Jang – Bt 550/hour

Junior Tennis

Bt 5,500 for 10 lessons (Friday)

Tennis courts

Bt 30 per hour am/Bt 90 per hour pm

Tennis knockers

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

Yoga

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

Double Diabolical Sudoku

We received 11 entries again for the June sudoku with a mixture of first-time players and old hands. Times ranged from 13 minutes from this month's "speedy sudokusan" to 86 minutes, a mark of true determination. Two and a half hours to complete two diabolical sudokus provides about the same entertainment time as watching a full-length movie, but cheaper! Averages were almost the same as last month: Puzzle No 1 average time was 37.6 minutes and Puzzle No 2 just 35.2 minutes.

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

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

June SUDOKU WINNERS

The winner of the draw for the first puzzle is Cengiz Ertuna (E34). Congratulations Cengiz on your second sudoku win for the year.

And you wouldn't believe it but he's done it again! Congratulations to Dr J P Dickson (D6) the winner of the second diabolical sudoku draw. That's two in a row and three for the year!

Chance may be a fine thing, but it's very weird as well: this is the FOURTH time that a member has won two Sudokus in a row. Ineke Cook has done it (April & May 2007) so has Meilan Henderson (August & September 2007) and more recently Puzzle no 2 has been lucky for Fiona Ramsay (March & April 2008) and now Dr J P Dickson (May & June 2008).

So, to all those who missed out this time, keep sending in your sudokus, because one day your number might come up ... and again!

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

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

	6		4			8		
2				7				
7		9		2				
			5			1		
3								
	5		6		1			
							3	7
	4							

Rating: 'Diabolically Difficult'

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

	6		7	9				
						2		8
	1							
8		4			2			
			9				6	
2								
			6	1			9	
3						4		

Rating: 'Diabolically Difficult'

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

Squashy Bits

Wow, so much squash this month there's almost no room for my family album!

Comeback Kid 3

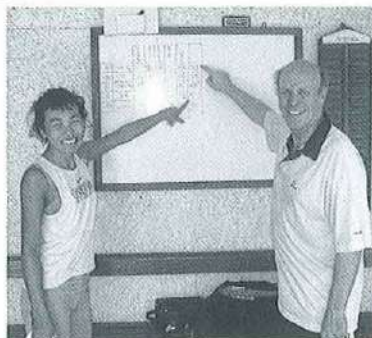
Yes, I warned you! I have resigned as Outpost's first non-squash-playing Squashy Bits writer because 2 years, 3 months and 12 days since I wrecked my shoulder I returned to the courts on 1st June! Behind locked doors Da has been getting me back into the swing ... so far with no set-backs (or points). Watch out!



2 Years, 3 Months, 12 Days

Monthly Mix-up, 7th June

5 squashies turned up for the monthly mix-in on 7th June and in-form Duncan Ramsay strolled through with maximum points. Sorry you walked away before I realised I had my camera Duncan ... bear with us a picture of the bottom rankers Da and David!



Duncan Wins

Squash Committee Comings and Goings

It turns out that Nick Mellor has taken over as Secretary from Jayne and Bruce Madge has replaced James Crossley Smith as Treasurer. Thank you Jayne and James for services rendered. Welcome Nick and Bruce.

Many thanks to Peter Corney for the following reports:

RBSC Chiangmai Cup International Doubles Tournament, 1st- 4th May

58 teams representing 21 clubs from Thailand, Malaysia, India and Singapore competed in this annual doubles competition played at the RBSC. Doubles squash is a rather exotic and rare form of the game played on special outsized courts and few BCB players have much experience playing it. Nevertheless two teams were entered for the fun of it and to wave the BC flag: David Lines with Steve Tostevin, and David Eastgate with Peter Corney. Both teams came up against some very strong and experienced opposition, ended up in the Plate, with oldies David/Peter exiting in the first round and youngsters David/Steve reaching the last 16.



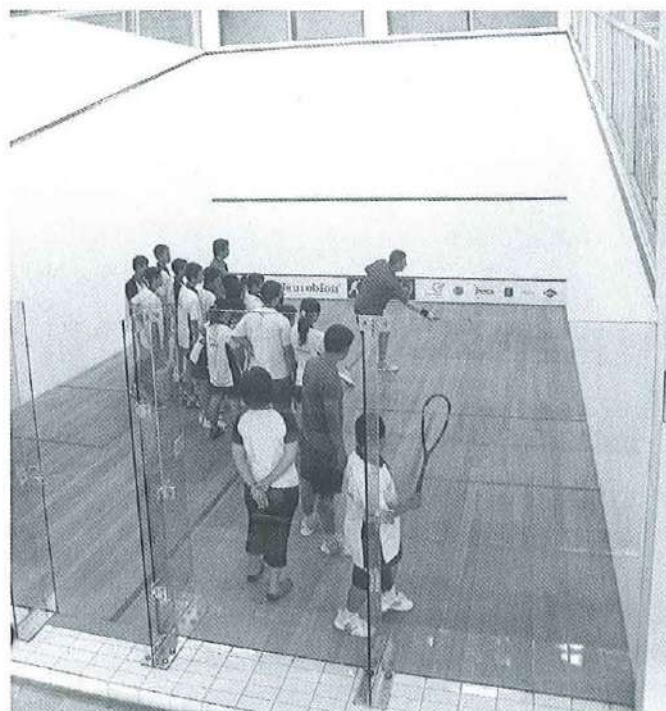
David and Peter play Doubles

The final was between the Tanglin and Singapore Cricket Club #1s. The favourites, HKLFC Phil Head and Glen Gitch were surprisingly beaten in the second round by the Singapore Island Club. They played their first round in the morning, played 36 holes of golf and still expected to win their next match. They learnt a valuable lesson ... don't underestimate your opponents!

The final was won by the Tanglin Club 2-0. One of their players was Shane Hagen, a former member of the BCB 16 years ago.

ISCI Indonesian Open Squash 6th- 9th June

BCB David Lines with Shirley, Anantana and Peter Corney with Thai stars, Chatchawin and Tossaphol, checked into their hotel in Jakarta after midnight on June 5th and were up early the next morning for David to coach 20 keen youngsters, kicking off four great days of squash.



David Coaches in Jakarta



Nan Serves



Win doesn't!



Peter plays Sudoku

Thailand #1, **Chatchawin** got through to the semi finals in the Open. He had a hard 5 setter against the Indonesian #1 in the quarter finals coming back from 2-0 down and then unluckily had to play the semi finals an hour and a half later against Singaporean #1, Vivian Ramanan who had had an easy game in his quarter final. Chatchawin began well but after leading the first game 8-1, slowly wilted and lost 10-8. He had "hit the wall", could not run and finished up losing 3-0. The fresher Vivian was not troubled by the hot courts.

Win played the Singaporean #2, Kenneth Chan in a play off for 3rd place on the final day and was leading 2-1 with the game under control when the previous day caught up with him. He again hit the wall and lost 3-2. For those who have never experienced "hitting the wall", it occurs when you have over-performed and get a lactic acid build up in your muscles which forces your body to shut down physically and mentally. Once it happens it takes a few days to clear from your body. You can perform for a short time the next day but you are only topping up the lactic acid and you will be in trouble again. Chatchawin showed that he is a better player than the two Singaporeans and would have had their measure on air conditioned courts and only playing one game per day.

The final was won easily by the Indian number 2, Ritwik 3-0 against Vivian. Ritwik is a professional and there was a big gap between him and the other top players at the Open. It was entertaining to see just how fast all of the Open players are. They can literally get to anything unless it is a dead nick, and yet these players would not even score a point against the professionals!

Tosaphol lost his first round in the Open and reached the quarter finals of the Plate, he played some very good squash but was beaten by the better player.

David playing in the Men's A, won his first round 2-0 but lost in the semi finals to 22 year old James from Singapore 9-0, 9-6. He fought his heart out but hot courts and a young opponent took their toll.

Anantana last year easily won the under-19s competition in Jakarta and although she was still young enough to play in the age-group again, this year entered the Ladies' Open to test herself against tougher opposition. Nan lost her first round match, but then went on to win the Plate against some very good opponents. She plays better squash than any of the other ladies but needs to get her fitness level to the same level as when she was training for the SEA games last year. There were three of the top Singaporean Ladies in this year's event and it was eventually won by Joanna, the Singaporean #1.



Jakarta Tourists

Peter got through to the semi finals of the Vets but went down 9-4, 9-5 to Max, an Indonesian coach from Bandung. The Vets was won by Noel who also won last year.

The weekend finished up with a Gala dinner and night clubbing afterwards. David Lines did a fine job of coaching all the team members and refereeing as well as playing, once again getting an "A" for Team Captain. The trip was a great success with Anantana again doing herself proud. Many thanks to the squash section members who sponsored her - you would have been proud of her and it was money well spent. The hospitality of the ISCI organizers was superb and we will definitely be going again next year. Many thanks to Juan, Teddy and Greg.

League Winners

Congratulations to the winners of the May League #231: 1 **David Lines**, 2 **David Eastgate**, 3 **Ruengrit**, 4 **Bryan Cook**. Exciting stuff at the top this month, David Lines taking on Chris, the young pretender, who won Division 1 last month, comfortably retaking his crown.

Happy Squashing!

Jack Dunford

Golf Report for May 2008

Three Day Eclectic

One of our favourite events of the year at one of our favourite courses, the Majestic Creek, Hua Hin, took place on the long weekend of 3rd, 4th, 5th May. According to my Oxford dictionary "creek" is a small inlet of water (English), a stream (American) and a brook (Australian). Alternatively "(up the creek" refers to being in difficulty. I guess "Majestic" was added to give a more realistic indication of the size.



Majestic Creek

The popularity of the venue was evidenced by a starting field of 32 players. We welcomed two guests: Tom brought Jerry (pun intended); and Todd hosted his father, Peter. It was also the final appearance of Tom & Laurie, who are returning to USA. The format was strokeplay with the eclectic taking the best gross score at each hole over the three rounds, then three quarters of full handicap deducted from the eclectic total gross – simple!

Day 1 began with high expectations but not even David H expected himself to be one under gross after 7 holes, at which point he must have pinched himself as his bubble burst. Mike S played a very solid back nine of 38 gross, but Ms Consistency Gaew was top of the leaderboard at the end of the day. The hole on the par 3, 6th was cut at the bottom of a steep slope, and there was much excitement as shots played beyond the hole fed back down towards it, but none fell in.



The Winner

A local election was being held in Hua Hin on the Sunday, and we all know what that means – no alcohol sales from 6pm Saturday to midnight Sunday, so it was sober and early to bed in preparation for moving day. Overnight lobbying of the Captain resulted in an arranged fourball on Day 2 – Cosmopolitan ladies KC (England), Belinda



Scoring



Day 1 – Mike

Day 3 – Tracy



What creek?

(Australia) and Gaew (Thailand) joined up to say farewell to Laurie (USA), leaving a trail of bubbly bottles as they stumbled around the course. Tom marked his farewell with the longest drive of the day. Pat, Peter S & Belinda all moved up alongside Gaew on the leaderboard, but the round of the day to take a

two shot lead came from Frank with a gross 78. However he had to return to Bangkok and could not play the final day – had he done enough to win in two days?

On the final day we went out in reverse order. Bob made up quite a few shots to finish with a net 63, taking the clubhouse lead from Frank, but the final group held (some of) their nerve(s), with Peter, Belinda and Gaew still very close playing the last hole. It is a par 5 with two water crossings that has destroyed many a card. They thought that they had all finished with net 62's and the result would depend on Mike's computers' ability to "countback". However checking of the cards found that Gaew's score was actually 61 – her final day birdie on the 17th being the deciding blow. There was some consolation for Peter S – he not only pipped Belinda to 2nd place and domestic bragging rights but Gaew chose as her prize the bottle of red, ignoring a very nice bottle of Johnnie W.

The lowest gross score, and thus winner of the Staples/Tissera trophy, was Dave Moran with a Gross 70. Prizes for the best score each day of those not on the 3 day podium went to Mike, Frank and Tracy. Our thanks to our Captain, Maureen and her team of scorers. This is perhaps the most difficult competition of the year to arrange and score - Believe me, I know!

Other Results

May **Hassell Stableford** held at Krung Kavee: **Winner** Ray Bloom 37 pts.

May **Millward Brown Firefly Medal** at Royal:

Flight A: 1st David H Net 67, 2nd Frank Net 67, 3rd Todd Net 70.

Flight B: 1st Brian Net 73, 2nd Barry Net 75, 3rd Yurachatr Net 75.



Flight A – David H

Flight B – Brian

Upcoming Events are (provisionally – send email for details):

Sunday 6th July: Club Day at Windsor

Sunday 13th July: **Hassell Stableford** at Bangkok Golf Club

Saturday 26th July: Match v **Londoners** Golf Society

Sunday 27th July: **Millward Brown Firefly Medal** at Royal

British Club Golf Section contact details
 Website: www.geocities.com/bcgolfsociety
 Email: bcgs2002@yahoo.co.uk
 Phone: Captain, Maureen Gibson 089 017 2254

BCGS Local Rules

We play at many different golf courses around Thailand, each with its own different, sometimes conflicting and often inadequate local rules. For consistency and fairness BCGS in 2004 adopted Local Rules to be applied at all BCGS events, to give guidance on what can (should) be done in certain circumstances that quite often occur on the courses we play. They are shown below (No.8 has just been added):

1. Water hazards. Unless marked otherwise by yellow (**water hazard**) or red (**lateral water hazard**) posts the margins of the hazard are defined as the line between any rough coming from the water and any primary cut (short semi rough). Hazards running across the fairway are to be played as water hazards, hazards running alongside the fairway can be played as lateral water hazards, but if there is any doubt they should be played as water hazards.

2. Drop zones may not be used.

3. Immovable Obstructions (Staked trees, Yardage markers, Sprinkler equipment, Drainage installations, Vehicle tracks, Cart paths, Roads, Rest houses) interfering with stance or swing. Free Drop one club length not nearer the hole from the nearest point of relief.

4. Landscaped (Flowers or other) beds. Free drop of one club length not nearer the hole from the nearest point of relief for a ball found in or lying such that your stance or intended swing is interfered with by a landscaped bed. A ball which is not found in a landscaped bed is a lost ball.

5. Embedded Ball in its own pitch mark, Free relief through the green (everywhere on the course except all hazards and the teeing ground and green of the hole being played).

6. Stones (but not other loose impediments) **in Bunkers** may be removed. Rule 24-1 applies.

7. Aeration hole. A ball coming to rest in or on an aeration hole may:

Through the Green, be lifted, cleaned and dropped as near as possible to the point where it lay, no nearer the hole.

On the putting green be placed at the nearest spot not nearer the hole that avoids the situation.

8. Immovable obstruction within 2 club lengths of the putting green interfering with line of play. Free drop of one club length not nearer the hole from the nearest point of relief.

Penalty for breach of Local rule: Match Play - Loss of Hole, Stroke Play – 2 Strokes

If you have a query or suggestions on the Local rules please send an email.

Golfer & Caddy

Golfer: 'Do you think I can get there with a 5 iron'

Caddy: 'Eventually'

Not Bad . . .

As we pen this latest instalment from the life of the BC Football Section the season has come to an end here in Bangkok in the both the Casual and Chang leagues. The Vets continue.

In Europe, as we blitz into the European Championships (a tournament so insignificant that the home countries declined to attend), the main leagues have also been completed.

Chelsea were banking on a repeat of the somewhat dubious penalty decision that gave them victory over Man United in the Premier League at Stamford Bridge as they headed off East to a rendezvous and a game against the same opponents in sunny Moscow. They got the penalties, but as we know, things didn't quite go as planned. Goodbye Grant after a terrible season (second in the premier, a league cup final, and losing finalists in the European League – awful!).

Congrats to Man Utd, West Brom, Swansea and Milton Keynes Dons for winning their respective leagues and to Nottingham Forest on their promotion back to the Championship (because we like them!).

An interesting Cup final (did anybody watch?). Some interesting play offs and two great England games!! In the meantime, back to Bangkok.

Chang League

Chang League 2007-2008

Teams	OVERALL						HOME						AWAY						PTS	GD
	P	W	D	L	F	A	W	D	L	F	A	W	D	L	F	A				
RBSC	14	10	1	3	37	20	6	1	1	17	7	4	-	2	20	13	31	+17		
BCCT	13	9	2	2	37	10	5	1	1	20	9	4	1	1	17	1	29	+27		
Bayer	12	8	-	4	40	20	4	-	2	28	12	4	-	2	12	8	24	+20		
Subway BC	13	7	2	4	39	22	3	2	1	17	7	4	1	3	22	15	23	+17		
AC Classic	12	4	2	6	24	20	2	-	4	13	12	2	2	2	11	8	14	+4		
Cosmos	12	4	2	6	26	26	2	-	4	12	15	2	2	2	14	11	14	-		
Japan AS	14	4	1	9	27	47	1	1	4	11	21	3	-	5	16	26	13	-20		
Polo Club	14	1	-	13	7	72	1	-	6	5	31	-	-	7	2	41	3	-65		

Chang League table with 1 game to go – 3rd!

After the stop go start to the campaign, the team did pretty well. With one match to go, a creditable 4th with a possible 3rd place was on the cards. Unfortunately that didn't quite happen, but thanks none the less to all of those that helped save the team this year, with special thanks to Bartek as manager and to our sponsors at Subway.

Casuals League

MBMG International League Division 2 2007-2008

Teams	OVERALL						HOME						AWAY						PTS	GD
	P	W	D	L	F	A	W	D	L	F	A	W	D	L	F	A				
Anatolia	21	14	4	3	66	42	9	-	1	35	18	5	4	2	31	24	46	+24		
Bangkok Utd	21	12	6	3	51	26	7	3	2	25	15	5	3	1	26	11	42	+25		
British Club	21	11	7	3	65	39	5	5	1	31	20	6	2	2	34	19	40	+26		
Vikings	20	10	4	6	58	30	4	2	3	29	16	6	2	3	29	14	34	+28		
Pickled Liver	20	7	7	6	43	40	3	5	2	15	13	4	2	4	28	27	28	+3		
John Smiths	20	3	6	11	37	59	2	2	6	17	33	1	4	5	20	26	15	-22		
BSL Youth	20	4	3	13	36	67	2	1	6	21	41	2	2	7	15	26	15	-31		
Patana	19	1	1	17	20	73	1	1	8	9	38	-	-	9	11	35	4	-53		

Casual league Division 2 – final positions

In the Casuals Division 2, Anatolia ended up clear winners and many congratulations to them. The BC worked hard for the second and automatic promotion spot, but was left to regret the many missed opportunities earlier in the season as Bangkok United pipped them at the post in the last game of the season.

Thanks here to Joe Connolly and to our team sponsor "Oh my Cod"

Vets and Friendlies

Vets

Teams	Group Points	Final Standings
• Harrow Cooks	10 (1B)	Champ!
• Crossbar	13 (1A)	2nd
• BSL Coaches	6 (3A)	3rd
• LesGaulois	7 (3B)	FairPlay!
• Winking Frog	10 (2A)	Plate!
• Germans	7 (2B)	6th
• Japan FC	7 (4B)	7th
• British Club	10 (2A)	8th
• BU Japan	6 (4A)	Shield!
• Medicals	1 (7B)	10th
• Anatolia	6 (5A)	11th
• Nextstep	3 (6A)	12th
• Amadeus	0 (7A)	13th
• LeCoq	4 (6B)	BadCup!

06/Apr/2008 Results

April Vets league – final positions

April saw another fantastic mid-table performance for the mighty BC Vets.

Starting off with 2 wins (a first) they were dreaming of a first place, an opportunity to play in Europe, player and team of the year awards and all that and then they woke up. In the end, it needed a lot of hard work to hold 8th, but a shot at the sponsor's pretties and a delayed start to the beer drinking was just enough to prevent further slippage.



Vets team – April – What a fine bunch of athletes!

Manila Tour

February saw the second of our two annual excursions to

Manila when Jimmy Howard led yet another mixed bunch of finely tuned, if somewhat aged, athletes to the next in the ongoing and long running Manila saga.

For those of you who made the tour, I understand that most made it home safely.

In the last instalment, we promised that for those of you who wanted the full tour report, it would be supplied for a small fee to a numbered Swiss Bank account; however a member of the tour, who wishes to remain anonymous, was able to raise sufficient funds to claim exclusive rights to the copy. It will no longer be available.

Training

Training nights have continued as usual.

Unfortunately however, the Club has finally decided to take up the tennis courts and at the time of writing, no decision has been made re the final surface to be laid after foundation works have been completed.

The initial works will take around 8 weeks and the Section is looking at alternatives both for this period and subsequently should the final surface be unsuitable for our use.

We will do our best to keep all informed.

And for those of you who don't believe that life really does begin after 40:



Vets team Captains May 2008

The Future Casuals

As we head off into the closed season, we are already working on next season's plans. As usual, we are hoping that the Casual teams will continue to play most weekends at Patana School. Anyone wishing to get involved should contact the section or Joe Connolly.

Vets

For anyone wishing to join the Vets league, this continues to grow and will be played throughout the summer. Again, all aging crocks are more than welcome. It is held at Harrow School on the first Sunday in every month, kick off is at 12.00, just turn up and ask for us.

Enjoy your football.

Hope to see you soon.

The Football Section

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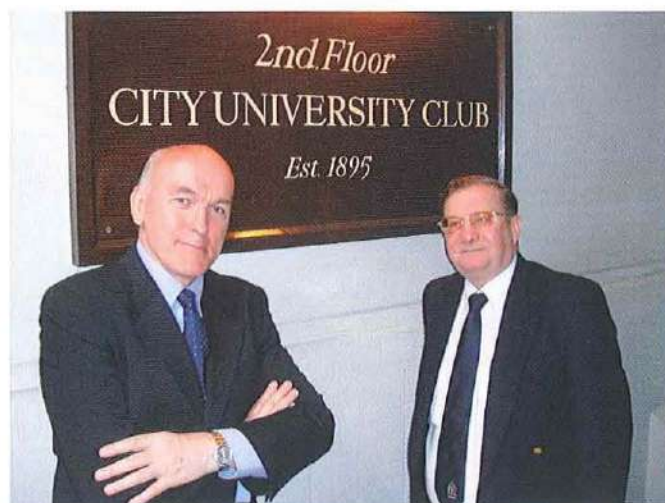
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RECIPROCAL CLUBS

As an active British Club Member, you are entitled to enjoy the full use of other associated Club facilities around the world. This month we feature the reciprocal club . . .



THE CITY UNIVERSITY CLUB

The City University Club is found a short walk away from the Bank of England and its underground station in the heart of the Square Mile - the City of London proper. Founded in 1895, it holds sway on the top floors of the original Dimsdale, Fowler, Barnard & Dimsdale's Bank at 50 Cornhill, which today is a public house called appropriately 'The Counting House'. BCB members Paul Cheesman and David and Wanpen Quine met during their UK vacations to take luncheon at this reciprocal club and enjoy a break from the hustle, bustle and rain of 'The City'.

Entering either from the lift or via the stairs the second floor hosts the 'Smoking Room' which survives at least in name as no-one was smoking, and has the ambience of a proper Members' Club bar with dark leather-bound sofas and equally



The Dining Room

ornate armchairs with walls decorated with portraits of Victorian gentlemen. Newspapers and magazines abound, mobiles are banned and staff were silently attentive. A couple of pints of 'London Pride' bitter went down well and a table in the Dining Room had been reserved. The Club is only open weekdays from noon to 4pm, so time-keeping is essential if one is to complete luncheon at a reasonable pace.

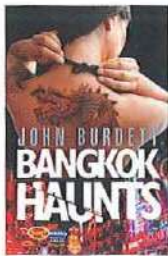
The Dining Room set on the third floor had an immediate feel of our own much missed Lord's Dining Room with its white table cloths set on standard tables with place setting already laid. One table is reserved for those who only wish to sit and read and the rest for diners. Two peculiarities became immediately evident as The Wine List and a menu with prices goes only to 'the member', this time with David Quine impersonating same, and 'the guests' have menus devoid of pricing and alcohol! Secondly the member writes the orders onto the Chit on the table which serves as an order form for staff and your bill upon leaving. Quite quaint.

The menu is unique for each day with a set menu and main dishes to choose from: Potted Shrimps, Smoked Salmon and Parma Ham with Melon were the choices for starters made and served quite speedily. For a restaurant in 'The City' a bottle of Sancerre at just under twenty pounds was remarkably good value. Main courses of Smoked Haddock, Roast Lamb and Stir-fried prawns in Chilli sauce demonstrated the variety available on the small menu.

Although the Club closes at 4pm, the Dining Room we found closed at 3pm so suitably fed we retired to The Counting House with its Gale's Horndean Special Bitter to await the cessation of rainfall. All three of us enjoyed our trip into London's past so if you are ever in 'The City', go armed with a Reciprocal Club card and enjoy a great luncheon.

For more information please contact the Membership Department at membership@britishclubbangkok.org
If you regularly visit an overseas club that is not already reciprocal with the British Club, please do let the Club know and we will see if reciprocation can be arranged.

Book Reviews



BANGKOK HAUNTS
By John Burdett
ISBN: 9780552156875
Paperback (Transworld)
B2S price: Bt.350

If you haven't discovered John Burdett's atmospheric, noir-ish thriller series you are in for a treat. Not all critics agree but I think this, the third after Bangkok 8 and Bangkok Tattoo, is the strongest yet.

Detective Sonchai Jitpleetcheep, devoutly Buddhist, incorruptible and definitely not your standard issue gumshoe, has been sent a horrific snuff film and he knows the victim intimately - Damrong worked in his mother's brothel where he had become dangerously and deeply enthralled by her. Now happily married, Sonchai is tormented by the film and feels driven to bring the killer to justice. He's joined by a motley cast including a female FBI agent, a pre-op transsexual assistant and a Buddhist monk with a past as he chases the trail of responsibility for Damrong's death through an increasingly upscale series of brothels and deep into the jungles of the poverty stricken Thai-Cambodian border. Ghosts, mysticism and even sorcery clash with the world of prostitution, pornography and poverty with Sonchai realizing his own role in the middle of it all an elephant hair too late.

Burdett once again shows his deep understanding of Thailand and presents a different point of view, showing the hypocrisy of the West and its 'good intentions' through the jaded, deeply ironic eyes of Sonchai. His steamy, seedy Bangkok, populated by voluptuously corrupt power players and three-dimensional sex workers, portrayed as neither victims nor vixens, is equally original and entirely convincing, offering a subtle criticism of the West and its impact on the East through a dark, witty humour that challenges assumptions. Quite simply this is the best Bangkok set thriller series bar none - don't miss!



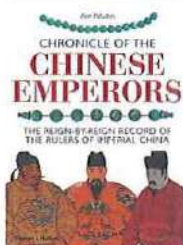
THE HOST: A NOVEL
By Stephenie Meyer
ISBN: 9780316026697
Paperback (Little Brown)
B2S Price: Bt.525

Stephenie Meyer is the best-selling author of young adult vampire novels, the most recent of which, "Eclipse", became one of the fastest selling titles of 2007 and led to her inclusion in Time magazine's 100 World's Most Influential People list for 2008. With a blockbuster movie adaptation of her first novel, "Twilight", due for release in December, we'll all be hearing a lot more about Ms Meyer this year.

"The Host" is billed as her first novel for adults and though it is not about vampires, it does plough the Fantasy / Sci-Fi furrow. Earth has been invaded by a benign species that take over the minds of their hosts (albeit by burrowing into the bases of human skulls) while leaving the body intact. Their presence brings global peace, functional socialism and cures for all diseases - which sounds great except for the part where the alien must erase the personality of the human.

Wanderer has lived on 9 different worlds and never found anything or anyone that would tie her down. She finds Earth to be the hardest, yet most intriguing, place she has ever lived. The hosts are so individualized, emotional and strong - they resist. Wanderer feels weak because she can't completely get rid of her host body's original spirit...Melanie. Wanderer is enthralled by the passion and the emotion of Melanie's personality and comes to love the man Melanie loves. But loving him means betraying Wanderer's own species and way of life...

There are echoes of Margaret Atwood's The Handmaid's Tale here but Meyer is not (and, to be fair, does not claim to be) a writer of such complexity. This is an entertaining and unashamedly romantic story, full of human pain, yearning and turmoil. The author has a gift for pacing and the narrative flows in easy to digest chapters but the book is light on action, concentrating more on floods of emotion to gain impact and deliver on its central theme of subjugation and resistance.



CHRONICLE OF THE CHINESE EMPERORS
By Ann Paludan
ISBN: 9780500287644
Paperback (Thames & Hudson)
B2S price: Bt.895

It is all but impossible to cover all of the emperors of China in her 3,000 years of history in just over 200 pages, so this, in paperback for the first time, can really only be an introduction to the rulers of Imperial China but it is an essential handbook and work of reference - a great example of readable, popular history and at a very good B2S price too!

Organised reign-by-reign, each emperor (with the exception of the more important rulers) is covered briefly in about one paragraph but one of the great strengths of this book is the extensive illustration and peppering of various concepts of Chinese religion, culture and the arts throughout the text.

Contents include:

- Biographical accounts of all 157 emperors of China
- Timelines throughout with visual guides to the length and important events of each emperor's reign
- Extensive quotations from contemporary sources
- Many special features ranging from the Great Wall to the Opium War
- Maps detailing, for example, the Silk Roads and the maritime expeditions of the Ming Dynasty

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Blood Donation Day

For the second year running and in recognition of "World Blood Donor Day", the British Club hosted its own Blood Donation Day in association with the Thai Red Cross and the BNH Hospital on 12th June 2008. The Thai Red Cross Mobile Unit quickly assembled their equipment and soon had a steady flow of patients giving their much needed blood. Rules over the criteria for donors were strictly adhered to however and some willing volunteers were unfortunately turned away once again – mainly due to being over the age limit, being under weight (in one case) and having given blood too recently – a 3 month period between donations is required. A total of 49 units of blood were collected by the Thai Red Cross team and the details of 8 new volunteers with Rhesus Negative Blood were added to the Central Blood Register which is coordinated by the Community Relations Centre of BNH Hospital. A big thank you to all members and BC staff for giving their time to help this worthy cause and to the staff of Oakwood Residences who made a special trip to join our appeal.



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Taking Care of Your Diabetic Foot for a Lifetime

Good foot self-care is essential for preventing unwanted and potentially serious complications. Read the following good tips.



Smooth corns and calluses gently.

- If you have corns and calluses, check with your doctor or foot care specialist about the best way to care for them.
- Do not cut corns and calluses. Don't use razor blades, corn plasters, or liquid corn and callus removers - they can damage your skin.

Trim your toenails each week or when needed.

- Trim toenails straight across and smooth them with an emery board. Don't cut into the corners of the toenail.
- If you can't see well, if your toenails are thick or yellowed, or if your nails curve and grow into the skin, have a foot care doctor trim them.

Wear shoes and socks at all times.

- Always wear shoes and socks at all times. Do not walk barefoot - not even indoors - because it is easy to step on something and hurt your feet.
- Choose clean, lightly padded socks that fit well. Socks that have no seams are best.
- Wear shoes and socks that fit well and protect your feet.

Keep the bloods flowing to your feet.

- Wiggle your toes for 5 minutes, 2 or 3 times a day. Move your ankles up and down and in and out to improve blood flow in your feet and legs.
- Don't smoke. Smoking reduces blood flow to your feet. Ask for help to stop smoking.
- Ask your doctor to help you plan a daily activity program that is right for you.

Wash your feet every day.

- Wash your feet in warm, not hot water. Do not soak your feet longer than 5 minutes because your skin will get dry.
- Dry your feet well. Be sure to dry between your toes. Use talcum powder to keep the skin between your toes dry.

Keep the skin soft and smooth.

- Rub a thin coat of skin lotion, cream, or petroleum jelly on the tops and bottoms of your feet.
- Do not apply the lotion in the area between the toes



Should you have additional queries, please call
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