



THE BRITISH CLUB  
BANGKOK

[www.britishclubbangkok.org](http://www.britishclubbangkok.org)

JULY 2011

# OUTPOST

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK



## Appreciating Wine with Thai Food

### Appetisers

#### Gai Hor Bai Teuy

(Deep-Fried Chicken in Pandanus Leave)

#### Tod Mun Goong

(Deep-Fried Shrimp Cake with Condiment)

#### Kra Thong Tong

(Sweet Crispy Noodle in a Crispy Cup)

**Wine Served:** Sauvignon Blanc, Anura, Stellenbosch, South Africa 2010

### Salads

#### Yum Tour Plu

(Thai Wing Bean Salad with Prawns, Boiled Egg and Creamy Peanut Dressing)

#### Som Tum Pla Salmon

(North-Eastern Style Spicy Green Papaya Salad with Salmon)

#### Yum Som-O

(Pomelo with Prawns and Roast Coconut in Sweet Tamarind Sauce)

**Wine Served:** Riesling, Estate Max Ferd, Richter, Mosel, Germany 2008

### Passion Sorbet

### Main

#### Pla Krapong Nueng Si-ew

(Steamed Seabass Fish Fillet with Ginger and Celery in Soya Sauce)

#### Gaeng Ped Paed Yang

(Roast Duck in Red Curry Sauce with Eggplant, Tomato, Pineapple and Sweet Basil)

**Wine Served:** Pinot Noir, Les Jamelles, Vins de Pays, France 2008

Main Course Served with Steamed White Rice

### Dessert

#### Mango Sticky Rice and Fahk Thong Sangkaya

**Wine Served:** Moscato d'Asti, Fontanafredda, Piedmont, Italy 2008

**SPORTS**  
Junior Netball  
Global Rugby

**LOOKING BACK**  
Hairspray  
Gourmet Dinner

**SPOTLIGHT ON**  
Functions  
Bananas



# Chronic Shoulder Pain

## a problem that should not be ignored

Chronic shoulder pain can be prevented. If you are beginning to have symptoms, you should consult a medical specialist for a safe and accurate treatment that is specific to your condition.

**Dr. Wichian Jiraboonsri, an orthopedic surgeon specializing in Arthroscopy at Samitivej Sukhumvit Hospital,**



### Most common cases & causes

“Normally, I examine several patients who suffer from a variety of problems related to the shoulder, whether it involves chronic shoulder dislocation, jammed tendon in the shoulder or frozen shoulder. **The most common cases I have encountered are torn tendons in the shoulder, often found in people above the age of 40 years. This is especially common in women, as they age, coupled with regular use of the shoulder, often in wrong ways.** These include prolonged lifting of heavy weights, stretching and twisting the shoulders to reach for objects and accidents. Patients tend to wait for the pain to be chronic and to reach a stage where they are completely unable to reach for anything, before they decide to see the physician. This complicates the condition even more.

### Symptoms

Symptoms that indicate problems include

- chronic pain in the shoulder that come and go
- pain in the shoulder when you move or turn around
- pain in the shoulder while sleeping, especially while you twist or sleep on your shoulder
- weakness in the shoulder when you lift objects
- a “click” sound in the shoulder during movement.

### Treatment

Presently, in addition to innovative and advanced methods of diagnosis, there are other methods of treatment available, which include anti-inflammatory medications pain killers and physical therapy to reduce inflammation and contraction of muscles around the shoulder area.

**If surgery is required, then an arthroscope is used, and the surgical procedure is known as shoulder arthroscopy. This is a minimally invasive surgical procedure where a small incision is made and the wound is less than 1 cm wide.** The physician is easily able to access the area to be operated upon and to sew or repair the torn tendon. Arthroscopic surgery is safe and unlike conventional surgery, there is less damage to the surrounding tissues located close to the surgical site. There is less pain and complications and reduced time spent in the hospital. Recovery is quick and time spent during physical therapy is short, enabling patients to resume to normal activities sooner.

Despite the advances in medical treatment, it would be to our benefit if we could take measures to prevent injuries to ourselves. For those who are currently suffering from pain, do not ignore or neglect this, nor allow the pain to become chronic. With specialists and modern medicine today, there is nothing to be feared. You can rest assured, be content and be free from any worries.

**For further information, contact Sports and Orthopedic Center, Samitivej Sukhumvit Hospital at Tel. 02-711-8181**



THE BRITISH CLUB  
BANGKOK

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#### OUTPOST

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## *Congratulations to the Graduating Class of 2011*



**R**uamrudee International School (RIS) would like to express its sincere thanks and congratulations to the 182 graduating seniors. This represents the largest graduating class of all international schools in Thailand. RIS is proud of the accomplishments of the 103 young men and 79 young women.

These young global leaders will attend 98 colleges in the USA including the Art Institute of Chicago, Baylor University, Vassar College, University of California Berkeley, Los Angeles & San Diego, University of Illinois, Purdue University, and Johns Hopkins University.

They will also attend 24 universities in the England including the prestigious London School of Economics, London College of Fashion, University of Kent and University of Manchester.

RIS graduates will attend five colleges in Canada, four colleges in Australia and several other colleges in Europe.

RIS will also be represented by students attending colleges in Korea, Japan, Taiwan, Hong Kong, and of course Thailand.

RIS glows with pride as students from Thailand, USA, Canada, England, China, Germany, France, India, Japan, Korea, Taiwan and Vietnam spread around the globe and build on the strong academic, social and athletic foundation built at Ruamrudee.



**CollegeBoard AP**



# MESSAGE FROM THE GM



## Dear Members,

The holiday season is coming! Many Members will be taking their vacations during July and August, however this does not mean that the Club will be empty or free from new events or exciting days. During this summer/rainy season, we will of course celebrate Wimbledon's 125th birthday, and there will also be new events like the Great Pool Race on Saturday 16th, Sports Camp, Monday Night Club, Bridge, Tennis tournaments, Movie Nights and other outings as usual – so the Club is celebrating the holiday season by organising events and functions as usual.

Yes, it sometimes rains in Thailand – but this is not UK, Europe or Australia. We are living in Thailand and one of the good things about that is that we know the rain will quickly stop and we can continue with the activities that each of us likes regardless of whether that is tennis, swimming or any other activity. It is therefore not a good excuse to stay home or go straight home from the office just because it starts raining when you were planning to go to the Club. A downpour is usually short-lived enough that it will have stopped by the time you arrive, so don't change your plans too impulsively!

At the time of writing, May's results are known and we are halfway through June. The May results were above budget. June is looking good so far, especially on functions where we expect to have revenue of nearly half a million baht. The Verandah is consistently doing better than in previous years, though we believe there is still room for it to increase its revenue and usage by the budgeted 20%. To achieve that, we believe that the Verandah must attract different groups of Members at different times. The Business Luncheons (renamed from Express Luncheons) have definitely had a very positive effect on revenue, and the Sunday Brunch has been driving the revenue up as well. Even though they can both do better, our main objective is to attract Members down for a business/evening dinner on weekdays, and this is particularly important in the coming months.

Despite all four tennis courts being up and running again, the Sala is only slowly returning to its previous attendance figures. However, we appreciate it will take time to recover from the courts' repair downtime, and the Tennis Section is really helping out having already made a plan for the whole year to ensure that all four courts are used and will thus maximise benefits for both Members and for the Club. The figures from the Churchill Bar and the other outlets show that most people are reducing their spending on beverages of all kinds. This is no great surprise and we have already budgeted accordingly because there is a clear trend throughout the English-speaking world that people are drinking less. Of course this makes it important to try and get more people into the Bar to maintain sales levels.

Club membership is almost stable at around 1,000 Members, which is a slightly below the budget, though this is primarily due to losing several more Members who are leaving Thailand than we originally anticipated. We are still confident that the Club will reach 1,050 Members by the end of the financial year. But the best advertisement for the Club is still the Members themselves, and we hope that you will continue to support us and refer people whenever possible.

This month has seen some personnel changes. Simon Causton has left us, and Khun Lin will also be leaving in July. We are also disappointed to report that, in September, Reed will be returning to Australia. All of these existing and future vacancies are already posted on the Internet, and Members are, as always, more than welcome to apply for them if interested.

Unfortunately, the software company responsible for our web programming has defaulted from the contract which has delayed completion of our new website; we are working hard to find another company to pick up the pieces and do the programming in Joomla 1.6 to finalise the project. The main difficulty is that the new website entails some seriously difficult programming, and this puts off a lot of companies. The project is important as it is part of our revised strategy for communicating with Members and being more open towards the world, with potential Members seeing what they can do and experience at the Club as well as supporting all social media currently used for communication.

Finally, I understand that some Blackberry users can't read our new email format. In such cases, the Blackberry user must enable both 'html' and 'images' to be received and displayed. When the settings are so enabled, the Club emails should be clearly visible.

**Jesper Doepping**  
General Manager



# Parenting Guidelines, Handle with Your Stubborn Child

Every child displays disobedient behaviour from time to time, especially when he/she is tired or disappointed. Children may express defiant, disobedient or hostile behaviour towards parents or teachers. Oppositional defiant behaviour is a part of normal development typically found in children 2-3 years of age and again during their teenage years. However, if such behaviour intensifies, it could cause considerable distress to the family and significantly interfere with academic or social functioning.

Oppositional defiant disorder (ODD) is a stubborn pattern that goes well beyond the bounds of normal childhood behaviour, and can be identified by the following characteristics:

- frequent temper tantrums or angry outbursts
- arguing with adults
- deliberately refusing to follow rules
- deliberately annoying other people
- blaming others for their own mistakes
- easily annoyed or angered
- resentful and spiteful
- vindictive

The cause of this disorder is currently unknown, but it is believed to be related to biological and/or environmental factors: in particular, to the way in which a child is raised.

Children with ODD are often diagnosed with attention deficit hyperactivity disorder (ADHD) and learning disability (LD) as well, and other mental disorders such as

depression and anxiety disorder, which in turn can lead to conduct disorder, a more severe condition that also violates the rights of others.

## Parenting guidelines

When a child displays such behaviours, parents often try to “manage” the situation, leading to a negative relationship between parents and child. Therefore, above all else, **parents need to build a good relationship** with their child, because such children typically believe that their parents have no interest in helping at all. Parents need to spend *quality time* with their child; quality time refers to a period of time during which a child is happy, relaxed and joyful while being with his/her parents. A time when a child feels that his/her parents are respectful, so he/she becomes more open to assimilating the parents’ way of life. This valuable time can be built by story telling, working out together, playing games (while avoiding competition), or sharing childhood experiences.

Parents should not try to teach a child too much at a time, and should not neglect to teach or display good examples whenever possible. A common misunderstanding is in thinking that quality time is only to make a child happy, but this alone is not enough because a child must learn respect as well.

We must have both good relationships with our children as much as we need to set the rules at home. Parents should ensure that a child follows the

rules without themselves becoming emotional. Use positive and non-aggressive approaches instead so that a child will be able to develop his/her own self expression and self esteem in addition to the desired levels of obedience.

If we have a good relationship with a child but do not stick to the rules, a child could become self-centred, impatient, lack responsibility, and develop stubborn behaviours as well as tantrums.

On the other hand, if we have a bad relationship with a child but enforce a stringent set of rules, and try to force a child to obey, the child may be outwardly obedient, but deep in his/her heart, a child may feel rebellious, anxious or depressed.



Saowapa Phornchindarak  
Developmental - Behavioural  
Paediatrician



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# HOUSE & GROUNDS

## *The monthly report on maintenance and development*



Since my last report, we seem to have been replacing worn-out equipment on a continuous basis. This includes 3 of the 6 pumps in the swimming pool plant room. In addition, one A/C unit in the Fitness Centre, the awning over the children's playground, the compressor for the walk-in chiller in the Clubhouse kitchen, and some roof sheeting and 2 drainpipes in the staff offices. One of the lights on the tennis courts now needs replacing after the glass cracked and fell out. Luckily, nobody was injured.

We have been getting some very heavy rain and this has exposed several problems in our roofing and drainage systems. The first step to improving matters will be a thorough clean-out of all our drains to see if this will eliminate some of the internal flooding, especially in the Clubhouse kitchen area. The roof above the kitchen stores is in a bad condition and will soon have to be replaced.

The recommended tender for the repair of the Suriwongse Sala was not approved by the General Committee as they considered the price to be unreasonable. In addition, they wanted further time to consider the longer term issues regarding the future of the Sala. In June 2010, in this column, I had suggested that a Sports Bar could be built as an upper floor, with a balcony overlooking the tennis courts. I referred to this again in the February edition of "Outpost".

It transpired that some of the Members view this idea as having some merit, and felt that the Club should not be spending a substantial amount of money repairing the existing Sala, if there was a possibility that it was going to be demolished in the foreseeable future. As a consequence, I am now working with designers, Harper, and engineers, Boulter Stewart, on a proposal to construct a 2 storey building to replace the existing Sala. The upper floor would be a Sports Bar to rival the ones in Bangkok that have proved very popular. If the proposal is eventually approved by the General Committee, the Club would try to raise the necessary funds by offering debentures to Members.

After working at the Club for 2 years, I have to say that it would be good to carry out a major improvement project to add some value to the Club. The last significant project was the development of the back lawn, carried out in 2008 under the direction of the Development Special Interest Group that I chaired. I personally believe that the improvement of the

facilities that attract younger Members, and those interested in sports, is very much in the long-term interests of the Club. In my view, our objective should always be to add value to the Club facilities wherever possible and particularly whenever major repair and refurbishment is essential. If we are facing major disruption anyway, it seems logical to improve what we already have at the time we carry out the work.

As you know, we have been considering a project to develop and enlarge the Fitness Centre and refurbish the toilets. If the Sports Bar project goes ahead this will be integrated into the same project and the corner adjacent to the toilets improved at the same time.

Very few refurbishment projects are 100% successful and it has turned out that our squash courts are no exception. Court 1 has a bad crack in the front wall and court 3 has a less serious crack in the back wall. I would like to leave these cracks for a few weeks to confirm the precise and final extent of the damage in order that the correct repair can be decided upon. I would also like to see if any additional problems arise. As stated last month, we have a 3 year warranty from CMI who will attend to the defects.

The recommended tender for the repainting of the Clubhouse exterior was not approved by the General Committee. The decision was made to defer the work until 2012 when the financial situation may have improved.

We have installed electric hand-dryers in 7 of the toilets as the consumption of paper towels had reached an unprecedented and unacceptable quantity and cost. I am not happy with the eyesore created by the electrical trunking but, at the present time, the elimination of unnecessary expense is the priority.

Since our Maintenance Engineer left us in April, we have been looking for a suitable replacement. After interviewing likely candidates we have now offered the position to someone with relevant experience and look forward to him joining us early in July.

All for now

**John Boisclair**

Development & Facility Manager





THE BRITISH CLUB  
BANGKOK

# Harry Potter

PART 2  
2011

3D



**Date:** 14th July 2011

**Place:** SF Cinema At Central World

**Ticket Cost:** 600 THB/ Ticket

**Includes 3D Cinema, Soft Drink, Popcorn,  
Mini Cake & Mini Pizza**

**Meet and Greet at 6 pm**

**Movie Starts at 7 pm**

**Please book now with Anne**

# THIS and THAT

The week that the previous issue of Outpost went off to the printer was a cracker! Apart from the usual weekly fixtures, there was the Bangkok Community Theatre's 'Hairspray' singalong, and at the end of the week we had an original, if slightly unusual, Gourmet Dinner featuring an interesting array of Scandinavian dishes. Both of these are reviewed elsewhere in Outpost this month, so I shall not waffle about them, though I would like to say that the Gourmet Dinner saw an interesting mix of attendees, many of whom hadn't been before, underlining the appeal these dinners command over a wide group of Members. The regulars who couldn't make it this time were duly missed, but we had a delicious evening and look forward to the July Gourmet Dinner which addresses choosing wine to go with Thai food. It's a good menu, with good wines I hope, so see you there!

As I write this, Canada Day is in full swing - it's such a thrill for almost 400 people to get together to enjoy an afternoon of food drink activities and games. We were also looking forward to our Midsummer's Day Fair, the first we've held, but curiously that day the Club has been booked out with functions, 4 of them to be precise, which has used up all the available space, so sadly the Fair has been cancelled. We'll have to see about arranging one some other time this year.

Wimbledon, Cricket and Formula 1 have taken up a lot of people's time this month. The final outcomes are as yet unclear even though we may have our favourites. All I know is that Lewis Hamilton has been driving as if he's stuck in a Mk II Cortina, not even the Lotus adaptation, and I think he's blown his chances for this year. Prove me wrong!

July is going to be good. Starting with the Wimbledon climax, we've got the outing to see the final installment of the Harry Potter saga on Bastille Day (and from the trailer it looks like being a hairy contest between grotesque evil and pious good). There's also the Chelsea vs Thailand football match the day after the Thai Gourmet Dinner, an excellent chance to burn up the excesses of the scrumptious night before! And remember, July sees the start of the Rugby season, with the Tri-Nations tournament leading into the Rugby World Cup. The Club will show whatever is possible on the TVs, so come and enjoy the excitement in good surroundings! and for kids, you don't have to be bored, as there's a Sports Camp, the weekly kids movie night, and a great afternoon in the swimming pool on the 16th.

The Club started on a new scheme last month called Membership + which introduces various offers to Members. There are some new outlets coming to join the scheme, but at the time of going to press the details have not been confirmed. Over the months we aim to expand the benefits of this scheme to Members, so keep your eyes peeled!

Lastly, I want to mention three evening we've scheduled for showing the movie versions of the Stieg Larsson books which have proved amazingly popular. If you're one of those people who like to read the books first, get going - you've got a couple of months. I hear the movie versions are excellent, so be ready for the first - The Girl with the Dragon Tattoo - at the end of August.

See you all around the Club soon!

## OFFICIAL OPENING TIMES

<b>The Verandah</b>	11am - 10pm		
<b>Neilson Hays Coffee Shop</b>	9am - 6pm	<b>Fitness Centre</b>	6am - 10pm (Mon-Fri)
<b>Churchill Bar</b>	10am - 11pm	<b>Fitness Centre</b>	6am - 9pm (Sat-Sun)
<b>Poolside Bar</b>	6:15am - 11pm Last food orders 10pm	<b>Thai Massage</b>	9am - 5pm (Tues-Sun)

# BUSINESS LUNCHEONS

**4th - 8th July 2011**

**Starters - 50 baht**

Carrot, Raisin and Apple Coleslaw

or

Chef's Soup of the Day

**Main Courses - 130 baht**

Chicken Maryland with Pineapple, Banana, Sweetcorn, Tomato, Bacon and Home-Fried Potatoes

or

Pan-Fried Dory with Dill and Pernod Sauce  
Served with Carrots, Asparagus, Zucchini  
and Garlic Mashed Potatoes

or

Lamb and Beef Moussaka Served with Garlic Bread

or

**Tod Mun Pla** (Deep-Fried Curried Fish Cake)

**Tom Yum Gai** (Spicy Lemongrass Flavoured Soup with  
Chicken and Mushroom)

**Pad Phak Ruam Nam Man Hoy**

(Stir-Fried Vegetable with Oyster Sauce)

**Dessert of the Day- 50 baht**

or

Choose from our à la Carte Dessert 10% off

**11th - 15th July 2011**

**Starters - 50 baht**

Chicken, Pumpkin, and Cranberry Salad with Coriander Dressing

or

Chef's Soup of the Day

**Main Courses - 130 baht**

Minced Beef and Onion Pie Served with Sautéed Cabbage,  
Bacon and Croquette Potatoes

or

Pan-Fried Dory Mornay Sauce  
Served with Broccoli and Mashed Potatoes

or

Chicken Korma Served with Yellow Rice and Naan Bread

or

**Gaeng Som Pak Ruam Goong Sod**

(Prawns with Vegetables in Spicy and Tangy Herbs Soup)

**Kai Jiew Moo Sab** (Thai Omelette with Minced Pork )

**Panaeng Gai** (Stir-Fried Chicken in Red Curry Sauce)

**Dessert of the Day- 50 baht**

or

Choose from our à la Carte Dessert with 10% off

**18th – 22nd July 2011**

**Starters - 50 baht**

Chicken, Mango, Avocado and Beetroot Salad

or

Chef's Soup of the Day

**Main Courses - 130 baht**

Salmon Fish Cakes

Served with Chips, Garden Peas and Tartare Sauce

or

Grilled Fillet of Pork in a light Curry Sauce  
Served with Zucchini and Coriander Rice

or

Turkey and Ham Pie Served with Leek Cheese Sauce  
and Home-Fried Potatoes

or

**Tom Kha Gai** (Chicken in Coconut Milk and Tangy Soup with  
Lemongrass and Lime Leaves)

**Pla Sam Rot** (Deep-Fried Fish Topped with Sweet and Sour Sauce)

**Pad Woon Sen Sai Kai** (Stir-Fried Glass Noodles with Egg)

**Dessert of the Day- 50 baht**

or

Choose from our à la Carte Dessert 10% off

**25th – 29th July 2011**

**Starters - 50 baht**

Niçoise Salad (Potatoes, French Beans, Black Olives and Egg)

or

Chef's Soup of the Day

**Main Courses - 130 baht**

Beef Madras served with Yellow Rice and Naan Bread

or

Grilled Chicken Breast and Spinach Risotto  
with Parmesan and Rocket Leaves Dressed in Pesto

or

Fish and Chips

Your choice of Breadcrumbs or Battered with Mixed Salad

or

**Gai Rad Sauce Kratiam** (Stir-Fried Chicken with Garlic Sauce)

**Yam Ma Khuer Yaao**

(Spicy Salad of Grilled Eggplant with Minced Pork and Boiled Egg)

**Gaeng Liang Goong Sod**

(Spicy Herbs and Vegetable with Prawns)

**Dessert of the Day- 50 baht**

or

Choose from our à la Carte Dessert 10% off



THE BRITISH CLUB  
BANGKOK



# F&B MORSELS



Dear Members,

June and July are the months for featuring strawberries in drinks and other menu items. We do hope that you will enjoy our different Specials of the Season. Many people suggest that we should keep the specials and seasonal dishes on the Menu, but in my experience, seasonal dishes fade very fast after the season is finished, and Members lose interest also.

This month we will be reviewing the menus, looking at what is and is not selling since they were issued several months ago. Some items will disappear and some new ones will be added. At this stage, we are very open to suggestions for all kinds of dishes. We are especially interested in suggestions for vegetarian dishes from different parts of the world. Once the revisions are complete, we will check and recalculate our prices. We will continue to maintain the Club's prices as competitive as possible. However, like other parts of the F&B industry, the Club is suffering from the steady increase in food prices. Some very basic items like eggs have gone up considerably in the last four months. As I am sure many have noticed, an egg is over 4.5 baht when it used to be only 2.5 baht. One way we can hold prices is by reducing the serving sizes a bit. We believe we can do this as most of our helpings are currently quite large.

In July we will be holding another Gourmet Dinner! This time the focus is more on the wine than the food, as the theme is how you can choose and appreciate wine with Thai food. For many it is a very difficult choice, so we have asked Sommelier Ross Edward Marks to come and guide us and at the same time teach us how to select wines to compliment the different flavours of Thai cuisine.

I hope many of you will join this special evening, as overall it should be delicious and satisfying.

**Khun Laak**  
Executive Chef



THE BRITISH CLUB  
BANGKOK

## Modern European DINING

### 1st- 15th July 2011 Starters

Chef's Soup of the Day 75

Rocket Salad with Shaved Parmesan and Roasted Roma Tomatoes 185

### Main Courses

Braised New Zealand Lamb Shank with Rosemary and Thyme Sauce 350  
Served with French Beans and New Potatoes 350

Crispy Glazed Duck Breast with Green Pepper Sauce Served with Cabbage Jam and Croquette Potatoes

Baked Whole Rainbow Trout Stuffed with Caper and Olives, Whisky and Oatmeal Sauce Served with Carrots, Broccoli and Garlic Mashed Potato 350

### Dessert

Dessert of the Day 95

### 16th – 31st July 2011 Starters

Chef's Soup of the Day 75

Garden Salad of Mixed Leaves with Pan-Fried Shrimp Balsamic Dressing 165

New Zealand Mussels in Spicy Tomato Sauce Served with Garlic Bread 220

### Main Courses

Chicken Breast Stuffed with Sun Dried Tomatoes and Feta Cheese with Crispy Polenta and Pesto 275

Roast Pink Salmon with Organic Pumpkin Mashed Asparagus, Zucchini, Carrots, Dill and Pernod Sauce 295

Aust Tenderloin of Beef with Risotto Ball Served with Roasted Vegetable Red Wine Jus 650

### Dessert

Dessert of the Day 95



THE BRITISH CLUB  
BANGKOK

**The Bridge section and BCB**  
are happy to announce that  
“Tuesday Open Pairs Bridge”  
will start on the 12th July

For the opening event  
a special lunch will be  
provided for **FREE!**



**BRIDGE**



**BRITISH CLUB TUESDAY OPEN PAIRS BRIDGE**

- 1) Registration fee: Bt100 per person
- 2) Coffee, tea, biscuits and sandwiches will be provided
- 3) Tournament play will start at 1.00 pm.  
and expect to finish by 4.15 pm.
- 4) Players must arrange their own partners.  
No stand-by host.



# HILARIOUS HIJINKS AT “HAIRSPRAY!”

Were you one of the lucky ones to attend this fabulous evening of audience participation run by Bangkok Community Theatre at the Club in May? As you can see, the event provided outrageously good fun for all involved.

“Hairspray” was the third audience participation movie night that BCT has run at the Club, so the BCT team had the organization down to a T. The Suriwongse Room was transformed into a black & white checkered diner with “Ultra Clutch Hairspray” bottle centerpieces and cast photo posters on all the walls.

Anna Khendry and Bonnie Zellerbach hosted the two-night event. After greeting the audience and directing them towards the buffet and bar (not necessarily in that order), they explained how to use all the props in the goody bags and enlisted the audience in a warm-up dance session which included ‘The Jerk’, ‘The Hitchhike’ and ‘The Mashed Potato’ – just to name a few!

“Great food, great company and great entertainment!” commented one happy Club Member. “I love the audience participation nights” said another. “They’re such fun; I never miss a single one!”

Check the BCT website [www.bct-th.org](http://www.bct-th.org) to learn about upcoming activities, monthly club nights at the Club and BCT’s September production of “Pygmalion.”







THE BRITISH CLUB  
BANGKOK

We are celebrating  
**Wimbledon's  
125 Birthday**



**2 July**

- Tennis Section Extravaganza
- Children's activities and games on the Front Lawn
- Strawberry, Pimm's and cucumber sandwich promotion

Sunday  
**24th July**



THE BRITISH CLUB  
BANGKOK

Rajamangala National Stadium

**Chelsea Asia Tour 2011 Thailand**



**Coach leaves at 4 pm.  
and the match starts at 5.45 pm.**



**TPL ALL STAR**  
**vs Chelsea**

3,000.-/person



# TASTING SCANDINAVIA

By William Bunter

The Club's infrequent Gourmet Dinners have a strong reputation for gastronomic excellence, and the choice of Scandinavian cuisine as the theme for the dinner on 27 May only heightened expectations. It is not such a well-known style of cooking, and therefore attracted a rather different group of Members and their friends.

Following the welcome drinks in the Verandah and out on the back lawn, allocated seats were taken and the evening began with a greeting from Jesper Doepping, the Club's own Scandinavian GM who had been more than slightly involved with the selection and preparation of the dinner's dishes. He advised us of the origins of Scandinavian cuisine, its influences both cultural and geographical, as well as pinpointing various historical reasons for the tendencies connected with the choice and availability of certain foods. The predilection with fish and vinegar was clarified, providing clarification for many of the evening's chosen dishes. There was even a quick aside on the Danish government's recent and controversial ban of British foods such as Marmite and Ovaltine, though this was more to prevent heckling from patriotic Brits than to illuminate Scandinavian cooking.

The dinner was split into three starters and four main courses, appropriately sized to provide enough to taste and appreciate whilst affording the ability to complete the menu without feeling excessively plump. All courses bar one were accompanied with wines selected from the Club's current list; the exception was complimented with schnapps, a rewarding variation which Jesper mentioned was served with food domestically more often than wine. The meal was concluded with a selection of delicate dessert cake-type biscuit sweets, which were particularly curious to the writer on account of some being flavoured with vinegar and others with beetroot, both somewhat unusual tastes for those sporting 'puddings' palates.

Postprandial discussions revealed that there was great appreciation for all the dishes served throughout the meal, though some earned particular praise and others commanded a far more earnest desire to be eaten again in full-meal format. Of the starters, the asparagus bullrush



and duck egg was quite delicious, enhanced by the light and fruity Stellenbosch Sauvignon Blanc; likewise the oysters malt and apple on tapioca was thoroughly tasty, supported by a generous South Australian Chardonnay. Of the main courses, the sole with sharp strawberries (green in Scandinavia but red here) was delectable, highlighted by a Château La Freynelle Bordeaux; and the tenderloin with caramelised garlic, milk skin, potatoes and whey was succulent, complimented by a French Mas de Bressades.

We hope the Club will make such evenings a little more frequent - the opportunity to explore different foods and flavours, sample suitable wines, and learn a little pertinent history or culture associated with such cuisine, is appealing to a wide range of people. Thanks and a round of applause were given to Khun Laak and her staff for the excellent fare, and to Jesper Doepping for his valuable contribution, which together resulted in a thoroughly enjoyable Gourmet Dinner.







# Appreciate Wine with Thai food *Gourmet Dinner*

This time our theme is how to select wine with Thai food.  
Ross Edwards Mark will teach and guide us through this wine tasting.



THE BRITISH CLUB  
BANGKOK

*Saturday 23rd July*





# BEHIND THE SCENES

## *The Club's internal/external catering service*

The pervasive tranquility which greets Members arriving at the Club on an average day very often hides a frenzy of activity which may not be apparent. The internal and external catering services offered by the Club involves the organisation of a wide range of functions, from birthday parties, farewell-to-Thailand parties and private dinners, to social gatherings and even weddings. These catering services for Members and their companies accounts for a significant slice of revenue, but even so, they are extremely affordable and competitive with what can be obtained elsewhere.

Below there are some photographs from one of our latest functions, a wonderful and joyous wedding reception. It was a beautiful event, to which we believe the Club contributed handsomely. The result was a very different experience from what is normally provided by hotels in Bangkok.

On the facing page, we have reproduced a coupe of letters we have received which reflect the high standard of our functions.

So call us up whenever you have a function and let us give you an outline of what we can provide and a quote to show you it's worth it! Then you'll find out what a special and fantastic event we can arrange for you, either at the Club itself or at your home.







A birthday party for 60 people resulted in this letter:

“ Dear Khun Somboon,

Thank you for your help for our party yesterday, your team was great, they did a perfect job! We had a great time and great food and the bouncy castle was super and the man serving was very good.

Thank you so much ”

And a 'goodbye Thailand' party brought us this lovely letter:

“ Dear Jesper,

As you know, I requested the British Club to organise a buffet dinner for me and my guests. I am writing to thank you and the team very much for such superb arrangements. The food was excellent - a wonderful, varied menu catering for Western, Thai and vegetarian tastes and superbly cooked. The Wordsworth Room was beautifully and appropriately set out and decorated to create, with the background music, the correct ambience for the occasion. The service was excellent. Please pass on my thanks to Somboon and everyone else involved. My guests, many of whom had not been to the British Club before, were very impressed.

I know it is very easy to criticise but I think it is important to praise, too, hence my letter to you. I would certainly recommend any member wishing to host a private party, to consider the British Club as their first port of call.

Once again, many thanks ”

# Khun Somboon and The British Club's Catering Team

BRINGING  
YOUR CLUB  
TO YOUR  
DOORSTEP



THE BRITISH CLUB  
BANGKOK

Whether you're planning for a corporate function or a private party, the Club's catering service can help take the pain out of planning.

To find out how the Club can make your next function a success, call our Catering Manager Khun Somboon at 02 234 0247 or email: [somboon@britishclubbangkok.org](mailto:somboon@britishclubbangkok.org)





# NUGGETS

Submitted by Warwick Newton

## Never put your banana in the refrigerator!

Bananas contain three natural sugars - sucrose, fructose and glucose - combined with fiber. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, including (amongst others):

**Depression:** Bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.



**Anaemia:** High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

**Blood Pressure:** Extremely high in potassium yet low in salt, makes it perfect to beat blood pressure.

**Constipation:** High in fibre, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

**Hangovers:** One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the honey, builds up depleted blood sugar levels, while the milk soothes and rehydrates your system.

**Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

**Mosquito bites:** Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.



**Nerves:** Bananas are high in B vitamins that help calm the nervous system.

**Overweight:** and at work? Studies at the Institute of Psychology in Austria concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady. Have a banana!



**Ulcers:** The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

**Temperature control:** Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

**Seasonal Affective Disorder:** Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

**Smoking:** Because of the B6, B12 vitamins they contain, as well as the potassium and magnesium found in them, bananas can help the body recover from the effects of nicotine withdrawal.

**Stress:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. Stress increases our metabolic rate thus reducing potassium levels. Time for a high-potassium banana snack!



**When you compared with an apple, a banana has:**  
**Four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around.**

**So maybe it's time to change that well-known phrase so that we say, 'A banana a day keeps the doctor away!'**

# TAKE-AWAY



THE BRITISH CLUB  
BANGKOK

Did you know that most items on all the Club's menus are available for take away?

Simply order direct from any outlet in person or by telephone.

For bulk orders, please contact khun Somboon in Clubhouse.

02 234-0247



Wednesday Night

## Dancing Lessons at British Club

### Salsa

6th July 2011

20th July 2011

27th July 2011

Dancing is as popular as it has ever been thanks to shows like Dancing With The Stars and So You Think You Can Dance.

Come and join us at the British Club Bangkok where our qualified instructors will teach you an array of major dance styles from the 'Waltz, Cha-Cha, Tango, Salsa and the Jive' and give you the confidence to tear up the dance floor.

7pm start for a 90 min lesson

Members

Single 150 Bht

Couple 250 Bht

Non-Members

Single 300 Bht

Couple 500 Bht

Book now with Simon or Anne



THE BRITISH CLUB  
BANGKOK



British Club Bangkok 189 Suriwongse Road Bangkok 10500 Tel. +66(0) 2234 0247

# BC CALENDAR - JULY 2011

MONDAY

TUESDAY

WEDNESDAY

THU

**BWG Mahjong**  
10am - 1pm



4

**Sports Camp**  
9.30 am



**Tennis Mix-In**  
6pm-10pm



**Monday Night Club**  
*The Electric Vendetta*  
Wordsworth Lounge, 7pm



**BWG Mahjong**  
10am - 1pm



11

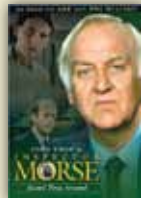
**Sports Camp**  
9.30 am



**Tennis Mix-In**  
6pm-10pm



**Monday Night Club**  
*Second Time Around*  
Wordsworth Lounge, 7pm



**BWG Mahjong**  
10am - 1pm



18

**Tennis Mix-In**  
6pm-10pm



**Monday Night Club**  
*The Cornish Mystery/ The Disappearance of Mr. Davenport*  
Wordsworth Lounge, 7pm



**BWG Mahjong**  
10am - 1pm



25

**Tennis Mix-In**  
6pm-10pm



**Monday Night Club**  
*The Great And The Good*  
Wordsworth Lounge, 7pm



**Ladies Mix-In**  
8 am



5

**Sports Camp**  
9.30 am



**Squash Mix-In**  
5pm-7pm



**Senior Football**  
7pm



**Scottish Dancing**  
7pm



**Ladies Mix-In**  
8 am



12

**Sports Camp**  
9.30 am



**Squash Mix-In**  
5pm-7pm



**Senior Football**  
7pm



**Quiz Night**  
7.30pm

**BAR QUIZ**

**Ladies Mix-In**  
8 am



19

**Fitball**  
10:30am



**Squash Mix-In**  
5pm-7pm



**Senior Football**  
7pm



**Ladies Mix-In**  
8 am



26

**Squash Mix-In**  
5pm-7pm



**Senior Football**  
7pm



**Midweekers Golf Group**  
8 am



6

**Sports Camp**  
9.30 am



**Tennis Mix-In**  
6pm-10pm



**Salsa Dancing**  
7pm



**BCB Balut Shield**  
Wordsworth Lounge, 7.05pm



**Midweekers Golf Group**  
8 am



13

**Sports Camp**  
9.30 am



**Tennis Mix-In**  
6pm-10pm



**Midweekers Golf Group**  
8 am



20

**Tennis Mix-In**  
6pm-10pm



**Salsa Dancing**  
7pm



**BCB Balut Shield**  
Wordsworth Lounge  
7.05pm



**Midweekers Golf Group**  
8 am



27

**Tennis Mix-In**  
6pm-10pm



**Salsa Dancing**  
7pm



**Ladies Mix-In**  
8 am



**Sports Camp**  
9.30 am



**Fitball**  
10:30am



**Squash Mix-In**  
5pm-7pm



**Ladies Mix-In**  
8 am



**Sports Camp**  
9.30 am



**Fitball**  
10:30am



**Squash Mix-In**  
5pm-7pm



**Club at the Movies**  
*Harry Potter, Deathly Hallows*  
Meet and Greet, 6pm  
Movie starts, 7pm

**Ladies Mix-In**  
8 am



**Fitball**  
10:30am



**Squash Mix-In**  
5pm-7pm



**Ladies Mix-In**  
8 am



**Fitball**  
10:30am



**Squash Mix-In**  
5pm-7pm





# THURSDAY

7

14

21

28

# FRIDAY

**Canada Day Buffet**  
All day

**Children's Cinema**  
Harry Potter 1 & 2  
5.30pm

**Tennis Mix-In**  
7pm-10pm

**Sports Camp**  
9.30 am

**Children's Cinema**  
Harry Potter 3 & 4  
5.30pm

**Tennis Mix-In**  
7pm-10pm

**Sports Camp**  
9.30 am

**Children's Cinema**  
Harry Potter 5 & 6  
5.30pm

**Tennis Mix-In**  
7pm-10pm

**Children's Cinema**  
Harry Potter 7 pt 1  
5.30pm

**Tennis Mix-In**  
7pm-10pm

**Children's Cinema**  
5.30pm

**Wine Tasting**  
6pm-9pm

**Tennis Mix-In**  
7pm-10pm

# SATURDAY

**Wimbledon 125 Extravaganza**

**Netball**  
3pm-4pm

**Great Pool Race**

**Tennis Event**  
Bruce Gordon Cup  
All day

**Gourmet Dinner**  
7pm

**Appreciate Wine with Thai food**  
**Gourmet Dinner**  
Saturday 23rd July

**16th July 2011**  
Comic down for a fun day at the pool

# SUNDAY

**Junior British Club**  
10.30 am

**Wimbledon 125 Sunday Brunch**

**Bridge**  
Surawongse Room  
2:30pm

**Yoga**  
2:30pm

**British Grand Prix**

**Junior British Club**  
10:30 am

**Sunday Brunch**  
11am-3pm

**Bridge**  
Surawongse Room  
2:30pm

**Yoga**  
2:30pm

**Junior British Club**  
10:30 am

**Sunday Brunch**  
11am-3pm

**Bridge**  
Surawongse Room  
2:30pm

**Yoga**  
2:30pm

**Junior British Club**  
10.30 am

**Oyster Festival Brunch & Dinner**  
11am - 3pm  
5pm - 8pm

**Yoga**  
2:30pm

**Chelsea vs Thailand**  
Coach leaves 4pm  
Match starts 5.45pm

**German Grand Prix**

**Junior British Club**  
10.30 am

**Sunday Brunch**  
11am-3pm

**Yoga**  
2:30pm

**Budapest Grand Prix**

# PAST PARTICIPLE

## *Auspicious Melioris Aevi*

By Paul Cheesman



We look back at events of 1965 ...

**1** 1965 opened with the perennial problem of the Bowling Alley. It was, again, falling down with damage to the floor and the roof. In addition, many complaints had been received about it being used as a playground by children. After much debate it was agreed to spend another 12,000 Ticals to bring the floor back up to spec with another 28,000 Ticals for the roof. It was also agreed to issue new bylaws to stop children using the Alley unattended - no one, it seems, blamed the parents.

**2** It was agreed in the February to allow British Overseas Airways Corporation (BOAC) flight crews to use the Club on their stop-overs that were now being started on their London to Australia routes. The Club would receive 600 Ticals a month as a fee for use of the facilities by aircrew, who in turn would pay for their Food & Beverage with coupons purchased from the Permanent Assistant secretary.

This arrangement continued through the 1974 merger with British European Airways to form British Airways and even to the joint working arrangement with Qantas. It only ceased in 2002 when the fee suddenly stopped being paid.

**3** In April, the Club was presented with a copy of 'Wayfoong' the centenary book of the Hongkong & Shanghai Bank (the title being the old Chinese name for the bank). Unfortunately by September it had been noted by the Committee that the book had been stolen!

Also in April we started the 'Business Men's Hour' promotion from 5pm to 6pm – this also came a cropper in September when, due to poor patronage, it was discontinued.

**4** On 10th September, the Committee instigated the first 'New Members Night', whereby all candidates would have to attend and be interviewed by all members of the Committee. This was not the overwhelming success that it had been hoped, in that some 'interviews' took so long that not all applicants could be seen by all ten Committee members.

It was thus agreed that in future applicants need only get the following signatures: the Chairman/Vice-Chairman, the Honorary Secretary, plus four others.

**5** The major events of 1965, however, were concerned with the Member consultation, financing and design of the proposed swimming pool. Initially a survey was conducted of all 281 Members, and 83 responses were totally in favour of the idea. The Vice-Chairman, a certain Dacre Raikes, was then put in charge of obtaining quotations, designs, estimates of running costs and negotiations with banks over possible loans.

That work completed, two Extraordinary General Meetings were held to agree to build the pool (with ancillary changing room and bar) and borrow 750,000 Ticals from the Chartered Bank of India, Australia and China. The EGM on 21st June approved the project by 43 to two and the confirmation EGM on 27th July by 33 to one. It was also agreed as part of the package to raise the joining fee to 250 Ticals and the subscriptions to 100 Ticals a month (if single or your family were not in Thailand) and 120 Ticals for all others.

On 16th December, a special daytime Committee meeting opened the six sealed tenders to build the Pool and on 27th December the Club redeemed our two Land Deeds from Hong Kong & Shanghai Bank as part of the security required by the bank. All was now set to dig up Tennis Courts 5 & 6!



*Don't bank on finding it!*

The author is Honorary Secretary of the Club



# RULES BRITANNIAE!

*A monthly peek into our rulebook for things you probably did not know!*

## TEMPORARY MEMBERS!



**DID YOU KNOW.....** if you have British, Canadian, New Zealander or Australian colleagues or friends working in or visiting Bangkok for a number of weeks or even months, that they can join the Club as 'Temporary Members' without paying the joining fee?

Some conditions apply so see rule 49 for details.

## CHANGE TO RETIREMENT VISA

From 1st June, Bangkok Immigration Bureau has changed the requirement for all those who apply **or** renew their Non-Immigration O-A (retirement) visa by virtue of a pension or income of over 65,000 Baht per month. In addition to the letter from your Embassy you now have to show the past three months inward payments to your bank of the pension/income by statement or passbook.

This change has been brought in as some Embassy's issue the pension/income letter by the applicant swearing an oath not by actually confirming the pension/income. The Bureau now needs to see proof.

This change does not affect those renewing by virtue of holding 800,000 Baht in a Thai Bank for three months prior to application.

## Mother's Day Friday



THE BRITISH CLUB  
BANGKOK

**12th August 2011**

**11 am - 3 pm**

Child (3-12yrs) : 250 baht

Adult (All You Can Eat) : 450 baht

Adult (plus bottle of Wine of the Month) : 950 baht

**All mothers get a glass  
of free sparkling wine with their brunch.**

**Come and join us for our special day celebrating Mother's Day!**





THE BRITISH CLUB  
BANGKOK

# Sports Camp



4<sup>th</sup>–8<sup>th</sup> and 11<sup>th</sup> – 15<sup>th</sup> July  
9:30 am – 2:30 pm

Bht.950 per child  
Lunch and all activities included  
Ages 5-12 yrs

# SPORT & LEISURE

By Reed Passmore



**Bangkok Patana School  
and the British Club Bangkok.**  
Maximising student benefits  
through sponsorship and support



Dear Members,

Firstly, I would like to inform all Members that I will be leaving the British Club at the end of August. After 3½ years, it's time to move on and hand over to another sports enthusiast. I would like to thank all those Members who have made my time at the Club so enjoyable, challenging and such a great learning experience. I would also like to thank the staff of whom many work tirelessly with little fuss.

There are many activities that I have been a part of which I know will continue to grow - Vet's Rugby, Junior Netball, Jack Dunford's Cricket team and tours, Management-run tennis, Fight Nights, Back Yard Cricket, 5-a-side Football, Junior Swimming lessons and more. I look forward to returning in January to see all these and more blossoming at full speed.

As I was away for a large part of May there is little to report, but here are a few activities coming up:

## Sports Camps:

We will be running 2 sports camps in early July  
4th-8th and 11th-15th July  
9:30am Start – sports, activities and lunch – 2:30pm finish.  
Must sign up in advance Bt 950 per day

## Rugby Event: Sponsored by Vinarco

The British Club Team will host another great social rugby day at Patana School on the 27th August:

This will be a great day of Vets rugby with teams from Vietnam, Singapore, Philippines, Pattaya and Bangkok all coming.

Come along and cheer on the players and Members.

We are still looking for players, so let me know if you are keen to dust off the old boots and have a great day of rugby.





# TENNIS

By Reed Passmore



**Shrewsbury International School  
and the British Club Bangkok.**  
An ace tennis partnership  
through sponsorship and support



## Wimbledon Extravaganza: Wear White

Saturday 2nd July: Kim and Pat will run a great afternoon of tennis with fun activities and a little competition. As this is the 125th Championships at Wimbledon, we ask all Members to wear WHITE and there will be some great Wimbledon favourites on offer such as Pimm's, Cucumber sandwiches and strawberries. Perfect eh?

All Members must sign up in advance.

Also: HOW FAST CAN YOU SERVE????

**Kuala Lumpur Tour 2011** on 12th, 13th, 14th August:  
Tennis, cricket and squash - All those seriously interested  
please contact Chris [cjwdesign@loxinfo.co.th](mailto:cjwdesign@loxinfo.co.th)



## Monday Night Mix-Ins:

We are looking to create a more competitive Monday night mix-in.  
(Tri Level League details below)

Pat is looking at creating teams and challenges plus a monthly invite will be in place to attract small inter-club matches. This will be great for Members looking to play more competitive matches, plus it will give the BC tennis players more experience when it comes to major inter-club events.

## Bruce Gordon Cup:

On 23rd July we will be running two competitions: These events will be a doubles format with age limits:

- 1) The Bruce Gordon Cup - Players over 55yrs
- 2) The Andrew Robertson Cup - Players under 55yrs

Sign up in the Fitness Centre, please

## TRI-LEVEL TENNIS LEAGUE

This is a popular USTA team league format that allows players of different levels (Advance, Intermediate, and Semi-Intermediate) to compete on the same team! Each match consists of 2 doubles and 1 single.

**WHY?** - Do you feel like you're just getting warmed up when the match is over with the 8 game pro-set matches? Do you think you need more match time to develop your game? Are you missing the team-like comradeship and its competition atmosphere?

A "best of 3 sets" Team League tennis might be exactly what you've been waiting for. Sign up to get fit and enjoy the competition; "fit" and "enjoy" being the keywords here ! (Oh, a 10,000 cash prize, dinner vouchers, along with several other rewards might make it a bit more spicy, too?)

**WHO?** - Any British Club Member can form a team (become a Captain) or join a team to compete. One non-Member player is allowed per team, and could be any level. (Yes, Kru Kwan, Kru Chun, and Kru Tom are up for grab too !)

**WHERE?** - Court 1, 2, and Cent court at the BC

**WHEN?** - Evenings (one match per week). Matches can be rescheduled to a different time with both Captains' consent

## LEAGUE FORMAT:

- Round-robin: prizes for top 3 teams at the end of the season
- Each season should last approximately 45 days, according to the total number of teams that sign up



- Captains exchange line-up 10 minutes prior to the match's designated start time (match schedule created by the tennis committee)
- The final line-up must be approved and submitted by the team Captain

**MATCH FORMAT:** 2 out of 3 sets - 3rd set automatic 7 point tie-break.

Centre Court: men's single (advance)

Court 1: women's doubles (advance or intermediate players)

Court 2: men's doubles (advance or intermediate players)

- 1 advance player required per match, for the men's single,
- 2 female players required per match

**MATCH TIME:** Each match will have 1 hour and 30 minutes to compete (including 5 minute warm up at the beginning)

**MATCH SCHEDULE:** Schedule is produced by the tennis board after all teams are confirmed and finalized

**CAPTAINS:** Those wanting to form a team must register the team and the Captain's name with the tennis board (email: [ppdyche@yahoo.com](mailto:ppdyche@yahoo.com) or [Reed.Passmore@britishclubbangkok.org](mailto:Reed.Passmore@britishclubbangkok.org))

The Captains recruit players - each team will need at least 5 players (at least 1 advance player, and 2 women players)

**Note:** Captains will have to cover court fee for each defaulted court along with a 50 baht penalty (per defaulted court). The Captain of the defaulting player will also have to down one small beer in 1 minute and then immediately crab walk from one end to the other in the presence of the players from both teams at the end of the match, as a physical penalty as well ! (Still think you can handle Captaincy?)

Captains then submit the full Member roster, along with their ratings, to the tennis board

Captains with less than 5 players: the tennis board can either find other existing teams for the players or help find additional players so a team can be formed

**League fee:** 80 baht per team Member/per match. 500 baht per team, advanced by the team Captain.

# TRI-NATIONS



## DON'T PACK THE FRONT ROW OR YOU'LL BE OFF-SIDE!

July sees the start of nearly four months of First Class International Rugby Union – and it's all live at the British Club!

In July and August we have the 2011 Tri-Nations featuring Australia's Wallabies, New Zealand's All Blacks, and South Africa's Springboks for a shortened last season of the Cup – shortened to six games (two in each country) to accommodate the Rugby World Cup which follows it, and also it is the last Tri-Nations because in 2012 Argentina joins the Tournament, and despite the logic of possibly calling it 'Tri-Nations+1' it will actually become the 'Four Nations'!

The Matches in July are .....

Saturday	Saturday
23rd July	30th July
Australia vs South Africa	New Zealand vs South Africa
3.30pm*	2.30pm*

\* Times are subject to confirmation.

Then in August we have the remaining four matches, one each Saturday, and on Friday 9th September at 3.30pm we see the start of the 2011 World Cup (from New Zealand) with New Zealand vs Tonga – so start booking your leave or planning a POETS day now!

The Rugby World Cup runs with Pool matches for most days in September (a mix of morning and afternoon matches Thai time), followed by the Knock-Stages with the Final on Sunday 23rd October at 3pm (Thai time).



**Do more than TRY to be there!**

# JUNIOR NETBALL

## Netball Gala 2011

Our Junior Netball season culminated a competition with Bangkok Preparatory School and the Bangkok Patana School on the back courts at the British Club.

The Junior Netballers played an away match which was a useful "warm-up fixture" on 25th May, and subsequently the finals were played on the 11th June. Our girls lost by 3 goals at Bangkok Prep, but even so it was a great afternoon for both the children and parents.

The 11th July started with a round robin format (Patana, Bangkok Prep 1, Bangkok Prep 2 and the BC team), with both Patana and Bangkok Prep 1 racing ahead into taking a strong lead.

The BC team defended really well in their first game, and came away with a 1 - 1 draw, which was a fantastic result considering that throughout the whole game, we only had 2 chances to score. The next 2 games we went down but the girls stayed positive and continued to play their best so it wasn't easy for the others!

Finals time – BC vs Bangkok Prep 2

In another tough match for the young girls, the BC team scored the only goal and came away as the winners (yippee!!) which gave us our first win and also secured us the 3rd place.

Patana and Bangkok Prep 1 played in the final with Patana winning the match by just a single point. It was a very fast and highly skilful match, which made it incredibly exciting to watch even if not taking part.

I would personally like to offer a huge 'thank you' to the great coaches of all the junior netball teams in Bangkok, to all the parents for giving up their time and sometimes filling in and playing when needed, but mostly to all the players that eagerly arrive early every week to play in the heat of the day, and who played so hard in these matches and made them really enjoyable and so much fun for us all – **Thank you!!**







THE BRITISH CLUB  
BANGKOK

# 16th July 2011

**Come down for  
a fun day at the pool**





# SQUASHY BITS

by Bruce Madge b\_madge@hotmail.com



## I'm Voting National Power Proud Nation Good Life Better Develop People Party

But who really cares about that? Hardly anyone, I'll wager, so let's discuss something even less exciting: The Harold Mercer Team Competition. Riveting! This year the HM was so looked forward to/eagerly anticipated/awaited with baited breath/

salivated over lovingly from a great height that it had to be postponed twice because of the length of the queue of entrants waiting to put their names down for this marvelous fixture.



Hurry it up, will ya!

The queue? It stretched past the kitchen, into the gym, out of the gym, into the bogs, out of the bogs, around the tennis courts, through the car park, into the Clubhouse reception, up the stairs, into the Wordsworth

Room, out of the Wordsworth Room, into Prem's office, out of her window, through the stock room, into the drivers' room, and out, and in, and out again, past the kids' pool, over the massage room, through courts two and three and finally back to the court one notice board where the HM sign-up sheet had been pinned and where Cornflakes was holding up this enormous line of eager squashies as he'd, in another disastrous senior moment, also pinned his finger to the board and was bleeding all over the sheet so nobody was able to put their name on it! As a consequence, the HM took place in May rather than in March as in previous lives.



This way Peter!

This crushing delay gave ample time for a selection of the previously willing participants to actually withdraw due to reasons of unavailability, boredom, illness, injury, lack of fitness, lack of racket, lack of enthusiasm, lack of talent, dislike and distrust of Peter Corney, unemployment, excessive workload, children's

sickness, spouse's good health, weight loss and gain, kids' holidays, selfishness, and even death, or the final pair combined. Yes, two potential team Captains for this remarkable event inconsiderately passed away before things even got going. Both claimed they'd waited long enough in that damn line for the contest to begin and weren't prepared to be delayed any further. That's gratitude for you! Well, we know who they are, and they won't be invited to play in next year's event, that's for certain. How selfish can you get?

But actually it was almost a blessing as now we had just the right number of players. Well, in fact, we were a little short

in the end, so instead of four teams of four, we had just three teams, and rather than drag the competition out any further by following the normal format of playing it over three Wednesdays the whole lot took place on a single Wednesday evening with matches being the best of just three games. And didn't we have so much fun? Lashings of the stuff. It was coming out of our ears!

As for the teams, they represented BIG CATS - Garfield, Bagpuss, and Tom, he of Jerry frolics. Garfield was captained by DJ Peas, and included Hulk Hogan, Emile Heskey, and me. Bagpuss was led by Civil (David Warr), along with Rat, Nigel Starmer Smith (JCS), and Denilson. Tom's captain was Cat Flap, with Sharon (Shiraz), Verypongy, and Weed.



Winner!



2nd place



Tom-last!

And after two hours or so of scintillating action, Bagpuss came out on top with 7 wins and 14 games. Garfield was placed second with 10 and 3 respectively, and poor old Tom in last place with a measly 2 and 6. Tom, however, was handicapped hugely by having Weed in the team, and by having only three players as Sharon failed to show; she was in the salon having her highlights touched up while her fella, John, waited outside in his 2.8 litre Capri.

In the Sala for F&B and the typical dull speech from Peter on how it had been another good competition with some exciting matches and the best team had won, and it was all played in a wonderful spirit, and, and, and, kangaroos make great partners, very faithful, and good in the kitchen, but maybe not so in the bedroom, and on and on AND ON AND ON!

So then the Bagpusses got their trophies, Den particularly chuffed as it was his first, yet more than likely his last as he's now jobless and, as a result, is being even stingier than usual, if that's even possible, and won't be entering any more



Sharon's fella's motor

## Peter's ideal partner!



Club competitions, or playing any team events, or going to any section functions, as he can't afford it, won't even be playing the leagues, not even the ladder as 100 baht a month is just so FLAMIN' DEAR, ISN'T IT?

This being the tale of unemployment, poverty and hardship we were subjected to, and, of course, bored to tears with while we were still attempting to discern Peter's staggeringly preposterous marital advice, waiting decades for our baguettes, drinking our cloudy, warm beer as the barrel had spoiled again (Why the hell don't we keep them in a refrigeration unit? Oh, that would take some common sense, and some sensible management, wouldn't it? Better forget it then!), and discussing the gestation period of various species of small, brown, furry rodents, such as voles and chipmunks while Den went on and on AND ON AND ON AND ON!



Took a while!



Gestating!

So that's the HM over, thank goodness! What a chore it was!

Next month you'll read all about the Club Championships, another bleedin' teachers' match, and whatever else I can invent.

BUT, in the meantime the BCB Squash Section now has its own Facebook page upon which everyone can witness what a bunch of fools we all are and upon which you can see tons of utter tripe; for instance, stupid photos, silly video clips, inane comments from wallies like H, suggestions on getting involved in activities that may include nudity, and recipes for beans on toast. Join in and add your own brand of tripe. I did.

[www.facebook.com/pages/BCB-Squash-Section/125417657541048](http://www.facebook.com/pages/BCB-Squash-Section/125417657541048)

Until the next coup.....



champs



11/05/2011 20:37

squash opposition party



# HARD BALLS

By Squire Legge



Traditionally the Bangkok season was strictly mid-November to the end of April. Arranging matches in May would have been akin to planning a Christmas Day barbeque in Sheffield. But climate change is throwing tradition to the wind and the BC cricket team was invited to participate in the Southerners Twenty/Twenty tournament starting on 21st May, a competition between 8 teams which nobly raises money for kids cricket in Petchabun. We were not expected to do well, but the invitation was a tribute to BC's growing reputation as the fun team to play.

After playing in jumpers during March, we perversely found ourselves playing in steamy conditions at Harrow School for our first match against Pattaya CC, a considerably stronger outfit than the one put out against us in April. Skipper Vaughan lost the toss and the seaside boys were soon smashing us all over the place. 50 came up in the 5th over! Apart from a brief spell in the middle of the innings when Phil (3 for 25) and Jack (3 catches dropped!) took the pace off the ball, the Pattaya boys roared along at 10 an over throughout their innings. Eight BC bowlers tried their hand (maximum 3 overs each per tournament rules), Marc (1 for 20) being the most economical at just under 7 runs per over! Sailesh (1 for 32) was the other wicket taker. New comer Andy Holman took two very well-judged catches in the deep, Dale another, and there were two run-outs as PCC greedily attempted some overambitious extra runs. As usual lots of catches went down, but it didn't really matter. The Pattaya batsmen were much

too good for us and racked up 215 for 7 off their 20 overs. Two of their batsmen scored 50s.

The BC might have fancied their chances chasing 115, but 215 was never likely unless the PCC bowling was worse than ours. From the first ball it was clear that that was not the case. We were up against a class team with better batsmen, bowlers and fielders than our humble selves and we were never to have a look in. All of the BC batsmen played sensibly and made the best of a bad job by getting some batting practice. Sailesh top scored with 22 which took a long time coming even with a couple of well-struck 6's. Dale (11) for once didn't find the ropes but Andy (13), somewhat rusty after a few years break from cricket, still managed one huge 6 and a 4.

The only other event of note was Reed's last appearance for the Club after a brief but illustrious career. He played the same shot at 10 consecutive balls before perishing in front of the cameras. Nine Pattaya bowlers were employed, the most expensive going at 7 an over ... our best!

We score 99 for 9, a defeat by 116 runs. You can't get hammered much worse than that but as always, it all seemed worthwhile when the opposing team once again complemented BC on our sportsmanship and the spirit in which the game had been played. It will be interesting to see whether any of these teams say the same thing when we manage to beat them ... which we will!



BCB vs Pattaya CC



The next two games will be against the Punjab CC and the Southerners with a finals weekend on 11th/12th June. That will conclude the Bangkok 2010/11 cricket season, but BC's last matches will be in Kuala Lumpur in August, a family cricket tour in conjunction with the squash and tennis sections.



Being told what a great bunch of lads we are



Proud in defeat



Sebastian and Bia brighten things up



Neil looks good from this distance



Heads never dropped



Reed misses one and gets lucky



Reed misses another and gets out



# BCGS GOLFING NEWS

By Jack O'Flynn



## Club Day, Subhapruek GC: Sunday 8 May 2011

For some however, the start of the day was anything but pleasing – a fully booked course meant that the late arrivals were banished to the darkest and hottest corners of the changing rooms, not to mention the struggle to find an available caddy! But in the face of such adversity, Paul, Gareth and Roy (1) remained steadfast, the problems were resolved, and eventually the round got under way.



In unusually blustery conditions four groups set off to take part in a bisque Stableford competition, described by the Captain as the 'thinking man's game'. When all rounds were completed, the cool and calm of the Clubhouse was blessed relief. Scorecards carefully scrutinized and points worked out, it was soon evident that a relaxed "Table 1" had clearly understood the scoring system, adopted the right tactics and put together some good rounds (2). Debate continued for some time at the next table, with Robert completely lost in thought (3).

Minor prizes went to Randall C, Brian B and Khun Yurachatr for near pins, Roy B for the first birdie and Marcus P for the longest putt.

A fine performance in the matchplay competition by Khun Yurachatr saw her through to the next round at the expense of Roy Barrett.

In the main event, Marcus P played an excellent round of golf, recording 3 birdies and accumulating 41 points to get the better of John B and Gareth S. In a departure from the normal award, Marcus received a valuable book token from Asia Books (4). In keeping with the 'thinking man's game' ??

## Monthly Stableford, Bangkok GC: Sunday 15 May 2011

This month's Stableford Competition took place at the delightful but challenging Bangkok GC. Although the course may play shorter in length, it more than makes up for it with narrow fairways and notoriously tricky greens.



The field comprised five groups, including guests Ian T and the regular mid-weekers Ken H and Lynn B. As the various groups set off, the formidable long hitting quartet of Gareth S, John B, Jim M and Lynn B (5) looked favourites to bag many of the spoils on offer! Not just the most stylish (and colourful) couple off the course, Brian B and Khun Yurachatr would later demonstrate their qualities on it as well (6).



Unfortunately, what promised to be a very enjoyable round of golf turned into a test of endurance as the rain came down in buckets. A long hold-up ensued, and frustration was clearly showing on the faces of some competitors. Others, however, took the opportunity to relax and indulge in less serious matters (7- 8)!!



As the rains eased off, some departed for drier parts, while the rest of us splished and splashed our way to the end.

When everyone had dried out, assembled in the Clubhouse and handed in their soggy scorecards, results turned out to be surprisingly good.

Khun Yurachatr and Brian B (mentioned earlier) garnered 3 of the minor prizes for near pins and Ladies long drive. Peter G managed one near pin and Mens' long drive.

Despite the interruptions and difficult conditions, Jim Moroney had an excellent round of golf with a near pin prize, an eagle 3 at the 17th and runner-up spot in the main event with 36 points. But outscoring everyone on the day was John Bell who led the way with 37 points and received his just reward from the Captain (9).



### **May Medal, The Royal GC Sunday: 28 May 2011**

It was with some trepidation that this week's participants arrived at The Royal GC, with heavy rains in the preceding days threatening to make playing conditions difficult. Fortunately the weather looked kindly on us - the rains stayed away and the course had dried out remarkably well.

Joining in the day's fun were guests Steve and Ken. Mark E and Tracy C went head-to-head in their battle for a place in the next round of the match-play competition while the remaining groups set out to compete for the minor prizes, eclectic score improvements as well as the monthly Medal.

After the usual round of ups and downs was completed, good fortune smiled on Andrew Mc, Mike S, Jack O and Steve W for claiming nearest pin awards; Frank F and Karen C for men's and ladies longest drives respectively and Brian B for his

substantial putt on the last. The Captain's 'mystery' prize was so mysterious it took some considerable time to work out, but eventually a decision was reached and the award went to new member Rod Mc.

Shouldering the responsibilities of Club Captain does not appear to have weighed too heavily on Ray B, as his performance on the course showed. Leading from the front and playing an exceptionally good round of golf, his net 68 was two shots ahead of Peter G and too good for the rest of the field, to win the Flight 'B' medal. Karen C took on the duty of vice-captain to present the trophy to a very satisfied-looking Captain (10).

Randall C has been threatening for some



time to hit the headlines and on this occasion, he did just that! His steady round of net 72 was enough to win this month's Flight 'A' competition. Normal service was resumed as the Captain presented Randall with his award (11). In the matchplay event, Tracy C proved too strong for Mark E on the day and ran out a 3 and 2 winner.

Website: <http://www.bcgolfsociety.com/>

Email: [bcgs2002@yahoo.co.uk](mailto:bcgs2002@yahoo.co.uk)

Phone: [Golf Society Captain, Ray Bloom - 0870513548](tel:0870513548),

email: [rbloom\\_364@yahoo.co.uk](mailto:rbloom_364@yahoo.co.uk)

*For the fortunate golfers who can and want to play a midweek round, there is friendly golf on offer every Wednesday morning with the midweekers group. More details at <http://www.bkkmidweekers.com/>*



# BALUT

By Mr C



## >> Det 5 CHALLENGE

The British Club faired two teams for this six-monthly event and the hope was, as the underdog (being 2-1 down in the series) we would triumph accordingly but, not to put too fine a point on it, we were stuffed!

The Final scores of the Fourth Challenge were:

DET 5 Bar & Restaurant: 9,153 (50.5%)  
BRITISH CLUB BANGKOK: 8,947 (49.5%)

The Fifth BCB Det 5 Challenge will be played in October 2011.



## >> BALUT SHIELD UPDATE

At 2nd June we have 23 players in the Balut Shield League with 16 other players still able to qualify by the finale, BALUT SHIELD AWARDS NIGHT, on 7th September 2011.

POSITION	NAME	PLAYER	POINTS	AVERAGE
1	Tik	Sra. Thawee Jantacomma	3,153	105.10
2	Mrs Orange	Mrs. Muntana Merrigan	3,146	104.87
3	Tom	Mr. Tomjakraphan Merrigan	3,127	104.23
4	Jammy	Mr. Roger Willbourn	3,109	103.63
5	Swampy	Mr. Steve Eaton	3,080	102.67
6	The Jackal	Sr. Carlos Romero	3,069	102.30
7	TC	Mr. Phil Alexander	3,053	101.77
8	Mr C	Mr. Paul Cheesman	3,048	101.60
9	Lindy	Ms. Sulindy Collacott	3,037	101.23
10	Dark Horse	Mr. Clive Butcher	3,027	100.90
11	Ali	Mr. Ali Adam	3,024	100.80
12	Kelly	Ms. Kelly Alexander	2,983	100.9
13	DQ	Mr. David Quine	2,930	97.67
14	Monkey!	Mr. Bruce Madge	2,927	97.57
15	Douchebag	Mr. Simon Davies	2,902	96.73
16	Bowling Ball	Mr. Bob Van Es	2,897	96.57
17	Slowpoke	Mr. Tony Rodriguez	2,890	96.33
18	Jinny	Ms. Daranee Chueinoom	2,884	96.13
19	Sausage	Mr. Jeremy de Sausmarez	2,849	94.97
20	The Squire	Mr. Steve Mallon	2,828	94.27
21	Katie	Ms. Katie Alexander	2,817	93.90
22	Mrs Jammy	Mrs. Caroline Willbourn	2,771	92.37
23	Mac	Mr. Andrew McLean	2,754	91.80



### STOP PRESS - The Squire scores 34!

On the evening of 4th June, The Squire (Stephen Mallon) joined the Wall of Honour in the Churchill with a score of 34, equalling the previous lowest score in the Club.

### >>> BALUT DIARY – TO END OF SHIELD YEAR

DAY	DATE	EVENT	TIME	VENUE
Saturday	2nd July	Singapore Pairs	7pm	Singapore Cricket Club
Wednesday	6th July	Balut Shield	7pm	Wordsworth Lounge
Wednesday	20th July	Balut Shield	7pm	Wordsworth Lounge
Wednesday	3rd August	Balut Shield	7pm	Wordsworth Lounge
Wednesday	17th August	Balut Shield	7pm	Wordsworth Lounge
Wednesday	7th September	AGM & Balut Shield Awards Night	6pm	Suriwongse Room

Full details of Balut can be found at <http://www.teambalut.com>

# Children's Movies

## July 2011

**Come down and see all the Harry Potter Movies in top quality (Blu-Ray) on every Friday.**

**Movies Start from 5.30 pm.**

Harry Potter episode 1-2  
Harry Potter episode 3-4

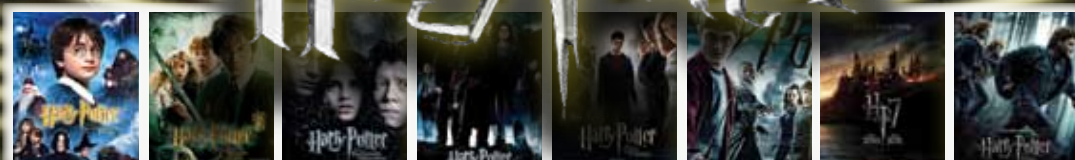
July 1st  
July 8th

Harry Potter episode 5-6  
Harry Potter episode 7

July 15th  
July 22nd



THE BRITISH CLUB  
BANGKOK







THE BRITISH CLUB  
BANGKOK

# STIEG LARSSON MILLENNIUM TRILOGY

With English audio  
and introduction to these  
special Swedish book-movies



**25th August 2011**

The Girl with the Dragon Tattoo



**1st September 2011**

The Girl Who Played With Fire



**8th September 2011**

The Girl Who Kicked The Hornet's Nest



# THE MONDAY NIGHT CLUB

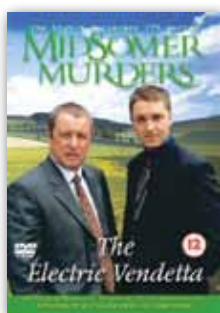
**Your weekly chance to sit back and relax .....**  
**The murder's on us.**

**JULY**

7pm in the Wordsworth Lounge.  
 Full F&B Menu available.

**THE MONDAY  
 NIGHT CLUB**

## 4th The Electric Vendetta

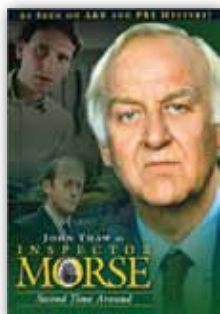


*A shocking way to go!*

Naked bodies in crop circles - some kind of Extra-Terrestrial orgy? Sadly this is Midsomer County so it is 'murder as usual'! However in this case, there are more bodies than actual murders!

The star-filled cast includes John Nettles as DCI Barnaby with guest stars Kenneth Colley, Nigel Harrison and Daisy Bates.

## 11th Second Time Around



*You only live twice!*

When Morse's old boss is killed, an 18 year old cold case comes back to life and now the race is on to find out who really did kill all those years ago and did he just do it again? Unfortunately, not everyone is on Morse's side with this one.

John Thaw is DCI Morse with guest stars Oliver Ford Davies, Kenneth Colley and Maurice Bush.

## 18th The Cornish Mystery/The Disappearance of Mr. Davenheim



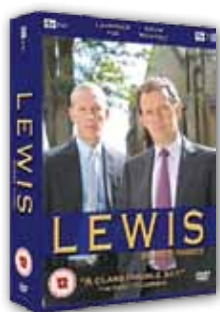
*Brooklands, my dear, is not near Holmby St. Mary!*

Another Poirot double bill ...

A poisoned wife, a missing banker, a five pound wager and the 1812 overture – what more clues does Poirot need before he can solve both crimes? In this double bill, we see Poirot go to Cornwall to solve one crime and stay at home to solve the other – can you solve them from the sofa?

David Suchet is Hercule Poirot with guest stars Kenneth Colley, Tony Matthews, Jerome Willis and Derek Benfield.

## 25th The Great And The Good



*'The key to the crime is in front of you'*

A drug rape case turns nasty when the only possible suspect has a Peer of the Realm as his alibi but then gets really bad when two bodies are found and ends with a tragedy – one of the dead knew who killed Lewis' wife.

Kevin Whateley is Inspector Lewis with guest stars Richard McCabe, Jason Watkins and Tim Dutton with Laurence Fox as Sergeant Hathaway and not starring Kenneth Colley!

## NEVER BEEN TO A MONDAY NIGHT CLUB?

*The Monday Night Crime Movie Club, (to give it its full name), is a small group of Members who gather at 7pm each Monday to watch a crime movie – the name comes from the first Miss Marple's Tuesday Night Club!*

*Everything is informal but booking ensures a seat. Some Members eat in the Churchill Bar ahead of the movie, most eat during the movie (full F&B service is available) and some eat afterwards.*

*We are currently running in a sequence of Midsomer Murders, Morse, Poirot and Lewis with the occasional Miss Marple or Sherlock thrown in for good measure.*

*It is a fun relaxing way to start the week and, of course, is free of charge!*

# Susie's Kids Korner



## SUMMER BREAK CRAFTS

### WHIRLING BIRD

Take this tagalong playmate for a run, and his propeller goes all a-twitter, his colourful body dancing through the air.

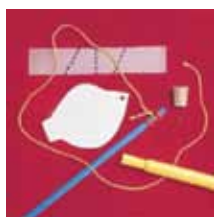


#### Materials

- Thin cardboard
- Craft Knife
- Markers
- Plastic milk jug (or detergent jug)
- Thumb tack
- Cork
- Yard of string
- Dowel (¾ inch by 18 inches long). Or, a chopstick will do.
- Rubber bands

#### Instructions

1. Cut a bird shape from the cardboard, and decorate with markers.
2. To form the propeller, cut a 1½ inches wide by 8 inches long strip from the milk jug. Fold the plastic strip in half, then fold down each side diagonally to the right. Pierce the centre of the middle crease with the tack, then press the tack into one end of the cork so the propeller spins freely.
3. Cut a ½ inch deep slit across the other end of the cork and slide the tail end of the bird into the slit.
4. Punch a hole in the bird's beak and tie on the string. Tie the string's other end to the dowel, wrapping rubber bands around the dowel on each side of the knot to prevent it from sliding off.



### OCEAN IN A BOTTLE

Not going to the ocean this summer? Make your own!

#### What you need:

- Empty 2 litre plastic bottle with a lid
- Clear vegetable oil or mineral oil
- Water
- Funnel
- Blue food colouring
- Small star fish, shells and other sea creatures (plastic toys will do too!)
- Glitter
- White craft glue
- Hot glue (*get an adult to help with this*)



#### Steps:

1. Wash and dry 2 litre bottle and remove all labels.
2. Fill bottle halfway with tap water.
3. Add a few drops of blue food colouring and swirl around to mix.
4. Add a little glitter.
5. Add sea creatures.
6. Using a funnel, fill the bottle the rest of the way with vegetable oil.
7. Make sure the rim and cap are dry, and then apply white craft glue around the rim. Seal the cap.
8. Have an adult put a layer around the outside edge to keep it from leaking.
9. Turn the bottle on its side and gently rock the bottle to create your very own waves!



## SUMMER BREAK JOKES

Which letter is the coolest?  
*Iced T.*

Q: What did the pig say at the beach on a hot summer day?  
A: I'm bacon!

What has four wheels and flies?  
*A Garbage Truck*

How do you catch a unique rabbit?  
*Unique up on it!*

What animal can jump higher than a house?  
*Any animal. A house can't jump!*

What runs but never walks?  
*Water!*



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- Rates are subject to change without prior notice
- Stays must be over 6 months for special rates and benefits to apply
- All room rates are net, inclusive of 10% service charge and 7% applicable government tax, and are per one month stay

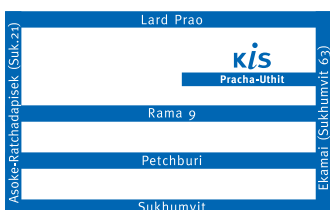
*i* think, therefore IB



KIS International School is an IB world school through and through. The school is authorized for all three International Baccalaureate programmes for students from 3-18 years (Primary Years, Middle Years and IB Diploma). KIS lives and breathes the IB philosophy, offering a high-quality education, encouraging international-mindedness, and instilling a positive attitude to learning.

KIS guides students to be engaged global citizens and lifelong learners by offering a broad and balanced international curriculum of high academic standards.

KIS is a leading light in IB education. Contact us for more information or to visit our spacious campus, located near Asoke-Ratchadapisek.



Area map only. For directions see [www.kis.ac.th/location.html](http://www.kis.ac.th/location.html)



[www.kis.ac.th](http://www.kis.ac.th)



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