

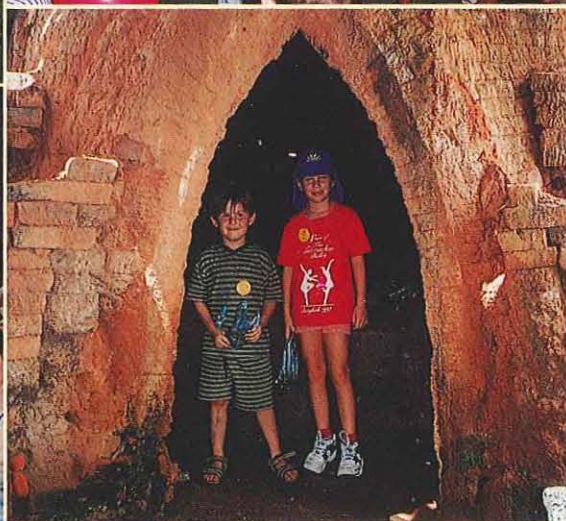
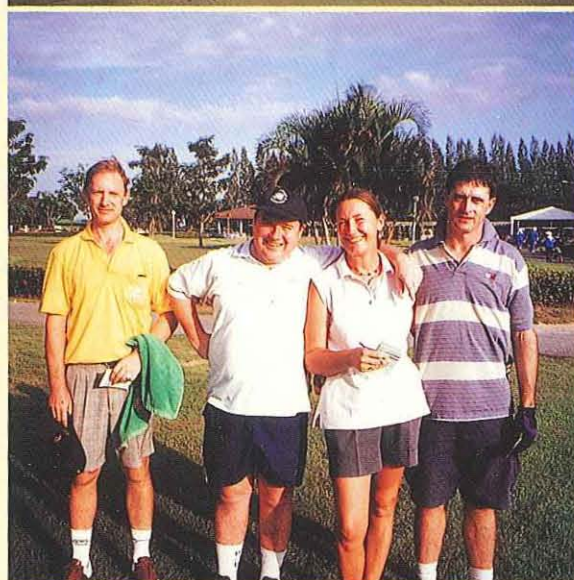


Outpost

August

M A G A Z I N E

2000



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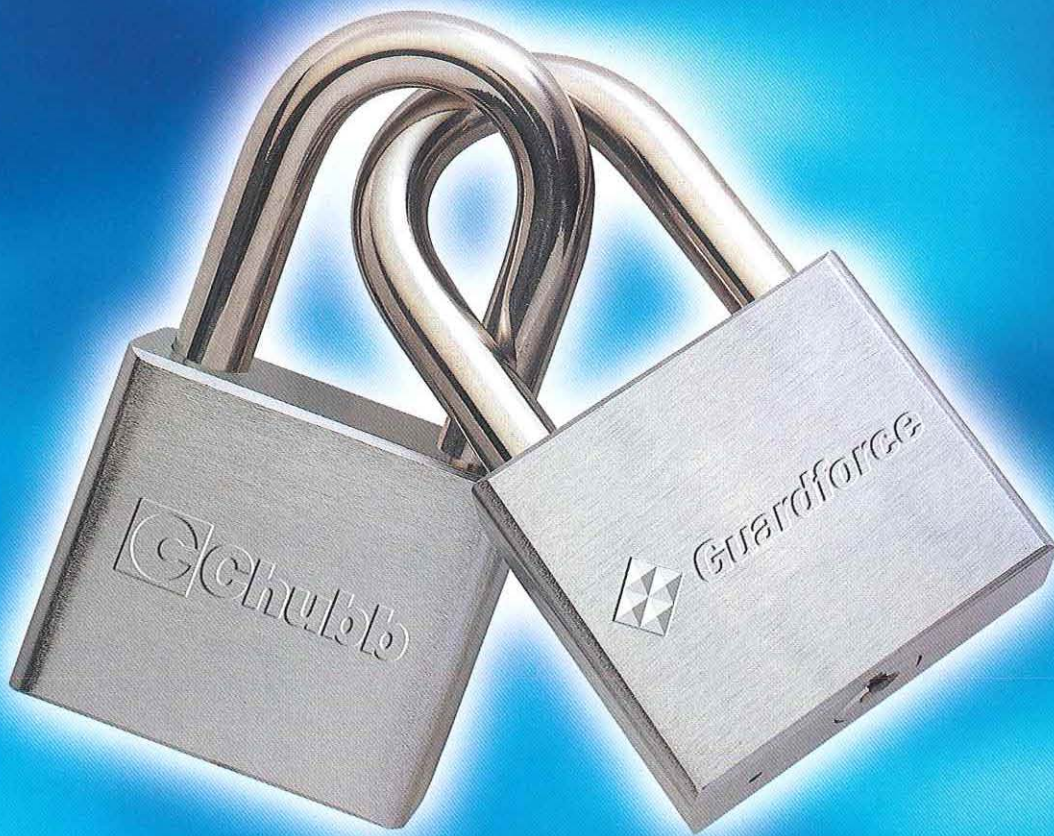
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The British Club

is a family, sporting and social club with an international membership. For details about the Club contact the Membership Marketing staff at 189 Surawong Road, Bangkok 10500
Tel: 234 0247 Fax: 235 1560
Email: britclub@loxinfo.co.th Website: www.britclub.com



Contributions

If you would like to contribute to Outpost please contact the Editor, Gaynor de Wit, on tel: 285 4721-3, fax: 678 1292 or email: creativ@loxinfo.co.th



Outpost Magazine

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



Front Cover

Feeling the heat: a kiln on Koh Kred
Mums and babies take to the water
Fun and games at the Coca-Cola factory
Golfers getting out and about
Members re-boarding the boat at Koh Kred

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Outpost Magazine

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Miss me?

Not much to report from me this month, having spent half of last month on holiday in Britain and New York State, and terrific fun it was too but boy, am I jetlagged at time of writing. Weather in both places was considerably better than here, too, which made it all the more enjoyable.

Unfortunately, having already booked my flight, I discovered that the July New Members Night had been shifted back a week, which meant that my brave colleagues Ian and Niramol had to take over the duty of photographing and obtaining bio details that evening, and Ian has also very kindly written up this month's crop for me.

As a result of my little jolly overseas, there isn't a 'Meet a Member' interview this month, hopefully I will have got my head around this jetlag by the time I start the September issue.

Following the inclusion in last month's issue of the Loyal Societies contact details, I have incorporated the President/Chieftain/Bard of each onto the calendar page, so that there is a useful and regular reference point for members. And it has somewhat belatedly occurred to me that it might be a good idea to include all the organisations housed at the British Club, and perhaps some of the other community organisations, so if groups like Bangkok Community Theatre, BAMBI, the women's groups and any others I've forgotten would like to nominate one representative contact person and/or a day-time telephone number which is in working order (you'd be surprised...) I will include it on the calendar page. Over to you!

Please send this information to me in writing, either by leaving a message for me in the *Outpost* pigeon-hole at the Club or by sending me a fax (678 1292) or email (creativ@loxinfo.co.th). Any queries, please call me on 285 4721-3. Also please note that I will not be chasing for updates; if the contact person or number changes it is up to the organisation to let me know.

A fair few pictures in this month's issue of *Outpost*, I'm delighted to say; a goodly number taken by yours truly during the pleasant BC trip to Koh Kred at the end of June (and there were several more I had to leave out!), but there's also pics from the Coca-Cola trip, the Greek food promo and the bar quiz held in June, as well as a goodly smattering of sports photos. Keep it up!



Gaynor de Wit - Editor

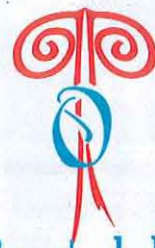
A handwritten signature of Gaynor de Wit in cursive script.

Gaynor de Wit
Editor

Dancing



More scenes of confusion, hilarity and – occasionally – elegant movement during the recent ballroom dancing classes!



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Despite the summer holidays the Club usage has been extremely good during the month of July. We really appreciate the support from our Members during a traditionally low season.

On the development side it will be busy in August. From the end of July until 28th August we will be replacing the fence around the top two tennis courts. We appreciate that this will cause some inconvenience for tennis players but from September onwards the fence project will be completed and a new surface applied on these courts.

On the health and safety projects we will start installing a smoke detector system in the Clubhouse and adjacent kitchens from 21 August. This project will take approximately 12 days to complete. Also, the upgrading of electrical works will commence on 21 August. The flooring at the Silom Sala has been completed and furniture, light features and the bar counter will be replaced before the end of the year.

Over a hundred Members have applied for the direct debit facility. Presently we have arranged direct debit agreements with the following banks: Thai Farmers Bank, Siam Commercial Bank, Bangkok Bank, Bank of Asia and also two foreign banks have agreed and approved direct debit arrangements, Hongkong Bank and Standard Chartered Bank. Please contact Khun Varce in the Accounts Dept if you wish to apply for a direct debit facility.

Recently there have been some staff changes and I would like to make the following announcements:

Khun Ning has been appointed as Membership Secretary and Secretary to the General Manager.

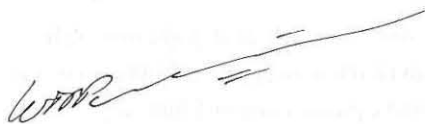
Khun Weena, former GM Secretary, has been transferred to Membership Sales to assist Khun Aey.

Khun O has been appointed as Training Officer.

Khun Metha will take care of the Garden and Maintenance Department.

We appreciate the support from Members who replied to the letter regarding the email addresses. On a weekly basis we will send an update on special activities at and around the Club by email, which is a far more cost effective way than sending flyers by mail. We look forward to meeting you at the Club in the not-too-distant future.

Yours sincerely,



Willem T. Pentermann
General Manager



Willem T.P. Pentermann - General Manager

Tiger, Tiger, Burning Bright

"The Whole Nine Yards" Film Night

Friday 11 August

See Bruce Willis in action in this comedy, "The Full Nine Yards". Cost is Bt 250 per person, including a light supper buffet.

BC Trip to Sriracha Tiger Zoo!

Wednesday 16 August

A trip for the whole family to the Sriracha Tiger Zoo, leaving the BC at 9am on the 16th. More than just amazingly healthy Bengal tigers, this breeding farm now has



camels, crocodiles and a whole creepy crawly section including scorpions, a local culinary delicacy! Cost still to be confirmed, for further details please contact Khun O or Barry at the Club.

An Evening of Magic

Friday 18 August

An evening of magic and illusion with Derek Rutt, magician extraordinaire; Bt 600 includes a show suitable for adults and children alike and a 3-course set dinner. A 7.30pm start and a scheduled 9.35pm end, so that the kids can come along. Please sign up at Reception or call Barry for further information. Vegetarian or children's meals available on advance request.

Free Wine Tasting

Thursday 24 August

This month sample the wines of Berli Jucker in the Snooker Room, and take advantage of this opportunity to purchase wines at reduced prices. Contact Khun O or Barry or sign up at Reception.

Bar Quiz Bafflers...

Friday 25 August

By popular demand, the BC will be racking members's brains with another Bar Quiz in the Churchill Bar on Friday 25th August, kicking off at 7.30pm. Teams of six are

needed, at just Bt 100 per head; sign up at Reception. Please note: the quiz is limited to 11 teams, and on the last two occasions we've actually turned teams away, so book now!!

Eastern & Oriental Express

October 28

The BC and E&O are offering a really special treat on the fabulous Eastern & Oriental Express train: a deluxe ride to Ayutthaya and back on Saturday 28th October, with a sumptuous 4-course meal during the five and a half hour trip. Explore the dining carriage and bar and the viewing platform. Places are limited to 60 people only, and the price is Bt 8,000 per person, including the coach transfer to Hua Lumphong Station and all beverages on the train. Please contact Barry (Casey Jones!) for further details.



REGULAR EVENTS

Churchill Bar Cocktails!

Now available: a small range of cocktails at just Bt 95 per glass! Currently we have Mai Tai, Pina Colada, Banana Daiquiri and special Cocktail of the Month; if these prove popular we will expand the list to include more of your favourites.

No Fixed Abode in the Bar

Friday nights
Come and listen to 'No Fixed Abode', Bangkok's Celtic, Antipodean and folk

band, every Friday in the Churchill Bar from 8pm until midnight, and enjoy an evening of good music, fine fare and convivial atmosphere!

No Poolside BBQ in August

Please note that the poolside barbecue is taking a break in August for the summer holidays and will return in September.

Kids Corner

Every weekend there are activities for kids.

Orange squash and popcorn will be provided free of charge at both events. For details, please contact Khun Aey.

- Saturdays – a cartoon movie from 2pm onwards in the Surawongse Room or the Wordsworth Room.
- Sundays from 2pm to 3.45pm – children's games on the front lawn, such as lawn games, board games and an art corner. At 4pm there is a cartoon movie shown on the second floor of the Clubhouse.

Confidence in the Water

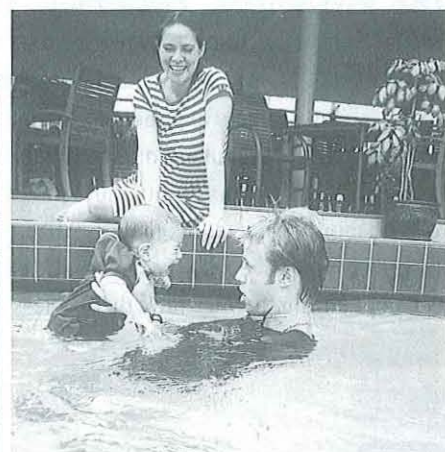
I have recently added the photographic element to the Baby Swimming, courtesy of Peter Gary and his super underwater camera. As the photos show, everyone was having a great time, well, almost... Christian (the crying baby) was the most relaxed in the other three classes – I think I must have been sour milk day!

It was quite something to see the kids and mums learn and relax together as the 4-week course progressed. The pictures are a trial but I hope will become part of the course, whenever Peter is free!

For anyone interested, I will be conducting the classes on Saturday afternoon at about 1pm and if there is enough interest I will add another day during the week. Your baby must be over four months, six months is even better. Do not wait too long, however – we want them (and you) to learn early that water is fun and not to be afraid of!

Hope to see all of the new babies when classes begin in September!

Damon Nemish



BC Summer Camps August

• Sailing Camp

August 14th-17th, Varuna Yacht Club, Pattaya

The trip is all inclusive of transportation, accommodation, food and sailing. Beginners will learn to sail in Optimists; more advanced sailors will learn in Lasers.

Children must be 9 years of age or more, and able to swim 50 metres. Life Jackets are compulsory for all students. Minimum 6, maximum of 18 students. Cost: 6,350 baht.

• Sports Camp

August 21st-25th, British Club, 9:00am-4:00pm

Age groups are 5-8 and 8-13. The children will partake in lessons of Tennis, Swimming, Squash, as well as a plethora of other games, art activities and movies. All food and drink is included - leave your kids at the BC for the day! Cost: 4,900 baht.

Fax to 235-1560 E-mail: britclub@loxinfo.co.th , or sign up at Reception

Name: _____

Club no. _____

Child Name	Age	Development Swimming	Advanced Swimming	Sailing Camp	Sport Camp

More Turtles

Congratulations to the following British Club members having graduated in late June and July as PADI Open Water divers:

David, Nicole and Danielle Weinberg, Ian Walton, Christian Relster, Christopher Iuul and Robert Braun. Carly Young completed all her PADI Open Water course pool and academic requirements, but due to weather conditions and a tight schedule for moving to the UK was unable to complete her 4 open water dives. Hopefully, Carly will return in December to complete them.

I'm happy to notice there appear to be more turtles around the popular dive sites at the outer islands Koh Rin and Koh Man Wichai near Pattaya as well as Samae San by the Hardeep wreck and the south end of Koh Chaung.

The Prevention, Definition, Causes, Symptoms, Signs and Treatment of Decompression Illness (DCI)

This month's Diving Medicine and Health update is on a topic that most new scuba divers as well as many experienced divers hear and talk about, but are often not very knowledgeable. At this point I must stress to both non divers as well as certified divers who practice safe diving practices as taught during their training there is less

than 1% chance of ever have any problems. Their chances of DCI injury are less than a person getting struck by lightning!

- **Prevention:** To avoid DCI, the diver is taught a few simple rules: The most important rule in scuba diving is simple: "to breathe continuously and never hold their breath". The other rules include: "to stay within the established depth and time limits of recreational diving" and "to ascend slowly from every dive". (Divers-*The US Navy's new recommended ascent rate as of September 1995 is no longer 60ft./18 meters per minute, but now 30 ft./ 9 meters per minute.*)

- **Definition: Decompression Illness (DCI)** is actually two separate conditions, but are often used interchangeably. The first condition is "**decompression sickness**". This is when nitrogen gas in the body forms small bubbles and can cause a variety of mildly painful to fatal conditions. The second condition is "**lung over expansion injuries**".

- **Cause:** Decompression sickness is the inadequate elimination of excess nitrogen gas in the body following a dive that develops into nitrogen bubbles. (Think of opening up a soda water bottle and seeing the bubbles rise to the surface.) It first appeared in laborers that were working in

pressurized caissons digging tunnels under riverbeds nearly 150 years ago. Today, in scuba diving, it is more often the error of the diver by mis-using or not properly using dive tables, computers or not accurately determining dive bottom time or using inaccurate depth gauges, etc. It can also occur to aircraft passengers and pilots at high altitude during a rapid cabin decompression accident.

Breathing compressed gases and holding one's breath while ascending causes lung over expansion injuries. This causes bubbles to rupture the small cells of the lungs and the bubbles to lodge outside in the chest cavity or into the blood flow going to the brain. This can occur while breathing compressed air and then breath holding during ascent from as little as 2 meters of water from the surface.

- **Symptoms:** The most common are: extreme fatigue or weakness, skin itch, pain in the arms, legs or torso, dizziness, numbness, tingling and paralysis, and shortness of breath.

- **Signs:** Blotchy skin rash, favoring an arm or leg, rubbing a body joint, staggering, coughing spasms, collapse and unconsciousness.

Signs and symptoms may occur underwater or as long as 36 - 48 hours after a dive. 95% occur upon surfacing within 2 hours.

If located within the central nervous system, DCI has a relatively short reaction



Nicole, David and Danielle Weinberg.



Ian Walton.

time. Over half of the cases become symptomatic within 10 minutes of surfacing and over 90% within 3 hours. Pain-only DCI tends to be longer with 90% of the cases becoming symptomatic within 6 hours or more of surfacing.

- **Treatment:** First aid. Place the diver laying on the left side, head supported. Administer 100% oxygen if available, this lowers alveolar nitrogen partial pressure and safely accelerating diffusion of nitrogen from the blood. Increasing the blood oxygen level may assist starving tissues receiving less than normal blood due to bubble blockage. Seek medical assistance immediately.

Secondary medical treatment: Recompression in a special chamber which forces the nitrogen bubbles inside the body into a smaller size or back into the blood. Oxygen therapy and drug therapy are also included as needed.

- **Re-compression:** Never put a diver (assuming the diver is and remains conscience and responsive the entire time) suspected of having decompression sickness back into the water for recompression.

- **Treatment of decompression sickness for recreational scuba divers is practical only in a recompression chamber with a qualified medical staff.**

A diver requiring DCI treatments can range from a single treatment in as little as 2 hours to several treatments with the longest up to 48 hours at pressures equal to 60 to 165 feet. These treatments are not free! PADI and DAN (Diver's Alert Network) have very inexpensive insurance that covers DCI accidents as well as many other diving problems. Normal health accident and life insurance normally do not cover these situations.

- **Factors predisposing divers to decompression sickness.**

Age, excess fat, heavy exertion-during or after a deep dive, injuries and illness, dehydration, use of alcohol, cold water diving, hot shower or bath following a deep dive, carbon dioxide increase - from skip

breathing, improper breathing and flying too soon after diving and driving at sea level then going too soon to altitude of 300 meters or above sea level.

Recompression chambers are not only used for diver treatment, but are also very effective in a range of medical non-diving conditions using high-pressure oxygen therapy. I have prepared the following PADI course for those that are interested in learning more about what to do in the event of a DCI accident and to experience nitrogen narcosis in a safe and controlled environment:

Orientation to Recompression Chambers

PADI Distinctive Specialty Course By Peter C. Gary

- **Purpose**

The purpose of the PADI Orientation to Recompression Chambers Distinctive Specialty course is to familiarize divers with the skills, knowledge, planning, organization, procedures, techniques, problems, hazards, and beneficial uses of recompression chambers. The specialty course is intended to serve as a safe, supervised introduction to hyperbaric diving. Training emphasizes safety and educational awareness of recreational scuba diving including 12 medical and current research activities.

- **Who should take this course**

This course is highly recommended for those who have already have or will take the PADI Advanced Open Water, Advanced Open Water Plus, Wreck Diver, Deep Diver Specialty and Rescue Diver courses.

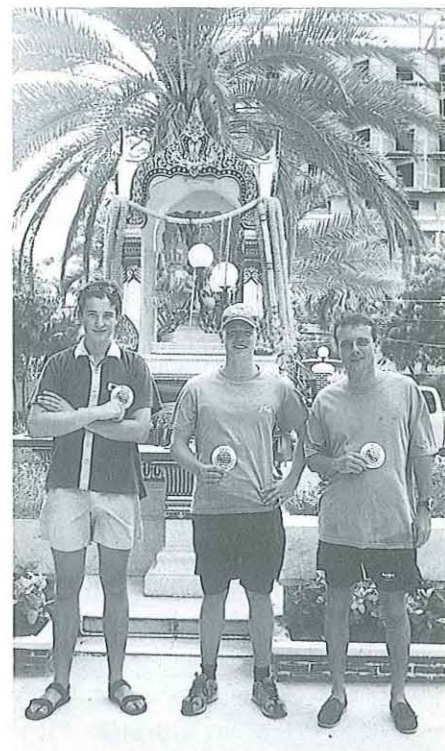
- **Prerequisite**

Certification: PADI Open Water Diver or an equivalent rating.

Minimum age requirement: 12 years

- **Course overview**

There will be one classroom session and



Christopher Juul, Christian Relster and Robert Braun.

one chamber dive. The hyperbaric dive is to be conducted between 60 feet / 18 metres to 130 feet / 40 metres.

During the dive you will perform simple related tasks and learn personally the effects of nitrogen narcosis.

Student-to-instructor ratio: 4:1 as effectively limited by chamber capacity.

- **Upon course completion**

Upon successful completion of the course, each student will receive the PADI Orientation to Recompression Chambers Distinctive Specialty certification card, Specialty wall certificate and Distinctive Specialty emblem.

Peter C. Gary



"Bernie - He Very Strong, He Very Long - But Sometimes Wrong Direction"

So said the Chairman of the Japanese Association on presenting the HONDA trophy to the victorious British Club team captain. The BC won the pairs combined stableford matchplay competition by 7 ? to 5 ? games.

Single stableford winner was Joom White with 43 points. A splendid day ended with the BC inviting the Japanese Association back to the Sala for one of Barry's delicious barbecues. No Fixed Abode provided the entertainment. Paul Jenson was joined by two Japanese colleagues who proved they could jig as well as any Irish man.



Japanese game show

BC wins MERC

The combined pairs stableford matchplay proved to be a winning format once again, this time against the Lighthouse. Held at Lad Krabang on 8th July, the BC beat the Lighthouse by 6 ? to 4 ? matches. Prizes including the remodeled trophy were kindly sponsored by Peter Ford and MERC the recruiting consultancy company. Paul Nears Jr won the single stableford competition with 45 points. There were three runners up each with 43 points but on countback second, third and fourth places go respectively to Matthew Baker, Andrew Robertson and Andre Tissera.

Near pins were won by Gerry Healy, Andy Lazenby, Garry Burke and Peter Williams. Matthew Baker and I won long drives and Sriwan Forrest won the longest putt competition on the 18th with a fine putt which went over hill and under dale.

Don't Forget

- the trip to Sri Lanka at the end of September
- many courses only allow soft spikes
- the TRAFALGAR whole-in-one competition
- discounts for BC members at Muang Keaw Golf Course

I Can't Wait

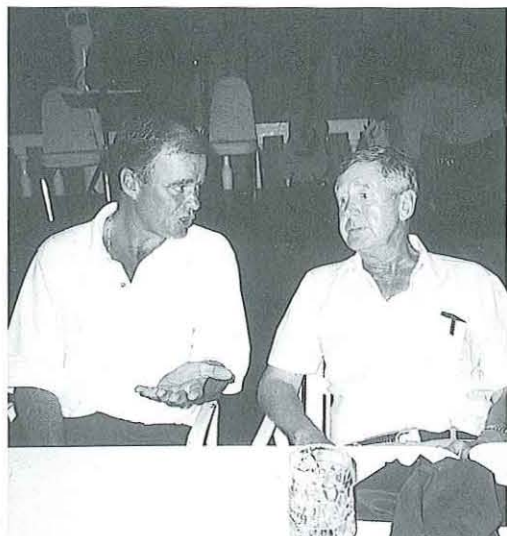
"I hate this game - and I can't wait till tomorrow to play again" — Jeff Sluman

Next Outings

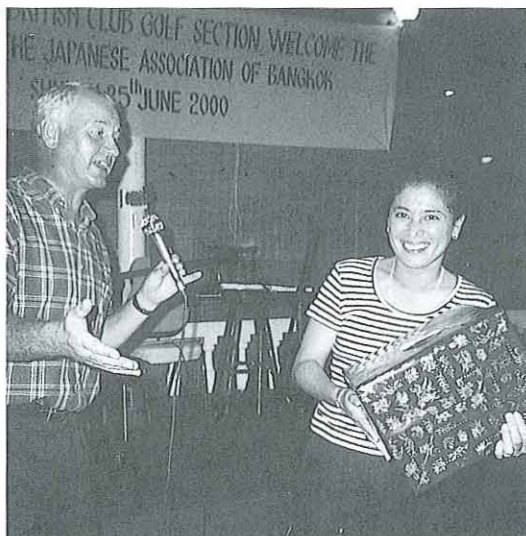
If you would like to be notified of all future events please send me your e mail address to kc@bluecross.co.th

- Saturday, Sunday and Monday, 12th to 14th August – Dunlop Cup at Grand Garden, Kanchanaburi
- Sunday, 27th August at 11.42am – Medal 3 at Subhaprueck
- Sunday, 10th September – Rysome Bowl at Muang Keaw

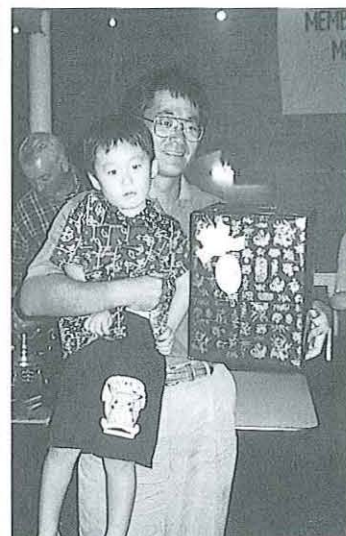
Karen Carter



Putting the world to rights



Winner Joom



Look what I won



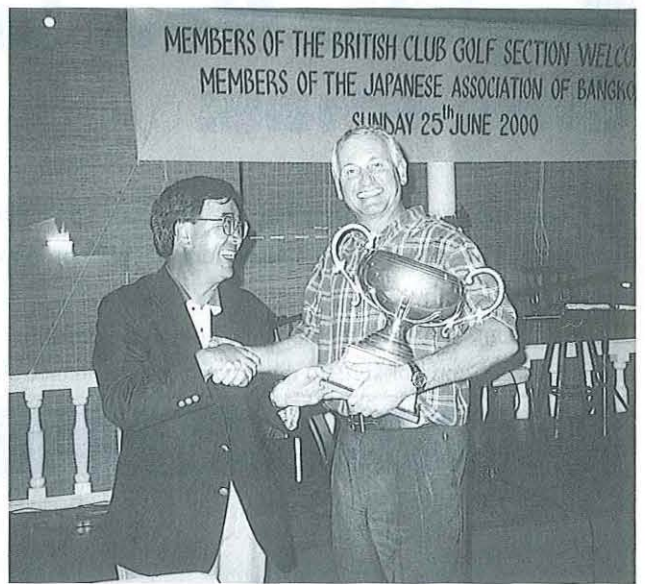
No Fixed Abode



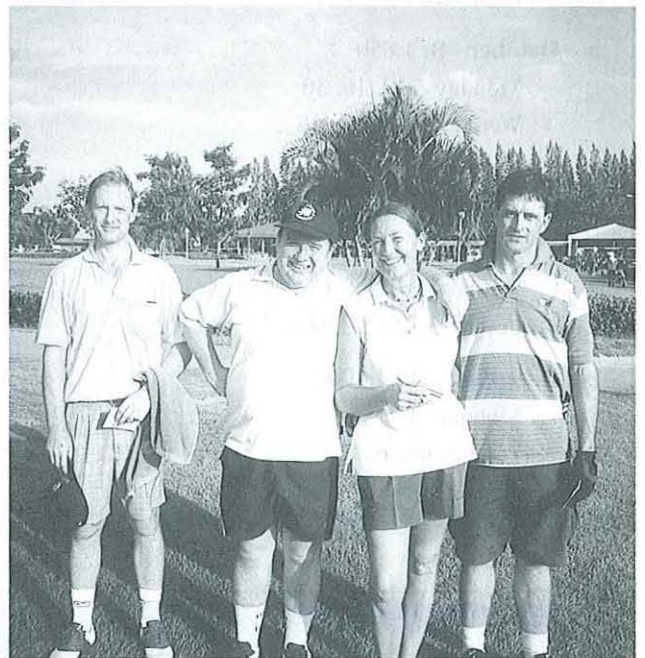
The Ford family



Winners Paul, Matthew, Andrew, Andre



The Honda Cup



Teacher's pets



The MERC Trophy

Register Now to Get Fit for Christmas!

Following are the schedules for the major sport classes for the remainder of the year, from September to December. Please note that these classes are payable on a monthly basis, and that the price varies according to the number of lessons per month.

There will be no lessons held on public holidays. For further information or to sign up for any of these classes please contact Damon at the Fitness Centre or sign up directly on the attendance sheet.

AEROBICS

Mondays, Wednesdays and Fridays 9.30-10.30am

- **September** – Bt 2,200
Monday 4, 11, 18, 25
Wednesday 6, 13, 20, 27
Friday 8, 15, 22, 29
- **October** – Bt 1,850
Monday 2, 9, 16, 30
Wednesday 4, 11, 18
Friday 6, 13, 20
- **November** – Bt 2,350
Monday 6, 13, 20, 27
Wednesday 1, 8, 15, 22, 29
Friday 3, 10, 17, 24
- **December** – Bt 1,100
Monday 4
Wednesday 6, 13
Friday 1, 8, 15

MASTERS SWIMMING

Mondays and Thursdays, 6-7pm

Quentin Stossel is an excellent, energetic swimmer and coach, who can help you to learn to swim better/improve fitness/improve your stroke or do your first triathlon.

- **September** – Bt 1,200
Monday 4, 11, 18, 25
Thursday 7, 14, 21, 28
- **October** – Bt 1,200
Monday 2, 9, 16, 30
Thursday 5, 12, 19, 2 Nov
- **November** – Bt 1,200
Monday 6, 13, 20, 27
Thursday 9, 16, 23, 30
- **December** – Bt 300
Monday 4
Thursday 7

AQUA AEROBICS

Tuesdays and Thursdays, 10.30-11.30am

- **September** – Bt 1,000
Tuesday 5, 12, 19, 26
Thursday 7, 14, 21, 28
- **October** – Bt 1,000
Tuesday 3, 10, 17, 31
Thursday 5, 12, 19, 2 Nov.
- **November** – Bt 1,000
Tuesday 7, 14, 21, 28
Thursday 9, 16, 23, 30
- **December** – Bt 375
Tuesday 12
Thursday 7, 14

TENNIS WITH THE PRO

Friday Nights with Paul Ho

Category*	Time	Price per 4 weeks
Mini Tennis (4-6 yrs)	3.30-4pm	Bt 750
Beginner I (6-9 yrs)	4-5pm	Bt 1,500
Beginner II (8-11 yrs)	4-5pm	Bt 1,500
Intermediate (12 yrs+)	5-6pm	Bt 1,500
Advanced (12 yrs+)	5-6pm	Bt 1,500
Adult (15 yrs+)	6-7pm	Bt 1,700

* Note: Ages are guidelines only; ability is the main factor in deciding what course is most suitable.

Sport Classes

SWIM INSTRUCTION - Tuesday p.m.

Category*	Time	Price per 4 weeks
Toddlers (2yrs)	3-3.30pm	Bt 650
Water Awareness (2-4 yrs)	3.30-4pm	Bt 650
Stroke Development (4-6 yrs)	4-4.30pm	Bt 650
Stroke Advancement (6-8 yrs)	4.30-5pm	Bt 650
Junior Stroke Improvement (8+)	5-5.45pm	Bt 850

* Note: Ages are guidelines only; ability is the main factor in deciding what course is most suitable.

- **September**
Tuesday 5, 12, 19, 26
- **October**
Tuesday 3, 10, 17, 31
- **November**
Tuesday 7, 14, 21, 28
- **December** (if enough are interested)
Tuesday 12

SWIM INSTRUCTION - Saturday a.m.

Category*	Time	Price per 4 weeks
Toddlers (under 2 and a half, with a parent)	9-9.30am	Bt 600
Water Awareness (2-4 yrs, no parent)	9.30-10.30am	Bt 600
Water Confident (4-5 yrs)	10-10.30am	Bt 600
Water Skills/Stroke Development I (5-7 yrs)	10.30-11am	Bt 600
Stroke Development II (7-9 yrs)	11-11.45am	Bt 800
Junior (Stroke Correction, 8-13 yrs)	12 noon-1pm	Bt 950
Baby Swimming (6-18 mths)	1-1.30pm	Bt 600

* Note: Ages are guidelines only; ability is the main factor in deciding what course is most suitable.

- **September**
Saturday 2, 9, 16, 23
- **October**
Saturday 30 Sep, 7 Oct, 14, 21
- **November**
Saturday 4, 11, 18, 25
- **December** (TBC)
Saturday 2, 9

SWIM SQUAD and /or INSTRUCTION - Friday Nights

Swim Squad requires an ability to swim 100-200m continuously and is scheduled for 5.30-6.30pm, but this time is subject to coordinating with the tennis coaching. Price: Bt 400 for the 4 weeks, Bt 300 for 3 weeks or Bt 130 drop-in fee.

Swim Instruction:

Category*	Time	Price for 4 weeks
Water Awareness (4-6 yrs)	4.30-5pm	Bt 650
Water Confident (6-8 yrs)	5-5.30pm	Bt 650

* Note: Ages are guidelines only; ability is the main factor in deciding what course is most suitable.

- **September**
Friday 1, 8, 15, 22
- **October**
Friday 29 Sep, 6, 13, 20
- **November**
Friday 3, 10, 17, 24
- **December**
Friday 4, 8

Calendar

British Club Sports and Entertainment Calendar - August 2000

Sundays



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

MAKE A NOTE!

11th: The thrills and spills of "The Whole Nine Yards", the film starring Bruce Willis

16th: A roaring day out for the whole family to Sriracha Tiger Zoo

18th: An Evening of Magic dinner entertainment to amaze kids and adults alike

24th: More free wine guzzling, sorry, tasting in the Snooker Room

25th: Another brain-storming session with the ever-popular Bar Quiz

Mondays



8.00 am BWG Mahjong
9.30 am Aerobics
6-7 pm Masters (Adult) Swim Training
Happy Hour
6 - 8 pm Tennis Team Training
7 - 9 pm

Tuesdays



7 am Ladies Golf
8 - 10 am Ladies Tennis
10.30 am Aqua Aerobics
3 - 5 pm BC Swimming Instruction
6 - 8 pm Happy Hour
7 - 9 pm Football Training
7 pm Social Dance
7.30 pm Darts
8 - 11 pm Friendly Bridge
9 pm Gentlemen's Spoof

Wednesdays



9.30 am Aerobics
4.30 - 9 pm Squash Coaching
6 - 8 pm Happy Hour
6 - 9 pm Tennis Mix-in
6.30 pm Cricket Nets

Thursdays



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

Fridays



9.30 am Step Aerobics
3.30 - 6 pm BC Tennis Coaching for Children
4.30 - 5.30 pm BC Swimming Instruction
5.30 pm Swimming - Junior Squad Training
Happy Hour
6 - 8 pm Adult Tennis
6 - 7 pm Poolside BBQ
6.30 - 9 pm 'No Fixed Abode' in the Churchill Bar
8 pm

Saturdays



9 am - 12 noon Squash Coaching
9 am - 1.30 pm BC Swimming Instruction
4.00 pm Casuals Football
6 - 8 pm Happy Hour

Sports - Contact

Aquatics	Michele Law	295 4595
Badminton	Anant Leighrahathorn	654 0002-29
Bridge	Ernest Lee	612-3580 ext 503
Cricket	Nick White	246 0832
Football	Martin Conisbee	366 0432
Golf	Bernie Adams	675 6123
Rugby	Jon Prichard	662 6376
Sailing	Damon Nemish	266 0597
Scuba Diving	Peter Gary	634 7792
Squash	Peter Corney	381 7240
Tennis	David Blowers	285 4721-2

Loyal Societies

St George's	Andrew Pickup	245 6400 x 229
St Andrew's	Rosemary Imlah	437 9693
St Patrick's	Jerome Kelly	682 7526
St David's	Gareth Hughes	01 859 6140

Venues

Badminton	Soi Nares, behind Bangrak Police Station
Aerobics	Squash Court 3
Casuals Football	Colgate Ground, Rama III
Massage	Near the BC Squash Courts

Opening Times

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

A Smashing Time Had By All

Greek is obviously a popular choice among members, as this promotion held over the weekend of 14-16th July attracted 100 members, second only to, er, the Greek Food Promo held in May 1998!

Yes, one hundred tongues wrapped their way around traditional dishes such as Kakavia, Domatossalata Horiatki (salad, to you and me), Taramasalata, Dolmades, Arni Sto Harti Kleftiko (lamb), Souvlaki and Tzatziki, rounded off for the sweet-tooths with Baklava and Halva.

All of these favourites were recreated in the Club kitchens by Khun Boonlert and his team of chefs; well done lads. Also thanks to Dong, Kasem, Penkhae, Sakultala and all the waiters. Thanks also to Bob Coombes (Choice Foods), Vince

(Fine Foods) and Jim 'Mr Carlsberg' Napier who helped supply the ingredients and free beer for the evening. Decoration and music were provided by Olympic Airways and the Greek Embassy.

Of course, a big thank you to the members who supported this promotion, our 22nd event.

If members have any idea for another food promotion – and a couple of good cook books – please give Barry a call and we'll see what we can create. Otherwise, see you at the next promotion!



Paws for Thought

The Health Benefits of Pets

Did you know...?

There's evidence that

heart attack victims who have a pet to go home to have higher survival rates than patients without pets.

Marriage counsellors

have found that couples argue less and communicate more when their family pet is in the room with them.

When people talk

with other people, their blood pressure rises; but when they talk to animals, their blood pressure decreases.

A few minutes

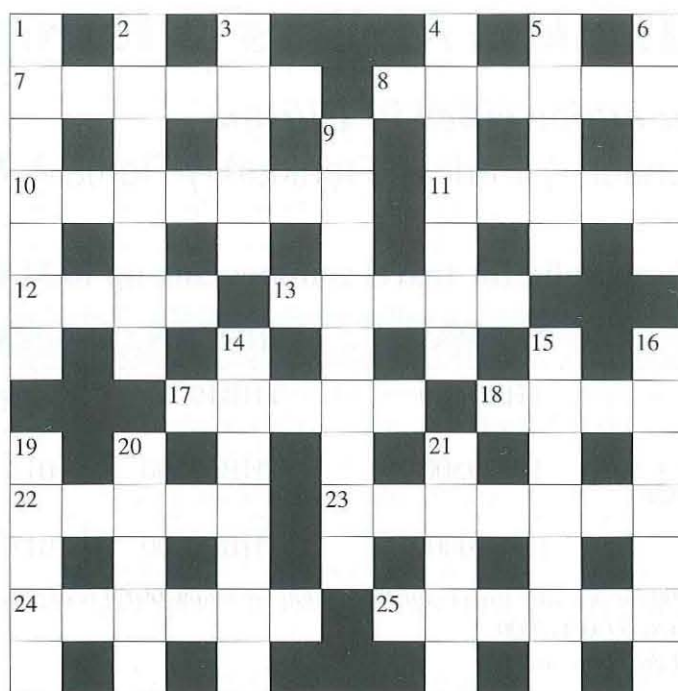
staring at aquarium fish can lower blood pressure – sometimes below resting rates.

If you want a companion animal – for health or other reasons – please contact Sherry Conisbee (tel: 285 1072), she has many dogs in need of loving homes.



One for the Fall

Not exactly 'Autumn' here, but what better as you laze about in the shade of a palm tree than to attempt this reasonably simple cryptic puzzle... or, as may be more appropriate for this time of year, while you're stuck indoors yet again for a couple of hours avoiding the ubiquitous afternoon cloudburst.



Across

- 7 Comment – that the examiner must do his work again?
- 8 Fantastic exit! (3-3)
- 10 Find a method of escape? You don't say! (3,4)
- 11 In midweek a bulletin for a capital city.
- 12 Tax on what we ought to do?
- 13 Go back in public transport – it's not genuine.
- 17 This girl's a nut!
- 18 A kind of examination.
- 22 Story about second grade making an item of furniture.
- 23 Different grading for this stingy fellow.
- 24 Deed done while the first part of the play is being performed?
- 25 Don't accept such rubbish!

Down

- 1 Disaster for the old in the attempt.
- 2 I mate it, ape!
- 3 Gloat on 500 for a lot of people.
- 4 Withdraw when the footballer is on strike? (4,3)
- 5 Cry of derision by a duffer.
- 6 A slender supporter – follow stealthily.
- 9 Many bones broken? Not at all! (2,2,5)
- 14 Roan let loose afterwards. (5,2)
- 15 Disperse when the rest period is over. (5,2)
- 16 Don fled from this great Scottish battle.
- 19 Belt for putting the pieces up.
- 20 Beast is around – but it helps!
- 21 Consent again in how old it is.

Solution to the July puzzle





Goodbye to a Class Act

A familiar sight at the BC tennis courts is coach Tom slugging it out in the mid-day sun with one of his many students rallying and Tom returning the ball coming back over the net with a beautiful flowing consistency. That classic backhand with the straight-armed follow-through, it looks oh so smooth! But after 13 years he's decided to call it a day.

Tom plans to return to live in his home province of Kanchanaburi to cultivate a plot of land growing mangos and other fruit for a living. "I won't get very rich, but I'll be happy and have a good life." Asked if he hadn't been a tennis coach what would he have done, he smiles "I started studying law but didn't complete my course. So I could have been a lawyer!" Tom's wife Siriphan, daughter Wipaphan (Noon) 11 years old and son Nithi (Nook) 9 years old play tennis occasionally as Tom only takes Sundays off.

Tom, real name Saroj Chindachot, began playing tennis at the age of 6 when he chose tennis over table tennis because he "liked playing in the sun." In those days tennis was played mainly by government office workers who would finish work at 4pm and play on the clay courts where Tom would earn money as a ball boy. "That tennis court has been abandoned for years. Now it's full of grass and weeds".

Tom's game developed rapidly and began

playing national competitions at the age of 12. He recalls an under 14s semi-finals match against Panomkorn Patchurnil, Tammy Tanasugarn's coach. Although the outcome was not favourable for Tom he learned the value of playing better players. At 20 he started working as a coach at the Old English Students Association where he worked for 18 years before several members moved to BC and invited him to be a coach here.

"Hard-working, reliable and honest" is one description of Tom from a regular, mid-day sun client of Tom's. Humour is also bubbling close to the surface of Tom's game and regularly pokes fun at the other players during friendly mixed doubles, laughing out loud during points, even trash-talking "Where are you trying to hit the ball?" or "Think you can get it past me?". All in jest but aimed also at challenging the ability of his loyal customers.

When asked who his favourite players, past and present, Tom says, Stefan Edberg and Tim Henman. Why? "They can serve-volley well, I can't", he replies. But ask anyone who has played against Tom when facing off in an exchange of volleys at the net and they'll tell you otherwise.

Tom ascribes to the "classic" style of tennis hitting flat shots that skim aggressively

along the court after landing. He says, "With the modern game of extreme western grips and top-spin you use up too much energy playing!" Tom has a game that looks relaxed, attractive and yet

powerful but is not easily replicated.

As a measure of how correct Tom's technique is, other coaches at the Club ask stu-



dents, "Ever watched Tom hit his backhand? That's how you should hit it." And while most of us complain of aching knees, elbows or wrists Tom never seems to complain about injuries which most likely reflects the correctness with which he hits the ball, even after 13 years at BC where he plays on average 7 hours daily.

When asked on the best way to improve one's tennis the answer was quite simple. Expecting a more specific reply, he simply says, "Play people who are better than yourself. It doesn't matter if you lose, you will eventually learn from your mistakes and improve."

"Kroo" Tom, we are all sad to see you go for what you've brought to all of our games. Your shots will be engraved, consciously or sub-consciously, in our minds. Thanks for the game.

Ken Lao



Farewells

Herewith the roll call of members leaving the Club over the summer; goodbye and good luck to all:

Garry and Jan Bentley, Graham and Fiona Burns, Gregory Dodds, Cam Vinh Gaines, Stephen and Carol Golsby, Phil Jackson, Caspar Mackay, James and Natalie McCartan, Augusto and Maguy Miranda, Rajan and Pearl Moses, Spencer and Cynthia Roberts, Myles and Wanpen de Vries, Jamie and Judith Woodford, Jennifer and Gerald Wright.

Through the Lens



Scenes from the Kids Corner, a range of reprobates snapped in the Churchill Bar and the party for those staff with birthdays in July, namely, Adsadang, Petchara, Pensri, Pradap and Shooshak – Happy Birthday!

CSB Courses

Some of the upcoming courses being held at Community Services of Bangkok include:

- Basic Thai Reading & Writing
- Foot Acupressure Reflexology
- Jiam's Bronzeware Factory Tour
- First Aid & CPR Course (English & Thai courses)

... and many more. And Don't Forget! CSB is holding its famous **Yard Sale** on Saturday 30th September.



For more information on these or any of the other courses or services offered by CSB please call on 258 4998 or 258 5652.

Royal Automobile Club of Australia

Australia's oldest motoring club, the Royal Automobile Club of Australia, was established in March 1903 to provide its members with personal service and superior dining, accommodation and recreational facilities in the heart of Sydney. Today's concept of motoring would be almost unrecognisable to the founding members; however, they would still immediately identify the Club's magnificent renaissance-style premises.

RACA is superbly located, a short walk from the Royal Botanical Gardens, the historic Rocks area, Circular Quay, the Harbour Bridge, the Art Gallery of New South Wales and all forms of public transport. The building has been substantially updated to offer a comprehensive range of facilities.

From a quiet meal to a formal lunch or dinner, you'll find the perfect venue at the Club. Step into the relaxed luxury of the

Gallery, where unique motoring memorabilia and elegant décor combine. Dining in the Macquarie Room is reminiscent of days gone by, with original period décor, silver service and a leafy view through mullioned windows. The Imperial Service Bar is a favourite meeting place for members and guests. Six elegant reception provide a choice of venue for business and social events.

There is an excellent range of

accommodation and recreational facilities, including a choice of suites or spacious bedrooms, most with views of the Harbour or Botanic Gardens. Old-fashioned care and attention make Club patrons feel truly at home. The modern gymnasium incorporates a steam room and sauna, and is the ideal spot for a work-out or warm-down after a jog around the harbour foreshore or the Botanic Gardens.

Or, if all you want is a peaceful retreat, the Reading Room is the answer, fully equipped with comfortable chairs, newspapers and magazines, it is a closely-guarded secret of our regular guests.

For further information on this or any of the affiliated clubs, please contact the GM.



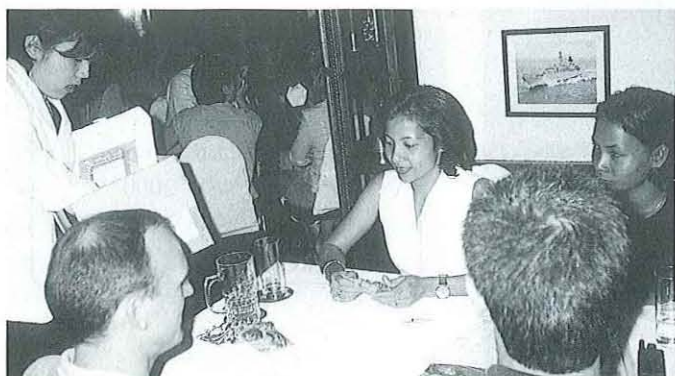
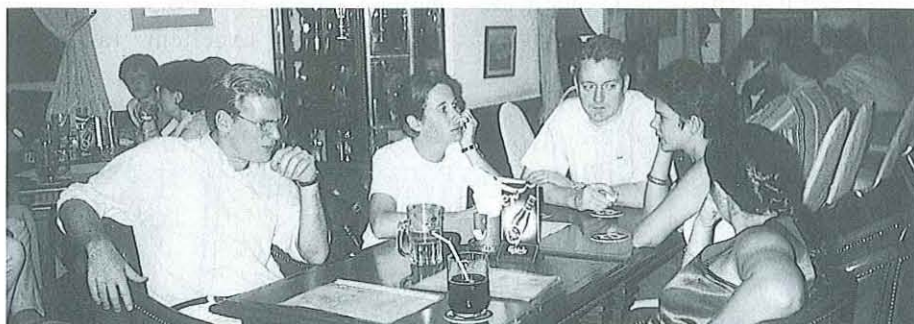
The Royal Automobile Club of Australia

89 Macquarie Street,
Sydney NSW 2000
Tel: (02) 233 2355
Fax: (02) 252 3131

Spoofers Back on Top!

The first Bar Quiz to be held on a Saturday drew a goodly number of teams, and that while the Churchill was perhaps a mite quieter for it being on a Saturday and not the usual Friday, there was a capacity number of teams, and a few people thinking of making up a team on the night had to be turned down.

As Barry was away, GM Willem was wearing the hat of quizmaster for the night; quite a different style to Barry but no less successful! As for the competition, well, it seems that the result of the previous quiz – whereupon the Spoofers were thoroughly stuffed into near-last place – may well have been a temporary aberration after all, as yet again they came out on top, champions at the bar! Still, I won't go on about them here as I'm sure their heads are already big enough – let's face it, if they can balance their prize buckets on them...! Next Bar Quiz is this month, on the 25th (back to being held on a Friday); now is there *anyone* out there who can thwart the Spoofers' plans for world domination, or at least, their plans for a hat-trick?!



The British Club General Committee 2000/2001

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Nick Bellamy	Vice-Chairman	955 0099 x 713	955 0300	nbellamy@th.mweb.com
Sarah Allen		271 1265	678 8658	sarahem@ksc.th.com
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David Turner		618 6516	279 1234	davltturn@mozart.inet.co.th
Leonie Vejajiva		258 5560	261 0925	warft@loxinfo.co.th

Club Staff

Willem Pentermann

General Manager

Barry Osborne

Operations Manager

If you have any suggestions or queries about the British Club and its activities please contact any member of the General Committee, or contact the management at:

Tel: 234 0247 Fax: 235 1560 Email: britclub@loxinfo.co.th

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Fax: (01903) 200868. Offices in Exeter

Suriyabhandu and Sirinporn Ramnarong



Suriyabhandu and Sirinporn

A pilot for Thai International Airways, Suriyabhandu and his wife are both keen tennis players. Sirinporn also enjoys swimming when not taking care of their two young daughters aged eight and two years old, the oldest of whom attends Ekamai International School. In addition to the British Club, Suriyabhandu is also a member of the Thai Pilots Association and is a qualified Airbus A330 flight instructor. Any spare time he has is spent collecting Thai stamps, so I suppose that disproves the old saying that 'philately' gets you nowhere!

Stephen John Radcliffe



Stephen and friend

British citizen Stephen is a Hotelier at Grand Hyatt Erawan Bangkok who has been here for two months and expects to be here for two years. A single man (pictured here with an unidentified young friend!), Stephen is quite the sportsman, enjoying football, golf, squash, rugby and snooker – Damon get this man signed up now! Previous postings include Indonesia, Korea, Macau and the United Arab Emirates. We hope Stephen

won't feel too world-weary here but will enjoy the Club's many facilities and activities.

Scott Wotherspoon and Su Day



Scott and Su

Scott works at Unilever while Su is an advertising executive at J Walter Thompson. Proud new parents of seven-month old Tom, they have been here for just two weeks and hope to stay for another three years. Both avid sports fans, Scott and Su list swimming, scuba diving, tennis, mountain biking, marathon running and squash amongst their many interests and I'm sure they'll find something to keep them occupied here at the

Club during their time in the big mango. We look forward to seeing them and young Tom at the Club soon.

Deirdre and Paribhan Vajrabhaya



Tor and Deirdre

Deirdre and Paribhan, or 'Tor' as he likes to be known, are both involved in Thai 'real estate' and are hoping to stay in Thailand "forever". Deirdre originally hails from the States and has been here for five years now. She and Tor are both keen tennis and squash players whilst Tor also likes running and golf and Deirdre likes volleyball, watersports and pool. They state eating as their main pastime and Deirdre has an intriguing party-piece that

she refuses to disclose! Perhaps time will help reveal this secret as we get to know them down at the Club.

Robyn Strange



Robyn

Joining us with young son Montgomery is Robyn who works at the Australian Embassy. Young Montgomery is eight years old and attends Patana

School. Following on from previous postings in Athens, Port Moresby and Belgrade, Robyn expects to be here for the next three years. She used to play tennis regularly (cue some encouragement from the Club) but now practices yoga, swims and explores Bangkok with her son. A fan of adventure on land or sea, Robyn finds that "the adventure of bringing up Mont is now taking precedence."

David and Elizabeth Bishop



David and Elizabeth

Originally from Blighty, David and Elizabeth have now spent over twenty years abroad in Panama, Sweden, South Africa and Singapore. They have been in Thailand for nine months and expect to be here for five years, meaning they've got lots of time to pursue their many interests including rock climbing, scuba diving, boxing, tennis, rugby, latin dancing, photography and hang-gliding. David is Managing Director of SKF Thailand whilst Elizabeth is described as a "Lady of Leisure"! They have two grown-up children – Cesca who is nineteen and studying fine art and seventeen year-old pre-med Alex.

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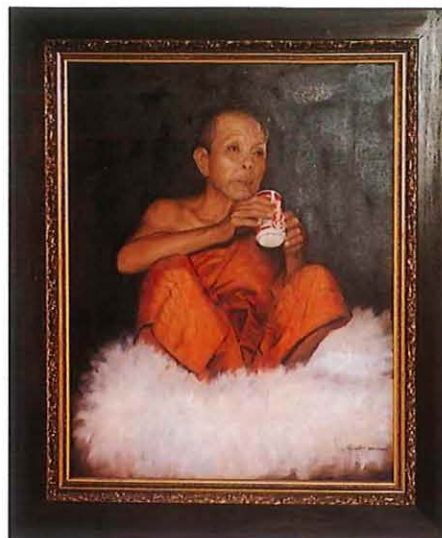
Bright and early on the morning of Friday 7th July, a coach carrying 46 members set off for the Coca-Cola factory at Rangsit, with Disney videos entertaining the 33 children on the 90-minute trip kindly supplied again by Heather Tennison.

We were greeted at the factory by Khun Dunkamon and Khun Narawat and taken to the in-house theatre to watch a film explaining that Coca-Cola is the only cola worth drinking and why it's the top-selling carbonated drink in the world. The only they didn't reveal was the secret ingredient.

We learnt more during the tour of the factory, such as that all those plastic Coke, Sprite and Fanta bottles are made at the plant, that the water used in the drinks comes from nine springs in the area, and that all the water used for cleaning bottles, etc, is treated in four ponds over a period of 60 days before being released into the surrounding rice fields.



After the tour was question-time, with members's kids asking questions to Khun Wirot, Plant Manager and our guide. We learnt that there is no diet Sprite or Fanta in Thailand as the diet drink market makes up only 2% of the total, that strawberry is the most popular flavour of Fanta, and that in Thailand 60% of Coke is canned, not bottled. We also learnt that there are 600



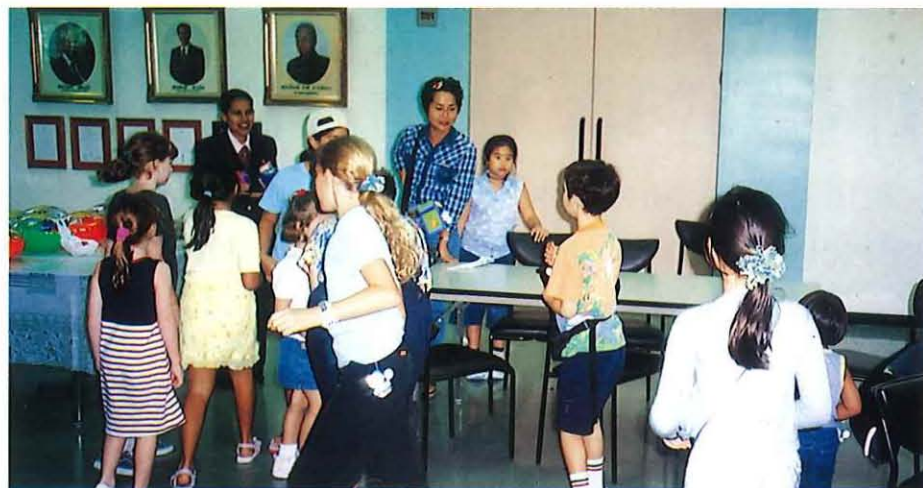
It's the real thing!

bottles of Coke produced every minute at the six plants in Thailand. This plant is the largest soft drink factory in Asia, yet it has only 210 staff.

Then we tucked into a Happy Meal, kindly brought from the McDonalds in Future Park Rangsit (though the BC provided its own French fries!). The staff from McThai gave all the kids a Happy Meal toy and played games with them (and a few of the adults!) for over half an hour.

A family magic show followed, with Mr Derek Rutt and Khun Lek getting plenty of audience participation (willing or otherwise!). To round off the day there was T-shirt painting, face painting, Plaster of Paris model painting and I think we even managed to paint a few of the walls as well...

Just to wrap up our day of the best of America (well, it was Independence Day week) we all filled up with doughnuts and Coke to keep us going on the trip home. Thanks to all the staff from Coke and McDonalds for a fun day out, and to the Club staff involved in helping it to be a success.



BC Trip to Coca-Cola



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Pots with Everything

The overcast but dry morning of Saturday 24th June saw 76 members board the Tubtim boat – most of them bussed from the Club to the pier by *song thaew* – and set off up-river to Koh Kred, an island in the Chao Phraya opposite Pakkred some 30km north of Bangkok, in Nonthaburi Province.

The cruise kicked off in style with a buck's fizz breakfast (minus the champagne for the kids!), after which the 30+ children piled down to the lower deck and were kept thoroughly absorbed for the whole trip with cartoon videos, drawing and plaster of paris model painting. Just over an hour later, we pulled in at Koh Kred, an island created in the 18th Century when a canal was dug to by-pass a bend in the river, isolating the Mon population on the land. We had two hours to spend on the island, so several decided to walk around the island, although I do feel that some did so only having heard Barry's gross underestimate to walk it of "about an hour"... several families were seen staggering towards the boat over an hour and a half later, exhausted! Some even put half of their family on a motorbike taxi to the pier, and the woman preparing fresh orange and

lime crush drinks in coconut shells on the north side near the pier did a roaring trade, and couldn't crush fruit fast enough! Others opted for the more leisurely stroll up to the northeast corner of the island, site of the leaning chedi, Wat Poramai and the fascinating museum of religious artefacts and all sorts of unrelated tat in the wat grounds, and then round to the numerous shops on the north side, exploring active kilns and watching the potters at work.

Then it was back on the boat for a short trip to the mainland and the exquisite Suan Thip restaurant, where Khun O and two cartoon characters (one of whom was having distinct problems balancing his head!) were waiting to welcome the members and escort them to the stunning private sala. The adults then sat back for a leisurely afternoon tucking into a delicious

buffet or strolling around the beautiful tropical grounds, while the kids were entertained with face painting, balloon sculpting and clowns. Derek Rutt's magic show was interrupted twice by light showers, but both he and the audience were reasonably effortlessly moved inside the sala, where a couple of parents, especially Mark Verheyen, were mercilessly made the butt of magic tricks, to the great amusement of the kids. But don't believe me, look at their faces on the pics.

All too soon it was time to board the coaches and head home. We realised how lucky we'd been with the weather that day, as we hit the British Club in the most almighty squall.

From all the comments I overheard during the day, this was another successful trip, and that despite coming so soon on the heels of Khao Yai; the discovery of a little-promoted day-out destination and plenty to occupy the kids.

Gaynor



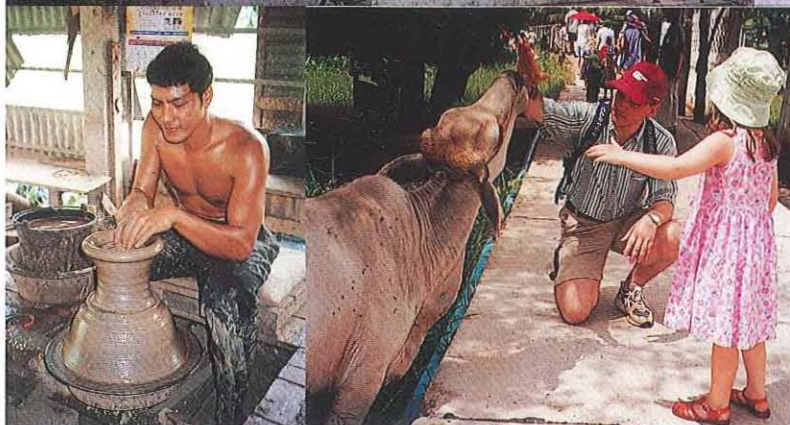
BC Trip to Koh Kred



BC Trip to Koh Kred



BC Trip to Koh Kred



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