

OUTPOST

MONTHLY MAGAZINE OF THE BRITISH CLUB

SEPTEMBER 1991



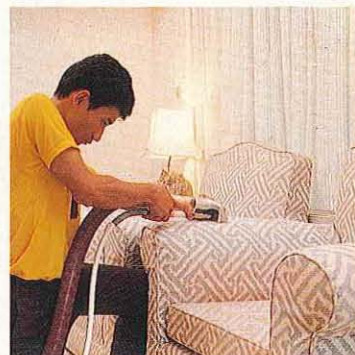
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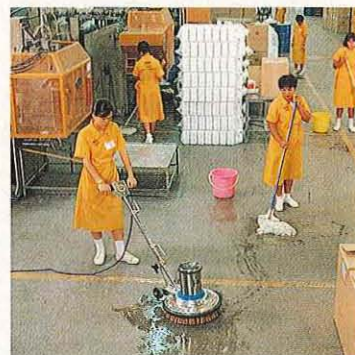
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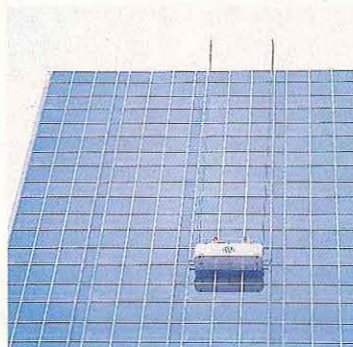
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THE BRITISH CLUB

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Meet the New Members



Christel Steinbach. From Germany but has been in Bangkok for 26 years. European Liaison Receptionist for Narai Hotel. Between working and looking after her 12 year old son, Christel doesn't have much time for hobbies but enjoys swimming,

reading and listening to music.



Dianne & Jim Hentschel. They're with the Canadian Embassy and have been in Bangkok for a year. They intend to get fit here! Jim enjoys jogging (but not here) and tennis. Dianne enjoys anything musical i.e. guitar, singing.



Carol & Roy McGregor. Originally from Scotland (which explains a lot really) they've spent 5 years in Hong Kong and 1 year in Singapore. Roy is with Coopers & Lybrand. Carol's hobbies are winning "Baby Boomer Trivial Pursuit" and buying a dining table. (She hasn't mentioned chairs). Roy's hob-

bies seem to be making sure Carol doesn't buy a dining table, and he's a serious contender for this year's "last one in the bar" trophy. (Pictured with Committee Member Phil Evans).



Rita & Derek Brinkley. Derek has been here about 16 months. Rita and the kids are here for the school holidays. Derek is with BT. He's a budding golfer with a handicap – would say no more. Likes booze but doesn't drink and has a problem with older women chasing him. Rita is an ex-cabaret singer.



Neeltje & Frederick Visser-Zijlstra. Frederick has been here 2-1/2 years and Neeltje just 1 year. They're both in the gems/ jewellery business. Frederick doesn't want too many customers – only good ones! They didn't have any samples although I did ask. Frederick likes rugby, stone-collecting, rock-hounding (?), motor-cross and squash. Neeltje likes shopping, swimming and wants to learn to play tennis.



Yenny Manelang & Philippe Basso.

Yenny is Indonesian and Philippe is French. They've been in Malaysia for 5 years and before that Indonesia for 2-1/2 years. Philippe has been overseas for about 20 years and works with N.A.S.E.C.O. here in Bangkok. They enjoy tennis, swimming, sailing, scuba-diving and snorkelling.



Robert Martin. Has been here for 6 months and is an actuary with A.I.A. Likes sports – tennis, squash, running, cycling – he's not very energetic. Speaks fluent Thai – pronounces 10 words perfectly!



John & Saichon Pollard.

Arrived from Hong Kong 3 months ago but Saichon is Thai. John is starting an office of Meinhardt (engineers specialising in high rises). Saichon likes shopping, swimming and aerobics and John likes running and swimming.



Helen & Lyndon Colins.

They're here with CP Telecom (more BT). Lyndon sits next to Frank Hough at work! Helen is interested in green issues and ornithology and plays badminton, she also sings. Lyndon runs and is a member of the BT needlework and knitting section! They're morris dancers!

Hugh & Sandra Gillespie. They've been here for 8 weeks with United Shoe Machinery – Hugh is General Manager cum dogsbody. He's very sporty – practising standing up at present. He likes weight-training and swimming. Sandra likes aerobics and is learning to swim. She also fiddles a lot (on the violin).



Sue & Stuart Clitheroe. They've been overseas for 13 years in Singapore, Australia and South Korea. Stuart is with International Paint, expanding existing factory here (Heavy Duty Coatings). Sue plays tennis and swims when not looking after 10 year old son and 6 year old daughter. She's trying to learn Thai. Stuart plays squash and tennis and used to be a demon bowler (about 25 years ago).

Yeo Yang & Ian Riches. Although they've been here since February they've spent a lot of time travelling, to Yeo Yang's home in Malaysia amongst other places. Ian is a property consultant with Levett & Bailey Hiller Parker. Yeo Yang is taking Thai, French and tennis lessons. Ian likes tennis and is trying to get fit - too much Kloster and Thai food.



Pensri & Steve Weissman. They've been here 1 year although Pensri is Thai. She was part of the government's "reverse brain drain" while Steve is just "the American husband" according to the Nation. Actually he's with Standard Chartered and believes in "smart pills". He also swims and plays tennis. Pensri likes photography when not selling mobile phones.



Timothy & Liz Dobson. Tim is a solicitor with Deacons & Graham & Jones, and wouldn't admit to anything without his lawyer. Plays golf (single figure handicap) but is too busy for any other hobbies other than astro-physics.

Ian Collins. Manager of Qantas Thailand. Ian likes swimming and has taken up golf. Generally enjoying Thailand especially going up the River Kwai and living in the bush. (He's the one in the middle)

FROM THE CLUB MANAGER

IT had to happen.

The Accumulator was eventually won by Mr. W. Jones on July 19th, the amount won was 17,250 Baht. Congratulations to you and your wife Heather.

J.V.K. Pickford have generously donated 5,000 Baht to kick off the new Accumulator.

Our thanks go to J.V.K. Pickford plus Johnny Walker whisky who will donate a magnum of Johnny Walker to the next lucky winner.

ENTERTAINMENT

Coming events for your Diary—September through to December 31st.

Sept 11th	"MAX BOYCE"	
	Intersociety Dinner & Dance	Confirmed
Sept 14th	Safari World Trip	Confirmed
Sept 20th	After Dinner Speaker	Tentative
Sept 28th	River Trip to Stork Colony	Confirmed
Oct 11th	St. Patrick's Ceilidh	Confirmed
Oct 20th	Swimming Gala	Tentative
Oct 21st	Quiz Night with P.J. Marriott	Confirmed
Nov 2nd	Halloween Party with P.J. Marriott	Confirmed
Nov 4th	St. Andrew's Ball Practice	Confirmed
Nov 8th	St. Patrick's Ceilidh	Confirmed
Nov 11th	St. Andrew's Ball Practice	Confirmed
Nov 14, 15, 16th	BCT Dinner/Music Hall Theater	Confirmed
Nov 15, 16, 17th	Surin Elephant round-up	Confirmed
Nov 18th	St. Andrew's Ball Practice	Confirmed
Nov 19th	Quiz Night with P.J. Marriott	Confirmed
Nov 23rd	Ploenchit Fair – British Embassy	Confirmed
Nov 25th	St. Andrew's Practice	Confirmed
Nov 27th	St. Andrew's Practice/Beat the Retreat	Confirmed
Nov 29th	St. Andrew's Ball, Dusit Thani Hotel	Confirmed
Dec 6th	60s Video Dinner/Dance with P.J. Marriott	Confirmed
Dec 8th	Swimming Gala	Confirmed
Dec 13th	St. Patrick's Ceilidh	Confirmed
Dec 16th	Quiz Night with P.J. Marriott	Confirmed
Dec 17, 18, 19th	Children and Teenage Parties (help needed to keep my sanity?)	Confirmed
Dec 21st	Christmas Ball with P.J. Marriott The famous Dutch Swing Band & Catering by The Dusit Thani Hotel (Back lawn of Club)	
Dec 23rd	Carols by Candlelight	Confirmed
Dec 31st	New Year's River Cruise	Confirmed
January 1st,	I will be dead, knackered, and home in bed.	

NEW APPOINTMENT



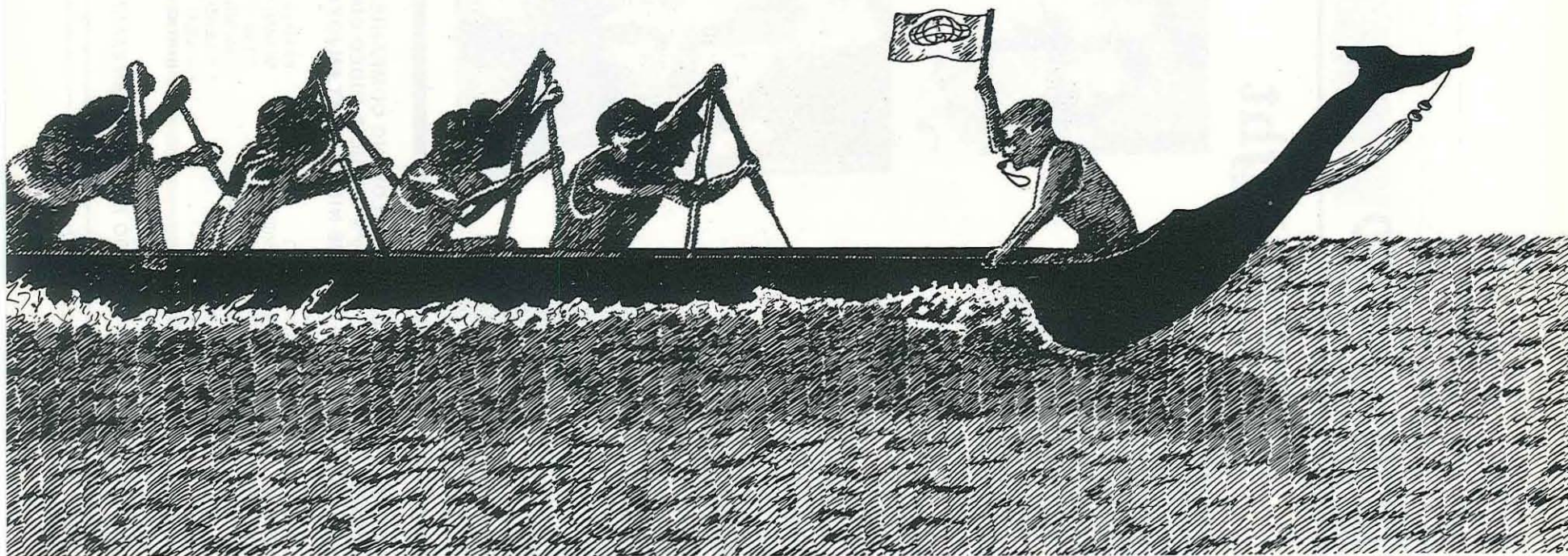
I am pleased to announce the appointment of Khun Pera Ponphol who will take over the responsibilities of Food & Beverage Manager and Assistant Manager from August 1st, 1991.

Khun Pera is married with a daughter and spent 10 years working in a London Hotel as Assistant Manager.

On his return he worked at Central Plaza Hotel, The Oriental Hotel as Restaurant Manager and Catering Manager for the Oriental Queens. He came to the British Club from Mansion Kempinski after being highly recommended by Mr. Gordon Clapperton of Kempinski who has worked with him for the last 3 years.

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CLUB ROUNDUP

70's Night



OUR SINCERE THANKS GO TO THE FOLLOWING COMPANIES WHO HAD SO KINDLY DONATED PRIZES FOR "A 1970'S MUSIC & VIDEO DINNER DANCE" ON AUGUST 3rd AND MADE THE NIGHT MOST ENJOYABLE:

IMPERIAL HOTEL
AMBASSADOR HOTEL
+ AMBASSADOR JOMTIEN
TAWANNA RAMADA HOTEL
DUSIT THANI HOTEL
LE MERIDIEN PRESIDENT

LE MERIDIEN HOTEL
AND RESORT PHUKET
ROYAL ORCHID SHERATON
SHANGRI-LA HOTEL
CENTRAL PLAZA HOTEL
NARAI HOTEL
MANDARIN HOTEL

INDRA REGENT HOTEL
MENAM HOTEL
ROYAL GARDEN RESORTS
SIAM INTER-CONTINENTAL HOTEL
SOMERSET HOTEL
HOLIDAY INN CROWNE PLAZA HOTEL
BAIYOKE SUITE HOTEL

.... ALSO OUR BIG THANKS GO TO "AMERICAN EXPRESS"

The British Club's Long Weekend To Kanchanaburi "River Kwai Noi"

Many thanks to Surapoon Tours for taking such good care of us over the weekend.

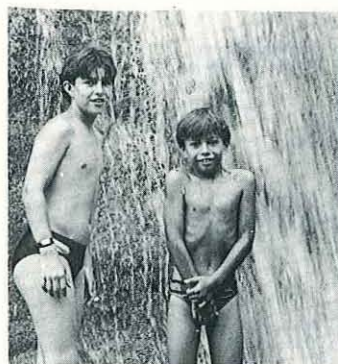
This could be the start of more whacky weekends!



Prasart Muang Singha "Kmere" Monument



View from the "River Kwai" bridge.



It ain't half cold mum.



"Sai Yoke" waterfall.



The great explorers of the BC go where no one else wants to go!

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presents

THE FIRST INTERSOCIETY DINNER & DANCE
featuring the one and only

"MAX BOYCE"

The Societies of St. George, St. Andrew, St. David and St. Patrick will join together on Wednesday 11th September at the Dusit Thani Hotel.

- VENUE** : The Dusit Thani Hotel 7.00 p.m. for 8.00 p.m.
- FREE COCKTAIL** : Reception prior to dinner
- DINNER** : 3-course dinner topped by Irish Coffee 8.00 p.m.-9.30 p.m.
- WINE & BAR** : Provided by the British Club, at Club prices, free soft drinks and mixers
- "MAX BOYCE"** : 9.30 p.m.-10.30 p.m.
- DREAM & MEMORY BAND** : 10.30 p.m. until 2.30 a.m.

British Club members can sign for their drinks and non-members via coupons.
Tables of ten only – booked through your Society at Baht 975.– net per person,
payable in advance.

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FITNESS CENTRE

TIPS FOR BEGINNING A RESISTANCE TRAINING PROGRAM

1. Warm up first. Begin by walking 3-5 minutes on the treadmill with large arm swings, march in place, or do some activity that requires large body movements. This will increase the blood flow muscles preparing them to work.
2. For strength training be sure to exercise opposing muscles to prevent imbalance. For example, if you do abdominals, be sure to do back extensors. If you do biceps, do triceps. If you do chest, do shoulder blade "squeezers" and upper back. If you aren't sure what constitutes "opposing" muscles, ask one of the Fitness Centre staff or Suzanne Olsen.
3. The following is one standard protocol for strength training with weights. Choose a weight that you can lift, press, or pull about 10 times. Ideally the 10th time should be difficult but just possible. This has to be done by trial and error at first, and may take a couple of days to figure out. Do 3 sets of 10 repetitions each, for each muscle or muscle group. You may choose to do the 3 sets in any of the following ways (they all work).
 - a. First set – use about 1/2 the weight you can lift just 10 times.
Second set – use about 3/4 the weight you can lift just 10 times.
Third set – use the full weight you can lift just 10 times.
 - b. Reverse the order by lifting the full weight for the first set, 3/4 the weight for the second set, and 1/2 the weight for the third set.
 - c. Use the full weight you can lift just 10 times for all three sets.

After 2-3 weeks the full weight you can lift just 10 times will increase. So adjust the full weight up.

4. When lifting, pulling or pressing do so in a smooth, slow, controlled motion. Avoid quick, jerky movement. Unless you are doing an exercise for the abdominals or back muscles, the trunk should be held firm and still. If you are unable to keep your trunk firm and still it probably means you are using too much resistance. Continuing to exercise with an unstable trunk will be at the least ineffective, and at the worst can result in injury.
5. Breathe during each movement. Breathe in during the easiest part, breathe out during the hard part. Holding your breath while doing heavy work increases blood pressure to extremely high levels. If you find yourself holding your breath either decrease the amount of weight you are using, or try counting or humming as you move.
6. Muscle soreness that appears after about 12 hours, becomes more severe during the next day, is worse when first moving after being still, and gradually fades away is common in untrained individuals. The pain is thought to be caused by microscopic injuries to the connective tissues within the muscle and its attachment to tendons. Repair of such injury results in a stronger muscle much less susceptible

to further injuries, even if subsequent exercise is much more severe. Mild muscle soreness should be acceptable to a beginner. Be sure to warm up well before exercising again, but don't let it stop you. Extreme muscle soreness means more injury. It's an indication of overdoing it. Allow healing to occur in 4-6 days, and begin again with lighter weights.

7. Strength training can be effectively done 3-4 times a week. This allows adequate healing and recovery time between exercise bouts. That doesn't mean you can't exercise every day if you wish, just rotate the muscle groups used. For example, on Sat, Mon, and Wed work on upper extremities and trunk. On Sun, Tues, and Thurs work on lower extremities and buttocks.

8. Vary your routines so that you don't become bored. If you know 4 exercises for the chest muscles, do 1 or 2 of them on one day, and the others on the next training day.

9. Remember, you may be doing an excellent strength training program and be able to lift increasingly heavy weights without seeing any fat loss, or resulting muscle definition unless you combine strength training with aerobic exercise. (Sumo wrestlers are good examples of strong and fat.)

Suzanne Olsen PT MEd

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PLOENCHIT FAIR

SATURDAY 23rd NOV.

ORGANISED BY U.K.C.T.C. (UNITED KINGDOM COMMITTEE
FOR THAI CHARITIES)

Every year UKCTC with a host of companies and individuals belonging to the expatriate and local community come together to raise money for various Thai charities.

WHO ARE THEY? Wonderful caring individuals who give time and energy for underprivileged people here in Thailand.

WHERE IS IT HELD? In the grounds of the British Embassy

WHEN? On Saturday 23rd of November 1991

WHAT TIME? Be there 10 a.m.

WHAT'S ON? Children's Theatre, Santa Claus, Merry-Go-Rounds, Bottle Stall, Hot Dogs, Treasure Island, Bingo, Book Stall, Tea Garden, Beer Garden, Bobby's Arms, ice-cream stands, soft drinks, Golf Games, Barrow Boys, Dart Games, Games of Chance, Aarods, Jazz Band, Singers, Lucky Draws and much much more.

Not forgetting Grannies' Attic. You can even buy grannie, it's the only chance to get rid of her (just joking, Edith).

Any company wishing to donate prizes etc. or want to lend a hand at the Fair to run a stall call Carolyn Tarrant on 258-8833 or Keith at the British Club.



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A Diving Weekend on Phi Phi Island

THE Tuesday public holiday was too good to miss, so we made a (very) long weekend with Friday and Monday as well.

As the VIP bus whisked us effortlessly down the highway on Thursday night we started to anticipate the wonders that lay ahead. Even the odour of durian wafting through the air conditioning did nothing to quell our enthusiasm. The 20 minute stop for kao tom at midnight was also just what was needed.

Sleepy eyed on Friday morning I regretted not realizing that they actually do sell batteries for underwater torches on Phi Phi. My bag needn't have been so heavy. One set of batteries is needed per dive. The merry shouts of the boys who were touting for the boat trip tickets, helped to brighten our early morning arrival.

I usually cringe when the guide books say "the people of xx town are very friendly." It means that the guy who wrote the book was treated very well. What a surprise! However, in the case of Krabi, I must have met the same people as the guide book author. An invitation was given to wait in the family room at the back of the tour company shop where we were surrounded by nine newly arrived kittens – one with different coloured eyes, a blue and a green. What has this all got to do with diving? Not a lot. But it sets the scene doesn't it.

Eventually to the boat and the two hour cross-



The Sea Frog dive shop.

ing to Phi Phi Don. On arrival we were yet again greeted by 'helpful' young touts this time showing us pictures of western style toilets, as a lure to their bungalows. The Sea Frog dive shop (more about it later) is quite close to cheap crumby bungalows, but quite far from more expensive less crumby ones. The author in his inimitable way went for cheap, merely because it was not so far to walk with a bag full of gear. That's my story anyway.

On inspecting my abode, for which 150 baht exchanged hands, (yes, I had to pay them) I found it so small that turning around meant reversing out first and going back in backwards. If you see what I mean. The lack of handbasin was no great inconvenience due to the convenience, but you had to have a pretty good aim to spit your toothpaste at that level!

When everyone had settled into their various habitations, we discovered a lovely day of sun-



The end of the long climb.

shine which helped considerably in our recovery from the journey. We decided to delay contact with the dive shop until later, but later having freshly showered and dressed for dinner found ourselves hauled off for a night dive with only 10 minutes to prepare. Luckily it was Thai time, so 45 minutes later we were off.

People grumble about dive boats in Pattaya. Not me. You should try gearing up and preparing for a dive in the pitch black on a long-tailed boat. This has taken 467 words so far but here we go with a coordinated back roll, off the boat into darkness. Coordinated means both divers going off either side of the boat at the same time on command, for obvious reasons. As the boat boy clambered out of the water, I'm sure he wished he had made it clearer that it was on '3' rather than after '3'.

At this point I wonder whether to tell of all the magnificent scenery we found. Will hordes go spoiling this relatively quiet area when I describe the multitudinous colours of fan coral picked out by our halogen beams? Will we see lines of divers moving like a conga dance through narrow corridors of rock down at 50 feet? Perish the thought.

The lion fish with their black and white markings quickly attracted our attention. My diving buddy Na was looking into a crevice. I decided to go and have a peek. Could they really be Leopard Sharks? In fact Na claimed to be looking at something else and said afterwards that she hadn't seen them. I can therefore safely say without contradiction that they were at least

4-5 feet long. I suppose this is where divers begin to sound like fisherman.

The dive was a great success highlighted by the terrain, the fish and the usual kick I get from night diving. Clambering back on the boat is easy, unless of course you forget to take off your weight belt and fins. Good job it was dark.

The next day it was bright and early to Shark Point where in fact we saw not one but three sharks. The bay that became our locale for lunch time had super snorkelling. With 20-30 foot visibility to the bottom. We saw massive parrot fish, and enormous shoals of small multi-coloured fish. In the afternoon we re-visited the previous night's dive spot and saw it all over again in daylight. The swim through the rock crevice took on a picture postcard effect with the angled rays of the sun making shadows on the fan coral.

Phi Phi Don has a very narrow strip of land in the middle between two large bays. There is a view point, and after a steep 40 minute climb, aided in places by a rope, you reach the top. Don't wear flip flops like I did. The view, especially at sun set, is beautiful. Due to shadow and the differing water depths the colours on either side are totally different.

The trip cannot be described without mention of Pookie. She was the amazing waitress at the Patcherie restaurant a few doors away from the Sea Frog. Pookie was 'phut geng', and that's an understatement. To a simple yes/no question we received a five minute monologue which usually included a history of herself and her name. Those

who have visited the island will remember the vast number of cats. Well the Patcherie restaurant seems to have half of them. Two kittens went to sleep in my kit bag one day. Luckily I noticed. However, the father did come and visit them once and left a 'calling card.' As a helpful tip, the smell can be removed by leaving the offending article in a bag along with some pieces of charcoal.

Dinner was often an alfresco affair, with tables set up in the street near the dive shop. Washed down with vintage Singha we enjoyed - guess what? Seafood.

The dives on the next day were excellent with no major features to report except for a visit to viking caves en route. Historians can put down their hastily grabbed pens because the guide reliably informs us that the Vikings were never there. The 400 year old cave drawings were not dissimilar to Viking ships and the helicopter drawing was definitely not new.

For a fuller account of this very cave, including pictures of the old men who balance on bamboo poles 100 feet up in the cave to collect birds' nests, see the January 1990 edition of the National Geographic magazine. If anyone has a spare copy, I would love to have it.

That night there was a massive storm and I woke to feel water spraying on my face strained by the mosquito mesh. With no electricity after midnight the choice was grin and bear it or close the window and boil. It was only the next day that I thought of changing the end at which I slept. I shared the bungalow with a friendly family of cockroaches, who invited their whole extended family in during the storm. Unfortunately I felt the need to execute a few but there seemed no end of replacements.

Next morning to Fantasea Rock. This submerged rock just out in the bay is like a three tiered wedding cake. The technique is to dive to the bottom at 70 feet and swim round and round, getting higher all the time. Luckily the top is near enough 15 feet for a safety stop. It was there that we fed small fish with urchins. They went into a feeding frenzy around us, bashing into our arms and hands. The feature of that dive was the sheer number of fish. At times you could hardly see your fellow divers for the wall of fish.

On surfacing from the second dive, we were in

for a rain storm. Having started to strip off my wet suit, I decided to keep it on as I was actually very cold. Our Swedish tourist companions of that dive were already down to bikinis and trunks, which was more than they normally wore. They dive in Sweden in sub-zero temperatures, so Thailand was sheer luxury for them.

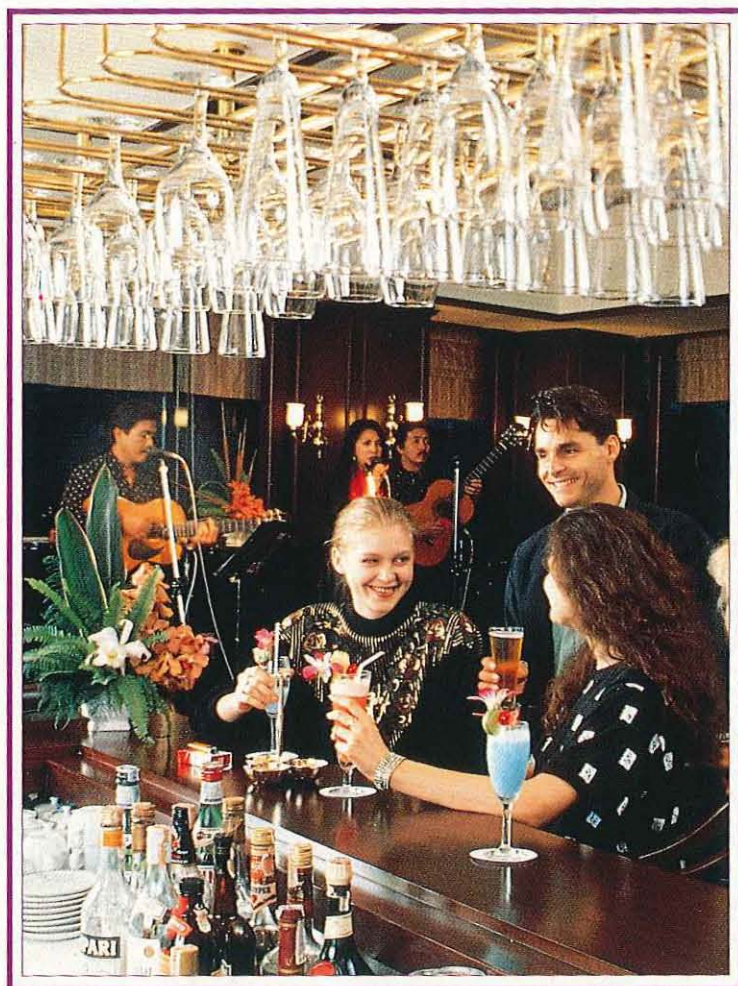
If anyone goes diving down at Phi Phi I would thoroughly recommend the Sea Frog shop. It is run by Khun Paiboon who is an NAUI instructor. The equipment is good and advice excellent. They have good boat boys and know the dive spots well. Everyone is very friendly and their prices are not expensive.

Our boat back to Phuket was a pleasant three hour crossing featuring yet more wildlife. This time in the form of rats.

Some advice on what to take or what not to take. Do take: mosquito sprays/repellents, a back pack, (my suitcase looked and felt daft), torches, seasick pills, toilet paper, cash, old clothes, towels, cat repellent. Do not take: good clothes, anything heavy, a fussy attitude, your grandmother, credit cards, worries.

A great weekend, thanks to Paiboon, the boat boys and of course my diving companions.





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RETURNING TO THAILAND

MY return to Bangkok after six happy years in The Netherlands is filled with delights and disappointments.

The delights are of course the incomparable Thai restaurants serving exquisite dishes, the delicious exotic fruits – many of which are still not available in Europe, the sunshine and the beautiful silk products. The charming manners of most Thai people, their gentleness and that ever-ready smile is also a delight to return to. Unfortunately the disappointments are many. Top of the list has to be the appalling traffic problem. I would not have believed that the traffic could be worse than it was in 1985 when I left Thailand, but of course it is. Sadly, many old Thai houses have been demolished to make way for apartment blocks, and where has 'Designer's Showcase gone?

Talking of shops, I was very disappointed in the designs now available at Thai-Ping Carpets on Soi Asoke 'what, no dragons?' I asked. All has gone modern! After six years, it is not surprising that most of my friends have left, but I was particularly sorry to find that my art teacher and special friend had recently moved to France.

Getting back to the traffic. I suppose we all have different ways of coping with the endless hours we spend sitting in traffic jams. Mine, was never to go anywhere without a good book which was why I started a Book Discussion Group in January of 1983. At our first meeting we talked

about the kinds of books we enjoyed and the choice varied from English Classics, modern novels, to cookery books!

Our first book 'Letters From Thailand' was very well received, but the second book, (chosen by me) did not go down well at all. As I remember, it was by Margaret Drabble, and Maren was the only other person who enjoyed it!

I made many friends through that Book Group and spent several happy hours (in my car of course) enjoying books I would never have chosen on my own. I know this group is still functioning because last year I met a lady in Holland who had belonged to it.

If anyone has further information please get in touch with me. I will be staying at the lovely friendly Siam Inter-Continental Hotel (253-0355) until I find a house suitable for a dog and five guinea pigs (yes, all the way from Holland!) not to mention a husband and two teenage girls.

Despite the difficulties, I am glad to be back.

Jill Murphy






NOTICE TO ALL BRITISH CITIZENS LIVING IN THAILAND

If you are eligible and wish to vote in UK Parliamentary and European Parliamentary Elections, you will have to register as an overseas elector. If you have not already registered and wish to do so, please obtain an application form as soon as possible from the Consular Section of the British Embassy (telephone 253-0191).

NB: To be eligible to vote in 1992, you must complete and despatch the form not later than 10 October 1991 for England, Wales and Scotland and 15 September 1991 for Northern Ireland.

SEPTEMBER CALENDAR

For further information see Activities Page for contact names and telephone numbers. If you would like to announce any B.C. related events in the *OUTPOST* Calendar, please contact Maren White on 258-1481. The deadline is the 10th of the preceding month.
*Indicates "to be held in the Wordsworth Room."

	SAT	SUN	MON	TUE	WED	THU	FRI
		1 Flicks for Kids — 5 pm Tennis Afternoon — 3-6 pm Family Buffet from 5 pm	2 BWG Mahjong* — 9 am Happy Hour — 5.30-9 pm Men's Tennis Mix-In 6-8 pm Chess Club — 7 pm	3 Ladies' Golf — 7 am BWG Bridge 9 am Adult Ballet 9.30 am	4 Tennis & Squash Club Night from 6 pm Sport's Committee Meeting	5 CCSDPT Meeting Suriwongse Room 8 am-4 pm Ladies' Tennis — 8-11 am Ladies' Squash — 9-12 noon Darts — 8 pm BCT Club Night	6 CCSDPT Meeting Suriwongse Room 8 am-4 pm Accumulator Night — 8 pm
	7 Children's Painting Lessons 1-3 pm Children's Ballet from 10.30 am Flicks for Kids — 6 pm	8 Golf — Bangpakong BCGS vs. BLGS 11 am Flicks for Kids — 5 pm Tennis Afternoon — 3-6 pm Family Buffet from 5 pm	9 BWG Mahjong* — 9 am Happy Hour — 5.30-9 pm Men's Tennis Mix-In 6-8 pm Chess Club — 7 pm	10 Ladies' Golf — 7 am BWG Bridge 9 am Adult Ballet 9.30 am	11 Aerobics — 9 am Tennis & Squash Club Night from 6 pm Inter-Society Dinner Dance "Max Boyce" Dusit Thani Hotel	12 Ladies' Tennis — 8-11 am Ladies' Squash — 9-12 noon Bambi Meeting Darts — 8 pm	13 Aerobics — 9 am Accumulator Night — 8 pm
	14 Children's Painting Lessons 1-3 pm Children's Ballet from 10.30 am Flicks for Kids — 6 pm Children's Outing to Safari World 10 am	15 Flicks for Kids — 5 pm Tennis Afternoon — 3-6 pm Family Buffet from 5 pm	16 Aerobics — 9 am BWG Mahjong* — 9 am Happy Hour — 5.30-9 pm Men's Tennis Mix-In 6-8 pm Chess Club — 7 pm	17 Ladies' Golf — 7 am BWG Bridge 9 am Stamp Collecting* — 7.30 pm Adult Ballet 9.30 am	18 Aerobics — 9 am Tennis & Squash Club Night from 6 pm	19 Ladies' Tennis — 8-11 am Ladies' Squash — 9-12 noon Darts — 8 pm Society of Engineers Meeting — Suriwongse Room	20 Aerobics — 9 am Accumulator Night — 8 pm After Dinner Speaker Terry Adams 7.30 pm
	21 Children's Painting Lessons 1-3 pm Children's Ballet from 10.30 am Flicks for Kids — 6 pm	22 Golf — Rose Garden 8.48 am Flicks for Kids — 5 pm Tennis Afternoon — 3-6 pm Family Buffet from 5 pm	23 Aerobics — 9 am BWG Mahjong* — 9 am Happy Hour — 5.30-9 pm Men's Tennis Mix-In 6-8 pm Chess Club — 7 pm	24 Ladies' Golf — 7 am BWG Bridge 9 am Adult Ballet — 9.30 am Bambi Bring — Buy Sale	25 Aerobics — 9 am Tennis & Squash Club Night from 6 pm	26 Ladies' Tennis — 8-11 am Ladies' Squash — 9-12 noon Darts — 8 pm	27 Aerobics — 9 am Accumulator Night — 8 pm
	28 Children's Ballet from 10.30 am Flicks for Kids — 6 pm River Trip to Stork Colony	29 Flicks for Kids — 5 pm Tennis Afternoon — 3-6 pm Family Buffet from 5 pm	30 Aerobics — 9 am BWG Mahjong* — 9 am Happy Hour — 5.30-9 pm Men's Tennis Mix-In 6-8 pm Chess Club — 7 pm	From Thurs 12th until Friday 19th Churchill Bar will be closed for extensive renovations.			

Is Paris Burning?

GOOD cooking is less complicated than you imagine. There are many women chefs in France who run restaurants and whose training comes out of their own experience. The products they use aren't rare but their methods of preparation, full of their own inventions, have created a new style. The most common garden vegetables are used with seafoods, and their sauces, bound with cold butter, attain a wonderful flavour. There is a special talent in the choice of seasonings, leaving the food with its own taste but enhancing it. They are traditional – but tradition doesn't mean routine. When a chef raises to the pinnacle of gastronomy a beef stew with carrots, lamb stew, coq au vin, pork with red beans, and so many other robust peasant recipes, it is because she adds a good dose of personal genius and of know-how perfected through generations of women cooks. When a mother is a fine cook, she does not let her children's palate lie fallow – from her they will learn a sense of discrimination, the manual skills, order and organization and it will become a basis of their knowledge. Their imagination will lead them to experiment: their palate educated to judge the results.

I have compiled a few helpful hints for you when cooking western food. Whenever butter is an ingredient, it means sweet butter. If you use salted butter then cut down on the amount of salt in the recipe. Always remove the bouquet garni before you serve a dish. All ingredients which are later going to be eaten (as opposed to aromatics in a stock) should be peeled before being put into the dish to cook. White bread crumbs for coating are made from stale white bread, ground fine in a blender. Use good, firm-textured bread to get good crumbs which will brown beautifully. Make the crumbs a bit ahead so they will be perfectly dry when you use them.

Delicate fish and white meats, just simply salted and placed in a steamer, keep all their

flavour and the quality of their flesh. A sprig of mint added makes all the other herbs sing. It is easy to degrease stock if you let it chill first. The fat rises to the top and congeals and you can just skim it off. In any seafood (as opposed to fish) recipe, bottled clam juice is a good substitute for making a fish stock. Use 1/2 clam juice to 2/3 water. If you don't want to make your own gelée from scratch (to use with a paté, for example) you can bring 2 cups of good beef consomme to a boil and stir in 1 envelope of unflavoured gelatin dissolved in a little cold water. Don't peel and slice potatoes until just before you are ready to cook them or they will turn a nasty brown.

If creme fraîche is called for in a recipe and is going to be cooked, you can substitute plain heavy cream. But if you want something more closely approximating French creme fraîche, or if you want to serve it as a garnish, you can make it easily and it will keep in the refrigerator for about 10 days. Then it will turn into heavy sour cream. Just add 1 teaspoon buttermilk to every cup of heavy cream. Heat to barely warm to your finger, then cover loosely and let stand until it has thickened. When it is thick, cover tightly and refrigerate.

There is a superb restaurant in the 6e arrondissement in Paris run by madame Trama. If "Tante Madee" practiced her art in China her Chinese hosts would think they were tasting French cooking. In Paris her creations are all a refinement of Chinese cooking – the real thing, the kind which very few gourmets know – but with local produce. Undisciplined, she is incapable, she says, of doing the same thing the same way twice. When she sends forth from her kitchen her astonishing dishes, even a starving person wouldn't throw himself on it without admiring it first. She thinks of this arrangement of food as the Japanese do – as a symbol and a message. She revolts against ostracism which has kept women

out of restaurant kitchens. She declares with Gallic outspokenness. "Women vote, they go to college, even to the polytechniques. But to learn cooking at a 'male' school - no. The door is slammed in our face. Experience - you have to get that on your own." One of her recipes is given below.

AUNT MADEE'S TINY VEGETABLES

Ingredients:

- 12 little new carrots - 12 little new turnips
- 1 cup fresh green beans - 1 pound fresh mushrooms
- 2 tablespoons flour
- 4-6 artichoke bottoms (frozen, canned, or bottled will do)
- 1 cucumber - 6 tablespoons butter
- 1/2 teaspoon powdered thyme - 1 bay leaf
- Salt and pepper - Fresh mint
- 2 tablespoons heavy cream

Preparation:

Peel carrots, turnips and slice. Toss into boiling salted water for 10 minutes. Cut mushrooms into 2 or 3 pieces. Add flour and lemon juice to the pot of boiling salted water and poach artichoke bottoms. Slice the artichokes and cucumber. Melt butter in a large skillet and put in all the vegetables, add thyme and bay leaf. Cook until any liquid there is evaporates. Add salt and pepper. Add mint and cream, and let the cream reduce over moderate heat.

ENGLISH WOMAN'S TART

Ingredients:

- 3 cups brown sugar - 5 medium apples
- 1 lemon - 2/3 cup flour
- 4 oz butter
- 1-1/2 ground almonds - 2 cups creme fraiche

Preparation:

Sprinkle 2-1/2 cups sugar in a layer 1/2 inch thick in a pie dish. Peel and core apples and cut into quarters. Sprinkle with lemon juice and arrange on top of sugar. Mix together rest of sugar, butter and almonds. Spread it over apples. Place pie dish over low heat until the sugar melts. Place in a preheated oven (450 degrees) for 30 minutes. When the point of a knife pierces the apples easily, the tart is done. Serve upside-down, with a pot of thick creme fraiche.

BAKER'S WIFE POTATOES

Ingredients:

- 5 medium potatoes - 1 onion, minced
- Salt and pepper - 4 ounces butter

Preparation:

Peel potatoes, then slice them into very thin rounds. Dry well, mix them with onion, add salt and pepper. Arrange in layers in a well-buttered gratin dish, pour in water just to cover potatoes. Dot the top with rest of butter. Bake until most of the water has evaporated and only butter is left. Lower the heat and let top of potatoes brown.

Ninki Mallet Maslansky



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BLUE CROSS INSURANCE LIMITED

Blue Cross Insurance Ltd., health insurers for the Club's employees, have agreed to offer an Inpatient Health Insurance Plan that will be available to members and their families at group premium rates. The Plan, for a minimum group size of 20, will reimburse substantial medical costs to the levels presently charged by first-class hospitals in Bangkok. A Blue Cross Credit Card, now recognized by more than 30 hospitals in Thailand will be provided for each covered person.

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Bon Vivant

One is One and All Alone



"The last-minute cancellation of the Canadian visit does of course leave a large gap in the diary which probably cannot be filled at this late date. The Queen will be at something of a loose end."

Palace spokesman

MONDAY

Got up, finally,

Sat at escritoire. Filled in all o's on front page of one's Telegraph. Put paperclips in long line. Pushed paperclips into little pile. Straightened paperclip and cleaned old bits of soap out of engagement ring. Bent paperclip back to original

shape. Put paperclip back in little pile and tried to identify it with eyes shut.

Noticed tiny flap of wallpaper curled back from skirting just behind escritoire. Took one's Bostik out of escritoire drawer, put little smear on wall, little smear on wallpaper, pressed down wallpaper.

Picked old dried crusty bits off one's Bostik nozzle.

Read Bostik label. It is good for glass, wood, ceramics, light metal, leather, and plastic, whatever that is. If one gets it in one's eyes, one should wash it out immediately.

Saw fly go past.

Saw fly come back.

Watched wallpaper curl off wall again.

Turned on Play School. Notice flat head on presenter. Summoned Lady Carinthia Noles-Fitzgibbon, who confirmed head not normally flat. She enquired if she should summon Master of the Queen's Ferguson. One told her no, one was perfectly capable of fiddling with one's apparatus oneself.

One was in fact quite grateful.

Took lift to West Loft. Keeper of the Queen's smaller Gifts (West Loft Division) most helpful. One had, according to his inventory, been given a zircon-encrusted ratchet screwdriver by King Idris of Libya, following 1954 reciprocal trade agreement on depilatory soup. During Keeper's search for this item, put on alligator's head presented by Friends of Mbingele National Park on the occasion of one's Silver Wedding. A snug fit, but some tarnish on the molars.

Keeper rather taken aback upon return to find one in alligator's head and Mary Queen of Scots' execution frock, but recovered admirably. Having to suppress his distress at poor Professor Blunt's departure has matured him considerably; one may soon allow him to fondle the odd corgi.

Returned to one's apartment. Play School now finished, so put on one's husband's video recording of yesterday's Postman Pat. It is now Mrs

Goggins the Postmistress who has a flat head.

Applied screwdriver to hole in back of one's apparatus. Blue flash. Zircons all blown off. One's husband burst in, ranting: apparently, one's husband's Hornby Dublo layout had fused itself to nursery floor.

One's husband now at worse loose end than ever, stormed off in foul mood to put up shelf in garage. Has been talking about putting up shelf in garage since Suez.

Lunch. First lunch alone since October, 1949.

Moulded mashed potatoes into Grampians, poured gravy in to simulate Loch Rannoch, cut pea in half to make two ferries. Had ferry race by blowing down one's straw. Left-hand pea won.

Knighted it with fork.

After lunch, one's husband stormed in again, carrying gold claw-hammer (Ghana, 1962), diamond pliers (Melbourne, 1968), set of inlaid mother-of-pearl ring-spanners (Tongan gift on occasion of PoW's first tooth), and shouting Where one's bloody zircon-encrusted screwdriver?"

Stormed out again with rather nice Louis XV rosewood side-table, muttering "Soon chop up this tarty Frog rubbish, make bloody good plank, this, rip a couple of brackets off that poncey Tumpian clock upstairs, shelf up in two shakes of a CPO's whatsit."

Fusebox Pursuivant arrived to repair apparatus. Commanded to remain and play 1-Spy. One won.

Bed at 8.15, with ocelot-bound Fifty Things To Do On A Wet Day (New Zealand, 1978). Made flute out of old sceptre. Played God Save One.



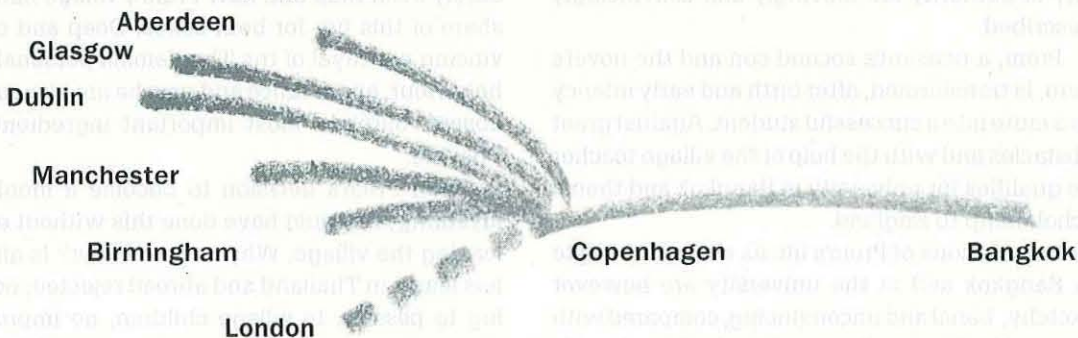
"Frankly, if we weren't both working, I don't know how we'd make it."

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MONSOON COUNTRY

Pira Sudham

A PART from M.R. Kukrit Pramote's *Four Reigns* (See Penguin), *Monsoon Country* is the only novel of note written in English by a Thai about Thais.

According to the preface, Khun Pira, graduated from university in New Zealand, and lived for ten years in Hong Kong, U.K. and Australia. The novel is therefore largely autobiographical.

The English language in the novel is superbly used and it begins with brilliant gifted descriptions of family life in a poor peasants village starting in 1954; with the scene set in north east Thailand (Isarn). The harsh conditions of life, poverty, flood, drought, heat, illness and the cruelty of authority are movingly and convincingly described.

Prem, a peasant's second son and the novel's hero, is transformed, after birth and early infancy as a mute into a successful student. Against great obstacles and with the help of the village teacher he qualifies for university in Bangkok and then a scholarship to England.

Descriptions of Prem's life as a monk's acolyte in Bangkok and at the university are however sketchy, banal and unconvincing, compared with those of his home village and its decline after his departure. Characters in Bangkok are cardboard silhouettes without depth or development.

Once in Europe, the portraits of Dahni, the rich, totally westernised Thai and the Germans, Helmut and Han Regnitz are realistic and recognisable. It is not clear if the interrogation of Prem by German police is based on experience, but in any case it is certainly much pleasanter than if it were a farang in Thailand. The episode with the English families sound authentic but the portrait of the English girl is shallow and perfunctory.

The reviewer cannot understand Khun Prem's drop-out in Europe and eventual return to Thailand abandoning his studies. There is also no mention of progress at his village observed on his return. Arriving in Thailand in 1956, the reviewer has certainly observed most improvements in the conditions of rural and provincial Thai life. Improved education, health care, roads, buses, T.V., phones, reduced families, better clothes, food and motor bikes by the million. Some of these must have reached Prem's village by 1980 but they are not mentioned.

Absent from "Monsoon Country" is that important large and famous part of Thai life "Sanuk". Surely even then and now Prem's village had its share of this fun for both sexes. Deep and convincing portrayal of the Thai female personality, behaviour, appearance and psyche are also sadly absent. Surely a most important ingredient of Thai life.

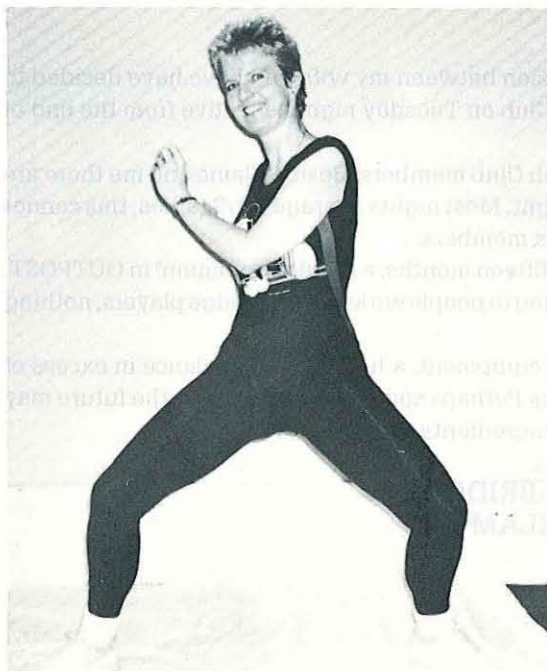
Khun Prem's decision to become a monk is mystifying; he could have done this without ever leaving the village. Why not a teacher? Is all he has learnt in Thailand and abroad rejected, nothing to pass on to village children, no improvement, hope, struggle for virtue, a more honest, prosperous, just life. The implication is surrender, passive acceptance; perhaps congenial with his previous drop-out.

NOM DE PLUME

AEROBICS



AEROBICS

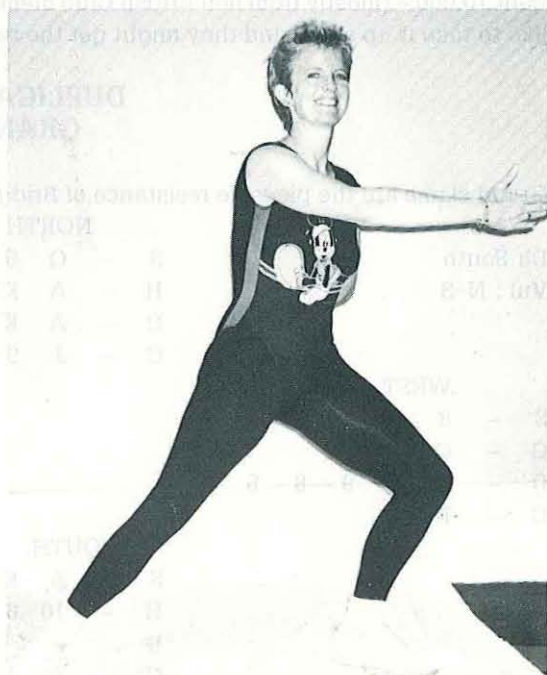


Pic. 1

WAIST TWISTS

STAND facing forward with your feet apart and your back straight. Now bend your knees till you are in the squat position as Norma is demonstrating in the picture. This position helps keep your hips static. Now keeping your hips facing forward twist from the waist up only. First to the right and then to the left. Your hips and legs do not move at all. This exercise isolates and works the waist. Great exercise for a super slim waist!

20 Reps.



Pic. 2

LUNGE AND REACH ACROSS

STAND with your feet apart. Keeping your right leg straight, bend your left knee and lunge to the left, at the same time reaching across to the left with your right hand. Lunge to the right and reach across to the right with your left hand. Works the waist and thighs.

20 Reps.

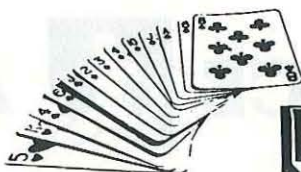
THE FOLLOWING ARE COMPANIES WHO HAD SO GENEROUSLY SPONSORED
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Bridge



Bridge

IT is with some regret that after considerable discussion between my wife and I, we have decided to cease running the Duplicate Bridge evenings at the Club on Tuesday nights effective from the end of August 1991.

The basic reason being lack of support of British Club members. Beside Elaine and me there are an average three other club members on any given night. Most nights average 3-1/2 tables, this cannot be considered a good turn-out in a club with 800 plus members.

We feel we have given it our best shot over the fifteen months, a regular "column" in OUTPOST, the notice board kept up-to-date, a questionnaire, talking to people we know are bridge players, nothing seems to work.

We are leaving a good set of duplicate bridge equipment, a healthy bank balance in excess of Baht 10,000.— (mostly from non British Club members). Perhaps some one sometime in the future may like to take it up again and they might get the right ingredients to make it work.

DUPLICATE BRIDGE GRAND SLAM

Grand slams are the piece de resistance of Bridge:

	NORTH				
Dlr South	S	-	Q	5	
Vul : N-S	H	-	A	K	4 2
	D	-	A	K	7
	C	-	J	9	6 5

	WEST				
	S	-	8	6	3
	G	-	Q	3	
	D	-	Q	J	9 8 5 4
	C	-	K	7	

S	-	9			
H	-	J	9	8	7
D	-	10	6	3	2
C	-	Q	10	8	3

	SOUTH				
	S	-	A	K	J 10 7 4 2
	H	-	10	6	5
	D	-			
	C	-	A	4	2

WEST	NORTH	EAST	SOUTH
			2S
Pass	4NT	Pass	5H
Pass	5NT	Pass	6D
Pass	7S	All Pass	

East led the diamond Queen and South won in the dummy, discarding a club. South then cashed the Spade Ace followed by the Club Ace and a spade to the queen. The King of Diamonds allowed another club to be thrown and South ruffed a club in hand. South's original plan had been for clubs to be 3-3 but this did not seem very likely when West's king fell on the second round. South decided instead to run the trump suit. This end position arose:-

S -
H - A K 4
D -
C - J 9

S -
H - Q 3
D - J 9 8
C -

S -
H - J 9 8
D -
C - Q 10

S - 7 4
H - 10 6 5
D -
C -

On the penultimate trump south threw a heart from dummy. East, had no good discard. He decided to throw a heart, but declarer now cashed dummy's heart winners and returned to hand with a club ruff to score the established Heart 10. The grand slam had been made.

DUPLICATE BRIDGE RESULTS

Thursday July 2, 1991 (3 Tables : 25 Boards : Howell Movement)

1st	Vera and Judy	54%
2nd	Kasai and Lapar	53%
3rd	Patrice and Nino	51%

Tuesday July 16, 1991 (3-1/2 Tables : 28 Boards : Howell Movement)

1st	Kishore and Harry	64%
2nd	Siriwan and Anurak	56%
3rd	Elaine and Darryl	53%

Tuesday July 23, 1991 (2-1/2 Tables : 20 Boards : Howell Movement)

1st	Pimpraphai and Lapar	72%
2nd	Sacha and Bernard	63%

Tuesday July 30, 1991 (4 Tables : 28 Boards : Howell Movement)

1st	Elaine and Darryl	64%
2nd	Anurak and Siriwan	56%
3rd	Harry and Kishore	55%

Elaine & Darryl Hennig



EVENTS for the Diary:

	Date	Course	Time	Event
Sunday	8th Sept	Bangpakong	11.08 a.m.	VS BLGS
Sunday	22nd Sept	Rose Garden	08.48 a.m.	VS Scandinavians
Sunday	6th Oct	Thai C.C.	8.30 a.m.	VS GCLGC
Sunday	20th Oct	Muang Ake	10.30 a.m.	Medal/Veterans Round I
Sunday	3rd Nov	Bangpakong	TBA	Veterans Semi-Final
Sunday	17th Nov	TBA	TBA	VS British Embassy

Recent Results:

Ekachai – Sunday 14th July – VS AMCHAM

It isn't often that you find a situation where sponsored prizes outnumber the golfers in a competition, but that was the case when we lined up against the Americans at Ekachai last month. The list of sponsors is too long to name them all individually, but most of the hotels in town were represented, including Novotel which donated a room for life for a hole-in-one (it turned out to be a safe bet). Coke was represented along with Nestle, Pizza Hut and many others and thanks go to them for their support.

Unlike international golf, the Europeans weren't good enough to toss the yanks this year. The format was a Callaway Stroke converted to stableford point score and Amcham won by 26 points, 1039 points to 1013. The result was a surprise to all when you consider that seven of the top ten best gross stroke scores were won by BC members and five of the top ten stableford scores went BC's way. We'll change the system next year and see if we can't get in the winners circle then.

Dugal Forrest generously provided a fine trophy for the annual event and it now rests somewhere under the Star Spangled Banner.

Individual Results were:

Best Gross Scores			Best Stableford Scores		
1.	Decho Suripatra	78	Scott Armstrong	40	points
2.	Dave Stewart	81	Ted Miller	40	points
3.	David Williamson	81	Tom Olsen	39	points
4.	Khun Vorakit	82	Richard Plumlee	38	points
5.	Eric Hudson	83	Lavita Hughes	37	points
6.	Dennis Farmer	84	Keith Wilson	37	points
7.	Keith Collins	84	Dugal Forrest	37	points
8.	Roy Barrett	86	Rodney Bain	37	points
9.	Khun Krienkai	86	Tom Beddows	37	points
10.	Mike Jacobs	88	Judy Farmer	36	points

There were two long drive holes for those who can muscle the ball and keep it in play and both men's and women's were won by the same people.

Long Drives	Men	Mike Corey (both)
	Ladies	Judy Farmer (both)

Nakorn Nayok Weekend – 27-29 July

The three-day up-country visit to historical Chulachomklao Military Academy (where the last coup d'etat was planned) proved to be as enjoyable as usual, despite a cloud burst on the Saturday, which somewhat dampened the spirits and the course.

The competition was the annual 3-day Eclectic which is always keenly contested. After the second day's round, there were probably five golfers in serious contention:

Alistair McManus	net	64
Simon Edmonds	net	66
Dennis Farmer	net	66
Phillip Barrett	net	67
David Stewart	net	69



"Master Blaster" Judy Farmer – both long drives.



Eclectic winner Phillip Barrett.



Dugal Forrest handing over the 'Deether Trophy'.



"Low Gross Winner" – Decho.

Fellowship at Nakorn Nayok.





Williamson Bain & Bill Dawkins "The Club House is this way", Amcham vs BC.



"Left handed or photo reversed" Lavita Hughes.



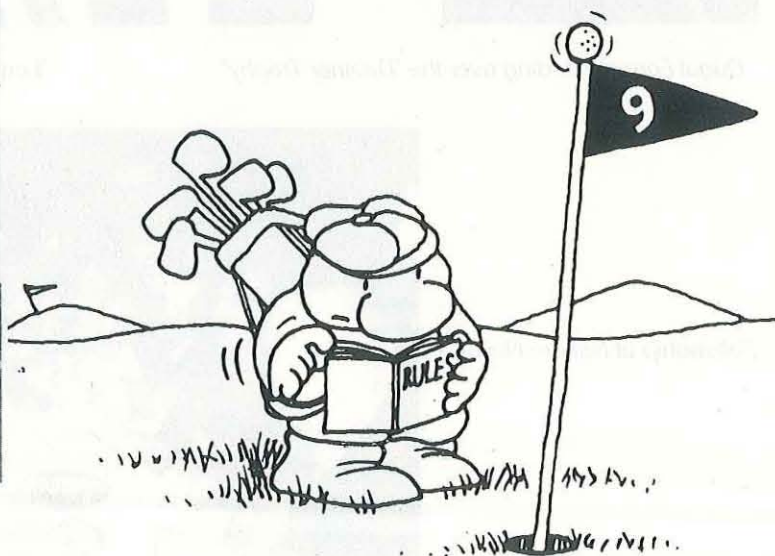
"Keny Mattison & friends"



"Captains Courageous" Lloyd Houghton & Ken Lambert.



"Classic style" Terry Adams.



Big Al, unfortunately couldn't play in the final round, which left the other four in the last group of the day to battle it out. The competition had all of the earmarks of an exciting 18 holes of golf to sort out the winner, but that wasn't to be. Phillip Barrett, the youngest of the group, proved his mettle, not to mention nerves and after being 1 over par after the first 6 holes was unbeatable. It was a great effort from Phillip; and he certainly showed the 'oldies' how it is supposed to be done.

Final Result – Eclectic

Phillip Barrett	–	net	56
Dennis Farmer	–	net	63
Alistair McManus	–	net	64

Johnnie Walker Black sponsored the entire weekend of competition and our thanks go to them for their generous prizes.

Day I – Saturday 27th Results – Stroke Event

A GRADE				B GRADE			
Winner	Alistair McManus	net	75		Phillip Jackson	net	76
R/up	Keith Collins	net	78		Phillip Barrett	net	77
5th	Simon Edmonds	net	79	7th	Dave Stewart	net	80
6th	Dennis Farmer	net	79	8th	Dugal Forrest	net	85

Long Drives, Men's – Simon Edmonds

Ladies' – Sriwan Forrest

Day II – Sunday 28th Results – Stableford

A GRADE				B GRADE			
Winner	Alistair McManus	39	points		Phillip Barrett	33	points
R/up	Simon Edmonds	39	points		Sriwan Forrest	22	points
5th	Dennis Farmer	34	points	7th	Dugal Forrest	30	points
6th	Dave Stewart	31	points	8th	David Williamson	29	points

Long Drives, Men's – Dave Stewart

Ladies' – Sriwan Forrest

Day III – Sunday 29th Results – Bogey

A GRADE				B GRADE			
Winner	Dennis Farmer	–	square		Phillip Barrett	+	4
R/up	Simon Edmonds	–	– 1		Sriwan Forrest	–	7
5th	Dave Stewart	–	– 6	7th	Lloyd Houghton	–	6
6th	Roy Barrett	–	– 6	8th	Dugal Forrest	–	7

Long Drives, Men's – Mike Cory

Ladies' – Judy Farmer

New Members:

The Golf Section welcomes Roy Hughes, Frank Crocker and Jack and Gordon Phillips, to the ranks and reminds all members of the BC and the Golf Section, that new members and visitors are most welcome. Please join the fun and frolics every second weekend.

HAPPY GOLFING

LADIES' GOLF



LADIES' GOLF

LAST month was a quiet month with approximately 12 girls each week. With luck we managed never to have rain on a Wednesday morning. It was also the last month of Wednesday golf. This month sees the start of Tuesday golf.

Our three month eclectic ended on 17th July, it was an amazing finish, with four count backs!

Subscriptions

Have you all paid your subscriptions? Some of you only paid for 6 months in January.

BCLG T-SHIRTS

Our new order has been received and those of you that placed orders with Sharon, please collect them. Only long-sleeved shirts were ordered but we can order short-sleeved if you wish, please order with Sharon, who is doing a superb job.

BUILDING OF THE NEW EXPRESS WAY

There are many signs of road works, as yet we do not know how this is going to affect us. We will continue to play at Muang Ake until we have problems with the traffic and then we will have to decide where next!!??

NEW HANDICAPS

CONGRATULATIONS TO :

Wil from 14-12 (she also received her 80 badge after having a fantastic game of 78!)

Marilynne 30-27 fabulous and about time too!

Anke 36 After only three months at this game she has played to a 36 handicap and will certainly not remain there for long.

STARTER FROM 15th AUGUST - 15th SEPTEMBER

I shall be leaving for the UK on 16th August and hope to return on 15th September. Judy Farmer has kindly agreed to be the starter during this period. There will be no major competition while I am away except for the fun competition with the men on the 8th September which I am very sad to miss. I do hope you will support this event which is being held for the first time. Some of you that took part in the "Kitchen Sink" competition will remember what fun it was; for more details please speak to Judy.

FORTHCOMING COMPETITIONS

September	3rd	Texas Scramble
	10th	All Irons.
	17th	Starter's Choice (Railway Golf Course)
	24th	LGU Medal No. 12 and Pendant

SUNDAY SEPTEMBER 8th – a game has been organised by the British Club men's section. This will be a mixed couple's competition. Speak to Judy for further details. She is taking bookings NOW. Husbands welcomed. At this stage we do not know the tee off time.

WELCOME AND GOODBYES

This month we welcome Magda Rutten with a USGA handicap 24. There is no residential address yet, however she can be contacted at the Hilton Hotel.

We are very sad to say farewell to ALICE GUNTHER one of our most supportive members. She returns to the USA at the end of August. We will miss you Alice, especially Alexi. We wish you all the best in the future and hope that you will continue to have a lot of golf in your life. It is interesting to note that you joined us on the 8th August 1989. How quickly two years have passed. Good luck and keep in touch.

NEW PLAYERS AND OLD PLAYERS :

Do you know the 15th club allowed in your bag?

Answer : a book on the Rules of Golf!

See you late September.

Lavita

COMPETITION RESULTS

3rd July 1991 – Muang Ake – Stableford

1st	Hank	37 points
2nd	Judy	36 points
3rd	Martinje	35 points

Near pin 6 – Judy

Near pin 12 – Ake

Prizes donated by Ann Kwong and other donations were used today. Everyone received a prize.

10th July 1991 – Muang Ake – Bisque Bogey

Silver Division	Judy c/b
R'p	Joanie

Bronze Division	Marilynne c/b
R'p	Kanda

Near pin 8 – Judy

Near pin 17 – Kanda

17th July 1991 – Muang Ake – 3 throw outs / 3 month eclectic

Silver Division	Lavita c/b
R'p	Debbie

Bronze Division	Diana c/b
R'p	Kanda

Near pin 6 – Marilynne

Near pin 17 – Eileen

3 month Eclectic

1st	Judy	62 net	c/b
2nd	Diana	62 net	c/b
3rd	Lavita	62 net	c/b
4th	Kanda	62 net	!!!

24th July 1991 - Muang Ake - Bogey

Silver Division	-	Debbie	0
R'p	-	Judy	- 1
Bronze Division	-	Anke	+ 2
R'p	-	Kanda	- 1

Near pin 6 - Lavita Near pin 12 - Anna

31st July 1991 - Muang Ake - Medal

Silver Division	-	Lavita	77
R'p	-	Judy	81
Bronze Division	-	Anna	76
R'p	-	Sharon	78 c'b Penny

Near pin 6 - Lavita Near pin 12 - Penny

Long Drive	-	Silver Division	-	Nena
		Bronze Division	-	Magda



Winners of the eclectic competition : 17 July 1991. Judy wins again!

SQUASH SQUASH

BEFORE we get any further into the September leagues let's remind everyone what happened in the July leagues. Maureen Denner reports:-

Despite it being the "summer season" when many players seem to depart for other lands, we put together a total of 13 leagues in July, the results of which are as follows:-

July 1991, 89th league results

League	1	Bernie Adams
"	2	Guy Hindley
"	3	Mel Leddy
"	4	Sam Zappia
"	5	Simon Davies
"	6	Paul Taylor
"	7	Phil Rowntree
"	8	Maureen Denner
"	9	Mike OúConnor
"	10	No games played
"	11	Kiat Sittheamorn
"	12	David Turner
"	13	Joan Adams

Congratulations to the winners!

What was sad to note, was that out of the 13 leagues 10 were not completed – with one league actually having no games at all played! Whilst it is sometimes difficult to account for family disasters, last minute business trips, etc. it really is unfair to the other people in your league if you don't play all your games. Due to the problems caused by this we are sending out a note to all players.

On a more positive note, there were lots of good "tight" games played and to make things even more interesting, we almost got an inversion near the top of A flight so now's the time to make the challenges. As for challenges, we still managed to get a large number played despite the pressure of leagues and you will hopefully have noticed that we're attempting to clear out the ladders so that they contain only "active" players thereby making them more meaningful.

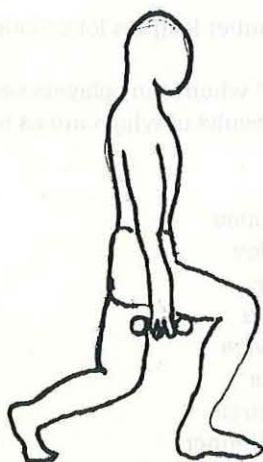
Anyone unsure on league/ladder rules, what constitutes an "ACTIVE" player etc. Please read the notices outside court one.

Finally (and sadly), since I will have departed by the time you read this (at last I hear everyone say), please note that Suzanne Olsen will be "caretaking" leagues & ladders until Alexis Welsh returns in October at which stage the job's all hers!! Good luck & happy squashing.

Just to pick up on one point from Maureen's report and that is the vexed question of unplayed league games. Firstly, a reminder that no walkovers can be claimed or given. It follows from this, that if you intend to play in the leagues, please ensure that to be fair to all players involved you play all of your matches (or none). To play only one or two; may skew the results thereby depriving someone of their rightful league title and prize. As Maureen says there can always be valid reasons for not finishing your league schedule but a little bit of forethought and planning may help. Try to play matches early in the month then if someone gets stuck in traffic, gets an urgent business commitment or unexpected problem at least you have a chance to reschedule. Make sure your telephone numbers on the noticeboard are accurate. Think hard about your travel and work commitments before signing up for a league. Failure to play league matches causes a lot of frustration to fellow squashies, is inconsiderate and at the end of the day you are paying money and have nothing to show for it. So how about it folks

let's try to have all the league games played this month!!

Next an input from Suzanne Olsen, to help you get in better shape for your squashing.



What can you do in the gym that will improve your squash game?

Hold light hand weights in each hand and lunge forward with alternate legs. Do this as quickly as you can while maintaining balance and control to improve lower body strength, endurance and timing. To make the exercise more difficult, increase the number of repetitions you do before taking a rest, and/or increase the speed of doing the exercise.

More "Olsenics" next month so watch this space.

The draw for the monthly ladder loot in July was won by Dick Anwar who gets a credit for 1,000 Baht off his BC bill and Andre Tissera who gets 500 Baht credit.

Finally please note that until further notice the squash mix-in club night on a Wednesday has been suspended but everyone is welcome for a knock at the Sunday afternoon mix-in.

See you in court.



Mel Leddy

"You weigh a hundred and sixty-five pounds and you're going to be in big trouble if you don't get off my foot, earthman."

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Fax : 224-3391



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Vice-Chairman
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PERA PONPHOL
F & B/ Asst. Manager
Office : 234-0247
Fax : 235-1560

ACTIVITIES

ANYONE WHO IS INTERESTED IN PARTICIPATING IN ANY ASPECT OF THE FOLLOWING ACTIVITIES SHOULD CONTACT :

AEROBICS	-	ASHA WIJEYEKOON	213-2134
BILLARDS/SNOOKER	-	RON ARMSTRONG	390-2445
BRIDGE	-	ELAINE & DARRYL HENNIG	331-5983
CHESS	-	JAMES NICHOLS	236-8834
CRICKET	-	BRIAN LEWIS	253-0557
DARTS	-	FRANK HOUGH (LIONS)	231-0852
		ORIN BALDWIN (UNICORNS)	399-4582
GOLF	-	LLOYD HOUGHTON	252-0435
LADIES' GOLF	-	LAVITA HUGHES	391-2688
OUTPOST	-	MAREN WHITE	258-1481
RUGBY	-	JOE GRUNWELL	541-1970
SCUBA DIVING	-	CHRISTIAN BOUTEILLIER	279-5373
SOCCER	-	ALEX FORBES	260-1950
SQUASH	-	TONY AUSTIN	278-1557
STAMP COLLECTING	-	JACK DUNFORD	236-0211
SWIMMING	-	SEE NOTICE-BOARD	
TENNIS	-	JULIA FREEMAN	287-1268

Go on...find an excuse to celebrate at Phuket

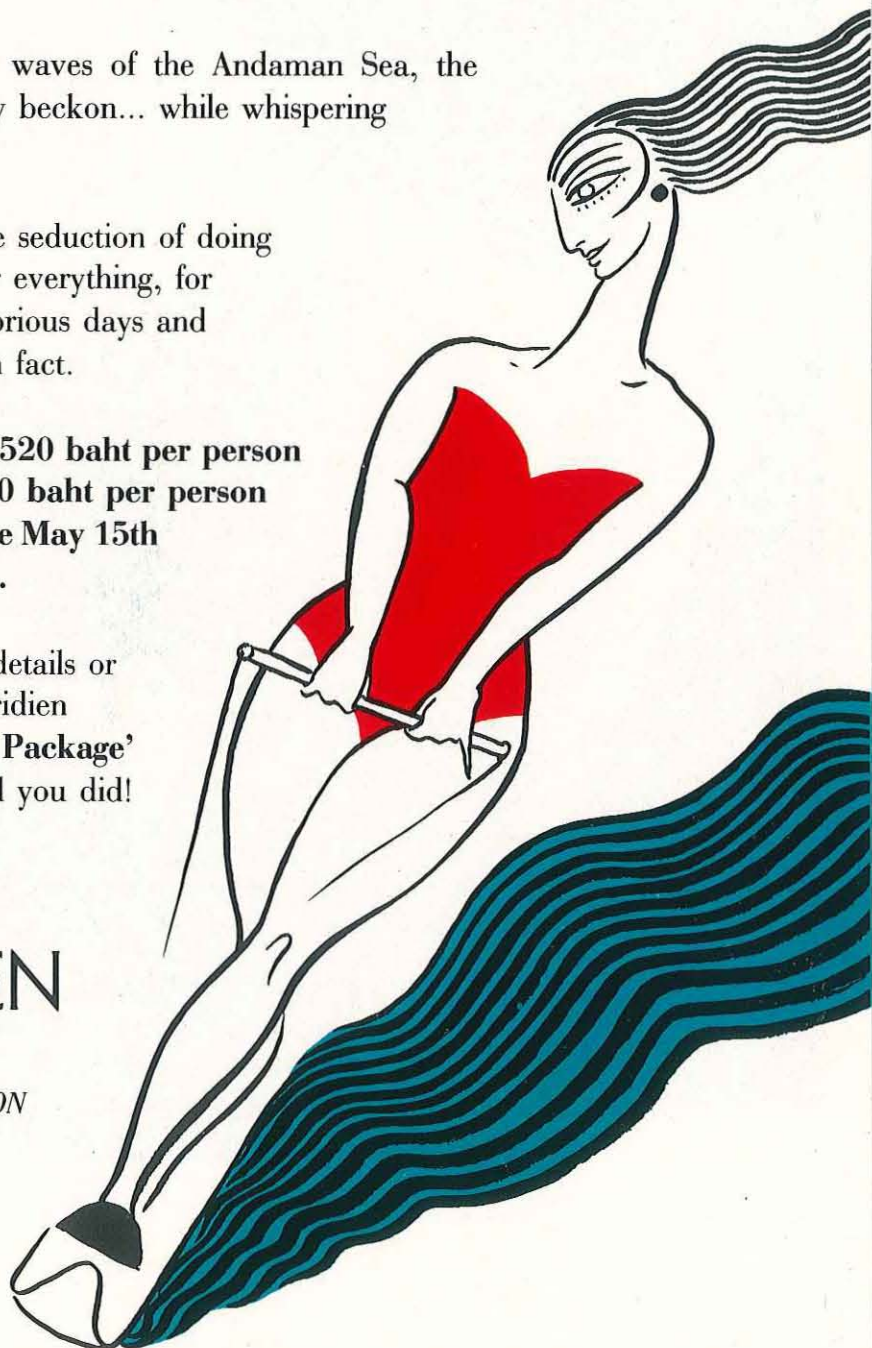
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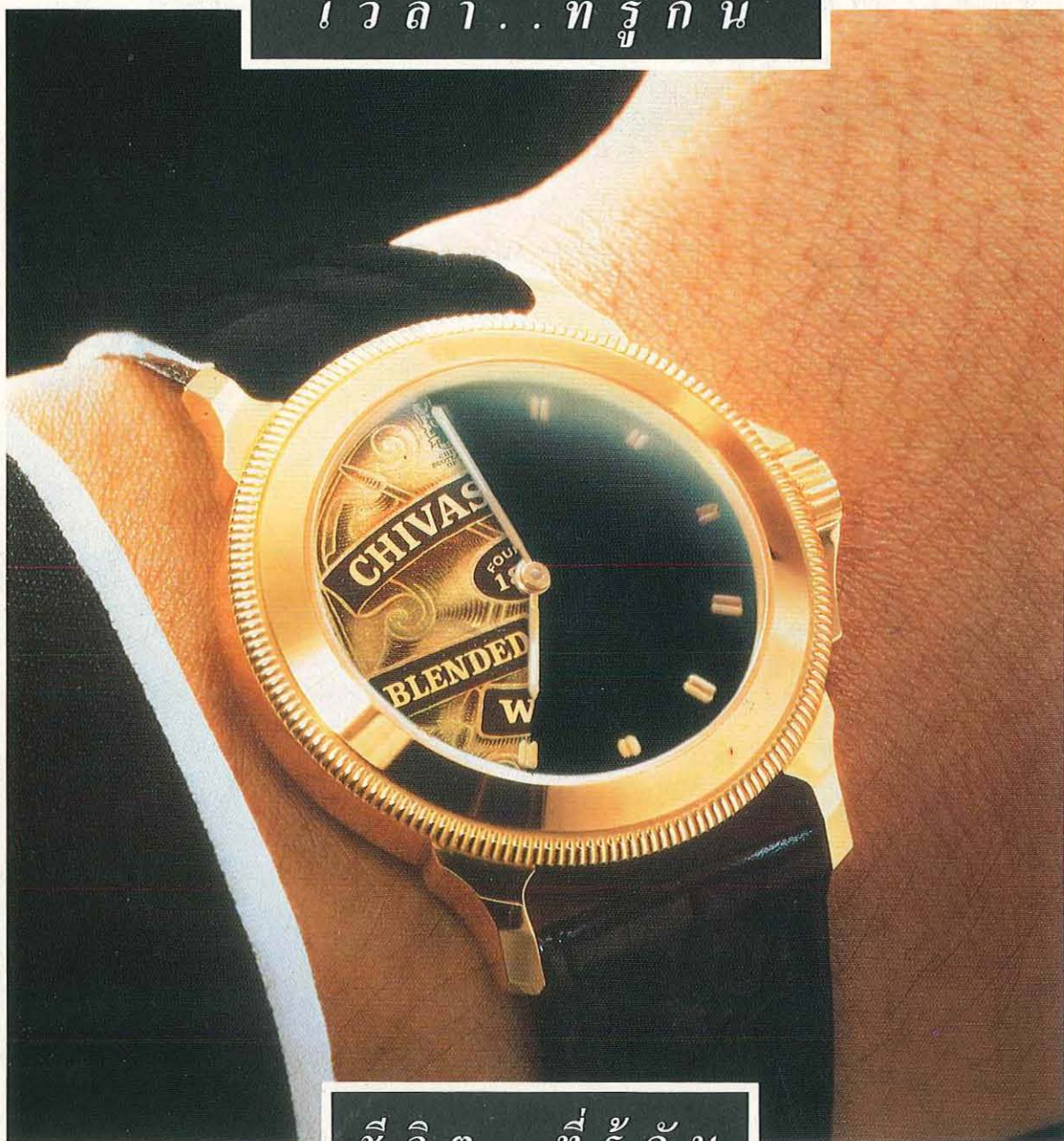
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