

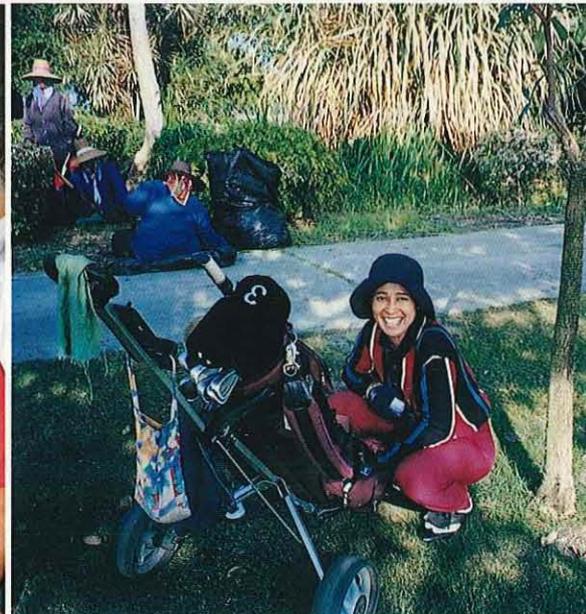
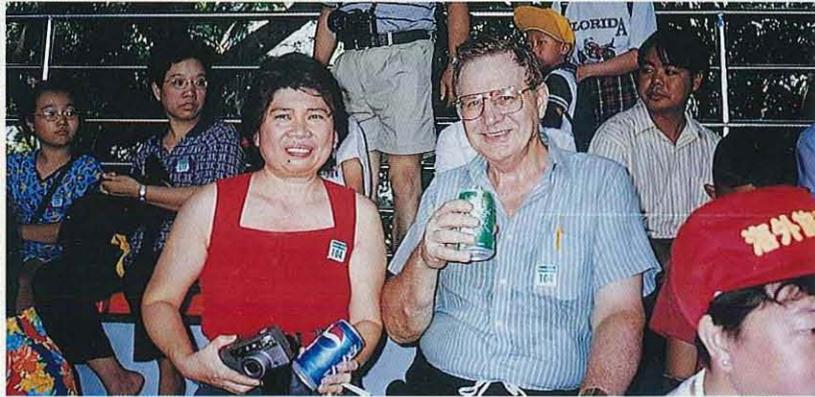


# Outpost

September

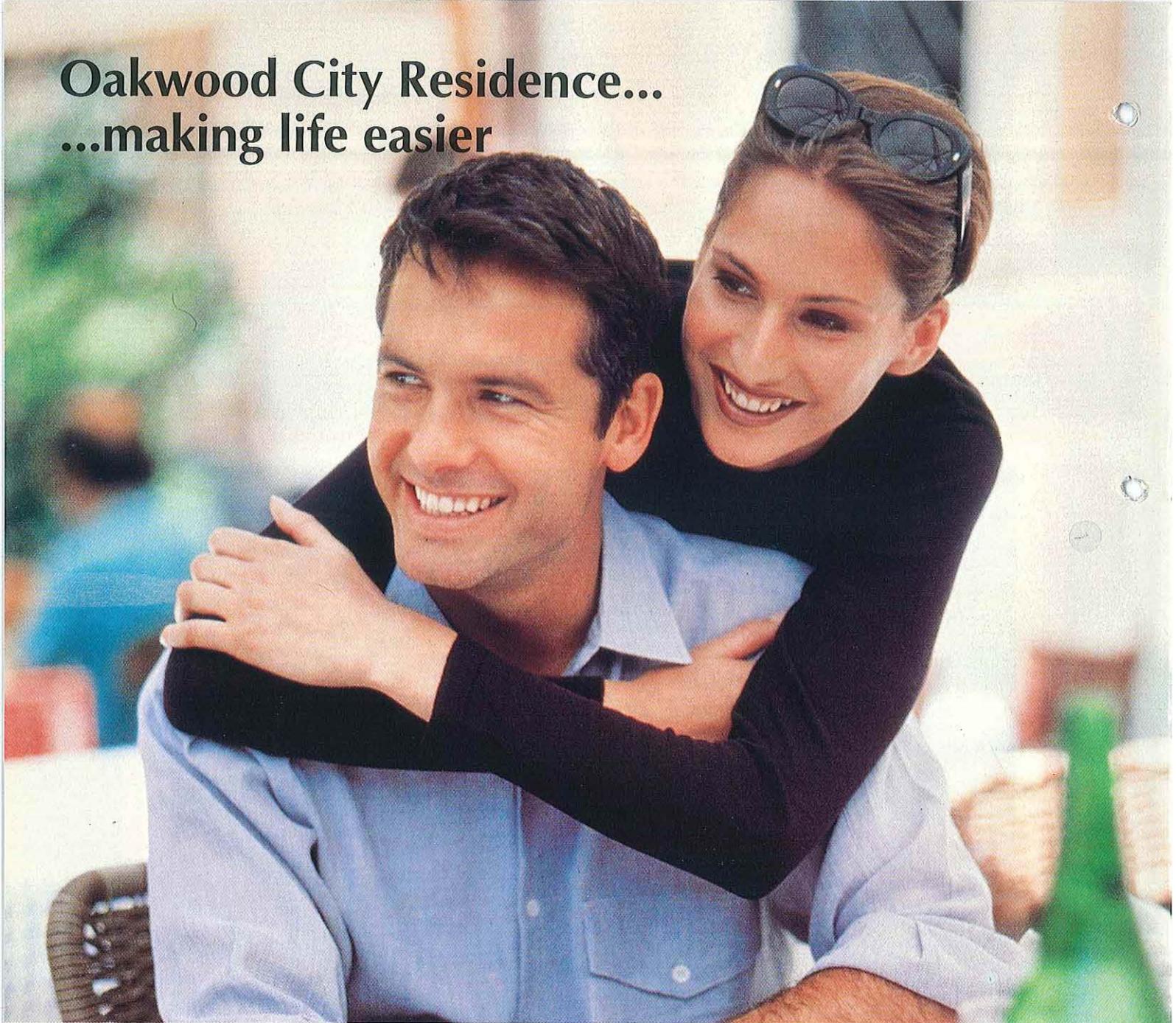
M A G A Z I N E

1999



• Fitness Feature • Feline Tomfoolery • A Safari Special  
• Slang, past & present • Soccer Successes • And More...

# Oakwood City Residence... ...making life easier



Lush tropical gardens. Relaxing environment. Central location.  
Combining Oakwood's renowned lifestyle with the gracious hospitality  
of Thailand, Oakwood City Residence is Bangkok's premier  
community for international expatriates.

Call us today for more details and a personal tour of the Residence.

**Tel: (662) 672-0200**

291 Naradhiwas Rajanagarindra 24, New Sathorn Road, Bangkok 10120

Fax: (662) 672-0199 E-mail: [oakwood@loxinfo.co.th](mailto:oakwood@loxinfo.co.th)

[www.oakwood.com](http://www.oakwood.com)

Oakwood has locations throughout the USA and selected locations in Asia and Europe



CITY RESIDENCE

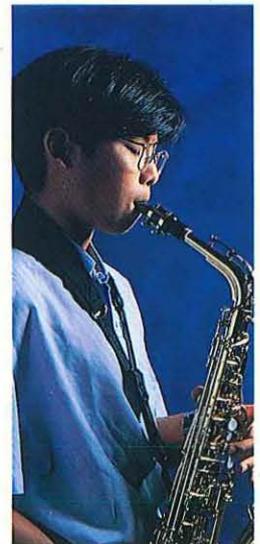
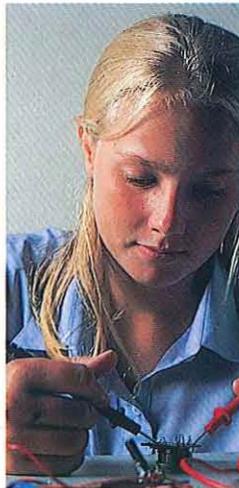
**The Most Trusted Name in Serviced Apartments**

- 
- Beautifully furnished and equipped one-, two-, and three-bedroom apartments • Cable TV & VCR • State-of-the-art Fitness Center
  - Lavish tropical gardens & pool • Daily Maid Service • Business Center • 24-hour Reception/Security • Terrace Restaurant & Room Service
  - Onsite Grocery Store • Close to Bangkok's CBD • Close by Central Shopping Center and International Schools.

*"The unique combination of a natural and idyllic setting, well qualified staff, an international education, a caring and friendly boarding lifestyle and an endless variety of activities ensures that our students are happy, motivated, challenged and secure."*



Dulwich International College is a co-educational day and boarding school located on the picturesque island of Phuket where western and eastern philosophy, culture and wisdom blend beautifully in a safe and natural environment conducive to intellectual, social and physical pursuits. The school delivers a diverse and challenging programme to students from 3 to 18 years old (K1 to year 13), based on the best practices of British and international curricula (IGCSE and International Baccalaureate) at competitive fees. Our link with Dulwich London is a vital ingredient of our success ensuring that our educational standards are carefully monitored while also attracting highly qualified teachers, mainly from the UK.



Consistent with our philosophy of providing children with a rich diversity of experiences, we also offer English Summer Schools in April and July and Sports and Adventure Camps in July. These are open to everyone. Allow us to develop your child's spirit of adventure and discovery.

# Dulwich International College



Dulwich International College

59 Moo 2, Thepkasattri Road, Tambon Koh Kaew, Amphur Muang, Phuket, 83200, Thailand

Phuket: tel (66 76) 238-711/20 fax (66 76) 238-750 Bangkok: tel (66 2) 245-5492 fax (66 2) 245-5490

Website: <http://dulwich-phuket.com> E-Mail: [admin.enquiries@dulwich.rsu.ac.th](mailto:admin.enquiries@dulwich.rsu.ac.th)

## Contents

### Regular Features

- 7 From the Editor
- 8 From the Manager
- 11 From the SRC
- 18 Calendar
- 9 Committee & Management
- 23 Committee Despatches
- 21 Crossword
- 13 Farewells
- 9 Management News
- 28 Meet the Staff
- 26 New Members

### Sports Sections

- 32 Football
- 24 Golf
- 20 Squash

### Specials

- 16 Fitness Training
- 14 Goodface on God
- 30 Letters from Members
- 33 Paws for Thought
- 34 Safari World Visit
- 22 Slang circa 1800
- 29 Surin Elephant Round-up



#### The British Club

is a family, sporting and social club with an international membership.

For details about the Club contact the Membership Marketing Manager at 189 Surawong Road, Bangkok 10500

Tel: 234-0247, 234-2592, 266 4734 or 266 0597 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, Sherry Conisbee, on Tel: 285 4721-2, Fax: 285 4723



#### Outpost Magazine

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



#### On the Front Cover:

The Casuals football team in their Londoner Brew Pub strip

A future Ryder Cup winner?!

New Members Mark and Lucie Patrick

Joom White rising in time for the challenge

The Sands at Safari World

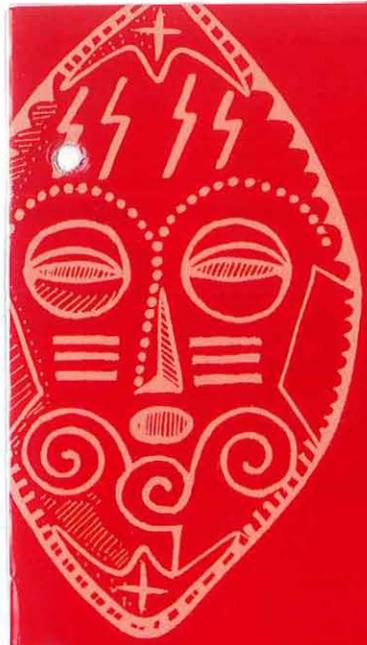


#### Outpost Magazine

is produced on behalf of the British Club by  
The Creative Partnership.

To advertise

contact the Advertising Sales Director at The Creative Partnership  
on tel: 285-4721/2 fax: 285-4723 email: creativ@loxinfo.co.th



“Transpo has always done  
a fantastic job moving  
me around the world.  
From Ouagadougou,  
Burkina Faso to Bangkok,  
Thailand; Out to Honolulu,  
Hawaii then back again  
to Bangkok!”

Antony Zola



Around the corner or around the world, Transpo's Move Managers  
will get your belongings there safely and reliably.



# Get Lost.

*Go on - lose yourself in a good book. In the last rays of the setting sun. In the beauty of the waves crashing onto Nai Harn Beach beneath your magnificent private terrace. Check your cares in with our guest relations and let our friendly staff do your caring for you. For further information and reservations, please contact our Bangkok Sales and Reservations Office now on Tél. 653-2201-7 or Fax: 653-2208-9 or E-mail: [info@phuket-yachtclub.com](mailto:info@phuket-yachtclub.com)*

---

## "Breakaway Package"

*3 days/2 nights twin share, Baht 5,750++ per person. Single room, Baht 9,500++ per person. Includes breakfast and airport transfer. Valid from April 17 - October 31, 1999 (Price excludes VAT and service charge)*

---



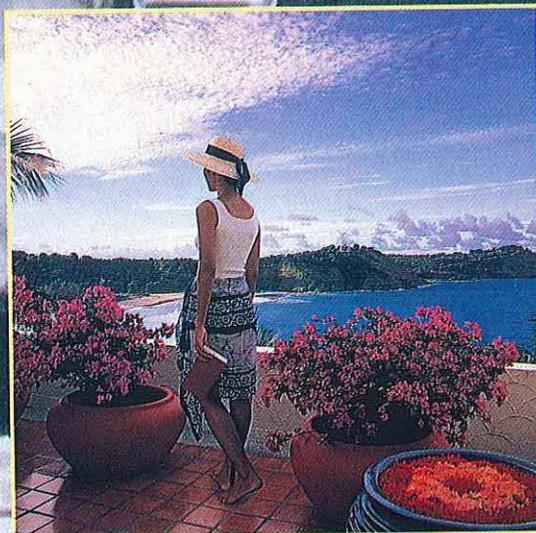
## Le Royal MERIDIEN

PHUKET YACHT CLUB

Le Royal Meridien Phuket Yacht Club  
Nai Harn Beach, Phuket 83130, Thailand  
Tel : 076-381-156-63 Fax: 076-381-164

BALI • BANGKOK • BORA BORA • ILE DES PINS  
JAKARTA • KOH SAMUI • MEDAN ('99) • MELBOURNE  
NOUMEA • PHUKET (2) • PORT VILA • SAIPAN ('99)  
SINGAPORE (2) • TAHITI • THE GOLDEN TRIANGLE  
TOKYO (2)

A member of  
*The Leading Hotels of the World*



**F**ed up with trying to find a vacant spot somewhere in the nether regions of the magazine to put a small, non-contentious 'P.S. from the Editor' which only the most avid of readers can be bothered to find, I decided to upgrade my bit this month to an attention-grabbing full page, right at the front, opposite that nice ad which always makes me think I'd rather be on the beach in Phuket than stuck in the office.

Being quite content with the way things are mismanaged at the Club, I have always steered clear of making hard-hitting anti-management comments or taking editorial side-swipes at the Committee for doing whatever it is they do, or fail to do. And, sorry folks, this page will be no different!! It's just that I became unusually excited by Tom Bain's request for suggestions on how to improve Lords Restaurant (see August's *Outpost*), and wanted you to know that I took the bold and uncharacteristic step of writing to him. Er... well... I got Martin to write to him. Man to man. No frills.

Here's the point. If YOU have any thoughts on Lords, why don't you do the same. Write to Tom or tackle him in the bar. Better still, send in your views to *Outpost* and let's give the Committee something to work with when trying to give a new lease to lifeless Lords. Lords isn't the only thing that's dull! Well, not according to the one and only member who has commented to me on *Outpost* since my debut as Editor last January. Her gist was: *Outpost* is flat, lifeless, too serious. A touch harsh maybe, but nevertheless it was good to receive feedback. If more of you would give me an idea of what you want, then perhaps I could pressgang a few more members into making the appropriate contributions. Despite the criticism, I think there's some great stuff in this issue. That feisty old bigot, Major Goodface, appears on page 14 with some heaven-sent humour (read it and you'll see what I mean). 'Wilde Bob' is back with more from the 1800s and in a letter to *Outpost* one of our members has put us right on the meaning of 'High Tea'. Sit down with a cuppa and enjoy it.

Unfortunately contributions from the sports sections dried up a bit this month but, with his normal enthusiasm for anything energetic, Damon has contributed an informative article on fitness training. Sport was also on Margaret Miller's mind when she compiled the crossword for this month's issue, and much effort went into the 'Committee Despatches' with a word-for-word repeat of the letter we all received individually from the Treasurer last month. (I think I've just acted out of character again!)

Come on! Don't let this prime position in the magazine go to waste. Read it and respond with your ideas.



Sherry Conisbee - Editor

A handwritten signature in cursive script that reads "Sherry Conisbee".

**Yours hopefully,  
Sherry Conisbee**

The date is 10th August as I write this, and I am delighted to say that I have just signed the Letter of Intent with the contractors, Ozcom, for the renovation of the Surawongse Sala. The work should be well underway by the time you read this message, hence the reason the Sala is temporarily closed. A bit of an inconvenience, I know, but I'm sure you'll understand. The construction schedule calls for the project to be completed by mid-September and you will then be treated to a smarter, more comfy and larger Sala in which to put your feet up, watch the tennis and enjoy a meal in a pleasant poolside setting. The process of selecting new furniture to put the finishing touches to the Sala is continuing, and hopefully will be sorted in the very near future.

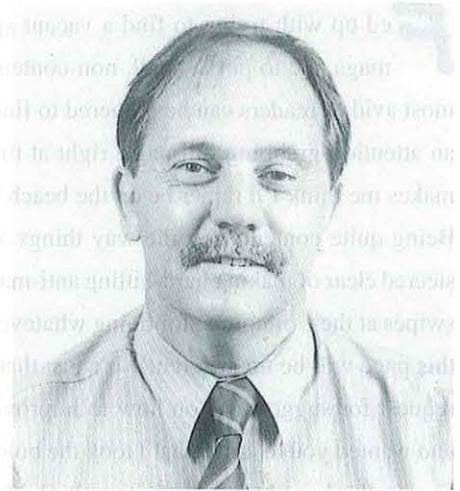
As always, if you have any suggestions or comments about this project, please talk to me or any member of the Committee.

This month will see the return of many of you from overseas holidays. Welcome back to Bangkok and I'm looking forward to seeing you here at the Club soon.

Over the past few months our membership drive has taken a bit of a dive, due primarily to so many people being out of town. Also, July and August are typically the months when many people quit Thailand at the end of their contracts, resulting in a large number of resignations from the Club. Hopefully this month will bring a new influx of people to Bangkok and with it an upsurge in membership. If you know of anyone thinking of joining the Club, please ask them to contact me or Khun Goi as soon as possible.

Indeed, there's no better time to join than now. It's our busiest period and there are plenty of activities and special events for everyone to enjoy. To find out what's on, just scan this magazine, look on the noticeboards at the Club or watch for the flyers we send out. Especially important to keen sailors is the meeting being held this month covering the possible formation of a Sailing Section - see Damon's page for further info.

Moving on to more mundane matters, you will have seen a letter I sent out in early August asking for the Email addresses of all Club members in order that we can promote Club events via Email. It's an efficient, quick and cost effective way of getting the news to you, so if you haven't done so yet, please let me have your address as quickly as possible.



Tom Bain - General Manager

A handwritten signature in black ink, appearing to read 'Tom Bain'.

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

Your hopefully,  
Sherry Conisher



## **Madam Butterfly**

Only a few places are left for this fascinating production of the tragic tale of Madam Butterfly to be staged in the Surawongse Room on Wednesday 8 September. The price of B590 includes a buffet dinner.

## **Aussie Rules Football**

Come and watch the Grand Final on the big screen in the Surawongse Room on Saturday 25 September. The cost is B320 for adults and B200 for children which includes a lunch of pie and chips.

## **World Cup Rugby**

Starting on 2 October, come and watch all the televised games here at the Club. There

will be a special function (including buffet) for the Final to be held on Saturday 6 November. Nothing beats the big screen atmosphere in the Surawongse Room so come along and support your team.

## **Royal Barge Procession**

We've lined up river-side seats for the Royal Barge procession on Thursday 4 November. Eat in the air-conditioned restaurant then sit in the front row to watch the fabulous procession. Only B1,400 for this once-in-a-lifetime show. Seats are very limited for this excursion so book at reception now.

## **Guy Fawkes**

Get fired up for the annual Guy Fawkes festivities which will be taking place at the

Club on Sunday 7 November. Join in the Club's Guy competition, watch the fireworks and enjoy a delicious barbecue on the back lawn.

## **Surin Trip**

There are still a few seats left for the trip to Surin to see the Elephant round-up. If you've never been, it's truly a trip not to be missed so send us a fax to reserve your place. Full details on page 29.

## **Christmas Menu**

Yes, it's time to start thinking of Christmas already. Here's your early warning that the Christmas menu starts in Lords from 7 December. You can book your tables now. Be quick as tables for the Christmas day lunch and dinner are filling up already!

---

## **The British Club General Committee 1999/2000**

Name		Tel.	Fax.
James Young	Chairman	Tel: 712 5407-9	Fax: 712 5410
Nick Bellamy	Vice Chairman	Tel: 286 9999	Fax: 236 5226
Bernie Adams		Tel: 675 6123	Fax: 675 6120
Alex Blackwood		Tel: 682 5745	Fax: 682 5745
Peter Corney		Tel: 714 2426	Fax: 714 2430
David Eastgate		Tel: 672 0123-5	Fax: 672 0127
Dugal Forrest		Tel: 398 3807	Fax: 399 1564
Chris Moore		Tel: 747 9633	Fax: 747 9677
David Turner		Tel: 618 6516	Fax: 279 1234
James Woodford		Tel: 326 0660	Fax: 326 1123

---

## **Club Staff**

**Tom Bain**  
General Manager

**Barry Osborne**  
Operations Manager

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



## Tailored Offshore Mortgages

The best product from the best company offshore

FT  
FINANCIALTIMES  
Finance



**BEST OFFSHORE  
PRODUCT**

Tailored Offshore Mortgages take account of your individual needs and your future earning potential. They allow you to save time and money, reducing the term of your mortgage loan by increasing your gross repayments with an amount you can comfortably afford, or with lump sums.

Tailoring benefits you in a number of ways:

- by saving you time\*, enabling you to pay off a capital and interest repayment mortgage quickly
- by saving you money\*, lowering interest costs
- by providing an annual review of payments so you can budget year-to-year
- by cushioning you from the impact of rapid interest rate changes
- by allowing you to reschedule payments at any time
- by allowing you to make lump sum repayments penalty-free
- by allowing you to let your property to generate income or service your loan

We also offer complementary tailored financial services:

Special Rate Deposit Accounts exclusive to variable rate mortgage customers  
Trust & Company Services providing consultancy, formation and management services.

To appreciate the savings you can make, phone Northern Offshore Banking and Financial Services on (+44 1624) 629106. We will be pleased to send you a repayment demonstration and further details. Alternatively, contact our Group Representative in Thailand, Glenn Collins of National Australia Bank Asia on (662) 236 6016/7.

FT  
FINANCIALTIMES  
Finance



**BEST OFFSHORE  
COMPANY**



**NORTHERN**  
OFFSHORE BANKING  
& FINANCIAL SERVICES



Confidence through Strength, Northern Offshore Banking and Financial Services is a member of National Australia Bank Group - one of the world's largest international financial services organisations.



**YOUR HOME IS AT RISK IF YOU DO NOT KEEP UP REPAYMENTS ON A MORTGAGE OR OTHER LOAN SECURED ON IT.**

SERVICES ARE PROVIDED BY NORTHERN BANK LIMITED, DOUGLAS BRANCH AND NORTHERN BANK TRUST COMPANY (IDM) LIMITED. THE PRINCIPAL PLACE OF BUSINESS IN THE ISLE OF MAN IS SIXTY CIRCULAR ROAD, DOUGLAS, ISLE OF MAN. NORTHERN BANK LIMITED IS INCORPORATED IN NORTHERN IRELAND AND IS REGISTERED WITH THE ISLE OF MAN FINANCIAL SUPERVISION COMMISSION FOR BANKING & INVESTMENT BUSINESS AND ALONG WITH SUBSIDIARIES HAS PAID UP CAPITAL AND RESERVES AS AT 30TH SEPTEMBER, 1997 EXCEEDING £210M. NORTHERN BANK LIMITED REPRESENTS ONLY THE NATIONAL AUSTRALIA LIFE MARKETING GROUP, MEMBERS OF WHICH ARE REGULATED BY PERSONAL INVESTMENT AUTHORITY AND CAN ADVISE ON AND SELL THE LIFE ASSURANCE, PENSIONS AND UNIT TRUST PRODUCTS OF THAT GROUP. DEPOSITS MADE WITH AN OFFICE OF NORTHERN BANK LIMITED IN THE ISLE OF MAN ARE COVERED BY THE DEPOSITORS COMPENSATION SCHEME IN THE BANKING BUSINESS (COMPENSATION OF DEPOSITORS) REGULATIONS 1991. HOWEVER, AS THE ISLE OF MAN IS NOT PART OF THE UK, DEPOSITS ARE NOT COVERED BY THE DEPOSIT PROTECTION SCHEME UNDER THE UK BANKING ACT 1987. ALL LOANS ARE SUBJECT TO STATUS AND APPLICANTS MUST BE 18 OR OVER. WRITTEN QUOTATIONS ARE AVAILABLE ON REQUEST. A LEGAL MORTGAGE OVER THE PROPERTY AND ASSIGNMENT OVER SUITABLE LIFE ASSURANCE WILL BE REQUIRED. \*SAVINGS COMPARE THE TAILORED OFFSHORE RESIDENTIAL MORTGAGE WITH OUR STANDARD 25 YEAR REPAYMENT MORTGAGE OF THE SAME AMOUNT. RATES ARE CORRECT AS AT 23 OCTOBER 1998. TYPICAL EXAMPLE: A TAILORED OFFSHORE MORTGAGE OF 100,000 AT 8.34% VARIABLE WITH 217 GROSS MONTHLY REPAYMENTS INCREASED BY £100 TO £891.04 SAVES £44,112.15 GROSS INTEREST AND 6 YEARS 11 MONTHS ON THE LOAN TERM. THE TYPICAL APR 8.75% AND THE TOTAL AMOUNT PAYABLE £193,956.66 INCLUDE £752 ESTIMATE FOR ARRANGEMENT FEE, LEGAL AND VALUATION COSTS.

## Grip It and Rip It!

A great time was had at this one day Kids golf camp at the Vintage Golf Club by the 5 boys (why no girls??) who joined in, and by Val Booker and Rocky Hizon

who volunteered to help. Vintage did us proud, even going so far as to buy two sets of children's clubs - this was a BIG and welcome surprise on the day.

We started with grip and stroke. Those more skilled at the game know how uncomfortable a golf grip is the first time you try it. The kids all made a valiant effort although most reverted to the tried and true baseball-style grip.

The 'head down' concept was easy for some and lost on others, and everyone had their favourite club. Callum with his mom's driver - "wow that thing is the best!" and Ricardo with the one wood he could hit almost anywhere. George, well he loved to hit it far, and Tsubasa and Hikaru did extremely well for their first

*Continued on page 13*



## Tie in your Tailored Offshore Mortgage with Lawton Consultants

Property purchase for residence or investment is one of the most important financial undertakings you will ever make.

You therefore deserve the best advice available.

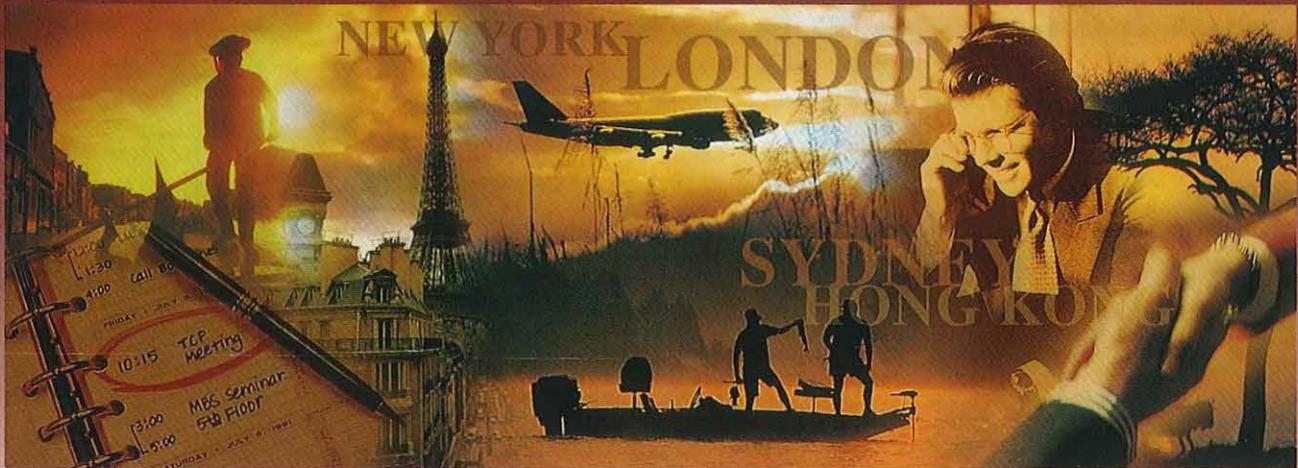
Lawton Consultants is experienced in arranging Offshore Mortgages on properties in the UK, Australia and USA using a select number of lenders, including NAB Group. We can also provide a complete review of existing mortgage arrangements.

**Contact: Kenneth Livesey at Lawton Consultants**

**Tel: 682-7526**

### LAWTON CONSULTANTS

904/175 SV City, Rama 3 Road, Bangpongpan, Yannawa, Bangkok 10120 Thailand  
Tel: (662) 682-7526 Fax: (662) 682-8443 E-mail: owngoal@asiaaccess.net.th



## Your Travel Organizer

Travel Trade Solutions is the complete organiser for both regional and worldwide travel.

Providing clients with a fast, accurate and reliable response to their requirements, TTS makes travelling easy. Our highly experienced team is knowledgeable in the corporate travel market and skilled in handling individual needs.

Whether you're organising a conference, sending executives to important meetings, planning a dream holiday or simply visiting family, TTS has the perfect solution for you.

---

Our services include:

- fast, flexible response to your travel needs •
- complete meeting/conference/training packages •
  - specialist and lifestyle vacations •
- document delivery and 24 hour service •



**Travel Trade Solutions Co., Ltd**

208 Wireless Road, 7th floor Lumpini, Phatumwan, Bangkok 10330

Telephone: 651-5237-9 Fax: 651-5240

E-mail: [travelit@loxinfo.co.th](mailto:travelit@loxinfo.co.th)

Website: [www.tts.co.th](http://www.tts.co.th)

time. With only minimal help from my throwing arm, Hikaru and Ricardo got by nicely. As for putting - the art of touch - it was good and bad depending on the concentration levels of those involved (I am sure we never had more than a 10 putt!). Despite getting mightily tired after the two hundredth swing of the day, we were all having a great time on the course until the rain (I mean downpour) came as our groups were finishing the 7th and 8th holes. Next time I will remember to mention that an extra set of clothes is mandatory! All in all it was a success and will be repeated for all those who missed it. Thanks to all those who joined in.

**Shipmates Ahoy!**



A few excellent sailors at the British Club are keen to start a sailing section. Are there any takers? If so, perhaps we can start out with training classes and possibly some trip planning.

A meeting to discuss this will be held on 16 September at 7:00pm in the Silom Room. Please come if you are interested as this meeting will determine whether we proceed further with the formation of a sailing section.

**Guy Fawkes Night**

Being Canadian I don't fully understand why this fellow Fawkes has a special night of his own - but here at the BC we're celebrating it again on 7 November. I look forward to huddling round the bonfire with you all and perhaps someone will explain it to me then. Further details will be available in the next issue of *Outpost* and on a flyer. Burn it up!

**Swimming**

Saturday morning swimming instruction will start again on 4 September. Please see the fitness centre for details and relevant dates for September, October and November. There are none in December.

**Junior Tennis**

Kids' Friday Night Tennis will begin on 3 September which includes tennis instruction and mix-ins. Please see the fitness centre for details and cost, but here's the dates for your diary:

- September: 3rd, 10th, 17th, 24th
- October: 1st, 8th, 15th
- November: 5th, 12th, 19th, 26th
- December: None

**New Tennis Coach**

We will be adding another coach to our roster at the BC. Mr. Paul Ho is Hawaiian but has been teaching in Singapore for the last 4-5 years. Paul will hold an open evaluation/skill testing on 19 September, 8:00am-10:00am, during which you can meet him and be given an overview of your game. The format for the morning will be 30 minutes evaluation/skill testing (ground strokes and net play); 60 minutes doubles play (strategy and tactics split into ability); 30 minutes tennis talk.

A sign-up sheet is available in the fitness centre. The evaluation is free; lessons afterwards will be 900 Baht per hour, individual or small groups. Keep your eyes peeled for more information.

**Pennants for Sale**

Looking for a BC memento? Well, we now have beautiful BC pennants for sale to sections and individuals. They are B500 and available in the fitness centre.

**Damon Nemish**  
**Sport & Recreation Coordinator**

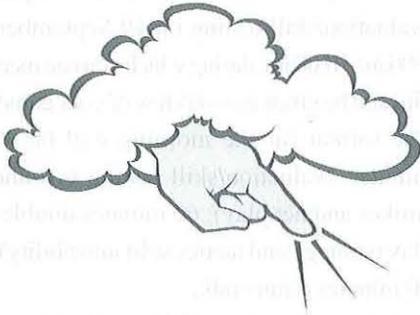
**Farewells**

There were plenty of comings and goings in June and July with about 40 new members of different categories joining the growing numbers at the Club. Sadly we have had to say farewell to a few resigning members and their families: Graham Sullivan, Jim Barlass, Richard Palk, Sally Kiser, Elisabeth Ellis, Tim Brown, Simone Wheeler, Ian Morrison, Tom Sorensen, Christopher Davin, Daniel Altier, Nick Moore, Mark Twycros, Trevor Whalley, Grant King, Steven Renshaw, Andrew Dixon, Gordon Parsons, Damrong Patana-Anake, Douglas Asper, David Thomas and Karen Meyer.

To those members who've reported 'Absent', we hope to see you again and have a good time wherever you are now: Christopher Taft, George Dunford, Brian Anstey, Blair Martin, Raymond Keys, Kevin Davis, Kelvin Moffatt, Robert Rayner, William Goodwin, Ronald Dupuis, Veronica Sypsomos, Joti Thakur, Muangsangop Seniwongse, Anant Youngpatana, Paul Turner, Richard Ellis, Karen Chitranukroh, Adam Caro, Nigel Carr, Joey Aung, Ravinder Ghai and Reichhoff Otto.

# Goodface on God

**D**isclaimer: Maj. Henry Goodface (retired) is a pedantic, misogynistic, chauvinistic old fool and the views expressed in his column are his and his alone and do not represent the views of the editor or any other reasonable thinking individual.



God can be a tricky cove. One moment He's all love and forgiveness and the next minute He's ranting and raving and sending plagues of aphids to destroy your prize rose bushes. Dashed unpredictable, to be sure. Now it should be fairly obvious to anyone with an ounce of common sense that there is a simple explanation for this. Quite clearly God is a woman. I mean honestly, if He was the kindly, white-bearded chap lolling on a cloud as we've been led to believe, test matches would never get rained off and money most certainly would grow on trees, along with brandy and cigars. Now imagine God as a harridan in an apron and rollers, built like a brick s\_\_t house and wielding a bloody great rolling pin. Suddenly the source of all the annoying things in life like closing time, errant golf shots and gardening becomes glaringly obvious.

But I jest. The real problem is not God, whatever form He or She may take, but man. As we all know, religious zealots of one creed or another have been responsible for more death and destruction than any other group in history except for English football fans. The zealots would say "We do this in the name of God" and the

Manchester United fans would say "So do we" and raise an image of Eric Cantona. And this illustrates the very pragmatic attitude taken by the British to religion, which, as students of history will know, all started with Henry VIII.

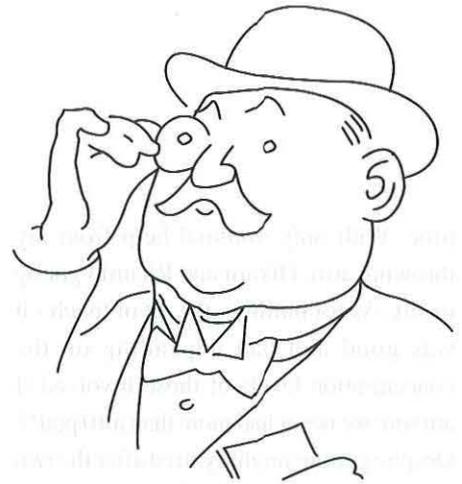
## Henry's legacy

To cut a long story short, good king Henry was in the mood for some talent on the side and was not going to have some bloke in a funny hat sitting in Rome managing his bedtime activities so he handed in his resignation and formed a new company, the Church of England, plc.

Henry immediately got rid of all the regulations concerning the naughty bits so he could frolic around as he pleased in guilt-free bliss, the legacy of which we all enjoy today. Unfortunately despite Henry's best efforts to set a fine precedent, the right of a man to lop his wife's head off and replace her with a newer model was not part of the final package but we still ended up with a much better deal than the Catholics.

Now today we live in a multi-cultural society so not only do we live alongside Christians of every order but also Sikhs, Sheikhs, Shamans and Shysters (especially prevalent in the East End) to name but a few.

As the chappie who wrote Devilish Poems or whatever it was found out to his cost, any discussion of



foreign religions must be taken with care. The worst that could happen to an Englishman who was overheard calling the local prelate a "bicycle riding twit" for example, would be for him to be given a cup of cold tea at the next vicar's tea party. A perceived slight against certain other religions, however, could result in your having a Fatwah slapped on you or being pursued through the streets by gangs of assassins or thugs.

## It pays to be English

Clearly the foreign gods are not as easy going as our own and all this simply confirms that when it comes to religion, it pays to be English. As any worldly traveller will have noticed, the more praying, wailing, prostrating, grovelling and flagellating that is going on in a country, the more catastrophes and disasters of every kind the gods fling

at the poor fools. There they all are, queuing up outside the temple and fighting each other to offer their last morsel of food to the gods and whallop! a bloody great tidal wave comes sweeping in and decimates the population.

No sooner have the survivors picked themselves up out of the mud than they are rushing off to collect up the fragments of



their belongings to present to the gods and Kaboom! a volcano explodes and sprays them with molten rock and lava. Meanwhile in England the vicar sifts through the pennies in the bottom of the collection bowl begrudgingly given by the

three people that bothered to turn up and what's the worst we can expect? A heavy shower just before tea or a light frost at dawn. Ah yes! God may work in weird and wonderful ways but he's no mug, that's for sure. He realised a long time ago that the

English are a nation to be reckoned with and if he tried any argy bargy we'd lay off the vicars and turn the churches into pubs!

**Maj. Henry Goodface (Rtd)**

*Written and contributed by  
Damian Jaume (J79)*

Discover the  
**National Museum Volunteers**

Morning Gathering at

**The Regent Hotel**

155 Rajadamri Road, Bangkok

**Tuesday, 14 September 1999, 9.30 a.m.**

Members and guests are invited to bring a friend

**Six Lectures on Thai Culture and History**

**Date:** Thursdays 23rd and 30th September, 7th October

**Venue:** Auditorium, National Museum Bangkok,  
Naphrathat Road, opposite Sanam Luang

**Price:** All six lectures Baht 600; single lecture Baht 120

- Thursday 23 September  
10.00 a.m. Infusion  
11.00 a.m. Life of the Buddha and the Evolution of the Buddha Image
- Thursday 30 September  
10.00 a.m. Great Kings in Thailand's History  
11.00 a.m. Religious Architecture in Thailand
- Thursday 7 October  
10.00 a.m. Thailand's History of Art  
11.00 a.m. Traditional Thai Textiles.

**For further information: Anuje Sirikit 589-6730,  
Mary Eliades 587-1880**

**CAR RENTAL**

*In the United Kingdom  
Ireland & the Continent*

We offer the latest, low mileage cars at extremely competitive, fully inclusive rates throughout Britain, Ireland and the Continent. Thousands of visitors from around the world use our services year after year. Let us take care of you.

*Fax, phone, write or E-mail  
for guaranteed same day quotation*



**WILBURY Co. Ltd.**

GPO Box 2672 Bangkok 10501  
Thailand

**Tel/Fax: 656 7732  
E-mail: wilbury@topsy-turvy.com**

# A Simple Understanding

**F**itness, what is it? Simply put, it is a measure of your endurance and speed when doing a certain task or exercise.

This is a very simple definition but it will serve our current purpose. While there is such a thing as overall fitness, it really is specific to each activity that you do, and we will focus on this idea as an approach to improving your fitness in **one** area. To improve your fitness everyone knows you just have to train, right? But how? This is where the difficulties begin for most people but read on and I hope to make it a little easier for you. Let's get started...

In order to get fitter than you are now, you need to stress your body then rest it, allowing it to recover and rebuild itself to a state stronger than it was before. Let's define stress...

## Stress

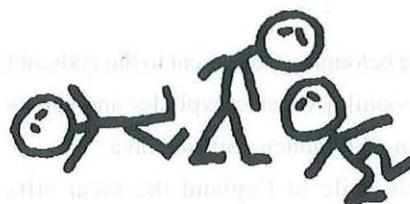
This can be simply defined as an exercise you do which is harder or longer than you have done it before, e.g. playing tennis for 3 hours when the longest you have played before is 2 hours. This will increase your tennis fitness. (Note: if you played tennis for 4 hours six months ago, it is still likely that the 3 hours will be a stress factor which will increase your fitness). What this stress does is to cause your muscles, etc. to break down. In the rebuilding of these muscles, your body makes them stronger, strong enough in fact to be able to react to the stress level that you just placed on it. For those who do not know, your heart is also a muscle which reacts in a similar way, growing with stress and rebuilding itself with rest. Let's give you some ground rules...

## Rules to follow

There are rules as to how much you should

increase the said stress to keep from injuring yourself. From an endurance standpoint - and as a good basis for all fitness training - a 10% increase on the previous week is a good rule. For example, if you can run for 40 minutes, then the increase from one week to the next should be 4 minutes. Therefore 44 minutes would bring about an increase in fitness; 48 minutes on the other hand would be asking for trouble and injury. Another golden rule to follow is that you must rest, i.e. no stress on the body to enable it to rebuild appropriately. It is a fine line we walk when trying to get fitter! Remember, your level of fitness is relative to the level you were at the start of a programme, and being realistic in your goals and expectations makes the difference between keeping at it or giving up in despair. Let's take an example - someone who currently runs for 5 minutes before having to stop.

For the sake of this example, we will assume that they are running slowly and



not sprinting themselves to death. Don't laugh, many people think running means giving it 100% and then they can't understand why they are tired after only 2 minutes. Let us say that this person, we will call him Jo, wants to run a 5km race and runs at a speed of 9 minutes/km. Therefore, Jo will need to be able to run for approximately 45 minutes, which is a long way from the 5 minutes he can do now. How many weeks/months does he need to increase his running time to 45 minutes? We will use a simple chart to figure it out. Each increase will be 1.1 of the prior week and the 'rest' week will be 30% less than the longest week up to that point. Let's clarify 'rest'...

## Take rest

Every 4 weeks you should have a 'rest' week, which allows you to recover from the daily rigours of your new training

Week	1	2	3	4	5	6	7	8
Time	5.0	5.5	6.1	4.2	6.7	7.3	8.1	5.6
Week	9	10	11	12	13	14	15	16
Time	8.1	8.9	9.8	6.9	10.8	11.9	13.0	9.1
Week	17	18	19	20	21	22	23	24
Time	8.1	8.9	9.8	6.9	10.8	11.9	13.0	9.1
Week	25	26	27	28	29	30	31	32
Time	13.0	14.3	15.7	11.0	17.3	19.0	20.9	14.7
Week	32	33	34	35	36	37	38	39
Time	20.9	23.0	25.3	17.7	27.8	30.6	33.7	23.6
Week	40	41	42	43	44	45	46	47
Time	33.7	37.1	40.8	28.5	44.9	49.3	54.3	38.0

Rest weeks: 4, 8, 12, 16, 20, 24, 28, 32, 35, 39, 43, 47.

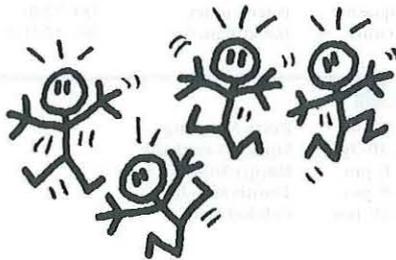
These are lower in time than the other weeks.

programme. You do not stop, you just do less than normal. A good idea for this is to cut back on all training by 30%, then start again the next week with a 10% increase on the previous 'long' week. The chart on the opposite page shows just what I mean. So there you have it - 45 weeks, or just under a year, and Jo can now run for almost an hour. And he achieved this with little possibility of injury.

### Vary your programme

Variety is the spice of life and it is also required to gain the maximum amount of fitness in the shortest amount of time. With reference to Jo, we need to assume that he was running at least 2 other times a week, but for a shorter duration. As running was very new to Jo, he would only run at a steady pace - no speed or hill work. His

other runs in the week should be up to 50% less than his long run (as listed in the chart). For someone with more running experience, but the same speed as Jo, it would be a good idea to do a shorter run once a week (up to 50% less time) but incorporating a little bit of speed - maybe some 1-2 minute forays into the 7.5 or 8 min/km pace, with rest periods of 2 minutes at 9min/km and possibly one day on the treadmill (again maybe 50% less time) with the hill programme engaged. Doing these types of workout together with one longer one each week and again



increasing the duration and intensity will keep your body guessing and adapting, building itself up to become stronger and fitter than before.

I hope this has helped and that you now have some idea of the methodology needed to increase your current fitness level. Remember this is only fitness from the point of your body being able to complete the task at hand quicker or longer than before. If you are talking about a skill, such as playing great tennis or swimming, well simply doing the task often will not necessarily make you better at it - but you will be able to do it longer! Doing it well is another question, one I won't touch on now!

**Let's get training!**  
**Damon Nemish**

## Living in Bangkok Exhibition

Products and Services for Expatriate Families

50 Exhibitors Mini-Symposia for Expats

**Saturday, 18th September 1999**

10.00am to 5.00pm

12th Floor, Bumrungrad Hospital, Sukhumvit Soi 3

**A community service co-sponsored by:**

**Bumrungrad Hospital**

**Community Services of Bangkok**

**ThaiCraft Association**



## Community Services of Bangkok

**CSB Shoppers' Day**

Saturday 9 October 1999

Siam Intercontinental Hotel

Rama 1 Road, Bangkok

10 am until 4 pm

**CSB HELPLINE - 662 0979**

If you are depressed, angry, anxious or just need someone to talk to, help is only a phone call away. All calls are anonymous and totally confidential.

# Calendar

British Club Sports and Entertainment Calendar - September 1999

## Sunday



Grasmere, The Lake District, England

## Monday



Singapore, Old and New

## Tuesday



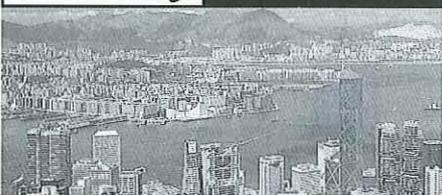
An expert kite-maker, Malaysia

## Wednesday



Luangprabang, Laos

## Thursday



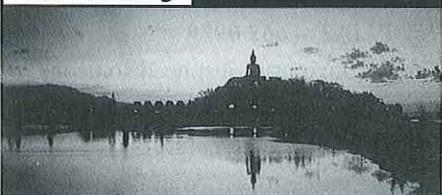
View from The Peak, Hong Kong

## Friday



Sydney Harbour, Australia

## Saturday



Koh Samui, Thailand

### Venues

Soi Nares	Behind Bangrak Police Station
Aerobics	Surawongse Room
Golf	As advertised
Colgate	
Ground	Rama III

### Opening Times

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

### Sports - Contact the following:

Aquatics	Liz Beal	262-9351
Badminton	Anant Leighrahathorn	654-0002-29
Cricket	Nick White	246-0832
Football	Martin Conisbee	366-0432
Golf	Bernie Adams	675-6123
Rugby	Jon Prichard	662-6376
Scuba	Peter Gary	634-7792
Squash	Peter Corney	381-7240
Tennis	David Blowers	285-4721-2

## 1

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

## 2

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

## 3

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

## 4

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

## 5

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

## 6

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

## 7

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

## 8

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

Madam Butterfly Dinner Theater

## 9

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

## 10

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

7.00 pm Carlsberg Beer Buffet

## 11

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

**12**

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

**19**

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

**26**

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

8.00 am Tennis Skill Evaluation with Paul Ho

**13**

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

**20**

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

**27**

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

**14**

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

**21**

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

**28**

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

**15**

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

**22**

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

**29**

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

**16**

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

**23**

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

**30**

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

**17**

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

**24**

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

7.00 pm Carlsberg Beer Buffet

**18**

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

**25**

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

**Help launch a  
 'Sailing Section'  
 7.00pm, 16 Sept  
 Silom Room**

**Meet  
 Paul Ho  
 Tennis Coach  
 8.00am 19 Sept**



# Thanks and Goodbye!

**T**he squash section lost some stalwart supporters in August - more of that in a minute - but let's start with a quick round-up of recent events.

## Central Grand Plaza Hotel Sunday

**Mix-in:** Nine players took part in the afternoon's squash on Sunday, 1 August. The prizes of 'dinners for two' donated by the Central Grand Plaza Hotel were won by Dave Herron and Martin Reed. As Martin actually donates the prizes, he kindly passed the extra 'dinner for two' to Jack Dunford and instead will receive a bottle of wine as his prize. Results:

### Division A

Marvyn Lewis	(-19)	38
Dave Herron	(-18)	45
Paul Taylor	(-17)	33
Chris Reed	(-13)	36

### Division B

Bill Randall	(-18)	46
Phil Hall	(-17)	40
Martin Reed	(-13)	55
Wayne Needoba	(-7)	45
Jack Dunford	(-11)	51

## Thank you David

David Turner has retired from squash and the Squash Committee, and as a gesture of thanks he was guest of honour at a dinner held at Zanotti's Italian restaurant on Friday 6 August. Some bottles of wine and a decent cork screw were presented to him as a small token of appreciation from

the squash section. It was a great night with excellent food, wine and company.

Unfortunately we didn't know when to call it a night and after a visit to Delaney's and the Safari Bar, with Melissa leading the push, a few of us managed to slink home at 3.30 the next morning.

David has been involved with the squash section as a player for 10 years and on the Squash Committee for 6 of those years. The squash section is the best sports section at the BCB and this is due to members like David who give their time to ensure that the section is well run. The Committee and members thank David very much for his great contribution and wish him and his charming wife, Keiko, all the best in the future.

## Future Events

**Oakley BCB Handicap and Plate Squash Championships:** The above event will be played during September with the finals at the end of the month.

**BCB vs Ambassador Jomtien:** Ambassador will be playing a return match at the BCB on Saturday 18 September.

**Annual Triangular Squash Series:** It is planned to have an annual triangular squash series between BCB (2 Teams), Ambassador Jomtien and Gymkhana Club

(Chiang Mai) at Jomtien on the weekend of 23-25 October.

## Farewell to friends

Melissa and Tony Perkovic left Bangkok at the end of August. The good news is that Tony has secured a great job in Auckland, the bad news is that Auckland is in New Zealand! Melissa served on the Squash Committee for about 8 months and her contribution is much appreciated. We wish them all the best in the future.

## Web Page

The squash section web page is <[www.britclub.com](http://www.britclub.com)> If you wish to keep updated on world squash, contact <[glsqling@inforamp.net](mailto:glsqling@inforamp.net)>

## Sponsorship

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

## Contributions to Outpost

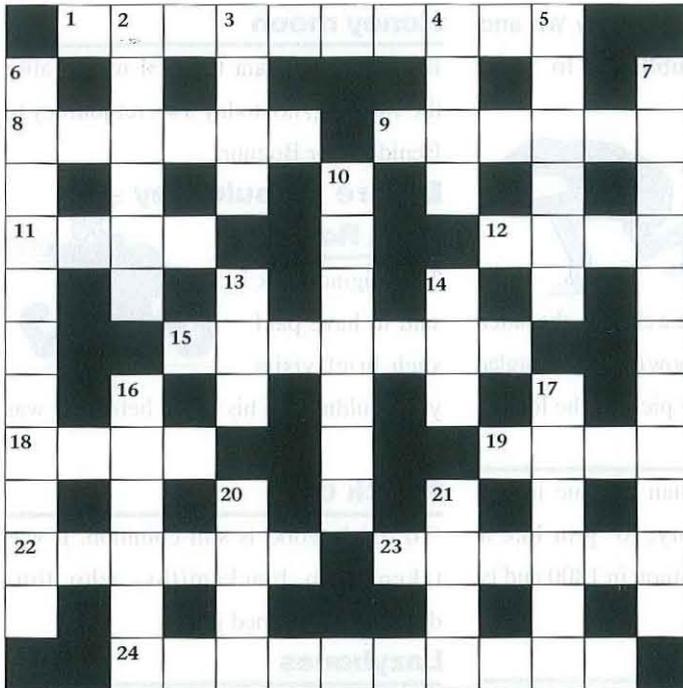
You are all encouraged to submit any comments or gossip etc. for inclusion in the squash section of *Outpost*. If you have anything at all fax it to me on 714 2430.

**Peter Corney**

## Believe it or not!

Back in olden days, houses had thatched roofs. Thick straw, piled high, with no wood underneath. It was the only place for animals to get warm so all the pets - dogs, cats and other small animals like mice rats, bugs - lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying, 'It's raining cats and dogs'.

# Grand Slam Crossword



**N**ot feeling energetic enough for a game of tennis or a round of golf? No worries, just put your feet up and immerse yourself in plenty of sport with this crossword puzzle kindly supplied by Club member, Margaret Miller.

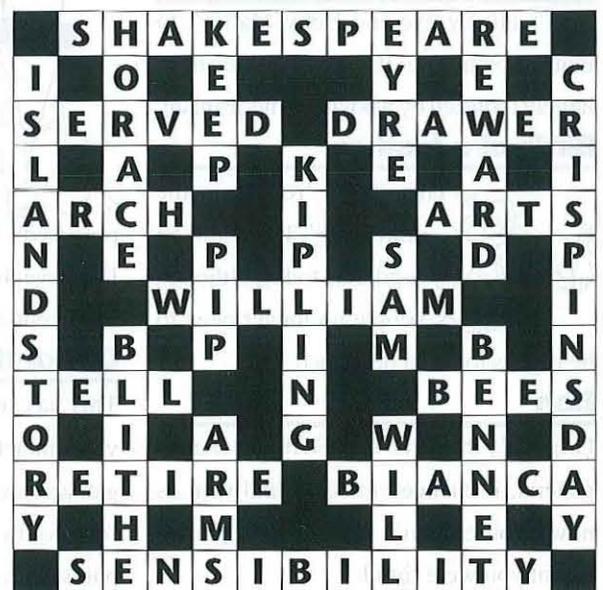
**Across**

- 1 Famous hotel and golf course in Scotland
- 8 Tennis star Andre \_\_\_\_\_
- 9 An important man in any kind of match
- 11 A gathering of horse and hounds
- 12 A must for the Winter Olympics
- 15 This is the side not fielding
- 18 Famous name in American baseball
- 19 Meat is needed to make a football eleven!
- 22 \_\_\_\_\_ Bailey was a name in first-class cricket
- 23 Ivan \_\_\_\_\_ was a Wimbledon champ
- 24 Maybe this young star golfer is this - with these clubs! (5,5)

**Down**

- 2 The board where the scores are shown at a golf championship
- 3 The closest by which a horse can win a race
- 4 Every sportsman needs a bit of this!
- 5 Sister of tennis star Venus
- 6 London district with a famous football team
- 7 Nick-name of a famous old-time American boxer
- 10 Navratilova or Hingis
- 13 Scottish golfer Torrance
- 14 As Miss Jones she won the Wimbledon ladies title for Britain
- 16 The only playing field for many an underprivileged kid
- 17 Put the soccer ball into the net without a kick
- 20 Swedish tennis Grand Slam winner
- 21 Is this where the golf widows head for in the USA?

**Solution to the August puzzle**



# From Slang to Standard English

**T**he 1811 Dictionary Of The Vulgar Tongue, Bookish Slang, University Wit and Pickpocket Eloquence is the title of a dictionary first published in 1811, describing contemporary slang.

Nothing changes more quickly than the in-words of the day but surprisingly the book shows we still use a good number of those everyday slang words of the early 1800s - and they are now assimilated into standard not slang English.

The title mentions 'The Vulgar Tongue' and lives up to it. *Outpost* is a family magazine and so this selection excludes certain areas of slang, interesting and entertaining though they are! Here goes:

## Back-biting

Street language then, standard English now. Talking behind someone's back is clearly still a human failing.

## Back up

'He gets my back up' was a slang way of expressing annoyance about someone.

The allusion is to the arched back of a cat and the phrase is still current. Clearly, bad temper is still a human frailty.

## Betty Martin:

'That's all my eye and Betty Martin', to indicate Nonsense! It is out of fashion now, largely replaced by a bovine Americanism.

## Birds of a feather

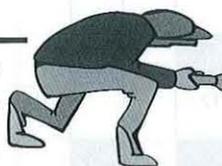
This meant 'rogues in the same gang'. It can still be used thus today, although people no longer need to be rogues to be so described.

## Boh

Originally the name of a terrifying Danish general, it changed to 'boo' and then as now 'You couldn't say boo to a goose' meant you were timid.

## Charm

This had a double meaning; 'spell' or lock-picker. But in the phrase 'it works like a charm', the latter was meant, referring to how quickly a burglar got into your house by picking the lock.



## Cheshire cat

This is much older than the one in the famous children's story; to 'grin like a Cheshire cat' was common in 1800 and is still used today.

## Dab hand

Meant then, as now, somebody skilled at a task; I quote: 'He was a dab hand at throwing and hitting his wife in the face with a pound of butter'. Little changes over the years, does it? But in 1811 they didn't have butter from the freezer! Don't tell my wife I said that.

## Elbow grease

Slang then, perfectly good English now to mean 'vigorous exertion'.



## Fancy man

It then meant 'a gentleman kept by a lady for secret purposes'. The phrase is still common in English - is the custom still practised? I am innocent in these things. I've never been kept as such, but have often been kept out of the house.

## Gift of the gab

This has survived the years intact. But then, gab was a vulgar word for mouth and so the phrase was not as acceptable as it is today.



## Honey moon

Back then it meant the first month after the wedding, not today's secret journey to Benidorm or Bognor.

## Before I could say Jack Robinson

The original Jack is said to have paid such brief visits you couldn't say his name before he was gone.



## Knock off

'To finish work' is still common. It was taken from blacksmiths, who thus described a finished job.

## Lazybones

This has changed a little - then it meant long tongs for old or fat people to pick up things from the ground. I qualify. Does anybody know



where you can buy them?

## Malingering

With one spelling change the same today as it was then.

## Oath

Now mostly legalistic in meaning, it then meant swearing in God's name. The favourite one was 'God blind me' from which comes the Cockney 'Gorblimey'.

## (Your) P's and Q's

Minding them then was as important as it is today.

## Take in

This was then a low phrase for cheat. Its now standard use in English shows that dishonesty has not abated.

## Urchin

This word came from the French 'oursin', a



hedgehog and soon came to mean a ragamuffin child, as it does today.

**Zany**

Not originally American! It was the fellow who played the fool in a travelling show and has not much changed its meaning, foolish and mad being similar.

This fascinating book has given me great pleasure - it's for dipping into regularly. Slang in the early 1800s was racy and vulgar, but always amusing. "Book Antiqua" reports it out of print but search second-hand sources if you wish to buy it. My wife has just looked at the book and



asked what the word puff-guts meant. Got it in one. It meant fat. She's far too fly for her own good.

**Bob Wilde**

**Committee Despatches**

**Surawongse Sala Renovation Work**

**To put this project in context, I would like to update you on the wider picture of planned improvements to the Club and the facilities offered. The Development Sub-committee has been considering the long term plans for the Club's development.**

Such plans are currently in their infancy and it is likely to be some time before we are prepared to take these forward, both in terms of the length of time involved in the planning process and consultation with members, and in terms of financial considerations. Whilst the Club's financial situation has improved considerably over the past 18 months, we are still some way off an operational breakeven. Obviously we cannot embark on even the first phase of a redevelopment until our financial position is sound.

The renovations and improvements currently planned are working toward this objective as well as catching up with some essential maintenance work. They are being funded out of net revenues generated from new members and are affordable at this time. In addition to the Sala project, the other projects we anticipate completing this year are:

- New playground equipment for the children
- Rewiring of the Clubhouse electrical system
- New shower system for the poolside changing rooms

We have already completed projects on the circuit boards in the Clubhouse, new staff uniforms and repainting of the Clubhouse. We are embarking on a staff training initiative and our head gardener has been making some noticeable improvements to the grounds, in particular the front lawn area and the back car park.

I hope that the result of all of these efforts will be increased enjoyment of our facilities as well as improved safety for members and their families. I am optimistic that the aesthetic improvements will help us to attract new members to ensure the Club's viability and breathe new life into the Club as we approach the next millennium.



Nick Bellamy - Vice Chairman and Treasurer

**Nick Bellamy**  
**Vice Chairman and Treasurer**



# Stiff Upper Lip

**I**t's beginning to feel like we've been seconded by the English cricket team. Only half way through the summer and already we've been stuffed by the Lighthouse and the Japanese Association.



Presentation of the Honda Cup

The Lighthouse match was close though with a 4-3 win to the Lighthouse in a four ball betterball matchplay stableford competition. Many thanks to Peter Ford and MERC for sponsoring the match on a splendid day at Subhapruet.

The Japanese Association turned out in force at their home course Lad Krabang. Due to a number of regular players being on holiday there were only 9 BC players on the list on the Wednesday evening. However by 7.30am Saturday we had mustered 30. James Young staggered straight from the pub whilst Janet Geddes and Brian Weavin gave up their sailing course to provide support. Even Joom White made a special effort to get up early. People were commissioned to call her at ten minute intervals from 5.30am onwards to ensure that she got out of bed. However it was evident that the Japanese had been practising for months and by the time the best 22 scores had been added up for each team the points difference was 83 to the Japanese. Our best player Robert Armstrong came fifth and he was the only British player in the top ten. So well done to the Japanese Association for winning the Honda Cup and a big thank you to them for hosting us in the evening. They provided a good

spread of food with lots of sushi, fish and beef teriyaki. They also provided some very generous prizes. We look forward to returning their hospitality next year.

## Ryder Cup Mania

The Bangkok Ryder Cup is fixed for Sunday, 26 September 1999 at Bangkok Golf Club. The Europeans will be represented by the British Club, Embassy, Wanderers, Lighthouse and Scandinavians. Has someone invited the French? The top players in the British Club Golf Section Order of Merit with a handicap of 24 or less will be given first refusal. See the list on the corridor notice board. All the players will be invited back to the British Club at the end of the match for food and drink. A video of the overnight matches at the real Ryder cup will also be shown.

## Techno Golf

We may all look like old fuddie duddies but the golf section has finally entered the electronic age. Details of our activities will be available shortly on the British Club web page. We would also love to receive your E-mail addresses as this will enable us to circulate fixture lists at the press of a button. So please fax them to me on 234-5667.

## Gareth Junior

By the time you read this Captain Gareth should be a dad for the second time. He is trying not to let it interfere with his golf although he has been emulating his hero Phil Mickleson by carrying a pager on the golf course. He swears that although it may be his best round ever he'll drop everything to be at Wendy's side. I can't see it somehow.

*"I get upset over a bad shot just like anyone else. But it's silly to let the game get to you. When I miss a shot I just think what a beautiful day it is. And what pure fresh air I'm breathing. Then I take a deep breath. I have to do that. That's what gives me the strength to break the club."* **Bob Hope**

## Next Outings

- Saturday, 11 Sept at 12:00** - Match vs. Gee Gees at Green Valley Rayong
- Sunday 12 Sept at 9:00** - Match vs Gee Gees at Khao Kheow
- Saturday, 25 Sept** - Club Day to be confirmed
- Sunday 26 Sept** - Ryder Cup at Bangkok Golf Club
- Saturday 9 Oct at 12:00** - Match vs Scandinavians at Subhapruet
- Saturday 16 Oct at 7:30** - Match vs Golfers Cocktail Lounge at Bangpoo

## Karen Carter

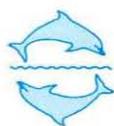


Where's my breakfast?



Charmaine birdies again

**International Club Hotel Aldiana Siam**



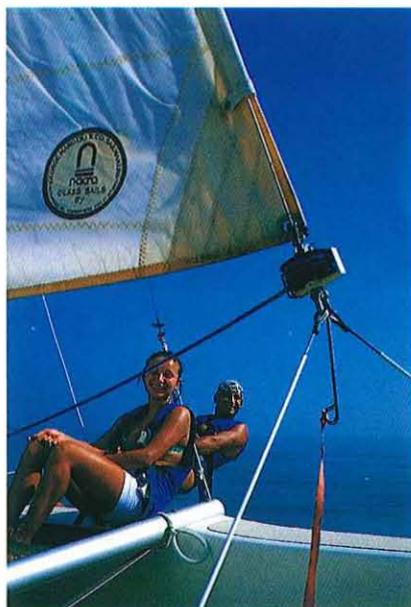
**Aldiana Siam**

**Holiday Among Friends**

**Thailand's First and Only All-Inclusive Beach Resort**



Club Aldiana Siam is located just south of Hua Hin on its own stretch of natural sandy beach. A superb resort facility offering great value, all inclusive short breaks and holidays.



**Where Reality Exceeds Expectation...  
and everything is included!**

- Comfortable accommodation in a room or bungalow, tax and service charge
- 3 excellent international buffets per day, with selected soft drinks as well as wine and beer for dinner, and snacks during the day
- Drinks at all public bars and minibars - soft drinks, long drinks, cocktails, spirits, beer, fruit juice concentrate, tea and coffee)
- Kids Club activities to keep the young ones busy
- Workshop creations - t-shirt, fan and umbrella painting
- All on-site sports, games and activities, including Aerobics, Archery, Banana Boat Riding, Volleyball, Tennis, Fitness, Dance Lessons, Sauna, Windsurfing, Waterskiing and much more...
- Professional entertainment day and night

**At Club Aldiana we offer you more...**



For more information please contact our Sales Office at:

117/125 Moo 6 Soi Chinket 2, Ngamwongwan Road, Donmuang, Bangkok

Tel: (66-2) 954 7156-8 Fax: (66-2) 954 7155 Email: [aldiana@samart.co.th](mailto:aldiana@samart.co.th) or [aldianasiam2@prachuab.a-net.net.th](mailto:aldianasiam2@prachuab.a-net.net.th)

## Colin and Helen Isaac



Colin and Helen

Brit Colin is the Group MD of Thailand Industrial Gases and his South African wife, Helen, is an attorney currently enjoying some 'time out'. Their 2 children, Bradley and Kaitlin, are both students at Bangkok Patana School, and the whole family is enthusiastic about their great adventure in Amazing Thailand. Colin enjoys golf, cycling and running. For Helen, its tennis and walking and she's hoping to learn to play golf soon.

## Boontem and Marie-Christine Dhaneswongse



Marie-Christine and Boontem

Marie-Christine adds a touch of French oomph to Total Entertainment Marketing Co Ltd where she and her husband Boontem are both directors. They have 2 grown up daughters and, according to Marie-Christine, a life-long membership to Thailand! Both are golfers and Marie-Christine is also involved with the International Womens' Club.

## Eric and Catherine Lai



Erik and Catherine

Before moving to Thailand nearly 9 years ago, Hong Kong was home for Erik and Catherine. They have a son of 16, Jerry, and two daughters of 13 and 2, Annie and Lilly. Eric is with SV City Co Ltd and keeps fit by swimming and jogging everyday.

## Kartik and Monika Shah



Monika and Kartik

Housewife Monika and her husband Kartik, both from India, have been in Thailand nearly 4 years. Kartik is a diamond merchant at Star Asia and in his free time plays badminton, snooker and cricket. Both Monika and Kartik enjoy swimming

## Martin and Jaemi Hodgson



Martin

Martin from Scotland and his American wife Jaemi have been in Thailand 4 years and have 3 children - all under 3! That keeps them hopping. Previously living in Hong Kong, they list sailing as a favourite pastime and both are handy in the galley. As for sport, well Martin says he's an ex-rugby player (*not much exercise in that, is there? -S.*)

## Ikuko Fujiwara



Betty

According to Betty's boss at Link International, Betty will remain in Thailand for as long as she can hack it! Previously in Brisbane - a place she positively adores - Betty is quite an adventurer enjoying scuba diving, cart racing and snow skiing. She also plays tennis and golf and her musical talents stretch to the piano and cello. She loves travelling and highly recommends Finland or Furano in Japan for those seeking a holiday with a difference.

**FROZEN  
PENSION  
IN THE U.K.?  
LIKE TO KNOW WHAT YOUR  
OPTIONS ARE?  
IT'S SIMPLER THAN YOU THINK**

For further details and a free analysis call Sheena Fletcher  
on **252 8405**, alternatively fax this form to us on **253 9500**.

Name: \_\_\_\_\_  
Tel: \_\_\_\_\_  
Fax: \_\_\_\_\_  
Address: \_\_\_\_\_

73/8 Soi 4, Sukhumvit Road,  
Bangkok 10110, Thailand

Tel: 252 8405 Fax: 253 9500

Email: [invest@portsmouth-mann.com](mailto:invest@portsmouth-mann.com)



**FRIENDS PROVIDENT**

— *One-stop shopping for life assurance and pensions* —

### Mark and Lucie Patrick



Mark & Lucie

Newcomers to Thailand and excited parents-to-be (they're expecting their first in November), Mark and Lucie from the U.K. are both enthusiastic travellers and count 'holidaying' as a favourite hobby! Mark is Finance Manager at Zeneca and Lucie is in sales and marketing at Procter & Gamble - busy positions so their holidays are probably well deserved. Mark enjoys playing golf, tennis and squash while Lucie is resting up ready for the big match!



Kris

### Kris Erswell

Kris and his wife, Rasamee, are Thai and both work at MERC Ltd. They have a son and a daughter, both students. Kris enjoys swimming, snooker, soccer and tennis while Rasamee prefers the less energetic hobbies of reading and playing on the computer.

### Simon Flint



Simon

Supping beer and hogging the buffet table at New Members Night was Simon, gifted songster (well, when he's had a few) and music lover. Single and on the prowl, it's not only tennis and golf he dabbles at... Watch out ladies!

## Meet the Staff

# The Full Montri!

**G**raduating with a bachelors degree from the Faculty of Law at Ramkhamhaeng University, it's perhaps fitting that Khun Montri Srisurivat chose the Bar as his career!

His early days in the hospitality trade were spent at Dickens Pub in the Ambassador Hotel here in Bangkok where he was a bartender, but after 12 years at the hotel and a deserved promotion to Bar Supervisor, he made a brave move and left to work in the UK.

Particularly courageous, as Khun Montri moved to tend bar in a small public house in Glasgow, Scotland! No wonder he can handle the BC customers so smoothly. Returning to Thailand after 2 years in Scotland, he worked at the Narai Hotel as Assistant Manager in the Mexican Restaurant, but soon discovered that the

Club was looking for a new Bar Supervisor. That was 4 years ago and he's still holding court in the Churchill Bar, serving up 'wee drams' and supervising the bar staff to ensure that everyone receives quick and efficient service. His work philosophy is that customer satisfaction comes first and he encourages all his staff to be as attentive to the members' needs as possible.

Khum Montri and his wife, Khun Surimart, have one daughter and they live in Samutprakarn Province. One of Khun Montri's favourite pastimes is taking his young daughter swimming at a pool close to his home. He also plays football and for



Khun Montri, Churchill Bar Supervisor

relaxation he either retires to the garden to tend to the plants, or to the kitchen to rustle up one of his favourite meals, like hot and spicy salad.

Say hello when you next visit the Churchill Bar.

*Interviewed by:*  
**Ratchanida Tippayalert**  
**Admin Officer**

# The Elephant Round-Up

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



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

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

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

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



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

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

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

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

Adults (names)

Children (names and ages)

_____	_____
_____	_____
_____	_____

### Bookings required as soon as possible

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

# Adventure on the High Teas

5th August 1999

Dear Nurith Borisute,

No! I can't let you get away with it! I loved your article on the British tea in July's issue of *Outpost*. But as described, 'High Tea' it is not! That is quite a different thing. The early evening meal of the lower orders, usually served around 6 o'clock when the factory worker/shop assistant/ et al gets home from work.

No ceremony here! Probably a greasy plate of some kind of fry-up, and always with a mountain of fat chips on the side - and possibly processed peas? Or, in the summer months, slices of slimy ham and lettuce (you might find the odd scotch-egg creeping in here!!) And of course a regiment of sauce bottles, lined up on the table cloth, to take away any taste the food might have had. All this followed by tinned fruit salad, or a stodgy pudding smothered in custard, and all washed down by large mugs of sweetened tea!

There will be T.V. snacks to follow later, but that's another story!

The tea you write about is the traditional 'Afternoon Tea'. Very much alive today, but now more usually confined to the smarter hotel lounges. The best, served in the grand, and old fashioned manner, is still to be found at the Ritz Hotel in London on a Sunday afternoon, where you will see wistful elderly dowager duchesses scattered amongst the young and upwardly mobile of today, remembering the good old days when they ran the big houses that were fully staffed. Each afternoon, around 4 o'clock, the house parlour maid would don her black frock (never called a dress!) and her short crisp white organdie apron, and frilly white cap over her forehead, to serve Her Grace afternoon tea in the drawing room. Or, on a rare hot summer's day, outside on the lawn under a parasol.



This would be the ceremony of the day, on the finest bone china, with bite-sized sandwiches of cucumber or egg and cress, hot buttered scones, and toasted tea-cakes. The crumpets would be browned under the grill or on the AGA cooker, and all items were kept warmed in a silver chafing dish.

There was usually a 5-tiered cake stand. Slivers of rich fruit cake, iced fancies, meringues sandwiched with cream, chocolate éclairs, and always a light-as-air Victoria sponge cake, dusted with sugar and freshly made that afternoon by cook below stairs in the kitchens. Alas! Following the second world war, such grandeur mostly died out in private homes. But nowadays the tradition still lives on in various forms. In the cosy tea-rooms of English seaside resorts, much beloved by pensioners who, sheltering from the summer winds and rain, in their plastic macs, will wade through scones clamped together with jam and clotted cream and foreign-sounding gateaux. Nowadays, it doesn't have quite the same ring to it!

**An 'older' member!**

P.S.

Following her afternoon tea, in the early evening, Her Grace, and others of her ilk slightly further down the social scale, would change for dinner, usually a heavy meal of several courses formally served in the dining room, following a sherry or cocktails in the drawing room. The dinner gong would sound around 7.30 for 8. The passing of such style is to be lamented. But, no worries, we've still got MacDonalds!

July 1999

Dear all,

Sadly my family and I are returning to live and work in England in July.

We would like to thank the management, staff, tennis and football sections for helping to make our 4 years in Bangkok enjoyable and memorable ones.

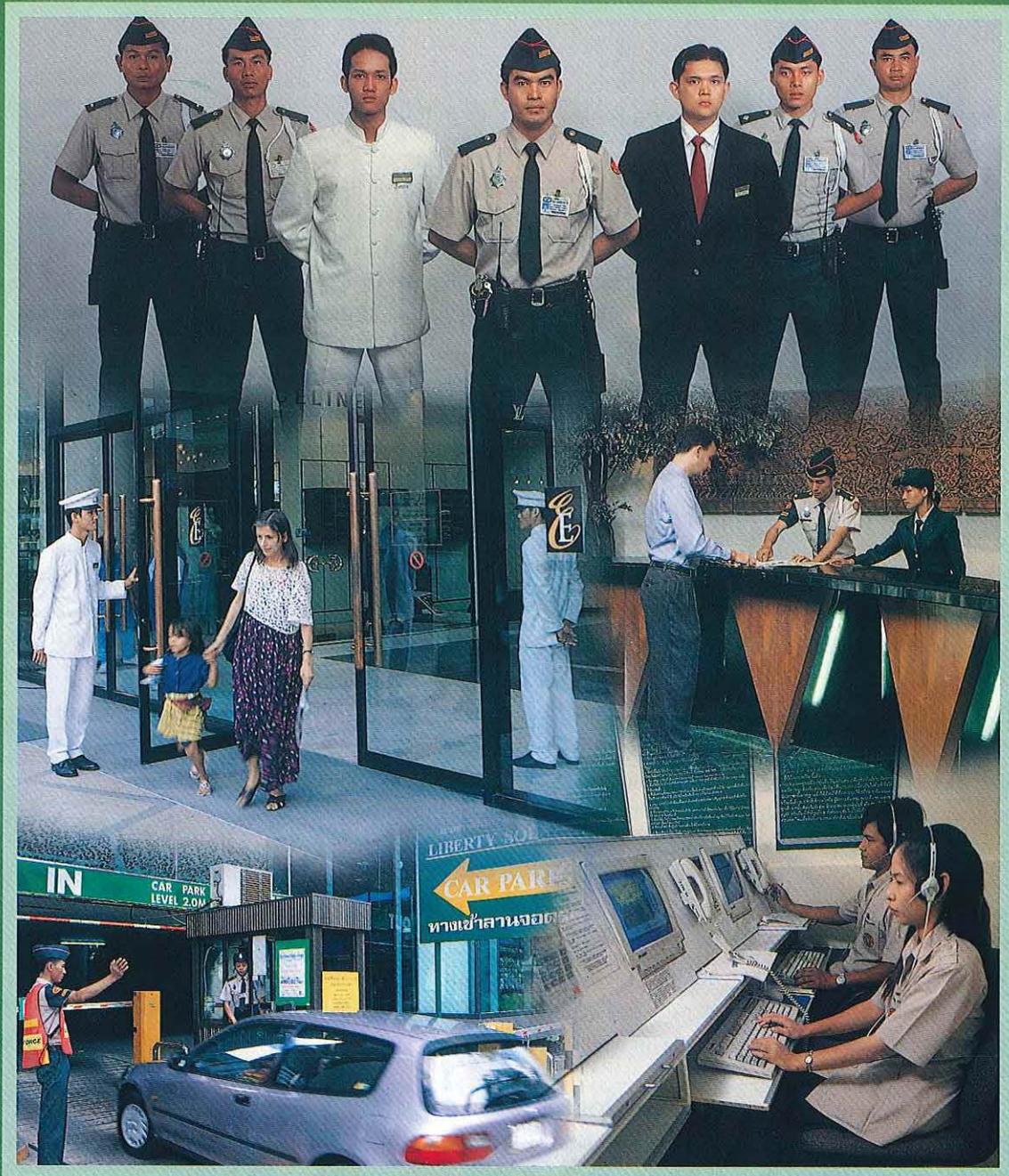
Special thanks to Bruce for his enthusiasm - I hope I can move around a tennis court when I'm 76! And to James and Bernie for showing how mens' doubles should be played.

Keep up the hard work BC.

**Richard and Penny Ellis (E56)**

# Guardforce

## The Security Professionals



Whether you require a home alarm and protection system, a discreet and helpful security team for a condominium or shopping complex, or a major guard presence at a large industrial site, Guardforce has the highly trained manpower, equipment and experience to maintain your security and protect your home or business.

Whatever your security needs Guardforce has the professional solution.



**Now in Eastern Seaboard**

Tel: (038) 716199, 716200-1

Fax: (038) 424005

**Guardforce (Thailand) Limited**

42/14-15 Moo 5, Sukhumvit 103, Nongborn, Pravet, Bangkok 10260

Tel: (662) 747 1705-10, 747 3081-7 Fax: (662) 3989821

E-mail: david@guardforce.co.th

For your **FREE** copy of **SAFE & SOUND**, the Guardforce Guide to Home Security Systems, just complete and return this coupon to Guardforce, 42/14-15 Moo 5, Sukhumvit 103, Nongborn, Pravet, Bangkok 10260  
Fax: (662) 398-9821

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Postcode \_\_\_\_\_ Occupation \_\_\_\_\_  
Home Tel \_\_\_\_\_ Office Tel \_\_\_\_\_





# Chasing victory

The Casuals team are on a proverbial roll having scored victories in four out of the five warm-up fixtures played since July.



The results include wins over our arch-rivals the Brazilians, Delaney's and Chequers, although these teams all looked strangely similar!

We continue with a full programme of friendly matches in a build-up to the league season. For fixture information please contact Chris Power and give him your E-mail details. You will then receive messages on all the section's events.

We have seen some new faces at the Tuesday evening training sessions and all newcomers are most welcome. The proceeds in the Churchill Bar should be increasing proportionately! It's thirsty work playing all that 5-a-side.

## Sponsors and Tours

Our search for sponsors continues and we are thankful to the **Londoner Brew Pub** for their continued support and to **MBMG** for their offer to cover the costs of the Phuket tour shirts.

Talking of which, the signing-on list is open for the Phuket Cup Tour which takes place on 23/24 October 1999 in the Patong area. We are planning to take advantage of the Public Holiday which falls at the same time and include a day of golf on Monday 25 October 1999 before returning to Bangkok.

Special deals have been arranged at certain hotels in Patong and it promises to be an enjoyable tournament and weekend. If you have not put your name down already, please contact Martin Conisbee as soon as possible. Supporters are also welcome.

Looking further ahead, we have the excellent 6-a-side tournament hosted by Manila Nomads coming up on 20/21 November 1999 in the Philippines. In this tournament we will field a team in the main competition and an over-40s team in the veterans' event. For more details please contact either Alex Forbes or Steve Duckworth.

We look forward to these tours and the new league season with high hopes and expectations. Who knows, the BC could come up with some surprises!

## Match Result Round-up

**25 July - Casuals vs Delaney's**  
Casuals won 2:1 with goals from Mel Birkinshaw and Ade

## 1 August - Casuals vs Brazilians

Casuals won 5:1 with goals from Paul Greenhalgh (2), Rene Lammers, Audel Dalphinis and Kenny Lyons.

## 7 August - Casuals vs Chequers

Casuals won 2:1 with goals from Rene Lammers and Adrian Colman

## Enjoy your football The Gunner

*(I saw and liked your new "Team for the Millenium" shirts, but shame about the spelling! When tackled about this faux-pas, The Gunner replied, "We're not here to spell, we're here to kick ass!" Recent match results prove he's right - well done lads - S.)*



Vaughan Elias, pondering what might have been



Another BC goal - and prayers for forgiveness from Chequers



BC on the breakaway, Casuals vs Chequers



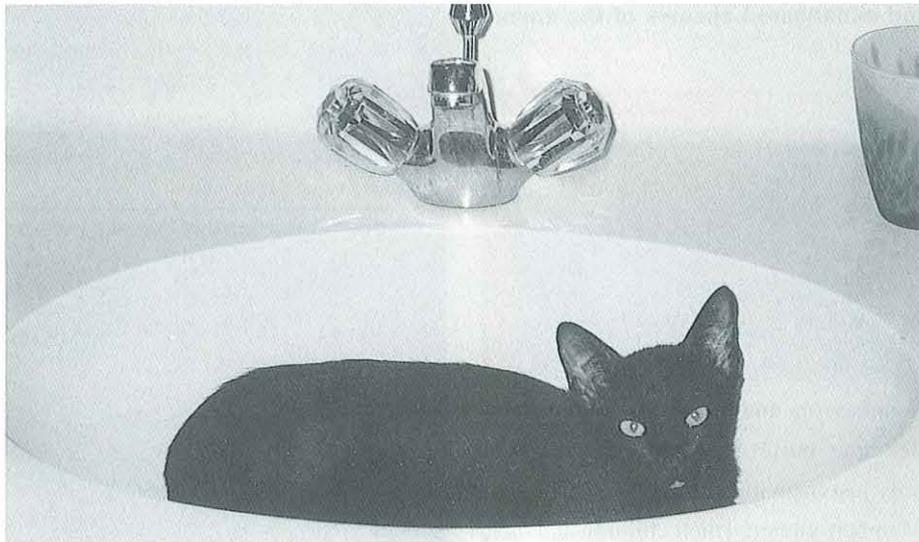
The blur (ball) went in for a BC goal against Unocal



Post-match shot of the victors

# Household chores for cats

**F**or everyone who owns a cat, you'll smile at this list of 'chores' performed by cats in households around the world.



Sleeping on the job - 'Hardy' (C242)

Whether a pedigree Siamese or street-wise moggy, all are born with the same natural instinct... to hamper humans!

## Doors

Do not allow closed doors in any room. To get door opened, stand on hind legs and hammer with forepaws. Once door is open, it is not necessary to use it.

After you have ordered an "outside" door opened, stand halfway in and out and think about several things. This is particularly important during very hot weather or rain, or in the mosquito season. Swinging doors are to be avoided at all costs.

## Bathrooms

Always accompany guests to the bathroom. It is not necessary to do anything - just sit and stare.

## Chairs and Rugs

If you have to throw up, get to a chair quickly. If you cannot manage in time, get to an Oriental rug. If there is no Oriental rug, shag pile is good.

## Hampering

If one of your humans is engaged in some activity and the other is idle, stay with the busy one. This is called "helping", otherwise known as "hampering". The rules for "hampering" are:

- a) When supervising cooking, sit just behind the left heel of the cook. You cannot be seen and thereby stand a better chance of being stepped on and then picked up and comforted.
- b) For book readers, get in close under the chin, between eyes and book, unless you can lie across the book itself.
- c) For knitting projects or paperwork, lie

on the work in the most appropriate manner so as to obscure as much of the work or at least the most important part. Pretend to doze, but every so often reach out and slap the pencil or knitting needles. The worker may try to distract you; ignore it. Remember, the aim is to hamper work. Embroidery and needlepoint projects make great hammocks in spite of what the humans may tell you.

d) For people paying bills (monthly activity) or working on income taxes or Christmas cards (annual activity), keep in mind the aim - to hamper! First, sit on the paper being worked on. When dislodged, watch sadly from the side of the table.

When activity proceeds nicely, roll around on the papers, scattering them to the best of your ability. After being removed for the second time, push pens, pencils, and erasers off the table, one at a time.

e) When a human is holding the newspaper in front of him/her, be sure to jump on the back of the paper. They love to jump.

## Walking

As often as possible, dart quickly and as closely as possible in front of the human, especially on stairs, when they have something in their arms, in the dark, and when they first get up in the morning. This will help their coordination skills.

## Bedtime

Always sleep on the human at night so he/she cannot move around.

*With thanks to the Web,  
The Ed.*

# Zoo Adventures

Sixteen adventurers joined the British Club tour on Sunday, 11th July to the scenic 200-acre open zoo and show park at Minburi, hoping for some spills and thrills and a closer look at the rare and endangered species of the animal kingdom.



Well, they got it all! Youngsters gazed in awe at the number of wild animals they saw roaming the picturesque wilderness as their coach took them on a leisurely tour of the safari park. On to the Marine Park where cameras worked overtime as the mischievous sea lions and dolphins amused the audience with their naughty antics. Plenty of side-shows kept everyone entertained, from Hollywood-style stunt shows to boxing Orang Utans and bike-riding birds. The cool comfort of the Jungle Cruise Restaurant was welcome respite from the



noonday sun and the perfect setting for a delicious buffet lunch. But the fun was only just beginning...

Members gathered their children and their courage for an adventurous ride down the river where hungry crocodiles and ferocious gorillas lurked in tropical jungle ready to pounce on unsuspecting kids. Everyone had jungle jitters and a few were lost to primitive headhunters, but most made it back safely to the Club, thrilled and fulfilled, after a truly remarkable day.

"When can we do it again...?"

oh



Smiles from the Vivian family...



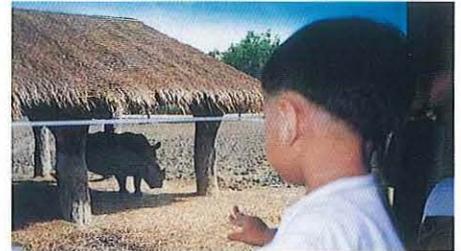
... and from the Sands



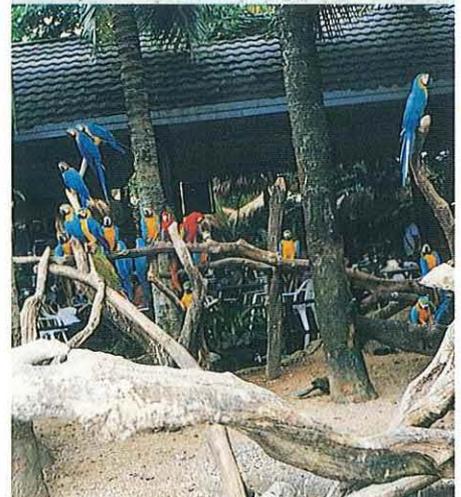
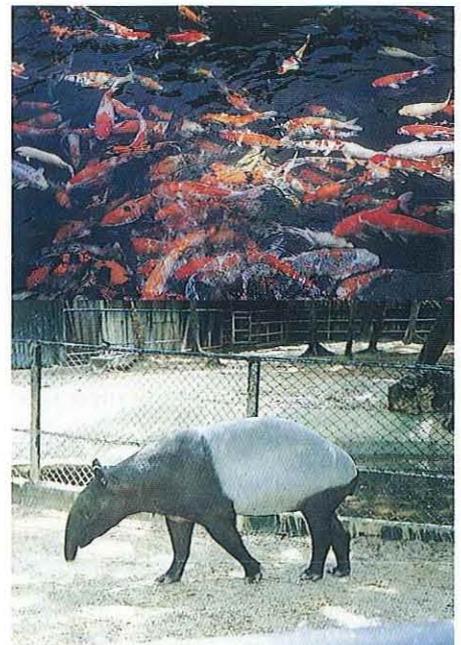
Ooooh, look at that!



Performing sea lions at the Marine Park



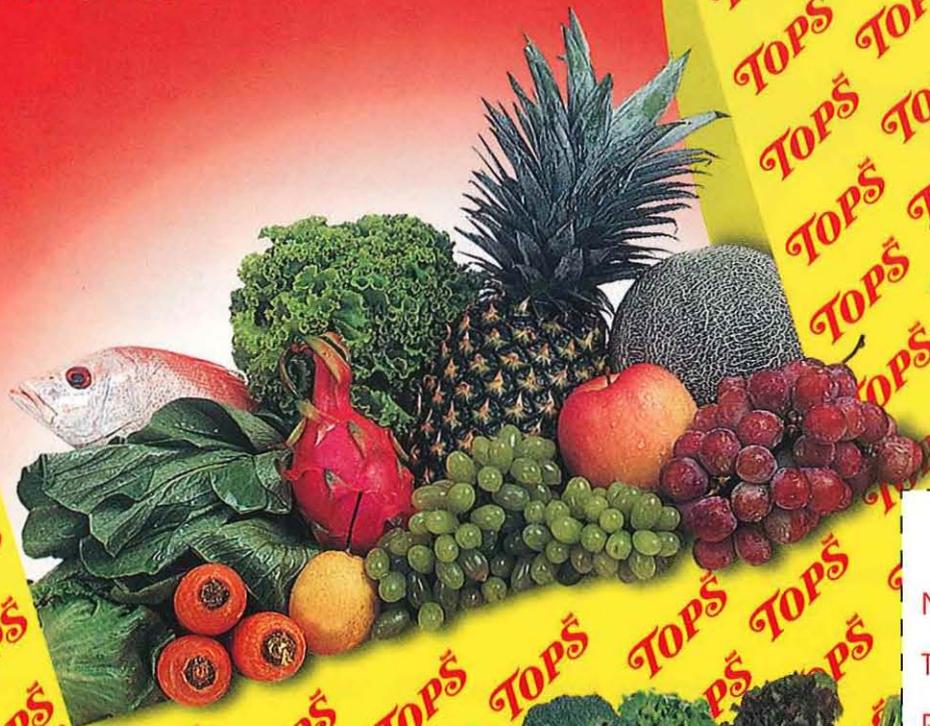
Young Nat fascinated by a rhino



# TOPS ท็อปส์

“TOPS Supermarket! ... We're here to serve you.”

Over the last three months we've added 1,000's of new items just to make you feel more at home. But...If you cannot find the items you crave, please fill in the product request form and give to our store manager. We will call you when your favourite products arrive.



**TOPS**

Name .....

Tel no. ....

Required product and brand .....

.....

.....

Date .....

Store Location .....

**Check out our wide variety of products from around the world at these TOPS Supermarkets :**

Central Chidlom, Central Silom Complex, Robinson Silom, Central Silom, Central Lardproh, Robinson Ratchada, Central Bangna, Robinson Bangrak, Central Rama III, Central Pinklao, Robinson Sukhumvit 19, Robinson Sukhumvit 41

**Bringing you closer to home!**

# How do you pack a memory ?



This is what sets us apart from other removal companies. At Four Winds International Moving Ltd. we like to think that we don't just pack and move pictures, furniture or photographs. We'd much rather believe that we're in the business of moving people's memories. Mementos of their travels around the world and through life itself.

It's a way of doing business that has seen us grow to over fifty locations worldwide and establish a reputation of moving people's homes safely all over the world.

Next time you're moving, give us a call.      Tel. 681-0036, 681-0037



**FOUR WINDS INTERNATIONAL MOVING. YOUR LIFE, IN OUR HANDS.**

**FOUR WINDS INTERNATIONAL MOVING LTD.**

**116/80 Nonsee Road, Chongnonsee, Yannawa, Bangkok 10120**

**Tel: 681-0036/37 Fax: 295-4163 E-Mail: fwth@bkk3.loxinfo.co.th**