



OUTPOST

BRITISH CLUB BANGKOK

SEPTEMBER 2006

Time for lunch!



Tasty Issue

Intelligence, Learning & Stress

New CEO Russell Finney, Detective VDOs, Guest policy, Miss Piggy finds a Home

Aidan Bailey will be visiting Bangkok from 30 Oct to 1 Nov (inclusive) and individual meetings are available at The JW Marriott Hotel Bangkok, 4 Sukhumvit Road Soi 2. If you wish to make an appointment, please contact us on (65) 6225 0825 or send email to info@thefrygroupsg.com. For more details, please visit our website www.thefrygroup.co.uk

Be honest, how do you make financial decisions?

If your current financial strategy rather depends on which way the wind is blowing, you could use a helping hand from an expert. Especially in today's uncertain world. You shouldn't apologise if this is the case either, because there are a great many British Expatriates in Singapore who simply haven't got round to making that call and laying a few financial foundations for the future. But putting off the inevitable doesn't build strategy and as an Expatriate you have as many opportunities as you do hurdles when it comes to wealth accumulation and management. We know that there is never a 'right time' to pick up the phone either. At The Fry Group, we believe that a successful personal financial strategy depends on the right combination of impartial advice and timely information and often a little bit of good luck!

Established in 1898 and having worked with British Expatriates in Singapore since 1967, we have seen a great many of our clients' financial strategies bear fruit. And of course, we have quietly accumulated a generation of experience along the way. Because we specialise, we have a deep and current knowledge of the options and opportunities specifically for British Expatriates and whilst the prospect of saving and managing more of what you earn exists, here's some free advice: do something about it sooner rather than later.

If you feel that your current financial strategy is based more on fresh air than considered and expert financial planning, call Aidan Bailey for a reality check on 6225 0825 or email info@thefrygroupsg.com

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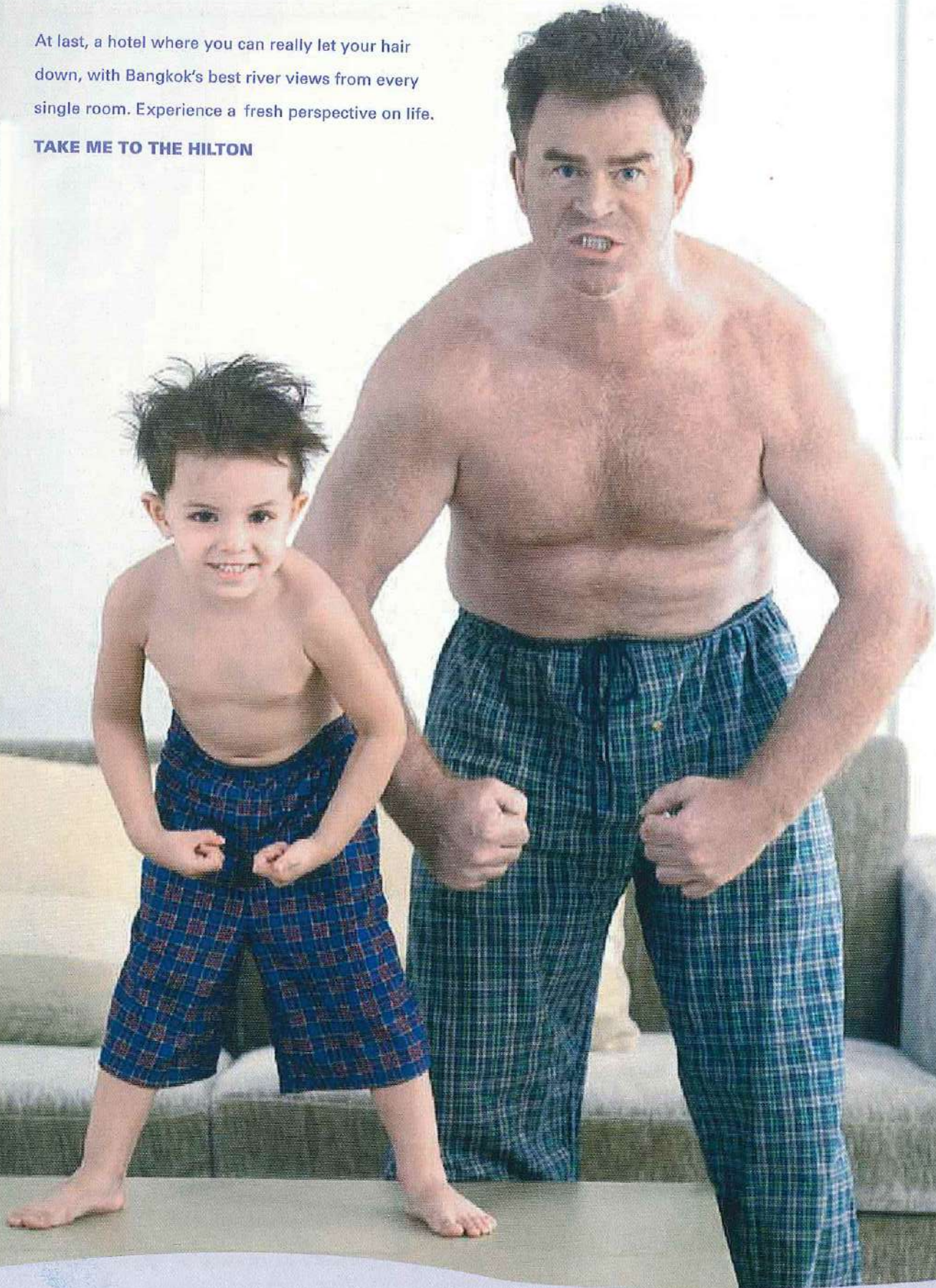
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Everyone is born with 12 to 15 billion brain cells, each cell capable of holding information and making up to 100,000 connections to other cells - it's those connections that effectively make up Intelligence. **Intelligence, Learning and Stress** (pages 27-29)

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There's no Accounting for Taste

Why do we like the taste of some foods, while disliking others? Most of our childhood food aversions disappear sometime in adulthood, but some remain - intractable and enduring. It's usually the items with 'strong' flavours that elicit the strongest reactions - positive or negative - but occasionally, even a seemingly innocuous food can elicit an intense response.

Coriander is widely used all over the world. Its seeds typically form a base ingredient in Thai curries. Its fresh leaves (also known as 'cilantro') are used extensively, especially as a garnish, but have a different taste altogether - the two are *not* interchangeable in recipes!

Now, almost everyone would agree that the seeds taste nutty or spicy with a hint of citrus. The verdict on the leaves, however, is polarised in the extreme. Most people would describe coriander leaves as fresh, green, tangy, zesty and a pleasant complement to the rest of the dish. But some people absolutely loathe coriander. In fact there's a website - IHateCilantro.com - that is dedicated to the eradication of cilantro (coriander leaves) from all cuisine. It offers solace to those who feel isolated and guilty about their extreme revulsion to this common herb and it has sections like 'Cilantro victims recount their tales of heartbreak and tragedy' that run into many pages. After a lifetime of suffering, feelings can run high. This from 'Paul' (Cambridge England): "A plague on the vile weed. A plague on the coriander fascists who force-feed us with the revolting plant and treat us like weirdos when we say we don't like it. And thank the Lord for this website. I thought I was alone."

Why the violent reaction to this innocent little green herb? Well, one theory is that coriander-haters can actually taste a chemical constituent that others can't, and the ability to do this appears to be genetically based. Alas, the subject has not attracted the research it deserves and so coriander-lovers continue to look upon the extreme reactions of coriander-haters with a mixture of disbelief and amusement.

As a coriander-hater myself (there! I've admitted it!) I very much regret not being able to enjoy any Thai dish that has even a trace. But the same cannot be said for coriander seeds beautifully integrated into a complex & wonderful Thai curry - As promised on page 22, here's the ingredients for Penaeng curry paste:

Penaeng Curry paste - Ingredients:

- 10 dry long red chillies
- 10 small onions/shallots, chopped
- 1/2 bulb garlic, crushed
- 4-5 sticks lemon grass, chopped
- 5 cm piece galangal, grated
- 12-15 white peppercorns
- 1 tsp. coriander seeds
- 1 tsp. kaffir lime rind, grated
- 2 crushed star anise
- 1 tsp cumin seeds powder
- 2 tsp shrimp paste
- 1-1/2 tsp. salt, or more to taste
- 1 tsp. Oil

Billy Beefeater



Time for lunch - Six hungry acolytes at the Thai Cooking Class

toast their mentor, Khun Laak, before dining on the food they have just prepared. Article page 22.

OUTPOST MAGAZINE

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

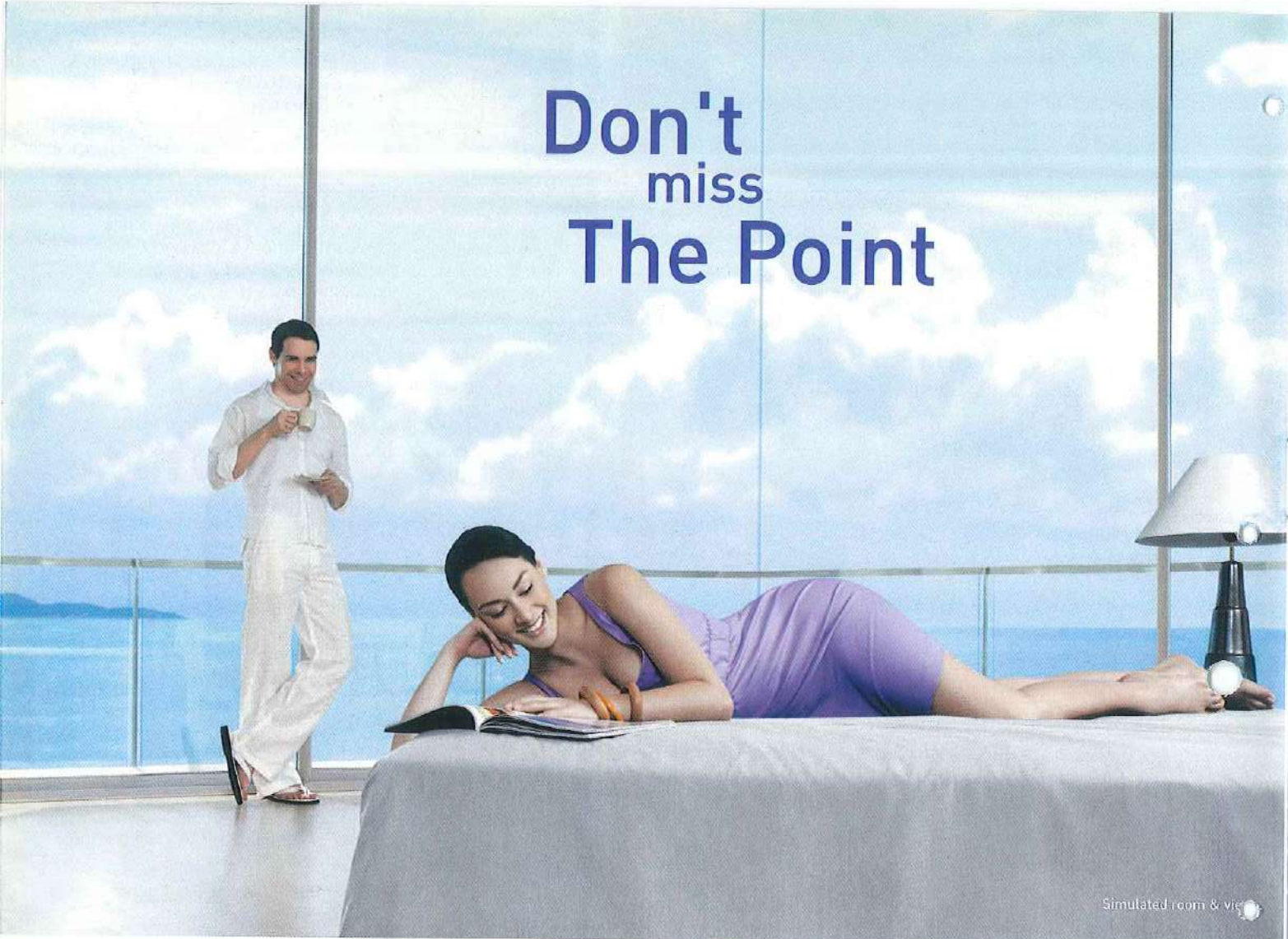
OUTPOST is produced on behalf of the British Club by Veritas Enterprises. For advertising inquiries contact Jim Fowler (01-844-7015 or Jim@VeritasEnterprises.com); and for editorial matters contact the Editor at OutpostEditor@VeritasGraphics.com

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

The British Club

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Dear Members,

Welcome back to those of you who have taken holidays during July and August. If you were in the UK as I was, you are probably pleased to come back to some air-conditioning! The UK experienced some record temperatures this year and I did find myself yearning for the Club pool once in a while or at least a lazy ceiling fan!

At the time of writing I am still in the UK, so I apologise for the brevity of this month's report.

I hope that you all have a note in your diaries to join us for New Members' Night on Tuesday, September 12th, in the Churchill Bar at 7:00pm. For your information, New Members' Night takes place every two months and is an opportunity for new members to meet each other, the staff, and the General Committee. However, it's not just for newcomers. All members are encouraged to attend and there's usually a great atmosphere in the bar with lots of new faces as well as old! Complimentary canapes are served and musical entertainment is regularly provided.

Development Plans

Things went a little quiet in August due to so many of the GC being away on leave. Following the design brief in July, two companies have presented pre-tenders. However, it is now felt that the original time-scale may be too rushed particularly with the time required for membership feedback. The GC believe it is more practical to do all the design and construction planning for Phase 1 this year with construction starting at the beginning of January 2007. This also means that both Clubhouse F&B outlets will be fully operational over the Christmas period.

I look forward to returning to Bangkok soon and to the many projects we have on the agenda for the second half of this Committee year.

Regards,

Angela Daniel
Chairman
BCB General Committee 2006/2007

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BANGKOK PREP

Bangkok International Preparatory & Secondary School

A British Curriculum School



Bangkok Prep's philosophy is based on a simple conviction: it is that true education nurtures a life-long love of learning, a striving for the highest standards, not only in academic work, but also socially and spiritually. This empowers individuals to take their place as productive members of society at work, and in peace and harmony with themselves, the community and the environment in which they live.

Bangkok Prep's mission is to create a learning environment that enables students to realize their full potential through the application of the school's philosophy. Consequently, it is committed to offering a stimulating and challenging education which promotes a love of learning as well as spiritual and moral development of personal responsibility for one's own learning.

Maintenance of this learning environment requires high standards of behavior, courtesy, tolerance, respect, and an awareness and appreciation of cultural diversity. It is also rooted in the concept of the school as a community, activity involving parents and other community partners in school life.

An International Outlook

Bangkok Prep is very like the Sukhumvit Community that surrounds it, in that the school is truly international, representing 24 different nationalities.

Such a diverse mix opens students up to other cultures and ideas and encourages them to speak English - **Bangkok Prep School's** main language of instruction, communication and interaction.

Bangkok Prep's enthusiastic teachers are native speakers, mainly from the UK but also from Australia, Canada and the USA. There are also specialist EAL (English as an Additional Language) teachers, who support students who may need support with their language skills, as well as native-speaking teachers of Thai and other modern languages.

Location, Location, Location!

Bangkok Prep enjoys what is probably the best location in the city. Right on Sukhumvit Road itself and just a couple of minutes from Thong Lo BTS station, the school offers a welcome sight of greenery in the middle of the city. The expensive site shaded by mighty trees creates a wonderful atmosphere for children to work, play and interact.

As the area is also home to many of Bangkok's expatriate residents, and enjoys excellent transport links, travel time to and from the school is reduced considerably. This means that parents have more time to spend with their children and can become more involved with school life.

Top-class facilities

The school boasts some wonderful facilities that challenge children, mentally and physically. As well as a 25-metre swimming pool, the many sports and leisure facilities at the school provide for football and cricket.

Inside the school is a large, airy and welcoming library, computer laboratories and specialised rooms for science and CDT. Music also features strongly as both a curricular and extra-curricular activity.

Great care has been taken to ensure that all classrooms at **Bangkok Prep School** are bright and cheerful places where students are happy to create and learn. Outside, the lush grounds encourage students to meet and interact with each other in a safe and secure environment.

In no time at all . . . 'twill be Christmas!

Dear Members,

To all those who've been away . . . Welcome back to the Land of Smiles. I hope you all had a great holiday and I look forward to seeing you back here at the Club soon.

Whilst you were away we've been busy painting the poolside area, repairing doors, fences and awnings, trimming trees, bedding-in our new table tennis table and generally getting everything ready for the upcoming busy season.

We have loads of events planned in the lead-up to Christmas. On October 11th we'll have our latest wine dinner featuring the wonderful wines of Babich, Trinity Hill and Lincoln. All three wine makers will be on hand and we'll sample two wines from each estate.

On October 29th we'll be celebrating Halloween with our regular Kids Halloween Party and November 5th, of course, is Guy Fawkes. Once again the Club's car park will be closed for security reasons - from 10pm on Saturday 4th November to 10pm on Sunday 5th. I urge members visiting the Club this day to come by taxi as there will be no alternative parking provided. The Club itself will close at 3.30pm and re-open at 4pm. All people in the Club at 4pm onwards will either have, or be required to purchase, a Guy Fawkes ticket. *Refuseniks will be shot* (just kidding!).

This year, the Thai festival of Loy Krathong also falls on November 5th. So along with our Guy-making activities, the kids will also be making Krathongs and the entertainment will take on a Thai theme. As this day is a double celebration, perhaps the Heavens will refrain from opening as they did last year. Or am I tempting fate by even mentioning it?

Saturday 18th November is another date for your diary. It's the annual Ploenchit Fair held this year once again at the Suan Lum and Bec Tero Hall. Come along and support this worthwhile cause that raises much-needed funds for the underprivileged in Thailand. The Club will be present with our bouncy castle so come along and say hello. We will also be at the 'Living in Bangkok Exhibition' at the Bumrungrad Hospital on Saturday September 9th (see August *Outpost*, page 13).

Planning is at an advanced stage for our second Children's Christmas Ball on December 1st, and we're now taking bookings for the Club's Annual Christmas Ball on Saturday December 9th. And we already have over 30 people booked for Christmas Day lunch. Don't forget, as this is a family day, the children will be allowed in the Churchill Bar under parental supervision until 6pm. The kids are also allowed in the Bar on Guy Fawkes Night.

Now is the time to get ready for Christmas and British Club Christmas cards are on sale now at the Clubhouse reception for only 40 baht each - buy 10 & get one free. These are in limited supply so get your cards now to avoid disappointment. In next month's *Outpost* we will be sending out our British Club Christmas order list. Please get your orders in early to the Club to ensure your order - late orders cannot be guaranteed. And don't forget that the Club is a great venue for your Christmas or New Year's party but we have limited resources so book well in advance - contact Khun Somboon, Ben or myself for

a competitive quote.

Looking even further ahead, we have a plush new boat planned for our New Year's cruise (see page 11) . . . For further details of all events, please contact Khun Benjawan or myself.

Coming up this month, September 12th is New Member's Night so join us in the Bar for some

complimentary canapes, meet the Committee, catch up with old friends & meet new ones. The Churchill Bar is probably the only bar in Thailand that offers eight draught beers, including Bass, John Smiths and Old Speckled Hen - the Best of British - and don't forget we also offer a range of eight house wines. We round off the month on 30th September with the St David's 'Murder Mystery Dinner' (see poster on page 25) which features an Italian style menu - see the foot of this Banter.

If you're an early riser, the Salas are now open on a trial basis with our Early Bird breakfast menu, featuring zucchini and cheddar cheese scones, filled croissants, and of course the regular breakfast menu is also available. As well as breakfast, the Salas have a range of fresh coffees (the beans come in individual 'pods' so each cup is super-fresh). What better way to start your day?

We are always looking for members' contributions to the *Outpost* magazine. Remember this is your magazine, so if you have any interesting stories on your recent holidays or anything of interest in general, just contact Billy Beefeater, the editor (email address on p3), and I'm sure he will be glad to hear from you.

Well that's it for now,

See you back down at your Club soon,

Regards,

Barry Osborne
General Manager



St. David's Society Murder Mystery Dinner

Saturday 30th September 2006 in Lord's

MENU

GAZPACHO SOUP

SALAD OF ROASTED VEGETABLES

RUMP OF LAMB

With spinach risotto and deep fried polenta parmesan cheese
Or

WILD MUSHROOM TORTELLINI

With cafe de paris and porcini cream sauce

POACHED PEAR WITH MINT CAPPUCHINO

Ice-Cream

COFFEE AND TEA

Thai Chocolate

WHAT'S GOING ON

Special Events at the Club this month

** DETECTIVE VDO NIGHT

Wednesday, 6th September, 7-9pm, Suriwongse Room
For details, see opposite page.

** ITALIAN GRAND PRIX - LIVE

Sunday, 10th September, from 6pm, Churchill Bar
For details, see opposite page.

** THAI COOKING CLASS

Tuesday, 12th September, 10am, Silom Sala
Want to learn how to cook your favourite Thai foods? Why not learn here at the Club with Khun Laak and Khun Suchon, the Clubs head chefs? We start at 10am with coffee in the Silom Sala and then get cooking. The Class is designed to be very much hands on and at the end you will get to enjoy for lunch the food that you have cooked! The cooking class costs 1,500 baht per person and includes handouts of the recipes, lunch and a glass of Thai wine. The class will be informal so feel free to ask Laak or Suchon plenty of questions. Class size is limited to 10 people. See page 22 for more.

** NEW MEMBERS NIGHT

Tuesday, 12th September, 6:30pm, Churchill Bar.
Join us for a fun night where we'll welcome our newest members to the Club. Music by 'No Fixed Abode' and tasty canapes by Khun Laak. The evening starts at 6:30pm with a free barrel of Tiger Beer to get things going. New Members night is also a great chance to buttonhole members of the General and Sports Committees and catch up with some of your old friends too!

** DETECTIVE VDO NIGHT

Wednesday, 13th September, 7-9pm, Suriwongse Room
For details, see opposite page.

** QUIZ NIGHT

Tuesday, 19th September, 7:30pm, Churchill Bar
Get a team of friends together and come along to join in the fun. There are 4 rounds of 19 questions, all rounds ending in the dreaded "common denominator". There are also 3 spot rounds where you have the chance to win a bottle of wine sponsored by Crown Worldwide Relocations. This month Khun Laak and her team will create some of your favourite Pizza and Pasta dishes and we will be promoting our new San Miguel Beer. The cost to enter is 100 baht per person. Teams of up to six persons.

** DETECTIVE VDO NIGHT

Wednesday, 20th September, 7-9pm, Suriwongse Room
For details, see opposite page.

** DETECTIVE VDO NIGHT

Wednesday, 27th September, 7-9pm, Suriwongse Room
For details, see opposite page.

** MONTHLY WINE TASTING

Friday, 29th September, 6-9pm, Suriwongse Room

Join us for our monthly Tasting, featuring wines from Australia, California, New Zealand and a host of other countries. The Club will create a range of complimentary canapes to complement the wines, which members can purchase at specially discounted prices direct from the vendors. What a great way to start the weekend - free wines in the comfort of your Club. Why not head down into the Churchill Bar afterwards and enjoy our Soup, Salad & Sandwich Buffet for only 250 baht. We'll also be promoting our latest beer - San Miguel and San Mig Light.

** THAILAND TENNIS OPEN

Saturday, 30th September; Sunday 1st October; Leave BC at 1pm

There's nothing more satisfying than the 'pok' of a sweetly-hit tennis ball. Tickets are available for both the Semi Finals on Saturday 30th September and the Final on Sunday 1st October. On both days, we leave from the Club at 1pm and play begins at 2.30pm. Tickets cost 1,950 baht each and include transportation from/to the Club. For further information please contact Ben in the Main office.

** ST DAVID'S SOCIETY 'MURDER MYSTERY' DINNER

Saturday, 30th September, 7:30pm, Lord's Restaurant
See poster, page 25. See page 7 for menu.

'UNFRIENDLY' BRIDGE EACH SUNDAY!

The British Club Bridge section is holding an
OPEN PAIRS BRIDGE TOURNAMENT

Each Sunday at 3pm from 1st October!

See Page 10 for details!



SOCATOTS ON SATURDAY!

Just a reminder that . . .

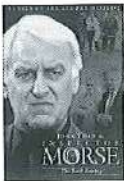
A new 10-week season of
SOCATOTS
starts on Saturday, September 9th

See page 31 for details!

“ Wednesday Night is . . . **DETECTIVE VDO NIGHT!** ”

This month is detective month here at the Club. Each Wednesday in the Suriwongse Room from 7pm we will be showing an episode from Morse or Frost - two of British TV's best loved detectives.

MORSE (John Thaw) is prickly and sarcastic, a bachelor, an Oxford graduate and real ale connoisseur, an intellectual snob . . . and he doesn't always follow protocol as strictly as he should. But he gets results.



6th September at 7pm:

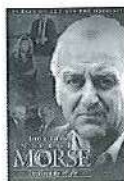
MORSE: From Series 3 . . .

THE LAST ENEMY

A body is found in the canal and the only clue to its identity points to a connection with one of the Oxford colleges. When Morse discovers that

intense rivalry for a prestigious post has led to murder, he must find out which one of the highly respected contenders is the calculating killer.

FROST (David Jason) is sloppy, cantankerous and disorganized, an unconventional policeman who attracts trouble. Based in dreary Denton, Frost tackles the toughest cases with grit and wit.



13th September at 7pm:

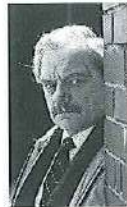
FROST: Series 1 and the very first episode of 'A Touch of Frost' . . .

CARE AND PROTECTION: Frost

investigates a missing child case, as his terminally ill wife languishes in bed.

A chance digging turns up a 30 year-old

skeleton chained to a strongbox that turns out to be empty. The plot thickens when a former bank employee with links to the strongbox is murdered . . .



20th September at 7pm:

MORSE: From Series 3 . . .

DECEIVED BY FLIGHT: When Morse and Lewis attend a cricket match, they get everything but a lazy day in the sun: before the first ball is bowled one of the players meets an untimely

death. Sergeant Lewis gets a chance to demonstrate his cricketing skill when he is planted in the team to gain inside information... This episode was written by British screenwriter Anthony Minghella, who later directed 'The English Patient' and 'The Talented Mr. Ripley'.

27th September at 7pm:

FROST: Series 1, Episode 2 . . .

NOT WITH KINDNESS: While still

grieving for his recently

deceased wife, Frost investigates

the murder of a teenage girl, and

the case of a woman who has

been receiving threatening phone calls. Meanwhile,

at the Denton police station, there are threats,

deaths, arson and a staff shortage. But for Frost,

anything has to be better than staying at home with an unwelcome visitor . . .



There is no charge for these screenings but we ask Members to sign up in advance to assist us with seating arrangements. A full F&B service will be available from 7pm.

BUTTON WINS!



113 Grand Prix starts have finally paid off with a much-deserved victory for England's Jensen Button at the Hungarian Grand Prix this August. It was victory too for Honda who had not won a race as a constructor since 1967!!!

The fight however remains between Alonso and Schumacher with now (as we go to press) only ten points between them with five races to go! [See the Grand Prix posters at the club for final August points]. Sadly with the cancellation of the Belgian Grand Prix we are left with only one in the calendar this month . . .

SUNDAY 10th September ITALIAN GRAND PRIX 7pm

As usual we will start the evening at 6pm with our now traditional **PASTA & SALAD BAR** . . . Freshly cooked pasta with sauces of your choice served with salad . . . all for 140 Baht OR you can take your pick from a choice of **THREE ROASTS** so you can tuck into Roast Beef and Yorkshire pudding, Pork with crackling, or Lamb with mint sauce, as the cars race around the track.

At 7pm, we switch over to the European race transmission for non-stop showing of the race with commentary from Martin Brundle.

ENJOY!

PREMIER LEAGUE 2006/07

Each weekend of the BARCLAYS PREMIER LEAGUE 2006/07 we will be showing four matches **LIVE** from the UK with English commentary.

Times:

Saturdays:

Match 1 - 6.15pm to 8.45pm

Match 2 - 8.45pm to 11.00pm

Sundays:

Match 1 - 7.00pm to 9.30pm

Match 2 - 9.30pm to Midnight



Teams

We will not know the exact matches being broadcast each week until the week before (TV schedules tend to change), so please check:

1. SPORTS THIS WEEK emails - sent out by the Club each weekend for the following week. If you do not receive these please send your email address to Gm@britishclubbangkok.org .
2. SPORTS THIS WEEK posters on the Churchill Bar notice board, just outside the bar door.

So whether you support Manchester United, Liverpool or even Chelsea . . . come to the Churchill Bar each weekend evening for the best in English soccer . . . LIVE!

SPORT ON TV — "I LIKE TO WATCH"

2 nd	Cricket	England v. Pakistan 2 nd ODI	5pm-midnight
2 nd	Rugby	South Africa v. New Zealand	8.30pm-11pm
5 th	Cricket	England v. Pakistan 3 rd ODI	8.30pm-3.30am
8 th	Cricket	England v. Pakistan 4 th ODI	8.30pm-3.30am
9 th	Rugby	South Africa v. Australia	8pm-10.30pm
10 th	Cricket	England v. Pakistan 5 th ODI	5pm-midnight
10 th	F1	Italian Grand Prix	7pm-9pm

For details of the BARCLAYS PREMIER LEAGUE matches see page 9. When there is only one main sport it will be shown on the Plasma screen in the Churchill Bar; when there are two, the second will be shown on the side TV.

BRITISH CLUB OPEN PAIRS BRIDGE TOURNAMENT

Commencing on 1st October 2006, the Bridge Section will organise a weekly Open Pairs competition. The tournaments will be open to both members as well as non-members of the British Club. It is recommended to come with a partner, but if you don't have one please call an organiser to have one arranged for you.

For novice Bridge players who are interested in participating but have never played in Pairs competition, this will be a great opportunity for them to experience competitive Bridge. However, it is not recommended for absolute beginners. There will be an experienced Tournament Director in attendance.

Each week, the tournament play will commence at 3.00pm, and so all participants are required to arrive & complete their registration before that time. If you are stuck in traffic and may be late - call an organiser on their mobile. There will be a tournament fee of Bt100 per person payable at time of player registration. Coffee, tea, biscuits, and mini sandwiches will be provided free-of-charge throughout the afternoon. Both members & non-members can also place orders through the Club's F & B outlet, which will deliver the food & drinks to the game room. Non-members pay by way of pre-purchased coupons.

For the inaugural Open Pairs competition on 1st October, **the tournament fee will be waived.** Afternoon tea will be provided free of charge, supplemented with an assortment of hot and cold cocktail snacks. Interested participants are requested to sign-up at the Club's reception counter, or contact an organiser, by no later than 24th September.

For more information, please contact the following organisers:

Winlock Hsu: tel 01-8119675 or
email: winlock@gmail.com
Charlene Wang: tel 01-8369436 or
email: charleneewang@gmail.com

DOCTOR WHO

ROSE IS DEAD! LONG LIVE MARTHA JONES!

Thursday 10th August saw the finale of the 2006 season of Doctor Who when twenty members and their children saw the Cybermen battle the Daleks for the first time in Doctor Who's 42-year history and companion Rose Tyler died!



Martha Jones joins the Tardis Crew!

Over the past three months as we have shown Doctor Who, attendance has risen to around twenty on each showing (and averaged 26 including catch-up days for those who missed it the first time!) with a growing number of children. When we look at the 2007 schedules we will work toward better timing for those children who cannot really make weekday evenings due to homework etc.

Season 2 may be over but Doctor Who is not



10 Doctors for November 23rd!

November 23rd
Doctor Who celebrates its 43rd anniversary and we will be showing an evening with highlights of as many of the Ten Doctors as we have time for!

January 11th 2007
We will be showing the Christmas Special, 'The Runaway Bride' at the

Club at 7pm on this evening. As with 2005, the Christmas Special is a one-hour episode out of sync with the main season and it premieres on BBC-1 at 7pm on Monday 25th December. **The Runaway Bride** stars UK comedian Catherine Tate appearing as, well, the runaway bride.

April 2007
Season 3 is due to be launched with a brand new companion: Freema Agyeman stars as Medical student Martha Jones as The Doctor goes forth to new planets with new monsters and a few old ones thrown in for good measure. Better pencil this in now.

REGULAR WEEKLY EVENTS

MONDAYS Wordsworth Lounge
9:00am-12:00noon

TUESDAYS Churchill Bar
7:00pm-late

WEDNESDAYS Churchill Bar
Lunch & Dinner
(Noon-2:00pm & 5:30-9:00pm)

7:00pm and 8:00pm

7:30pm

THURSDAYS Churchill Bar
6:00-9:00pm

FRIDAYS Churchill Bar
Lunch & Dinner
(Noon-2:00pm & 5:30-9:00pm)

Silom Sala
7:00pm and 9:00pm

SUNDAYS Lord's Restaurant
Noon-3:00pm

Silom Room
1:30-3:30pm

Churchill Bar
2:30 onwards

Official Opening Times

10:00am - 11:00pm
11:30am - 2:00pm
6:00pm - 10:00pm
7:30am - 10:00pm
6:00am - 10:00pm
6:00am - 9:00pm
9:00am - 6:00pm

Churchill Bar
Lord's Restaurant (Lunch)
Lord's Restaurant (Dinner)
Poolside Bar (last food orders - 9:30pm)
Fitness Centre (Mon-Fri)
Fitness Centre (weekends)
Thai Massage (Tues-Sun)

BWG Mahjong

Spoofing

CARVERY BUFFET Bt 250. Choose from 3 roast joints, 3 potato styles, 3 veggies. Also with fresh salad (Bt 280).

PERNOD RICARD ACCUMULATOR

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

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

Chess

THEME BUFFET - 1st September: PASTA & MEDITERRANEAN BUFFET - A range of your favourite pasta and Mediterranean dishes all freshly cooked for a mere 5 Euros per person.

8th September: TEX-MEX BUFFET - with empenadas, quesilladas, fajitas, tacos, nachos and more; 250 baht per person.

15th September: T.G.I.F.CURRY BUFFET - with six assorted curries + breads, sambals, rice & dessert; 250 baht per person.

22nd September: THAI & ISAN BUFFET - A range of your favourite dishes from all four regions of this amazing country; 250 baht per person.

29th September: SOUP, SALAD & SANDWICH BUFFET - with soup of the day, a variety of salads and a sandwich made to order from our range of delicious fillings; 250 baht per person.

Kids' VDO It's free. Includes free Nestle Sundaes for the kids.

FAMILY CARVERY - Choose from 2 soups, cold cuts, 3 roasts carvery, with potatoes and veggies, hot dishes, children's buffet, fresh salad bar and a range of desserts.
Adults Bt 350 and children Bt 200 (includes soft drink)

CHILDREN'S ACTIVITIES. Games, videos, crafts, soft drinks and snacks with Khun Suzie. Cost: FREE

Friendly Bridge



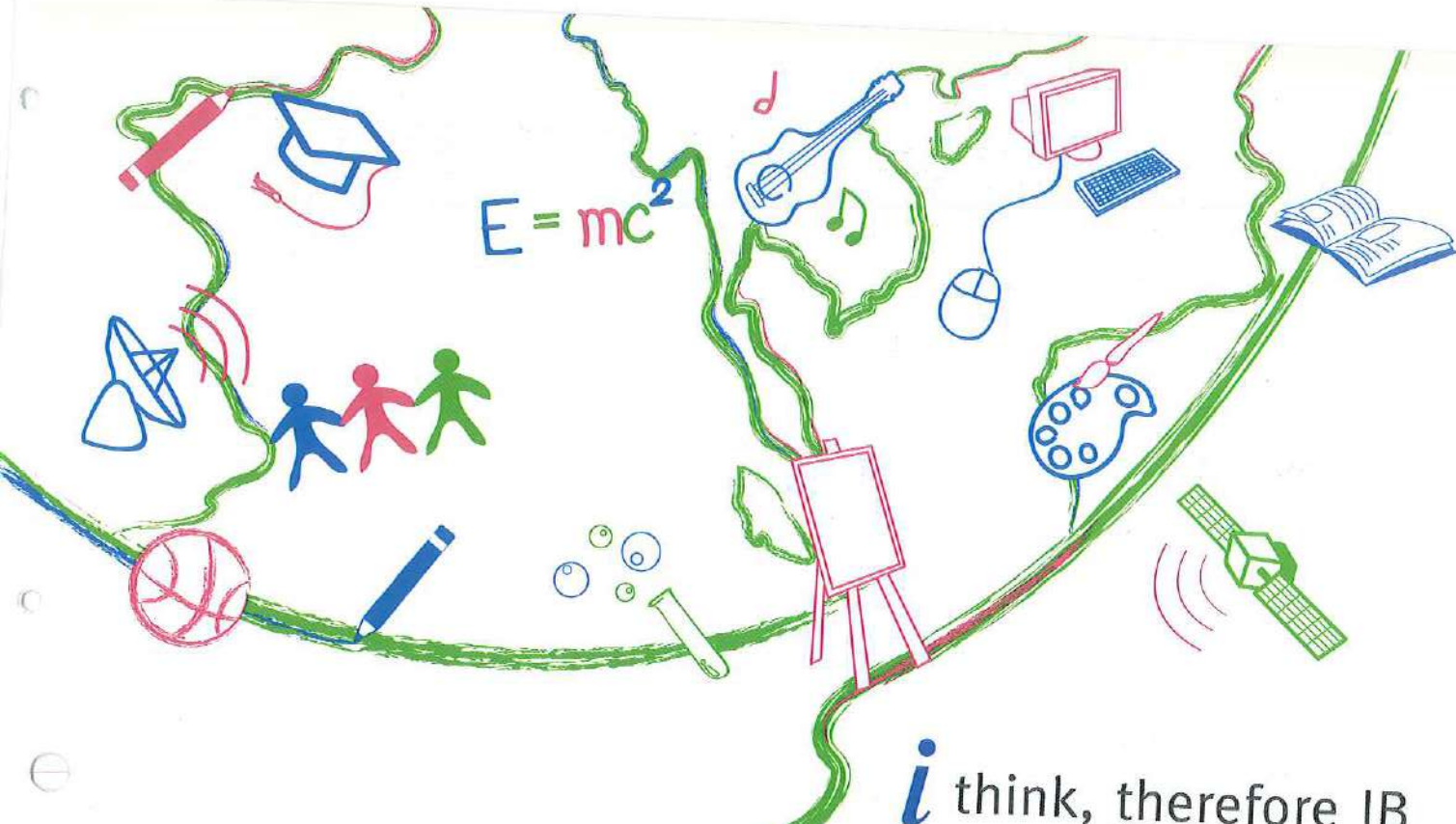
The Early Birds get **FIRST CHOICE!**

Secure the function date you want - or need - by booking your **CHRISTMAS** or **NEW YEAR'S PARTY NOW!**

Club resources are limited, so act quickly to avoid disappointment!

Email Barry Osborne at GM@britishclubbangkok.org





i think, therefore IB



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DOGGIE DESTINY

Libra (September 23 – October 22)

Keywords: Affectionate, easygoing, companionable (+)
Manipulative, indecisive, lazy (-)



Libra dogs are easygoing and sociable. They are relaxed and at home at both extravagant soirees and small intimate gatherings. The important thing for Libra dogs is to be out and about, among people, other dogs, anyplace social. They're laid back and happy - not much sends them into a spin, except that little French poodle down the road . . . Naturally, your Libra pet wants to live in a pleasant world, so harmony at home is vital! This animal will pick up immediately on any bad vibes. But, like Gemini and Aquarius, they don't need to be smothered - that is of course unless they have decided that is what they want . . . Libran dogs are remarkably persuasive - even manipulative. They enjoy the best that money can buy so throw away that old blanket and make sure their basket is up to scratch. Living in a beautiful world is important, which is why you should regularly groom & fuss, and let them indulge themselves by being totally indecisive, giving up and letting you decide for them! Lastly, this is a pet who takes pleasure in pleasing. If you're nice to your Libra pet, they'll give you plenty in return!

Survival Tip: Libran dogs hate being alone. If you go out, even if it's just to get the milk at the 7-11, take your dog with you. Librans are relationship oriented and that means 24 hours a day!

Outlook for 2006: With a spiritual trine to Neptune in Aquarius later in the year, you may find your Libra pet is more pensive than usual. Expect unusually altruistic acts, such as dispensing their favourite multi-flavoured dog biscuits to less fortunate animals in the neighbourhood, and spending time with designated social outcasts. Relax. This too will pass. Soon, it will be back to chasing the French poodle (or being chased, which is even better). Although Libra has a strong association with "relationships, harmony and diplomacy", Librans don't always find it a simple matter to meet the perfect mate. In fact finding a mate does seem to be a struggle for most Libras - and 2007 will be no exception. Perhaps it is their fixation on pleasing others, or the constant need to see the other dog's point of view that stymies them.

Miss Piggy finds a Home!

After our ridiculously friendly Labrador died, life changed. The garden no longer welcomed us as before. Facing the carport without an always-cheerful dog, producing full circles of joy with his tail, proved to be much harder than we had ever imagined. It hurt.

Months passed by until my eye caught an announcement of Soi Dog Rescue in the June issue of *Outpost*. 'Although Miss Piggy may not be a looker, this little girl has a heart of gold.' The accompanying picture showed a white animal, peering cautiously into the camera.

My interest was piqued. On the other hand; we already had four dogs. After a week I called Soi Dog Rescue to discuss Miss Piggy. Our dominant dog, the leader of the pack, ruled, so we needed a submissive animal, not one that nurtured ambitions to take over. We also hoped our dogs would welcome a new, friendly addition to the gang now our Labrador was no longer around to do that. A catalyst. Not a small order. Would Miss Piggy fit the bill?

An appointment was made on the premises of Soi Dog Rescue. Once there, my sons and I first got

to see all the other dogs. Oh, they were a great bunch! The last one was the dog we really came for. Miss Piggy.



How small she was! We never had such a small adult dog before. Even when part of her fur had temporarily left her due to mange, we thought her very pretty with her fluffy white hair and her trusting brown eyes speckled with amber. Shy she was, but gentle.

It was no contest. That same day Miss Piggy went home with us. A bit apprehensive for sure, but a lot of cuddles and a few cooked chicken necks soon propelled her into a euphoric state of mind. On her temporary private terrace, with access to a cage with a mat, she fell blissfully asleep.

The integration with the other dogs we planned to pass off step by step. However, Miss Piggy took most of them by storm, elegantly prancing around like a snow-white mini Lipizzaner, distributing enthusiastic licks all over their surprised snouts. Something I indeed do not provide.

Miss Piggy, you may not be a Labrador, but the two of you definitely have something in common - a sunny, upbeat nature, married to an unflagging friendliness. Welcome to our house!

Maike Voorhuis



*Is it a downsized polar bear?
An albino raccoon?
A slightly overweight fox?*

Launching soon ... "ReTails"

The exclusive Nearly-new
CharityStore in Sukhumvit!

Profits will fund Soi Dog Rescue's spay/neuter, treatment and education projects, so whether you're moving on or moving in - or just having a spring clean - **ReTails** is the store for you!

ReTails accepts donations of good quality household and personal items. Higher value items and large goods (e.g. furniture) may be taken on consignment and can be stored by **ReTails'** partner, **Crown Relocations**. There are a number of convenient collection points in the Bangkok area where you can deliver your smaller items.

For more information on collection points, call Karen on 01 804 6583; or email info@soidogrescue.org for store details.

About Soi Dog Rescue

Soi Dog Rescue is a not-for-profit volunteer organisation established in 2002 and supported solely by donations. Its aim is simple: to improve the lives of Bangkok's street dogs and, in so doing, create a happier healthier environment for everyone. Through realistic programmes of birth control, education and adoption, Soi Dog Rescue is dedicated to making a real difference by working closely with local communities to reduce the number of homeless dogs - effectively, humanely and forever.



Faithful, friendly male WWTM family to share his zest for life and GSOH. Loves children and enjoys sports.

All the strays that we rescue from the streets of Bangkok deserve their own personal ad. But as we rescue dogs, puppies, cats and kittens all the time, it's just not possible.

We always need more people to adopt our street animals, so perhaps you could help? We know the personality of each stray in our care and match the right one with the right family. .. giving you years of devotion, loyalty and love.

They ask for very little in return. If you're looking for a devoted companion to share happy times, look no further. Call Soi Dog Rescue today.

02 336 0849 or
01 611 2865

adoptions@soidogrescue.org



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SUSIE'S Kids Korner

Join me in the Silom Room every Sunday!

MOUSE PAD

Add some cuteness to your child's desktop with this cute computer mouse pad, a study buddy who'll be as quiet as, well, a mouse.

MATERIALS:

- 9- by 12-inch piece of grey craft foam
- Non-slip liner (sold at most department stores)
- Sheet of purple craft foam
- Tacky glue
- Purple, grey, and black felt
- Ribbon
- Waxed paper

Time needed: Under 1 Hour

1. Round the corners of one short side of a 9- by 12-inch piece of grey craft foam and trim the other short side to a point.
2. Trace this shape onto a piece of non-slip liner (sold at most department stores) and cut it out.
3. Create a face by tracing the pointed side of the grey foam onto a sheet of purple craft foam. Add a curved line for the top of the face, then cut it out.
4. With tacky glue, stick a length of yarn to the rounded end of the grey foam for a tail, then glue the non-slip liner to the foam, covering the end of the tail.
5. For ears, glue two purple felt circles to the centres of two slightly larger grey felt circles, then glue the grey circles just under the top edge of the purple face.
6. Glue ribbon whiskers to the end of the snout. Cover the whiskers with a black felt nose, add black felt eyes, and glue the purple face in place on the grey body.
7. Cover the mouse with a piece of waxed paper, set a large, heavy book on top, and allow the glue to dry completely.



THUMB RING

In this wrestling arena, the champ is all thumbs.

MATERIALS:

- Craft knife
- Cardboard
- Craft foam
- Binder screw post
- Yarn
- Finishing washer



Time needed: Under 1 Hour

1. First use a craft knife (parents only) to cut two 1-inch-wide circles (about 1 inch apart) from the center of a 4- by 6-inch piece of cardboard.
2. Glue a matching piece of craft foam to the cardboard. Turn over the cardboard and trace the thumbholes onto the foam, then cut them out. Glue 2 craft foam rings around the thumbholes in the mat.
3. Next, use a hole punch to make a hole in each corner of the mat, about 1/4 inch in from the edges. At each corner, push the screw portion of a 1-inch binder screw post (available at hardware stores) up through the hole, add a #6 finishing washer, then screw on the other half of the binder post.
4. Finally, string a length of yarn or elastic string around the wrestling ring, wrapping it around each post, then tie together the ends and trim any excess.
5. To play, wrestlers lock fingers in the traditional manner, then set the ring over their thumbs. The first to pin her opponent for a count of 3 wins.



Smelly Jokes!

What did one eye say to the other?
- There is something between us that smells!

How do you know when you're built upside down?
- When your feet smell and your nose runs!

JOKES Kids Can Tell



International Travel Medicine Clinic



"Travel with absolute confidence, travel with ITMC's information"



International Travel Medicine Clinic (ITMC)

BNH Hospital's ITMC is the only one of its kind in Thailand. The clinic is connected online to the data bases of the International Travel Medicine Society, Shoreland International, the US Communicable Disease Center and the Promed computer based network for emerging diseases.



Services available

- Trip consultation for travellers based on each individual's health needs and travel itinerary
- Advice on immunisation and vaccines
- Precautions about water, food, weather, insects and other safety concerns at travel destination
- Up-to-date expertise on all regions of the world
- Pre & Post travelling check-ups



Validated Records

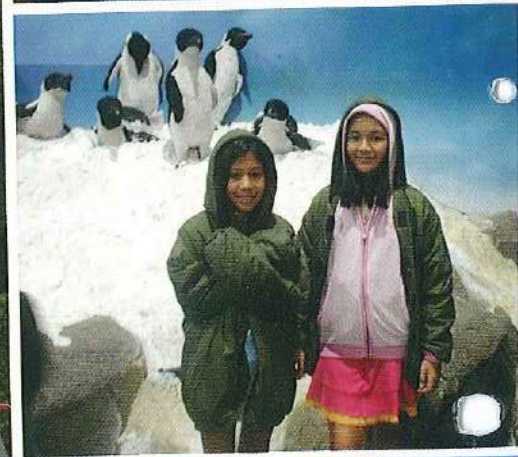
An official immunisation record approved by the World Health Organisation



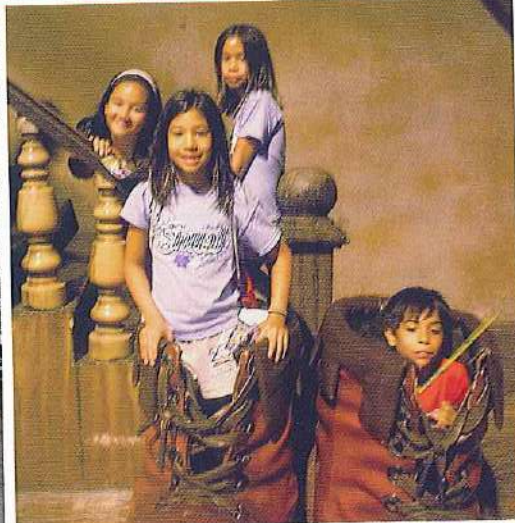
- Other Services**
- : Tuberculosis Testing (PPD)
 - : Advice on anti-Malaria medicine
 - : Anti-rabies injection

For further information please contact the **International Travel Medicine Clinic (ITMC)** BNH Hospital,
Tel. 02-686-2700 ext. 1165 E-mail : itmc@bnh.co.th

LOOKING BACK



A Dream Day Out



Following the last of the summer break sports camps, eight children were treated to a day out on the 10th of August at Bangkok's best theme park - Dream World, where they got to ride on the Cable Car, the Flying Carpet, the Giant Log Flume, the Mexican Mouse and the Hurricane (Roller Coaster). In between munching on KFC, candyfloss and ice creams, they also managed a visit to the Giant's House (that's the one with the big boots!).

The trip also included entrance to Snow Town where you can toboggan, shiver, throw snowballs and have fun in Thailand's coolest place.

We were due to leave Dream World at 3pm but the kids were having so much fun that we stayed for an extra hour.

For our next day out we are planning a weekend break to the excellent Thong Somboon Club, a Cowboys & Indians theme park in Nakhon Ratchasima. Be sure to keep your eyes peeled for further info.

BC CALENDAR SEPTEMBER – The Month at a Glance

Sunday

3 10:30am-2:15pm Squash Mix-in
Churchill Bar 2:30pm onwards Friendly Bridge
Lord's Restaurant 12noon-3:00pm **Family Carvery**
Wordsworth Lounge 3:00-4:00pm Yoga
Silom Room 1:00-3:30pm Children's Activities
 3:00-6:00pm Cricket Practice
10 **Lord's Restaurant** 12noon-3:00pm **Family Carvery**
Silom Room 1:00-3:30pm Children's Activities
Churchill Bar 2:30pm onwards Friendly Bridge

Monday

4 9:00am-12noon BWG Mahjong
 6:00-10:00pm Tennis Match Play
11 9:00am-12noon BWG Mahjong

Tuesday

5 8:00-11:00am Tennis Ladies Mix-In
 9:00-10:30am Ladies Tennis Clinic
 7:00-9:00pm Football Practice
Churchill Bar 7:00pm-late Spoofing
12 8:00-11:00am Tennis Ladies Mix-In
 9:00-10:30am Ladies Tennis Clinic
Silom Sala 10:00am-2:00pm **THAI COOKING CLASS**



Wednesday

6 5:00-6:30pm Junior Tennis
 6:00-10:00pm Tennis Mix-in
 6:00-8:30pm Cricket Practice
Suriwongse Room 7:00-9:00pm **DETECTIVE VDO NIGHT Morse**
Churchill Bar Lunch & Dinner **Carvery Buffet**
 7:00 & 8:00pm **PERNOD RICARD ACCUMULATOR**
 7:30pm Chivas Regal Bottle Draw **CHIVAS**
13 5:00-6:30pm Junior Tennis
 6:00-10:00pm Tennis Mix-in
 6:00-8:30pm Cricket Practice
Suriwongse Room 7:00-9:00pm **DETECTIVE VDO NIGHT Frost**



Thursday

7 8:00-11:00am Tennis Ladies Mix-in
 10:30-11:30am Aqua Aerobics
 5:15-9:00pm Squash Mix-in
 7:00-9:00pm Rugby Practice
 9:00-11:00pm Hockey Practice
Churchill Bar 6:00-9:00pm Chess
14 8:00-11:00am Tennis Ladies Mix-in
 10:30-11:30am Aqua Aerobics
 5:15-9:00pm Squash Mix-in

Friday

1 2:00-5:30pm Junior Swimming Classes
 5:00-6:30pm Junior Tennis
 6:00-10:00pm Tennis Mix-in
Churchill Bar Lunch & Dinner **PASTA & MEDITERRANEAN BUFFET**
Silom Sala 7:00-9:00pm **Kid's VDO**
8 2:00-5:30pm Junior Swimming Classes
 5:00-6:30pm Junior Tennis
 6:00-10:00pm Tennis Mix-in
Churchill Bar Lunch & Dinner **TEX-MEX BUFFET**
Silom Sala 7:00-9:00pm **Kids' VDO**
15 2:00-5:30pm Junior Swimming Classes
 5:00-6:30pm Junior Tennis
 6:00-10:00pm Tennis Mix-in

Saturday

2 7:00-9:00am Adult Tennis Classes
 9:00am-1:30pm Junior Swimming Classes
 9:30am-12noon Cricket Practice
9 7:00-9:00am Adult Tennis Classes
Front/back Lawn 8:30-11:15 **SOCATOTS starts**
 9:00am-2:00pm Junior Swimming Classes
 9:30am-12noon Cricket Practice
16 7:00-9:00am Adult Tennis Classes
Front/back Lawn 8:30-11:15 **SOCATOTS**



<p>Wordsworth Lounge 3:00-4:00pm Yoga</p> <p>3:00-6:00pm Cricket Practice</p> <p>Churchill Bar From 6:00pm FORUMULA ONE - LIVE Italian GP</p> 	<p>17 Lord's Restaurant 12noon-3:00pm Family Carvery</p> <p>Silom Room 1:00-3:30pm Children's Activities</p>	<p>Churchill Bar 2:30pm onwards Friendly Bridge</p> <p>Wordsworth Lounge 3:00-4:00pm Yoga</p> <p>3:00-6:00pm Cricket Practice</p>	<p>24 Lord's Restaurant 12noon-3:00pm Family Carvery</p> <p>Silom Room 1:00-3:30pm Children's Activities</p> <p>Churchill Bar 2:30pm onwards Friendly Bridge</p>	<p>Wordsworth Lounge 3:00-4:00pm Yoga</p> <p>3:00-6:00pm Cricket Practice</p>
<p>6:00-10:00pm Tennis Match Play</p>	<p>18 9:00am-12noon BWG Mahjong</p>	<p>6:00-10:00pm Tennis Match Play</p>	<p>25 9:00am-12noon BWG Mahjong</p>	<p>6:00-10:00pm Tennis Match Play</p>
<p>7:00-9:00pm Football Practice</p> <p>Churchill Bar From 6:30 NEW MEMBERS' NIGHT</p> <p>10:00pm-late Spoofing</p> 	<p>19 8:00-11:00am Tennis Ladies Mix-In</p> <p>9:00-10:30am Ladies Tennis Clinic</p> <p>7:00-9:00pm Football Practice</p>	<p>Churchill Bar 7:30pm BAR QUIZ NIGHT</p>  <p>10:00pm-late Spoofing</p>	<p>26 8:00-11:00am Tennis Ladies Mix-In</p> <p>9:00-10:30am Ladies Tennis Clinic</p> <p>7:00-9:00pm Football Practice</p>	<p>Churchill Bar 7:00pm-late Spoofing</p>
<p>Churchill Bar Lunch & Dinner Carvery Buffet</p> <p>7:00 & 8:00pm PERNOD RICARD ACCUMULATOR 7:30pm Chivas Regal Bottle Draw CHIVAS</p> 	<p>20 5:00-6:30pm Junior Tennis 6:00-10:00pm Tennis Mix-in 6:00-8:30pm Cricket Practice Suriwongse Room 7:00-9:00pm DETECTIVE VDO NIGHT Morse</p>	<p>Churchill Bar Lunch & Dinner Carvery Buffet</p> <p>7:00 & 8:00pm PERNOD RICARD ACCUMULATOR 7:30pm Chivas Regal Bottle Draw CHIVAS</p> 	<p>27 5:00-6:30pm Junior Tennis 6:00-10:00pm Tennis Mix-in 6:00-8:30pm Cricket Practice Suriwongse Room 7:00-9:00pm DETECTIVE VDO NIGHT Frost</p>	<p>Churchill Bar Lunch & Dinner Carvery Buffet</p> <p>7:00 & 8:00pm PERNOD RICARD ACCUMULATOR 7:30pm Chivas Regal Bottle Draw CHIVAS</p>
<p>7:00-9:00pm Rugby Practice</p> <p>9:00-11:00pm Hockey Practice</p> <p>Churchill Bar 6:00-9:00pm Chess</p>	<p>21 8:00-11:00am Tennis Ladies Mix-in</p> <p>10:30-11:30am Aqua Aerobics</p> <p>5:15-9:00pm Squash Mix-in</p>	<p>7:00-9:00pm Rugby Practice</p> <p>9:00-11:00pm Hockey Practice</p> <p>Churchill Bar 6:00-9:00pm Chess</p>	<p>28 8:00-11:00am Tennis Ladies Mix-in</p> <p>10:30-11:30am Aqua Aerobics</p> <p>5:15-9:00pm Squash Mix-in</p>	<p>7:00-9:00pm Rugby Practice</p> <p>9:00-11:00pm Hockey Practice</p> <p>Churchill Bar 6:00-9:00pm Chess</p>
<p>Churchill Bar Lunch & Dinner T.G.I.F. CURRY BUFFET</p> <p>Silom Sala 7.00-9.00pm Kid's VDO</p>	<p>22 2:00-5:30pm Junior Swimming Classes</p> <p>5:00-6:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p>	<p>Churchill Bar Lunch & Dinner THAI & ISAN BUFFET</p> <p>Silom Sala 7.00-9.00pm Kids' VDO</p>	<p>29 2:00-5:30pm Junior Swimming Classes</p> <p>5:00-6:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p> 	<p>Churchill Bar Lunch & Dinner SOUP, SALAD & SANDWICH BUFFET</p> <p>Suriwongse Room 6:00-9:00pm WINE TASTING</p>  <p>Silom Sala 7.00-9.00pm Kids' VDO</p>
<p>9:00am-2:00pm Junior Swimming Classes</p> <p>9:30am-12noon Cricket Practice</p>	<p>23 7:00-9:00am Adult Tennis Classes</p> <p>Front/back Lawn 8:30-11:15 SOCATOTS</p>	<p>9:00am-2:00pm Junior Swimming Classes</p> <p>9:30am-12noon Cricket Practice</p> 	<p>30 7:00-9:00am Adult Tennis Classes</p> <p>Front/back Lawn 8:30-11:15 SOCATOTS</p> <p>9:00am-2:00pm Junior Swimming Classes</p> <p>9:30am-12noon Cricket Practice</p>	<p>Leave BC at 1pm THAILAND TENNIS OPEN Semi Finals</p> <p>Lord's Restaurant 7:30pm St. David's Society MURDER MYSTERY DINNER</p> 

Cooking up a Treat



Thai cuisine can be thrilling . . . no doubt about it. However, some experiences can really put you off – you know, the cheap market and street places where they throw coriander leaves all over everything and spoil the more subtle flavours, or over-chilli their dishes so the only sensation you're aware of when eating is PAIN . . .

Well, forget all that negative stuff – the BC Thai Cooking Classes can put the ecstasy and excitement back into Thai cooking – and you learn a lot too!

At the Club's inaugural Thai Cooking Class on the 15th August it was "aprons on & looking" for the six intrepid souls who gathered in the Silom Sala with Club chefs Khun Laak and Khun Toh for a great beginners' introduction to the arcane mysteries of Thai cooking.



On the menu were Thai Spring Rolls, Deep Fried Chicken in Pandanus Leaves, Thai Green Chicken Curry, Tom Yam Goong (Hot and Sour Shrimp Soup), Chicken Satay with Peanut Sauce and Phad Thai (Thai-style Noodles).

In a user-friendly step-by-step process, each dish was lovingly prepared from fresh ingredients, and participation was invited at each stage. Many of the dishes contain more than a dozen items including some quite pungent herbs and spices – things like chilli, coriander, lemongrass, ginger – which, if overdone, could easily blow your head off or drown out other flavours – so the key is in how they're prepared and mixed together. For beginners, it's critical that all the ingredients and preparation methods are stated with precision – none of this "chuck it in and hope for the best".



The approach worked. The results of the morning's efforts were a series of delicious dishes that really did exhibit all the delicacy and subtlety that Thai cuisine is renowned for. Never before has Billy Beefeater tucked into Thai food with such relish – nothing on the table was safe – and it was all delicious, with a magnificent array of taste sensations and cascading flavours. Well done Khun Laak and Toh and the six budding chefs!

So the secret's out. If you're at all interested in Thai cuisine – how to prepare it and how it's put together – this is the class for you. Don't miss the next one . . .



As a special treat, Khun Suchon has graciously provided this recipe for one of the more delicious Thai curries – and Billy's favourite!

Panaeng Curry

Panaeng Curry is a popular favourite at many Thai restaurants. It is usually made with beef, but either chicken or pork can be substituted. Thai curries are typically a meal in themselves, but it is not uncommon to eat curry alongside your other favourite Thai dish.

Ingredients: (serves 4)

- 500 grms. meat (beef, chicken or pork)
- 2 cups coconut milk
- 50 grms. Panaeng Curry paste
- 1 tablespoon fish sauce
- 1 tablespoon kaffir lime leaves (cut into shreds)
- 1 tablespoon sugar
- 3 tablespoons ground peanut

Directions:

1. Cut your meat into bite sized cubes. Using a medium to large skillet, pan fry the meat until it is almost done, then remove it and set it aside.
2. Using medium heat, add in four tablespoons of coconut milk, and let it come to a boil.
3. Add in 2-3 tablespoons of curry paste.
4. Put the meat back in, and stir until the meat is thoroughly cooked.
5. Add in half of the remainder of coconut milk. Keep stirring.
6. Add the fish sauce and the sugar.
7. Add in the rest of the coconut milk.
8. When the coconut milk thickens, add in kaffir lime leaves.
9. Give it a taste. You may need to add in more fish sauce or sugar depending on your preference.

Ecstasy!

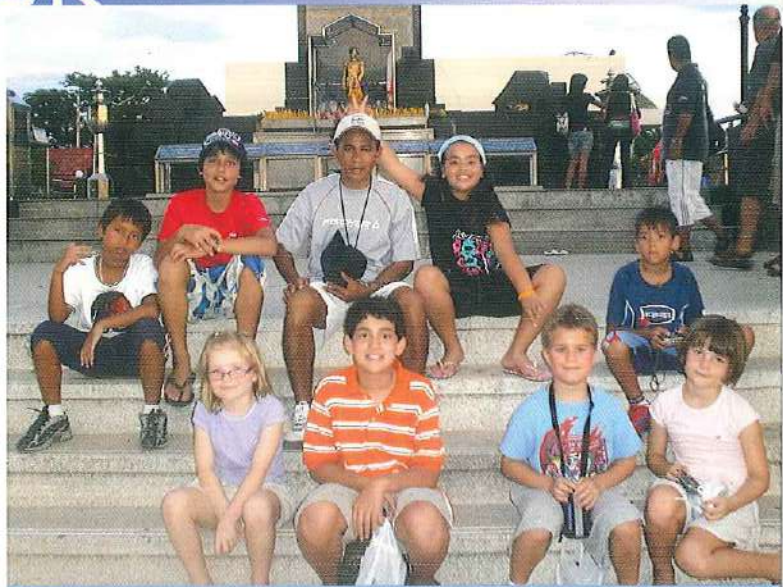
Note: You can buy the Panaeng Curry Paste at almost any market or supermarket. But have you ever wondered what the ingredients are? If you're curious, see editorial, page 3!



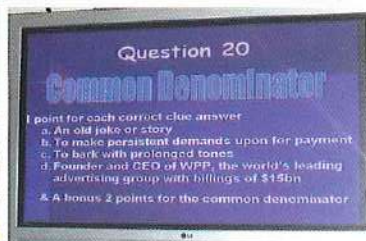
Sailing Away . . .

In what has become an annual adventure, a group of eight children attended the 'Learn-to-Sail' course at the Royal Varuna Yacht Club at Pattaya this year, from 24th to 28th July. Each morning, the children start with theory lessons that are then put into practice in the afternoon, and as each day passes more and more actual sailing is possible - although as the photos show, they had plenty of time for other things as well!

A big thank you to James & staff at the Royal Varuna and to Khun Rit and Khun Awe for helping to make the trip such a success.



Curry, Clowns & Common Denominators



The holiday season took its toll on the turnout for the August 22nd Quiz Night but the good news for the five teams who made it to the Churchill Bar was . . . more chance of a prize! There were F&B vouchers for 1st, 2nd, 3rd and second-last places, and bottles of wine sponsored by Crown Relocations for winners of the three between-round table questions.

The Churchill seemed crowded as usual and as the teams munched on their delicious curries & samosas there was an expectant air . . . The first round got off to a high-scoring start (except for Jim's Junkies who settled comfortably into last place) but points seemed to become increasingly difficult to come by as the Quiz progressed. While the general consensus was that the 'Easy-Teaser' questions were in fact too easy, the diabolically difficult 'Common Denominator' questions often induced feelings of utter despair. But all this was water off a duck's back for the seasoned Gentlemen Spoofers who romped away to a 10-point win, with Six No Trumps taking second place and Jim's Junkies sneaking up from behind to clinch third from the Mad Medics - who got a prize anyway, for second-last, on their debut performance. Bad luck for the Bookworms who came away empty-handed (but you did win two bottles last month!).

The weirdest Table Question of the night must be the Clowns of Bognor Regis: **"What is the record number of clowns that gathered at their Annual Clown Convention at Bognor Regis in 1991?"** Answer: 850. Incidentally, the Spoofers won with their guess of 19,999 (well, they were the nearest!).

See you at the next Quiz for more madcap hilarity and impossible questions (manic-depressives, please bring your medication).



Oh, and the scores:

1. Bangkok Gentlemen Spoofers	127	4. Mad Medics	100
2. Six No Trumps	117	5. Bookworms	86.5
3. Jim's Junkies	111		

REMEMBER --- NEXT QUIZ --- **SEPTEMBER 19th**
Teams of 4-6 --- 100 Baht per player --- 7.30pm kick off

The St David's Society Presents

Death in Venice

Saturday 30 September

7.30pm

The British Club

Come and join us for a murder mystery game evening of great fun and magnificent food - Italian style

Society Members - 1000 Baht

Non-members - 1300 Baht

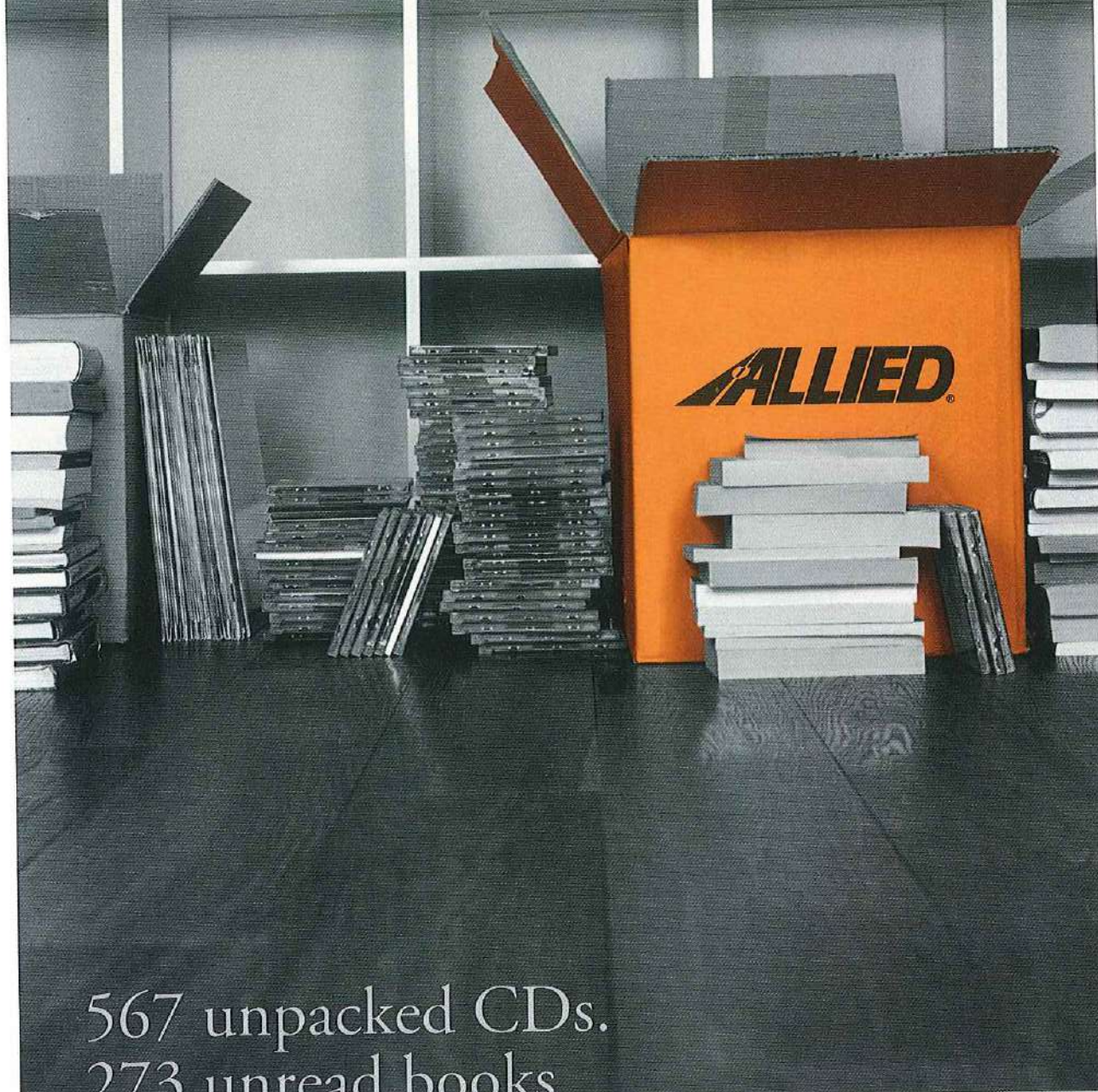
To book your place contact Roger Kimber -

02 258 9356, or

rnkimber@hotmail.com

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INTELLIGENCE, LEARNING & STRESS

by ● Brian Hill

Over the last 25 years we have more than doubled our understanding of how the brain works. All the new research is good news for humans, but it severely dents many long held beliefs.

First of all, intelligence is not fixed at birth. It can, and should be developed throughout life from childhood to old age.

Second, Intelligence does not deteriorate with age. We do not lose 30,000 brain cells every day, or every time we have a beer or a whisky, though an excess of alcohol or drugs can cause brain cell deterioration but so too can the stress hormone cortisol.

Third, Intelligence isn't even a single entity. Professor Howard Gardner of Harvard has identified seven different types of intelligence, two in the left hemisphere of the brain, what I call the masculine brain, and five in the right hemisphere, what I call the feminine brain. The masculine intelligences are maths/logic and linguistics and until the mid 80's were still regarded as the only intelligences worth having. The school system is based on them. Gardner eventually recognised an 8th intelligence: spirituality, now called naturalistic IQ, based in the right hemisphere. Below is the full list. See if you recognise yourself.

Our 8 IQs

Linguistic – well developed in people who are good with words, who like to write and read a lot.
Examples: authors, journalists, orators and comedians.

Mathematical/Logical – well developed in people who are good with numbers and appreciate step-by-step, logical explanations. **Examples:** engineers, economists, scientists, lawyers and accountants.

Visual/Spatial – well developed in people who are good at art, visualising, navigating. **Examples:** architects, photographers, painters, strategic planners, and sculptors.

Musical – well developed in people who are good at music and rhyme, and who have natural rhythm. **Examples:** composers, musicians and recording engineers.

Bodily/Physical – well developed in people who are good at sport, dance, and handicrafts. **Examples:** athletes, sportspersons, carpenters, surgeons, builders.

Interpersonal – well developed in people who are good at persuading, selling, teaching others, and who can read other people's moods well. **Examples:** teachers, trainers, politicians, religious leaders, sales people.

Intra-Personal or Reflective – well developed in people who are good at self-analysis and reflection, drawing conclusions from their own experience (and mistakes!), setting goals and making plans.

Examples are philosophers, psychologists, therapists, entrepreneurs. People who make things happen.

Naturalistic – well developed in people who like and respect nature and are interested in subjects like astronomy, evolution and the environment.

Examples: farmers, vets, biologists, gardeners and environmentalists.

Do you recognise your strongest intelligences from the list?

Finally, and perhaps the most startling point of all.

Women are potentially far more intelligent than men. That statement isn't 100% true. It should read: Feminine thinkers are potentially more intelligent than masculine thinkers, because feminine and masculine in this case cut across the genders of male and female. One could contrast Margaret Thatcher - a very masculine, machine-like thinker with a strictly utilitarian, non-feminine approach to problems - with the late Carl Sagan who was primarily a feminine thinker, despite being a scientist. He was brilliant, charming and worked tirelessly for the benefit of humanity.

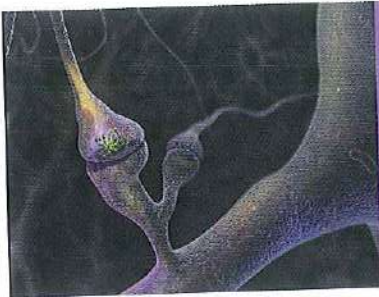
Feminine of course, in the context of thinking, should not be confused with effeminate or female. Many men are born right hemisphere dominant. The theatre, the music industry, advertising and films are full of right brain dominant men.

Of our eight intelligences six are on the feminine right side of the brain, our creative intelligences. They are said to handle information at the rate of one and one quarter million bits of information per second, i.e. 1,250,000 bits per second, whereas the poor old masculine brain can only handle forty bits per second, yes 40, four zero.

Masculine thinking is straight-lined, sequential, non-emotional and thinks in words. Feminine thinking is flexible, has depth and breadth, is creative, emotional and almost limitless in its imaginative properties and it thinks in pictures, which is why it's so much faster. A picture tells a thousand words. Masculine thinking demands one task at a time whereas feminine thinking allows multi-tasking. The BBC programme *Panorama* did a programme in 1997 called 'The Future is Female'. What they meant is The Future is Feminine. They failed to take into account the large number of feminine male thinkers.

What is Intelligence?

Intelligence is the linking of brain cells (neurons) by connective tissue known as dendrites. The gaps between the connecting dendrites are known as



The brain contains billions of neurons, whose electro-chemical messages form the basis for all thought, movement, and behaviour. This illustration, based on brain micrographs, captures one such message – a neuron preparing to transmit a signal across a synapse. Transmission time is about 1 millisecond, and a neuron can fire up to 100 times a second.

synapses (the synaptic gap). Everyone is born with 12 to 15 thousand million brain cells, each cell capable of holding information. But each cell can make up to 100,000 connections to other cells and it's those connections that effectively make up Intelligence. The more cells that are connected the more information we can work with and the more ideas we can come up with. Effectively the more synapses we have the greater our intelligence. Unfortunately much of our Right Brain creativity is being killed off by an over abundance of Left Brain training at school or by many university courses.

Live Longer

What this means is that everyone on the planet has the same intellectual potential. It means also that there is no such thing as stupidity, only levels of intelligence, all of which can be developed up to the day we die. Indeed, if stupidity exists at all, it exists as a defence mechanism. It also means that age is no barrier to intellectual development. On the contrary, the more we keep our brain active, the longer we are likely to live, i.e. healthy mind, healthy body.

Stress and the Learning Process

School Failures

From all this new research has sprung three new terms: Wholebrain Learning i.e. Accelerated Learning; and its consequence, Integrated Intelligence. Wholebrain Learning is Left and Right Hemisphere (brain) working together but because the Right Brain is so much faster it is dominant. Despite this, the majority of school failures are Right Brain dominant. They are totally misunderstood and often put down by a largely Left Brain dominant teaching staff as being lazy and difficult. They often end up withdrawn or downright disruptive.

Right Brain pupils, especially boys, are sensitive, creative daydreamers who take failure and criticism very badly, unlike their Left Brain counterparts who are much less emotionally affected by other people's perception of them.

Expectations

Expectations are crucial in any field of development, but especially in education. If you expect something to happen, you are already half way to achieving it. The American psychologist Rosenthal divided a class in two, following a series of class IQ tests. He told the teacher he had divided the class in two halves according to the results, bright on the left, less bright on the right, but not to tell them why they were thus divided and above all, not to treat them differently.

Eight months later the class results of the 'brighter' group were up by 30%, even their IQ tests scored

higher. Incredible really as Rosenthal had chosen the names for the original lists at random, but because the teacher **expected** the 'brighter' group to do better, as much as she tried, she unwittingly conveyed this message to

them over the months following Rosenthal's division of the class. She also conveyed the opposite view to the other half of the class.

For this reason it is crucial that all teachers be made aware of the new research which offers neurological evidence that all intelligence can be developed. Without question, some of us are natural mathematicians, or musicians or organisers or writers, but all of us can and should develop the weaker parts of our intellect to bring them up to at least average.

Social Conditioning and Lack of Confidence

One major reason for poor academic achievement is the switch from really trying to make the grade, to looking as if you have already made the grade. We're talking image building here. Even those who are making the grade as footballers, pop stars, etc, get caught up in teenage image building where loud mouth and super cool swagger replace reality. A false confidence often bordering on arrogance masks the reality of fear, lack of confidence and low self-esteem. This means individuals never solve their problems therefore never move on because their attitude is: Problems? What problems? So how can you begin to solve what isn't (perceived to be) there?

Defence Mechanisms

Every Human Being is programmed to learn. Therefore any child who shirks the learning process is doing so because their inner defence mechanisms, over which they have no control, have been set up to protect them from further emotional hurt. Their defences are designed to shield them from the pain of failure, which they are experiencing during the learning process. Let us all adopt these simple concepts:

**Failure is OK. It's part of the Learning Process.
and
Mistakes are our Best Friends.**

The only people who don't fail are those who never try. We learn from our mistakes, pick ourselves up and try again. And when our students make a mistake let's not be too ready to point it out before first pointing up the part of the answer they have got right e.g. 95% correct, but just a little mistake here, rather than: WRONG! With the emphasis on the mistake and completely ignoring the bits the student got right. Let's remember that children are easily hurt. Indeed are we not as adults easily hurt if we look silly in front of others? But who's perfect? People, especially the young should always be given credit for trying and if they fail they should be encouraged to have another go and helped where possible to succeed next time.

Stress

Stress tends to be thought of as an adult problem, if not preoccupation these days. For years many doctors didn't even recognise its existence. But that's all changing now as our knowledge of brain chemistry improves.

Stress arises when a person perceives that they cannot adequately cope with the demands being made on them or with threats made to their well being. Put simply, stress triggers our fight or flight response, a reactive, automatic defence mechanism which gives us extra energy to fight or flee any given emergency via a burst of adrenaline.

Stress Hormones

The brain's control centre, the Limbic system, contains four major elements. One of these is the Hypothalamus, sensitive to any outside danger which could result in physical or emotional hurt. When aroused, the Hypothalamus immediately signals the Pituitary gland which in turn signals the adrenaline glands which release up to 30 hormones, one of which is cortisol, too much of which damages the immune system leading to colds and flu at best. These extra hormones turbo-charge the body and are used as an extra burst of speed for escape, or to give us extra and sometimes extraordinary strength to fight the danger. (There are many recorded incidents of small women lifting huge weights to free trapped children for example, or men tackling fierce animals to save their partners or children.) Other examples of heroism are accompanied by the phrase 'it all happened so fast'. And of course, that's the clue. Our reaction to the event is governed at a subconscious level and therefore at a speed far beyond normal conscious thought processes. The rush of adrenaline is instant and our consequent reactions are equally instant and out of our control.

Physical and Emotional Development

Linked to a child's intellectual development and a crucial part of it is the development of the body and the emotions. Each is linked to the child's self esteem and self-confidence and general feelings of self worth.

It is now well documented that children with low self esteem and poor self confidence are slow learners. Spoon feeding children and keeping them in a 'safe' environment (the home, the car, at mum's side wherever they go, etc) is actually killing them physically and emotionally. Never in history have so many children been overweight or at best, unfit. Never before have children been so cautious and in many cases frightened about life.

In our efforts to protect and preserve our children we have in fact been slowly strangling the life forces in them. This in turn produces stress, which affects the learning process but more importantly it affects their ability to mature emotionally. It produces weak men who in turn are less able to help their own children to develop. We are in the middle of a vicious circle which we must break and soon.

Anxiety

As a therapist in the 70's and 80's working in the field of dyslexia and slow learners I soon discovered that all of the students, irrespective of age or background, were being hampered by anxiety or second stage anxiety, tension. Females and young boys tend to be anxious whereas older males hold their anxiety in check i.e. fake it, leading them into the more harmful 'tension' stage. When I used visualisation and hypnosis techniques I discovered that not only were these techniques successful in calming the students down they also produced dramatic improvements in the learning process.

Modern research shows why. The seat of short-term memory is in the Limbic System, i.e. mid brain. It also controls, among other things, the emotions. When the emotions are upset, the brain switches to 'fight or flight' mode **during which time little or no learning can take place** until the student is calm again. Fear is the enemy of learning, whether the student is 5 or 55.

Fear is the enemy of learning

More frightening is the permanent damage that the stress hormone cortisol can do to the **Hippocampus**, an integral part of laying down new memories. **Up to 40% of the Hippocampus can be destroyed by prolonged stress.**

To minimise stress and anxiety, parents and teachers must find ways of encouraging their children to learn without putting them under unnecessary pressure or trying to terrify them into working. Parents and teachers must find ways of learning how to relax so they don't over-react to their children's normal mistakes by shouting and they should never physically hit their children for making mistakes. That is so counter productive.

As we move through the 21st century change will become ever faster and more complicated. We must always be ready to move with the times. No generation in history is right about everything. Even the most deeply held beliefs of past generations have sometimes been found to be ridiculous. Spare the rod and spoil the child belongs in the 19th century and has no place in a modern society. If we can't lead our children to the Promised Land we certainly aren't going to be able to beat them into it. Let's take off the pressure. Let's encourage and applaud effort. Let's try and be more understanding about the difficulties of our students. Let's remember to accentuate the positives, not the negatives and we will all be amazed and delighted with the results.

Brian Hill MA (Edin) is an Educationalist specialising in Accelerated Learning and a former Harley Street Stress Management consultant. Brian is available in Bangkok for private consultations in the area of Stress or Learning Difficulties (mob: 060 140 100) and his Whole-brain Learning Techniques may be found at www.edinburghtechniques.co.uk

DEVELOPMENT CORNER

August was a quiet month for Club Development as, in common with many Bangkok expats, a lot of people were away. However we are moving forward and a summary of the situation is as follows.

Ten companies expressed an interest in the Interior Design Brief for Phase 1, Ground floor Development of the Clubhouse. They all attended a presentation on Friday July 7th and following that presentation we obtained feedback from the majority of attendees. A key concern was the timeline for the Phase 1 Development and as such the DRSC, Development Rolling Sub Committee, is in the process of revising that timeline. This to ensure that there is enough time to fully involve the Members in the presentation of prospective plans. In addition we need to ensure that over the Christmas period we can maximise the revenue generated from our Food & Beverage outlets. Whilst the DRSC is reviewing the detail of the development timeline the General Committee agreed the following:

● **Phase 1 – Development of the Ground floor of Clubhouse**

- September 2006 – December 2006
 - Presentation and approval of designs
- January 2007 – March 2007
 - Implementation of Designs

● **Phase 2 – Development of Poolside**

- September 2006 – November 2006
 - Research into funding of Phase 2
- November 2006
 - Initial Presentation to Membership

The next meeting of the Development Rolling Sub-Committee is scheduled for 24th August, and it will report to the General Committee on 28th. An update on progress will then be published in October's *Outpost*, watch this space.

THE BRITISH CLUB BANGKOK

is about to commence a Communications tender to establish brand positioning for the Club and thereby undertake the complete redesign of the Club's printed and electronic image.

MARKETING COMMUNICATORS
GRAPHIC DESIGNERS
MARCOM MANAGERS

who wish to be included in the tender process should pre-register with the Club.

Please do so by email to:
gm@britishclubbangkok.org

GUEST POLICY

"GUEST ... Middle English *gest*, from Old Norse *gestr*; akin to Old English *giest* guest, stranger, Latin *hostis* stranger, enemy".

A guest is, by obvious distinction, someone who has neither paid joining fees nor do they pay subscriptions to the Club and in fairness to all 1,070 or so of our membership who have joined and pay monthly subs, there must be control and limitation on guest use of our Club, especially those who reside in Bangkok and could so easily join.

At both the December EGM and this year's AGM, members underlined how they wanted the General Committee and hence management to manage the question of guests using our Club facilities. We have various rules and bylaws on Guests as well as Non-Member Players for the field Sports Teams and non-Club members who attend Associated Group events.

For the ordinary Club member, may I summarize as follows:

1. **SIGNING-IN:** All guests must be recorded by the member or his/her spouse in one of the Registration Books at the Salas and at Reception. You are limited to three guests per member.
2. **WEEKEND USE OF POOLSIDE:** Members

(or spouse) must pre-register guests with the Club Management to ensure that there is adequate room at the poolside for members.

3. **USE OF SPORTS FACILITIES BY GUESTS:** Only permitted by permission of the Club Management.
4. **FUNCTIONS:** If you have booked a function, obviously you can have as many guests as you care to invite but they are limited to use of that function room (and toilets) and must not wander over to the Poolside or into the Bar.

A member is responsible for the behaviour of their guests and they must not be left behind when the member and spouse go home. If your guest is going to arrive ahead of you, please do let the Club know so that they can be listed with Security.

We all like to bring our friends into the Club – keeping to the rules ensures this inconveniences no one.

Paul Cheesman
Honorary Secretary
BCB General Committee 2006/07

Due to the large amount of graffiti now adorning the Salas' Guest Registration Books, these have been relocated to the counter of both Salas.

Regular Sports, Games & Activities

Aqua Aerobics

Thursday 10:30-11:30am

Bridge

Sunday 2:30 onwards - Churchill Bar

Chess

Thursday 6:00-9:00pm - Churchill Bar

Cricket

Wednesday 6:00-8:30pm Practice - Back lawn

Saturday 9:30-midday - Back lawn

Sunday 3:00-6:00pm - Back lawn

Football

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

Hockey

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

Rugby

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

Spoofing

Tuesday 7:00pm until late - Churchill Bar
(except on New Members Nights - move to Silom Soi 4)

Squash

Thursday 5.15-9.00pm Mix-in
And 1st Sunday of every month 10:30am-2:15pm

Swimming

Friday 2:00-5:30pm junior classes
Saturday 9:00am-1:30pm junior classes

Tennis

Match Play

Monday 6:00-10:00pm

Mix-in All Standards

Wednesday 6:00-10:00pm

Friday 6:00-10:00pm

Ladies Mix-in

Tuesday 8:00-11:00am

Thursday 8:00-11:00am

Yoga

Sunday 3:00-4:00pm in Wordsworth Room

Sports/Activities Price List

Aqua aerobics

Cricket

Massage

Squash

Squash courts

Swimming

Tennis

Adult Tennis

Ladies Tennis

Junior Tennis

Tennis courts

Tennis knockers

Yoga

Bt 350 per session

Use of cricket nets - Bt 300 day/Bt 500 evening if lights needed

Thai massage/foot massage - Bt 250 per hourly session

Private coaching with David Lines - Bt 700 per 45 min; group session

Bt 1200 per 45 min

Bt 30 per 45 min

Classes with Bangkok Dolphins - Bt 3,500 for 10 lessons of 30 min

Private coaching with Nelson Thein - Bt 800/hour

Private coaching with Khun Jang - Bt 550/hour

Bt 3,500 for 10 lessons (Saturday morning - beginner to advanced)

Bt 3,500 for 10 lessons (Ladies clinic Tuesday mornings)

Bt 3,000 for 10 lessons (Wednesday or Friday)

Bt 30 per hour am/Bt 90 per hour pm

Hourly knocking sessions with - Khun Kaew (Bt 500), Khun Tom (Bt 400),
Khun Phon (Bt 300), Khun Champ (Bt 250)

Bt 350 per lesson

All sporting activities can be booked through the Fitness Centre. For Churchill Bar games - just show up!

Starting this Month . . .

FRIDAY SWIMMING WITH BANGKOK DOLPHINS

STARTS 8 SEPTEMBER 2006 [10 WEEKS] 3500 Baht.

2.00-2.30	Beginners (3-4 yrs - Non-swimmers)	4 Vacancies
2.30-3.00	Beginners (3-4 yrs - Can swim a little)	4 Vacancies
3.00-3.30	Intro Strokes (4-5 yrs)	4 Vacancies
3.30-4.00	Toddlers with Parents (18-24 mths +)	6 Vacancies
4.00-4.30	Stroke Improvement (5-6 yrs)	4 Vacancies
4.30-5.00	Stroke Improvement (6-8 yrs)	5 Vacancies
5.00-5.30	Stroke Refinement	6 Vacancies

SATURDAY SWIMMING WITH BANGKOK DOLPHINS

STARTS 9 SEPTEMBER 2006 [10 WEEKS] 3500 Baht.

9.00-9.30	Parent and child 6-18 m.
9.30-10.00	Parent and child 18-24+ m.
10.00-10.30	Toddlers 24-36 m. [can swim a little]
10.30-11.00	Non swimmers 3-4 yrs [can swim a little]
11.00-11.30	Introstroke 1 (4-5yrs)
11.30-12.00	Introstroke 2 (5-6 yrs)
12.00-12.30	Introstroke 2 (5-6 yrs) [can swim 2 laps of pool]
12.30-1.00	Introstroke 2 (5-6 yrs) [freestyle/backstroke]
1.00-1.30	Stroke improvement (6-7 yrs)
1.30-2.00	Stroke correction (7 yrs & up)

WEDNESDAY TENNIS COACHING WITH NELSON

STARTS 6 SEPTEMBER 2006 [10 WEEKS] 3000 Baht.

5.00-5.45	Junior tennis (5-7 yrs)
5.45-6.30	Junior tennis (8-12 yrs)

FRIDAY TENNIS COACHING WITH NELSON

STARTS 8 SEPTEMBER 2006 [10 WEEKS] 3000 Baht

5.00-5.45	Junior tennis (5-7 yrs)
5.45-6.30	Junior tennis (8-12 yrs)

SATURDAY ADULT TENNIS COACHING WITH NELSON

STARTS 9 SEPTEMBER 2006 [10 WEEKS] 3500 Baht

7.00-8.00	Beginners
8.00-9.00	Intermediate/Advanced

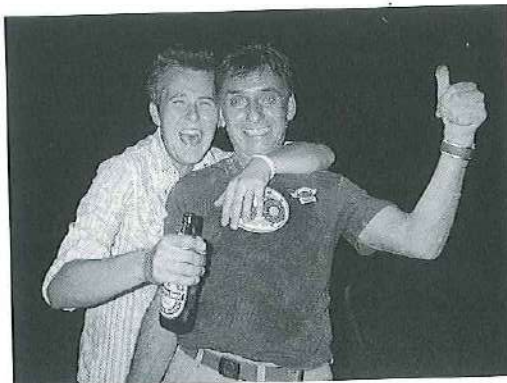
SATURDAY SOCATOTS

STARTS 9 SEPTEMBER 2006 [10 WEEKS]

8.30-9.00	Walking to 2 yrs	2500 Baht
9.00-9.45	4-5 year olds	3000 Baht
9.45-10.30	3 year olds	3000 Baht
10.30-11.15	2 year olds	3000 Baht

Squashy Bits

As everyone now surely knows, this is the year the Baby Boomers started turning 60. George Bush, Bill Clinton, Eric Clapton, King Gustaf of Sweden, Franz Beckenbauer and millions of others are all celebrating this year. Me too! On 12th August, the glorious 12th, the first day of the grouse shooting season, a birthday shared with Pete Sampras and Cecil DeMille.



But how does one celebrate one's 60th in style ... the beginning of that long walk into middle age? Apparently Cher is going to celebrate hers by posing nude for a Men's magazine ... Squashy Bits with pictures of me in the buff?? hmmmmm, definitely a possibility!

Lucky for you though 12th August is also the birthday of H.M. Queen Sirikit and thus always a holiday, this year conveniently a long weekend. And so it was a celebration at the beach, including lots of Squashies. 24 adults and 4 kids wended their way to Kho Samet for a weekend of sentimental nostalgia including Sally, George and Vicky who all flew out specially from the UK for the occasion. Sally was in danger of not making it at one point, getting caught up in the terrorist scare at Gatwick, but eventually arrived, rather smelly, 18 hours late via Hong Kong.

As they say, the sun always shines on the righteous. The 12th was indeed glorious, perfect for frolics on the beach. At one point there was a Frisbee, rugby ball, volley ball and football all hurtling dangerously about at the same time. But, lucky for the crowd sunbathing at cow-cornor, when the cricket started we were equipped only with a bat for 3 year olds and a tennis ball. Such was the excitement and skill generated though that we were joined by three turbaned Monty's all hoping to be noticed for the upcoming BC tour to Chiang Mai. Incoming tide stopped play leaving time for a final rousing game of boys against girls rugby, no rules, in the sea. And I still have the scratches to prove it.

The big night began with the popping of champagne and numerous renditions of "Happy Birthday", all of which brought tears to the eyes ... well to Matthew Lewis's eyes anyway, whose own 1st birthday will be shortly forthcoming and

who felt that the singing wasn't quite up to Welsh Valley standards.

Then it was on to a sumptuous sea food dinner laid on by our patient and gracious hosts at Samed Villa. Speeches, presentations, yet more renditions of Happy Birthday, yet more howls from Matthew ... a madcap balloon helicopter which

eventually escaped into the night ... a splendid selection of wines from the last BC wine-tasting and no less than two delicious birthday cakes. A wonderful, noisy, messy celebration!

On reflection this would have been a good time to go to bed. But a very happy and not very steady crowd headed off down the beach to Silver Sands bar, where the disco was just coming to life. Several hours later after tasting the variable delights of buckets of kamikaze, red bull and vodka, Samthip and coke, all was in disarray. Hip hop dancing, beach flame throwers, Russian spies, stomach-punching competitions (!), rolling around in the sand ... the memories become rather vague

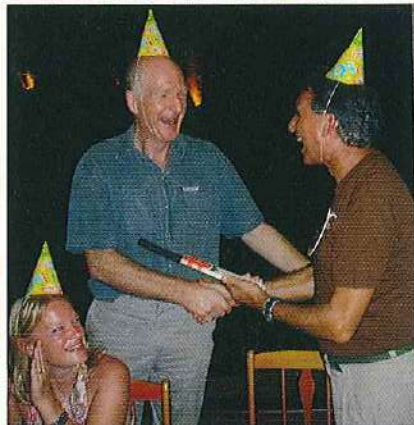
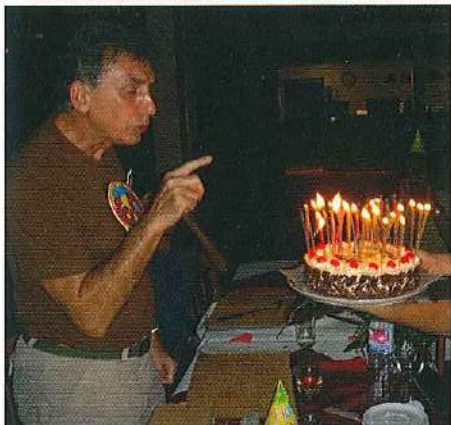
I gather it all kinda faded away sometime around 3.30 am and it was a rather quiet and subdued gang which gradually reassembled throughout the next day. It was a time for quiet reflection and healing, but the company was good and gentle snoozes finally gave way again to more cricket and fun on the beach.

All friends and guest were eventually seen off the island by Tuesday morning leaving a couple of days more to relax with Da, George, Vicky and Sally. I'd kinda like to sneak in on Bill Clinton's party, but if any of the rest enjoy themselves more than I did, then they are lucky indeed. It was a brilliant weekend, a great way to spend a 60th birthday. Thanks to everyone who came and to George and John Vivian for their work behind the scenes and all the surprises.

Finally, this being a squash article (!), congratulations to the winners of July League # 209: Division 1 **Neil Evans**, 2 **Nick White**, 3 **John Drew**, 4 **Roger Winter**, 5 **Da**

Happy Squashing.

Jack Dunford



Hassall stableford

This month we decided to try Lam Luk Ka; it takes a little while to get to, but with 36 holes, you are pretty sure you won't have to wait around too long to tee off. The scores were modest, to say the least, with a top score by our Vice Captain, Peter Skinner, of 36 points and a bottom score, mine, of ... well I'm not going to tell you. Barry was second with 35, Ed and Peter Gale tied with 33. Mike and Gareth played their matchplay and Mike won – come back and play some more Gareth. Frank adds another three packs of Dunlop balls to his stash with three excellent technical prizes, the others were won by Mike and Phil, who has just come back and now tells us he is leaving! Hope you come visit Phil. Belinda took two with a great long drive and long putt. See photograph and you will understand how she gets those drives out there. In fact I am sure Glen will be more than pleased to see Mr. and Mrs. Skinner in these pics. Looks like something out of a textbook doesn't it? I reckon Glen will want copies to put on his wall.

Club Day at Klarti Thani

This was a fun event which didn't contribute towards handicap – lucky Robert who had a fantastic round. We each played our own stableford round and then a partner was picked out of the hat for each of us. Sounds complicated? Not really. In partners, you take the best stableford score for each hole and add them up at the end. This means even those who didn't play well could come up with a good total score if they didn't both do badly on the same holes . . . and so it was for the winners, Frank and Yurachatr, who scored an amazing 47 points – they obviously didn't find the same holes difficult. Robert and Gaew were second. Technicals went to Mam, Robert and two to Yurachatr for near pins. Ladies long drive Mam, mens long drive Peter Gale and long putt, again to Mam. Our busy schedule every month with the medal, Hassall stableford, competitions against other societies and weekends away preclude us from having many of these club days, but we will try and fit more in as everybody enjoys them.

July Medal

We were only four groups for this event as so many of our members are on holiday – and quite a few are preparing to go. However, the scores were excellent which reflected the weather and course conditions. Although there was a breeze, it kept us cool and was not so strong as to impinge too much upon the game.

The fairways were in excellent condition and dry – so there was some roll on the ball which made a nice change after a few events played on soggy fairways. We were pleased to see David Henton back again and Peter Brown who is fully recovered from his injury. We had four Peters playing with us – it was tempting to make a group of them just to see what happened when someone shouted "your turn Peter ...". George was out on the driving range 45 minutes before tee off, bursting with enthusiasm over his new Cobra driver. He was less than enthusiastic at the end of the round though – no, the driver lived up to expectations, but he needs to get a new putter. Peter Skinner played – I have to say it – out of his skin and came in with a gross 85, nett 63. Nine below handicap! This almost took him into flight A, but with his new handicap of 19 he remains a serious threat in flight B. Second was Yurachatr with a nett 69 and third me with a nett 70. Flight A was comfortably won by Gaew with a gross 87, nett 69; as you can see she has no trouble playing to her new handicap and in fact considerably below it, so she will take a cut too. David Henton came in with a nett 72 and Peter Brown nett 74. Barry picked up having lost two balls in very short rough – suggest you treat your caddy to a new pair of glasses. Technicals were as follows: Near pins Edward, Peter G., George, Yurachatr. Long drives to Gaew and Frank and long putt to Gaew.

Hassall stableford August

Those of us not on holiday gathered at Subhapruek on a lovely breezy day with some cloud cover – a perfect day for golf in Thailand. The scores were very varied and ranged from a great 40 points from Frank to, well, let's just say some less impressive scores. Second was Mike with 37 and third Val with 34. Frank did not leave with his usual collection of technicals, but was quite happy with a nice bottle of wine. Mike took away a bottle of wine too and three technical prizes, varied this time with long drive, long putt (huge apparently) and a great near pin. Belinda won the ladies long drive (again) and her other half won the men's long drive. Two matches in our matchplay competition, sponsored by Seara Intl. took place: Pat won his matchplay against Peter S. and took away a couple of near pins; Tom won his matchplay against Charmaine. Both matches were very close. It was great to see Arthur Phillips back with us; he was on fire on Sunday with a magnificent front nine – well until he got to the ninth that is. However, he showed a steely mental strength to play a very nice back nine. It can be so hard to come back after a 'disaster'



Arthur and George



Perfect swing Mr



Perfect swing Mrs



Hat-trick



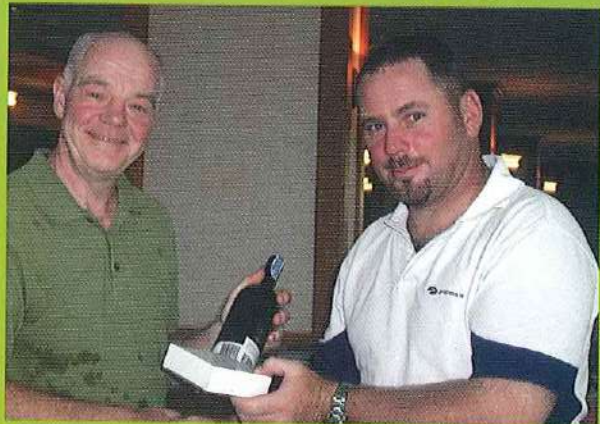
Goodbye Chris



Hello John



This guy is good!



Winner by a mile



Winning smile

hole, but that is what this game is all about – RECOVERY!

There won't be too much happening in the next few weeks as so many of us are on holiday, but things will certainly pick up in September with the match against the Scandinavians and we will of course still have our Hassall stableford and monthly medal. We look forward to Harland returning in September after a sports injury operation. We are glad to hear that he is very well and honing his clubs until his doc. gives him the clear. He isn't one to hold back on his swing so he is waiting until everything is back to full strength.

We welcome new member John who is

currently securing a handicap with the group. John has two very small children and plays squash, so he might not be able to come as often as he would like, but we are looking forward to seeing him and his wife, who also plays golf, joining us whenever they can.

Lastly we say a fond farewell to Chris and Lesley Browning. Chris was a strong member of our team and occasionally we managed to drag Lesley off the tennis court to play with us as well. We wish them many happy returns to the U.K. and hope to see them back here again soon.

Orin Baldwin
Val Ashman

Children's Halloween Party

Sunday 29th October

11am - 2pm

Suriwongse Room

Children 2-12 years @ Bt. 390
Children under 2 years @ Bt. 100
Adults @ Bt. 100

Games Egg Hunt @ Back Lawn

Magic Show
Fancy dress

Softdrink Lunch
Activities

VDO Halloween VDO
& Doughnut eating
Cake and Drinks

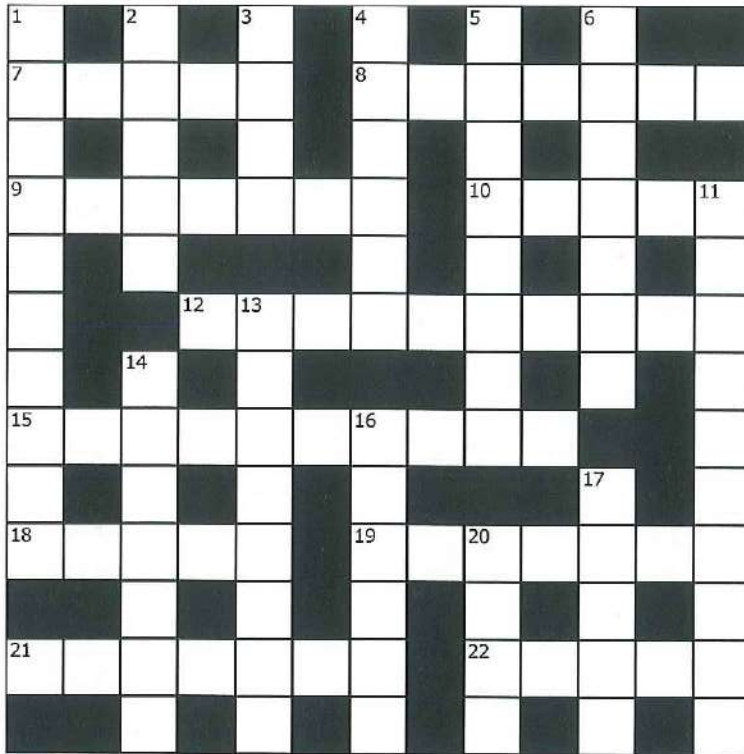
Included in cost

Please sign up at Reception



Crossword Competition

CROSSWORD PUZZLE



August Solution

Across: 7 Impute, 8 Patent, 10 Dracula, 11 Guide, 12 When, 13 Stool, 17 Penny, 18 Rota, 22 Blast, 23 Student, 24 Vernal, 25 Infeare.

Down: 1 Tiedown, 2 Speaker, 3 Stout, 4 Rangoon, 5 Denim, 6 Steel, 9 Cantonese, 14 Bestman, 15 Covered, 16 Masters, 19 Above, 20 Marry, 21 Burns.

Clues

Across

- 7 "Goldsmith . . . touched nothing that he did not _____." (Dr. Johnson)
- 8 The decade for retirement.
- 9 I net her – for not one of the two!
- 10 Made someone angry.
- 12 These members of a religious order are evidently not young. (4,6)
- 15 They lived in Britain from 1837 to 1901.
- 18 "Of that there is no manner of _____" (Gilbert – The Gondoliers)
- 19 It can make one glad to be in Ireland!
- 21 Disease causing first class alarm wildly.
- 22 A mug for beer.

Down

- 1 The first of March is his day. (5,5)
- 2 Does it make the gin feel good?
- 3 "Give him an _____, he'll take an ell." (Old saying)
- 4 An outside victim for this bird.
- 5 A bonus for the batting side. (5,3)
- 6 Give the wrong impression.
- 11 Spell 'dig in' . . . it's dissipating!
- 13 Early morning serenaders.
- 14 Things really existing.
- 16 A native of a sub-continent country.
- 17 Urged one on.
- 20 "His _____ was as sharp as a pen." (Shakespeare – Henry V)



Be the first person to submit the correct entry for this month's puzzle to Barry or Khun Ben and receive a bottle of wine.

The winner of the August crossword competition was the indefatigable Jonathan Truslow (pictured) notching up his third win for 2006. And thanks for the timely & immaculately neat entry Jonathan . . . you wouldn't be an accountant would you?

Reciprocal Club Benefits

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



Club Vina Del Mar



Neoclassical Club Building



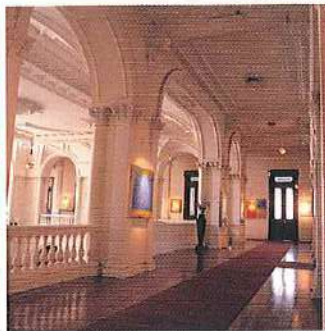
Entrance Hall



Dining Room



The Main Bar



Central Corridor



Barber's Shop

The Club is ideally situated in the Chilean resort city of Vina Del Mar, known as the Garden City or literally 'Vines by the Sea' on the Pacific coast near the major historic port of Valparaiso and only one and half hour's drive from the capital Santiago. Popular with Santiagans as an ideal weekend getaway, the city is also a major tourist centre and features excellent hotels, good shops, well cared for gardens and parks, beaches, charming rides in horse-drawn carriages and dinners by the sea, as well as buildings historic and modern set in a refined and cultured atmosphere.

The Club Vina Del Mar was first opened in a large rented house but after a catastrophic earthquake hit the area in 1906, the Club's

directors and benefactors purchased land and constructed an elegant neoclassical Clubhouse, completed in 1910 and centrally located in Vina Del Mar near the Plaza Vergara.

Club amenities Include: Grand Hall (for concerts, conferences or dance evenings), an all-wooden Traditional Bar with leather sofas and a 20-meter bar top(!), main Dining Room with magnificent terrace views, private Dining Rooms, Cinema Bar, Reception & Meeting Rooms, Hairdresser's, General Store, Bowling Alley, Paddle Tennis, Billiards, Bridge Club, Internet.

Website: <http://www.clubvina.cl>

For more information please contact the Membership Department at membership@britishclubbangkok.org

If you regularly visit an overseas club that is not already reciprocal with the British Club, please do let the Club know and we will see if reciprocation can be arranged.

HELLOS

Welcome Aboard!

Please join us in welcoming the following new members and their families. We look forward to seeing them around the Club.

- 1 Brook & Gill Barrington
- 2 Peter Ball
- 3 Don Brown
- 4 Steve & Lynne Cowards
- 5 Kevin & Madeleine Flanagan
- 6 Patrick Gauvain & Mayuree Sritabtim
- 7 Gordon & Lertsri Hamilton
- 8 Roland & Anne Hooley
- 9 Paul Jones & Kanokpon Kuljanyavivat
- 10 Hung Lee
- 11 Sara & Paul Martin

and GOODBYES

Farewell and best wishes to . . .

1. Neil & Elizabeth Tilley
2. Paul & Jodie Riley
3. Veronica Berman
4. Niccola & Christopher Russo
5. Rose & Susan Noble
6. Robert & Supinda Avery
7. George & Vicky Dunford
8. Neil & Chalor Challis
9. Shawn & Catherine McSherry
10. Peter & Belinda Minshall
11. William & Michelle De Souza
12. Nikunj Mehta
13. Phillip Clear
14. Mary Kunz
15. Cathryn Hopkins
16. Chris & Lesley Browning
17. David & Susan Harper
18. Peter Courtenay-Greene



WINE TASTING

The last wine tasting held on July 21st was well attended considering that we are in our quiet season. Around 50 members and guests were in attendance to sample wines generously provided by Nicholas Wines, Asian Food Group (a newcomer to our wine events), our local supplier Prestige Wines and Cannon Pacific.

Wines ranged in both quality and price, with plenty of offerings from Australia, New Zealand, France and California. Nicholas Wines had an incredible offer of two bottles for 500 baht . . . and in fact they sold out.

Once again Khun Laak and her team created some tasty canapes to accompany the wines. What better way to start the weekend than with a glass or two of free wine, followed by a visit to the Churchill Bar to enjoy our range of eight House Wines and eight Draught Beers and of course there is also our Friday Buffet at 250 baht.

Why fight the Friday Bangkok traffic? Just stay here at your Club and let your troubles flow on by . . .

See you at our next tasting and here's a date for your diary - November 24th, the Christmas Wine Festival with 15 companies confirmed already, and an entrance fee of just 100 baht. A great opportunity to stock up for Christmas.



Getting in touch

General Committee		email
Angela Daniel	Chairman	chairman@britishclubbangkok.org
Mark Hamill-Stewart	Hon. Treasurer	gc@britishclubbangkok.org
Stuart Blacksell	Vice Chairman + Sports	gc@britishclubbangkok.org
Nick Day	Vice Chairman + Information Technology	gc@britishclubbangkok.org
Paul Cheesman	Hon. Secretary + Constitution & Rules	gc@britishclubbangkok.org
Sally Crossley-Smith	Strategy & Development + F&B	gc@britishclubbangkok.org
Alex Bowden	Membership & Communications	gc@britishclubbangkok.org
Dale Lamb	House & Grounds	gc@britishclubbangkok.org
Gavin Broad	House & Grounds	gc@britishclubbangkok.org
Office		
Barry Osborne	General Manager	gm@britishclubbangkok.org
Khun Premrudee	DGM Finance	premrudee@britishclubbangkok.org
Ruengrit Turiwongse	Manager Poolside & Sports	sports@britishclubbangkok.org
Amnat Saklebpradu	Manager Fitness Centre	
Nuttha Loujalearnkitchai	Membership Sales Manager	membership@britishclubbangkok.org
Khun Somboon	Outside Catering and Functions	somboon@britishclubbangkok.org
Khun Benjawan	GM Secretary and Events	eventbooking@britishclubbangkok.org
Sports Sections		
Anand Leighrahathorn	Badminton	
Winlock Hsu/Charlene Wang	Bridge	winlock@duraform.co.th
Zeeshan Khan	Cricket	shan@bangkokgemmart.com
Martin Conisbee	Football	conisbee@mailsvr1.loxinfo.co.th
Brian Brooke	Golf	bbrook@loxinfo.co.th
Jon Prichard	Rugby	jpach@csloxinfo.co.th
Steve Eaton	Spoofers	EatonSteve2000@yahoo.com
Peter Corney	Squash	peter@acagroup.com
Marc Nussaume	Tennis	marcnus@hotmail.com
Loyal Societies		
Gale Bailey	St George's	galebailey@hotmail.com
Alan McAllister	St Andrew's	mcallister@bangkokscot.com
Darren Jones	St David's	darren.j@shrewsbury.ac.th
Gerald Wright	St Patrick's	gerryw@amantaresources.com
Miscellaneous		
Tsunami Relief Fund		tsunami@britishclubbangkok.org
BCB Webpage	online	http://www.britishclubbangkok.org
Outpost Submissions	Member magazine	outpost@britishclubbangkok.org

The British Club

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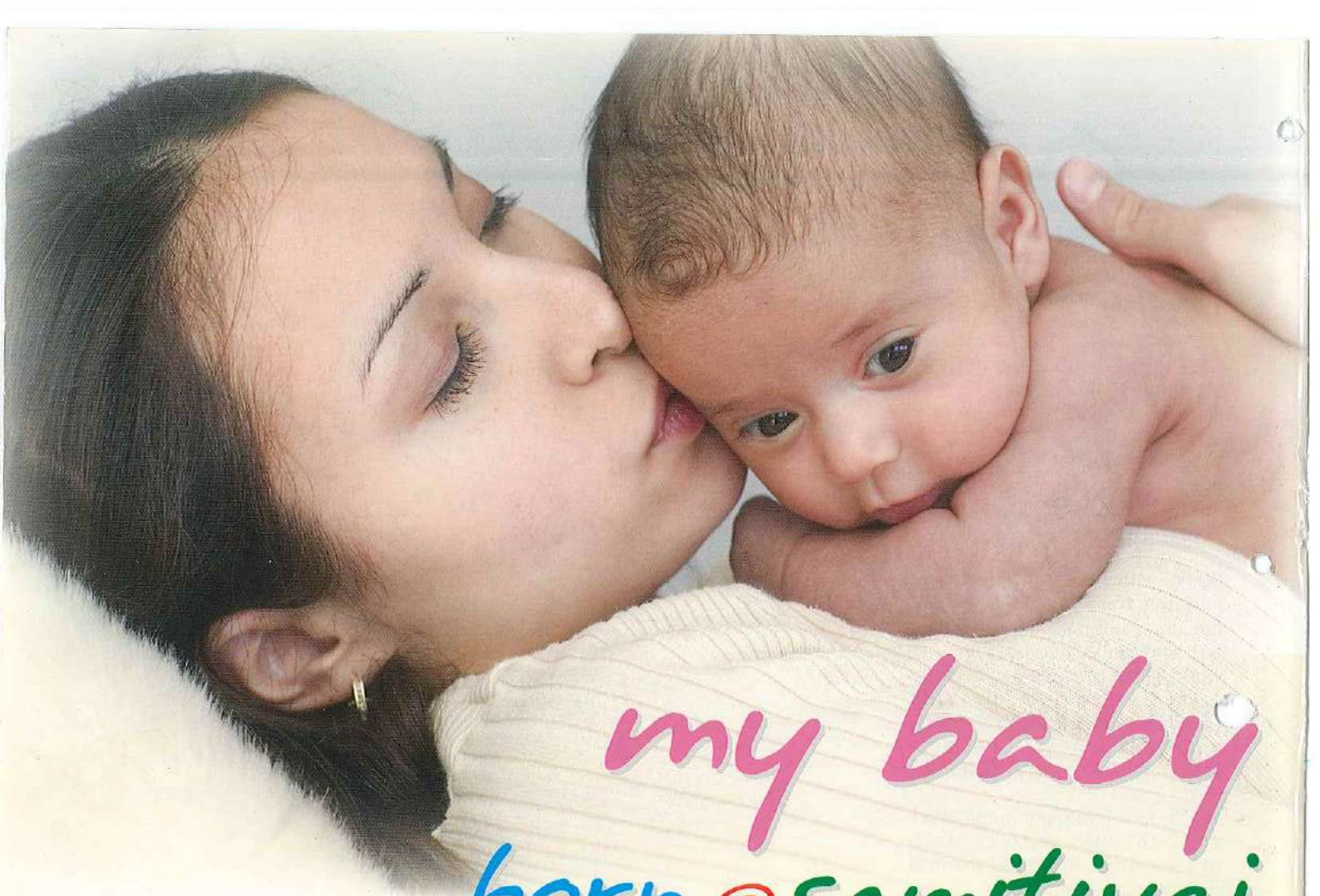
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