

# OUTPOST

MONTHLY MAGAZINE OF THE BRITISH CLUB

OCTOBER 1991







*Partners in Perfection  
.....Worldwide*

**JVK** "in safe hands.....all the way"

**JVK INTERNATIONAL MOVERS LTD.**

222 Krungthep-Kreetha Road, Bangkapi Bangkok 10240, Thailand.

Tel: 375-2921 Telefax: (662) 375-2925 Telex: 82413 JVK TH

Pickfords direct line (662) 375-4422





## THE BRITISH CLUB

189 Surawongse Road, Bangkok 10500 Tel: 234-0247, 234-2592 Fax: (662) 2351560 (via Reception)

# CONTENTS



*New Members – Dr. Sun.*



*Aerobics – "The reach through."*



*Squash – "It's our Guy!"*

- 5** FROM THE EDITOR
- 7** MEET THE NEW MEMBERS
- 10** FROM THE CLUB MANAGER
- 13** FITNESS CENTRE
- 15** SPECIALS  
*Hair Today Gone Tomorrow*
- 18** WELL WORTH WATCHING  
*Misery*
- 21** CHILDREN'S CORNER
- 22** DIARY
- 23** SPORTS ROUNDUP
- 41** COMMITTEE
- 42** ACTIVITIES





---

WE FLY  
MORE  
INTERNATIONAL  
PASSENGERS  
THAN  
ANY OTHER  
AIRLINE.

In 1988 over 22 million people travelled on our worldwide network, which connects some 170 destinations in over 80 countries.

Little wonder British Airways is the world's favourite.

Contact your travel agent or  
British Airways 2nd Floor  
Charn Issara Tower, 942/81  
Rama 4 Rd., Bangkok Tel.  
236-0038, 236-1531, 236-2852.

---

**BRITISH AIRWAYS**

The world's favourite airline.



## FROM THE EDITOR

**W**ELL folks it's me again, happily sitting in the Editor's seat after a two month absence. Its good to be back in Bangkok though I have to admit to finding England particularly idyllic this year. Fiona Mulligan looked after the monster whilst I was away, doing a great job with the August and September issues. Thanks Fiona.

New Members this month was much quieter than usual, thank goodness. To be jet-lagged and faced with the more normal interrogation of 25 is my idea of a nightmare. Nevertheless I still managed to miss someone, a Dr. Sun; a pity because with such a lovely name I was looking forward to meeting her. Unfortunately the evening ended rather sadly with Chairman Bryan being carted off to hospital with a broken leg. No, not sustained in the bar whilst demonstrating his latest winning squash shot (one of hundreds) but in a car crash on the way home. By the time this is published he should be on the mend and hopefully feeling much happier after lots of TLC from his better half Orin.

Welcome back to Gisi and Bert Van Walbeek who lived here several years ago, and after a few horrendous centuries in Cairo are very glad to have returned. If you think Bangkok is bad, consider a city of smaller area with a population of 17 million, three quarters of whom drive; a few half hour falls of rain per year if you're lucky and a few pounds of the Sahara blown into your home each day. And they haven't got the pollution problem sorted out either. It makes Bangkok sound almost heavenly.

Sadly we are losing Judy and Dennis Farmer who are reluctantly returning to Australia. They have both been great supporters of the Golf Section and Dennis has reliably provided OUTPOST golfing words for many a year. Ta Dennis. My thanks also to the Hennigs for their bridge articles which they have decided to abandon, hopefully not along with their bridge.

My pleas for restaurant reviews, Children's Pages and travel articles seem to be falling on deaf ears, as ever, but be warned I never give up!

I hope that the travellers had good holidays and the stayers enjoyed themselves too.

See you around

Maren

## DEWI'S DOINGS

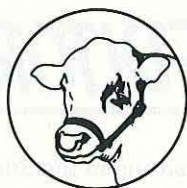
AFTER a quiet summer and now recovery from the disappointment of not seeing his old Uncle Maxie here recently, Dewi is now gearing up for the Annual General Meeting this month.

All members and potential members are invited to attend this important meeting, when the committee for 1991/92 will be elected. Do plan to show your appreciation for your current committee and support for those braving election to the next one, by coming along and meeting like minded souls over a bevvy or two.

Mr & Mrs Chris Corlett have generously offered their home as a venue for this occasion and the outgoing committee have donated their collective culinary expertise to provide a delicious buffet supper afterwards. Drinks will be served from 7:00 p.m. and the meeting will begin at 7:30 p.m. sharp.

Anyone not receiving details in the mail can obtain relevant information from the current Membership Secretary, Mr Chris Corlett. Telephone number: 236 6237 (o) 391 9134 (m).





**ANGUS  
STEAK HOUSES**

## **ONCE AND FOR ALL LET'S CUT OUT ALL THE OLD BULL!**

**Where else in town can you get:-**

*A mouthwatering imported sirloin steak (200 gm)*

*As much garlic bread as you can eat.*

*Your choice of jacket potato, mashed potato or french fries.*

*Your choice of garden fresh salad, green peas or baked beans.*

**FOR BAHT 380 INCLUDING TAX & SERVICE**

### **WE'VE ALSO TAKEN THE BULL BY THE HORNS AND**

1. REDUCED PRICES
2. ADDED MANY NEW DISHES TO OUR MENU INCLUDING  
THE BEST B.B.Q. SPARE RIBS IN S.E. ASIA
3. CREATED TWO GREAT CHILDRENS MENUS  
AT GIVEAWAY PRICES.

---

## **FREE**

VISIT ANY OF OUR BRANCHES BEFORE OCTOBER 31ST 1991  
AND EXCHANGE THIS VOUCHER FOR:-

A FREE GLASS OF WINE OR BEER WITH YOUR MEAL  
OR

A FREE MEAL FOR ANY CHILD UNDER 13 YEARS OLD  
(ACCOMPANIED BY AN ADULT WHO IS ALSO DINING)

**FREE**

**FREE**

Bangkok: Thaniya Road, Tel. 234-3590 and Sukhumvit Soi 33/1, Tel. 259-4444

Also in Pattaya: 485/2 Pattaya Road (Opposite Royal Garden Resort), Tel. (038) 426-193

Also in Chiang Mai: 96/17 Huay Kaew Road (Next to Chiang Mai Orchid) Tel. (053) 222-034

Also in Hua Hin: 19 Damnoenkasem Road (near the Sofitel Central Hotel)



# Meet the New Members



**John and Julia Daniels** have come from London as first time expatriates. Julia has a keen interest in cricketers, plays tennis, is learning golf and runs around after three small Daniels. John works for B.P., likes normal male things, is a golf hacker, unfit squash player and enjoys his beer.



**John and Rosemary Porter** are also first timers and its getting better. John is with British Gas when he's not playing golf. Rosemary is a champion mah-jong player after just two games and is happy to have a go at anything; currently Christmas crackers, tennis and golf.



**James and Jeanne Peters** produced their first male offspring three months ago. They're from places beginning with 'M' in the USA, but were in Amsterdam before Thailand. James is a computer consultant with Thai Airways. Jeanne's an ex-teacher, makes wonderful brownies and along with James enjoys tennis and travelling. He also likes bush walking, absailing and scuba diving. On the right Karen Gunn.



**Sheree and Chavalit Tanpensuk** met romantically as tourist and tour guide ten years ago here in Bangkok. Sheree, from Sydney Australia, originally came for just a week, she now works for Air New Zealand, is trying her hand (alright her feet) at jogging and swimming, and looks after their three children. Chavalit keeps himself very busy in the stocks and sares market.



**Athiporn and Wouter Arriens** both like playing golf and tennis. Wouter, from The Hague, is an irrigation man working with the Mekong Committee. He was bought up largely in Curaçao in the Caribbean. Athiporn, who grew up in the northeast of Thailand, is studying dress making and design.





**Laura Allen**, is MD of Laura Allen Communications which helps multinationals with marketing, planning, staff training and a multitude of other related subjects (i.e. my scribble became indecipherable). She's from Montreal and likes working for herself. Her spare time is spent travelling, playing bad but enjoyable squash, reading, singing and listening to music, particularly jazz.

**Andrew Francis** is English and was in H.K. before coming here. He's a wonder on the squash and tennis courts, and is tempted by the darts team as he likes strategically placed red feathers. Andrew works for Richard Ellis.

**Bruce Clayton** went to visit his brother in Hong Kong four years ago and stayed for two before coming here. He's from Maine USA and is an investment analyst with Hoare Govett. Getting out of Bangkok is a favourite pastime so he plays golf and scuba dives; in town he's learning to play squash.



**David and Betty Fraser** are going to make sure they stay long enough to go to the St. Andrew's Ball. David used to play football but is now very retired and consults on the oil field instead. He likes golf, fishing and women (especially Betty). She meanwhile makes the world's best 'cloodpie' (if you can't find Betty, ask Alec Forbes), likes drinking, smoking, and men (particularly David) and all the other good things in life.



**Archie Cook** is a well known wit, raconteur and bon viveur from Aberdeen, working for Unocal. He borrowed John Gunn's bike 20 years ago and is here to give it back. When not dabbling in golf, or telling his one clean story, he tosses the caber.



**Charles de Nerciat** is here with his wife Mary Sun.





**Colin and Rachel Lind** (centre) are here with Aquastar; fish to you and me. Colin counts shrimps and has started playing tennis. Rachel wouldn't call it playing but she's joined him in the attempt. She also likes wine, the stars and other worthwhile things. They don't like horses! Posing here with Tony Erswell (left) and Chairman Bryan.



**Patrick Dean** works for Almac who are into the A-Z of leisure with a capital L. He's been in Asia for eight years but began life in Victoria, Vancouver. Patrick is an ex-tennis pro and coach, is single and likes reading. Andy Simmons on the left.

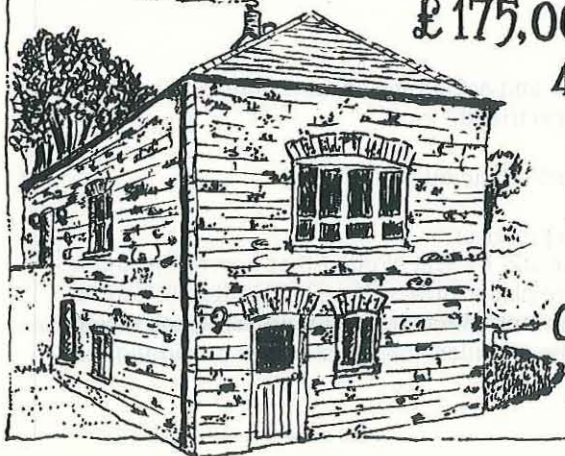
## SOMERSET ENGLAND

2 NEWLY CONVERTED  
ADJACENT BARNs FOR  
SALE Nr. WIVELISCOMBE

£175,000 each

4/5 Beds • 2/3 Baths • Utility •  
Cloaks • 3/4 Recept • Superb  
hand-built fitted kitchens • Large  
gardens • Stream • Paddock •  
Outbuildings • Garages • Views of  
stupendous countryside

DETAILS FROM  
THE EDITOR





# **F**ROM THE CLUB MANAGER

## **"MAX BOYCE"**

KINNELL or any other four letter word found in the Oxford Dictionary cannot express my feelings over the cancellation (postponed in his fax) by the agent handling the tour for Max Boyce. After all the effort that went into organizing this first Intersociety Dinner & Dance, to be informed seven days before the evening left me feeling shattered and very much depressed. What a way to finish my vacation.

Once I find out from the agent, Max Boyce or his Manager who's responsible I will vent my feelings in the U.K. Press.

My sincere apologies go to the heads of our four Loyal Societies, H.E. the British Ambassador and his wife, the Bangkok Post and Trane Airconditioning who were the sponsors for the evening, and to each and every Member who had reserved tickets. I will make it up to you all I promise.

## **"CLUB SPORTS SHOP"**

The Club sports shop is located in our new fitness centre and is open during normal centre opening hours. The following items are available at below retail prices.

BC shirts, BC bags, tennis balls, squash balls, swimming goggles/flippers, head/wrist bands, grips, knee and ankle supports, shampoo's, barrier creams (coloured), Dunlop/Slazenger tennis and squash racquets, Dunlop golf excessories, aerobic and swim wear; sports shoes are soon to be available.

Suggestions on items you would like to see for sale, are welcome. Please call me.

## **"PARTY CATERING"**

Good news for Members who wanted to hold a party and dance on the lawn last year but couldn't because we didn't have our own portable dance floor. Now we do, all 2,000 sq ft of it, which can be reduced in sections to fit your needs. So if you are planning a company do and want your staff to see the clubhouse at night in all its glory, plus good food and drink at reasonable prices give Khun Pera a ring. You won't be disappointed.



# **Ching-Chok**



COMMITTEE Member to Membership Rep - "When can so-and-so become an Associate Member? His proposer is really bending my ear about his influential local friend."

Membership Rep - "Haven't we all got one!"

Committee Member - "But surely we haven't reached the quota of 180."

Membership Rep - "You'd better believe it pal."

Committee Member - "But what am I to say to his proposer."

Membership Rep - "Tell him to call the Manager and he will explain that according to the Constitution there can be no more than 180. Candidates are placed on a waiting list until such time as an Associate Member resigns. By the way, two Thai absent Members returned last week which makes it now impossible to accept any more Thai Members under the Constitution governing the quota system."





## STEAK HOUSE

Our popular Bon Vivant restaurant has added a new dimension. At night it becomes a first class Steak House, serving a selection of mouth watering steak dishes, prepared from the best quality imported prime beef by our specialist chefs. And there is more.

If your order totals \$ 1,200.-, we present you with a complimentary bottle of wine to enjoy with your meal.

A variety of nonsteak specialities will also be on the menu, and our comprehensive wine list and elegant surroundings will ensure a great evening's dining. See you at the Bon Vivant.



### Bon Vivant

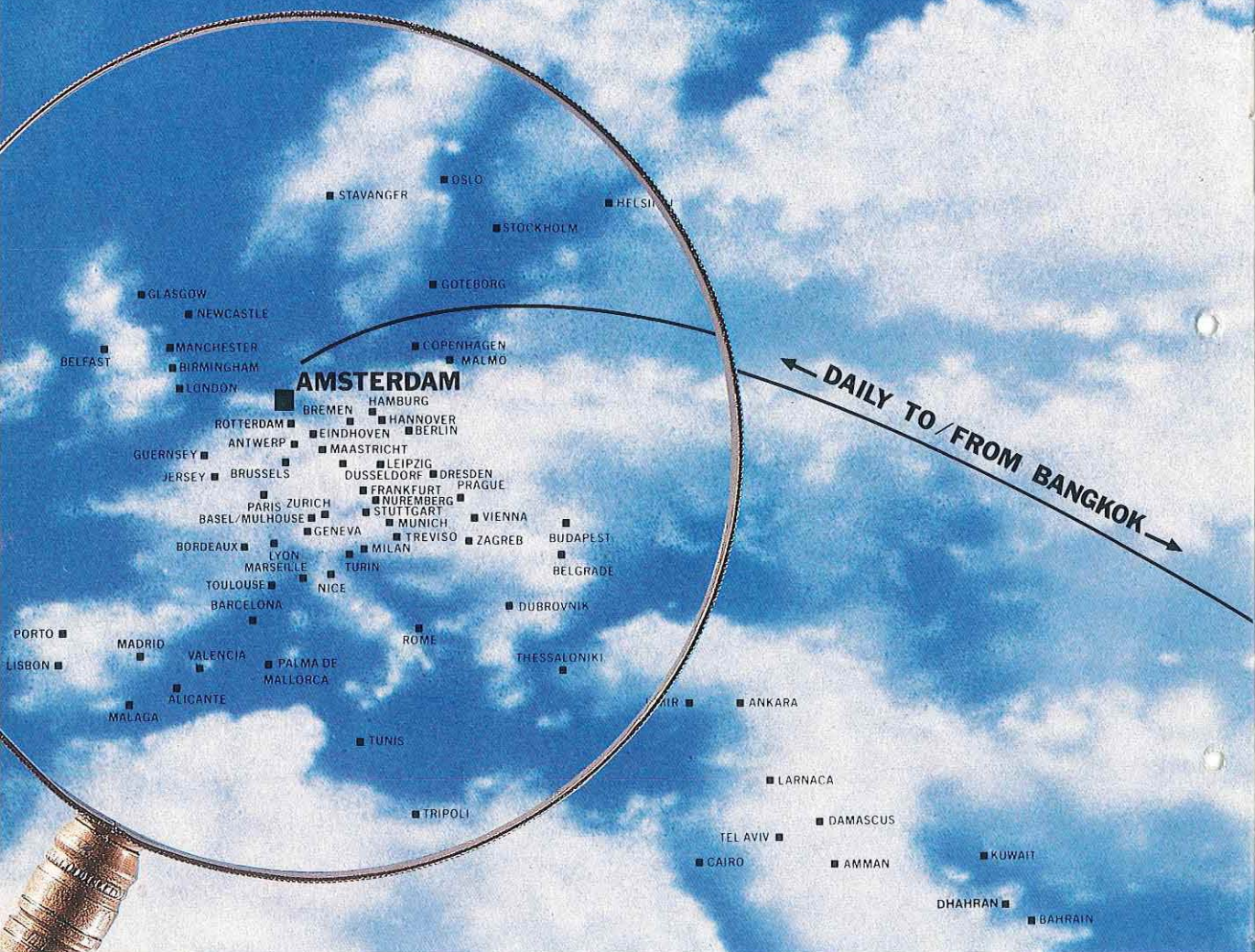


The Bon Vivant is open daily (except Sunday) At lunchtime, enjoy our outstanding Thai Buffet. Opening times: Lunch 11.30-2.00 p.m. Dinner 6.30-10.00 p.m. For reservations call ext. 250 or 260. There is ample parking space.



"Fly KLM 8 times a week Non-stop  
to/from Amsterdam..."

"...and on to any of our 21  
destinations in the U.K."



Fly the  
Difference  
the  
KLM

Now KLM Royal Dutch Airlines has 8  
non-stop flights to/from Amsterdam making  
your connection to U.K. faster and more  
comfortable.

If you're flying to Aberdeen, Belfast, Birmingham,  
Bristol, Cardiff, Cork, Dublin, Edinburgh, East-Midlands,  
Glasgow, Guernsey, Humberside, Jersey, Leeds, London-  
Stansted, Manchester, Newcastle, Norwich, Tee-Side,  
Shannon or Southampton, then our 7 evening flights  
and 1 daylight flight to/from Amsterdam on the ultra-  
modern Boeing 747-400 will be the perfect connection  
without having to clear your baggage and even time  
for duty-free shopping at famous Amsterdam Schiphol  
Airport. Fly the Difference with KLM. For reservations  
call your travel agent or KLM Royal Dutch Airlines,  
2 Patpong Rd., Bangkok. Tel. 235-5150-9.

BANGKOK		MON	TUE	WED	THU	FRI	SAT	SAT	SUN
• CHECK-IN									
• DEPARTURE AMSTERDAM a.	(TUE)	00.30	23.35	(THU)	23.35	23.35	07.15	23.35	23.35
		07.30	06.35	01.25	08.25	06.35	14.10	06.35	06.35
		TUE	WED	THU	FRI	SAT	SAT	SUN	MON
AMSTERDAM d. BANGKOK	MON	18.55	19.55	18.55	18.55	14.05	18.55	18.55	19.55
		11.10	12.10	11.10	11.10	06.20	11.10	11.10	12.10
		TUE	WED	THU	FRI	FRI	SAT	SUN	MON

The Reliable Airline

**KLM**  
Royal Dutch Airlines



# FITNESS CENTRE

---

## Aerobic Exercise Boosts "Good" Cholesterol; Lowers Risk of Cardiovascular Diseases

---

CHASKA, MN – Recent studies have revealed that regular aerobic exercise - even at moderate levels - can help lower harmful blood cholesterol and consequently reduce the risk of coronary heart disease (CHD).

"We're reminding people that exercising regularly may be the solution to eliminating heart disease as the nation's number one killer," said Jim Bostic, president and CEO of Nordic Track, a leading manufacturer of exercise equipment.

According to the October 1990 Mayo Clinic Health Letter, physically active people are only half as likely to develop CHD as inactive people. Research shows that exercise can be a positive factor in improving health and increasing longevity for those who already suffer from CHD.

The correlation between aerobic exercise and lowered cholesterol has to do with the body's lipoprotein ratio. Lipoproteins are produced by the liver to house the fats that fuel our bodies' energy needs. When the liver receives a call for energy, it dispatches lipoproteins via the bloodstream to special receptor sites that convert the

fat to fuel. Riding piggyback on the lipoprotein is cholesterol, an essential building block of all body cells. Some lipoproteins carry high-density or "good" cholesterol, and others carry low-density or "bad" cholesterol.

"Low-density lipoproteins, or LDL, are the primary carriers of cholesterol and the main culprit behind the inner-artery plaque build-up that can lead to heart attacks," explained Jeff Zwiefel, MS, exercise physiologist for The National Exercise for Life Institute. "High-density lipoproteins, or HDL, are the good guys. They cleanse the bloodstream of excess cholesterol, thereby preventing the accumulation of cholesterol in the walls of the arteries," he added.

A healthy lipoprotein ratio is comparatively higher in HDL cholesterol than LDL cholesterol - and that's where aerobic exercise plays an important role.

According to recent medical studies, regular aerobic exercise can significantly raise "good" HDL cholesterol levels, therefore improving cardiovascular health. It's not exactly known how or why exercise raises HDL cholesterol, but medical and health professionals heartily recommend it.

In a recent article published by The Physician and Sports Medicine, Steven P. Van Camp, MD, professor in the department of physical education and director of the Adult Fitness Program at San Diego State University, noted, "the clinician in me doesn't care how or why exercise raises HDL cholesterol levels. The point is that it does, so I tell my patients that they must exercise."

*JOSPT • Volume 14 • Number 2 • August 1991*

## BALLET

BALLET at the British Club is now a reality! Classes started in July and will now continue through the coming school year.

Taught by David Shields, formerly at the Royal Ballet England, London Festival Ballet and the Royal Winnipeg Ballet, Canada, classes are offered for all levels. Children's ballet, 7 years old and up, without previous training, is held every Saturday morning, 10.30-11.30. With previous training, every Saturday morning from 9.30-10.30.

An adult ballet class is scheduled every Tuesday morning, from 9.30-10.30. Private lessons are also available.

For more information, phone David: 258 6424, ext. 514, or 258 5968 ext. 514 fax: 259 1491.

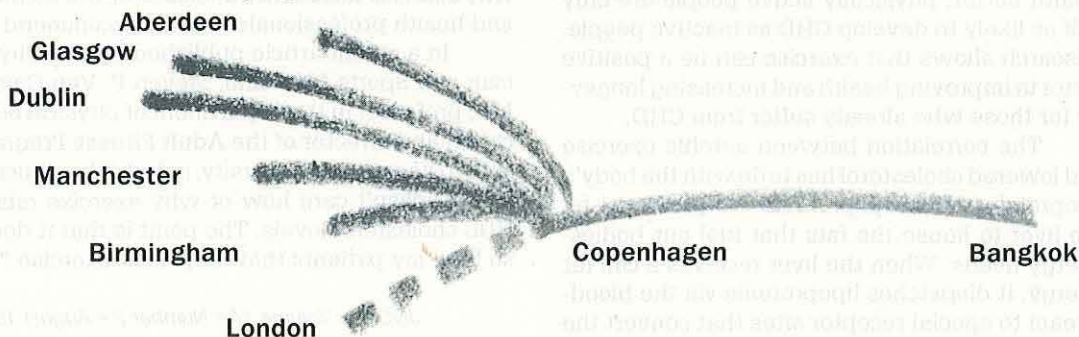


# Fly-by London

When you're flying to Birmingham, Manchester, Aberdeen, Glasgow or Dublin, why transfer at congested Heathrow...Europe's busiest airport?

Connect in Copenhagen...Europe's best airport.\*

SAS EuroClass flies non-stop to Copenhagen everyday, with connections direct to London four times a day. So for daily connections to the six most popular destinations in the UK, it's best to fly by SAS.



**SAS**  
**EuroClass**

SAS BANGKOK: 253 8333. SAS HOT LINE: 001 4531 147555

\* Conté Nast Traveler, leading American travel magazine.



## HAIR TODAY GONE TOMORROW

**H**AIR is said to be a woman's crowning glory. Why not make it so for you. Rosemary, chamomile and sage are recommended for hair itself; parsley for the scalp.

If you are a brunette, pour a rosemary infusion over your hair; you can use fresh or dried leaves for the final rinse. This will add lustre and a delicate perfume. Blondes should use a chamomile infusion, and for black hair a sage one is best. Rosemary oil is good for dry hair. If the hair is particularly dry, as for instance when you have been sunbathing overlong with your head uncovered, massage oil into head 15 minutes before shampooing.

Throughout the ages and all over the world women have tried to be as beautiful as possible. Herbs have been used to improve and even colour hair, whiten teeth, strengthen gums, brighten and soothe eyes, cleanse the skin, remove freckles and spots, get rid of wrinkle and relieve aching limbs, as well as to alleviate headaches and minor ailments. Now there is a revival of interest in these time-tested methods which are easy to prepare and light on the purse.

Basically, what are needed most of the time are infusions (that is a standard herb tea, left to brew and then strained) or a herb oil.

To make a herb oil you need 2 oz of finely-crushed herbs of choice (you can pound them or put them through a blender), 8 fl oz corn or olive oil, 1 tablespoon wine vinegar. Place herbs in a bottle or glass jar, pour oil and vinegar over and leave in the sun or a warm room for two weeks, strain through muslin, squeeze any oil out of the herbs and discard them; process as many times as is needed to get the oil to the strength when it smells strongly of the herbs. A good test is to rub a little on the back of your hand. Lavender, fennel, rosemary, tarragon are very good herbs to use. Try to gather the herbs (leaf part only, unless you use seeds for a special mixture) in the summer. For decoration add a sprig of dried herb to the final jar. Make a section of oils, some for beauty, some to add to salad dressings and some for other uses.

A clear skin is a boon. A daily drink of parsley

tea is an old way of ensuring a healthy skin. A good cold cream helps too. Gently warm up in a pan an unscented cold cream, add a little herb oil of your choice, re-pot, leave to get cold; apply nightly.

A face pack is not a modern invention; mixed herb leaves, boiled in a little water, mashed, cooled and applied to the face have been used for centuries. Another mask is made with white of egg mixed with a little lemon juice and finely-chopped fennel leaves. Smooth over face, avoiding eyes and mouth, let dry, leave on 15 minutes, rinse off with tepid water.

To remove freckles, mix one rounded tablespoon grated horseradish with one teacup milk, bring to boiling point, strain and cool. Apply to face with cotton wool, leave to dry, rinse off with tepid water after ten minutes. Repeat every other day as long as is required, making fresh lotion as necessary.

The water in which you rinse your face has also been considered important by women over the years. Recommended rinses are strained rosemary or lemon balm infusions, cold or warmed up just before using, and left to dry on the face.

Tired or dull eyes mar beauty. An infusion of lemon verbena, carefully strained and cooled and applied in an eye bath, works wonders.

A relaxing bath can soothe away aches and pains. Add a little of your favourite herb oil and try out different ones, such as bergamot, to maintain a smooth skin.

Infusions can be added to bath water or fresh or dried herbs can be tied in a bag and held under the hot tap as the water runs in. A bag of marjoram is said to relieve stiffness and rheumatic pains. Fennel infusion or oil is an ancient slimming method. Sprigs of rosemary or lavender, or chamomile (flowers too), are believed to be calming after a busy day, and mint in the bath is held to be invigorating. An infusion should be plentiful and strong; make it about 4 oz leaves and 3-1/2 pints water.

Depending a great deal on how badly your feet ache and if you are alone or not, here is a remedy for badly aching feet. Rub the soles and heels



with garlic cloves, sit with your feet up for a while and then rinse them in cool water.

Beautiful teeth are an asset; running sage leaves over teeth and your gums is the herbal way of keeping teeth white and gums strong.

Now that you're gorgeous you fully deserve the following taste treat.

## FUDGE CAKE

### Ingredients

1/4 cup shortening - 2 cups sugar - 2 eggs, separated - 1 1/2 cups milk - 4 oz unsweetened chocolate, melted - 2 cups sifted cake flour - 2 teaspoons baking powder - 1 teaspoon salt - 1 teaspoon vanilla - 1 cup chopped nuts - Sea Foam Frosting

### METHOD

Cream shortening, 1 1/2 cups sugar, and egg yolks until light. Add a few drops of milk if needed to cream sugar. Add chocolate and blend thoroughly. Sift together flour, baking powder, and salt. Add dry ingredients alternatively with milk to chocolate mixture, blending well after each addition. Stir in vanilla and chopped nuts. Beat egg whites until frothy. Gradually add remaining

1/2 cup sugar, beating until whites are stiff. Fold into batter. Turn into 2 greased and floured 9-inch layer cake pans. Bake at 350 degrees 30 to 40 minutes, or until cake springs back when lightly touched with finger in centre of cake. Remove layers from pans onto cake rack and cool. Frost with Sea Foam Frosting.

## SEA FOAM FROSTING

### Ingredients

3/4 cup granulated sugar - 3/4 cup brown sugar - 1/3 cup hot water - 1/2 teaspoon cream of tartar - 3 egg whites

### METHOD

Combine sugars in heavy saucepan. Add hot water and cream of tartar and stir to blend. Cover pan and slowly bring to simmer. Uncover pan and cook until syrup spins a long thin thread. Remove from heat. Beat egg whites until stiff. When syrup stops bubbling, pour over beaten whites in a thin stream, beating constantly until fluffy. Makes enough frosting for 2 layers.

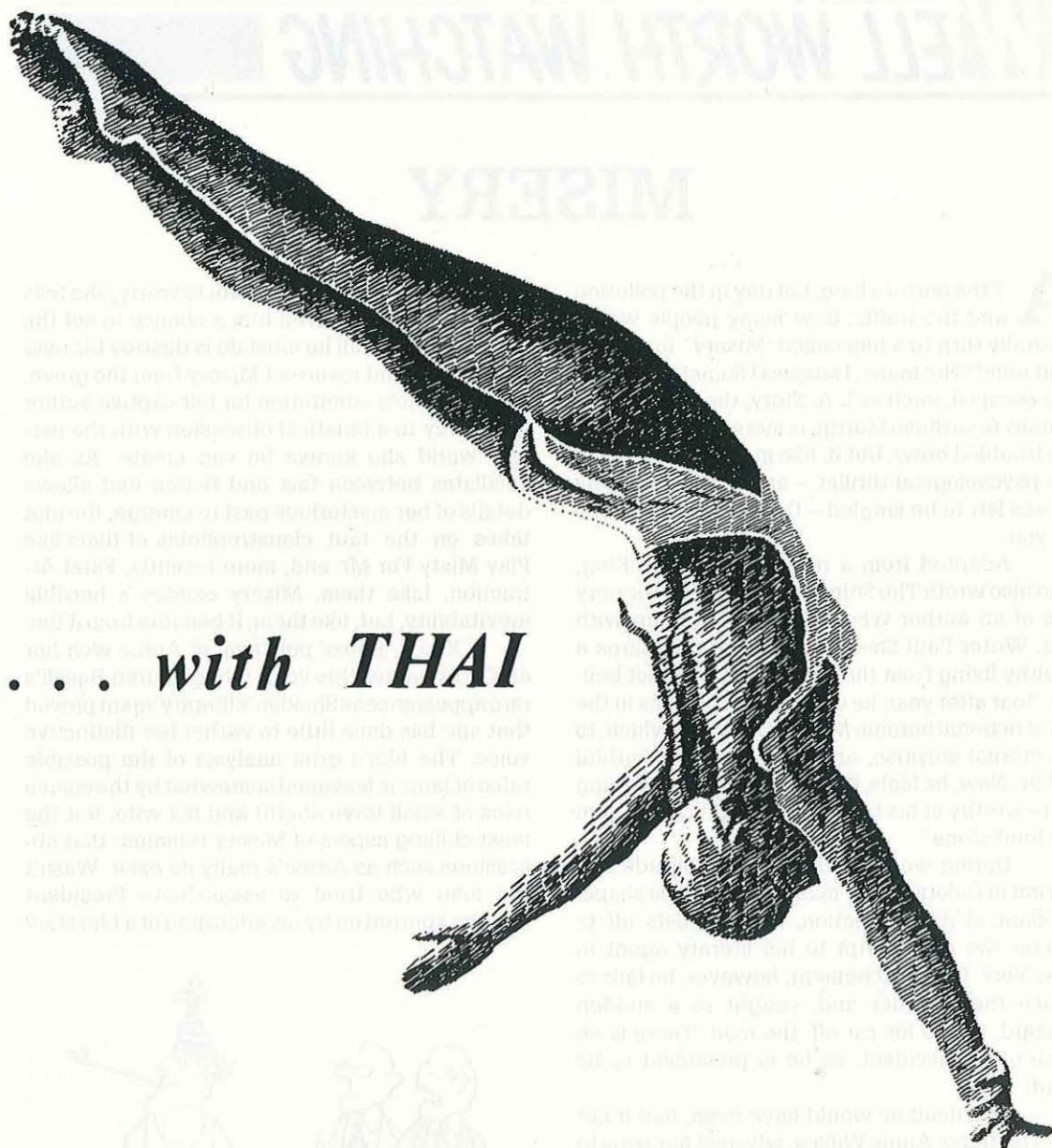
Ninki Mallet Maslansky



# World Class



# A WORLD CLASS MOVE



... with **THAI**

THAI INTERNATIONAL MOVING & STORAGE CO., LTD.



106 Soi Navasri 21 Ramkhamhaeng Road Hua Mark

Bangkok 10310, Thailand Telex: 81112 TIMOS TH

Tel: 314-1517, 314-2520/21 Fax: (662) 319-8238



# WELL WORTH WATCHING

## MISERY

**A**T the end of a long, hot day in the pollution and the traffic, how many people would naturally turn to a film called 'Misery' for a little light relief? Not many, I suspect! Something witty and escapist, such as L.A. Story, the latest comic fantasy from Steve Martin, is more likely to soothe the troubled brow. But if, like me, you are a fan of the psychological thriller – and if you have any nerves left to be jangled – then Misery might be for you.

Adapted from a novel by Stephen King, who also wrote The Shining, Misery tells the eery tale of an author whose fame catches up with him. Writer Paul Sheldon (James Caan) earns a healthy living from the sale of romantic pot boilers. Year after year, he churns out episodes in the life of fictional heroine Misery Chastane which, to his eternal surprise, are devoured by a faithful public. Now, he feels, it is time to write something more worthy of his talents, "something to put on my tombstone".

During weeks of disciplined solitude at a retreat in Colorado, the masterpiece takes shape. Jubilant at its completion, Sheldon sets off to deliver the manuscript to his literary agent in New York. In his excitement, however, he fails to notice the weather and, caught in a sudden blizzard, drives his car off the road. There is no trace of his accident, so he is presumed to be dead.

And dead he would have been, had it not been for nurse Annie Wilkes, who just happens to witness the crash and who prises him from the wreck of his car. A veritable angel of mercy and his "number one fan," she sets his fractures, eases his pain and ministers to his every need. As soon as the roads clear, she promises, she will take him to the local hospital, where he will recover in no time.

But there is more to this angel than meets the eye. Shocked by the "reality" of Sheldon's latest work and devastated by the discovery that her idol, Misery, has been killed off, Annie's grip on the here and now weakens and she becomes

more of a jailer than a saint. Not to worry, she tells Sheldon, God has given him a chance to set the record straight; all he must do is destroy his new manuscript and resurrect Misery from the grave.

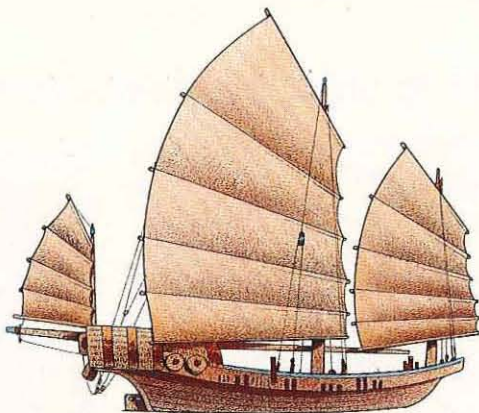
Annie's admiration for her captive author gives way to a fanatical obsession with the perfect world she knows he can create. As she vacillates between fact and fiction and allows details of her mysterious past to emerge, the plot takes on the taut claustrophobia of films like Play Misty For Me and, more recently, Fatal Attraction. Like them, Misery exudes a horrible inevitability, but, like them, it benefits from it too.

Kathy Bates' portrayal of Annie won her an Oscar earlier this year, while Lauren Bacall's rare appearance as Sheldon's literary agent proved that age has done little to wither her distinctive voice. The film's grim analysis of the possible price of fame is leavened somewhat by the cameo roles of small town sheriff and his wife. But the most chilling aspect of Misery remains: that obsessions such as Annie's really do exist. Wasn't the man who tried to assassinate President Reagan spurred on by his adoration of a film star?

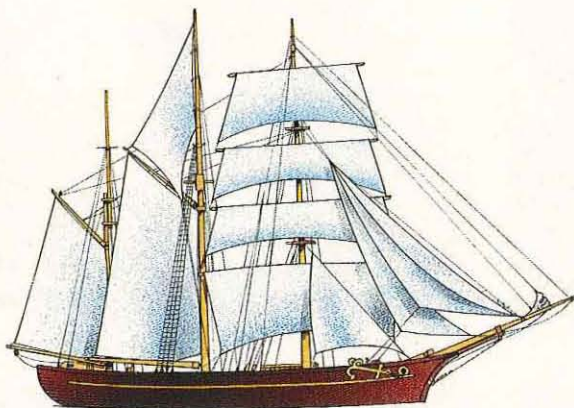


*"But he's the only one here who understands the Tax Office's stand on short-term redeemable shares, imputation-wise."*





# FAR EAST...



# FAR WEST...



# FAR BEST

For further information please contact your local Maersk office

## MAERSK BANGKOK BRANCH

231/2 South Sathorn Road

**Customer Service:** Tel: 211-5213, 211-0020, 213-0020

Telex: 82651

Telefax: 212-3426

**PORT OFFICE:** Tel: 249-1774, 249-8758, 249-8759

**BANGNA CFS OFFDOCK/ICD:** Tel: 398-0116

Fax: 399-1512-4



**MAERSK**  
- SERVICE ALL THE WAY.



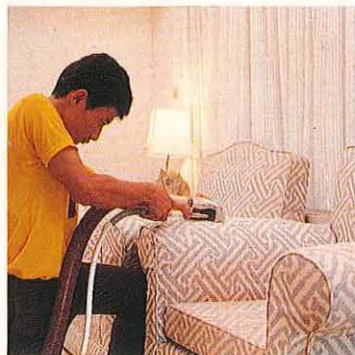
# Fully integrated services to meet the demands of all businesses



Security services



Carpet cleaning



Upholstery care



Eradication of mosquitoes  
and other insects



Termite control in the house



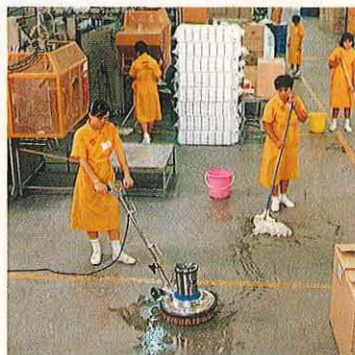
and on construction sites



Cleaning offices



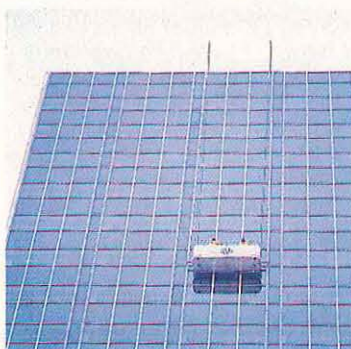
department stores



and factories



Interior and



Exterior window cleaning



With over 22 years' experience



# CHILDREN'S CORNER



## MAGIC NUMBER CARDS

### YOU NEED

- Seven pieces of card, or paper
- A pen or pencil

Make a set of cards like the ones shown in the picture. Hand someone the cards and ask them to think of any number between 1 and 90, but not to tell you.

They are then to hand you all the cards bearing the number they have chosen.

Even though the other person has not said a word you now know what number they chose.

How do you know? Well, the cards are specially designed so that all you have to do is add together the numbers at the top left corner of all the cards given back to you. Your total will be the number being thought of by your friend.

If by any chance this trick

should go wrong it is because your friend has not given you all the cards bearing his chosen number, or because he has given you cards that do not bear his chosen number, or because you have added up wrongly.

If it does go wrong for any of these reasons simply blame the spectators for not concentrating hard enough – and then try it again with someone else.

32	40	48	56
33	41	49	57
34	42	50	58
35	43	51	59
36	44	52	60
37	45	53	61
38	46	54	62
39	47	55	63

64	71	78	85
65	72	79	86
66	73	80	87
67	74	81	88
68	75	82	89
69	76	83	90
70	77	84	

4	23	46	69
5	28	47	70
6	29	52	71
7	30	53	76
12	31	54	77
13	36	55	78
14	37	60	79
15	38	61	84
20	39	62	85
21	44	63	86
22	45	68	87

16	27	54	81
17	28	55	82
18	29	56	83
19	30	57	84
20	31	58	85
21	48	59	86
22	49	60	87
23	50	61	88
24	51	62	89
25	52	63	90
26	53	80	

1	25	47	69
3	27	49	71
5	29	51	73
7	31	53	75
9	33	55	77
11	35	57	79
13	37	59	81
15	39	61	83
17	41	63	85
19	43	65	87
21	45	67	89
23			






8	27	46	73
9	28	47	74
10	29	56	75
11	30	57	76
12	31	58	77
13	40	59	78
14	41	60	79
15	42	61	88
24	43	62	89
25	44	63	90
26	45	72	

2	26	47	70
3	27	50	71
6	30	51	74
7	31	54	75
10	34	55	78
11	35	58	79
14	38	59	82
15	39	62	83
18	42	63	86
19	43	66	87
22	46	67	90
23			



# OCTOBER CALENDAR

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

	SAT	SUN	MON	TUE	WED	THU	FRI
				1 Ladies' Golf — 7 am Adult Ballet 9.30 am Bridge+ — 8 pm	2 Aerobics — 9 am Tennis & Squash Club Night from 6 pm	3 Ladies' Tennis — 8-11 am Ladies' Squash — 9-12 noon Darts — 8 pm BCT Club Night	4 Aerobics — 9 am Accumulator Night — 8 pm
	5 Children's Painting Lessons 1-3 pm Children's Ballet from 10.30 am Flicks for Kids — 6 pm	6 Flicks for Kids — 5 pm Tennis Afternoon — 3-6 pm Family Buffet from 5 pm	7 Aerobics — 9 am BWG Mahjong* — 9 am New Members' Night Happy Hour — 5.30-9 pm Men's Tennis Mix-In 6-8 pm Chess Club — 7 pm	8 Ladies' Golf — 7 am Adult Ballet 9.30 am Bridge+ — 8 pm	9 Aerobics — 9 am Tennis & Squash Club Night from 6 pm	10 Ladies' Tennis — 8-11 am Ladies' Squash — 9-12 noon Bambi Meeting Darts — 8 pm	11 Football Trip to Chiang Mai Aerobics — 9 am Accumulator Night — 8 pm
	12 Football Trip to Chiang Mai Trip to Koh Chang Children's Painting Lessons 1-3 pm Children's Ballet from 10.30 am Flicks for Kids — 6 pm	13 Football Trip to Chiang Mai Trip to Koh Chang Flicks for Kids — 5 pm Tennis Afternoon — 3-6 pm Family Buffet from 5 pm	14 Football Trip to Chiang Mai Trip to Koh Chang Aerobics — 9 am BWG Mahjong* — 9 am Happy Hour — 5.30-9 pm Men's Tennis Mix-In 6-8 pm Chess Club — 7 pm	15 Ladies' Golf — 7 am Adult Ballet 9.30 am Stamp Collecting* — 7.30 pm Bridge+ — 8 pm	16 Aerobics — 9 am Tennis & Squash Club Night from 6 pm	17 Ladies' Tennis — 8-11 am Ladies' Squash — 9-12 noon Darts — 8 pm	18 Aerobics — 9 am Accumulator Night — 8 pm
	19 Children's Painting Lessons 1-3 pm Children's Ballet from 10.30 am Flicks for Kids — 6 pm	20 Swimming Gala Flicks for Kids — 5 pm Tennis Afternoon — 3-6 pm Family Buffet from 5 pm	21 Aerobics — 9 am BWG Mahjong* — 9 am Happy Hour — 5.30-9 pm Men's Tennis Mix-In 6-8 pm Chess Club — 7 pm P.J. Marriot Quiz Night	22 Ladies' Golf — 7 am Adult Ballet 9.30 am Bridge+ — 8 pm	23 Aerobics — 9 am Tennis & Squash Club Night from 6 pm	24 Ladies' Tennis — 8-11 am Ladies' Squash — 9-12 noon Darts — 8 pm	25 Aerobics — 9 am Accumulator Night — 8 pm
	26 Children's Ballet from 10.30 am Children's Painting Lessons 1-3 pm Flicks for Kids — 6 pm	27 Flicks for Kids — 5 pm Tennis Afternoon — 3-6 pm Family Buffet from 5 pm	28 Aerobics — 9 am BWG Mahjong* — 9 am Happy Hour — 5.30-9 pm Men's Tennis Mix-In 6-8 pm Chess Club — 7 pm	29 Ladies' Golf — 7 am Adult Ballet 9.30 am Bridge+ — 8 pm	30 Aerobics — 9 am Tennis & Squash Club Night from 6 pm	31 Ladies' Tennis — 8-11 am Ladies' Squash — 9-12 noon Darts — 8 pm	November 2nd Halloween Party for all.



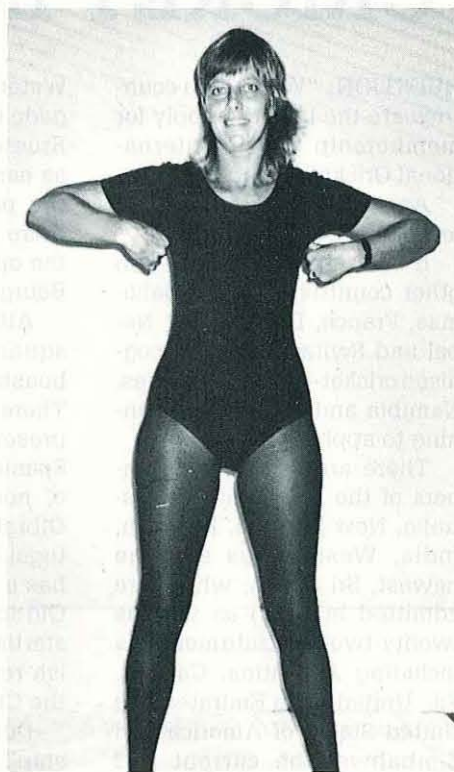
AEROBICS



AEROBICS



Pic. 1



Pic. 2

## ARM BENDS (MONKEY)

THIS is one of the best arm exercises. It works all the muscles in the arm with emphasis on the hard to work triceps.

Stand with your feet apart and your arms held out at the side as in Pic. 1. Now very firmly bring them under and in to your arm pits. (That's why its called Monkey) as in Pic. 2. Then you pretend you are carrying five pound weights in either hand and you lift them up to the side to the position you started with. It is important that you concentrate on lifting your arms rather than just bending and straightening them.

30 Reps.



*"As it happens, you're in luck.  
I can change a tenner."*



# CRICKET



# CRICKET

## CRICKET LOVELY CRICKET

**QUESTION:** "Which two countries are the latest to apply for membership to the International Cricket Council?"

**Answer:** "Belgium and Germany."

If selected they will join other countries like the Bahamas, France, Italy, Japan, Nepal and Switzerland as recognised cricket-playing countries. Namibia and Greece are planning to apply as well.

There are seven full members of the ICC (the UK, Australia, New Zealand, Pakistan, India, West Indies and the newest, Sri Lanka, who were admitted in 1983) as well as twenty-two associate members including Argentina, Canada, Fiji, United Arab Emirates, the United States of America and Zimbabwe, the current ICC Trophy holders, who by beating the Netherlands in June last year qualified to play in the cricket World Cup to be held in Australia early next year.

The Netherlands defeated an unofficial England side at the end of the 1989 season which came as no surprise bearing in mind the strength and depth of English cricketing talent and the fact that Holland has over 5,000 cricket players and over seventy clubs. The game has been played in the country for over a hundred years.

It is a familiar story elsewhere round Europe. Wisden, the cricketers' bible, reports that a match was played in Belgium in 1815 before the Battle of

Waterloo by officers of the Brigade of Guards. Evidence that Brussels Cricket Club existed as early as 1866 is on view in the pavilion at Lord's where there is a painting depicting the opening of the club by the Bourgmeste of Brussels.

Although it is only four square kilometres Gibraltar boasts five cricket grounds. There was a ground where the present airstrip stands. Five Spanish teams, mainly made up of non-nationals, play in the Gibraltar cricket leagues. Portugal, England's oldest ally, also has a long tradition of cricket. Old scorebooks record matches starting in 1869 between British residents and members of the Channel fleet.

During the Peninsular War a ship's surgeon, Mr Boutflower, FRCS, wrote: "We amuse ourselves in this place chiefly at cricket and from the ground where we play we can distinctly see the fire from the garrison of Almeida."

The Associazione Italiana Cricket was formed in 1980 and cricket is flourishing in leagues around Rome and in Lombardy and Luciana. In Scandinavia, the Helsinki Cricket Club was formed in 1974 and British embassy staff were responsible for Stockholm CC which first started playing in 1948. Cricket-mad West Indian immigrants started a club in Oslo in 1972, while railway engineers as far back as 1860 introduced the Danes to the delights of "flan-

nelled foolishness". In 1887 the first match of international status in Denmark took place when the KB club of Copenhagen took on a team selected from the crew of the Prince of Wales's boat, the Osborne.

Denmark played their first international against arch-rivals the Dutch in 1955 and fast bowler Ole Mortensen became the first Dane to play first-class cricket when he joined Derbyshire in 1983. Records even exist of an Anglo-American team playing at Tempelhof airport in Berlin in 1958 and the cricket tradition is still kept alive in Germany by cricket-playing schools like Husum in south Schleswig and Zuoz College in Switzerland. Germany plays Test matches against Austria.

Wherever the British went cricket followed - Burma, Brunei, Malaysia, Zambia, Thailand, the Maldives, Singapore, Bangladesh, Tanzania, The Falklands and Belize (who drew with Viv Richards's Antigua side in 1984). Corfiots learnt the game after the Napoleonic Wars and it is still played regularly in the summer in Corfu on the cobbled town square in front of the old Greek royal palace. Local clubs have romantic names like Byron, Ergaticos, Gymnastkos, and Phaex. For tea they have taramasalata sandwiches rather than the cucumber variety.

The founding fathers of cricket in its wide-ranging outposts around the world were





Hong Kong

## BUYING AND REFINANCING OVERSEAS PROPERTY

### **PACVEST CAPITAL THAILAND**

Owning property abroad is a sound investment, but it can be difficult and expensive. Now Pacvest Capital offers you an easy advantage with a credit facility that is both convenient and highly flexible.

Geared specifically to meet the sophisticated requirements of local residents and expatriates, Pacvest Capital offers a simple loan arrangement for property purchases in the US, Canada, the UK, Australia, New Zealand, Hong Kong,

Singapore and Malaysia. Pacvest Capital further provides the additional benefits of multi-currency conversion, loan restructuring and other tax efficient options to meet your individual needs. Call us and we will be pleased to arrange an appointment with one of our executives to advise on your property advantage.

TO APPROVED  
100%  
APPLICANTS

#### **PACVEST CAPITAL THAILAND LIMITED**

20/27-29 Soi Ruam Rudee, Ploenchit Road, Bangkok 10330, Thailand. Tel. 254-3690-2, 250-1310-2, Fax: (66 2) 254-2940

A Member of The Pacvest Group

For more details, please fax or send this form to Pacvest Capital Thailand Limited.



mostly British service people, missionaries or expats. The first reference to cricket being played in Argentina is in an English language paper, the British Packet, in 1826, reporting that Buenos Aires Cricket Club had been founded by 25 members who "have lately played some exciting games at that manly exercise". The pavilion at Palermo Park was later burnt down on the orders of Evita Peron.

Argentina have received seven tours this century from MCC and played England on nine occasions. They drew at Lord's in 1926/27 but last March beat MCC captained by Sussex captain Paul Parker. Argentinian cricketers frequently tour Peru and Chile. On their first tour to Chile in 1893 the whole party travelled everywhere by mule. Expanding coffee trade routes contributed to the growth and popularity of cricket in Brazil where the Rio Cricket Club was founded in 1872.

Cricket (which Samuel Johnson derived from "cryce", Old English for "stick") was first played as an eleven-a-side game in England in 1697 although Prince Edward's wardrobe accounts in 1300 mention expense on some form of stick and ball game. One of the oldest English clubs is St Albans CC established in 1660. The MCC was founded in 1787. The first representative game in the West Indies was in 1865 and the first inter-state match in Australia was in 1856. The first all-Indian club, the Oriental, started playing in 1848.

Curiously, the oldest of all international cricket, and perhaps all the world's sporting fixtures is the bi-yearly grudge match between the United States and Canada which began

in 1844. Last year it was played in the Bahamas!

The United States received its first visit from a professional side in 1859 which was the first ever overseas tour by an English cricket XI. The first official Test match was in 1877 between England and Australia. England lost! However, the first international between England and XXII of the US was played at Hoboken, New Jersey, in October 1859. England scored 156 and dismissed the States for 38 and 54. J. Barton King of the famous Philadelphia club which toured England in 1857 and beat Sussex and Warwickshire, is probably the greatest American cricketer. He once took all ten wickets clean bowled against Ireland in 1909.

Today cricket is played in most parts of the States. There are over 450 clubs and seventy leagues. Chicago Cricket Club dates back to 1876. Miners staged improvised cricket games during the Californian Gold Rush. In the thirties British movie stars formed the Hollywood Cricket Club which is still active in Los Angeles. Universities like UCLA, Harvard, Yale and Princeton all have cricket teams of sorts. The MCC B team under Tony Lewis toured the US in 1982.

Originally played by the British military, cricket has a big following in Canada where 300 teams are now involved competitively in eight provinces. One of the first cricket grounds was where the Montreal Exposition buildings now stand. The great W G Grace scored 142 against Toronto in 1872 and 1887 an all-Canadian-born team beat Derbyshire and Warwickshire. A century later India and Pakistan played an exhibition match in front of a

crowd of 40,000 at the Toronto Skydome. Soon that and Winnipeg's Assiniboine Park could be a major cricket venue like Lord's, the MCG (Melbourne Cricket Ground) and the Bridgetown Oval.

So perhaps could Cox Road, Kowloon, if the Chinese decide to take up the game! Hong Kong CC once lost a whole team in a typhoon in the China Seas while travelling for an inter-port needle match against Shanghai. With cricket catching on in more and more countries there is, of course, now more than one MCC. There is The Matta Cricket Club, the Maldives Cricket Club, the Mauritius Cricket Club (formed by Indian sugar workers) and there have even been rumours of impromptu matches being staged by joint members of the Diplomatic corps and the Moscow Cricket Club.

Cricket is played just about everywhere. The tiny island of Tristan da Cunha hosted the South Atlantic Ocean Championship cricket match in 1976. Norfolk Island has an annual "All comers v The Bounty" cricket match. Lord Howe Island is so small you can only bowl from one end!

A cricket-mad sheik built a cricket stadium in Sharjah after shipping over grass seed from Australia. The Kenyans have thirty clubs and have beaten an England A team. Israel sends umpires to England to learn the laws of the game. Soon we might see Devon Malcolm bowling from the Up Ha Beans end on the Pitcairn Islands. Few South Sea islanders play on Sundays but the Pitcairnese, being Seventh Day Adventists, do! Graham Gooch might also soon be leading a side out in Papua New Guinea where cricket was introduced to the



natives by missionaries as an alternative to cannibalism. The Papua New Guineans are very keen cricketers and even in the early days weren't discouraged by the Europeans' tendency to refuse to field after they had batted. They got to the semi-finals of the ICC Trophy in 1982 and next year will host the South Pacific Games in which cricket will play an integral part.

Cricket is long established in Fiji and was introduced in 1874 by ship passengers on a stopover from Sydney to San Francisco. Playing in bare feet and in their calf-length sulus on the figtreelined Suva Albert Park they narrowly lost to a team captained by David Gower in 1984. They are becoming an increasingly respected cricketing nation and boast one of the biggest names in world cricket – a certain Mr Ilikea Lasurusa Talebulamaineilikenamainav alniveivakabulaimainakulalak eba or, to friends, journalists and scorers all around the world, I.L. Bula.

With the revenue from next year's World Cup, increased government support, sponsorship and continuing goodwill visits by clubs and representative sides from the major cricketing nations, standards and facilities in smaller countries will improve and more giant-killing acts will undoubtedly follow. One giant-killing act this year was the defeat of Hong Kong by Thailand!

Nowhere is the growth in popularity of cricket more evident than in Thailand which last season boasted nine sides playing a mixture of league competitions, cup challenges and friendlies. Initially fostered by the Royal Bangkok Sports Club, who still provide two of the four grounds, the game has been given considerable impetus since 1985 by several hard-working enthusiasts, most notably Jack Dunford of the

British Club.

The Club itself has been pretty successful over the last few years with, for example, the B.C. winning the premier league title last season and the Pavilionnaires the Thailand Cricket League Six-a-Side Plate beating the BC in the final! Last season we also had tours to Chiang Mai, Malaysia and Indonesia.

This season starting in November, we would again like to ..... out two teams but really need some new talent to swell our playing membership. Whether you bat or bowl, whether you have been a regular club player or a Sunday afternoon enthusiasts there's a place for you.

Please come to the nets (next to the Club House) and prove you can still turn your arm over or strike the ball sweetly off the middle of the bat.

#### CRICKET NETS

Nov. 2nd & 3rd, 2.00 p.m.  
and every Saturday and Sunday thereafter.

## DARTS DARTS

LAST month both the Lions and Unicorns won and lost two games in the Airborne Express Tuesday night darts league.

In fact, for the past nine league games, the Lions have alternated between winning and losing – six of these games have ended up 4-3 (three games going each way) where failure to close was a major problem. Jim has settled well into the team registering 3 out of 4 singles wins.

Hopefully the Lions are now out of an inconsistent patch which was mainly due to regulars Middy and Francis being away on extended vacations and David leaving Thailand.

At the moment the Lions are in a useful 6th place in the league with eight games to play to complete the programme.

#### Lions Statistics

**Tons:** Frank 67, Middy 42, Paul 15, Jim 10, Ott 9, Francis 2, Andy 1 (including 3 180's from Middy)  
**Finishes:** Frank 40, Middy 38, Ott 20, Jim 13, Paul 11, Francis 7, Peter B. 4, ..... and .....



**Rogues Gallery:** Middy 13, Ott 13, Paul 11, Francis 9, Jim 5, Frank 5, Peter B. 5.

The Unicorns are going from strength to strength and are flying up the league table. Last month they registered two victories and two defeats. One of these defeats turned out to be an exciting game with Midnight Cowboy – Bernie scoring five tons in his singles games, including three consecutive tons but the Unicorns missed their chance on the double in the team game.

September was a very busy darts month with the Johnnie Walker Thursday night darts league starting up. The first six weeks of this league clashes with the Airborne Express Tuesday night league so for this period, in particular both the Lions and Unicorns will require additional players, so anyone interested in social darts please contact either Frank (231-0852) for the Lions or Orin (399-4582) for the Unicorns.

Frank

Ed: Darts got missed out last month, so here it is, and Frank promises to bring you right up to date in next month's issue.

## GOLF GOLF

### EVENTS for the Diary:

	Date	Course	Time	Event
Sunday	6th October	Thai C.C.	8.30 a.m.	VS GCLGC
Sunday	20th October	Muang Ake	10.30 a.m.	Medal/Veterans Round I
Sunday	3rd November	Bangpakong	TBA	Veterans Semi-Final
Sunday	17th November	TBA	TBA	VS British Embassy
Sunday	1st December	Ekachai	8.32 a.m.	Veterans Final
Sunday	15th December	Rose Garden	8.30 a.m.	Medal Final
Sunday	29th December	Rose Garden	8.42 a.m.	Club Event



Dugal accepting the shield from Lloyd.

### Recent Results:

#### Aussies VS Brits – Railway – 25th August

It could only happen in Thailand! – the Brits beat the Aussies – the results should be sent home to the Old Dart and used as a motivator for cricketers and football players. In a single stableford match, where the best ten results from each team counted, the Brits team recorded a total of 335 stableford points to the Aussies 301 – a comprehensive drubbing.



Winner	Al Rider	39 points	6	Keith Collins	33 points
2	Roy Barrett	36 "	7	Stuart Davy	32 "
3	Khun Metha	35 "	8	Eric Hudson	32 "
4	Phillip Barrett	34 "	9	Michael Bain	32 "
5	Peter Smith	33 "	10	Sriwan Forrest	31 "

Long Drives, Men's – Eric Hudson, Ladies' – Mariana Smith

### Pattaya Weekend – Bangpra/Siam C.C./Bangpakong 10/11/12 August

Another very successful weekend of golf and social activities in the southern holiday capital. The Italian dinner on the Sunday night was a raging success, with bottles of scotch won in the competition that day, finished off before bed-time.

Dimple Haig were the sponsors of the medal day at Siam Country Club, won by Dave Stewart. This is shaping to be a good year end tussle with some strong golfers included.

#### Bangpra – Saturday 10th August

##### A Division

Winner	Keith Collins	–	38 points
R/up	Dennis Farmer	–	33 points

##### B Division

Winner	Stuart Davy	–	34 points
R/up	Lloyd Houghton	–	32 points

##### C Division

Winner	Phillip Jackson	–	34 points
R/up	Bob Wallace	–	24 points

Long Drives, Men's – Eric Hudson, Ladies' – Felicity 4

#### Siam Country Club – Sunday 11th August

Result sheet lost – from memory

A Division winner and medal winner – Dave Stewart

B Division winner – Alistair Rider



Monthly medal winner Dave Stewart.



A long time between drinks – Alistair.



## Bangpakong – Monday 12th August

### A Division

Winner	Dennis Farmer	–	40 points
R/up	Peter Ingram	–	38 points

### B Division

Winner	Alistair Rider	–	36 points
R/up	Lloyd Houghton	–	35 points

### C Division

Winner	Sally Voravan	–	27 points
R/up	Phil Jackson	–	23 points

Long Drives, Men's – John Leneham, Ladies' – Judy Farmer

## Bangprakong – Sunday 8th September

### Cathay Pacific Captains Cup

When the ladies' section captain Lavita Hughes, put the challenge to Lloyd for a ladies' vs men's competition, interest in the match ran high. Conrad Clifford of Cathay Pacific quickly hooked the sponsorship for the intended annual event, got naming rights and provided two return air tickets to Hong Kong with accommodation as the main trophy and attended the day to present the trophies. Fantastic prizes – our thanks go to Conrad and Cathay Pacific for their generosity.

The competition format was finalised as a four-ball-better-ball teams event, with teams being drawn from a hat by each captain. Lloyd can't seem to take a trick these days with Lavita's team taking the Captains Cup by 370 points to 362.



*"Winners are grinners" – Roy and Dennis – air tickets to Hong Kong.*



*Ladies' Captain, Lavita, accepting Cathay Pacific Captains' Cup from Conrad Clifford.*

Winners	Dennis Farmer and Roy Barret	–	49 points
R/up	Simon Edmonds and Cheryl Lamb	–	47 "
3rd	Decho and David Williamson	–	46 "
4th	Judy Farmer and Dugal Forrest	–	46 "
5th	Les Vize and Gerry Fisher	–	45 "
6th	Ron Sparkes and David Newell	–	43 "
7th	Sue Plumlee and David Stewart	–	43 "

Long Drives, Men's – Dave Stewart, Ladies' – Sriwan Forrest



## Eagles Nest:

Some golf section members are a little confused with the Eagles Nest Concept. Let me try and explain. Two golf balls per outing are allocated to an increasing pool of balls to be won by the golfer who can put his second shot on a designated par four hole within the putter shaft of the hole. The eagles nest mole will be advised to everyone prior to the start. If two golfers get within the metal portion of the putter shaft on the same day, the balls will be divided amongst them. The pool of balls stands at 12 after Bangpakong.



*Runners up – Cheryl and Simon – Bangpakong*

## Farewell!

I have written the Golf Section publicity items for three years now, but will be returning to Australia at the end of September. Brian Hughes will take up the responsibilities for publicity and my thanks go to him.

To those members of the British Club and the Golf Section, whom I fail to catch up with by the time of departure, farewell and thanks, I have enjoyed your company and your competition immensely and will miss it.

Dennis N. Farmer

# LADIES' GOLF LADIES' GOLF

I do hope that September will see the return of many of our members who have been on leave. August seems to have arrived and gone before I realised, perhaps this was due to the fact that the children were home and time never stood still. There isn't very much to report this month except that shock waves are still being felt in all golf and bridge circles since the news of Judy's departure. Needless to say we will be having a farewell very soon for her. Watch out for the date.

## Subscriptions

May I remind some of you that subs are still outstanding please check with the Treasurer if you are one of those that only paid for six months.

## New Handicap

Congratulations Anke, 36 to 34. Well done.

## Thank yous

I would like first to thank SHARON for doing a fantastic job as Treasurer while Gill was away. Also big thank you to Judy, Gill and Penny who helped start while I was away in the U.K.



## Forthcoming competitions

October	1st/2nd	Shirley Stewart Bowl – strokeplay
October	8th	Par Bisque (strokeplay, score counts for medal No. 13)
October	15th	7 club and putter
October	22nd	Stableford
October	29th	Strokeplay LGU Medal No. 14

## RESULTS

### TUESDAY 6th AUGUST – MUANG AKE – BLIND PARTNERS

1st Alice and Debbie  
2nd Anna and Penny

Near pin 12 Magda  
Near pin 17 Anke

### TUESDAY 13th AUGUST – RTAF – STABLEFORD

Silver Division Winer	–	Judy
R'up	–	Wil
Bronze Division winner	–	Anke
R'up	–	Inge

Near pin 4 – Nena  
Near pin 13 – no one

It was felt that we should perhaps not return to this course for a while. The starter was most rude to us and the course although very challenging lacked attention.

### TUESDAY 13th AUGUST – RTAF – STABLEFORD

Silver Division winner	–	Judy
R'up	–	Anne Marie
Bronze Division winner	–	Anke
R'up		Penny c/b Anna

Near pin 6 – Anne Marie  
Near pin 12 – Penny

### TUESDAY 20th AUGUST – MUANG AGE – 3 THROW OUTS

Silver Division Winner	–	Judy
R'up	–	Wil
Bronze Division Winner	–	Anke
R'up		Penny

## Welcome and Goodbyes

We welcome this month Caroline Sterner who has already had a few games with us, but we will now not see her for a while – she is busy learning Thai.



# The Choice is **AVIS** in Thailand

**AVIS**



Executive Choice

**AVIS**



Family Choice

**AVIS**



Group Choice

**AVIS**



Fun Choice

**OFFICIAL CAR RENTAL FOR  
WORLD BANK/IMF  
ANNUAL MEETING 1991  
BANGKOK/THAILAND.**

**AVIS**  
**RENT A CAR**  
We try harder.

// 1989/90/91 BEST CAR RENTAL  
COMPANY  
ASIA/PACIFIC REGION  
CONDUCTED BY TRAVEL TRADE GAZETTE ASIA  
AND PATR TRAVEL NEWS ASIA/PACIFIC  
1990 BEST CAR RENTAL  
COMPANY  
ALFRED AWARDS  
CONDUCTED BY CORPORATE TRAVEL MAGAZINE //

Bangkok Central Reservation 2/12 Wireless Road, Tel: (02) 255 5300-4, Fax: (66 2) 253 3734  
Bangkok • Chiang Mai • Chiang Rai • Hua Hin, Cha-Am • Pattaya • Phuket • Samui • Hat Yai



# **AROUND THE WORLD IN EIGHTY WAYS**



## **Schenker Household Removals**

Wherever your destination, whatever the route,  
Schenker are there; Schenker can do it.

We were already a leading worldwide Household Remover  
when Phileas Fogg set forth.

We still are now in more than 100 countries all around the world  
Call Bruno Disch or Ms. Yupayao Srivatanachai at



### **SCHENKER (THAI) LTD.**

3683 RAMA IV ROAD,  
KLONGTOEY, PHRAKANONG  
BANGKOK 10110

### **DEMENAGEMENTS**

RENSEIGNEMENTS EN FRANÇAIS  
DEMANDEZ : M. JOHN QUARMBY

TELEPHONE : 259-7640-51  
FAX : 259-7652  
TELEX : 82517 SCHEBKK TH



We are very sad this month to lose a very staunch member JUDY. We will surely miss you and all the help and support you gave the group as ex-Captain, handicapper and all the million and one jobs that you took on at the very last minute, can you find a replacement? Good luck and hope you manage to get a lot of golf and bridge in Melbourne. Lastly, make sure you rent a big house you WILL be getting visitors!

Lavita

## RUGBY



## RUGBY

### DEAR Rugby Fans and Sufferers

You may have noticed the rugby scene in the British Club has changed just the tiniest weeny bit from the usual macho sport it was. Very slowly, the female element is creeping into the club. They now have a lady (woman) social convener, which is quite an unusual feat for a club in Bangkok to say the least. She has even been seen to attend the Section Meeting, after being briefed by the other wives and girlfriends to use her voting rights and stop the men from going off to exotic places on tour. Who knows we might see the day the ladies, in their capacities as nurses, childminders, cinematographers, water bearers, alarm clocks etc. accompany the men.

A newsletter appears bi-weekly with lots of interesting info. Most people find it very good toilet reading, and at the moment research is being done into the possibilities of printing the newsletter directly onto a loo-roll.

Now we hear, there is a Night out with the Ladies every month, where the boys are taking out their ladies to a different restaurant every month. A lot of people have been turning up, and a good night is generally had by all. Not only rugby players and companions are invited, anyone who would enjoy a good evening with dinner and chat is welcome. Previous restaurants have included, The Bua, Rama VI Road; Nick's No 1, (Hungarian); Mike O'Henry, (Dutch), Sukhumvit; Jools, Soi Nana - where a free meal was offered by Kim Fletcher, the owner, and Bei Otto's (German). Plans are in the making to have a dinner cruise on the Chao Phaya River and a weekend away with families. Most of the men seem to enjoy having their wives or girlfriends around and of course it serves two purposes. Although they (the men) might not realise it, if they keep us happy, we will not moan too much when they want to go on tour.

The next major event for the Section will be the INAUGURAL RUGBY DINNER DANCE at the Oriental, on OCTOBER 19th, from 7 pm, where the rugby ladies and (gentle)men will hopefully be joined by anyone who fancies a good dinner and dance. As it says on the poster, cricketers, footballers, squashers, tennisers, sunbathers, ladies and gentlemen of leisure are all invited. Music will be provided by the Chulalongkorn Band which some of you might remember from last year's Christmas Party on the backlawn of the British Club. It is a 30 piece band that plays all kinds of music from Glenn Miller sounds to New Kids on the Block or whatever they are called. The Rugby Section is donating a considerable amount to charity, which is not the rugby players themselves or even the chairman and his wife, but SKIP.

Recently, alternative methods of raising funds for SKIP have been tested and tried. The last one was in the Churchill Bar where bets of 20 baht were taken on one of the visiting captains drinking 2 pints of beer in less than 6 seconds. He won, so 1,200 baht was donated to SKIP by the boys.

Rugby shirts in the new colours pink and black have been sold to players and visiting teams. The initial shock of pink for boys??? soon gave way to a feeling of "Hey, this is nice".

Dinner Dance Tickets are on sale at the British Club desk, and we will soon attack you with raffle tickets once again.

We, the wives and players of the Rugby Section hope you will all join us in making the 19th of October a great night. Lots of nice prizes are to be won, a chance to win a doorprize is included in the tickets which at 900 baht are surely a snip. Also with Max Boyce cancelling his tour, fans can transfer their funds toward the dinner at the Oriental and be entertained by some of the funniest people in Bangkok.

'B'



# SOCCER SOCCER

## HI Gang,

Here we go! Back for another season in the sun. The intrepid travellers and vacationers have returned from the hills and glens, the fields forever England and the valleys, to the Land of Smiles, whilst those of us who remained here over the summer, to Captain sundry industries vital to the interests of the human race, are beginning to dry out and let our livers recover from the enhanced frequency and duration of visits to that certain street with Wild West associations during the ritual temporary mid-summer separation from the "naaj baan" (better-half). Normality to the football section means games and after a longer than normal absence we are back to the old routine.

## MATCH REPORT:

Three matches to report on since we resumed. The first saw a scratch side line up against the International School Bangkok in the now traditional warm-up fixture for them as they start the build up towards their premier international tournament against other International Schools, IASIS. Steve Casteldine is again coaching the school team and he turned out for them to give a touch of experience and instruction from the field of play. This fixture resulted in a 6-1 reversal for us last year but despite not having many regulars available we were to turn the tables this year. Experience won out against youth and we ran out easy 4-1 winners. The first two goals came from Jim Boyd headers starting out where he left off from last season by dominating the air in the opponents penalty box and putting away two Colin Hastings corners. Steve Casteldine's half-time talk to the School could not stem the tide and Nigel Oakins notched a third early in the second half. We were well on top by this time and Alex Kondras our goalie of the season before last and guesting at left back whilst on leave in Thailand was on the spot to notch number four. Actually he was in the wrong place at the right time as he was there owing to the fact he'd run out of 'puff' from the previous overlap but in fairness to the big man he had a cultured game in this unfamiliar position. The school notched a late but deserved

consolation goal.

The following week a combined first and second team returned to our new home of Kasetsart University to play a team of students. This was another enjoyable game although the playing surface couldn't match that of ISB which is lush these days after the summer break. The students, like their ISB counterparts, were to prove no match for a stronger British Club side and we ran out 4 to nil winners. Jim Boyd opened the scoring off a Brian Lewis corner (dejavu). Newcomer Steve Wonder scored the second to cap a promising debut although he did fade towards the end. John Gallacher returning after cracked ribs scored his statutory goal and missed his statutory three whilst another injury victim Andrew Anastasi showed there is life after a hernia by notching the fourth. Some excellent football was played and competition for places is going to be hot this season.

The last game at time of press was the return leg against the School team. Casteldine, unhappy with the previous week's drubbing had requested a rematch and since the pitch really is in 'mint' condition we readily agreed despite the prospect of two matches in two days for half the players. Steve had obviously done some intensive coaching and more than a little motivation as it was a far more 'fired-up' side we met. Theoretically our side was stronger than the one which won 4-1 but some theories do not stand up to the test and it looked that way when the ISB took a one nil lead. Despite some tired limbs from the Kasetsart game we raised our game a gear and equalised through-yes a Brian Lewis corner this time nodded back by Jim Boyd for Ron Aston to head down and over the line. What was that one about the Welshman, Scotsman and Englishman? Not long after that the ISB Keeper could not hold onto a rasping Ron Aston slot, after a brilliant turn and Paul Walpole pounced on the rebound to force the ball home. After that it was end to end stuff with the ISB squad of 18 used in rotation against our 12 finally telling mid way through the second half when they scored an excellent equaliser to make the score 2-2. We weathered their sustained pressure over the last fifteen minutes for a creditable draw. Unfortunately just before the equaliser Ron Aston had to go off with a recurrence of his hamstring



injury which caused him to miss a few games last season. We did not hit the same rhythm as in our opening two matches but deserved a draw and the run out was great for building stamina and honing the timing which understandably is still a trifle rusty. Special mention must go to Nigel Howard, son of the (in)famous 'Ratcatcher' who had an excellent game for ISB. His Dad can be proud of him and it won't be long before he will be doing the BC a job (we've always wanted a youth policy). Best performers for the BC were, Paul Barber who has been solid in goal and Alan Morton who revels in the softer surfaces.

## POST SCRIPTS:

Much has been happening off the field also as the enlarged committee has met and decided on many changes. finances have been a problem and to balance the budget a section 'joining fee' of 250 baht had been imposed with an annual subscription of 250 baht also. The joining fee is to be levied after a person plays three games for the Section with the annual fee due at the same time and thereafter every July. This has been necessary to meet the ever increasing cost of pitch hire/league fees as we are not in the favourable position of having the Club provide facilities for field sports like they do for some the other Sports Sections.

Entertainment-wise it is planned to start the season with a 'bingo' night at the club, more news of this in the next edition. In addition you may have seen the 'BC Belles' coming around peddling 'Pick-the-team' fund raising cards. Your participation in this game of chance is appreciated. For your 20 baht you could win 500 baht.

October/November is the touring season for the Section and as usual we plan on our annual trip to Chiang Mai which this year is from October 11th thru 14th. Per previous years we will take a large party with two British Club teams competing in a quadrangular tournament for the Chiang Mai 'Elephant' currently held by Chiang Mai University Faculty. Special thanks go to Pat Barber and Ron Aston for agreeing to organise this mega-tour.

November sees the annual Manila excursion for participation in the prestigious Carlsberg 6-a-side Tournament and arrangements are well in advance for this. To cap it all we are currently investigating a first ever excursion to Vietnam. More of these as they unfold.

Congratulations go out from the section to Tommy 'Here we go' Keenan who over the sum-

mer signed the ultimate contract and married the lovely Nong back in his native Liverpool. Nong has been a regular supporter of the team over the past year and all in the section wish her and Tommy a long and happy marriage. Congratulations! Tom's stag night, incidentally, was a major social event down Sukhumvit way with a certain hostelry known to many of our footballing fraternity turning over more beer on that night than the rest of the month put together. The tequila went down well also.

After an absence of two months from OUT-POST, readers will be reassured that some things never change so as always we finish on a serious note.

A scruffy tramp approached the local vicar and asked if he had any odd jobs needing doing.

"Do you know anything about church bells?" asked the vicar. "I think the clapper's busted on ours"

"Well," said the tramps, "I could have a look for you."

So he clambered up into the belfry, and soon he called down that the clapper was indeed broken.

"That's a shame," said the vicar "I wanted to ring the bell tonight."

"I can do that for you," said the tramp.

And with that he jumped at the bell, hitting it with the side of his head and making it ring.

"That's great!" said the vicar. "Can you do it again?"

The tramp jumped at the bell again, missed, and flew out the window, crashing to his death on the ground far below.

A crowd soon gathered, and the local constable rolled up.

"Does anyone know the name of the deceased?" he asked.

"Well I don't know his name," said the vicar, "but his face rings a bell"

\*\*\*\*\*

There's this woman goes to see a Chinese plastic surgeon.



"I just can't get a boyfriend," she says. "Can you help me?"

So the doctor asks her to undress. Then he asks her to bend over and put her head between her knees.

"Ah!" he says. "You have Zachary Syndrome."

"Zachary Syndrome?" says the woman. "What's that?"

"Face zachary same as bottom," says the doctor.

\*\*\*\*\*

How do you get down off an elephant?

You can't - you get it off a duck.

\*\*\*\*\*

See you next month

'Scoop'

## SQUASH SQUASH

A lot of competitive squash has been going on in recent weeks so let's catch up on a few of the results.

In the annual encounter against the Royal Bangkok Sports Club, which is known as the Dawee Cup, we lost a thrilling match by 5-4. The tight overall score was mirrored in four of the matches which were 3-2 efforts. Welcome to the new club number 1, Shane Hagan, who is a real class player and on this occasion beat Peerapon, Thailand's number 1 by 9-3 in the fifth having been 2-1 down in the match. Peter Corney, playing at number four, recovered brilliantly from losing the

fourth 9-0 to take the fifth by 9-4. Tony Austin, at number five, put in a great effort to level his match at 2-2 but found he'd used too much steam and lost the fifth 9-2. Tom Olsen, at number seven, saw his opponent pull back to 2-2 after being 2-0 down. However, Tom had lulled him into a false sense of security and took the fifth 9-6 to crown a fighting performance. Full results are given below along with a photo of our gallant "lads" above:-



*The lads*

Peerapon	2-3	Shane	4-9, 9-6, 9-4, 8-9, 3-9
Todd	3-0	Rod	9-2, 9-1, 9-4
Visarut	3-0	Bernie	9-2, 9-1, 9-5
Jate	2-3	Peter	0-9, 10-9, 4-9, 9-0, 4-9
Tewadol	3-2	Tony	10-9, 1-9, 4-9, 9-4, 9-2
Krida	Walkover	Colin	
Burapa	2-3	Tom	6-9, 6-9, 9-3, 9-5, 6-9
Songkran	1-3	Tim	7-9, 9-6, 8-10, 8-10
Sak	3-0	Guy	9-1, 9-4, 9-6

Against the Hong Kong Cricket Club we fared rather better and earned an excellent 5-2 victory. The cliff hanger in this match was a 3-2 battle with Sian Turner putting in a great performance but coming off a slight second to her very fit opponent.



Full results were:-

BC	KHCC	RESULTS
Shane	Denis	3-0
Bernie	Graham	0-3
Peter	Cathy	3-0
Sian	Angie	2-3
Colin	Bob	3-1
Tom	Simon	3-0
Guy	John	3-0

Well done team!

Although still competitive but on a slightly lighter note a Sunday handicap was held on August 25th. I'm grateful for this report from Sian Turner:-

"Twenty-six members fielded and all flights were represented. The matches, almost without exception were "thrillingly close," well done handicappers. The most exciting match award was won by Guy Hindley and George Dunford.

Mike O'C and Shane Hagan also had a great match. Mike pursued every point with gusto & determination. G'd on ya Mike.

Shane in the final missed few points to whip the prize from a Singa-ring-in.

David Bennington won the Ed Batchelor Band-Aid award: he was carried out on a stretcher sure to return in future with more rubber around than Eddie. (sounds rude to me - M.L.)

The most grateful and gracious player was Ken Johnston who almost slid through his opponents legs in a gallant effort to reach the ball ... the round black one. (sounds even ruder - M.L.)

Most complete misses	-	Mike O'Connor
Noisiest player	-	Peter Corney
Sweatiest player	-	Tim Mitchell
Least points scored	-	Joan Adams

All in all, a great competition. Thanks to all who helped and enjoyed."

Later this month we should be having one of our squash weekends at the Dusit Resort, Pattaya with local lad, Bernie Adams, making the arrangements. He has a fiendish scheme smouldering in his brain for how to handicap people, or was it knee cap people? Anyway I'm sure a good time will be had by all. See noticeboard for details.

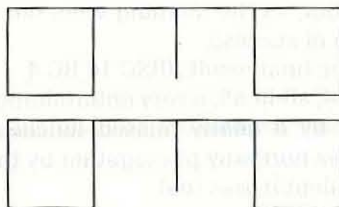
By the way, we are looking for some new "blood", not necessarily blue but preferably clean and healthy, on the Squash Committee. The blood should be contained in a squash playing body with brains as an optional extra. If you have any special talents that would also be nice but the real requirement is that you are interested in squash and want to get involved with a fairly friendly mob which comprises the committee. If you are interested put a note in the squash pigeon hole and we'll contact you. Alternatively give Suzanne Olsen a rign and she'll reveal all (not a bad offer eh.?!)

Talking of Suzanne here is another of her "Olsenics" to get you fit for squash, gently does it:- Try the following squash exercise to improve:

- timing
- footwork
- cardiovascular fitness
- lower body strength

Stand on the "T" with light (1-2kg maximum) weights in each hand.

Push off with the left foot and step sideways with the right foot.





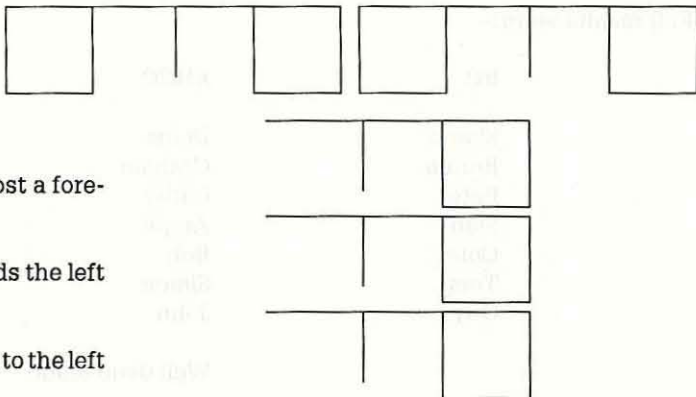
Bring the left foot to the right foot and pushing off again with the left foot step towards the wall with the right foot facing the wall.

Bring the left foot into position and ghost a fore-hand swing at an imaginary ball.

Push off with the right foot, step towards the left wall with the left foot.

Bring the right foot to the left and repeat to the left wall with a ghosted backhand swing.

Work up to 40 consecutive ghost swings without a pause, moving from side to side as quickly as possible.



## TENNIS TENNIS

### ANNUAL FIXTURE V. THE ROYAL BANGKOK SPORTS CLUB

On Sunday 8th September 1991 the British Club tennis stalwarts were seen to be drifting into the Club grounds from 8.00 a.m. onwards. It was very obvious that true to form, certain players had been training for this match. Some of them had been training all night and appeared distinctly jaded and had obviously "peaked" some time earlier.

The R.B.S.C., as usual, turned out at the right time with their team a blend of experience and talent, most of them having both.

The match started and it was not long before the BC cruised into their usual position, second. But, as the morning wore on, we had a modicum of success.

The final result RBSC 16 BC 4.

But, all-in-all, a very entertaining morning followed by a nearly missed luncheon buffet, which was hurriedly put together by the kitchen and excellent it was too!



The format of the match was:

9 men's doubles, 6 ladies' doubles, 5 mixed doubles, of which the BC won 2 men's doubles, 1 ladies and 1 mixed.

Thanks to everyone who took part and thanks to the RBSC for being so humble in victory and so patient with our performance.

Bernie Adams



# COMMITTEE



**BRYAN BALDWIN**  
Chairman  
(Personnel)  
Office : 225-0255  
Home : 399-4582  
Fax : 224-3391



**JACK DUNFORD**  
Vice-Chairman  
(Personnel/ House & Grounds)  
Office : 236-0211  
Home : 286-1356  
Fax : 238-3520



**ANDREW SIMONDS**  
(Hon. Treasurer/ Personnel)  
Office : 236-5227-9  
Home : 286-5385  
Fax : 236-5226



**FRANK CROCKER**  
(Entertainment)  
Office : 375-2921  
Home : 585-0471  
Fax : 375-2925



**MIKE O'CONNOR**  
(Membership/Finance)  
Office : 233-4948  
Fax : 236-7922



**TERRY DOCKERTY**  
(Membership)  
Office : 236-5114  
Home : 239-4747  
Fax : 237-2229



**PHIL EVANS**  
(Club Development)  
Office : (035) 261-668-73  
Home : 270-1684  
Fax : (0011) 6635-261667



**DUGAL FORREST**  
(Club Development)  
Office : 398-3807  
Home : 258-7640  
Fax : 399-1564



**TONY AUSTIN**  
(Sport)  
Office : 278-1557  
Home : 381-2240  
Ffax : 271-2145



**JOE GRUNWELL**  
(Sport)  
Office : 541-1970  
Home : 279-4033  
Fax : 541-1970  
ext. 2372



**KEITH BELL**  
Club General Manager  
Office : 234-0247  
Fax : 235-1560



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



# ACTIVITIES

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

AEROBICS	-	ASHA WIJEYEKOON	213-2134
BILLARDS/SNOOKER	-	RON ARMSTRONG	390-2445
BRIDGE	-	ELAINE & DARRYL HENNIG	331-5983
CHESS	-	JAMES NICHOLS	236-8834
CRICKET	-	BRIAN LEWIS	253-0557
DARTS	-	FRANK HOUGH (LIONS)	231-0852
		ORIN BALDWIN (UNICORNS)	399-4582
GOLF	-	LLOYD HOUGHTON	252-0435
LADIES' GOLF	-	LAVITA HUGHES	391-2688
OUTPOST	-	MAREN WHITE	258-1481
RUGBY	-	JOE GRUNWELL	541-1970
SCUBA DIVING	-	CHRISTIAN BOUTEILLIER	279-5373
SOCCER	-	ALEX FORBES	260-1950
SQUASH	-	SUZANNE OLSEN	249-1998
STAMP COLLECTING	-	JACK DUNFORD	236-0211
SWIMMING	-	SEE NOTICE-BOARD	
TENNIS	-	JULIA FREEMAN	287-1268



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

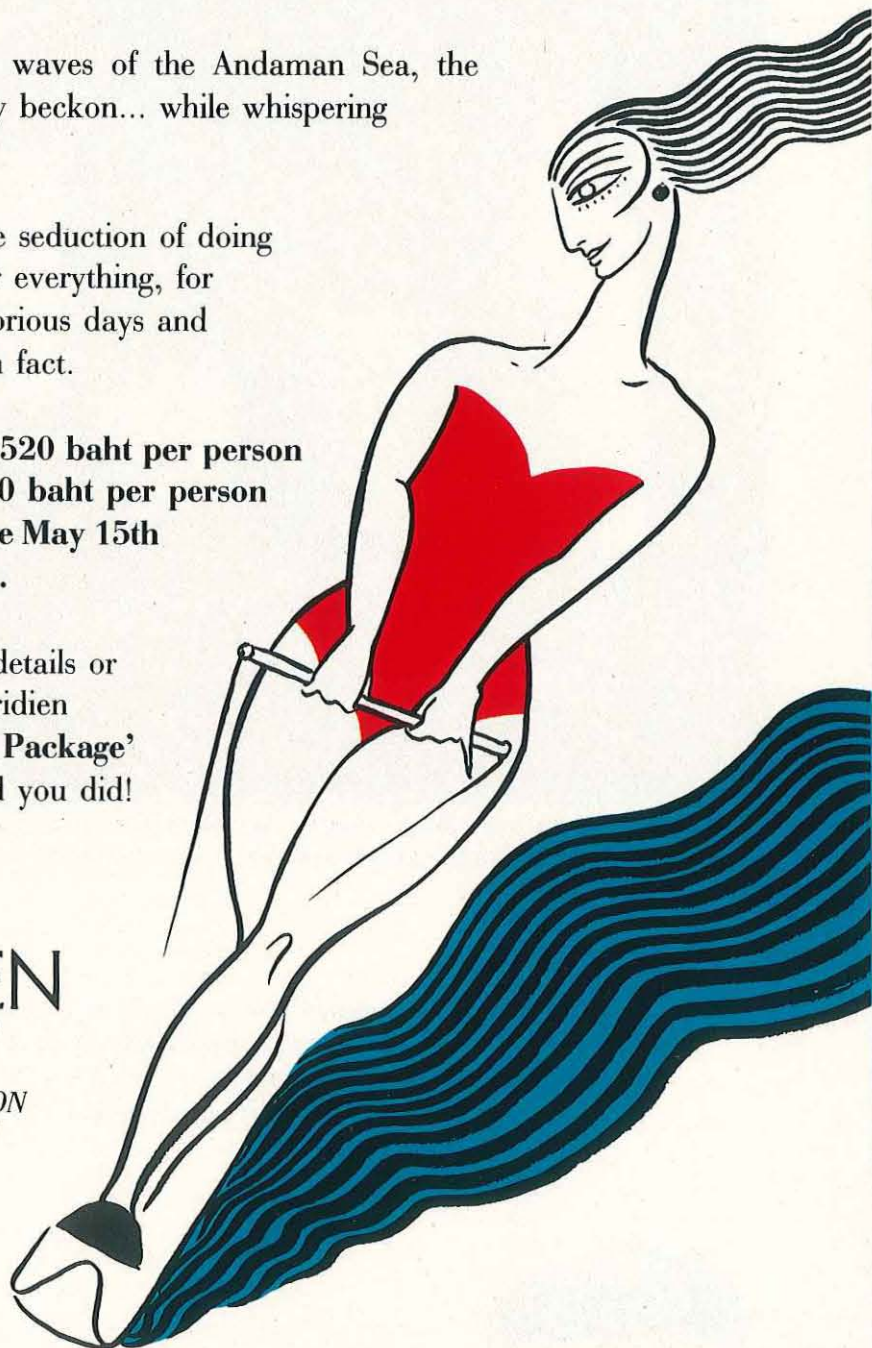
Lapped by the gentle waves of the Andaman Sea, the soft sands of Relax Bay beckon... while whispering casuarinas call...

Go on, succumb to the seduction of doing absolutely nothing... or everything, for a few days – three glorious days and two heavenly nights, in fact.

And it's all for just 2,520 baht per person (twin share). Or 4,420 baht per person (single room). Effective May 15th to October 31st 1991.

Call 254-8147-50 for details or reservations on Le Meridien Phuket's 'Celebration Package' today – you'll be glad you did!

*Le*  
**MERIDIEN**  
**PHUKET**  
*TRAVEL COMPANION  
OF AIR FRANCE*



Maneeya Center Building, 15th Fl., 518/5 Ploenchit Road, Bangkok 10330.





WINERY LAKE CHARDONNAY • WINERY LAKE PINOT NOIR • DIAMOND MOUNTAIN RANCH  
CABERNET SAUVIGNON • THREE PALMS • DIAMOND MOUNTAIN RANCH CHARDONNAY

Three of Sterling's vineyards produce wines of such distinctive character that they are not blended, but bottled separately and labeled with the vineyard's name. These three vineyards are the highly acclaimed Winery Lake, Three Palms, and Diamond Mountain Ranch—three of the most famous names in all of Napa Valley.



STERLING VINEYARDS.

CALIFORNIA  
WINE

STERLING VINEYARDS, NAPA VALLEY, CALIFORNIA