

October 1993

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CONTRIBUTIONS

If you would like to contribute to Outpost Contact Bea Grunwell on 2589509. All photographs _ articles should be received by Bea on 1st of each month.

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FROM THE EDITOR

Dear Readers,

hat excitement this month. Baroness Thatcher was in the land and everyone had to go and see her. Wasit for breakfast, lunch, coffee, afternoon tea or a shop in M&S, did the whole British community meet her Ladyship, I hope so. The British Club received Lady Thatcher and her assortment of bodyguards, press gang, embassy staff, for Afternoon Tea. The "Lords" restaurant was buzzing with bods, all but one or two of the Clubs male members were dressed as 'usual', in suits and ties. After all Lady Thatcher wanted to meet expat families in their normal surrounds. The ladies were all dressed in BWG worthy outfits, the children thought the Queen of England was visiting, or Santa Claus at least. Noses were pressed on the window, from the inside and later on from the outside too. "She's coming, she's coming", the children had spotted "the car" and Keith was informed via his walkie talkie that Madam was on her way in.

She, of course, had to sign herself into the Club in the visitors book. Unfortunately, you won't be able to see the famous signature for a few weeks, as the signing was done on a separate piece of paper, which later, will be framed with a nice photograph.

Everybody stepped aside to make a path for Lady T. and entourage and she informed us she'd been shopping in a well known silk shop and all she wanted was a cuppa tea.



Which of course she did not get straight away, iced water first. She did, however, get her cup of tea, brilliantly served on a tray (remember your plane trips home, boys and girls), by one of the glove clad lady staff members.

Well, afternoon tea it was, although beer and other refreshments were served as well, the tables round the sides of the room were absolutely laden with goodies. George and staff absolutely outdid themselves, so much so in fact, that whispers went round the room, that "this affair was catered for by Hotel". Keith was quick to explain that although the crockery was borrowed from one of the hotels, the food was all cooked and prepared by BC staff. Congratulations, it looked and tasted wonderful.

Everyone there, or at least I think almost everyone there, got to speak to Lady Thatcher. She did most of the talking though, and it is surprising what an array of conversation one person can come up with.

We all enjoyed it, unfortunately, the heavens burst wide open when her Ladyship left, which gave her no chance to wave at the people kept at a "safe" distance by the security people, but she sends her love anyway.

Of course the gossip surrounding this event is a matter which can safely be mentioned in this article. It ranged from "Keith Bell is having a private leaving party on Sunday and he has invited only his "close" friends", including Lady T. I suppose, to: "Are you going to the Club on Sunday?" "No, what for?" "Oh, never mind, you were obviously not invited." To: "So and so has been crossed off the list, because the security people did not think he/she came up to scratch." To: "Did you hear that so and so has been invited, well I don't know why", "he/she has been and I'm not." To: "I have been invited but I don't want to meether." So there you go, a whole range of feelings, but those that were there, wanted to be there and enjoyed meeting her and had a good time. The photographs are further up in this issue, I hope you'll enjoy them. There was no time to put names to faces, but it will be nice to guess who was there and spot a familiar face or two.

Also in this issue:

A rather controversial article by Claire Rayner, edited nit noy, but still rather arty farty.

TWO letters from members, I am impressed, keep them coming.

Christmas pressies for people who have everything and of course the sections' reports.

Happy reading!

Bea Grunwell.

New Members

New Members Night, 2nd August, was held once again in my absence and "old hand" Alexis Welsh kindly offered her services. Khap khun ma na kah!



John and Sue Wareham have been in Japan for 5 years. They were in Bangkok before in 1985/86 and have noticed many changes. John is here with Zeneca Colours which used to be part of ICI, he is their regional sales manager. They have two children aged 18 and 19 they are due to start university in the UK. John's hobbies include bird watching (not Patpong) and photography. He is a retired soccer player and cricketer and Sue enjoys Mahjong, she is also a keen reader and wants to join or form a book group.



Paul and Pam Gill, British, met in Bahrain, moved to Brisbane, then to Hong Kong from where they set sail to Bangkok. Paul has been travelling around Thailand for the last 8 months. He is the General Manager for Thai Gammon, a construction business. Paul thinks he knows what goes on behind the scenes already! He has a lot to learn. Pam is a computer analyst and has given up her job with the HK government. They have two children aged 5 and 6 and spend their time guarding the swimming pool. Pam has no hobbies she admits to and Paul used to play rugby and race motorbikes. He also enjoys tennis, badminton and is learning to play golf.



Magnus Wibling has been introduced to the BC by Chris Taggart. Apart from Chris, Magnus is the only man Donna has seen in underwear in the last 3 1/2 years. He was previously in Turkey and Canada. He is the M.D. for ABB Transformers, no, they do not make toys. His wife is Anne Christine, they have 3 children, 2 boys and 1 girl. Magnus and Anne Christine enjoy tennis, squash and golf.



William and Margaret Stanley (Kiwis), were testing the New Zealand style fish and chips at the BC and thought it to be pretty authentic. After 5 months here Margaret reckons she is pretty much settled. They have a 2 1/4 year old son. William is the Country Manager for Roche Thailand. Margaret enjoys reading, embroidery and lounging by the pool. William's hobbies include work, photography, dog throwing - specifically the Lhasa Apso, one of which they left behind in NZ. William is interested in investigating the cricketing side of things in Bkk.



David and Kate Low, British, lived in South East Asia for 8 years, Brunei 6 years, Kuala Lumpur 2 years and have been in Bkk for 3 weeks. Kate was not there as she was hotel bound minding their 2 children (Kristy 10 and Fiona 5). He is the sales manager for Courtaulds Coatings. David plays golf and promised never to play squash again. Kate enjoys tennis and badminton. They are on the picture with Marvyn who was there under duress.



David and Patricia Copp, British, came here from Hong Kong where they have been for the last 4 years. David told Alexis he has been abroad for a long time and the secret of this is to move when the creditors and tax men catch up with you. He is here to develop a HP and Leasing business for HSBC Finance and Securities. He has been here for 6 weeks and knows it all. (We'll speak to him in 6 months ED.). They have 2 children in Hong Kong and London. They say they cannot move in their house as they are surrounded by cardboard boxes and packing paper. They are both keen golfers and play for the BC and Cocktail Lounge.

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New Members



John Flint, British, and here with Hongkong and Shanghai Bank. He has been here for 3 months. He thinks Thai people are great, but the city is a dump. Been in Hong Kong, Calcutta, New York, and Bahrain. He reckons Bangkok is better than Calcutta though. He is a bachelor!! and a tri-athlete, but he has only had time to swim. He also wants to take up squash.



John Sheehan, from Northants, came here straight from Beaconsfield. He is involved in property with Prasansiri Co. Ltd. He is a bachelor too and was surrounded by ladies who had nothing at all to do with him! He met Keith Bell at Christchurch. He is a non-smoker and drinks in moderation. His favourite hobby is reading novels but says he can't read (???ED). He would like to take up football and squash. He says he is very shy and thinks Paul Mason's wife is fabulous and is very envious. He is a Manchester United fan and a member of the National Scalectrix Collectors Club.



Richard and Sarah Irvine from the UK. Richard's opening line was: My favourite bar is Supergirls. They are Londoners originally from Sheffield and this is their first overseas posting, they like

Bkk, great people and food but are not so hot on the traffic. He works for Leo Burnett an advertising agency. Sarah used to be in advertising too and is looking for a job here. Their hobbies include skiing, which is why they chose Bangkok, also horse riding and swimming.



John Boisclair and Christie Picton from Herts, John works for Thai Wah representing them in construction, they are building the tallest building in Bkk. They have lived in the Caribean, Nigeria, Iraq, Saudi, Spain, France and Tunisea before. Christie is a professional fund raiser for Help the Aged. She has 3 daughters and John has 3 sons. Hobbies John: Tennis, swimming. Keen to play bridge. Christie: Tennis, swimming but not in the UK and gardening.

COMINGS AND GOING

This month we have to say farewell, see you again and have a good time in your new homes to : Mr. J.k. and Mrs. Siriporn Jorgensen, Gary and Lesley Looker, Andrew Francis, Barry Bidston, Paul and Alison Savage, Frederik and Neeltje Visser-Zijlstra, Geoffrey and Amone Simmons, Philippe and Yenni Basso, David and Ayala Batten, Dennis and Joanna McNamara, Anthony and Anne Atkinson, Jim and Dianna Hentchel, Alice and Hans Hansen.

Intertainment Info

BRIDGE - Every Tuesday - Suriwong Room 8.00pm

CHILDRENS CORNER - Alternate Sundays - Suriwong Room 3pm to 6pm

Cancelled due to lack of parental interest, until further notice.

SPECIAL DATES FOR YOUR DIARY

OCTOBER

2nd	Gala Dinner Concert by Ibycus Orchestra
8th	Bogong Folk Group in the Churchill Bar
9th	SKIP Barbecue
16th	Rugby Ball at the Landmark Hotel
17th	Childrens Theatre - Covenant Players
22nd	Bar Quiz
24th	Intersection Badminton Tournament
28th	Fantasticks Charity Concert at Siam City Hotel
30th	St. Georges Trafalgar Night
30th	Medieval Evening

NOVEMBER

1,8,15&22nd	St. Andrews Ball Rehearsals - Front Lawn	
6th	Bonfire Night	
12th	Bogong Folk Group in the Churchill Bar	
17th	Fashion Show	
19th	Ibycus Orchestra Open Air Concert	
20th	Ploenchit Fair - British Embassy Grounds	
24th	Beating the Retreat	
26th	Bar Quiz	
26th	St. Andrews Ball	
27th	St. Andrews Breakfast	
28th	Loy Kratong	

This space could have been

Yours

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Club Roundup

Baroness Margaret Thatcher visited the British Club on Sunday 5th September. A wide selection of Members were present to greet Lady Thatcher. She chatted to quite a lot of the people present and just for those of you that were not there here is a selection of serious and not so serious photographs.





Signing the visitors book

Nina Bell presents the flowers

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"Cuppa cha"

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Edith Stewart



The Prichard family, Nigel Oakins, Mike O'Connor



Trixie & Mike Brann

Club Roundup



Joe Grunwell, Colin Hastings, Susan Dakers



Mrs. Pauline Adams, Barbara Overington



Stephen Forbes, Paul Curtis



Chairman Nigel Oakins



Paul Curtis



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Carol McGregor, Gill Hough

Club Roundup

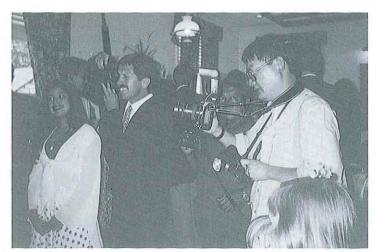


The Maggie Thatcher annual snooker trophy



Security officers & Keith Bell

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The Press photographers



Time to meet the children



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Question of Sport

QUESTION OF SPORT BAR QUIZ

Organised by Joe Grunwell, compared by Mike Pincock and several other, the Question of Sports Bar Quiz was a huge success. Although some of the contestants complained about the difficult questions, all had a good time. Here are some photographs of the different teams competing. September 8th saw the final between rugby and soccer.





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Joe Grunwell & Maurice Lamb



The Ballbearers - semi finalists



Football - finalists



Rugby - finalists

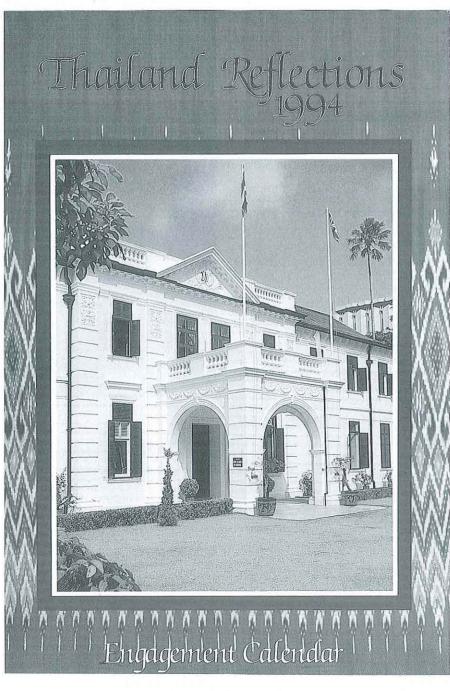


Darts

THAILAND REFLECTION 1994 - Engagement Calendar

Short of Christmas presents to send to family and friends overseas? Now available, from the British Club, the well know Engagement Calendar with a difference. A picture of the British Club on the front cover makes this a unique present. Conveniently packed in a box, ready for posting, all you have to do is fill in the name and address of your relative or friend.

The calendar is full of charming photographs of Thailand's countryside and people. The calendars are sold by the British Club for the amazing throw away price of B200.



Limited edition only.

Squash

DAWEE'S CUP

Ten of our best-players met at the Polo Club on August 15, to participate in the yearly DAWEE CUP competition. The enthusiasm and confidence of our tournament team were no match for the overwhelming pressure applied by our opponents.

ut of the ten matches played by our squash finest, only two were victorious; George Dunford vs Gavintorn (3-0) and Andy Narramore vs Suksan (3-2). Andy gave an outstanding performance in a series of very close games which left the audience emotionally exhausted. Well done Andy!

Bryan had a good start winning the first two games against Settakarn, who then proceeded to win the next three. Apparently Settakarn had not played any squash for the last three weeks and it took him a while to warm up. Dick won his first game easily, only to loose the last three to a very consistent and fit Visarot, a reportedly vegetarian marathon runner.

Martin and Burapa played very evenly, but eventually Burapa's consistency and accurate drop shots prevailed; scoring 3-0.

This tournament gave our players a good opportunity to being challenged by different players of varying standards. Although it is true that the playing conditions of the Polo Club are different from the BC in terms of temperature and a ball with more bounce, the overall level of playing of the hosts was superior to ours.

WHERE IS THE CUP?

Nowhere to be found on the premises of the BC, Andy presented Settakarn with a wine glass (empty), promising to relinquish the real one as soon as it was located. The latest report indicates that the cup has indeed been found and it is on its way to be engraved. We thank the organisers of the tournament at the Polo Club for a lovely buffet lunch and their courtesy.

DAWEE CUP - FINAL RESULTS

Colin vs Supich	1-3	Peter vs Pornpond	1-3
Dick vs Visarot	1-3	George vs Gavintorn	3-0
Andy vs Suksan	3-2	Martin vs Burapa	0-3
Nick vs Sunchai	0-3	Marvin vs Owart	1-3
Paul vs Krida	1-3	Bryan vs Settakarn	2-3

EVENTS COMING UP

The 'ROD CARTER OPEN'. Highlight of the British Club's squash calendar. Open to all players in Thailand, this competition which will involve the number one stars in Thailand, starts in October.



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Dawee Cup team captain presents surrogate trophy

The 'TONY AUSTIN CUP', is a competition for over 45's and starts in November.

FAREWELLS

To Peter Corney and Andy Narramore, who left Thailand at the end of August. The squash community were sad to see both these top players leave the club. They have assisted greatly in developing the squash at BC and gave a lot of time and energy to the running and organising of events at the club. Both players were always in contention for the number one position at BC and their departure now leaves the position open to some of the newcomers to begin their assent to the top.

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Squash

BRITISH CLUB HANDICAP CHAMPIONSHIPS 1993

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The finals of this competition were held on Sunday 29th August. Both the Championship and Plate finals were fiercely contended events, played before a packed audience. In the Plate finals between Uwe Warncke (handicap 18) and Matthew Overington (17), both players were recovering from recent injuries. Matthew, from the very start managed to deal with Uwe's tricky shots and gradually wore Uwe down, winning 15-14, 5-7 and 15-9. In the Championship finals Nicholas Lamb (handicap 34) and Kamal Sandarusi (16) the crowd were treated to a display of fire and calmness, as Kamal with his lethal volleys fought to control the match. However, young Nicholas the only player in the competition able to run 3 consecutive cross courts to win a point, calmly kept the ball to a good length and came out on top 15-14, 15-13 and 15-13. Well done to these winners, the youngest in the competition at only 15 and 17 years respectively. Both are from keen squash families represented in the competition by three members from the families. Obviously intent on walking away with the awards!

The finals were probably best summed up by the comments of the players' coaches (and mothers), Mrs. Lamb: "Oh, isn'the lovely..." and Mrs. Overington: "That's my boy..."

IMPROVE YOUR SQUASH

Don't forget the recources available in the fitness centre, VDO and books, will assist you in improving your squash. The following tips are taken from the latest squash coaching book, also available in the fitness centre.

KEY POINT

When playing a back corner boost, beware of two common failings:

- 1. In a bid for greater power, don't close the racquet face. Keep it open, so that the ball travels upwards.
- 2. In a bid to direct the ball towards the front wall, don't rotate the shoulders. Play the shot like a normal drive.

STAR TIP

Consider carefully playing a boast, then don't *Geoff Hunt*

BEFORE THE MATCH

- 1. Be psyched-up, but not nervous.
- 2. Achieve inner calm in your every day life.
- 3. Build your confidence on solid foundations.
- 4. A sound basic game is the best boost for self belief.
- 5. Work on the positive factors in your game.
- 6. Remember that you learn more from the games you lose than those you win, so be philosophical.
- 7. Seek to raise your game for the big days.
- 8. Your overall aim is relaxed concentration.
- 9. Arrive in good time for your match.
- 10. Use the knock-up to relax.



Handicap Tournament Finalists Kamal Sandarusi and Nick Lamb



Handicap Plate Finalists Uwe Warncke and Matthew Overington

DURING THE MATCH

- 1. When on court, learn to blot out the world.
- 2. The last rally is history, so do not dwell upon it.
- 3. Keep your cool. Do not get involved with temperamental opponents or one-eyed markers.
- Learn to channel anger, and use it to your own advantage.
- 5. Develop a stone face when the going gets tough.
- 6. When you are tired, remind yourself that your opponent will almost certainly be tired too.
- 7. You cannot hit and think at the same time. Programme your mind, so that instinct takes over.
- 8. Don't see the finishing line too soon.
- 9. On the big points, be patient. Play the pressurised basic game and let your opponent make the mistakes.

Rugby

BC RUGBY BALL **16TH OCTOBER IGTH OCTOBER** LANDMARK HOTEL Dinner, Hot to Trot. Raffle, Door Prize, TICKETS 8950 Book Now At BC TABLES OF TEN Info: Bea 2589509 T/F Some Free Drinks Chance of a prize: Dress Pink & Black

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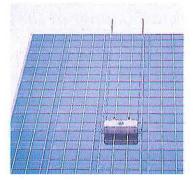
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Golf



Medal – Winners – near pin-long drive Left to Right – Standing – J. Coxon, N. Bayliss, G. Lamb, B. Hughes, D. Copp. Sitting – Dixie & Pat

Two major competitions were held in August, the first one being against the Japanese on the 1st August at the Royal Golf & Country Club, and the second one on 29th August against the Cocktail Lounge at the beautiful Royal Gems Course.

S adly most of the BC golf members were away and so the Japanese won this match hands down! Next year we must try and get this cup back.

The matchplay competition against the Cocktail Lounge was a success but very close. Last year we lost by one point and this year ironically we won by one point! 7.5 to 6.5! Thanks to all those that won and squared their matches, we now have the "BELL" in our possession until next year. Congratulations to our Captain for choosing the winning team.

Our medal for the month was played at Muang Ake on 15th August, with some very good scores turned in. A short but challenging course, even though at the second hole there is always a hold up, this time all four groups were held up!

COMPETITION RESULTS

1st August - Japanese vs BC - 10.5 to 3.5 points

15th August 1993 - Quarterly Medal - Muang Ake

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Flight A1 - 15	winner 2nd	- P. Ingram net 65 - A. Southcombe net 70
Flight B 16-24	Winner 2nd	- J. Coxon net 69 - D. Copp net 72
Flight C 25-36	Winner 2nd	- N. Bayliss net 73 - P. Copp net 74

Near Pins #6 B. Hughes, #8 D. Copp, #12 G. Lamb #17 P. Copp



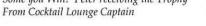


Some you Win! Peter receiving the Trophy

Some you Lose! Peter presenting the Cup



Neil Buttery - a new winner to the BCGS, we hope more to come!



to the Japanese Capt.

()Long Drives - Men: N. Bayliss, Ladies - Dixie We welcome two visitors; Peter Doughty and Jim Wring.

29th August - best net 3/4 hcp - vs Cocktail Lounge

The match against the Cocktail Lounge was won by 7.5 points to 6.5. The best nets were:

1st Graeme Reville and Alistair McManus	62 on lower hcp from
2nd Ron Sparks and P. Barratt	62
3rd James Young and Neil Buttery	64

Near Pins: #3 P. Bond, #7 N. Oakins, #13 G. Reville, #17 E. Hudson

Long Drives - Men: Neville Bayliss (becoming a habit!) Ladies: Joanie Jurgens (Fantastic!)

DATES FOR YOUR DIARIES

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10th October 1993 - Ekachai		Captains Day
23rd October 1993 - River Kwai	12Noon	Veterans 1
24th October 1993 - H. Putoey	TBA	Veterans 2
25th October 1993 - Mission H.	10am	Veterans Final
7th November 1993 - Muang Ake	TBA vs	British Embassy
21st November 1993 - Bangkapong	11.49	Medal 4
4th December 1993 - Green Valley	12Noon	L
5th December 1993 - ChiangM.Golf	10am A	mbassador Cup
6th December 1993 - Lanna	8am	

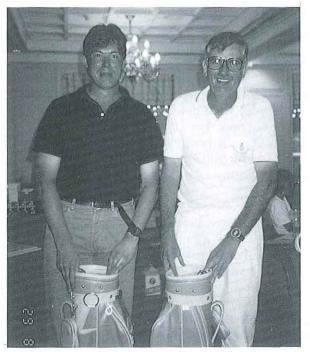
Please make your own travel plans - by air or by train. For hotel bookings please speak to Stuart Davy as soon as you know for sure that you will be going on this trip - first come, first served basis, cancellations will be for your account. This is BCGS's first trip to Chiang Mai, and a good opportunity for all to play golf there!

See you on the course.

Lavita



Ron Sparks & Philip Barret winner!



Big Winners - net 62 G. Reville & A. McManus

Badminton

Things are hotting up around here these days, what with our hosting an intraclub sports day on the 24th (I think) and next month bringing with it TWO competitive events - wow! Just as well an epidemic of newskoolterminitis has been brought back many of our players....

S eptember sees the start of a series of intra club sports days where other sections can participate (or attempt to) on the various sports that the Club has to offer. Squash held its day on 19th September; we're holding the Badminton Event on SUNDAY 24TH OCTOBER. Details of how many, who, scoring systems and the like still on the vague side at the time of writing, more nearer the time. I expect it will be along the lines of the Racquet Day, and look how much fun that was! Keep eyes and ears open.

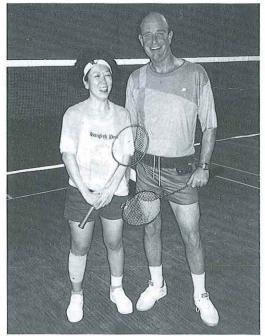
Don't forget that there's the return match against THE PATTAYA PLAYERS due soon. We will be seeking revenge for that narrow pipping we got last time (we were level until the last two matches, by which time we were flooped), so we hope to have swelled ranks this time. The Tennis Section have expressed an interest in joining us, so it could turn out to be quite a sociable and fun event. Date to be confirmed.

In order to soak up the spare hours at Soi Klang, it has been decided to hold a SPONSORED BADMINTON EVENT between the British Women's Group and ourselves in order to raise money for an incubator for Siriraj Hospital. Methods of sponsorship and form of play have not been worked out yet, but once they have, we'd like as many of you as possible to join in. It should be a fun collaboration, and it's all for a worthy cause. Details as I have them.

And, of course November means the Ploenchit Fair!! Pimms all round!!

On the write-up side, I have cunningly left it until last to report on this rather embarrassing debacle which occurred in August.

This year's inaugural SPORTS BARQUIZ trophy wasn't quite meant to be ours. Despite a valiant effort by two members of your section (and



New Dadder champs El & John!!

A.N.Other) wrestling with the rugby squad, we got thrashed, and it wasn't due to the fact that I had lost my voice the day before and was reduced to a squeaky croak, although that may have affected my command over the team. No we just didn't know enough of the answers!!

Our first round duel at 9.30pm on Wednesday 11th August got off to a inauspicious start when Peter M. and I found ourselves one crew member down at 9.25, so I was grateful that pal Kevin Chapman, rugby player, agreed at the last minute to help out... I use that term loosely!

While not wanting it to sound like sour grapes, I did think we got most of the harder questions; for instance, about their video of vintage tennis at Wimbledon, which male player do you think was arguing with the umpire?! Our equivalent in cricket was to name the Indian umpire!! And in the drinks section, they had three easy beer advert questions, while we had a host of difficult questions on rare cocktail ingredients... and what would a puritan like my good self know about such things?!! When asked for the names of "girls" in the cricket video, I wasn't sure whether he meant players seen in drag later or the streakers shown bouncing around the crease...ahem!

So, what with my nonexistent voice, Peter saying "I knew that, I knew that..." after the opposition had answered correctly, and a non-badmintonian martyr (who got one of the few questions about our noble sport that I could answer, but no conferring, drat!), we ended up with a rather miserable score of 30. I can see my old

motto being dragged out and dusted down: that everyone remembers who came first and last; methinks we were one of those categories!! Better luck next time, folks... and perhaps a different captain might help!

Finally, don't forget to read the Gaynor Guide about the ladder - yes, at long last we have someone else at the top! Congrats to John and El Leicester for assuming this prized position. Let's see if someone can knock them off the top... now there's a challenge to you all!

Keep eyeballs peeled and ears to the ground...

yours,

Lek Farang

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PS. The AGM has been postponed until early December, due to circumstances beyond our control. Apologies, but there you go. Explanations, confirmed date in next issue. Tara!

Badminton

GAYNOR GUIDE TO BADMINTON

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This month we look at THE LAD-DER. However, instead of me rambling on about the joys of active participation, we were lucky enough to pick up a transmission from a visiting space probe, the BC Enterprising, on a brief sortie of this planet. We Badmintonians were honoured by the presence of these alien beings on the auspicious occasion of a change at the top of the ladder, and are proud to relay to you how they described it:-

- ** Beep, Beep... Captain's log stardate 2536. Yoohooya has definitely found something here, something called "Soi Klang Racquet Club". And there's some form of activity going on inside. What do you make of it, Crock?
- ** Well, it's life, Dim, but not as we know it. I would suggest it's a fairly mindless life form known as 'swattingshuttlus manicus'. They are participating in an activity called 'spitting feathers', otherwise known as 'badminton', I believe.
- ** Interesting. Snotty, prepare to beam us down.

** Aye, cap'n.

- (Scene: Soi Klang, Thursday night, several sweaty bodies hurling themselves around a court. Captain Dim (P) Berk and Science Officer Crock watch from the balcony.)
- ** What's happening Crock?
- ** This is what is called a 'ladder match', Dim, the playing of a match between two couples of mixed sexes, the being to ascend the 'ladder system'. The ultimate goal is to become the top couple on this ladder.
- ** But why all the excitement?
- ** Because a significant shift has just occurred at the top of this ladder. For a long time the ladder leaders have been a couple of particularly thin life forms known as Peter and Pauline Dalton, probably of minimal brain functioning. But



Rugby clapping a rare correct answer?!



Arise, Sir Andrew, Master Barr receiving the Order of the Flat Head.

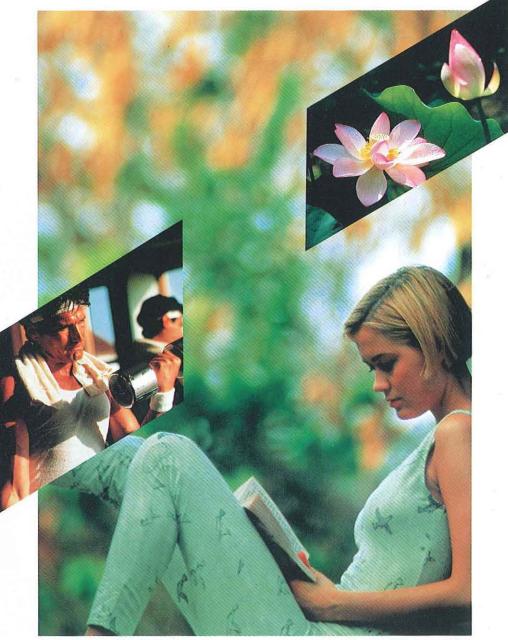
now a couple called John and El Leicester have taken over this coveted title.

- ** Fascinating, Crock. How do you know so much about this?
- ** Simple Captain. My ancestors, those ruled by their animal emotions, used to play this 'game', many earth centuries ago on my planer, Eyebrow. It is described in ancient Eyebrow texts as a "fast game, dependent on speed and reflexes more than strength, and with a charming social element". The system of 'ladders' was also operative on Eyebrow, and occa-

sionally provided some challenging matches, or 'nailbiters', as they are called in local colloquialism. I believe the same phenomena may be observed here.

- ** So you would recommend the playing of this game, and in particular, the playing of ladder matches to these feeble life forms? Even in this heat?
- ** That would seem logical, Captain.
- ** Perhaps we should set up a court or four above the parking deck of the BC Enterprising? Now, there's an idea! Beam us up, Snotty.

Do not disturb.



At what is unquestionably the most exclusive residential address in Bangkok, you'll find a myriad of activities you can indulge in to achieve your own idea of tranquility. A browse through the library. A game of snooker or tennis. A delightful picnic amidst lush landscaped gardens. A good work-out in the gym. A dip in the pool. Pleasure and leisure in a different world of relaxed living. Isn't it time you discovered a new outlook on life? So put yourself in the best possible position. For approved applicants, we offer home loans at 7.65%*, and, for the first two years, a guaranteed 8% investment return. * variable rate subject to SIBOR.





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WHO - WHERE - WHEN - WHY -WHO - WHERE - WHEN - WHY

Where is the biggest concrete construction?

This is in the USA (where else?) in the state of Washington. The Grand Coulee Dam contains over 21,000,000 tons of concrete.

Why is the sky blue?

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Well, it isn't really, it's black! The colour effect is caused by the sun's rays striking the countless specks of dust in the earth's atmosphere, the blue rays being scattered farther than red. So it's the blue rays we see and leads us to believe the sky is of that colour.

If the air was completely dustfree, the sky would be quite dark relieved only by the brightness of the sun and the moon and starts which would always be visible.

Who stocks the most book titles?

W & G Foyle in London has 30 miles of shelves and has the most titles.

The world's largest second hand bookshop is in Wales, it is run by Richard Booth (Booksellers) Ltd., in Hay-on-Wye, Powys. It stocks 900,000 to 1,100,000 books.

Where is the lake that sings?

At Battacaloa, Sri Lanka, here there is a salt water lake which on calm nights, especially when there is a full moon, emits clear and musical notes. The "singing" appears to come from the bottom of the lake and, although no entirely satisfactory explanation has been given, it is believed the culprit is a certain kind of shellfish which inhabits the lake.

What king had 413 beds?

The king of the beds was Louis XIV of France. The elaborately carved and gilded beds were dotted about his kingdom so that wherever he travelled he could always sleep in his own bed. The most magnificent was the great bed in the Palace of Versailles. This had velvet curtains with the "Triumph of Venus" woven in gold. His second wife, Madam de Maintenon, who was a religious bigot, had this pagan subject replaced by the "Sacrifice of Abraham".

Who made the first potato crisps?

According to all reports the crisp originated in Saratoga, New York, around 1865, owing to a very finicky diner at a guest house. The chef had made a batch of thinly-sliced potatoes but one guest kept sending his back and demanding thinner slices.

The exasperated chef cut a potato wafer thin and popped them into the oil, and so created the first potato crisps!

The first factory built solely for the produce of crisps opened in Albany, New York, in 1925.

Who was the world's biggest glutton?

Vitellus, Emperor of Rome in 69 AD spent over 1,200 Pounds Sterling a day on food alone. He was capable of downing 1,000 oysters a day as well as vast quantities of other delicacies. After a short reign he was deposed by the Roman citizens, driven to revolt by the excesses of their emperor and finished as food for the fishes of the River Tiber, where the people dumped his body.

What's in a name?

Well there's one young chap in Italy who was given no fewer than sixteen Christian names by his proud parents. The initials alone take up a good deal of space. They are S.F.H.K.O.L.R.W.U.T.Z.A.P.Y.B.E.M. Too bad if he ever has to write his full name on some government form.

On the other end of the scale is a Belgian businessman whose full name is Anton O. Another short surname is the Irish Ek. A once-famous explorer was named John Ek.

The name Mr. Blue Murder belongs to a respectable citizen living in Augustus, USA, his address is in Dead Man's Alley, the combination raises quite a few eyebrows as you may imagine.

Other unusual names seem to attract one another. In England, a Mr. Young married a Miss Innocent and in Gloucester a Mr. Rolling Stone took as his wife a Miss Emma Moss.

In Ohio a lady has a mouth-full of a name but she boasts that she can say it in one breath, it is Miss Cerasacasadannovaladetzalazambra. You try pronouncing, never mind saying it, all in one breath! I wonder how she answers the telephone?

Day of rest?

Every day of the week is Sabbath for someone, somewhere. Sunday it's the Christian Sabbath, Monday it's the Greeks, Tuesday for the Persians, Wednesday for the Assyrians, Thursday for the Egyptians, Friday for the Mohammedans and Saturday for the Jews.

Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			*
4 6 pm Swimming 8-10 am Ladies Tennis 9 am BWG Mahjong 5.30-9 pmHappy Hour 5- 8 pm Squash Coaching 7- 9 pm Badminton 8 pm Tennis Practice 8 pm New Members Night	5 7 am Ladies Golf 8 pm Bridge 7- 9 pm Football Training 9 pm Gentlemen's Spoof	6 6 am Swimming 5- 8 pm Squash Coaching 6- 9 pm Tennis Mix-In	7 7.30 pm BCT Club Night 7-9 pm Rugby Training 7-9 pm Badminton 6-9 pm Squash Mix-In
11 6 pm Swimming 8-10 am Ladies Tennis 9 am BWG Mahjong 5.30-9 pmHappy Hour 5- 8 pm Squash Coaching 7- 9 pm Badminton 7- 9 pm Tennis Practice	12 7 am Ladies Golf 8 pm Bridge 7-9 pm Football Training 9 pm Gentlemen's Spoof	13 6 am Swimming 5- 8 pm Squash Coaching 6- 9 pm Tennis Mix-In	14 7-9 pm Rugby Training 7-9 pm Badminton 6-9 pm Squash Mix-In
18 6 pm Swimming 8-10 am Ladies Tennis 9 am BWG Mahjong 5.30-9 pmHappy Hour 5- 8 pm Squash Coaching 7- 9 pm Badminton 7- 9 pm Tennis Practice	19 7 am Ladies Golf 8 pm Bridge 7- 9 pm Football Training 9 pm Gentlemen's Spoof	20 6 am Swimming 5- 8 pm Squash Coaching 6- 9 pm Tennis Mix-In	21 7-9 pm Rugby Training 7-9 pm Badminton 6-9 pm Squash Mix-In
25 6 pm Swimming 8-10 am Ladies Tennis 9 am BWG Mahjong 5.30-9 pmHappy Hour 5- 8 pm Squash Coaching 7- 9 pm Badminton 7- 9 pm Tennis Practice	26 7 am Ladies Golf 8 pm Bridge 7- 9 pm Football Training 9 pm Gentlemen's Spoof	27 6 am Swimming 5- 8 pm Squash Coaching 6- 9 pm Tennis Mix-In	28 7-9 pm Rugby Training 7-9 pm Badminton 6-9 pm Squash Mix-In Fantasticks Charity Concert

OPENING TIMES

VENUES

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CHURCHILL BAR	10 am-11 pm	ALL EVENTS ARE AT BRITISH CLUB EXCEPT THE FOLLOWING:-
LORDS RESTAURANT	11.30 am-2 pm 6 pm-11 pm	CASUALS FOOTBALL – BANGKOK PATANA SCHOOL
POOLSIDE BAR	7.30 am-10 pm	BADMINTON (SUNDAYS) - NEAR BANGRAK POLICE STATION
FITNESS CENTRE	Mon-Sat 6 am-9 pm Sun + Hols 9 am-9 pm	BADMINTON (MONS-THURS) - SOI KLANG RACKET CENTRE
THAI MASSAGE	Tues-Sun 9 am-5 pm	LADIES GOLF – AS ADVERTISED

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FRIDAY	SATURDAY	SUNDAY
1 6 am Swimming	2 8-10 am Childrens Tennis 10-12 noon Tennis Coaching Rugby Finals	3 11 am-1 pm Badminton 1 pm Squash Handicap
9 pm Accumulator Lucky Dra	4.20 pm Coquals Easthall	Mix-In 3-6 pm Tennis Mix-In
8	9	10
6 am Swimming	8-10 am Childrens Tennis 10-12 noon Tennis Coaching	11 am-1 pm Badminton
8.30 pm T.G.I.F. – Bogong Folk Group	4.30 pm Casuals Football	2-6 pm Tennis American Tournament
9 pm Accumulator Lucky Dra	W 'Skip' Barbecue	3-6 pm Childrens corner
15	16	17
6 am Swimming	8-10 am Childrens Tennis 10-12 noon Tennis Coaching	11 am-1 pm Badminton
9 pm Accumulator Lucky Dra	4.30 pm Casuals Football Rugby Ball	1.30 pm Badminton Section A.G.M. 3-6 pm Tennis Mix-In Covenant Players Childrens Theatre
22	23	24
6 am Swimming	8-10 am Childrens Tennis 10-12 noon Tennis Coaching	11 am-1 pm Intersection Badminton
8.30 pm T.G.I.F. – Bar Quiz	4.30 pm Casuals Football	Tournament 3-6 pm Tennis Mix-In
9 pm Accumulator Lucky Dra	w	3-6 pm Childrens Corners
29	30	31
6 am Swimming 8.30 pm T.G.I.F. –	8-10 am Childrens Tennis 10-12 noon Tennis Coaching	11 am-1 pm Badminton
Bar Quiz	Semi-Finals of Squash Tournament	Finals of Squash Tournament
St. Georges Trafalgar Night	4.30 pm Casuais Football	3-6 pm Tennis Mix-In
or deorges malalyar might	Childrens Halloween Party Medieval Evening	

ALSO THIS MONTH

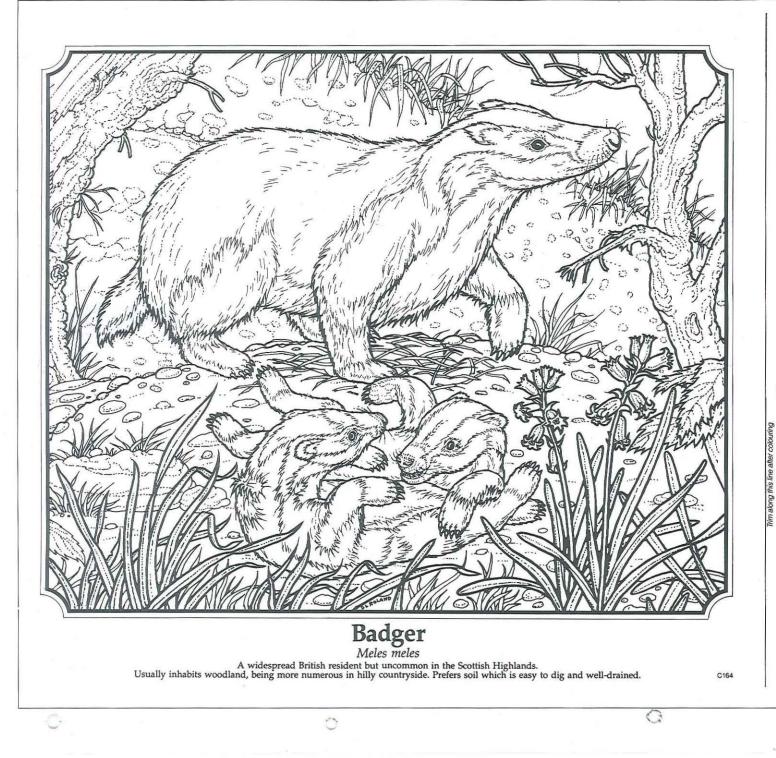
Tennis Singles League

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Tennis Graded Tournament







Badger Meles meles

SIZE: male and female, 80 to 100cm (311/2 to 391/2 in.) long. VOICE: barks, growls and screaming sounds, also purs. HABITS: almost completely nocturnal, rarely seen out in daytime. Constructs underground home called 'sett', with living chamber often 3m (10ft) from surface. Young (usually 2 or 3 cubs) born around February time. FOOD: wide selection dependent upon hildrens Conner

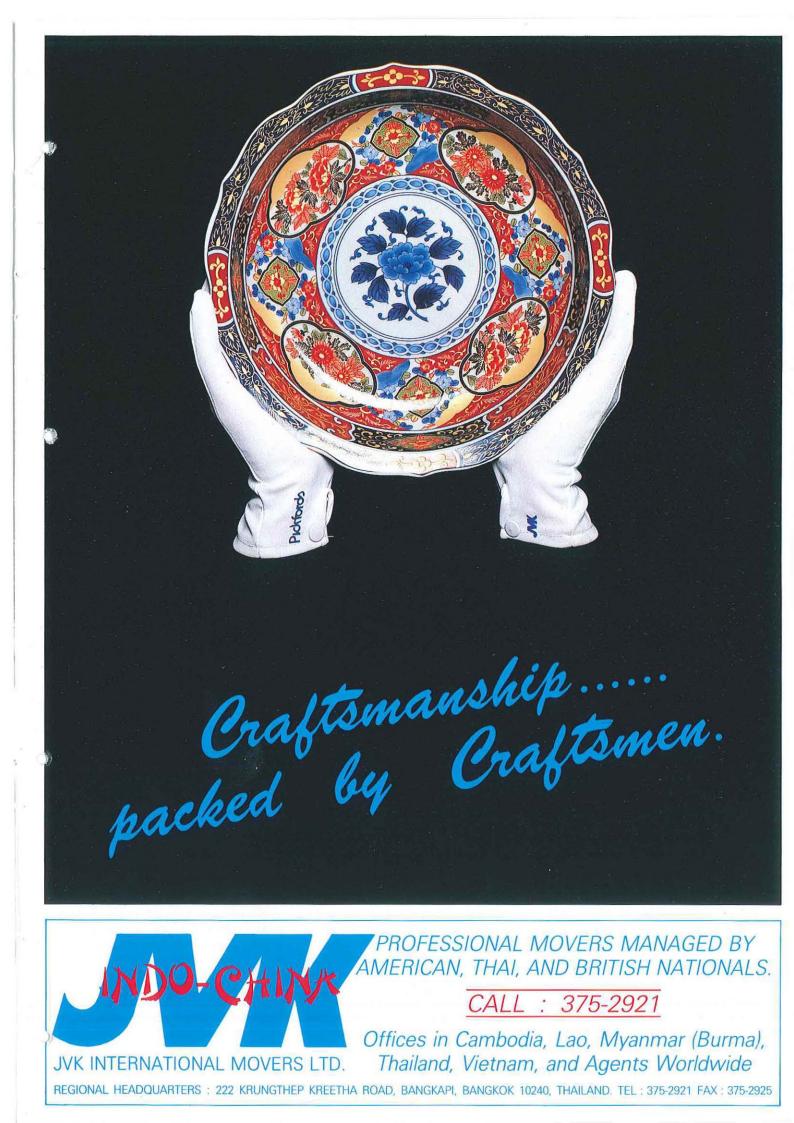
chamber often 3m (10ft) from surface. Young (usually 2 or 3 cubs) born around February time. FOOD: wide selection dependent upon season; acorns, nuts, fruit, roots, wasp grubs, beetles, earthworms, etc. Also larger animals including mice, voles, young rabbits and birds.

Colouring

For main areas of colour, follow the key. The badgers claws can be dark grey. Flowers in the foreground are Bluebells.



C



Football



Hi there,

Well, it is hard to credit here we are in October again looking forward to the end of the rainy season and the increased sporting activity that can bring for our field sports sections. A very quiet month to report on as the make up of the section for the season to come begins to take shape.

MATCH REPORT

Due to the rains we were active on only three Saturdays. In the first a combined Casuals/First Team played the full German All Stars (GAS) Squad in a farewell match for two of their long serving players. The Germans, this season, harbour some hopes of repeating their success in winning the Farang League three years ago as they have several new additions to their line up. This was expected to provide a true test of our strength in depth. The Chairman and I were delayed in the ever-worsening traffic situation in Bangkok and arrived only in time to see the match kicking off. Before we were changed into our splendid new Castrol Kits the Germans had struck twice with two lovely goals. Five minutes gone and the

BC were two nil down heading for catastrophe. The Chairman was muttering under his breath something about never taking another lift from me again but meanwhile our guys were rolling up their sleeves and injecting themselves with a dose of the Dunkirk spirit. Within a further ten minutes we had clawed our way back into the game with two well taken goals from Howard Neville who hopefully will be available to us until the turn of the year. Later in the half with the Chairman and I now on the park a spark of Houghman magic made it 3-2 and that was the half time score in a highly entertaining game with lots of good open football. The Germans started the second half as positively as the first and their superior pace almost told but they were denied thanks to some determined tackling from our back four. Willie Carruthers then scored the goal of the game when we dispossessed the Huns, strung some neat interpassing together involving Houghman and Chris Davin and big Wull volleyed a tremendous shot in from 20 yards. Nigel Oakins who had being looking sharp up front then made it 5-2 with an excellent solo dribbling run and shot before Gerry pulled one back with a move through the middle of the park. Both teams were still going forward and Frank Hough scored his second just before the end to make the final score 6-3. A great game and we then went on to host the Germans to a buffet at the British Club.

The day was so enjoyable that we put together a triangular tournament two weeks later involving the Germans, Jools and ourselves. Each team was to play the other two twice over a twenty

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Football

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Winners of the Foksoffi Trophy proudly displaying the silverware

five minute, no half time game with three points for a win, two for a score draw and one for a no score draw. The BC opened against Jools who opened the scoring when Houghman, playing in the red of Jools, sent a perfectly measured cross to the distinctive ginger hurried head of Barry 'Gazza' Lane, who rose majestically to make the score one nil. In a very tight game this looked like being the only strike until in the last minute with the Jools midfield Missing. In Action, Chairman Ron Aston lined up and unleashed a viciously dipping unstoppable left foot drive that had Jools keeper Norman Bright gasping in disbelief. For this read, Ron tow poked a dolly save to Norman who surprisingly ducked leaving his team gasping in frustration. - Sorry Norm. Actually read on as Norman is to redeem himself later. The score then finished 1-1.

Jools then turned straight round to play the Germans who started favourites for the tournament due to the diluting of the BC tea with five members regularly turning out for Jools. The maturing Jools team sprung another surprise however when Houghman again laid on the opening goal this time sending Khun Thong away through the middle to round German goalie Ralph Zielinski and score. With the fresher Germans then pushing strongly sinner Norm turned to hero with a string of fine saves although he was aided and abetted by a solid Jools defence and the score finished one nil to Jools.

It was Gerry's turn to play two in a row when they had to meet the British Club and as in the 6-4 encounter this proved a game with lots of goal mouth thrills. The German missed several good opportunities to score and it was the British Club who took the lead through a hotly dispointed penalty competently covered by Steve Castledine who is playing as well as ever. The BC held on to this advantage to join Jools at the top of the league with five points from two games and a plus one goal difference.

The next match was again BC versus Jools and neither side could afford to lose. Since each team had to play the Germans as second time a win was not essential but defeat would have been a disaster and as a result it was a very tense game with caution being to the forefront. Almost predictably then it ended nil nil in deteriorating weather conditions. Just as the final whistle went the heavy drizzle changed into a monsoonal deluge and that was it. No further play was possible and with honours even we all repaired to Jools Bar for the aprés match inebriations.

The final game to report was against the Germans yet again and this time the result was one all. The Germans went one up and despite us peppering the German goal it was their turn to put up a strong rear guard action before Houghman scored with a superb header to give us a well deserved draw.

POST SCRIPTS

The next month continues to see as building to the new season with the good news that the Farang League appears to have secured our old home at Sukhumvit Soi 15 as the venue for the next five seasons thanks to a deal with new tenants NIST, the New International School of Thailand.

We welcome to the section new members John Shehan and Paul Mason who will help swell our badly depleted ranks and are also pleased to hear Paul Barbers transfer is an ice for a few months. Arrangements are proceeding well for our tour to Chiangmai later this month and for the annual trek to Manila in November. Any supporter wishing to join should contact Jan Crooks for Chiangmai or yours truly for Manila.

One last thing concerns the change of Club Manager. Whilst this may not take place for a couple of months yet the Football Section were sorry to hear of Keith Bell's decision to leave. He has been of immense help to the Section both in organising functions and from time to time as a referee (although in this role help is maybe not the right word). He has been an asset to the Club and we wish him success in his new career. We look forward to working with the new Manager also.

Finally

- How do patients in the burns unit pick their noses? From a catalogues.
- Heard about the Ketoy who likes to eat, drink and be Mary.
- A man went into a chemist shop and said "Have you anything for a complete loss of voice" and the pharmacist said "Good morning, what can I do for you?"
- Why don't worms have balls? They can't dance.

* * * * *

A man falls into a river and is fished out after being half-drowned. A crowd gathers and man pushes through saying, "I'm a second year medical student, I'll save him."

He begins to pump on the man's chest but water just keeps on pouring from his mouth.

Eventually a voice from the back shouts. "Excuse me but you're doing it all wrong."

"Rubbish - I'm a second year medical student and I know what I'm doing."

"But I'm a third year engineering student and if you don't take his bum out of the water, you'll drain the river."

Tennis

October rolls in - only 84 shopping days until Christmas - relatively quieter than some months in terms of activities but still keeping everyone on their toes nevertheless. This month there are reports on the match with the Japanese, the fun tournament, our showing in the bar quiz and all the other entertainments during August.



"Fun day people"

N ow, when I say October is a quieter month, of course, our roll-call of activities still puts the other sections to shame, but there is no match this month (that I know of) and a decided absence of children's sidelines due to the reinstitution into schools of the little blighters, sorry, darling prodigy. However, there is still plenty to keep you occupied, what with the American tourney on the 10th, those of you left in the graded champs aiming for the next round, and old faithful singles league fooling all of you into thinking you can cram four matches into the last week of the month.

But onto August's events:

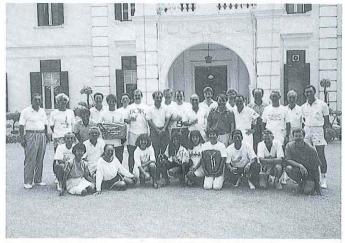
FUN TOURNAMENT - 8TH AUGUST

Another of Maurice's jolly jamborees, this, and greatly enjoyed by all who took part, which included me for a change. Even the brief downpour didn't dampen anyone's spirits. There was another list of daft games like tying balloons onto tennis racquet handles, the one where you have to wear goggles, and increasingly handicap your eyesight the more you win, five-a-side tennis and the unique opposite-handed tennis, whereby anyone walking past would have grave doubts about our mental capacities. It being a fun-tournament, and it having got out of hand very early on, there were no 'winners', just some exhausted and hungry participants afterwards. But the day was a 'winner' in our books! (Sounds like a corny Sunday mag caption that. Sorry - G)

MATCH V JAPANESE ASSOCIATION - 15TH AUGUST

The following was adapted from a report by Howard Neville:

Before a ball had even been struck, the day began with a footfault against the BC - the Japanese had arrived before their hosts! Not renowned for their early risers, the BC did not make a good start in their matches either. This trend continued throughout the morning with most of our players not waking until the announcement for F&B. By this time, the scoreline was reading more like an English cricket test score, 16-9 (I think), could have been better but then we are the polite hosts and this is a social club.



The Japanese Association and us in front of "The British Club"

Interesting distractions included Jon Prichard and Chris Taggart coming up with a novel way of confusing the opposition; dressing as identical twins, with sunglasses, headbands and the works, and looking menacing... unfortunately this failed as well. (Pity also that Chris dashed off early and avoided the ubiquitous photo - G.)

All in all an enjoyable day, followed by an enjoyable barbecue, during which some of the opposition males imbibed rather a lot of the formaldehyde juice and out came the cameras!! Plenty of snaps of "us and the Blitish" on the lawn, big cheesy grins all round, and everyone had a good time.

Thanks, Howard, for rescuing me since match-man Fran had escaped into 'Nam before I could chase him; I have to say that I am impressed with the general standard of writing from those I collar into doing these reports. I'm thinking of making this a part-time job now and becoming a journalist talent scout among you!

SPORTS BAR QUIZ FIRST ROUND - 18TH AUGUST

Sad to report that we was robbed this evening, this was the story of what could have been. Well, we were trying. In fact, we were very trying. No excuses to offer; we started slowly but stormed to the finish, pipped at the post on the very last question that proved to be controversial and should have been replayed. The team consisted of ex-chair Dave Haworth taking the Emlyn Hughes seat, ably supported by David Ingham and Chris Aspden. The original captain, Fran ('Bill Beaumont'), had jumped ship early on to head a renegade team with promise called the Ballhandlers (no innuendo necessary), who were knocked out in the semi-finals. Well, at least we know where his loyalties lie. This Question of Sport thing, however haphazard and non-standardised the questions may have been from week to week, proved a votewinner from the audience, with full houses for each week. Looking forward to next year's with our team hopefully to a bit of boning up beforehand! Lastly, Archie should get a mention as one of the unsung hero question-master-surpremos - power for a day!

What else happened in August? Oh aye, the teenagers

O

Tennis



"Brains being racqued"

mix-in, now put on ice until the next major sprog-hols, went down a treat with those who joined in every week, so go the reports. There was a one day junior championships on 28th, which was won by Paul Dwight, Tom Henton and Clusha and Tenila Reid; well done to all of you!

We generous shower allowed three promising Thai youngsters from the Lawn Tennis Association of Thailand to use our courts during the day for a while during August, and were grandly repaid when they reached the semi-finals of the NTT World Junior Tennis Finals in Yamanakako, Japan, finally defeated by the fro...er, French. We followed the progress of the players, Paradorn, Chai and Akatat, and their coach Sombat Euammongkok in the papers as the team climbed the ranks of the tournament. Congratulations!

Another bright idea starting in August was the Midnight Special. aka the early-morning-mix-in...eh, heh, heh, heh, yes, that early morning thing! When I asked Maurice 'front of all knowledge' Lamb how this novelty was getting on, he spontaneously came out with such a blinder of a statement that I had to relay it to you lot, and I quote: "I don't know, it's so early in the morning that no-one knows whether anyone is turning up or not.....!" I am saying nothing!!

And that belter more or less wrapped up August. The winners of the ladder draw (remember 1st, 15th, 30th and 45th places for the bottle of booze) will be announced next ish.

September brings with it a match against the Thai Military - bulling of boots all round; a handicap event on the 12th, the inaugural mixed doubles league for which several useful pairings have been wrought and the kick off of the graded championships, which gives us underlings a chance to go for it without the fear of meeting your Surins, Chalatips and Pat Deans in the first round. Matthijs van de Broek (great name) is starting the alternative coaching sessions on behalf of Paradise Sports for those of us who need it but who can't give up our precious Saturday morning lie-ins, to continue into this month. The Bangkok Women's Pennant competition was also due to start last month, but details of this are still a touch sketchy at time of writing - anything we have will be up on the board. Finally, squash will be holding their intra-club sports day on the 19th...

Which leads me onto that subject of intra-club competitions; September sees the start of several 'days' hosted by each section (hopefully) with the aim of giving other sections a chance of having a go at our game. Details of the squash were still vague at the time of going to press, but the badminton are hosting theirs on 24th of this month, so any takers for a notdesperately-serious team to play other sections at badminton, please register your interest. OK, so we've lost Sandra and Yenni, there are others! Our turn to host a tennis day will come in January, news nearer the time.



Roger & Angela: Clarks pirates



Au Revoir Philippe & Yenni

Quick eyeball at November's Diary; don't forget the charity tournament on the 14th, details nearer the time; ladies and mens doubles leagues (as opposed to one mixed); an inter-Club competition dubbed the Silom Club Tournament; the conclusion of the graded championships with the finals on the 28th, and last but not least you cannot miss the Ploenchit Fair on the 20th.

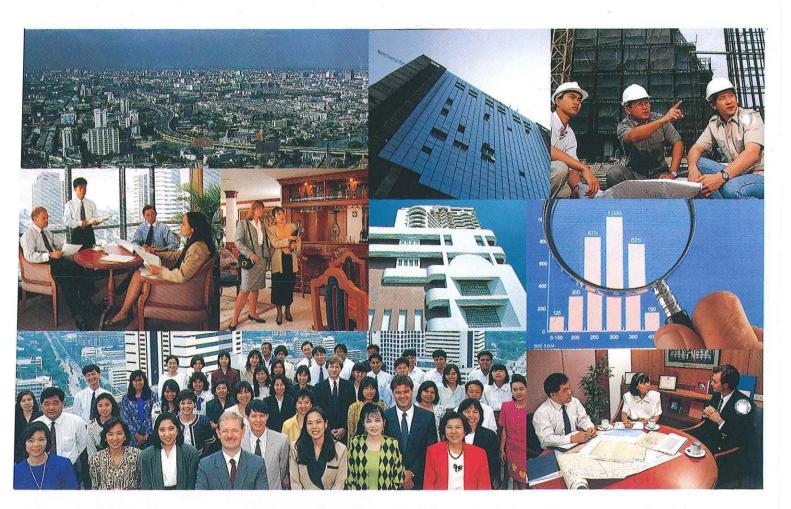
Committee mutterings arising from the huddle; we have just ordered new section t-shirts for you lot, a new style and new Daz bluey-whiteness which can get just as filthy with BBQ-grill pattern if you lean against the outer fencing of the courts, as one is prone, but it's a change for you. We have also re-affiliated with the aforementioned Lawn Tennis Association of Thailand, for whatever that means.

The social news last; we really did say goodbye to Andrew Francis this month, so bye-bye Vice-Captain, but his timing at the end of the month was impeccable such that photo's won't be available until next month. We also said adieu to Philippe and Yenni Basso (photo on this page?), who've hopped across to KL (I think), or somewhere nearby. Hope all goes well for them in their new lifes, and we expect to see Andrew out here in time for his annual leaving party next August...

Keep the grip, readers

Me

- P.S. Q: How do you know when Howard has arrived (late, as usual) at a mix-in?
 - A: It starts to pour.



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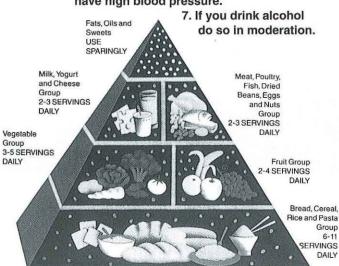
Health and Fitness



New age eating. Just as ideas about fitness have changed in the last five years, so those on nutrition have been revolutionised. Proof of this is shown in the US Department of Agriculture's (USDA) new dietary guidelines. Forget the old 4-2-4-4 formula - four servings of dairy, two of meat, four of grains and four of fruits and vegetables. Instead, the new food pyramid places importance on bread and grains (6-11 servings), limits meat and dairy products to two to three servings each and is sparing with sugar and fat.

The new Food Guide Pyramid is accompanied by seven dietary guidelines:

- 1. Eat a variety of foods.
- 2. Maintain a healthy weight.
- Choose a diet that is low in fat, particularly 3. saturated fat and cholesterol.
- 4. Eat plenty of fresh vegetables, fruits and grains.
- 5. Use sugar in moderation.
- 6. Use salt sparingly, especially if you have high blood pressure.





ain in the neck. A government

result, a staggering 67 million working days are lost each

Osteopathy (BSO) carried out a survey on behalf of Scholl

BACKease to assess the causes of back pain, how sufferers

dealt with it and how they could alleviate their suffering.

The survey revealed that only 18% of sufferers sought

osteopath or a doctor or swimming relieved the pain.

shoe inserts for a month. More than 92% found that

either stretching exercises recommended by an

They were also asked to try Scholl's BACKease

the inserts helped reduce discomfort.

treatment immediately, 79% found that gentle exercise,

year. In response to these statistics, the British School of

the population of GB - suffer from back pain. As a

survey has shown that over 23 million people - half

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Men who smoke

may not only be harming their children but also their grandchildren, causing early death and genetic defects, claims a recent report in the New Scientist. The two main studies

revealed alarming statistics. One analysed 15,000 children born between 1959 and 1966 and found that those whose fathers smoked more than 20 cigarettes a day were twice as likely to suffer harelip and heart disease than those of non-smokers. The second study analysed 220 children under 14 who suffered from cancer and discovered that leukaemia and cancer of the lymph nodes were twice as common in those whose fathers smoked in the year they were born. Most of the harm is caused by oxidising compounds in the smoke damaging DNA. The trouble begins when the body can't keep up with the constant oxidation. Male smokers also face damaging their sperm cells, which cause genetic changes through generations.

Admit it. You've always wanted to know what to do if the "bush tea" you drank in Polynesia rendered you weak-legged, and how to deal with poisoning after eating raw sea anemone. Thanks to The World Travellers' Manual of Homeopathy by Dr. Colin Lessell (The CW Daniel Company Limited BPS 16.95) alternative treatments are suggested for these and other health problems you never knew existed. Dr. Lessell also gives useful advice for all creepy-crawlies. Leeches for instance, drop off with a dab of vinegar, while mosquitos avoid garlic eaters. Serious diseases such as yellow fever, cholera and typhoid have homeopathic remedies, but most countries wouldn't even let you in without an armful of standard jabs.

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Christmas Presents

With Christmas coming up soon OUTPOST thought it would be nice for you to see how the "other half" lives. For the ladies and gentlemen (and children) who have everything here follows a selection taken from a very interesting magazine the "Robb Report".

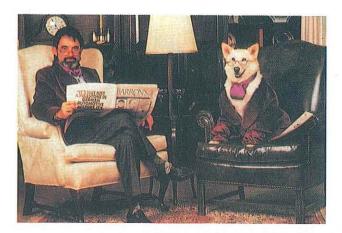
"HOLD MY CALLS"



As seen on "Lifestyles of the Rich and Famous"

IMAGINE...an island, an unexplored barrier reef, a magnificent Spanish villa resort, private hillside bungalows, fine island cuisine, impeccable hospitality, world-class scuba diving, tennis, hiking, no roads... IMAGINE One call does it all Posada Del Sol • (800) 642-3483

Kamer Canine College



Michael Kamer "Dog Trainer to the Stars" Obedience...Tricks...Nuisance...Boarding Lifetime Guarantee

Trained and Untrained Dogs for Sale



1980 Rolls Royce Silver Wraith II Very nice, Damage to drivers door. \$15,500

WHAT IS A GUANACO?

Guanacos are exotic animals about half the size of llamas. These graceful, majestic camelids are extremely rare, a pleasure to see, and a joy to know. They have valuable golden fleece and make intriguing, intelligent pets. Must live in pairs or small herds. A limited number will be available in 1993. Contact: Joan Saxton, 2337 West Dry Creek Rd., Healdsburg, CA 95448. Phone: (707)



1947 Jaguar Mark IV \$50k + spent on restoration! Large 3.5L engine. \$19,500



MGA Roadsters Several fully restored examples in stock from \$19,500



1988 Lamborghini Countach Showroom condition, Euro bumpers. \$89,500

EXOTIC PETS, LOVING AND UNUSUAL Hand-raised babies: capuchin and squirrel monkeys, wallabies (mini-kangaroos), domestic spotted Bengal cats (toy leopards), African pygmy goats, and Sicilian donkeys. Air delivery anywhere. Contact: C.R. Critter Co. Inc., Mishicot, WI 54228. Phone: (414) 755-4529.



THE ULTIMATE BIG BOY'S TOY

B-25 Mitchell Bomber, made famous by the Doolittle Raiders. Completely disassembled and re-built in 1983. Always hangared and professionally maintained. No damage history. Eight seats, intercom, oxygen, King avionics, Northstar Ioran, guns, smoke system, airshow ready. Delivered with fresh annual. Serious inquiries only. *Contact: Bill Arnot, owner, (817) 559-3661 days; Fax:* (817) 559-7420.

BEAUTIFUL BRITISH LADIES

Seek marriage with eligible American gen-

tlemen! All ages! Free details. Contact: English Rose Introduction Agency, Dept.

RR, Suite Two, 24 Cecil Square, Margate, Kent, U.K. Phone: (011) 44 843-290735.

Christmas Presents



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Gentle and loving companions, miniature horses are a delight to all ages. Centuries of selective breeding have resulted in the exquisite miniature, not a pony, but a tiny horse, perfectly proportioned in every detail!

Brandywine Hill has a small, elite group of miniatures. tiny in stature, extreme in type, and mighty in heart. Our miniatures have excelled in show rings across the country. and as ambassadors of the breed to the many organizations that have requested presentations.

Home of Pistol Pete, 29" Send \$5 for a colorful brochure or call today. ndywine Hill Equine Center Becky & David Birdwell 7452 Gibson - Cemetery Rd., Mansfield, TX 76063 (817) 572-5909



19th century, in the middle of Western Europe, in Belgium, at the border of Germany and the Netherlands, near Aachen, Bonn, Maastricht, Brussels, 2 minutes walking distance to a large leafwood. In top condition, about 850 sq m of living space, 11,000-sq-m park with many very old trees. Exceptionally representative. Big entrance with marble floor, enormous oak staircase, bar with old oak beams, living room with huge, elaborate marble chimney, wood panel, 18 main rooms, nearly all with marble parquet flooring, new automatic oil heating, first and second floor with new fitted carpet, complete basement, all renovated. Can be used as hotel/restaurant.

Private sale; price 1,650,000 DM. Tel: (+33) 53 82 94 12; Fax: (+33) 53 82 94 13.

endano

THE SHOT HEARD AROUND THE WORLD

. . . November 24, 1963

One bullet from his gun changed the course of history when Jack Ruby used it to slay Lee Harvey Oswald, the alleged assassin of President JFK. Forever locking the secrets behind the crime of the century. Now you can be one of the original owners of this highly collectable bullet shot from The Most Famous Gun in the World, the Jack Ruby .38 Special Colt Cobra.

Limited Edition

Only 5,000 of these historic collector bullets will be available worldwide. Each authentic

artifact consists of a brass case by Remmington and a copper jacketed bullet which is individually inscribed and numbered. The ballistic markings, or fingerprint, of the Jack Ruby Colt Cobra are totally unique. No other weapon can produce them. This further insures its prized collectability.

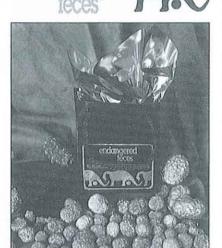
Collector Set

This special, limited edition has proven value. One of these bullets sold at Herman Darvick Auctions (NYC) for over \$500 in June 1992. The bullet and cartridge case are set in a solid cherry wood glass-top case with Ruby red French-cut velvet lining and corresponding numbered polished brass identification plaque. You also get a Certificate of Authenticity,color photos of the Jack Ruby Colt Cobra, an affidavit from Earl Ruby (Jack Ruby's brother) and a copy of the property receipt from the Dallas Police at the time of Jack Ruby's arrest.

> CALL NOW 1-800-756-RUBY

Special Offer Just \$495 (plus \$14.50 shipping and handling)

THE NATIONAL HISTORICAL MINT



Our glittering nuggets of fossilized feces prove that, with time, all is beautiful! Our unusual pyritized coprolites, from dinosaurs and their Cretaceous cohorts, are over 65 million years old and still going strong!

Leather pouch, numbered authentication.

\$24 U.S. each (foreign shipping extra)

(800) 551-3466 or MJM-P Box 2150, Tuscaloosa, AL 35403-2150

Christmas Presents



MOTOR YACHT BIG EAGLE

This unique vessel, originally built for the fashion house of Chanel, surrounds its passengers with elegance and luxury. The 166' *Big Eagle* is fully equipped for open-sea navigation, as well as dockside relaxation, featuring 7 regal staterooms (5 full-width with ensuite baths); 2 spacious main salons with full bar and entertainment equipment; elegant dining salon; aft-deck dining area with full bar, Jenn-Air barbecue, and swim platform; 2 tender boats; 4 Wave Runners; water sports equipment; satellite communications equipment; aft-deck helipad; all new Caterpillar engines and generators installed during major 1992 refit; and more. No other vessel compares to this immaculately maintained, kloyds 100 A1+ rated yacht. \$7.500.000. Also available for charter. Call for details.

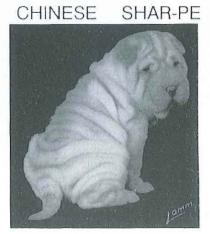


CADILLAC PRESIDENTIAL PARADE CAR

U.S. Presidential Parade Cadillac used in Dallas parade the day President John Kennedy was assassinated. 1956 Cadillac 4-door convertible, special-built new for President Eisenhower and also used by Presidents Kennedy and Johnson. It was directly behind the Kennedy car, carrying members of the Secret Service. One theory is that the fatal bullet might have come from this car. The auto is 21' long and weighs over 7,000 lbs. It has a special compartment for rifles in the rear, and pistol holders in front, making it an arsenal on wheels. This unique historical vehicle attracts great public interest and attention. Very expensive.

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Sheila Marquart 23177 S.W. Stafford Road Tualatin, OR 97062 Free worldwide shipping. All puppies are home-raised and guaranteed.



12-acre island featuring a 4-bedroom, 3-bath home, guest cottage, pool, extensive landscaping. Island includes mainland 3-bedroom, 2-bath home with 70' dock, 20' Privateer boat. 25 miles from Key West. Private air landing strip minutes away. \$2,800,000. This month two letters from Members, one sent to Nigel Oakins (Chairman) and one in reply to the August issue "Tales of Travail" story by Keith Welsh. Come on readers, keep them coming, we might still be woken up by a bit of a correspondence in OUTPOST.

17th August 1993

Dear Nigel,

I read you "From the Chairman" in the August "Outpost", and am perhaps a little confused.

You mention that new members are "still" not reaching the required number to finance the many projects currently on the drawing board.

In a club such as ours, whenever I hear that word "project" I get scared. We must never loose sight of the fact that we are divided up into a number of sections, Tennis, Squash, Rugby, the Woman's Group, etc. As soon as we launch a project for any one section, then every other section will expect, and have the right, to demand something for them also.

It costs Bht 50,000 to join the British Club. Just too much for many would be members. Mr. Geoff Percival has suggested that we spread the cost of Thirty months at Bht 2,000 per month, inclusive of the monthly dues. This would take care of those that only need short term membership, but would soften the blow for those that will be here long-term and would become life members. It would bring in more members who would spend money in the Club, and so increase revenue.

We have a wonderful Club, certainly comparing it to what it was twenty five years ago, and beyond, so lets try to keep it that way. The British Club is a "Family Club". it was never intended to be a Sports Club, or a Tennis Club, or any other particular kind of club. The fact that we have these facilities is because we have built them up over the years to improve the Club, bring in more members and increase revenue. We now have the cost of maintaining these facilities of course. Back in the Sixties it was argued that the swimming pool would bring in the wrong type of member. We would have "wives and kids running all over the place." Can you imagine the thinking behind that. They needed the revenue, so went ahead and built the pool regardless, and all us "wrong types" joined anyway!

Projects are fine, and please don't think that I am an ultra conservative, but the more we build into the Club, the more it will cost to maintain them, which could defeat the whole purpose as to why we are here in the first place. We are all equal in this Club. There are no special or privileged members. If we need more members, then there are plenty o British (Commonwealth) Expatriates out there that would join if we were to make it a bit easier for them. Mr. Brian Heath brought this point up at the last AGM. The "Percival" plan of Bht 2,000 per month for the first Thirty months, is something to think about. The Selection Committee would have to do its job well of course. The Club does have a "Code of Behaviour", I think.

It always surprises me as to how few people turn up to the AGM's and EGM's. We have close to One Thousand members this Club, not even ten percent ever attend. Perhaps you could give a copy of this letter to "Bea Grunwell" our Editor of the "Outpost" and encourage other people to write their thoughts and ideas regarding this, our "British Club".

Kindest Regards

James A. Reid R11

Lettens



Roy McGregor

Dear Outpost,

Having read the last issue of Outpost (August) I'm sure I cannot be alone in feeling sympathy for the poor correspondent who suffered so much, and yet heroically managed to relive the experience within the pages of Outpost. Surely no-one could remain unmoved reading this letter. One can only hope that he has recovered and no longer suffers from the nightmares which much have surely followed such a torture. I refer of course to the heroic exploits of our own Mr. Keith Welsh.

The anguish which I'm sure we all felt after reading this story will surely stay with us. How many of have asked ourselves how such a mild mannered man as Keith could have suffered as he did, and whether we could have bourne such an ordeal in the same cool, calm and controlled way as he. Not to diminish the stalwart way in which he survived the Immigration Department, but how many of us could endure the foul torture of the drinking free beer such as he; how many of us could plumb the depths of first class and come up with a smile on our face.

Can there still be any doubt in the maxim "Life 's hell in the East"?

Yet wait, I understand that not all of our number believe that our hero deserves such accolades. These detractors should be silenced. After all first class is not all that it is cracked up to be - or at least so I'm told. Surely no company would be so mean as to withhold, from such a conscientious and hard working employee as Keith, the little foibles which can only be catered to by the first class stewards. On another point, and with regard to his little beer drinking bout; who amongst us would not help out the Nepalese economy if the opportunity presented itself. After all, Keith himself told us of the torture which he endured the following day.

Further, I must stop his mean minded critics and point out that Nepal, Sri Lanka and Singapore are not merely just attractive tourist destinations -I'm sure that anyone who has spent as much time lazing on the beach as Keith finds absolutely no pleasure in being forced to spend more time there, and anyone who knows Keith would surely laugh at the thought that he would climb one of the Himalayas. The final nit-pick heard is that someone who has enough time to write a two page letter to Outpost cannot be worth the mega salary which he no doubt commands. To that, I can only say that I wish that we could all be so organised. If so, we could all spend as much time on the course as Keith.

I feel that having to argue such a point merely demeans the man. Think of how this has benefitted us all. No longer will we have to bear these trials on our own, we can now rest assured in the knowledge that there is a sympathetic shoulder right here in our club should we need one.

Finally, I can only wish this pillar a good holiday - and pray that he does not happen to fall victim again, and have his return flight cancelled for no apparent reason, (as recently happened to yours truly). Keith, well done!

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Roy McGregor

WHY WE MIND OUR PEES AND Poohs

We all do it so why are people so coy about a little hot air or the odd harmless plop in public, er lavatory? Claire Rayner wrote this article for Cosmopolitan and Outpost thought the BC was ready for this. If not ... the Editor will be out of town from 2nd October until further notice.

Ask experts to define the difference between humans and animals and you'll be told it's speech, which gives us the best communication system there is and with it the ability to misunderstand each other in myriad languages. Or the opposite thumb, which gives us such miraculous grasping powers and with it the ability to make nuclear weapons. Or the awareness of our own mortality, which led us to invent religion.

Piffle, all of it. The real difference between humans and animals is that we're prudes and they aren't. Do you ever see a cat look shamefaced as it crouching over its hole happily crapping? Or a dog blush as it pees up against a tree? Or a horse look even remotely uncomfortable as it cheerfully farts its way through life?

Of course not. It's only humans who regard these perfectly normal physical functions as in some way disgusting. Only humans will put themselves through the most agonising discomfort rather than permit excess gut gasses to escape through the hole that has so thoughtfully been provided for them.

Only humans display revulsion at the sound of urine escaping (and they do. There are vast numbers of women (and men ED) who stuff lavatory bowls with soft paper before they pee into them, for fear someone outside might hear the trickle). As for poohing in a public lavatory - they almost die of shame if the sound of a plop disturbs the peace, and lurk in the loo until every person who might see them emerging from their stall and thus identify them as the plopper, has gone.

Why? In the name of all that is reasonable, why are we so screwed up with agonies of shame because we happen to have fully functioning bodies? We weren't always so prissy, at other times and in other societies we were much more sensible. In ancient Carthage, for example, they had a public lavatory which was a delightful place - a vast ring of holes in stone, all very public, on which the citizens sat and companiably shat, only breaking off their conversation from time to time in order to put a little extra effort into expulsion and then returning to the subject under review, not one whit abashed. Visitors to Tunis this summer will be shown the ruins of this excellent establishment; it's one of the sights on every holiday courier's schedule.

There will be those that tell you it's because we today are so much more refined, so delicate in our sensibilities, that we have learned to hide those earlier manifestations of our humanity. That's piffle too. We eat in public, and that's a far from delicate activity - all that chewing and salivating and gulping and sweating (it's called a gustatory flush. We all do it when eating, especially when eating spices). Furthermore, we blow our noses to get the snot out, and we cough to rid our chest passages of phlegm. If those activities are not disgusting, why is the clearing of others of our passages so denigrated? Yes, I know all about the matter of offensive smells; but in fact the taboo on farting, for example, does not protect us from noxious odours.

As we all know, there are different sorts of farts. Noisy ones, which rarely create any smells at all, and the hot silent ones, which undoubtedly do. (Isn't it fascinating that the human anus *knows the difference before emission*? A remarkable fact which, because of prudery is never discussed...)

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As we also know, people who want to rid themselves of the silent but deadly kind do not hesitate to do so as long as there are three persons present so that there is invariably doubt about the perpetrator. It's the noisey harmless farters who suffer the most anguished embarrassment and greatest opprobrium. Again must I ask, why? If we make such a fuss about those physical functions we share with all, consider the way some of us carry on with female bodily emissions. For years any mention of the fact that women bleed has been regarded as filthy. I spent my childhood convinced that only children had these odd arrangements underneath; all grown-ups I believed, were smooth all the way under, like kewpie dolls. To discover that peeing was not something only children did was misery indeed. (I had been, heaven help me, an infant bedwetter and was told over and over again that I would grow out of it. You can see how the misunderstanding arose.)

To discover, eventually, from others' horrified whispers that not only pee came out was amazing. And because of the way I was told, I was at first ashamed of it. Ashamed of being a woman! Do we want to go on filling small girls with such garbage thoughts?

Fortunately, no, not as much as we did, happily, the mealy mouthing has decreased a little in the last decade or so. The powers that be began to allow advertisements for sanitary towels to appear on TV instead of lurking at the back of women's magazines, where they were couched in such mysterious language that no one knew what was being sold. Ronnie Corbett, in one of his monologues, put it neatly when he said, "I don't understand women's advertisements, I read about Tampax, and I've been using them for months, and I still can't swim or ride a bike." The first ads were as mysterious as any of those that puzzled Mr. Corbett; but then I was asked to make one that was clear, explicit and honest and really did describe a new design that would cheer the heart of woman. It would also, I hoped, help those young girls who were still being told that periods were shameful, something to be hidden and never discusses.

And what happened? A few (700 or so) viewers complained that such adverts were disgusting. Shaming to women. Embarrassing to mothers. That they, as one amazing female wrote, "Reveal our 'pretend secret' about our 'bleeding weakness'." It's a sad enough situation that 700 people, mostly women, felt that way, what is little short of tragic - prissiness taken to the point of lunacy - is that the powers that be, in this case the Independent Television Association, which represents the television companies, banned the advertisement altogether because of the protests. Unfortunately obscurantism lives and breathes in too many minds.

I've tried hard, truly I have, to discover a useful function for all this narrow-mindedness. The only one I can think of is that it gives people something to giggle at. It manages to take a whole range of words and make them seem vaguely rude. Like "passage". Like the planet Uranus. Like the letter P (as in the Blockbuster request, "Give us a P, Bob…). Like wind".

I once recreated a great deal of hilarity in France when seeking to borrow a hair dryer, I forgot the proper name for it and asked for a *vent chaud* instead of a *sechoir a cheveux*. This request made my name throughout the hotel as a great wit. Immediately. Quelle absurdite! Like, of course the word "function" itself; where would people like Dave Allen be if we were all to stop regarding bodily functions (see what I mean?) as dirty and undiscussable? I'm convinced that life would be much more relaxed and agreeable if we could stop regarding our essential physicality as somehow reprehensible and something we should try to deny. It's like those singularly silly girls who ask a man, "Do you love me for myself or just for my body?" Dammit all, we are our bodies. We should glorify them, enjoy them, use them to the full, not treat them as something so essentially repellent they have to be covered, tweaked, fiddled with and, above all, denied. Let's hear it, in fact, for the fart.

Get Knotted

styleguide

his summer's skirt is long and fluid. The style? Ethnic mixed with city. So get to grips with a sarong and turn your beach basics into a city asset by wearing with a body and a jacket or make your own. DIY choose a piece of flowing fabric the shape of a double square. If it's roughly a metre wide buy twice the length and hem the edges.

To secure there are various methods you can try: **Up front:** wrap it and tuck into the waistband of tights or knickers. Then secure with safety pin on the inside and add a belt (see diagram below).

Tie back: knotting your sarong at the back streamlines dimensions.

Start by holding one corner behind you, wrap the other around your waist and tie both ends.

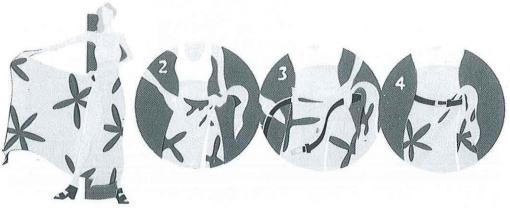
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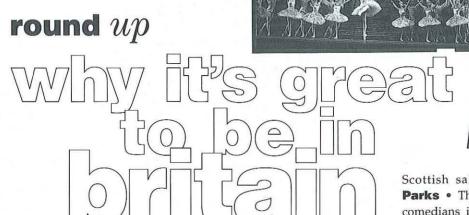
Sides together: Fold the sarong into a square and knot corners. Tuck dangling ends into the waistband of cycling shorts. OR WHY NOT... Fold it in half widthways for an instant mini skirt. Drape it over your shoulder like a shawl. Layer it, Kenzo style, and wear over trousers or a dress.. Simply fold your fabric into a square, and once again into a triangle. Tie it off-centre around your waist.

So you see, some sarongs really do make a right.

The road to style success this year is an easy, sexy sarong. **Samantha Cookson** takes the wrap and demonstrates drape-dead city dressing.

stilling stilling





Bluebell woods • Radio 4 • Ancient walled cities • Double decker buses • London Cabs • Marks & Spencer • HP Sauce • Wild ponies in the New Forest • Police who don't carry guns • Original street fashion * Sunday lunch • Fish and Chips served in newspaper • The National Trust



 Hosts of golden daffodils
 Great cheap package holidays • King Edward Potatoes • Punting downriver • The NHS (in spite of underfunding • Leafy oak and sycamore trees • Hats at Ascot • No VAT (yet) on books • Cricket • Cucumber sandwiches • Bonfire Night parties • Sublime poetry • Free museums (mostly) • The coastline of Northern Ireland • Irony • Greasy spoon caffs • Dry stone walls • London squares • An unparalleled music industry • Afternoon tea in grand hotels • Scottish tweed and wool • British news coverage Hogmanay
 The greenest grass in the world • Royal scandals • Penguin books

City parks • Paisley-print scarves and green

wellies • Wild English Roses (both floral and human) • Individualism • Cox's Orange Pippins • Country Markets •



sic industry • Afternoon hotels • Scottish tweed itish news coverage • The greenest grass dals • Penguin books nt scarves and green • The scarves and green • The scarves and green • Scottish tweed • The greenest grass • The scarves and green • Scottish tweed • The scarves and green • Scottish tweed • The scarves and green Scottish salmon • National Parks • The funniest stand up comedians in the world • Regional accents • Under-

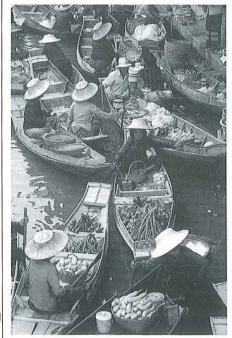
supported but wonderful British films • Apple Crumble • Free higher education • Tennis at Wimbledon • Devonshire clotted cream • Wet and windy seaside piers . The National Theatre • The Royal Ballet • Kilts and Bagpipes • Morgan cars • Cooked English Breakfasts • Jersey Cows • Tony Benn, Barbara Cartland, Derek Jarman and other great British eccentrics • English country gardens • Rambling clubs • Stratford-upon-Avon • Harrods, Harvey Nichols and Liberty • Christmas Pantomimes (Oh yes we do) • The Samaritans • Ferries across the Mersey • Deckchairs • Saville Row • Village church spires glimpsed through trees • Pet lovers • Public footpaths • The Proms • Iumble sales • Pubs • Nature programmes on tv • Maypoles • Minis (the car that is) • Deer in Richmond Park • The seaside • Free contraception • English Gin, Irish Whiskey and Scotch • Kids with conkers • Marmite • Marmelade • Healthy scepticism • Brighton Rock • Welsh male voice choirs • Haunted homes and ghost stories • Yorkshire pudding • The Embankment at night * Kew Gardens • Commemorative blue plagues on houses where great people lived • Victorian swimming baths . Long summer evenings • Pimms • Blackpool illuminations • Scottish crofts • Boots the Chemist • Long

Roman Roads • Wild Rhododendrons • Doorsteps and porches • Heinz baked beans on toast • The tinkling of an ice-cream van on a summer's afternoon • Viz • Eastenders and Coronation Street • British Airways • Scottish Logs • Welsh Mountains

WHY IT'S GREAT TO BE IN THAILAND

Rain Forests * Soft 105 * Ancient walled cities * Double decker buses * Taxi Meters * Marks & Spencer * HP Sauce * Elephants walking on Sukhumvit Road *Police who care *Original street fashion * Sunday lunch at Jools * Fish and Chips served in newspaper from the BC * The National Trust * Hosts of pink bougainvilleas * Great cheap package holidays*Thairice*Puntingdownriver * Private Health Insurance * Leafy teak and "monkey" trees * Hats at Hua Hin * BC Soccer * Cricket * Cucumber sandwiches*BonfireNightparties*Sublime poetry * Almost Free museums * The coastline of Southern Thailand * Irony * Greasy spoon caffs * Beautiful cast iron gates * BC Car Park * An unparalleled music industry * Afternoon tea in grand hotels * Thai Silk and cottons * Thai news coverage * Hogmanay * The





▲ An old woman making jasmine flower garlands at her stall near Soi 57, Sukhumvit, Bangkok.

accents * Undersupported but wonderful Thai films * Kanom * Expensive but at least available international education for our children * Tennis at Wimbledon from Star TV * Yoghurt from the Cedar Tree * Hot and smelly seaside piers*The Bangkok Community Theatre * The Royal Ballet (when visiting) * Kilts and Bagpipes * The St. Andrews Ball * The St. Georges Ball * St. Patricks Ball * St. Davids Ball * Racquet Ball * Rugby Ball * BC Christmas Ball * Rolls Royces and 50 year old Toyotas * Loy Kratong * SKIP * Cooked English Breakfasts * Water Buffaloes*NickWhite,Sally Voravarn, Christian Adams,

greenest grass in the world * King

Bhumipol and Queen Sirikit * Penguin

books * City parks * Multi coloured

hilltribe wear * Exotic Thai beauties

(male and female) * Individualism * Mai

Tai * Pomelo * Baby Bananas * Country

Markets * National Parks * The funniest

soap operas in the world * Regional

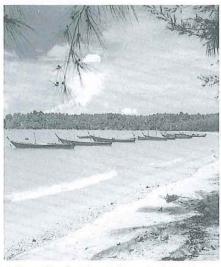
Alistair Greenlees, Paddy Dickson, Bryan Baldwin and Carolyn Tarrant and other great British "institutions" * Chang Mai country gardens * Rambling clubs * Satahip * Central, Robinsons and Jim Thompsons Christmas Pantomimes (Oh yes we do) * The Samaritans * Ferries across the Chao Phya River * Elephant chairs * Any tailor on a Bangkok

 Damnoen Saduak, one of Thailand's last authentic floating markets, Ratchaburi.



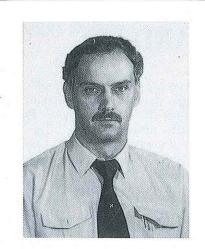
* Photographs "borrowed" from the Engagement Calendar - page 13

street corner * Bejewelled temples and mosques dotted around Bangkok and the rest of Thailand * Pet lovers * Public footpaths (dream on ED) * The Last Night of the Proms at the BC * Jumble sales * Pubs * Nature programmes on tv * Maypoles * Morris Men * Tom Yam Ghung * Minis (the car that is) * Elephants in Kao Yai Park * The seaside * Purchasing contraception in Cabbages & Condoms after dinner * English Gin, Irish Whiskey and Scotch and Mekhong * Kids with Thai Takraw balls (excuse the spelling Ed) * Marmite * Marmelade * Healthy scepticism * Grandfather and Grandmother rock in Samui * Welsh male voice choirs * Haunted homes and ghost stories from our maids * Spring Rolls * The Chao Phya at night * The Queen Sirikit Park on Sukhumvit * The weekly accumulator in the Churchill Bar * Condos with Olympic sized pools * long summer days * Fresh Coconut milk * Christmas illuminations at the Regent * Thai houses * Chinese pharmacies * The Expressway * Wild poppies * Hotel entrances and lobbies * Heinz baked beans on toast * The tinkling of an ice-cream van every day at the same time * 911 Magazine * Blonde child models in Thai magazines * Beautiful Eurasian girls * Chatuchak Market * Durians*BritishClub*Driving through flooded sois * Longtail boats '



- Rawai Beach at the southern tip of Phuket island.
- A big bath at Mae Sa Valley's elephant training center and show near Mae Rim.

New Committee Member



After a spell as Chairman on the BC Committee and CM for Personnel, Bryan Baldwin resigned recently leaving a daunting gap in the ranks of the Committee. Bryan will be missed by all, but maybe he now has more time for more leisurely activities like darts and lounging by the poolside.

Newly co-opted CM, Mr. Alex Forbes, is full of Scottish fire and raring to go. Alex was thrown into the deep end when he joined the Committee at the end of August as the search was on for a new Club General Manager. He has been heavily involved with this, interviewing some 70 applicants, together with Dugal Forrest and Nigel Oakins. Final recommendations will be made to the General Committee and Alex told me on the last new members night that an appointment is expected by the end of September. More in the next issue.

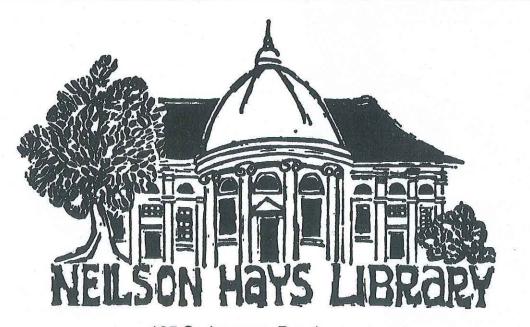
Alex is a man of many talents, some of you may know he is the "in"famous Scoop of football fame, he is also the Vice Chieftain of the St. Andrews Society, and Vice Chairman of the British Club Football Section. Alex works for Unocal and has now been a Thailand resident for 6 years.

He is married to Linda and they have one son, Stephen.

When asked how he sees his job on the Committee he replied: "I want to review all job descriptions of staff and ensure that all staff *has* a job description and set some goals and objectives."

Of course this could mean all sorts, the "goals and objectives" bit, but I am sure Alex will work very hard at the job and we'll hear from him in future.

Outpost and BC Members wish Mr. Forbes the best of luck and success with this new appointment.

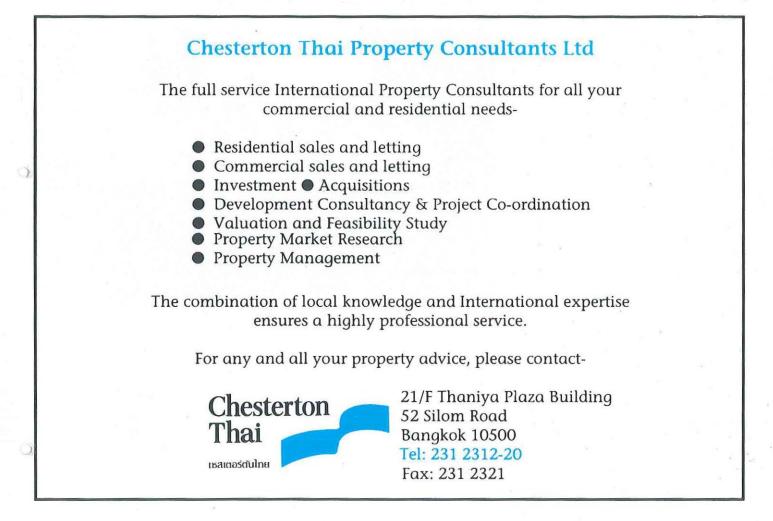


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The Final Countdown

FROM THE CHAIRMAN

Well, it seems the scare on the swimming pool came to nothing, which is just as well. But it did set me thinking from now on I had better add the skill of clairvoyancy to those needed to be chairman of this club as I have to supply the editor of Outpost these notes five weeks before publication.

As you read this, I hope we have already appointed a new club General Manager. At the end of August, we held short-list interviews with 10 applicants out of around 50 in total. This number was reduced to just three by mid September and the selection committee then had the difficult task of making a final selection. I have to thank Dugal Forrest, Jack Dunford,



Paul Curtis and the newly co-opted committee member, Alex Forbes (welcome to the committee, Alex) for their help in the search. Incidentally, it has been somewhat amusing to hear all the gossip, innuendo and conjecture relating to this appointment, all of which has been completely ignored by the general committee. It does prove however that it is not only the Thais that love to gossip and make insinuations; we Brits can take it to new levels.

Finally, I hope you have all read the letter from James Reed in this issue of Outpost. Whether you agree with his comments or not, it's great to get members using the magazine as a forum for new ideas, discussions, debate or whatever. By the way, the EGM held on Monday 27th September took place one month after I wrote these notes and no way does my crystal ball help me with that one.

> Nigel Oakins Chairman

COMMITTEE MEMBERS

Mike O'Connor			
Finance			
233-4948	(O)		
236-7922	(F)		
Joe Grunwell			
Sport			
541-1970	(O)		
541-1436 (F)			
258-9509	(H + Fax)		
Alex Forbes			
Personnel			
541-1970	(O)		
541-1436	(F)		
Nigel Oakins			
(Chairman/Personnel)			
240-3700	(O)		
240-3679	(F)		
258-8228	(H)		
Paul Curtis			
(Hon Treasurer/Personnel)			
236-6161-4	(O)		
Dugal Forrest			
(Vice Chairman)			
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399-1564	(F)		
258-7640	(H)		
Frank Crocker			
(F&B)			
312-8306-7	(O + Fax)		



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Maurice Lam	b	286-
(Entertainment	/Sport)	Col
272-4530	(O)	(Me
277-9003	(H)	240-
272-4538	(F)	240-
Jack Dunford		332-
(Personnel/Hou		
236-0211	(O)	

238-3520	(F)
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