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October

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### Contributions

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### Outpost Magazine

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



### Front Cover

Keeping little faces fascinated with magic!  
It's OK to make a mess at summer camp  
Golfers as you've never seen them before  
Familiarising ourselves with the tigers  
It's New York, Thailand with 'Guys & Dolls'

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## From the Manager

Dear Members,

We are heading for the last quarter of the year and traditionally the Club organises a lot of events. Some of the highlights coming up include the dinner on the Eastern & Oriental Express and the Italian Food Promotion in October, the Guy Fawkes Night, Loy Kratong and the St. Andrew's dance practices in November, and much more. The traditional Annual Christmas Ball will be held on Saturday 16th December 2000.

We have made more progress on the development side of the Club. The tennis fencing has been completed around the centre court and court no. 1. The new pool furniture has arrived around the main pool and new mattresses have been placed on the sun loungers at the children's pool as well as new umbrellas around both pools. By early October, the installation of the fire alarm at the Clubhouse and adjacent buildings will be complete. We are in the process of upgrading the electrics at the Club and this project will be finished by the end of this month. This will mean that for a couple of days in October the fitness centre will be closed as we have to cut the electricity supply; notices will be posted in advance but we do apologise for any inconvenience this may cause.

On the personnel front, we would like to welcome Khun Premm, who has been appointed the financial controller of the Club.

Unfortunately we have received quite a few complaints from members who received a direct mail from Five Kings Travel & Ticketing. This company photocopied the membership directory in the Yearbook, including the picture of members, with picture plus address appearing on the envelope with a direct mail letter inside. This is a very unprofessional way to send out mailings and we have informed this company accordingly. We look forward to seeing you at your Club in the not too distant future.

Yours sincerely,



**Willem T.P. Pentermann**  
**General Manager**



Willem T.P. Pentermann - General Manager



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# Alas! Poor Yorrick... He's at the BC!

## BCT Club Night

Thursday 5 October

Everyone is welcome at the Bangkok Community Theatre's monthly "Club Night" held every first Thursday at the BC. This month's will be on Thursday 5th; for further information please call BCT on 258 8495.

## Italian Food & Wine

Friday & Saturday, 6 & 7 October

Sample the delights of Italian cuisine created by Khun Boonlert and his team of chefs. Ample Italian wine and liqueurs will be served, compliments of Italasias, Khun Tanya. The "all you can eat" buffet includes wine and costs Bt 700 for adults and Bt 350 for children. Evenings only.

## Grand Prix Showing

Sundays 8, 22 October

Live broadcasts in the Churchill Bar of the Japanese Grand Prix on Sunday 8th October, and the final Grand Prix in Malaysia on Sunday 22nd October – great viewing from the comfort of your favourite bar!

## Clowns of Shakespeare

Friday 13 October

Back by popular demand for one night only: - "Mr. Shakespeare", Daniel Foley in "The Clowns of Shakespeare". Starting at 7.30pm, the evening includes a buffet dinner and costs Bt 600. Maximum 80, so please book early at Reception to avoid disappointment.



## BC Rugby Pink 'n' Black Ball

Saturday 14 October

Once again the pink-n-black are organising their fiesta of an annual ball, held at the Grand Pacific Hotel on Saturday 14th. For details contact Rod Kerr (01 870 3646) or Paul Matthews (01 921 5488).

## Film: 'The Italian Job'

Wednesday 18 October

The British Chamber of Commerce and the British Club are jointly organising this movie night in the Wordsworth Room at the British Club. The film is 'The Italian Job' with the one and only Michael Caine and starts at 8.15pm; cost is 250 baht per person including a scrumptious Italian buffet – now, isn't *that* an offer you can't refuse! Contact the Club for reservations.

## Bar Quiz

Friday 20 October

Also back by popular demand; prepare yourself for an evening testing your memory and wits in the Churchill Bar, starting at 7.30pm. Will the 'Spoofers' win this time around??

## Australian Wine Tasting

Friday 27 October

Sample the delights of premier Australian vineyards this month in the Snooker Room with Jonathan Glonek of Bangkok Fine Wines. BC will provide the complimentary finger food buffet, starting at 7pm; just sign up at Reception.



## All Aboard the E&O

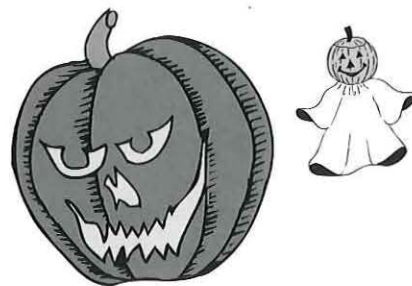
Saturday 28 October

A unique opportunity to enjoy a touch of refinement aboard the Eastern & Oriental Express with a luxury five-and-a-half hour train journey to Ayutthaya and back. This exciting one-off event starts with pre-dinner drinks on the front lawn of the Club. On board the train an exquisite 4-course meal with wine will be served in the dining carriage. The special price for BC members is Bt 8,000 per person, including coach transfer to Hua Lumphong Station and all beverages on the train. Places are limited to 60 people – there are a couple of seats left, please contact the GM for details.

## Children's Halloween

Sunday 29 October, noon

The spookiest event of the year! The ever-popular Children's Halloween in the Surawongse Room will be held on Sunday 29th, starting at noon and finishing at about 3pm. There will be Halloween games, a magician, children's buffet and soft drinks, as well as prizes for the most ghoulish fancy dress, followed by a showing of the film "The Addams Family". Price is 290 baht per child, please sign up at Reception.



## Christmas Cards for Sale

From 1 November

In plenty of time for overseas postal deadlines, the BC will be selling its Christmas Cards in Reception for just 30 baht each.

## Guy Fawkes Night

Sunday 5 November

Pencil this event into your diaries, this one is too good to be missed!



## Inter-Section Sport & Family Day!

Sunday 12 November

Yes, it's actually happening, so gather your teams together for a day of activity and fun! Each team of 6 people (minimum 2



women) competes in all the sports for which the BC has sections (and darts), with scores tallied and winners announced at sundown. Note: teams do not have to be members of particular sections. Please contact Damon for further details and to register your team.

### St. Andrew's Dance Practices

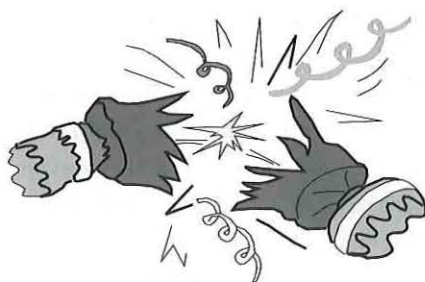
#### *Mondays in November*

On Mondays 6th, 13th, 20th and 27th November you can join the St. Andrew's Society Ball dance practices on the front lawn from 6.30pm onwards. On Wednesday 29th November there will be traditional "Beat the Retreat" on the front lawn. Parking will be available at the AIA Building. Come and join in!

### CHRISTMAS!

Mark your diaries: the BC Christmas Ball will take place on Saturday 16th December this year; tickets will be available at Reception from 1st November.

In next month's issue of *Outpost* will be a detailed Club Christmas Programme. Make sure you and sign up at Reception early to avoid disappointment!



### REGULAR EVENTS

#### Churchill Bar Cocktails

Try our Cocktail of the Month for just Bt 95 per glass!

#### No Fixed Abode in the Bar

##### *Friday nights*

'No Fixed Abode', Bangkok's Celtic, Antipodean and folk band, play every Friday in the Churchill Bar from 8pm until midnight,!

#### Poolside BBQ

##### *Friday nights*

"All You Can Eat" at the barbecue at the poolside every Friday from 6.30-9pm at just Bt 295 for adults and Bt 185 for kids under 12 – and the kids get free Coke too!

#### Kids Corner

Every weekend there are activities for kids, including games and movies. For details, please contact Khun Aey.

## SPORTS UPDATE

### Tai Chi at the BC

#### *Tuesdays & Fridays, from 13 October*

The experienced Khun Sitta Wangtarawut, who has judged both World Kung Fu and the Asian Games Kung Fu, will teach functional Tai Chi Art to promote relaxation, peaceful mind, good health and internal energy flow at the BC on Tuesdays and Fridays between 10 and 11.30am.

This course comprises 24 classes for 10,800 baht, and classes should have a minimum of 4 and a maximum of 10 people, so sign up early at the Fitness Centre.

### Mid-term Swim Activities

#### *Tuesday-Friday 24-28 October*

There will be four days of swim classes during the half-term break taken by Damon as follows:

- Water Confidence 9-9.30am (max 5 kids) – 1,000 baht
- Stroke Introduction 9.30-10.25am (max 8 kids) – 1,400 baht
- Junior Stroke 10.30-11.25am (max 8 kids) – 1,400 baht

### Mid-term Tennis

#### *Tuesday-Friday 24-28 October*

There will also be four days of children's tennis coaching during the half-term break taken by Paul Ho. Minimum 4 and maximum 16 kids per class, as follows:

- Beginner Tennis (approx age 5-8 yrs) 10.30-11.30am – 1,500 baht
- Intermediate Technique (approx age 8-12 yrs) 11.30-12.30am – 1,500 baht



### Swimming Gala

#### *Sunday 15 October*

Please register before 10 October. Contact Damon Nemish in the Fitness Centre for more details.

### Sport accessories

A reminder that we have HEAD tennis and squash accessories along with rackets for sale in the Fitness Centre. Prices are 10% less than retail - a great deal for members!

### Aerobics

#### *Wednesdays & Fridays*

K. Joom is doing a great job (she started 2 weeks ago). Wednesday is step and Monday and Friday Aerobics, there are 10 classes in October for just 1,750 baht. 9:30-10:30 am, between 2nd and 30th. Sign up at the Fitness Centre.

### Aqua Aerobics

#### *Tuesdays & Thursdays*

Mrs. Elizabeth Van Den Broecke is holding 7 classes in October for just 875 baht; 10:30-11:30 am on Tuesdays and Thursdays from 3rd to 31st. Sign up at the Fitness Centre.

### Junior Tennis League

As of October the juniors will have their own tennis league





# A Roaring Good Time Had By All But One Trapped In Danger Pit...!!

**W**ednesday, 16th August was not your average day for those lucky enough to have signed up for the BC's trip to the Sriracha Tiger Zoo.

For starters, it was still school holidays for most of us and we got to sleep in till 9.45 a.m, as the bus didn't leave until 10 am - thanks Khun Baz!!

The children were all abuzz as we arrived at the BC parking lot to find an enormous tour bus ready and waiting for our journey south to the Sriracha Tiger Zoo which claims to be the biggest Tiger Zoo in the world. Being no expert on Tiger Zoos, this could well be possible, as the park is quite large and continues to be developed with no clear idea of where the eventual boundaries may or may not end up!

Once everyone was loaded and accounted for and had shuffled and reshuffled and all jockeyed for the best positions to see the videos (great thinking Baz) we roared out onto the tollway en route for the Zoo. Land Before Time II and other videos kept all our young charges amply entertained, with not a peep out of anyone. Not, that is, until one young laddie decided to tempt fate by making a solo attempt to the Danger Pit (the bus's loo, located midway back in the bus, at the bottom of a rather treacherous narrow staircase).

What made matters worse, was that the bus driver must have forgotten to move some rather hefty looking water buckets from the toilet room. Thus, competitors (and it was a mean competition to complete successfully) in the run up to the Sydney Olympic Games, had to show previous qualifications in the fields of hurdling,



acrobatics and cross-country before even being given a special pass (just to scale the stairs to Danger Pit).

The young chap in question passed the qualifiers with flying colours and was given the green light by his Mum and other spectators to proceed (with caution). With a smooth entry in the loo door, everyone took a sigh of relief and returned their attentions to the video, doughnuts and cokes which were all providing a lovely distraction to those ugly, initial traffic congestion stages more commonly defined as Getting Out of Bangkok!

It wasn't until the cokes had started drying up, the last crumbs of the doughnuts had been devoured and the video needed changing that a small cry for help was heard emanating from the Danger Pit!

Aha, one thought, yes we did see a lad go in some time ago and he has been an awfully, unusually, long time. Are you alright, his mother called... I can't get out, came the feeble reply. Unlock the door, his mother calmly suggested... I can't, came an ever weakening reply. There was only one thing to do and that was to get man about town, Khun Baz from his peaceful 40 winks at the back of the bus.

It was time to resolve the fate of the young man now firmly ensconced in Danger Pit! Baz was quick to the mark and a picture tells a thousand words. Here, you can see a worried Khun Baz as he attempts with Tarzan like bravery and skill to bust down the loo door.

Next step is to track down the bus driver and find out if there is a key to Danger Pit or shall the kid spend his entire Tiger Zoo trip in Danger Pit, ex the tigers??

Alas, to all concerned it was a great relief when a very nervous looking Khun Baz emerged back down the bus wielding a bright shiny object which slid easily into the key hole and the young man was saved from a day of misery!



The rest of us asked Khun O to stop at the next big petrol station and thus Danger Pit became a thing of the past, never attempted again on our Tiger Zoo Trip!

We went straight up to a semi-private dining room (seating for about 300) which was brilliant and had curved glass floor to ceiling windows which looked right into the tiger enclosures. The kids were so excited that they could get so close and see everything so clearly through the glass. On the opposite side to where we all sat, was the crocodile/alligator infested pond which had literally hundreds of ugly, mean, hungry looking crocs. All the parents kept hoping that the glass that their fidgetting, squirming children oohing and aaahing were pressing against would not cave in or we would have been the lunch!

Back to the food which there was never a shortage of all day, we had an absolute feast of spaghetti bolognese, fried rice, chicken and beef dishes, fanta and cokes, ice creams - a real kids' party!! We could hardly contain their curiosity and with so many shows and activities to attend we ate quickly and broke away to see the many amusements of the Park.

The highlights were the Elephant Show when Khun Baz and another brave BC member (photos) volunteered to allow hundreds of tons of elephant flab to step across them. Don't ever let it be said that we don't have some extremely brave (or extremely stupid) personalities at the BC, ha, ha! The elephants played basketball against each other and each scored three



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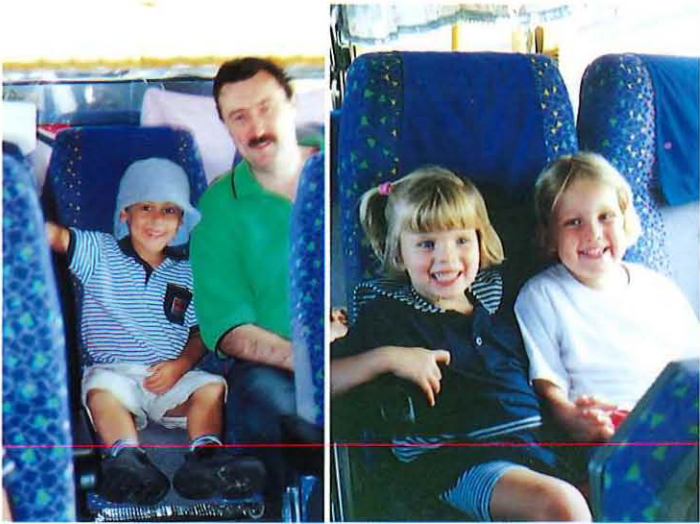
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# Sriracha Tiger Zoo Trip





balls through the net using their agile trunks.

Another hoot was the pig racing which one had to see (and smell) to believe. There were Australian native animals which you could take pictures with including a very cute little wallaby which my children just thought was the cutest thing they had ever seen and couldn't understand why we couldn't have a pet one at home. Everywhere you looked there were animals. We saw snakes, camels, chickens, sheep, mules; an absolute Noah's ark of animals and they are building more enclosures and themed areas all the time. And of course there were lots of tigers, leopards and alligators.

The crocodile show was really something else. There was a young couple who must have been married to trust each other and



the crocodiles so much. They actually got onto this wet stage with a moat around it which was literally full of big, slimy, yucky looking crocodiles. Then they each grabbed the tail of one and pulled it (which to me looked like a highly irritating act for the crocodiles) and then got these sticks which they ran over the croc's jaw area (always recommend using a stick rather than your own hand which may not be there when you look again). This seemed to sedate (if they hadn't previously been) or hypnotise the croc's and then these two showpeople did any number of courageous acts such as wrestling standing with the croc (once again I must say, the crocodile did seem a mite agitated by this activity). The girl did something even more foolish and stuck her whole arm and then her whole head into the crocodile's open mouth (luckily he had just been fed).

The highlight of the day, if there were only to be one out of so many, was no doubt the tiger show. It was done in a traditional circus environment on the round, and there were chimpanzees riding little tricycles and all sorts of side shows. The biggest thrill was probably when the kids saw the tigers all jumping through the burning hoops and the tiger keeper controlling his ferocious, roaring charges with a carefully



manipulated whip (not on the animals skin, just the noise of it seemed to let them know who was the boss.)

From the tiger show we all tumbled back to the bus where secret photographers had been busy when we came into the park and we all bought memento plates and picture frames with our 'own little tigers' on them! Once all happily back on board and BC bound Baz and O had more refreshments to keep us all rehydrated and refreshed for our arrival back at about 6 pm.

From all the members who took part in this great day, big thank yous especially to Khun Baz and Khun O and their entire team. All of the events which we have been involved with through the BC have always been extremely professional, entertaining and lots of fun for all age groups.

Keep up the great work and muchos gracias!

Ciao,

**Donnamici**

## Out in the Community

Activities being organised this month in the community include a **National Museum Volunteers** lecture: "The Shining Cloth: Dress and Adornment that Glitters" on Thursday 26th October at 10am in the Auditorium of the National Museum; for details contact Mary Eliades at 587 1880.

Also this month there is a Cooking and Culture trip on the **Magic Eyes Barge** with Mrs Balbir on October 8th, and early next month there's a great Family Weekend trip on the barge from 3rd to 4th November, which promises to be a fun-filled yet relaxing trip on the river! For more information and prices contact Helen or Lynda on 439 4746/8.



Over at **Community Services of Bangkok (CSB)** there's a whole host of courses for those new to Bangkok or wishing to learn more about this city, country and/or culture. Coming up this month are a trip to a bronzeware factory, a beginners guide to computers, exploring food stalls, how to manage maids, getting around Bangkok and a special wining and dining for all those who enjoy exploring new eateries and drinkeries as well as meeting new faces. For more details contact Jake Osselburn on 258 4998/5652.







# From Real Squash to the BC

## Central Plaza Sunday Mix-In - 3rd September

I missed the Sunday mix-in for September as I was away in Hong Kong watching some *real* squash (see below), but I received the following match report from Marvyn and I thought it was so good I had to repeat it in his own words:

There were 8 players.

Peter Norris and Tom L. were level on points after 7 matches, from memory 102. Both agreed to a play off. Peter played really well 14-10 up but Tom fought back. 15-14 to Tom.

Scores are in pigeon hole in Club House although Martin's arithmetic favoured himself quite nicely.

Plenty of eats and boooooozze. Made no profit.

All chits and sign up sheet in same pigeon hole.

Regards, Marvyn.

## Missing Persons

I was in Hong Kong over that weekend watching the finals of the Cathay Pacific Hong Kong Open squash tournament, the sixteenth running of this great competition. Congratulations to everyone at Hong Kong Squash who attracted 28 of the top 30 players in the world – the other two are injured!

Anyway, there I was on Friday night watching the quarter finals and in walked a face I knew – Bob Faherty back in Hong Kong heading up Kier HK, although he is due to go home to the UK later in the year. Bob is playing squash at HK Football Club and sends his best wishes all at the BC.

## Hong Kong - what the big boys are doing

If anyone is interested and missed the (tiny) result in the Bangkok Post, the final was between the number 1 and 2 in the world Peter Nicol (Scotland) and Jonathon Power (Canada). Power was hampered by torn ligaments in his left thumb, after a fall in the quarter final when he just scraped

through against Scotland's Jon White. He also ran into a Peter Nicol in awesome form, who took only 43 minutes to win his second consecutive HK Open. These two have contested the last three finals in Hong Kong, with Nicol leading 2-1, and expect to meet again the finals of the British Open in October, as currently they are head and shoulders above the chasing pack. On a good day their contrasting styles and Power's McEnroe-like outbursts make for fascinating battles. Catch them whenever you can.

## Junior Coaching

The Junior training sessions have been on hold over the summer, but will start again on the first Sunday in October. Sessions start about 11:00am, through till 1:30 when the Sunday mix-in is on.

## Handicap Tournament

The finals of the Handicap will be over by the time this is published, so look out for the results in next months column. It was good to see several new members in the entry this time. We will get some pictures back in the column by then – promise.

## Locks

A topic that has been discussed many times over the years I have been associated with BC Squash is that of preventing unpaid use of the courts and especially preventing people using them with incorrect, marking shoes. In the last month locks have been put on the doors of the courts, the keys are available in the Fitness Centre and the staff will be happy to come and let you into the court, assuming you have a valid booking and have correct footwear. If you don't have the right shoes, they have some you can borrow in the fitness centre.

It is a shame that it finally had to happen, but as in most places, there are a few people who spoil it for the majority, and taking care of the courts means that they will last longer and play better for all of us.

If anyone has any strong feelings on this, let me know at [philhall@postmaster.co.uk](mailto:philhall@postmaster.co.uk)

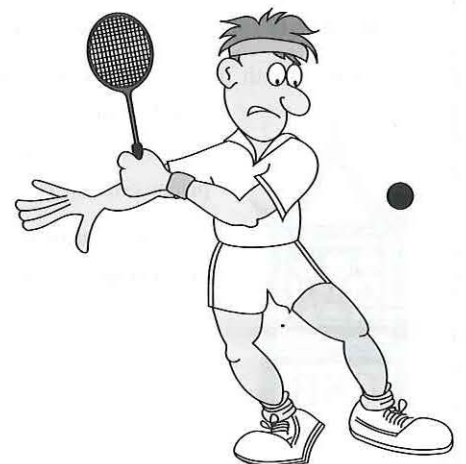
and I will be happy to air your views in this column.

## Yes, Let! - Playing by the rules

We have covered all sorts of topics over the last few months, from the simple application of lets and strokes to sickness on court, from footfaults to telephones, but this month let's talk about a simple issue – clothing.

- **Shoes:** I mentioned above that shoes must be non-marking. Although many modern training shoes claim to be non-marking that is not always true in the demanding environment of the squash court. To be sure, soles should be natural rubber only. Supplies in Bangkok are sporadic to say the least, but check out Robinson or Central and most times they will have some in stock, unless you have particularly big 'plates'. Shoes should be replaced when they start to wear out. Look for damage to soles and soft uppers which may cause you to slip, and especially to worn inner soles, as the unique demands of squash can lead to complaints such as fallen arches and bruised heels, all of which take a long time to get better.

- **Shirts:** In real competition the rules state that the player must wear a sports shirt with collar, but in most club play t-shirts are acceptable. Singlets and no shirts are definitely not acceptable – this is not a case of modesty, but a safety issue. We all sweat a lot in playing squash, some more than others, and the shirt plays an important part





in soaking up that sweat. Dripping all over the floor increases the chance of slipping or being injured, so please follow the rules for common sense. Similarly people who sweat a lot should change shirts between games, for their own good as well as their opponents.

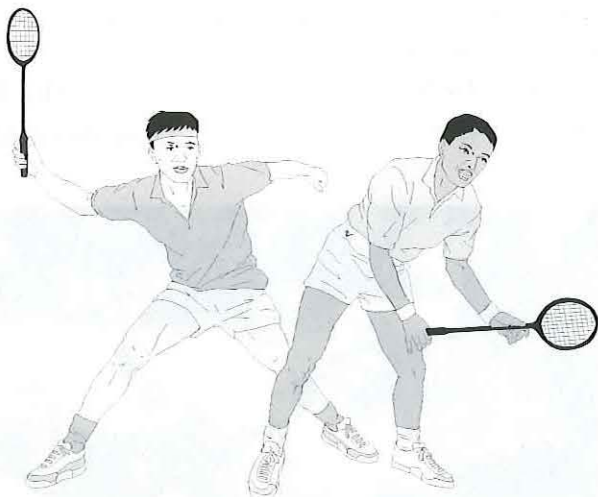
• **Rules Trivia:** Still on the subject of clothes in the rules:

\* If your shoelace comes undone during a rally, a referee can stop the rally and make you tie it. Play is restarted with a let. If you notice your shoelace is undone, you cannot stop and ask for a let, you must play on until the end of the rally.

\* If anything falls from your clothing during a rally, and is seen to do so

by the referee or the other player, play is stopped and the point awarded to your opponent, so take that spare ball out of your pocket and make sure your headband and watch are on tightly. Apart from changes in fashion, this rule (in tennis also) is the reason why the Williams sisters no longer have their hair in braids and beads, after Venus lost a point when some of her beads went flying during play.

\* After an injury resulting in blood-flow the player may not continue until all blood flow has been stopped, and all signs of blood removed or covered; that means changing any contaminated clothing.



Happy Squashing,  
**Phil Hall**

# Make the most of your British Expatriate Status

Many expatriates believe that UK tax is only of concern to UK residents. **This misconception can prove expensive.** If you are to be free of the UK tax net and capitalise on your expatriate status, it is essential to receive expert professional advice. You will then **avoid such costly mistakes as:**

- ◆ *Failing to claim a tax refund due for the year of departure.*
- ◆ *Falling foul of the complicated residence rules which determine UK tax status.*
- ◆ *Misunderstanding the Self-Assessment system and its potential consequences for expatriates.*
- ◆ *Suffering the effects of the complex capital gains tax regulations.*
- ◆ *Not realising the importance of being away for at least a complete tax year.*
- ◆ *Failing to plan for a return to the UK.*



**Head Office:**  
Crescent House, Crescent Road  
Worthing, Sussex, BN11 1RN, England  
Tel: Worthing (+44) 01903 231545  
Fax: (+44) 01903 200868. Offices in Exeter

The Fry Group provides a comprehensive tax advisory and compliance service which has helped more than 250,000 British Expatriates to reduce their tax liabilities.

Our special booklet provides a guide to the most important ways to make the most of your expatriate status. For your **free copy** please **telephone** (+44) 01903 231545, **e-mail** wilfred@wilfredtfray.co.uk (please quote BCBY) or return the coupon below by **post or fax**.



**Post to:** Wilfred T. Fry Limited, Crescent House, Crescent Road, Worthing, Sussex, BN11 1RN, England.  
**Or fax to:** (+44) 01903 200868.

Please send me a free copy of 'The British Expatriate'

Name \_\_\_\_\_

Address \_\_\_\_\_

Date of intended return to UK \_\_\_\_\_

Further information about the Fry Group is available on our Website: [www.wtfry.com](http://www.wtfry.com)



# A Touch of Magic

**D**erek Rutt kept everyone spell-bound during the evening of Friday 18th August as this family magic show drew a large crowd of 69 members into the Surawongse Room.

A great value-for-money evening, with adults treated to a welcome drink and a full buffet, while the kids had a special children's buffet and were allowed unlimited soft drinks, courtesy of Steven Smith and the team at Coca Cola. Derek kept both adults and children on their toes for 50 minutes with a show that

was a mix of magic and illusion. Once again, one of Derek's "victims" was Kn Sriwan Forrest, perhaps he remembered her from his levitation act at the Coke factory tour. The Derek Rutt backdrop decorating the room was painted in-house by our own Kn Puvanai (also known as Match!).

Afterwards some members went down to the Churchill Bar to listen to No Fixed Abode who play in there every Friday evening.

Thanks once again to all the members who made this night a great success, and to the staff who rallied together to prove once again that teamwork does pay off.

**The Wizard's  
Operations Manager**







## Birthday at the BC

# Patrick Hits the Fifth Cycle!

While the magician held nearly seventy members captive upstairs on Friday 18th August, a party in Lords proved just as successful when Patrick Broxham reached the grand 6-0 and threw a dinner bash for 35 to celebrate. Seen here are some of the photos taken during the dinner. Happy Birthday Patrick!





# Scuba Diving activities:

**C**ongratulations to the following British Club member: Michael Murphy who completed his Open Water Diver course on August 20<sup>th</sup>.

## PADI Open Water Diver Course

Frequently, I am contacted for information concerning the PADI Open Water Scuba Diving course. The inquiries indicate the person(s) has completed some elementary investigation such as talk to a friend or relative who has already learned to scuba dive. More often, it is an inquirer who is interested, but does not really know what to ask.

I will outline what a one should know and expect of both the instructor and the course to have a higher quality, safe and enjoyable experience.

In addition to the instructor, the course contains 3 key elements:

1. Academic theory
2. Pool or confined water skills development
3. Open water dives

## The Instructor

- **Experience** – Every certified instructor has completed an intensive program of both technical and dive skills instruction followed by a 2 day independent examination prior to qualifying as an Open Water instructor. The instructor must follow PADI standards that establish the quality and safety of the course. The more experience the instructor has normally the more interesting, safe and enjoyable the course.

- **Qualifications** – There are at least 6 levels of PADI instructor who can teach the open-water course. They are shown in ascending order:

1. **Open Water Instructor** can teach basic Open Water through Dive Master if additionally qualified as a Medic First Aid Instructor.
2. **Specialty Instructor** has advanced enough to teach selected advanced level courses.
3. **Master Scuba Diver Trainer** is also qualified as a Medic First Aid and Specialty instructor plus has certified at least 25 students.
4. **IDC Staff Instructor** as above plus assists in Instructor Development Courses (IDC) and can certify Assistant Instructors.
5. **Master Instructor** is qualified for the above plus certified at least 150 students

in specific courses. .

**6. Course Director.** Highest level. Can do all of the above plus instruct candidate Open Water Instructors for the IDC course. The **certified** instructors listed above must be **renewed** with PADI for the current year. How can you verify the instructor's level and status? The wall certificates on the wall of their office indicate their certifications, but do not show if they are "renewed". Ask the instructor to show you their instructor's card with the gold PADI teaching status sticker. If the person can not produce their instructor card and current year sticker - stop and find out why! An answer like "It is lost or in the mail" does not count.

Is the person selling the course also the one who will teach the course? It is a good idea to have a short sample of the course with the instructor before committing to taking the course. How? It is a program called "**Discover Scuba**". It is normally conducted in a local pool. It allows the potential student and instructor to meet and participate in a short academic and pool session together. It may take from 30 to 90 minutes. You should be able at the end of the session to ask and answer 3 questions very positively:

1. Did you enjoy scuba diving and want to continue?
2. Did you feel comfortable and confident with the instructor, facilities and equipment?
3. Does the instructor agree you are ready to start the course?

If the answer is not positive to any of the questions, look elsewhere or re-consider your interest.

- **References** – Always a good policy. Get several references from recent graduates of the instructor. Do this independently. Get facts, not rumors.

**PADI** – PADI is the largest and most respected scuba organization in the world. The Internet provides much information. Search [www.padi.com](http://www.padi.com). If you are not yet using the Internet there is much more information available than I can put in this article. Beside myself, you can also contact PADI directly and inquire about an instructor or additional course information at the following address:



Michael Murphy, Open Water Diver

## PADI Asia Pacific

Unit 3, 4 Skyline Place, Frenchs Forest, NSW 2086, Australia Tel. 61 2 9451 2300 Fax: 61 2 9451 9999 or the regional manager: Rick Ray, e-mail: [ricker@padi.com.au](mailto:ricker@padi.com.au).

## The Open Water Course

- **Schedule** – The course schedule maybe fixed or flexible. Find an instructor or dive shop that will accommodate your needs. A very quick course can be as little as 4 days. I have serious doubts how safe and through such short courses are.

- **Health and physical fitness** – The student must be in reasonably good health. There is a health form the student must complete prior to starting the course. If there is any health condition checked on the form that indicates a problem the student must consult a medical doctor and get approval prior to continuing the course.

- **Insurance** – During the Open Water Diver course the instructor or dive shop can and should take out a scuba diving policy provided for the benefit of the student in the unlikely chance of an accident. It is valid until the student has completed the course and is certified. Insist you have this coverage and to see that you are in fact covered. After being certified, there are at least two providers of very good scuba diving insurance. One is PADI and another is Diver's Alert Network. (DAN).

- **Fees & quality** – These range from as low as 6,000 to up to 21,000 Baht for a single student. The price in Thailand is often indicative of the quality of the course.



I could easily write a book on this issue alone! *Beware, it is most important to fully understand what you do not receive in the cheaper courses.*

### **1. Academic theory**

The academic portion normally conducted in a classroom utilizes selected training aids in addition to instructor/student discussions of the theory presented in the materials:

- **Manual.** There is a new updated course manual, "GO DIVE" (1999 version 2.0). It replaced the previous manual as of June 2000. The student must read the manual and complete written answers at the end of each of the 5 chapters. There are 4 short multiple choice quizzes and a final exam. Minimum passing grade is 70%.
- **Videotape.** There is also videotape. It makes it much easier to understand portions of the academic and pool skills.
- **CD ROM.** The academic portion of the course can be completed in a CD ROM version (Optional).
- **Repetitive Dive Planner (RDP).** The RDP is a waterproof plastic slate and should be included. It helps you to compute how long and deep you can safely dive.
- **The Wheel.** (Optional). An upgraded version of the RDP. Incorporates multilevel dive planning capability. It is a simplified mechanical dive computer.
- **Log book.** This will be a well-documented record of your Open Water course and later dive experience. It is often required for proving recent dive activity and for advancing to higher level courses.
- **MLG slides.** Used to illustrate points during instructor/student discussions.
- **Student folder.** Contains several required forms and documented record of student's progress plus advanced follow-on courses completed. The instructor keeps it. The student can complete the reading of the manual and its knowledge reviews as well as watching the videotape independently prior to and after starting the pool dive skills development. Academic and pool sessions are normally integrated prior to any open water sessions.

### **2. Pool or confined water skills development**

The student must be able to complete a 200 yards/meters continuous swim (not timed) without using a mask, fins, snorkel or other swim aid. They must also complete a 10-minute swim/float in water too deep to stand in prior to open water dive #2. It is normally conducted at the beginning of the pool sessions.

During the course each student must master 18 specific diving skills in the pool or confined water according to PADI standards. These are listed in the diver's manual and illustrated in the course videotape. This normally involves several sessions. The instructor demonstrates each skill to the student.

• **Equipment** – Does the instructor or the dive shop provide the equipment? The following items should be provided with the course:

- Mask fins (booties with open heel fins) and snorkel.
- Buoyancy control device (BCD).
- Weight belt/system.
- Regulator system: 1<sup>st</sup> stage, 2<sup>nd</sup> stage, Alternative air source, BCD inflation hose, submersible pressure gage, depth gage and underwater compass.
- Air tank.

How do you know if it is in proper working condition? Insist the equipment you use during the Discover Scuba be the same quality if not the actual you will use during the course. The regulator system must allow you to breath very comfortably while underwater. It should receive an overhaul at least once per year or even more depending on usage. All of the equipment should fit comfortably and, except for the weight system, not leak air or water.

It is usually a waste of time and money for the student to go out and buy any equipment prior to starting a course with out first trying the equipment used in the course. You should not have to buy any equipment from the instructor or dive shop as a condition of taking their course!

### **3. Open Water Dives**

There are 4 required open water dives to become a certified Open Water Diver. A maximum of 3 of these dives can be conducted in one day. It therefore takes two days to complete the open water phase. There are very specific standards related to skills and depth of each dive for both the student and instructor. Make sure you know what they are and that you have completed all of them!

Be advised that the instructor who conducts the last of the open water training dives is the certifying instructor. That instructor's name must be on your certification card and optional wall certificate.

The course fee should include the 4 open water dives and dive equipment including tanks and weight belts/weights. The boat should have its own First Aid Kit and emergency oxygen kit.

• **Certification**– PADI certifications are for a lifetime and recognized worldwide. There are several Open Water Diver classifications related to age:

• **Junior Open Water Diver.** The youngest possible age is now 10 years. This 10 year old level has very strict limitations. They must only dive with a parent, legal guardian or PADI professional (Divemaster or Instructor), limited diving to 12 meters depth and must be evaluated physically and emotionally mature enough for the course. This age group may not take additional higher levels of scuba diving courses until age 12.

• The next age group is 12-14 years. This is also a "Junior Diver". They must dive only with an adult certified diver (age 15+). When a junior certified diver becomes age 12 or 15, they do not have to take additional instruction or obtain a new certification card. Many do however ask for new cards. Others simply wait until they take an additional course and automatically get the upgraded certification card.

• **Adult Open Water Diver.** The last group starts at age 15 and does not have the previous restrictions.

• **Certification Card.** A plastic positive ID card with the diver's picture. It states the divers certification level, birth date, certification date and personal ID number, including the certifying instructor's name and number. It is required at reputable dive establishments when purchasing air, certain dive equipment, and taking dive trips, etc. You will receive a new card with each additional course completed.

• **Wall certificate.** A colorful 8 1/2" x 11" paper certificate (optional) suitable for framing.

• **Embroidered emblem.** Colorful (optional) 4" diameter circular patch that can be sewn onto a jacket, shirt or wetsuit.

One last item: There is a good possibility that you may receive a form letter directly from the PADI Quality Assurance department inquiring about the course you completed. Please take the time to answer it. It is an important link for them to insure that you have completed a course that meets all the standards required by PADI. I hope this information is helpful for those who are curious and want to know more to increase their safety and enjoyment in learning to scuba dive.

**Peter C. Gary**

Master Scuba

Diver Trainer #1575



# Calendar

British Club Sports and Entertainment Calendar - October 2000

## Sundays



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

## Mondays



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

## Tuesdays



7 am **Ladies Golf**  
 8 - 10 am **Ladies Tennis**  
 10.30 am **Aqua Aerobics**  
 3 - 5pm **BC Swimming Instruction**  
 6 - 8 pm **Happy Hour**  
 7 - 9 pm **Football Training**  
 7.30 pm **Darts**  
 8 - 11 pm **Friendly Bridge**  
 9 pm **Gentlemen's Spoof**

## Wednesdays



9.30 am **Aerobics**  
 4.30 - 9 pm **Squash Coaching**  
 6 - 8 pm **Happy Hour**  
 6 - 9 pm **Tennis Mix-in**  
 6.30 pm **Cricket Nets**

## Thursdays



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

## Fridays



9.30 am **Step Aerobics**  
 3.30 - 6 pm **BC Tennis Coaching for Children**  
 4.30 - 5.30 pm **BC Swimming Instruction**  
 5.30 pm **Swimming - Junior Squad Training**  
 6 - 8 pm **Happy Hour**  
 6 - 7 pm **Adult Tennis**  
 6.30 - 9 pm **Poolside BBQ**  
 8 pm **'No Fixed Abode' in the Churchill Bar**

## Saturdays



9 am - 12 noon **Squash Coaching**  
 9 am - 1.30 pm **BC Swimming Instruction**  
 4.00 pm **Casuals Football**  
 6 - 8 pm **Happy Hour**

### MAKE A NOTE!

- **Thursday 5:** BCT Club Night
- **Friday 6 & Saturday 7:** Italian Food & Wine
- **Sunday 8 & 22:** Grand Prix live in the Bar
- **Friday 13:** Clowns of Shakespeare
- **Wednesday 18:** Film 'The Italian Job'
- **Friday 20:** Bar Quiz
- **Friday 27:** Australian Wine Tasting
- **Saturday 28:** All Aboard the E&O
- **Sunday 29:** Children's Halloween

### NOVEMBER

- **Wednesday 1:** BC Christmas Cards go on sale
- **Sunday 5:** Guy Fawkes Night
- **Sunday 12:** Inter-Section Sport & Family Day
- **Mondays:** St Andrew's dance practices

See "What's On" for further details.

### Sports - Contact

Aquatics	Michele Law	295 4595
Badminton	Anant Leighrahathorn	654 0002-29
Bridge	Ernest Lee	612-3580 ext 503
Cricket	Nick White	246 0832
Football	Martin Conisbee	366 0432
Golf	Bernie Adams	675 6123
Rugby	Jon Prichard	662 6376
Sailing	Damon Nemish	266 0597
Scuba Diving	Peter Gary	634 7792
Squash	Peter Corney	714 2426

### Loyal Societies

St George's	Gillian Maconochie	287 2680 ext 4851
St Andrew's	Rosemary Imlah	437 9693
St Patrick's	Jerome Kelly	682 7526
St David's	Gareth Hughes	01 859 6140

### Venues

Badminton	Soi Nares, behind Bangrak Police Station
Aerobics	Squash Court 3
Casuals Football	Colgate Ground, Rama III
Massage	Near the BC Squash Courts

### Opening Times

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



# Tai Chi at the BC

Tai Chi – also known as T'ai Chi ch'uan – is among the world's most popular martial arts and is a form of Kung Fu that involves fluid, graceful movements executed by precise muscular control and incorporates stylised renditions of ancient Kung Fu arm and foot blows. The movements are in a definitive rhythm, slow and decisive, circular and continuous. In Chinese, Tai Chi means "great ultimate fist".

In Chinese philosophy, Tai Chi is regarded as the universal principle permeating to which opposing yet complementary forces coexist to produce harmony in nature. The Tai Chi philosophy can be epitomised as the source and union of this primary dichotomy of the universe – the active principle of Yin. This outlook is responsible for generating and regulating the cycle of changes between Yin and Yang in the five elements constituting the world: wood, earth, fire, wind and water. According to the dictums and principles governing traditional Chinese medicine, diseases are caused because the flow of chi (qi) – or life force – is below its potential and/or perturbed. The practice of Tai Chi enhances the flow of chi, hence promoting health. In addition, when taught as a meditation and mental exercise, it has the added benefits of focusing and centering the mind.

## The Origins of Tai Chi

The origin of Tai Chi is surrounded by many legends. One famous version explains that it was created in the late 14th or 15th century by Zhang San-feng, a wandering Taoist monk who had studied martial arts for many years. He witnessed a confrontation between a snake and a

crane, where the snake was the victor. In this encounter, the snake's movements were relaxed, fluid and composed, and its evasive manoeuvres and quick counterstrikes highly effective. Inspired by this highly unique manifestation, Zhang San-feng created a style of fighting that emphasised strength, balance, flexibility and speed.

Since then, Tai Chi has evolved into a system of exercises that employs soft, slow and harmonious movements. Presently, Tai Chi is frequently practised as a series of flowing movements known as the "form", a sequence of slow, carefully coordinated movements flowing into a single continuous motion. Many of these movements have names such as "hands strum a lute", "part the wild horse's mane" and "the white crane spreads its wings". "Pushing hands," another popular set of movements, requires two people for its performance.

In its most advanced form, Tai Chi can be a powerful self-defence tool. The 19th century Tai Chi master Yan Lu-chan fought more than twenty thousand times without losing a single battle. Today, the most commonly taught basic form of Tai Chi is the Yang Style, named after Yan Lu-chan. Tai Chi remains China's most practised martial art. For instance, during sunrise in city parks, throngs of people of all ages gather to practice. (This can also be seen in Lumpini—G.) In recent years, Tai Chi has also gained popularity in Western countries.

## Master Sitta

Teaching at the BC will be Master Sitta, who has over 19 years of experience



teaching Chinese martial arts, including Tai Chi, Yoga, Chi-Kung, Shaolin, Kung Fu, Pa Kua Chang, Chin-Na, Jeet Kune Do as the Art and Philosophy and Fighting of Bruce Lee, Filipino martial arts (stick fighting and knife fighting), Thai boxing and many more.

Master Sitta was Tai Chi champion in '89 and '90 and Chinese Kung Fu Nan Chuan champion in '87 and '89, and was on the Tai Chi Wushu Thailand national team. He has also been the Coach of the World Wushu Leitai national team of Thailand and judged several events at the world and Asian level, including World Kung Fu Fighting, has taught Tai Chi on television and has also taught Japanese massage, hand reflexology and Kung Fu for kids.

## Farewell to all the following who deserted us recently:

Robert and Helen Armstrong, Robert and Denise Bree, Martha Fetner, Edward and Ginny Gretton, Don Philips and Katrin Viertel, who are all leaving Thailand; Becky Baynham, Adrian and Lucie Colman, Brian and Agnes Elias, and Lorenzo and Lara Moretti, who are all moving back to the UK, David and Susan Harper (moving to China), Michael and Joanna Ranger (moving to Italy), Douglas Alain and Kenneth and Sheena Mouldey, who are moving to Australia, and Yokin and Surjit Sinchawla and Gerald and Gillian Jones. Bye!



# 'Guys & Dolls' comes to Bangkok

**F**ifty years from when the show first opened on Broadway, 'Guys & Dolls' is coming to Bangkok! Bangkok Community Theatre will be staging this hit musical from Thursday 23rd to Sunday 26th November at the Bangkok Playhouse on Phetchaburi Road.

Set in Times Square, New York in the early '50s and involving a host of colourful Broadway characters, 'Guys & Dolls' has been described as the "quintessential musical comedy" and by Time Magazine as "The greatest of all American musicals"! With wonderfully uplifting songs and dances, this is a 'feel good' show which is sure to delight all. The performance is in



English and a written synopsis in Thai will be provided.

Evening performances on the Thursday, Friday and Saturday start at 8pm and there is a matinee performance on Sunday 26th at 2pm. Tickets are available at the end of this month from the BC, the Bangkok Playhouse and Kinokuniya Books at the Emporium; price is Bt 550 for adults and Bt 350 for students. For more information please contact BCT on 258 8495.

*If you would like to find out more about the BCT either contact us on the above number or come along to the BCT's monthly "Club Night" at the BC held every first Thursday. This month's will be on Thursday 5th.*



## The British Club General Committee 2000/2001

Name		Tel	Fax	Email
James Young	Chairman	712 5407-9	712 5410	asiapac@mozart.inet.co.th
Nick Bellamy	Vice-Chairman	955 0099 x 713	955 0300	nbellamy@th.mweb.com
Sarah Allen		271 1265	678 8658	sarahem@ksc.th.com
Paul Cheesman		670 1100	670 1101	paul.cheesman@zingasia.com
David Eastgate		672 0123-5	672 0127	davide@loxinfo.co.th
Michelle Law		295 4595	295 4595	stephen.law@recall.in.th
Chris Moore		747 9633	747 9677	chris@lasanne.com
David Turner		618 6516	279 1234	davlturn@mozart.inet.co.th
Leonie Vejjajiva		258 5560	261 0925	warft@loxinfo.co.th

### Club Staff

**Willem Pentermann**  
General Manager

**Barry Osborne**  
Operations Manager

If you have any suggestions or queries about the British Club and its activities please contact any member of the General Committee, or contact the management at:

Tel: 234 0247 Fax: 235 1560 Email: britclub@loxinfo.co.th



## August Bar Quiz

# A Real Mixed Bag Takes It Easily

Some 53 people packed into the Churchill Bar on Friday 25th August to be entertained by Willem for this, the third bar quiz of 2000, while Kn Aye, our Marketing Manager, was kept busy as scoregirl and hostess for the evening.

The quiz consisted of six rounds of either seven or eight questions, and this time the run-away winners were "The Mixed Bag" comprising Steven and Dodes Smith, Peter



and Mariana Smith and Bill and Nicole Nuttall, who won a bottle of Johnnie Walker Black Label each, which was very generously donated by Howard Bryant of Tesco Lotus.

Second place saw "Heavenly Bodies" winning bottles of wine courtesy of Tom Westbury of PTK Management & Marketing, and in third place were the "No@all.com" who won Carlsberg beers and glasses donated by Jim Napier of Carlsberg.

Once again No Fixed Abode were on hand to entertain those wishing to stay on in the bar and enjoy the rest of the evening after all that excitement.

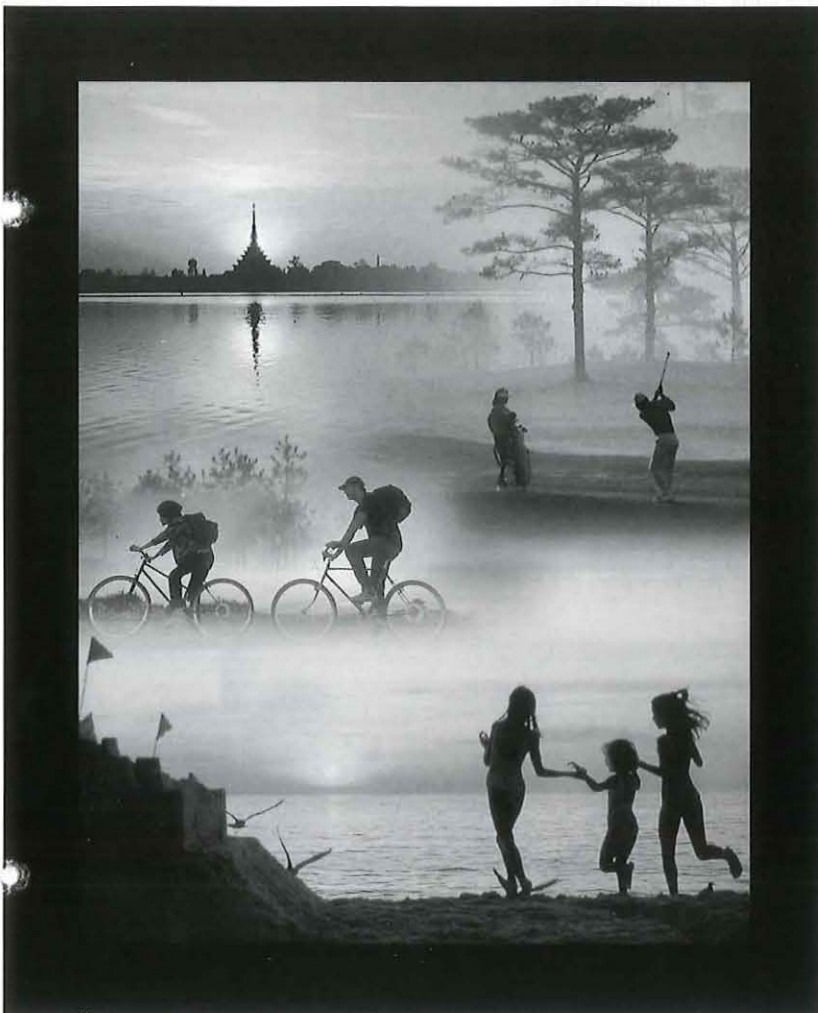
Many thanks to our sponsors: **Tesco Lotus, PTK Liquorland, Carlsberg, Coca Cola, Marks & Spencer and Boots (Thailand).** Thanks also to all the members for



attending the night; make a note in your diary that the next one is Friday 20th October.

For those interested, the Spoofers were beaten into equal fourth place...

**The Barquiz de Baz**



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# “Probably the Son of the Best Putter in the World”

**S**o said Dale Lamb on introducing himself at the presentation of the Dunlop Cup at Grand Garden, Kanchanaburi.

The pairs competition was held over three days at probably one of the most beautiful golf courses in Thailand. The facilities were a bit basic but were more than made up for by the excellent golf and the proximity of some wonderful restaurants by the Bridge on the River Kwai.

The first day was a knock-out stroke play competition leaving four pairs to go forward into the match play knock-out. Those remaining from the first day competed for the plate. After a hard-fought battle decided on the final putt, Mike Staples and I won 2 holes up against Pat Dean and Joom White. In third place was Dick and Nick, whose own victory was made sweeter for taking loads of money off Andre Tissera and Gareth Sampson. Plate winners were Mick Murphy and Phil Hall. Plate runners-up were David Henton and Taina Brindley, closely followed by the Goodliffes.

Many thanks to the organisers and to David and Dale Lamb from **Dunlopillo** for their kind sponsorship.

### Medal 3

There was a large turnout for the Medal 3 competition held at Subhapruerk. A number of people congregated at the island green to watch me toss a few balls into the water. Yes, I missed the green but managed to bounce the ball off the adjacent shelter via the rocks. A warm welcome to Bruce Wehlau on his first outing, who hopefully discovered that we don't take our golf too seriously. Well, he was playing with Peter Bond who quickly gave up trying to make pars and concentrated on consuming a Heineken a hole instead.

The eventual winners were:

Flight A	Handicap Secretary	Nett 67
Flight B	Joom White	Nett 70
Flight C	Betty Fujiwara	Nett 72

### Scrambling

“Amateur golf is a game of trouble shots and one-putt pars. It follows therefore that good scrambling is the amateur's fastest, most direct route to better golf.”

George Peper

### Don't Forget

- You can see Tiger Woods in November for only 300 baht.
- Many courses only allow soft spikes.
- The **Trafalgar** whole-in-one competition
- Discounts for BC members at Muang Kaew Golf Course.

### Next Outings

If you would like to be notified of all future events please send your email address to me at [kc@bluecross.co.th](mailto:kc@bluecross.co.th)

- Sunday 8 October, noon – Match vs Scandinavians at Subhapruerk
- Sunday 22 October, noon – Match vs GeeGees at Green Valley, Rayong
- Monday 23 October, 8.30am – Match vs GeeGees at Great Lake
- Sunday 29 October, 11am – Match vs Embassy at Chuan Chuen

**Karen Carter**



The runners-up



The Plate winners



Post-golf feast



Fancy beating Tissera





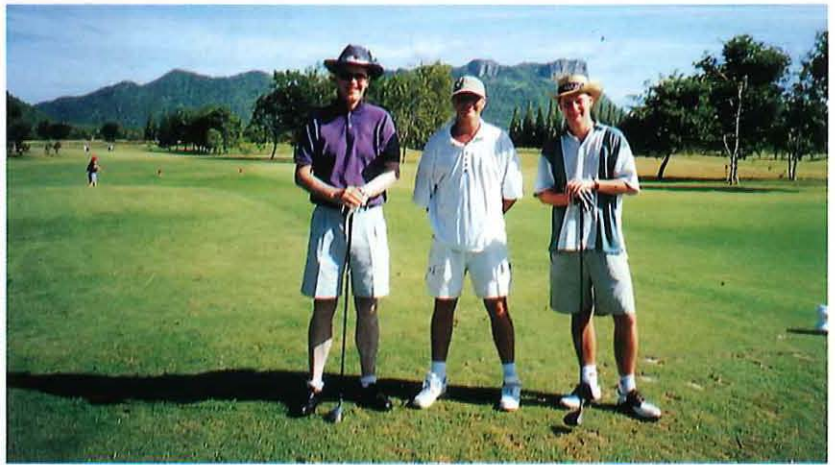
Chilling out



Grand Garden



The finalists



Don, David and Paul



The winners



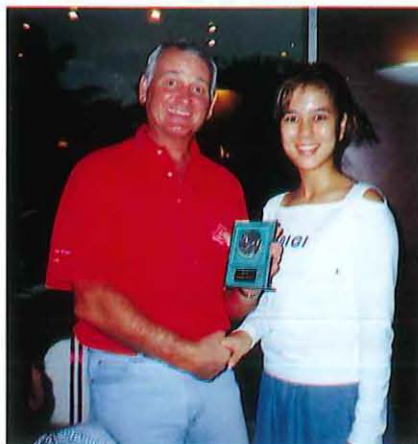
Jo and Larry



Mike



David and Taina



Betty



Joom



Dick and Nick



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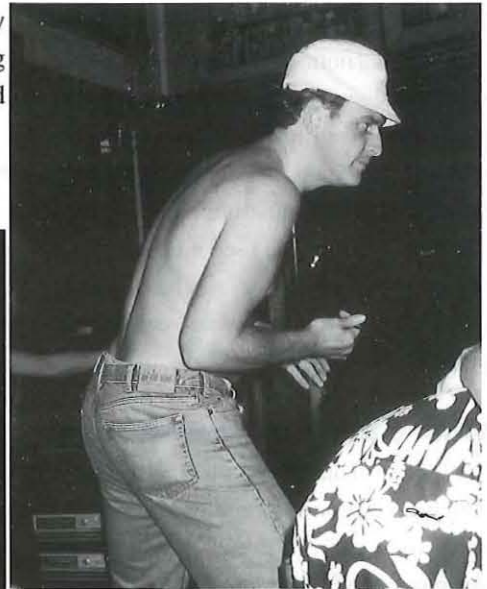


# Rugby Supporting the Football?

August saw the finals of the Aussie Rules footie, and while several of our Rugby brethren are of Antipodean descent, the rest needed absolutely no excuse to get fairly tiddly in a local ale-selling establishment and make a party of it. Here are some

photos I managed to filch off the Rugby Section one night in the Bar, showing Rusty in full flow and I think Jane's hand expression says it all...

Enjoy! ;-)



## What's In Store on the E&O!

For those who were – and those who weren't quite – tempted by last month's centre spread advertising the super Eastern & Oriental train journey on the 28th of this month, here is the bill of fare for that evening to further whet the appetite:



*Amuse Bouche*

\*\*\*

*A Rendezvous of Seafood  
with a Saffron and Curry Emulsion*

\*\*\*

*Medallion of Milk-fed Lamb  
in a Fragrant 'Massaman' Sauce  
Accompanied by a Savoury Galette of Potato*

\*\*\*

*Demi-tasse of Chocolate*

\*\*\*

*Coffee & Petits-Fours*

There *MAY* be one or two places on this unique BC trip still available, so if you are interested please contact the GM pronto!



# Playing Injured

Have you ever watched a busy Saturday of tennis and noticed the number of people with bandages and limps, using ice packs when they have finished? This happens in all sports and I am picking on tennis only because it is the most obvious and with the Sala viewing area I see it most often. I thought to myself that all these people playing with an injury, strain or constant problem, well they must really like pain!

## What's the cure?

Well, other than to stop playing the sport which gives you the problem in the first place, first off you could improve your technique which you get from coaching. Technique not only makes it possible to play better shots, but also puts less strain on the body when carrying out the stroke

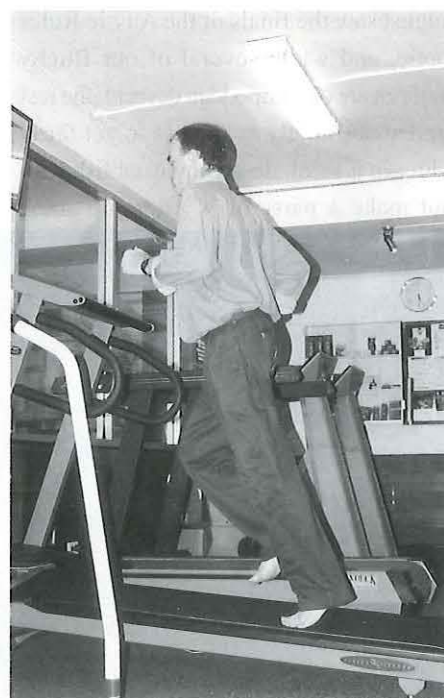
or movement. Secondly is to build the muscles and connective tissue to make you stronger and less prone to injury.

## How do you do this?

Come to the fitness centre and use the weights. To alleviate the fears of many that the fitness centre is for muscle-bound persons only, over the next few months I will try to produce some simple basic programmes which address the major problems found in tennis, squash and golf, in addition to the overall body programme that is shown below, which takes less than 40 minutes to complete.

## Guidelines

For a general total body workout here are the guidelines:



## WEIGHTS

Body Part	Exercise	Toning	General Strength	Muscle Building
1a Chest	Incline press	3 x 15-20	3 x 12-15	3 x 8-12
1b Back	Seated rows	3 x 15-20	3 x 12-15	3 x 8-12
2a Quadriceps	Leg extensions	3 x 15-20	3 x 12-15	3 x 8-12
2b Ham strings	Leg curl	3 x 15-20	3 x 12-15	3 x 8-12
3a Lats	Lat pull downs	3 x 15-20	3 x 12-15	3 x 8-12
3b Chest	Vertical Flies	3 x 15-20	3 x 12-15	3 x 8-12
4a Biceps	Curls	3 x 15-20	3 x 12-15	3 x 8-12
4b Triceps	Press downs	3 x 15-20	3 x 12-15	3 x 8-12
<i>For the above, add weights when you can do the maximum number of reps easily, making sure that with the new weight you can do the minimum.</i>				
5a Calves ( <i>don't overdo this one</i> )	Calf raises, alternative legs	3 x 10 build to 15	3 x 15-20 add hand weights	2 x 10 add hand weights
5b Legs	Lunges	2 x 10 build build to 15	3 x 15-20 add hand weights	2 x 10 add hand weights
6 Shoulders	Shoulder Press	3 x 15-20	3 x 12-15	3 x 8-12
<b>Abs and Back</b>				
7a Abs	Crunches	3 x fail*	3 x fail	3 x fail
7b Back	Prone alt leg raise	3 x fail	3 x fail	3 x fail
8a Abs	Oblique curl	3 x fail	3 x fail	3 x fail
8b Abs/Back	Elevated leg curl	3 x fail	3 x fail	3 x fail

Do No. 7 first then in addition you can do No. 8. \* Fail means when you can do no more!





### Rules

- Do an anaerobic warm-up first (bike/run/step, even some light tennis for 5-10 minutes) then do the weights.
- Do the exercises properly. The guys in the fitness centre know how, just ask, any time.
- Start with 1 set of the number of reps for the first week, then 2 sets for 2 more weeks, then after 3 weeks of consistent weight you can make it 3 sets.
- One week every 4 weeks increase the weight and reduce the number of reps as your main set to "throw off your muscles" a bit. For example:

3 x 15-20 becomes 3 x 12  
 3 x 12-15 becomes 3 x 10  
 3 x 8-12 becomes 3 x 6

- Stretch afterwards, or at the least, three times per week. Stretching is a lesson in itself, but for now we have basic stretches on the programme sheet in the fitness centre.

Now you have a basic programme and I will try to help solve the particular sport problems in the upcoming months. Please come and see the guys in the fitness centre for a tour of the equipment and lessons on how to use it properly.

\*\*\*\*\*

### Treadmills Galore

We have been trying out many treadmills to see what fits best with our budget and expectations. Thanks to Seara for giving us the Cybex model to test out, which was the members' favourite so far, with excellent cushioning and very quiet. Next

we had Vision Fitness's best home light industrial, which was a bit small for our purposes though very quiet. Currently we have the Vision Fitness commercial model in place, which is more robust, has better cushioning and runs just as quietly. We are waiting for the last model to arrive from Almac, which will be the True treadmill, and then we will tally the votes, check our budget and you just may see a new addition to the fitness centre.

Thank you to DN Photo and the "imported" models for the pictures!

### Aerobics Update

K. Joom is doing a great job (she started 2 weeks ago). Wednesday is step and Monday and Friday Aerobics. 9:30-10:30 am

October (10 classes): 1,750 baht

Monday	Wednesday	Friday
2-Oct	4-Oct	6-Oct
9-Oct	11-Oct	13-Oct
16-Oct	18-Oct	20-Oct
30-Oct		

### Aqua Aerobics

Mrs. Elizabeth Van Den Broecke is keen, teaches currently at her Moo Baan and has taught before in France – come by and try out her moves. 10:30-11:30 am

October (7 classes): 875 baht

Tuesday	Thursday
3-Oct	5-Oct
10-Oct	12-Oct
17-Oct	19-Oct
31-Oct	

### Junior Tennis League

As of October the juniors will have their own tennis league split into the following ages:

Age	Format of games	Charge/child league
5-7	5 games total	B 400
8-10	7 games total	B 400
11-13	First one to 7	B 500
13-15	First one to 9	B 500

- **Rules:** Each league will run for about 2 months and juniors must sign the tennis book with their matches.
- Balls and courts will be provided free of charge on 3/4 Sundays per month (one Sunday per month will be a family tennis day) from 12:00 - 3:00 pm.
- Balls and one court will be provided free of charge on Friday night from 6-7 pm (only those Fridays with tennis BC lessons will be included).
- Parents are requested to supervise their children's matches and if necessary assist to keep score (younger age group specifically).
- Games played on other days may use the junior balls but court fees need to be paid.
- Awards will be provided for the winners of each league. The ages are for a starting basis only – ability will dictate how players move up and down the leagues. The BC will provide the league groupings and set aside some available times, will provide the balls, and the awards. We will not arrange your matches nor referee disputes.

Happy training!

### Damon Nemish

#### Sport & Recreation Coordinator





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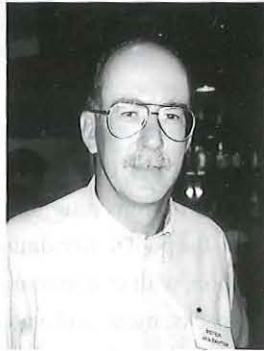
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## New Members

### Peter and Orawan van Zantan

A trade adviser at the Netherlands Embassy, Peter has been in Thailand a lifetime and intends chalking up an eternity here! His secret to a long and pleasant stay in the Land of Smiles is the ability to enjoy a good laugh and not to over-react when he misses a 3-foot putt – although he does wish his golfing buddies would be slightly kinder about it! He also enjoys badminton, reading and tinkering with IT. He and Orawan have a son, Michael in his early teens who finds time to study a bit in between playing games. Orawan enjoys badminton, aerobics and bowling and is happy turning the house into a clip joint with her hobby of dog grooming!



Peter

### John and Surindar Morgan

Busy with her various business ventures (Rileys Pub Cafe, DTC Travel and Tomarek Design), new member Surindar still takes time for a game of tennis, a round of golf and an occasional bout with aerobics while still finding time to enjoy her hobbies of needlework, painting and crossword puzzles. She and her husband John are both involved in the Wildlife Conservation Society, various children's and school charities and offer support to various sporting activities (our own rugby lads included). John is CEO of Houston Associates and enjoys swimming, golf and horse-riding. Their son Thomas, 9, attends school here in Bangkok.



Surindar and John

### Chris and Karen Aylward

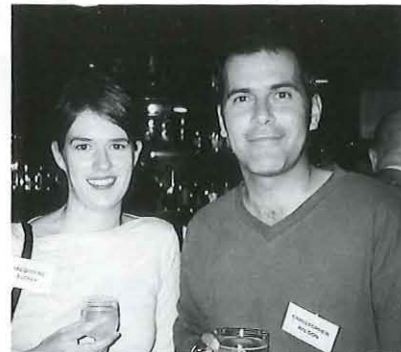
As a youngster, Chris spent 8 years in Bangkok with his family who were members of the British Club back in the '70s/80s, and thinks it's great that some things haven't changed in 30 years!! He returned about 7 months ago to work for Linklaters (Thailand) and he and wife Karen expect to stay for 4 years or so along with their 3 sons Ryan, Jared and Nathan who are all at Patana. Both Chris and Karen enjoy swimming and tennis, with golf being an extra interest for Chris - being Australian, it's hardly a surprise they're outdoor types! Karen takes care of things at home, enjoys cooking, and puts her spare time to great use by supporting kids' charities.



Chris

### Christopher Wilson and Jacqueline Tucker

Those wedding bells are soon to be a-ringing for this lovely couple after Chris' proposal on Koh Samui four months ago. What a romantic fellow you say? Well, he also tells us that Jackie can down ten pints of dark bitter in one go and not be sick...spoofers please note! Having been here for eight months they expect to be here for another two years after past postings in Pakistan, Bangladesh and Hong Kong. They both play tennis and golf, though Jackie only plays golf "to spoil my fun," as Christopher gallantly informs us. Having no kids (yet) means Chris and Jackie have plenty of time for "shouting at the TV when England plays rugby", and one can only hope that they find time to enjoy this



Jackie and Chris

and other such gentle pursuits down at the Club in the near future!

## Welcome to these New Members who arrived over July and August:



Frederick Bee, Terry Blizzard, Pierre Boussard, Kevin Burrell, Martin and Suban Bushnell, Royden Clogstoun, Peter Davey, John Downing and Emma Wright, Mark Driscoll, Martin Duffy, Laurance Earnshaw, Gareth Evans, Jan Freyman, Samir Gupta, Sabine Haefner, Cornelis Hamming, Gerald Hanisch, Manita Herman, Neil Hipkiss, David and Melanie Hughes, Soren and Jintana Jensen, Ian Johnson, Jang and Hun Lee Kim, Florean Laurean, Alexander Lorenz, Peter

Myers, Anthony Nelson, Boon Ooi, Paul and Jane Osborne, William and Ann Paton, Johnny Quah, Katherine Quist, Rishi Sadarangani, Gerard Schut, Nathini and Prasertkit Soongsawang, Roderick Smith, Pranchalee Soontornwinete and Dr Rein Boondiskulchok, Christian Squibb, Dennis and Bonnie Thomack, Steve Tolhurst, Serge Vigneault and Malu Zamora, Vaughan Watkins and Winston Wu.





# Kowloon Cricket Club, Hong Kong



Picture an oasis of greenery in the heart of Kowloon's concrete jungle; picture a place where excellent facilities and service are yours every day of the year, a place where you are always at home. Now you have an idea of what the Kowloon Cricket Club has to offer, and has been offering to its loyal membership since 1904. Primarily a sporting club, the KCC's key asset is its cricket ground, which also serves as a hockey pitch, though the Club has an all-round sporting identity. Superb facilities include a swimming pool complex, tennis courts (all-weather and grass), squash courts and



lawn bowls greens. Soccer, judo and croquet are also played, while those who enjoy indoor sports can pick from tenpin bowling, snooker and darts.

## More than Sport

Thanks to an ever-growing, multi-racial, multi-cultural membership, the KCC also has a strong family atmosphere, with children's facilities including a paddling pool and a specially designed playground. Other attractions include a lending library, a video club and a variety of evening activities such as bridge, bingo and amateur dramatics.

## Wining and Dining

Fancy something to eat? You may find yourself spoiled for choice, with options ranging from bar snacks to a summer barbecue by the pool to fine dining at the up-market restaurant. The coffee shop, with its panoramic view across the Club's grounds, offers snacks, meals and a popular Sunday buffet. There are also some seven bars dotted around the Club, the most popular being the Main Bar and Lounge – to some, the heart of the KCC.

Add quality service to hard-to-beat prices and you will find that the Club's food and beverage operations represent real value for money. After all, the Club is here to be enjoyed.

For further information on this or any of the affiliated clubs please contact the GM.



## KOWLOON CRICKET CLUB

10 Cox's Road, Kowloon, Hong Kong  
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# A Camp Old Time!

This month's SRC report is in two parts, first covering the swimming and sports camps held towards the end of the summer holidays, and the second half (elsewhere) reports on the new treadmill and takes a look at playing injuries and the use of weights.

### Swimming Camp

Justin Stafford was the ringleader in this 4-day camp. The little ones swam every day, learning the strokes as the basic premise, and the photos show that the kids had a great time – some even learned a few things.

There was an older group attempting to improve their already-present strokes; these kids swam for two hours each day and I am sure were very tired by the end



of the week. However, they too look like they had a good time.

Thanks to Justin and the kids for a successful camp!

### Sports Camp

Another successful sports camp has come and gone for those BC kids who were here at the end of August and not already in school (Patana and Harrow students).

We had 7 younger ones and 9 older kids to contend with for five days. The camp ran from 9am to 4pm, with most of the kids ready to call it a day by the time it was over. We filled their time with Excellent Tennis by Paul Ho and Squash with Khn Orn. Great job as these guys had the kids



every day. Most of the kids could adequately hit the balls by the end of the week.

We had a movie which allowed the young ones to rest (Pam slept every day!) and the older ones to cool off after a morning of tennis and squash. Swimming was an

integral part of the camp, with work on all strokes and plenty of fun tossed in. Art class proved a change of pace and all the kids young and old got into it. The trip to Nares badminton courts was fun though hot and tiring (this reminded me why we watched a film from 1-2.30pm every other day, when the sun is super hot).

All in all it was a great success as the fitness staff did a great job with the kids and everyone was happy. The only mishap was when Rebecca Clark playing goalkeeper stopped the ball with her hand... and broke a bone! Ouch!! The quote was: "But I stopped the goal, Mummy!"

Thanks to all!



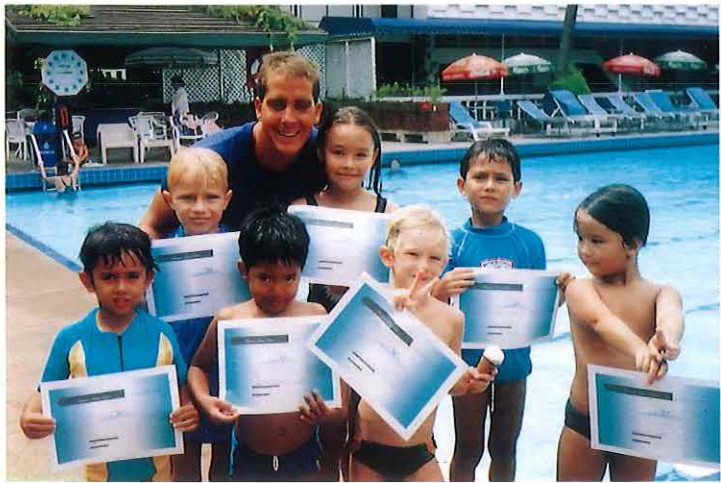
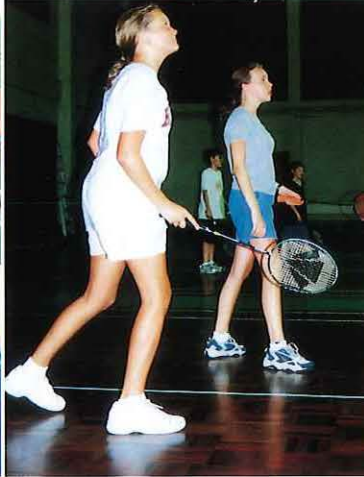
**Damon Nemish**

**Sport & Recreation Coordinator**

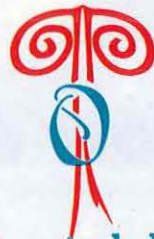




# BC Summer Camps



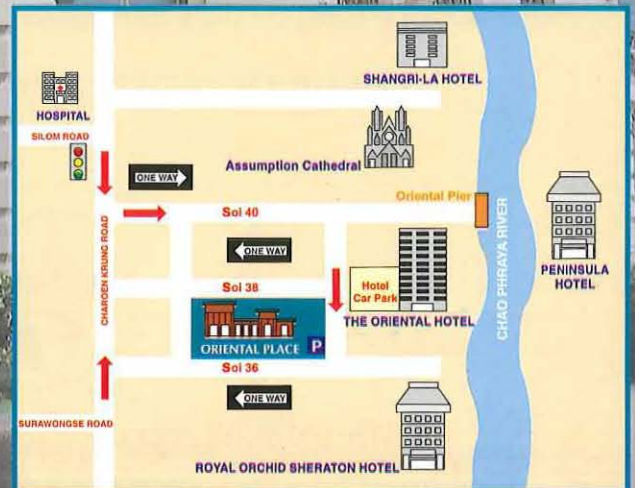
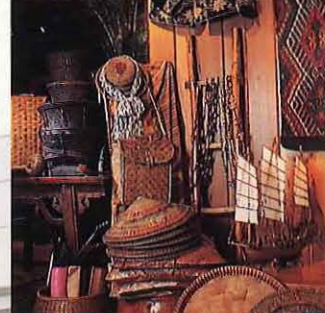
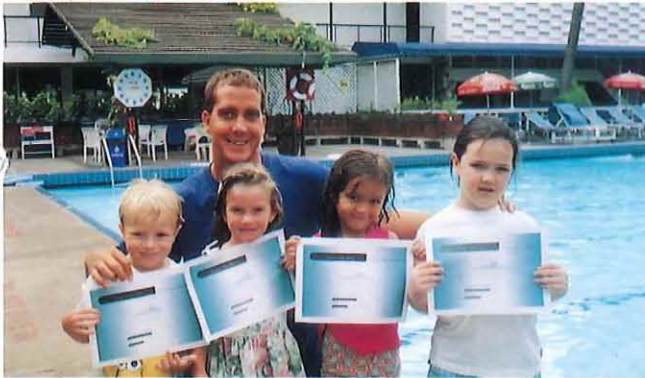




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