



# Outpost

Magazine

October 2003

INSIDE THIS MONTH

## Centenial Book Launch

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speak for themselves!



## British Club Golfers On Winning Form



## Boys in Pink Play to Party





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## EDITORS LETTER



As many of you will already know, Willem Pentermann has resigned as General Manager after three and a half years of dedicated service to the British Club. Willem has been a hands-on manager and a very visible member of the Club's management team. He will continue to work at the Club to complete the Centenary Year celebrations and will leave on 31 December, 2003.

I'm sure that I speak for all the Members in wishing Willem and his family all the best for their future.

Liz (Ed.)

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

For details about the Club contact the Membership Marketing staff at:

### THE BRITISH CLUB

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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 of the Club.

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

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# FROM THE GENERAL MANAGER

## DEAR MEMBERS,

October will bring a lot of new events. On 3 & 4 October Comedian Rudi West from the UK will perform in the Suriwongse Room. On 10 & 11 October, a Vietnamese Food Promotion, sponsored by the Victoria Hotels in Vietnam, will be held in Lord's Dining Room, Children's Halloween at the end of October, mid term Sports Camp and much more.

On the development side we are in the process of upgrading the tennis court lighting and this project will be completed by mid October 2003. Tennis courts 2 and 3 will be resurfaced with new astroturf. This installation will take about two weeks and this will be take place between middle of October and middle of November, depending on weather conditions and delivery time.

The Tennis section will organise a Centenary Tennis Tournament from 31 October until 2 November 2003. Obviously, during these dates the courts will not be available for recreational tennis. Teams have been invited from different Clubs in Thailand and teams from overseas will fly in for this great event. Not only is the Tennis Section very active, but also the Squash Section is planning a Centenary Event from 14 – 16 November 2003. The soccer section will organise a one- or two-day event in November (exact date to be confirmed). We will keep the Members informed by email on all these events.

We are approaching the party season again and if Members are planning to organise events such as year-end parties, staff parties, BBQ parties, weddings please contact our catering department Khun Ben, Office Coordinator or Barry Osborne, Operations Manager or the undersigned.

Looking forward to see you all in the not too distant future at your Club.

Yours sincerely,



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

## GENERAL COMMITTEE MEMBERS - CONTACT DETAILS

| Name             | No.  | Mobile      | Tel. (Office) | Fax (Office) | Tel. (Home)     | Fax (Home)  | E-mail                         |
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| James Young      | Y25  | 0 1875 4737 | 0 2712 5407-9 | 0 2712 5410  | 0 2261 0528     |             | jayoung@inet.co.th             |
| David Eastgate   | E64  | 0 1909 3026 | 0 2672 0123-5 | 0 2672 0127  | 0 2672 0250-603 | 0 2676 2061 | davide@loxinfo.co.th           |
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Contact: Bob Merrigan on e-mail [robert.merrigan@echarris.com](mailto:robert.merrigan@echarris.com) or tel. 01-750-7267 or Ben Knowles, [benknowles1@hotmail.com](mailto:benknowles1@hotmail.com) tel. 01-878-9358.

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## BC PROVE TOO STRONG FOR THE JAPANESE



### BRITISH CLUB 60 VS BANGKOK JAPANESE 17

When 33 players turn up for a fifteen-man game, selection will always be interesting! This was in fact the case when the BC Brains Trust selected their starting fifteen against Bangkok's oldest expatriate side at a friendly played at the Royal Thai Police Stadium on Sunday, 17 August. Whilst the Japanese had been warming up for an hour prior to the scheduled 4pm kick off time, the "bulk" of the BC team arrived at 3:53pm precisely to be surprised at the number of players assembled. For the avoidance of doubt, "bulk" included Captain Eddie Evans and Vice Captain Morca McConnell. Whilst Team Manager Ben Knowles would not qualify as bulk these days, he was amongst the band of merry men to arrive perilously close to the kick off time. After a hasty hand out of team kit and agreement with referee, David Vicars, to three periods of 20 minutes with free flowing substitutions, the game duly kicked off at 4:10pm.

Despite heavy overnight rain, the pitch held up well. During the first twelve minutes of the opening period, the sides were evenly matched before Lo broke through the Japanese line for a converted try, this was followed by a try from Bim in the fourteenth minute and the BC had opened up a 12:0 lead. The Japanese responded with a converted try followed by a try in the last three minutes to leave the scores level at 12:12 at the end of the first period.

With some rotational changes made for the second period of twenty minutes, the BC immediately started to apply pressure through the forwards leading to a five-metre line-out, and sustained pressure led to a try in the twenty-sixth minute by the afternoon's flyer on the wing, Chay. But the BC were reined in again, as five minutes later the Japanese responded with a try and the scores were level at 17:17.

The crowd, which comprised a small number of injured BC Stars (surprisingly Trevor Day's nose was not broken), wives, children plus a stray

dog who at one point appeared to want to replace referee Mr. Vicars, were then treated to the first of two marvellous break-away tries from that menace from Canada, that Captain Marvellous, our one and only Eddie Evans.

Having displayed his WWF skills earlier in the Season in Phuket, these were replaced by sheer skill as the big fella broke through the Japanese line, opened his rather large legs and showed the crowd his class as he headed for the line. Having taken the ball from 30 metres out, there was a complete look of surprise when, with 10 metres to go to the line, he realised that he had absolutely no support which must have kept him going as he touched down beneath the posts. By the close of the second period the BC were leading 24:17.

From early on in the third period, the BC pack started to drive into their opposite numbers and two quick ties followed taking the score out to 34:17.

In the fifty-second minute, Eddie Evans was





again surprised to find himself with the ball in the loose, this time a massive 35 metres from the try line. Now full of confidence, and encouraged by the stray dog barking in full support from the touch line, Eddie sold the Japanese midfield a superb dummy and straightened for the line. He again looked for support and the cupboard was bare! He found what was needed in his legs to complete a remarkable move and proved that if a South African prop can run in one try from the loose, he was never going to be out done by a Yarpy – remember Port Elizabeth 1995! The score was now 41:17. Eddie was then heard to gloat to his Vice Captain... "you know, this centre position is not all what it is cracked up to be!"

With the opposition having only 4 substitutes,

despite a valiant effort, time started to tell in some tired legs and the BC backs began to have their say, going over the line on 3 more occasions before the final whistle.

The final tally was 60-17. Whilst a victory was earned, the score-line may flatter somewhat as we were in a position of strength with an excess of 10 substitutes.

After the teams had shaken hands, said their thanks and had their respective photo sessions, the Japanese were seen to be either going into an equally long warm down period as they had for their warm up or were getting in some quick additional practice in advance of the commencement of the Bangkok League in mid September. In any case, we thank the Bangkok Japanese for the game and look forward to

meeting them again during the Bangkok League. On that note, the TRU League kicks off on Sunday, 14 September, and continues for the following 6 weekends. More details to come in **Outpost**, but all information can be found on our notice board at the Club. Please come along and support, or even better, if you know anyone keen to play rugby in Bangkok, please ask them to contact Ben Knowles on benknowles1@hotmail.com. We welcome all new comers with open arms!!

**(No Longer a Virgin) Scribe**

*Congratulations on your big moment, Scribe! - Ed.*

## SPORT'S UPDATE

# IT'S NEVER TOO LATE TO START

All Sport's activities started again in September 2003, but it is still possible to join in. Costs shown are for a block of 10 lessons, however Members can participate on a week-by-week basis until the end of the year.

### JUNIOR CRICKET

**Started on Sunday, 7 September 2003**

Time: 9.00am – 11.00am  
Venue: Back Lawn – Cricket Nets  
Charge: B 3,000 for 10 lessons  
Trainer: Mr. Brian Wiggins, qualified Australian coach

### JUNIOR TENNIS

**Friday Afternoons (started on 5 September)**

|              |                   |                 |         |
|--------------|-------------------|-----------------|---------|
| Beginners    | age 5 - 8 years   | 4.00pm – 4.30pm | B 1,500 |
| Intermediate | age 9 - 11 years  | 4.30pm – 5.30pm | B 2,000 |
| Advanced     | age 12 - 16 years | 5.30pm – 6.30pm | B 2,500 |

Coach Zubin and Piyanart Engineer.

### JUNIOR SQUASH

**Started on Friday, 2 September**

Mini Squash: age 5 – 7 years 4.30pm – 5.15pm  
Junior Squash: age 8 – 10 years 5.15pm – 6.00pm  
Venue: Squash Court Number 3  
Charge: B 1,900 for 10 lessons

### JUNIOR SWIMMING

**The Bangkok Dolphins' lessons started again on Friday, 5 and Saturday, 6 September**

Charge: B 3,000 for 10 lessons.

### TEAKWONDO LESSONS

**Started on Sunday, 7 September 2003**

Time: 10.30am – 12.00nn  
Venue: Squash Court Number 3  
Charge: B 1,800 for 10 lessons

### AQUA AEROBICS

**Started on Tuesday 2 September.**

Lessons are held on Tuesday and Thursday mornings.

Time: 10.30am – 11.30am  
Venue: Main Pool  
Charge: B 2,500 for 10 lessons.  
Trainer: Els van den Broecke 01 – 692 0106

### AEROBICS

**Started on Monday, 1 September.**

Time: 9.30am – 10.30am  
Venue: Squash Court 3  
Charge: B 3,000 for 10 lessons  
\*\* Sunday classes are held from 3.00pm – 4.00pm



## NEW MEMBERS

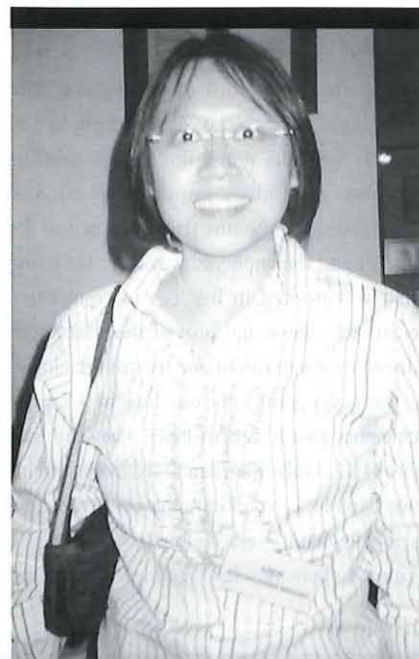
The Churchill Bar is the place to meet new members. Tuesday, 9 September was no exception, except that only two new Members braved the Bangkok traffic to get to the Club! New Members' Night is always Tuesday, which means it is also Ladies' Night and Spoofers' evening combined with a complimentary buffet. All members are welcome.

### Gregory & Hanna Pybon

All the way from the Land of the Free, Gregory and Hanna are seasoned expats and have spent many years in Asia and Africa. They have loads of grown-up children and Hanna spends her time getting the new home in Bangkok ready for the influx of grandchildren. They are both keen swimmers and enjoy reading, the movies and travelling. When Gregory is not at the Boeing Office, he can be found building models of all his favourite planes!



Gregory, minus Hanna who couldn't make it.



### Usa Vorakoondumrong

... also came along, but decided not to tell us anything about herself! It's now up to the Members to find out who she really is...

## HELLOS & FAREWELLS

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

Angus McKernan  
Alexander McKinnon  
Christopher Clifford  
Sandra Pruim  
James Quinn  
Christopher Dooley  
Peter Minshall  
David Fall  
Eve Riley  
Peter Novak  
Jeremy Watson  
Richard Frost

Farewell and good luck to the following departing Members and their families:

H.E. Barney Smith & Mrs Elizabeth Smith  
Roy & Sarah Gori  
Sanjay Naheta  
Scott Crosbie  
John & Jaishree  
Franco & Lorena Passaro  
Geoffrey & Felicity Rogers  
James & Lorraine Seaton  
Jonathan Lynn

And to all those going "Absent", we hope to see you again soon...

Mattaya Vatanasuk  
Jeffrey & Siriporn McDonald  
David & Rosana Collins  
David & Charlie Roberts  
Hendrik & Mirabel Bosch



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# CAPTAIN'S COURT

## INTERCLUB MATCH VS. ROYAL THAI NAVY TEAM Sunday, 24 August 8am - 1pm

A BC team of 10 men and 6 ladies was selected for this Interclub match. Unfortunately for our ladies, the scheduled match format was not possible due to the Navy team's 4 ladies not arriving before 10.30am. Nevertheless the men's matches progressed evenly throughout the morning until finally, after 14 sets, the score was tied at 7 sets for each team. The BC ladies' team performed much better and the result ended in a 5-2 set win for the BC. The match format was completed with 5 sets of mixed doubles in which the BC won 4 sets to 1 set.

The overall result was Royal Thai Navy 10 sets and the BC 16 sets. The Royal Thai Navy presented the BC with a lovely trophy to commemorate this match and to thank us for hosting this event. The match was played in a very friendly atmosphere and we look forward to a return away match in the near future. The next Interclub match will be on Saturday, 13 September from 2 - 7pm at the BC against the Capitol Club.

See you on the courts.

Regards,  
Brad Weatherstone



## CHAIRMAN'S CHAT

Thanks to the generosity of a good number of our Tennis Section Members, and through the hard work of a few of the Centenary Tennis Tournament Organising Committee, we have been remarkably successful in obtaining sponsorship commitments – to the extent that we are very well on the way to being able to cover all of the costs of the tournament. Your Organising Committee is into the thick of the detailed planning for

the Tournament. We have sub-committees working as follows:

- Tournament liaison and control
- Tennis operations
- Social events
- Trophies and mementos
- Brochure content and production

To date we have had commitments to send teams from The Singapore



Cricket Club, The British Club Singapore, the Tanglin Club Singapore, the Royal Ipoh Club in Malaysia, the Ladies Recreational Club in Hong Kong, the American Club in Hong Kong, and The Club in Abu Dhabi. We are awaiting confirmation of participation from our regular opponents here in Bangkok, and are confident of having a full entry of 16 teams come the opening of the Tournament at 12.30 hrs on Friday, 31st October. With a 'following wind' we may also have the rear tennis court surface replaced in time for the Tournament, but we may decide to postpone that work until after the Tournament if there is any risk that the work cannot be completed to the required high standards in time for the event.

See you on court.

Regards,

**Terry Adams**

## Results of the August Tennis Leagues

Proudly Sponsored by **Crown Relocations**

Owing to holidays and rain, the August Leagues continued on into September and results will be in next month's issue of **Outpost**.

## Upcoming Interclub Matches

25/26 October - Racquet Club

22/23 November - Rajchapruak Club

## Upcoming Event

British Club Bangkok Centenary Tennis Tournament

Tournament dates: Friday, 31 October, Saturday and Sunday, 1 & 2 November 2003

Opening Ceremony: 12.30 hrs, Friday, 31 October

Play commences: 13.00 hrs Friday, 31 October

Play concludes: Approximately 16.00 hrs Sunday, 2 November

## The Tennis Section Committee Welcomes New Tennis Playing Members

We want to encourage you to take full advantage of the tennis facilities offered by the Club to all Members. While any Member can casually use the courts by booking through the Fitness Centre, there are also many organised events arranged by the Tennis Section Committee. Some of the more regular ones are listed:

## WEEKLY SCHEDULE:

|                            |  |
|----------------------------|--|
| Monday: 6.00pm - 10.00pm   | Mix-In (All Grades of Players)   |
| Wednesday: 6.00pm - 9.00pm | Mix-In (All Grades of Players)   |
| Friday: 5.00pm - 10.00pm   | Mix-In (All Grades of Players)   |
| Sunday: 4.00pm - 7.00pm    | Mix-In (All Grades of Players)   |
| Sunday: 9.00am - 1.00pm    | Captain's Court (Top 10 Men and top 5 Ladies or by Captain's Invitation) |

## MONTHLY:

At least one social and one competitive home or away match is played by Club Teams (player level is determined in advance by agreement between opposing Team Captains).

If you can inform me or any other Tennis Committee member a day or so in advance of your proposed participation, we will arrange for one of our Committee Members to introduce you to other players and to chaperone you through your first event. If you are not sure at which level to enter please do not hesitate to contact me for further advice and assistance.

The Section also runs a Tennis Ladder and regular Monthly Singles Leagues. Participating is an excellent way of improving your tennis and of meeting other players. All details can be found on the Tennis Notice Board at the back of Court No. 1 or just ask any Committee Member.

We also run a Juniors Section for players up to the age of 18 years, where regular practice sessions are held with a qualified and experienced coach, plus we play matches against Juniors from other clubs on a regular basis. Membership in the Tennis section is Baht 300 annually and this allows you to participate in any one or all of the above events throughout the year.

Please make sure that you have provided accurate contact information to the BC as soon as possible as otherwise you will not receive our regular newsletter and other tennis information circulations.

Looking forward to meeting you on our courts in the very near future.

**Chris Watt**

## RELAXED REGULARS

# SAME OLD, SAME OLD...

## BAR ACCUMULATOR

Every Wednesday at 7.00pm in the Churchill Bar

## DART NIGHT

Every Wednesday in the Churchill Bar from 7.00pm onwards.

## BRIDGE NIGHT

Every Tuesday in the Churchill Bar from 7.00pm onwards

## CHILDREN'S MOVIE NIGHT

Every Friday evening at the Silom sala at 7.00pm. No charge for the kids

## SUNDAY AFTERNOON CHILDREN ACTIVITIES

2.00pm at the Silom Room.

BC and Kids Care organise children's fun activities followed by a movie every Sunday afternoon. There is no charge for this event.



# HAPPY DAYS ARE HERE AGAIN

### COMEDY NIGHT

**Friday 3 & Saturday 4 October**

Tired of the same old jokes? Miss listening to English humour? Need a bit of jocularly in your life? Well then, Rudi West, a top comedian from the United Kingdom will be performing for only two nights in Bangkok on at the British Club. B 1,400 per person will entitle you to a Cocktail Buffet and an evening of side-splitting laughter. Pre-show cocktails will be imbibed at 7.00pm on the front lawn with THE SHOW following in the Suriwongse Room. A night of merriment not to be missed!

### WINE TASTING

**Thursday, 9 October from 6.30pm onwards.**

Italian Wines by **Italasia** will be presented to Members in the Wordsworth Room. Check out this selection of Italy's best wines! Complimentary cocktail buffet also provided.

### VIETNAMESE FOOD PROMOTION

**Friday, 10 & Saturday, 11 October in the Lord's Dining Room.**

This promotion is organised by the Chefs of the Victoria Hotel Group. The cost is B 750 nett per person.

### BAR QUIZ

**7.30pm on Wednesday, 15 October in the Lord's Dining Room.**

Same theme, different night! The regular Bar Quiz Night has been moved this month due to the mass exodus of Members during the APEC week! Closing down entertainment spots, rounding up stray dogs, forcing Members to flee the city... whatever next? Anyway, come along and have an exciting evening with Quizmaster Rodney Bain. Each team can have a maximum of 4 participants. Registration fee of B 100 per team player.

### CLUB MANAGER'S NIGHT

**Wednesday, 15 October from 6.30pm onwards**

At the Churchill Bar, complimentary curry buffet will be provided.

Great evening to catch up with fellow members and enjoy the musical entertainment of No Fixed Abode.

### DAY TRIP TO PATTAYA

**Monday, 20 October**

This trip will include visits to Underwater World, Ripley's "Believe it or Not" Museum and Ripley's 3-Dimensional Cinema followed by games and activities in the fresh air at Jomtien Beach. Pack your bathers, hats, sunscreen and bucket & spade for a great family day away from the hustle and bustle of the city.

We will leave the Club at 8.30am and return at approx. 6.00pm.

Charge: B 1,300

Children aged between 3 and 12 years B 850.

Under 3 years of age B 200.

### AUTUMN SPORT'S CAMP

**Tuesday, 21 until Friday 24 October**

A 4-day sports camp will be held from 9.00am - 4.30pm.

Many activities like swimming, soccer, cricket, squash, movies, painting and much more. Lunch and snack breaks are included. Please register at the Fitness Centre.

Charge B 3,400 for 4 days or B 850 per day per child.

### SPOOKY CHILDREN'S HALLOWEEN

**Sunday, 26 October at 11.00am - 3.00pm**

Fun Galore for the kids with lots of activities, best dressed competition, luncheon, followed by a suitable Halloween video.

Cost: B 345.

## NOVEMBER

### SCOTTISH DANCING

**All Mondays in November**

It's that time of year where all good Scots (and Sassenachs) dig out their dancing shoes and practice their moves on the dance-floor. The St Andrew's Society is ensuring that Members will be able to dance every dance at the up-coming St Andrew's Ball. Every Monday in November the Front Lawn will be transformed into a mass of whirling dervishers from 7.00pm until 10.00pm. Great fun is had by all (great way to exercise, too).

### GENERAL MANAGER'S GOLF DAY

**Saturday, 8 November 2003**

Another Golf Day organised by the Club. Breakfast will be served in the Silom Sala at 8.30am with a prompt 9.30am departure to the Golf course for a Texas Scramble game (4 players in a team). Dinner and the Prize Award Ceremony will be held back at the Club after this day out.

Charge: B 1650 per person which is inclusive of Breakfast, Green Fees, Caddy Fee, Transport by Coach, 3 course dinner and a prize if your golfing skills are good enough!!.

Golf Venue: to be confirmed.

### GUY FAWKES NIGHT

**Sunday, 9 November**

Join us at the Club for a traditional British celebration (albeit a few days late!) - fireworks and bonfires and Parkin and toffee apples...

Charge: B 595 for adults

B 420 for kids

### LOY KRATHONG

**Saturday, 8 November**

Suan Thip Restaurant in Koh Kret is the venue for this year's Loy Krathong celebration. The charge for this enchanting evening will include transport by AC Coach, extensive Thai Buffet including soft drinks, classical Thai dances, Krathong and fire work display.

(No corkage charge for self-provided alcoholic beverages).

Leave the Club at 5.00pm and will return to the Club at approx. 10.00pm

Charge: B 1600 for adults.

Children: B 850 between 3 and 12 years of age.

Children below 3 years of age: B 250.

### NEW MEMBER'S NIGHT

**7.30pm on Tuesday, 11 November in the Churchill Bar.**

Excellent opportunity to meet new Members who recently joined the Club with entertainment provided by No Fixed Abode.



**ELEPHANT ROUND UP IN SURIN****14 – 16 November**

This year we will travel again to Surin to watch the Elephant Round Up. The itinerary of this exiting weekend trip is slightly different from previous years.

**Friday, 14 November**

7.45pm Coach departs from the Club to Hua Lamphong Station

9.00pm Train will depart for Surin

**Saturday, 15 November**

5.30am Train arrives in Surin

5.45am Coach transfer to Suan Palm Resort

6.15am Arrive at the Resort where a buffet breakfast will be served

7.15am Leave for the Elephant Show Grounds

8.00am Elephant Show until 11.00am

11.45am Return to the Suan Palm Resort and freshen up

12.45pm Buffet Luncheon

2.00pm Leave for Nong Phranom Rung – Khem Temple near the Cambodian Border

3.45pm Arrive at temple

5.15pm Head back to Surin

7.00pm Arrive at the Surin Palm Resort

7.30pm BBQ in the Gardens of the Resort with lots of fun Children's Activities. Rest of the evening at leisure.

**Sunday, 16 November**

7.00am Breakfast and check out of Hotel

9.30am Leave for Surin Temple and Thai Handicraft Village

11.30am Lunch followed by visit to market

1.30pm By coach to Surin Airport

3.00pm Depart for Bangkok

4.00pm Arrive Bangkok Domestic Airport - Members and their guests make their own way home.

Charge: B 6,500 for adults

B 5,500 for children between the age of 3 and 12

B 2,500 for children below 3 years of age.

**BAR QUIZ**

**7.30pm on Tuesday, 18 November in the Lord's Dining Room.**

Come along and have an exciting evening with Quizmaster Rodney Bain. Each team can have a maximum of 4 participants. Registration fee of B 100 per team player.

**DECEMBER**

**BC Christmas Ball under the Stars and 100 Years Centennial Celebrations**

**Saturday, 13 December**

Cocktails on the Front Lawn at 7.00pm followed by dinner at 8.00pm on the Back Lawn. Great entertainment and fire works at midnight. More information about the ball in the November Outpost.

**CHILDREN'S CHRISTMAS PARTY****Tuesday, 16 December**

Join the party on the Back Lawn, at 2.00pm – 5.00pm.

Includes a picnic on the front lawn, pony rides, Balloon Typhoon, face painting, crafts and a visit by Santa bearing gifts for everyone. A wonderful afternoon for all the family!

Charge: B 395 per child

**CHRISTMAS DAY LUNCHEON**

**Thursday, 25 December between 12.00nn and 5.00pm**

In the Lord's Dining Room, Churchill Bar and Suriwongse Room we will arrange a traditional Christmas Day Buffet Luncheon with a carvery of many types of roasts, Christmas pudding, mince pies and much more. Includes a visit from Santa with presents for everyone.

Charge: B 850 for adults

B 550 for children between 4 and 12 years of age.

Children 3 years and below no charge.

**MEMBERS INTERESTS****"AND YOUR STARTER FOR TEN IS..."**

Do not worry too much if you do not know which Territory of Canada was only created in 1991, or who was the last man to walk on the moon<sup>2</sup>, or even which Bangkok district has the postcode 101703! Yet if you knew one of these then your team is likely to be prime favourites for winning the BRITISH CLUB MONTHLY BAR QUIZ.

Moreover, if you know that Julie Andrews starred in 'The Sound of Music', that Bobby Moore captained England in the 1966 World Cup, and that the British Club is in Bangrak district, then you are likely to fair well in the quiz.

BRITISH CLUB MONTHLY BAR QUIZ is usually held on the third Tuesday each month in the Lord's Dining Room – HOWEVER FOR OCTOBER it will be on Wednesday 15 October at 7.30pm as many people are using the APEC Summit (with its closure of government offices) to get away from Bangkok.

For newcomers, and regular die-hards, the quiz is an evening of fun – good food, a few drinks and four rounds of questions on a variety of subjects from Sport to Asia, Geography to Pop Music, and Classical Music to History. Entry is 100 Baht per person, and your team can consist of up to six players.

The quizmaster, as always, is Rodney Bain [an interesting name derived from Rodney - 1st Baron Rodney English admiral; effective in defeating Spanish and Dutch in Caribbean Sea 1718-1792; and Bain -Alexander Bain, Scottish psychologist; known for applying findings of physiology to psychology and for improving education in Scotland 1818-1903.

So, get your thinking hats on, find five other people and sign up for 15 October!

**Paul Cheesman**  
**C267**



# CALENDAR

## BRITISH CLUB SPORTS AND ENTERTAINMENT CALENDAR

### SPORTS

|                 |                         |
|-----------------|-------------------------|
| 9.00am - midday | Squash Coaching         |
| 9.00am - 1.30pm | BC Swimming Instruction |

### SPORTS

|                  |                       |
|------------------|-----------------------|
| 7.00am - 1.00pm  | Tennis Team Practice  |
| 9.00am - 11.00am | Junior Cricket        |
| 10.30am - midday | Taekwondo             |
| 11.00am - 1.00pm | Badminton - Soi Nares |
| 2.00pm - 4.00pm  | Children's Activities |
| 3.00pm - 6.00pm  | Tennis Mix-in         |
| 3.00pm           | Yoga                  |

### SPORTS

|                 |                      |
|-----------------|----------------------|
| 8.00am          | BWG Mahjong          |
| 7.00pm - 9.00pm | Tennis Team Practice |

### SPORTS

|                   |                                |
|-------------------|--------------------------------|
| 7.00am            | Ladies' Golf                   |
| 8.00am - 10.00am  | Ladies' Tennis                 |
| 10.30am - 11.30am | Aqua Aerobics                  |
| 11.30am           | Yoga                           |
| 2.00pm - 5.30pm   | Swim with the Bangkok Dolphins |
| 2.00pm - 7.00pm   | BC Swimming Instruction        |
| 7.00pm - 9.00pm   | Football Training              |

### CHURCHILL BAR ACTIVITIES

|                   |                   |
|-------------------|-------------------|
| 6.00pm - midnight | Ladies' Night     |
| 8.00pm - 11.00pm  | Friendly Bridge   |
| 9.00pm            | Gentlemen's Spoof |

### SPORTS

|                 |               |
|-----------------|---------------|
| 6.00pm - 9.00pm | Tennis Mix-in |
| 6.30pm          | Cricket Nets  |

### CHURCHILL BAR ACTIVITIES

|        |             |
|--------|-------------|
| 7.00pm | Darts       |
| 7.00pm | Accumulator |

### SPORTS

|                  |                 |
|------------------|-----------------|
| 8.00am - 10.00am | Ladies' Tennis  |
| 6.00pm - 9.00pm  | Squash mix-in   |
| 7.00pm - 9.00pm  | Rugby Training  |
| 9.00pm - 10.00pm | Hockey Training |

### SPORTS

|                 |                                  |
|-----------------|----------------------------------|
| 9.00am          | ANZWG Mahjong                    |
| 3.30pm - 6.00pm | BC Tennis Coaching for Children  |
| 4.30pm - 5.15pm | Mini Squash                      |
| 5.15pm - 6.00pm | Junior Squash                    |
| 5.00pm          | Tennis Mix-in                    |
| 5.30pm          | Swimming - Junior Squad Training |
| 6.00pm - 7.00pm | Adult Tennis                     |
| 6.30pm - 9.00pm | Poolside BBQ                     |
| 7.00pm          | Children's Movie Night           |

### October at a Glance

|                           |                         |
|---------------------------|-------------------------|
| Comedy Night              | Friday 3 & Saturday 4   |
| Wine Tasting              | Thursday 9              |
| GM's Golf Day             | Saturday 11             |
| Vietnamese Food Promotion | Friday 10 & Saturday 11 |
| Club Manager's Night      | Wednesday 15            |
| Bar Quiz                  | Wednesday 15            |
| Trip to Pattaya           | Monday 20               |
| Sports Camp               | Tuesday 21 - Friday 24  |
| Halloween Party           | Sunday 26               |

### Sports - Contacts

|              |                               |                |
|--------------|-------------------------------|----------------|
| Aquatics     | Susan Kreutzner-Ferguson      | 0 2391 5374    |
| Badminton    | Anant Leighrahathorn          | 0 2654 0002-29 |
| Bridge       | Winlock Hsu/<br>Charlene Wang | 0 2921 6015    |
| Cricket      | André Tissera                 | 0 2238 2718-21 |
| Darts        | Fitness Centre                | 0 2234 0247    |
| Football     | Martin Conisbee               | 01 860 4874    |
| Golf         | Larry Goodliffe               | 0 2236 9785-7  |
| Spoofers     | Steve Eaton                   | 0 2237 9262    |
| Rugby        | Jon Prichard                  | 0 2662 6376    |
| Scuba Diving | Peter Gary                    | 0 2634 7799    |
| Snooker      | Khun Kittisak                 | 01 633 9490    |
| Squash       | Peter Corney                  | 01 829 2253    |
| Tennis       | Terry Adams                   | 01 639 3856    |

### Loyal Societies

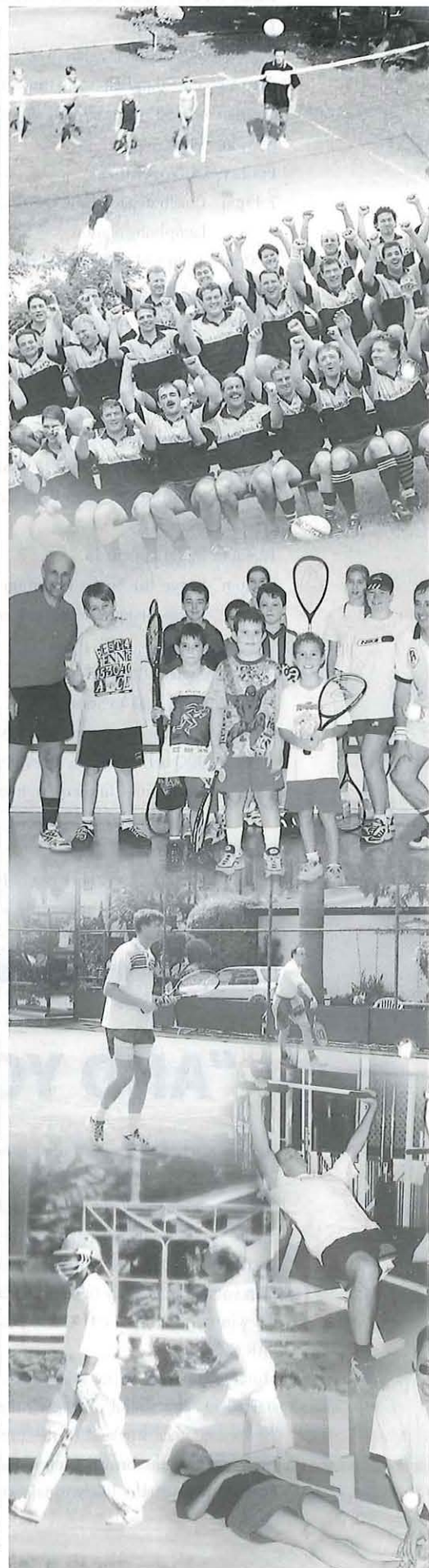
|              |                        |                    |
|--------------|------------------------|--------------------|
| St George's  | Angela Stafford        | 0 2632 0560 x 3037 |
| St Andrew's  | Daniel Fegan           | 0 1755 8737        |
| St Patrick's | Sally Jamison Voravarn | 0 9234 7074        |
| St David's   | Basia Filzek           | 02 286 1348        |

### Venues

|                  |  |
|------------------|--|
| Badminton        | Soi Nares, behind Bangrak Police Station |
| Casuals Football | Colgate Ground, Rama III                 |
| Massage          | Near the Silom Sala                      |

### Opening Times

|                   |                           |
|-------------------|---------------------------|
| 10.00am - 11.00pm | Churchill Bar             |
| 11.30am - 2.00pm  | Lords Restaurant (Lunch)  |
| 6.00pm - 10.00pm  | Lords Restaurant (Dinner) |
| 7.30am - 10.00pm  | Poolside Bar              |
| 6.00am - 9.00pm   | Fitness Centre            |
| 9.00am - 6.00pm   | Thai Massage (Tues-Sun)   |







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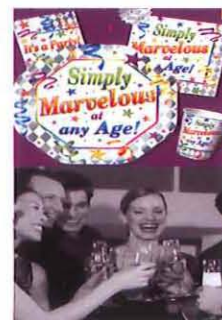
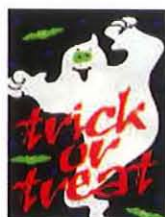


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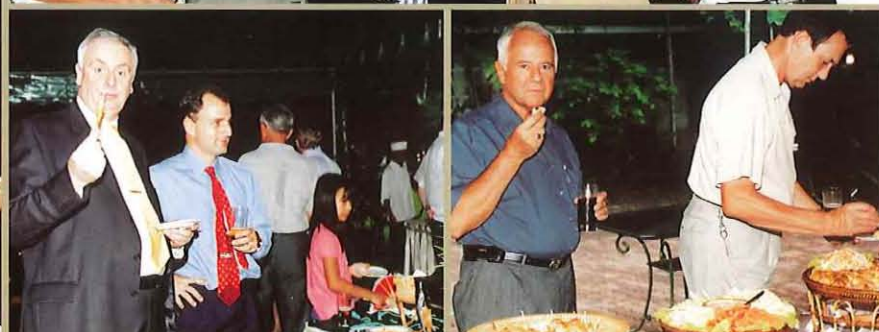
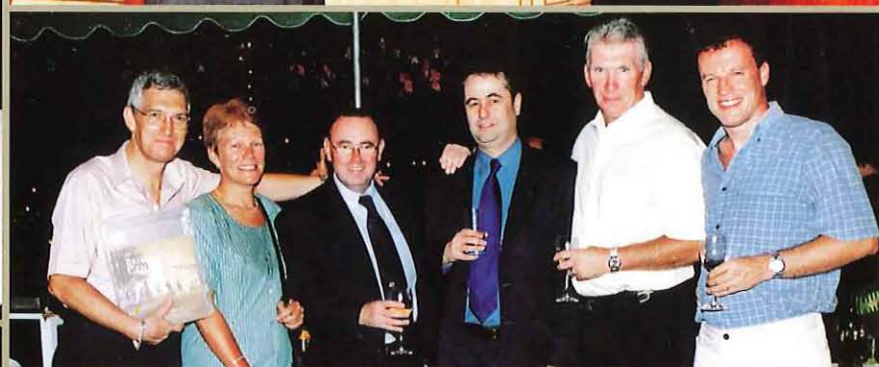


**PARTY LOVERS PARADISE**  
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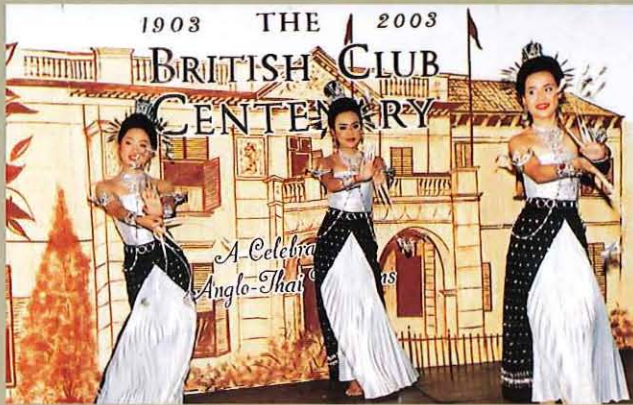


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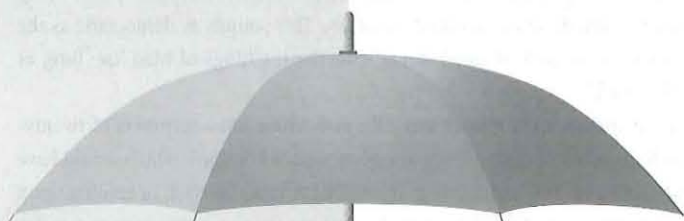
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Lawton Asia Co., Ltd.  
Tel: 0-2654-1150  
Fax: 0-2654-1151  
Mobile: 0-9779-6592  
E-mail: [jerome@lawtonasia.co.th](mailto:jerome@lawtonasia.co.th)



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Dear Editor,

Now that our present General Manager has resigned, may I urge that the GC use the next three months to review the present-day management needs of our club.

The step change needed in 1999 has been done. Now we need to focus on three areas of service delivery to members - F&B, House & Grounds, Events & Admin. No one person can be expected to be expert in all three, thus we should consider doing away with a "General" manager as such and adopting a tribune system - three "managers", who specialise, reporting directly to our Chairman.

We could have an Executive Chef/Manager who would be responsible for delivery of consistent top-quality F&B and Food Promotions; a Chief Engineer/Manager to get to grips with ensuring the building and grounds are kept in peak condition; and finally an Operations Manager to provide a wide variety of on-site and off-site events and other member functions, and be line manager for the Membership Services and Accounting functions.

Regards,

Paul Cheesman (C267)

AND MORE FROM PAUL...

# THIS IS A BRITISH DEMOCRACY!

A response from Paul Cheesman (C267) to "Towards more effective Governance", published in September's Outpost.

## PREAMBLE

May I first of all thank Commander Ian Webb RN for his article on changing the club's constitution. Over the past half decade it has been rare that anyone save David Turner and myself has shown any constructive interest in the matter. Ian has pointed out that the past two General Committees have been seemingly ineffective, and failed to deliver a lead, and this has consequently not done the club any good. I would actually go so far as to say that it is actively doing the club ill ... if you fail to move forward in today's rapidly changing society, you are actually moving backward.

Whilst I feel Ian has identified the symptoms of our woes, I feel that he has wrongly diagnosed the cause, and hence has prescribed a totally unworkable, and highly dangerous solution. A solution that could, I fear, end up with the dissolution of this club we love so dear.

## DEMOCRACY

The paramount 'giveaway' as to why I fear his solution is dangerous is the statement "Democracy is important but it has to be properly directed", and then follows a solution that undermines hundreds of years of British democracy and does to the British Club what the European Constitution will do to Britain.

At all times our Committee/Board, Chairman and even GM, must be 100% accountable to the membership, and it was this basic failure that has led us to our present state. Without dwelling too much on the past our Membership democratically voted at an EGM in 2001 (endorsed at the subsequent AGM) a development motion that was totally ignored by one Chairman and part of that committee, the resulting impasse has brought us close to the end of two years of virtual inactivity and underlying air of mistrust between some members.

We are a British Democratic Club, and must stay as such - but that being said if the ball is now rolling on constitutional change let us grab it with both hands and bring this club into the 21st Century.

## THE STATED SOLUTION

A General Committee chosen by all the people but "with no executive powers", a directly-elected Chairman of ten years membership, a Board of Governors of at least Twenty-years membership "elected for life" and all the work done by co-opted members. This sounds as democratic as the establishment of the Soviet Union, and of equal status with the teachings of Mao Tse Tung as contained in his 'Little Red Book'.

In a club where 20% of our membership rotates annually, and where most members of twenty-years membership are well into their sixties, we would end up with a Politburo which would have to meet in the Disabled Toilet and a club which can go from one extreme direction to another upon the ballot for one person as Executive Chairman. Our forefathers chose a committee system for good reason - if it works democratically it can give leadership and stability at the same time but ONLY if it works democratically.

## A NEW SOLUTION

Taking the best of Ian's ideas, may I put forward an alternative model that could bring about change without throwing away democracy ... Directly Elected Officers, Directly Elected Committee, Establishment of Portfolio Sub-Committees, a monthly Forum and the widening of the franchise of Associate members, and of Spouses.



### DIRECTLY ELECTED OFFICERS

The establishment of five officer posts – Chairperson, two Vice-Chairpersons, Treasurer and Secretary – with constitutionally defined duties, to be elected for periods of one year, and eligible to stand for no more than three terms. These officers would be elected from Ordinary members who stand and would have authority, upon consultation with the Committee, to make decisions, lead the club forward on the 'manifesto' that they publish ahead of election, and be directly accountable for club finances, club personnel and development matters.

The spending limits which exist now only as committee guidance will be put into the constitution such that any single project over (say) 3 Million Baht required members' approval.

### DIRECTLY ELECTED COMMITTEE

A newly defined Committee of up to six persons of which:

- (i) One must be from the Under-Thirty Years Old membership Group
- (ii) One must be from the Senior (over 60) membership Group
- (iii) At least one of which must be active in a Sports Section
- (iv) At least two must be female and two male
- (v) Two can be Associate members

This Committee is there to give views on matters of consequence to the officers, will deal with disciplinary matters (if any) and take the lead on Portfolio Sub-committees.

Both Officers and Committee are subject to existing rules on EGMs etc. thus membership can "call them in" if things are not moving forward.

### PORTFOLIO SUB-COMMITTEES

To cover the often mind-numbing detail and tedium of everyday club life, there would be sub-committees to cover Maintenance, Food & Beverage, Membership recruitment, Communications and individual ones for each Sports section. Any member (associate or otherwise) can join these sub-committees and their decisions would be ratified by the Officers.

### MONTHLY FORUM

With power comes responsibility so the Officers would hold an open Forum each month to allow any member to come and raise a point or ask a question. The Forum would be limited to sixty minutes and all matters raised would be minuted and placed on the club notice board.

### WIDENING OF THE FRANCHISE

Our club was founded as a British Club and the first six articles of our constitution define who we are both as a club and in the eyes of the Thai Civil & Commercial Code and I fear grave danger in

tampering with these concepts too much.

However, the two loudest areas of complaint I heard when Club Secretary was that Associate Members (who are members only by invitation) and Spouses of members had no voice and no role in the club - in fact some spouses went as far as swapping membership with their husbands in order to get heard.

If we are to look at totally changing the nature of our club then that must be a long-term objective, and be very carefully considered and it is clearly outside the parameters of this article. In the short term, however, there should consider two relaxations of existing rules and procedures ...

Attendance: Associate members and spouses of members should be allowed to attend and speak at club meeting, even AGMs. Voting will still be restricted to 'the Member'.

Involvement: Associate members can be elected to committee and be involved in the portfolio sub-committees.

### MOVING FORWARD

We have a great club. It has survived the thirties economic slump (and one in the nineties), occupation by a foreign power in the forties, the building of the Swimming Pool (very contentious in the sixties), the allowing of females into Membership (very contentious in the eighties), and long may it continue to serve the needs of the 3,000 or so members, spouses and kids for the next hundred years.

I put this paper forward for discussion as a means of moving us forward to 2103!

Paul Cheesman (C267)

Honorary Secretary 2000-2003

## OUT IN THE COMMUNITY

# NATIONAL MUSEUM VOLUNTEERS

### MONTHLY PROGRAM

On Thursday, October 30th at 10 am, the National Museum Volunteers will present a lecture on "The Homecoming of the Sandstone Buddha" by Khun Pimpa Limpaphayon. Venue will be the National Museum of Bangkok Auditorium on Naphrathat Road. All are welcome. Coffee served at 9:30 a.m.

### NMV GUIDING WORKSHOP

Starting on October 1st you can enhance your knowledge of Thailand's artistic and cultural heritage by joining the Guiding Workshop of the NMV, Wednesday and Friday mornings, from October 1st through November 14th. No prior knowledge is necessary. The general lectures are conducted in English, after which the French, German and English speakers break into separate groups. Registration takes place on October 1st from 8:30 a.m. at the National Museum of Bangkok Auditorium, Naphrathat road.

### The Workshop includes:

- Lectures on a variety of background topics
- Introduction to the National Museum Bangkok
- Life of the Buddha through Mural Paintings
- Hinduism and its Great Gods
- Buddhism
- Evolution of the Buddha Image
- History of Thailand



# BRITISH CLUB GOLFERS ON

With a lot of expats leaving Thailand for the summer you may think August would have been a quiet month for the British Club Golf Section - think again! We managed to squeeze in our monthly medal, a weekend of golf in Pattaya and our annual match against the Scandinavians. I am delighted to report that we won the match and have hung onto the Volvo Cup for another year.



Larry is presented with the Volvo Cup.

## PATTAYA WEEKEND

### DAY 1 CENTURY RAYONG

Century Rayong is a challenging course. Not just challenging to play but challenging to locate too! The facilities are basic to say the least but the course more than makes up for the shack that is the clubhouse. The cadies' outfits also deserve a special mention. As we arrived, I was greeted by a caddy in a very pretty pink uniform, complete with pink hat. Imagine my surprise when I realised that this vision in pink was in fact a chap, complete with stubble. He and his friends didn't take kindly to Jo Goodliffe commenting that they were 'Suay Mak'!

The format for this weekend of golf was bogey golf - effectively matchplay against the course. This was to prove to be quite a challenge and most of us got soundly thrashed on the first day at Century. There were some notable exceptions. Karen Holloway had a great round and ended the day three up against the course. Orin Baldwin also played brilliantly on a tough course to finish two up and Andy Flynn ended the day one up after a solid round.

With the hard work over for the day, we headed off to the Bang Saray club for a BBQ. What can I say; the food was delicious (particularly the traditional English sausages). As we sat at the edge of the sea tucking into plates piled high with food we all agreed that we should make the journey to Bang Saray more often.

### DAY 2 PLUTALUANG NAVY COURSE

The Navy course is another challenging layout. There are four nine's available and it seemed to me that we'd managed to select the toughest! The course was busy but the pace of play was reasonable until we reached the back nine, which seemed to be populated by five and six balls.

The second day if the bogey golf competition did see an improvement for some of our players. Tom Magarry improved on his already solid start finishing three up against the course. Andy Flynn also built on his strong performance with an impressive four up thrashing of the course. Karen Holloway had a slow start on the second day but finished one up after a steady game.

### The results:

1st Andy Flynn • 2nd Tom Magarry • 3rd Karen Holloway

### AUGUST MEDAL AT ROYAL LAD KRABANG

The storm clouds gathered as we prepared to tee-off at Royal for our August Medal. We managed to play about three holes before the heavens opened and play was halted until the green's drained and the lightening moved away. After a delay of about half an hour it seemed safe to continue although, whenever Karen 'lightening conductor' Carter stepped out of the drinks hut, the lightening seemed to return! An hour later it was safe but the course was soggy to say the least. That didn't seem to affect a few of our players who posted some excellent scores.

Brian Brook had a very impressive net 65 to win A Flight. André Tissera was second with a net 70 and Joom White came third with a net 72. Bridget Snow marked her return from the UK with a win in B Flight, scoring a net 72. Welcome back Bridget. Edwin Ferner (Mr Consistent) came second with a net 73 and Karen Carter managed to avoid the lightening to take third place with a net 74. Bryan Baldwin ran away with C Flight scoring a fantastic net 64. Well done Bryan. Cheryl Lamb marked her return to golf with a solid net 76 to take second place and Orin Baldwin was third with a net 82.

The Near Pin prizes went to Bryan Brook on hole 3, Barry Ashman on hole 7, Edwin Ferner on hole 13 and Gareth Sampson on hole 17. Bridget Snow won the ladies' long drive and Dale Lamb won the men's.

### THE VOLVO CUP - THE BRITISH CLUB VERSUS THE SCANDINAVIANS

The Volvo Cup was played at Royal on 7 August. This is our annual match against the Scandinavians and it is always a great day out. This year the format was a pairs stableford competition with each team's average score deciding the winner.

Playing conditions were challenging and we experienced strong winds and heavy showers. In spite of the weather, both sides posted some great scores. There were also some less than great scores but that's golf!

As the results came in, it looked to be a very close run thing. Larry was giving nothing away as he stepped up to the mic to announce the results. He looked positively depressed for much of the presentation and we feared the worse. How wrong we were. The British Club had sneaked victory with an average points total of 66.3 compared to the Scandinavians 62.3. Pete Gale and Gaew were worthy winners of the prize for the pairing with the highest points total.

A big thank-you to all those who turned out to play for the British Club. We look forward to more victories in our remaining matches this year.

Vicky Jones



# WINNING FORM

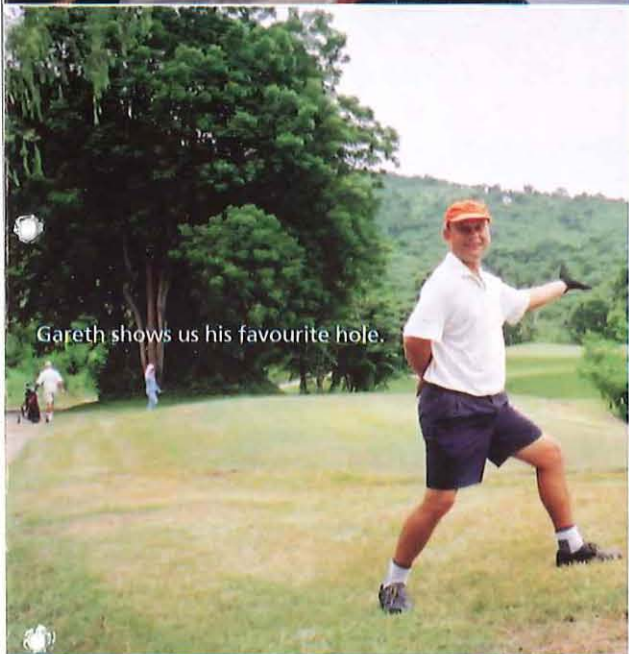
Who said Andy could not score in Pattaya?



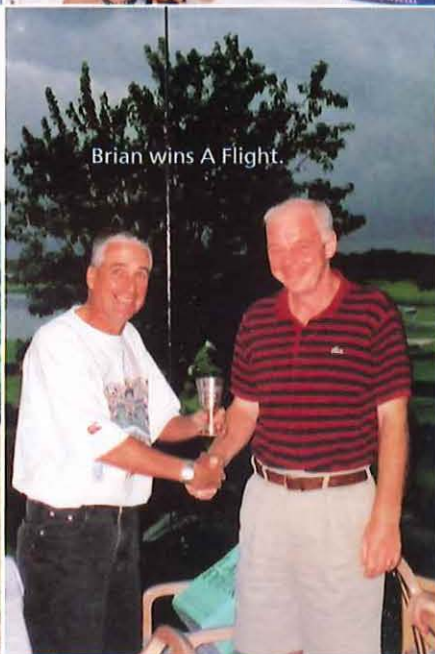
Bryan wins C Flight.



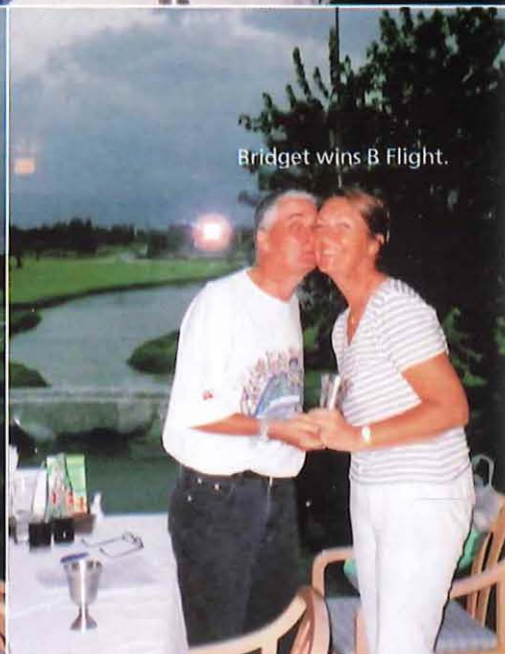
Gareth shows us his favourite hole.



Brian wins A Flight.



Bridget wins B Flight.



Pete and Gaew win with 79 points.



The calm before the storm.





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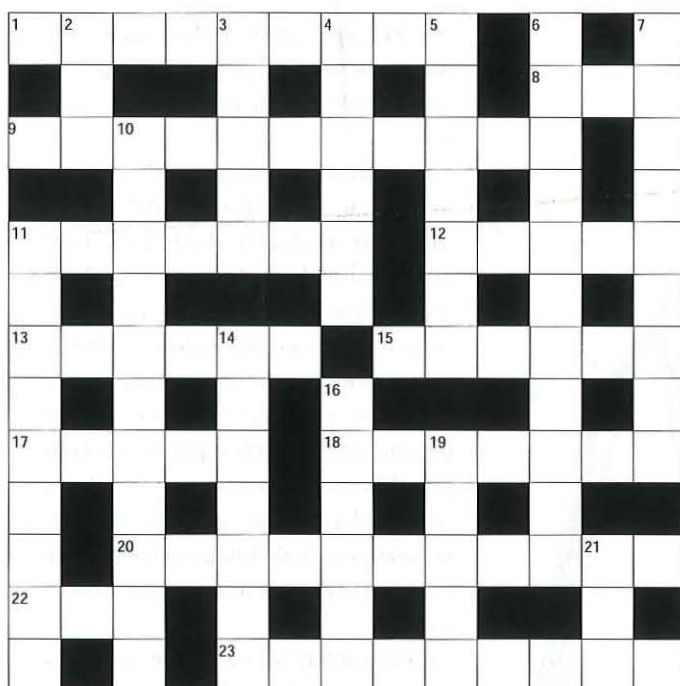
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# BACK WITH A VENGEANCE!



Compiled by Margaret Miller

## Across

1. Sights in the hats with gold lining!
8. A Scratch player's score.
9. (With 13 Across) Mr. Average is no stay-at-home! (3, 3, 2, 3, 6)
11. London? Paris? Great!
12. Mess up a tiresome job - it's a brownish colour.
13. See 9 Across
15. Tin cat somehow untouched...
17. ... and dream somehow that you're ready for war.
18. He's entitled to make his mark.
20. The motto of optimists. (5, 3, 3)
22. So far.
23. Feigned.

## Down

2. The Wednesday before Lent.
3. Cook the joint.
4. In chief.
5. Take the chair. (3, 4)
6. Generous and friendly. (4, 7)
7. He marches to show his disapproval.
10. Ten peers mix for tests.
11. The Swiss Family Robinson were.
14. Vegs. for the salad.
16. This drink was once a famous race-horse. (3, 3)
19. Letters go this way in 2002! (1-4)
21. Hot displeasure.

# A DOG'S PLEA



*Treat me kindly, my beloved friend, for no heart in all the world is more grateful for kindness than the loving heart of me.*



*Do not break my spirit with a stick, for though I should lick your hand between blows, your patience and understanding will more quickly teach me the things you would have me learn.*



*Speak to me often, for your voice is the world's sweetest music, as you must know by the fierce wagging of my tail when your footstep falls upon my waiting ear.*

... Found framed in the waiting room of a Veterinary Surgeon ...



*Please take me inside when it is cold and wet, for I am a domesticated animal, no longer accustomed to bitter elements. I ask no greater glory than the privilege of sitting by your feet beside the hearth.*



*Keep my pan filled with fresh water, for I cannot tell you when I suffer thirst.*



*Feed me clean food that I may stay well, to romp and play and do your bidding, to walk by your side, and stand ready, willing and able to protect you with my life, should your life be in danger.*



*And my friend, when I am very old, and I no longer enjoy good health, hearing and sight, do not make heroic efforts to keep me going. I am not having any fun. Please see that my trusting life is taken gently. I shall leave this earth knowing with the last breath I draw that my fate was always safest in your hands.*



# ALL ABOUT WOMEN

It's one of those things that women tend to leave to the boys, but the girls are fast catching up.

Until recently heart attacks, strokes and deep vein thrombosis were considered to be problems that only men suffered, but they are becoming leading causes of illness in women too. As women take on more roles outside the home like combining a career with the more traditional roles of caring for children, and perhaps a husband, they are increasing their risk of succumbing to what have previously been considered men's health problems.

The incidence of women suffering from all kinds of vascular conditions, especially the silent killer of a heart attack is increasing. Some of these women will need to have major surgery to repair the damage. In 2002 there were over 2000 coronary bypass operations

performed in Thailand and the number is increasing every year. Although the majority of those will be performed on men, many women are in need of this surgery. More worrying is that women who have a heart attack are less likely than men to survive the initial event - and even if they do survive, they are more likely to die within a year. Women's symptoms tend to be slightly different from those of men, women experience angina more commonly than do men, and they may respond differently to treatment. The condition that most people call a heart attack is known by doctors and nurses as Coronary Artery Disease or CAD.

What then is CAD? The heart is covered with a fan of arteries that supply it with the blood and oxygen that it needs to keep on working. These arteries are narrow and easily blocked by substances like cholesterol, and become narrowed and hardened by poisons contained in tobacco smoke. The first indication of damaged cardiac arteries is a condition known as 'angina' this is a sign that your heart's arteries are already suffering damage from fatty deposits and cigarette smoke and that the process that leads to coronary artery disease has already started.

Angina is felt as an intense pain in the chest, spreading to the neck and lower jaw, it comes on suddenly, without warning. It is severe enough to stop any activity that you may be doing. With a few minutes rest it will ease. But CAD and angina are signs that the body's other small arteries are suffering the same damage. The arteries of the feet and legs are more often affected.

Younger women have some protection against vascular disease, as oestrogen seems to protect them from developing peripheral vascular disease and CAD. However, after the menopause and certainly after the age of 60 years women have a greatly increased risk. So much so that they overtake men in the risk stakes, as women live longer than men, and as the population ages, more and more women will develop these debilitating conditions.

There are some things that can be done to reduce the risk of worsening CAD and peripheral vascular disease. The first and most important is to



©Teri J. McDermott

stop smoking. Cigarette smoking accounts for twenty percent of all cardiovascular deaths. So quitting will go a long way to reducing your risk.

Now we all need to eat some cholesterol, but foods that are saturated in fats and cholesterol will raise the levels in the blood. This increase will eventually form plugs and shut off the circulation to the heart or to the legs. A 10% increase over normal blood cholesterol levels gives a twenty per cent increased risk.

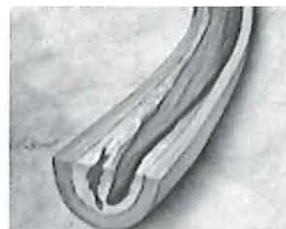
Salt intake is a major factor in increasing blood pressure, and a high blood pressure has been proved, beyond doubt, to increase the risk of a stroke, and many other conditions. There are no symptoms of high blood pressure, that's why it is important to have it checked at least once a year.

Exercise will help you stay healthy. As little as three ten-minute bouts of activity will reduce your risk of heart attack by up to 40%. Also take time to relax, listen to some soothing

music, read a book, meditate, or simply breath deeply, with your eyes closed in a quiet room. There is increasing evidence to implicate stress in your job or home life as a risk factor in heart disease.

Heart and vascular diseases take years to develop, often starting in early childhood. Parents have the responsibility to ensure their children have a healthy diet, take plenty of exercise and are discouraged from smoking. Get a checkup, good advice for everyone no matter what your age! But it is especially so if you have any of the risk factors or have a relative who suffered or died from a stroke, peripheral vascular disease or CAD. If this describes you then you too could be at risk.

Until recently the diagnosis of peripheral vascular disease and CAD meant invasive techniques, or long and complicated investigations that often took some time to complete. Now a new procedure to assess your risk of suffering from a stroke or a heart attack, is available in Bangkok. This non-invasive screening is over in just minutes and is available at the BNH Hospital, in Convent Road.



**Written for the BNH Hospital by John Howe**

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MEMBERS' INTERESTS

# THE FINAL RACE FOR CHAMPIONSHIP

**Sunday 14 October, 2003** should be a pivotal day in Formula One Motorsport, and should be, by all accounts, the most exciting race of the season, possibly this century! **And the BCB is ready for you to take part!**

## The Event

The Japanese Grand Prix at Suzuka, to be shown Live on the BIG SCREEN in The Lord's Dining Room at 11am.

## The Reason

As we go to press, with three races to go, the 2003 Formula One title race is finely poised, with Ferrari's Michael Schumacher just one point ahead of Williams driver, Juan Pablo Montoya, and two in front of Kimi Raikkonen of McLaren – that is three contenders within two points of the title. Unlike previous years when the title was won as early as July, the new qualifying rules coupled with poor tyre performances by Bridgestone has left Ferrari floundering. For the record, Schumacher has previously won five times, Raikkonen twice with Montoya as the 'new kid on the block' – and he could easily win. No matter the scores in Italy (14 September) and USA (28 September), unless Schumacher wins both, the title race should still be wide open for this last race of the year.

So join us for lunch on 14 October and enjoy the Japanese Grand Prix, LIVE in Lord's.



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# TEE UP AND TEA CUPS IN SRI LANKA!

Sri Lanka had been on our list of "places to visit" for a long time when our friends Mohd and Lorna Ali suggested recently that we make a trip together, so we readily agreed.

For the Ali's it was a nostalgic trip as they had lived in Colombo from 1985 to 1988 when he had been the country manager for Malaysian Airlines. The current lull in hostilities between government forces and the Tamil Tigers, coming after twenty years of sectarian strife, provided an opportunity for Pauline and I to fulfill a wish and for our friends to renew old acquaintances. Sri Lankan Airlines flight UL423 took off from Don Muang on 28 August with a full complement of passengers. The 3-hour flight to Colombo across southern Thailand, the Andaman Sea and the Bay of Bengal was smooth and comfortable in an Airbus A330. The slight aroma of curries emanating from the galleys giving just a hint of gastronomic pleasures to come. We arrived at 11.00 p.m. local time.

Visas are given on arrival and without charge. Thai Baht can be exchanged for Sri Lankan Rupee's at Colombo airport. The departure tax is R1, 500 per person (= Baht 750 Aug '03).

## DAY ONE.

After 4 hours sleep, we got up and ..... headed out to the golf course! Imagine the struggle that would have entailed if the visit had been a business trip and the first appointment had been at 6.30 a.m.!

The Royal Colombo Golf Club, established in 1879, was designed and built by a British railway engineer and is reputedly the second oldest golf course "East of Suez". This was a man who clearly loved his work and his sport equally because he managed to combine them in a most unusual way. Running through the middle of the golf course is the railway track! For the uninitiated it can be somewhat disconcerting to be teeing up and then having to wait as a six-carriage diesel powered locomotive, with passengers hanging out of every door and window, and others sitting on the roof, ploughs down the fairway!

It is also possible that our railway engineer had been into the toddy during the design stage because the clubhouse is built at the end of the 8th fairway, not the 9th. So you play 8 holes, stop for drinks and then go out and play 10 more.

That evening our gracious Sri Lankan friends invited us to the "Golden Mile" - a beach area south of Colombo dotted with clubs and restaurants where we enjoyed excellent food and convivial company, all the time fanned by a fresh breeze coming off the sea.

By 11.00 p.m. our beds were calling but little did we know we still had some excitement to come! Between the beach restaurant and the car park lies a double railway line. As our party of 12 persons (ranging from toddler to octogenarian) was negotiating the tracks young Zariq shouts "Train coming, train coming!" We just managed to scramble clear as a train thundered round a bend leaving our party split on each side of the tracks. We learned later that trains in and around Colombo have killed more than 30 people so far this year. The odd crossing gate and some audio visual warnings should certainly help to lower the casualty rate.

## DAY TWO.

We are off to the hill station of Nuwara Eliya. Situated at 6,200 feet above sea level and set against a beautiful backdrop of mountains, valleys, waterfalls and tea plantations Nuwara Eliya - the "Little England" of Sri Lanka is supposed to be one of the coolest places on the island. Evidence of the British influence remains in the race track (although there is no horse racing today), the Hill Club (now a hotel), country cottages with chimneys, Queen Ann style mansions and the Nuwara Eliya Golf Club.

## DAY THREE.

We made a courtesy call on the secretary of the Golf Club. The previous day there had been a golf tournament organised by Sri Lankan Airlines and the town was full of golfers and dignitaries from Colombo and the surrounding areas. In spite of having "partied" until 2.00 a.m. Mr. L.H.C.(Clive) Tissera was "on duty" and kindly agreed to receive us. Now close to his seventies Mr. Tissera, a retired professional Tea Plantation Manager, has been a member of the club for 53 years first as a member then committee member, trustee and now secretary following his retirement from the tea industry. Nuwara Eliya Golf Club celebrated its Centenary in 1989. It was founded during the Easter Week of 1889 by golfing enthusiasts of a detachment of the Gordon Highlanders



stationed in the island at the time. In 1891 the first Championship of the Island was played at Nuwara Eliya and the Men's and Ladies Championships continue to be played here in alternate years.

The Club also features a badminton hall, a billiard room, library and 11 well-appointed bedrooms with attached bathrooms.

It was now late morning and time to head down to Mount Vernon Estate where we have been invited to lunch by Tarique and Khairy Omar and family. Tarique has recently been transferred in as manager at Mount Vernon, an estate of 600 hectares employing approximately 1,250 persons.

Proving yet again that it's a "small world" we discover that L.H.C. Tissera was manager here 10 years earlier! From Tarique we learned that the tea industry, established by the British, was nationalised by the Sri Lankan Government in 1970. The British planters then went off to Kenya and set themselves up as competitors! The Sri Lankan industry has now been partially re-privatised by the government and the momentum, partially lost in the '80s and '90s, is slowly being recovered. A new player to enter the international tea market and beginning to make its presence felt in the world trade is Vietnam.

Last year Sri Lanka produced approximately 310 million kilograms of tea at an average auction price of US\$2 per kilogram - a lot of cups of tea!

After several libations and curry Tiffin at 4.00 p.m. it was an hour before dusk when we finally set off on our 2 hour journey to Kandy. Our abstemious driver "VJ" hauled us safely down the slick rain soaked mountain switchbacks and we pulled into the Mahaweli Reach Hotel at 8.00 p.m.



## MEMBERS' TRAVELS



### DAY FOUR.

Kandy nestles in the foothills at about 2,000 feet. It is the second largest city in Sri Lanka and is located about 120 kms. from Colombo.

Kandy was the last capital of the Sri Lankan kings and is a World Heritage Site. Kandy features a large man-made lake built by the last Sinhala King, Sri Wickrama Rajasinghe, in 1798. Located by the side of the lake is the well-known and revered Temple of the Tooth Relic.

Twenty-one kms. to the east of Kandy, in a small town called Rajawella, is the Victoria Golf Club founded in 1999. The Club Secretary is an English lady, married to a Sri Lankan, Mrs. Jannine Weeratunga. The secretary was not in when we dropped by but we met the Mr. Ajith Nishantha, the club professional.

Sumith, as he prefers to be called, by his own admission suffers no work related stress (see photo). From Monday to Friday the course may see an average of 2 or 3 groups a day. Weekends and holidays the action heats up apparently. We were there on a Monday and there was one player out on the course! BC golfers may care to check out [www.srilankagolf.com](http://www.srilankagolf.com)

We have the proverbial cup of tea; head back to Kandy, buy a sari and a star sapphire and make our way back to Colombo, stopping on the way for..... a refreshing cup of tea.

**Arthur and Pauline Phillips.**

## MEMBERS' INTERESTS

# 100,000 REASONS TO BE CHEERFUL

### (PART TWO)

"His jaw dropped, and he was stunned into silence" reported Jamster, the Bangkok Gentleman Spoofer delegated to discuss a donation with Khun Wasan Saenwian, the Executive Director of the Pak Kret-based charity, Christian Care Foundation for Children with Disabilities in Thailand (CCD). As recorded in September's Outpost, the inaugural Asian Spoofing Championship raised 107,500 Baht for charity and now the Spoofers wanted to know what to spend it on. The Spoofing "Committee" decided in advance that giving out cash was, perhaps, risky, so we decided that we would buy equipment for CCD's new children's home.

After Khun Wasan's recovery and a discussion, it was found that the CCD's new Children's Home, Rainbow House, (built to look after 50 residential children with disabilities and dozens more on a daycare basis) was close to completion, and that the Spoofing donation could best be used to fit out a new Kitchen in the home. By co-incidence, CCD had already received quotations for the equipment and kitchen fit-out, which came very close to the monies raised.

The Bangkok Gentleman Spoofers have thus decided to go ahead with this culinary concept, despite the irony, perhaps, that Spoofers are more known for their liquid culinary talents than solid foods!

Installation will take place before the year end, and Outpost will receive a set of pictures and all details will be in the Spoofing website .... [www.spoofers.org](http://www.spoofers.org).

British Club (male) members are reminded that the Bangkok Gentleman Spoofers (not a secret society) meets every Tuesday night in The Churchill Bar at 8.30pm\* to spoof – new players always welcome. Contact the chairman, Steve "Swampy" Eaton on [swampy@spoofers.org](mailto:swampy@spoofers.org). [\*On the third Tuesday of the month Spoofing follows after the Bar Quiz about 9.30pm, as the Spoofers regularly put in two or three teams!].

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