

OCTOBER 2013



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BANGKOK

OUTPOST

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

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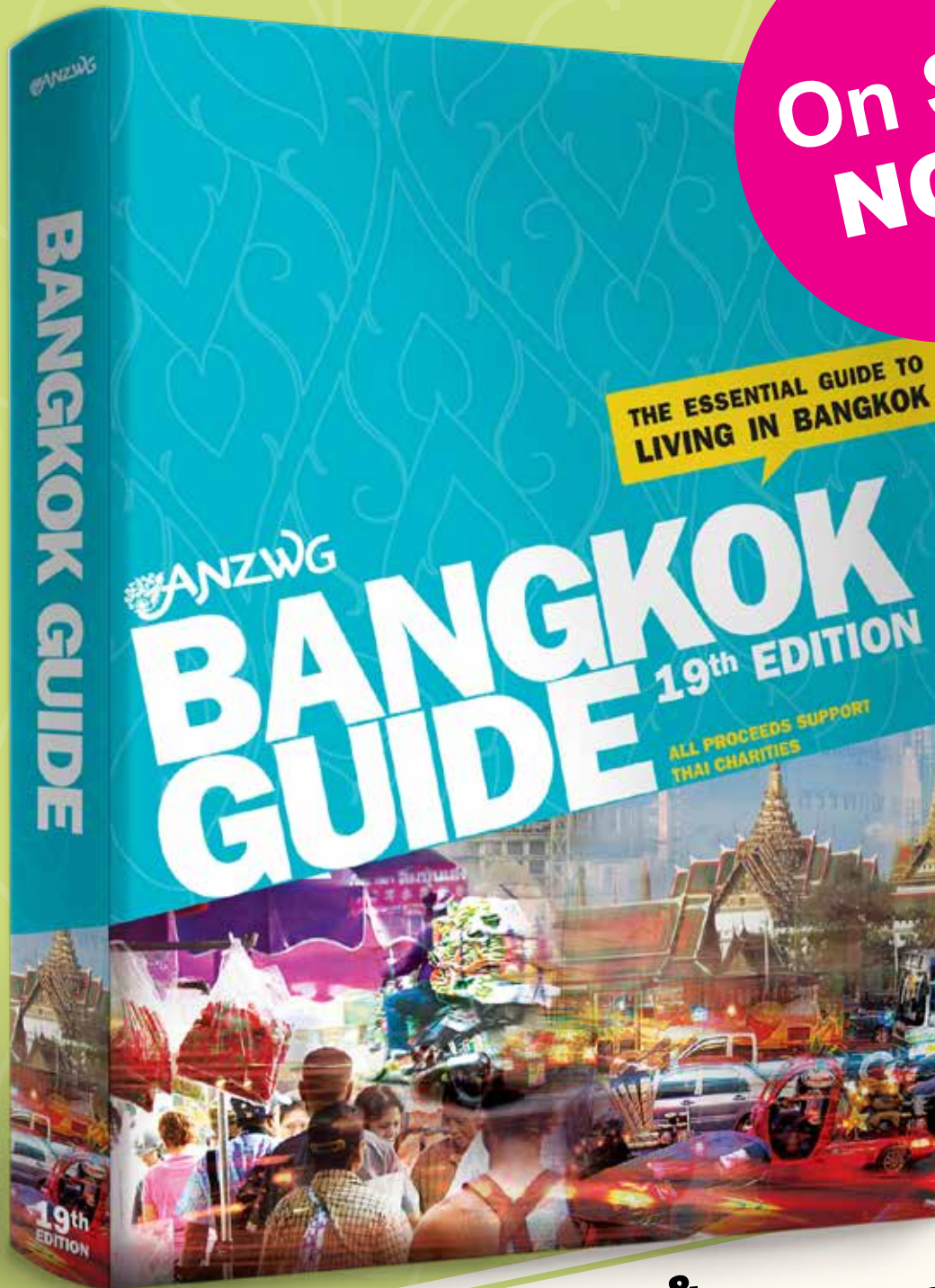
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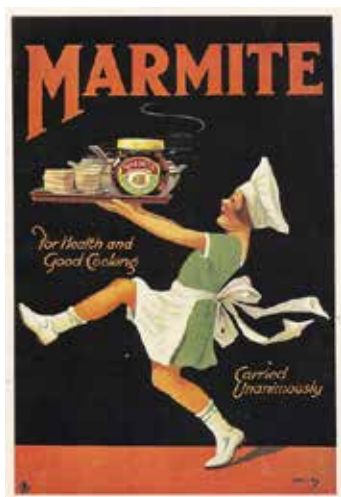
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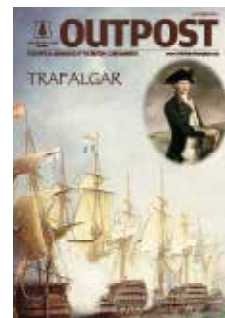
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FRONT COVER

Trafalgar - the word quickens
the pulse of most British
people, a reminder of Nelson's
great triumph in 1805 over
the French and Spanish allied
navies. Penetrating the enemy
in two places led to the victory
which ended Napoleon's rule
of the seas. Nelson perished,
but his finest hour and signal is
remembered: 'England expects
every man to do his duty'.



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OUTPOST

Outpost is the monthly publication of
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LETTER FROM THE GM



Dear Members,

The Clubhouse renovation works are going very well. The refurbishment of the Suriwongse Room is almost complete and it is now open for functions and events. The Suriwongse Balcony should open in October and will be a perfect place for you to have a drink and enjoy the view of the Back Lawn. The Wordsworth Room will be closed for a number of days this month, and a new Home Theatre system with a 55 inch 3D-capable TV will be installed, sponsored by LG.

In September, Saturday Buffets started again. For more choice, we will continue with the popular Poolside Barbecue. On 1st September we introduced new menus to each outlet, containing different dishes to suit the ambiance of the outlet. If you'd like to see the other outlet's menus or if there are any previously available dishes no longer on the menus, please ask the staff; if the kitchens have the ingredients, then we can cook them for you.

We still have the 'Khun Laak Recommends' boards, and the Healthy Menu and Business Luncheon Menu for the Clubhouse will be ready on 1st October. BNH Hospital is calculating the calorie/fat/vitamin content of each Healthy Menu dish, to help you stay trim. You can also be tempted by our new Cake Menu, complete with pictures.

Government taxes on alcohol has been announced and will soon take effect. We will maintain old prices as long as we can but once the cost prices increase, we will have to adjust our prices and let you know accordingly.

Please note there is a revised By-Law about smoking which states there are four designated smoking areas: on the Clubhouse rear patio, in front of the Clubhouse portico, in the Balcony Bar, and the paved area adjacent to the Pétanque court. The front upstairs terrace can also be used when functions or meetings are taking place. Smoking is not permitted anywhere else in the Club. Please would smokers be considerate to non-smokers and children.

On 19th October we are holding the traditional Trafalgar Dinner. Later in the month the Kids' Halloween Party is on the same night as the Wine-Tasting so parents can leave their children with our staff and enjoy the wine and canapés. Saturday 2nd November is our Guy Fawkes Party with the famous fireworks display. For safety reasons there will be no parking at the Club from 10pm on Friday 1st November until 10pm on Saturday 2nd November. The Club will close at 3.30pm on Saturday and reopen at 4pm to Guy Fawkes Party ticket holders only.

Another date for your calendar is the Annual Christmas Ball on Saturday 14th December. The 2,200 baht ticket price includes a cocktail reception, a traditional four-course Christmas Dinner catered by the Club, and half a bottle of wine per person. Tables booked for 10 people are discounted to 20,000 baht. A sign-up sheet and table plan is available in Reception.

I hope to see you around the Club soon.

Premrudee Tanyaluck
General Manager

OFFICIAL OPENING TIMES

The Verandah	11am - 2pm, 5pm - 10pm (Mon-Thurs) 11am - 10pm (Fri-Sun and Public Holidays)		
Accounts Office	8:30am - 6pm (Mon-Fri), Closed (Sat, Sun, & Public Holidays)		
Neilson Hays Coffee Shop	9am - 6pm	Fitness Centre	6am - 10pm (Mon-Fri)
Churchill Bar	10am - 11pm Last food orders 11pm	Fitness Centre	6am - 9pm (Sat-Sun)
Poolside Bar	6:15am - 11pm Food orders 7am - 9:30pm	Thai Massage	9am - 5pm (Tues-Sun)



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HAPPENINGS



Dear Members

It's surprising that we are approaching the end of September already - the last quarter of the year is almost upon us and this is the busy quarter. The persistent afternoon rain has been thoroughly irritating though it should make the lawns greener!

There haven't been many events this month, although what there has been (and still to come) have been time consuming. The end of August saw a marvellous wine dinner which was well attended and well appreciated alike. The government's tax hike on alcohol is very sad, as it will make wine dinners expensive, insufficient or both, and as the last dinner showed, when good food is paired well with good wine, the result can be outstanding. Our Quiz Night continues to be great fun, and I'm happy to see more new contestants turning up as they often do surprisingly well! The Car Boot Sale showed great promise initially but the brief cloudburst which hit midway through had a rather dampening effect on participants and attendees alike. The next Car Boot Sale will be after Christmas and should be a corker, so start collecting all that stuff you want to be rid of. Last weekend there was the St Andrew's Society's Family Fair which went off very well, lots of fun for the kids and good stalls too. It had barely finished when we had a massive party in the Suriwongse Room for a Member's birthday which was a great success and proved what foresight the builders of the Clubhouse had in terms of size and design!



At the end of this week, Bangkok will quake as teens screech with adoration for Justin Bieber strutting his stuff at Impact Challenger - the next day sees two nights of the Bangkok Community Theatre's Wizard of Oz singalong, which also coincides with three days of Agatha Christie's The Mousetrap, its first major production in Bangkok. The Club has supported this classic production and shifted a fair number of tickets - for those attending, don't forget to keep mum about the plot and the solution to the mystery, to ensure the enjoyment of future generations.

The Battle of Trafalgar was a significant triumph for the British, being confronted by both the French and Spanish navies. In its memory the Club hosts the Trafalgar Dinner, this year on the 19th October, a formal dinner attended by His Excellency the British Ambassador and a Guest Speaker of repute. It is well worth attending and we hope many of you will sign up for this exquisite dinner which culminates with the passing of the port.

October also brings us the Halloween Party for kids and I hope this year there will be serious attention paid to costumes as they are always so scary and conceptually original. It's held the same night as the wine-tasting to suit families and kids alike. Barely a week later there is Guy Fawkes Night which is a great afternoon/evening, reaching its peak with the Club's fireworks display. Those of you who attended last year will remember the breathtaking pyrotechnics, right overhead - this year there will not be an awning in the way so keep Sat 2 Nov clear in your diary for the fantastic spectacle it will be.

The Balut Shield starts again in October, and at the end of November the Club is hosting the S E Asian tournament known as the Interport. Also this month the St David's Society has a jazz evening, there's a New Members Night when we welcome (you guessed) new members to meet each other and members of staff and the GC.

It's still a way off but December holds many good events, the Annual Ball being one, the Christmas Day lunch and dinner being another; for New Year's Eve, we have booked a converted riverboat so we can cruise up the river, have dinner on the roof under the stars, and see in the new year with another overhead fireworks display by the local hotels. It should be a great evening, for me far preferable to being crushed and pushed at Central World.

I would also like to take advantage of the new Home Theatre system which has been sponsored by LG Electronics for the Wordsworth Lounge after its refurbishment - suggestions for audio-visual evenings are always welcome, please email me. Members murmur about book clubs, chess evenings, competitive board games, but I never get concrete interest - please get in touch if there's a group who can enjoy such pastimes.

Have a good month!

Jeremy de Sausmarez
Events & Marketing Manager

BUSINESS LUNCHEONS

30th September - 4th October 2013

Starters - 55 Baht

Tuna Salad
Tuna, Tomatoes, Lemongrass and lime in a Spicy Dressing

or

Chef's Soup of the Day

Main Courses - 140 Baht

Turkey Chilli Con Carne

Served with Rice

or

Fillet of Pork in Pepper Sauce

Served with Mixed Vegetables and Lyonnaise Potatoes

or

Pan-fried Dory Fish in Spicy Herbs

Served with Mixed Salad and Boiled Potatoes

or

Gaeng Som Goong Phak Ruam

(Sour Soup with Mixed Vegetables and Prawns)

Moo Tod Kratium Prik Thai

(Stir-Fried Pork Fillet with Garlic and Pepper)

Tod Mun Pla

(Deep-fried Fishcakes)

14th - 18th October 2013

Starters - 55 Baht

Grilled Chicken, Mango, Beetroot Salad
Serve with Balsamic Dressing

or

Chef's Soup of the Day

Main Courses - 140 Baht

Fish and Chips

Served with Garden Peas and Tartare Sauce

or

Turkey Lasagne

Served with Mixed Salad and Garlic Bread

or

Pork Schnitzel Served with Apple Salad

or

Panaeng Gai

(Chicken Stir-fried with Red Curry Sauce Topped with Sliced Lime Leaves)

Kai Jiew Moo Sub

(Thai Style Omelette with Minced Pork)

Phad Phak Ruam Nam Man Hoy

(Stir-fried Mixed Vegetables with Oyster Sauce)

7th - 11th October 2013

Starters - 55 Baht

**Warm Bread Salad of Crispy Bacon,
Parmesan and Poached Eggs**

or

Chef's Soup of the Day

Main Courses - 140 Baht

Lamb, Beef and Eggplant Moussaka

Served with Mixed Salad and Garlic Bread

or

Grilled Chicken Breast with Chasseur Sauce

Served with Broccoli, Carrots and Roast Potatoes

or

Pan-fried Sea Bass with Pernod and Dill Sauce

or

Tom Yam Goong

(Spicy Lemon Grass Soup with Prawns and Mushrooms)

Pad Khana Nam Man Hoy

(Stir-fried Kale with Oyster Sauce)

Kraprao Kai

(Stir-fried Minced Chicken with Hot Basil and Chilli)

21st - 25th October 2013

Starters - 55 Baht

Waldorf Ham Salad

or

Chef's Soup of the Day

Main Courses - 140 Baht

**Mini Steak Served with Mixed Vegetables,
Roasted Potatoes and Gravy Sauce**

or

Pan-fried Dory Fish with Mornay Sauce

Served with Broccoli and Mashed Potatoes

or

Grilled Chicken Breast Tarragon Cream Sauce

Served with French Beans, Carrots and Sautéed Potatoes

or

Tom Kha Gai

(A Refreshing Coconut Milk Soup with Chicken and Herbs)

Phad Kraprao Moo Sab

(Stir-fried Minced Pork with Hot Basil and Chilli)

Phad Tua Ngok Tao Hoo

(Stir-fried Bean Sprouts with Bean Curd and Oyster Sauce)

Dessert of the Day- 55 Baht

or

Choose from our à la Carte Dessert 10% off



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BANGKOK



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THE BRITISH CLUB
BANGKOK



HALLOWEEN PARTY

Friday 25th October, 6pm - 9pm, Silom Sala

A special fancy dress party with games, activities and a magic show!
Halloween snacks, refreshments and prizes for the best costumes!

Kids 2-12 yrs old B: 395, Adults B: 100

Sign up in Reception or by email to:
events@britishclubbangkok.org





GRAND OPENING
mid-October





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- ▶ Half bottle of wine FREE per person
- ▶ Traditional seasonal dinner
- ▶ Raffle prize draw
- ▶ Special bar and wine menu
- ▶ Strings, live music, dance-floor
- ▶ Breakfast at 2 am

14.12.2013
from 7pm until the early hours

Tickets Bt 2,200 per person
Tables of 10 at Bt 20,000
Non-member supplement Bt 250

Please R.S.V.P. to Reception, or book online: events@britishclubbangkok.org

TASTY PAIRINGS

The Bangkok Fine Wine Dinner



That the microphone kept breaking down only added to the boys' banter. Most of the tables in The Verandah were full for the Club's Wine Dinner, and a fine one it was too with surprises in the menu all complemented by selected wines. As we discovered, the food had been chosen with the wine in mind, and the wine with the food in mind. Maybe the banter had been chosen, but it seemed sharp and spontaneous, so probably not.

Tuna and scallop carpaccio, smoked fish pâté, rabbit parcels, venison, sticky toffee pudding - they all came and slipped down a treat. And the wines - smooth, rich, fruity, tingling, all that the food demanded. Great cooking from the Club Chef, great wines for Bangkok Fine Wine.

We came, we tasted the succulence, we appreciated. And we look forward to the next. Greatly.



FIRST AID TRAINING

By Michael Taylor



On Monday 9th September a team from Lerdsin Hospital came to train our staff in basic First Aid. The rationale behind this was that by training staff across the entire range of departments, from engineering to the various F&B outlets, we could ensure that if a Member or a member of staff should have an accident and need emergency First Aid before an ambulance got here, they could be treated wherever they were in the Club.

The training was both theory-based and practical, with the morning spent on presentation slides and lectures on how to bandage wounds and broken bones, CPR and techniques for safely lifting. In the afternoon, it was time for the staff to practice what they had learnt under guided supervision. All staff who attended not only learnt a great deal of potentially life-saving information but also had a great time bonding with other staff too!

The entire day was a great success and each member of staff who participated will receive a certificate from Lerdsin Hospital. We hope to make this an annual occurrence. Staff trained in First Aid wear a badge with a green cross.





First Aid Boxes

There are a total of 6 First Aid Boxes located around the Club in the following locations:

1. Reception
2. Main kitchen
3. Upstairs offices
4. Suriwongse Sala
5. Fitness Centre
6. Poolside kitchen

Each box is fully equipped with bandages, plasters and dressings, cleaning fluids and all equipment necessary to administer First Aid.

Would all Members please note that the Club's defibrillator is located in the Fitness Centre, should any Member suffer from cardiac arrest whilst at the Club.

Any Member who has not filled in an authorisation form agreeing to the use of the defibrillator should get one from the Fitness Centre soon and return it completed.

First Aid Procedure

If an accident should occur affecting a Member or a member of staff, please do the following:

- If it is a minor injury, like a small cut, go to either the Fitness Centre or Reception (whichever is closer). The trained staff there will treat you. Staff trained in First Aid wear a badge with a green cross.
- If it is a serious injury, requiring hospital attention, stay where you are and call for help. DO NOT attempt to come and get the First Aid box yourself.
- An ambulance will immediately be called from the closest hospital available. In the meantime, one of our trained staff will attend to you and do whatever is possible to treat you until the ambulance arrives.

If you should have any questions about any of the above, please don't hesitate to contact either Michael Taylor or Mike Wagstaff.





THE BRITISH CLUB
BANGKOK

GUY FAWKES NIGHT

Saturday 2nd November

A NIGHT TO REMEMBER!

- Kids activities from 4 pm
- BBQ from 4:30 pm
- Fireworks at 7:15 pm
- Guy Burning at 7:30 pm

Adults Bt 850

Kids 12 and below Bt 550

Kids under 3 Bt 50

BOOK IN RECEPTION

or by email to:

events@britishclubbangkok.org



PAST PARTICIPLE

Auspicious Melioris Ævi

By Paul Cheesman



We look at the history of our Club in 1991 ...

1 As indicated last month membership was booming, so the General Committee took the unusual step of cashing in on this boom by putting to the AGM that membership joining fees be raised by a staggering 67% - of course, 'officially' the fees were raised to match our competitors! This increased the married fee from 15,000 Baht to 25,000 Baht and the single fee from 12,000 Baht to 20,000 Baht. The vote was carried by a show of hands.

2 A matter not carried by a show of hands but by a clear and decisive vote was the introduction of a service fee of 5% of all F&B. After a much heated debate, it was agreed that to be competitive in the labour market we needed to be increasing the value of the staff package. This was passed 94 votes to 43 votes. The service fee remained at 5% until 2002 when members agreed to increase it annually by one percentage point until it reached 10% (the catering industry norm) in 2006.

ERRATUM: As the minutes record names as "K. Harris" with no title prefix I omitted to realise that at the 1990 AGM Kenda Harris was elected as the first female to serve on the General Committee of the Club.

3 Although the 'peak' of Club redevelopment had now been passed there was still substantial works completing in 1991. The Fitness Centre opened on May 1st and the newly opened extension to the Churchill Bar (see last month) was designated non-smoking area at members' request. In September we completed the refurbishment of the Churchill Bar by the purchase of some beautiful Chesterfields and leather sofas. Sadly as members will recall these were stored outside during the swap of the outlets in 2005/06 and perished in the rain.

4 Our Assistant Manager (F&B) for four years, Surapol Ekwanapol, decided to move on and so on 1st August we appointed Pera Ponphol as a dual roles of Assistant Manager and F&B Manager. Khun Pera had previously worked for the Central Plaza Hotel, the Oriental Hotel as a restaurant manager and immediately previous for Mansion Kempinski.

5 Finally it was a milestone year for membership: first the blue plastic membership cards were introduced to members bringing the cardboard cards era to an end; secondly, as noted in Outpost, Sally & Philip Cave joining broke the 800 members' barrier; and thirdly by the year end we had a record 887 members. This was to bode well for the next year when, despite the record joining fees, membership continued to grow. The British Club was certainly the place to be about town!

The Chairman explained the proposal for increasing membership entrance fees by saying that it was three years since the entrance fees to the Club were raised and that he believed the proposed fees were realistic for the year 1991 as the Club had been substantially refurbished and upgraded during the year. Other clubs in Bangkok had increased their membership fees and some fitness centres cost more to join than our Club. Compared with other clubs in the region he considered the fees to be extremely modest.

"The official reason"

The author is Honorary Secretary of the Club

RECIPROCAL CLUB UPDATE



Here is an update of new Clubs we have reciprocated with since 1st August Remember that an up-to-date list of our Reciprocal Club Network is on the Club website.

Bahamas

- Royal Nassau Sailing Club

Canada

- Adelaide Club, Toronto
- Cambridge Club, Toronto
- Club Sportif MAA, Montreal
- Glencoe Club, Calgary
- Royal Glenora Club, Edmonton
- Union Club of British Columbia
- Toronto Athletic Club

Kenya

- Mombasa Club

Kuwait

- Al Corniche Club, Dasman

India

- Ootacamund Club, Tamil Nadu
- Royal Connaught Boat Club, Pune

Sweden

- Royal Bachelors' Club, Göteborg

United States of America

- Georgian Club, Atlanta, GA
- Missouri Athletic Club, MI
- Park City Club, Dallas, TX
- Spokane Club, WA
- Standard Club, Chicago IL
- University Club, Providence, RI

United Kingdom

- St. Paul's Club, Birmingham

We have 298 Clubs in 50 countries as of 17th September 2013

THE BRITISH CLUB BANGKOK proudly invites you to

TRAFALGAR DINNER 2013

A formal black tie/dress uniform gourmet dinner on the 208th anniversary of the Battle of Trafalgar

Saturday 19th October, Suriwongse Room, 7:30 pm

The dinner is open to ladies as well, and comprises four courses with a glass of fine wine per course plus after-dinner "Passing the Port". Welcoming guest speaker Lt Commander Robert H Hawkins MBE RN, who is currently Lead Maritime Planner, Headquarters Integrated Area Defence System, RMAF Butterworth, Malaysia.



Members, Guests Bt 1,950
Non-Members Bt 2,250
No alcohol Bt 500 less

Book in Club Reception or email:
events@britishclubbangkok.org

Enquiries: 0 2234 0247



THE BRITISH CLUB
BANGKOK



BC CALENDAR - OCTOBER 2013

MONDAY



BWG Mahjong
10am - 1pm



7

Tennis Mix-In
6pm - 10pm



Monday Night Media
7pm, Wordsworth Lounge
Yes Minister & Spitting Image



BWG Mahjong
10am - 1pm



14

Tennis Mix-In
6pm - 10pm



Monday Night Media
7pm, Wordsworth Lounge
Life on Mars



BWG Mahjong
10am - 1pm



21

Tennis Mix-In
6pm - 10pm



Monday Night Media
7pm, Wordsworth Lounge
New Tricks



BWG Mahjong
10am - 1pm



28

Tennis Mix-In
6pm - 10pm



Monday Night Media
7pm, Wordsworth Lounge
Hyperdrive and Spooks



TUESDAY

1

Morning Mix-In
8am - 11am



Squash Mix-In
5pm - 7pm



Scottish Dancing
7pm, Silom Sala



Bangkok Gentlemen Spoofers
8:30 pm



WEDNESDAY

2

Artists @ British Club
9am-1pm



Ladies Tennis Coaching
9am - 10:30am



Tennis Mix-In
6pm-10pm



Balut
7pm, Wordsworth Lounge



THURSDAY

Ladies Mix-In
8 am



Squash Mix-In
5pm-7pm



Ladies Mix-In
8 am



Squash Mix-In
5pm-7pm



St. David's Jazz and Supper
6:30pm

8

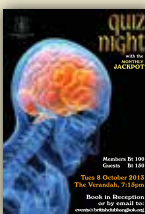
Morning Mix-In
8am - 11am



Squash Mix-In
5pm - 7pm



Quiz Night
The Verandah, 7:15pm



Bangkok Gentlemen Spoofers
8:30 pm



15

Morning Mix-In
8am - 11am



Squash Mix-In
5pm - 7pm



New Members Night
Surawongse Room
7pm - 9pm



Bangkok Gentlemen Spoofers
8:30 pm



22

Morning Mix-In
8am - 11am



Squash Mix-In
5pm - 7pm



Bangkok Gentlemen Spoofers
8:30 pm



29

Morning Mix-In
8am - 11am



Squash Mix-In
5pm - 7pm



Bangkok Gentlemen Spoofers
8:30 pm



9

Artists @ British Club
9am-1pm



Ladies Tennis Coaching
9am - 10:30am



Tennis Mix-In
6pm-10pm



Artists @ British Club
9am-1pm



Ladies Tennis Coaching
9am - 10:30am



Tennis Mix-In
6pm-10pm



Balut
7pm, Wordsworth Lounge



16

Artists @ British Club
9am-1pm



Ladies Tennis Coaching
9am - 10:30am



Tennis Mix-In
6pm-10pm



Artists @ British Club
9am-1pm



Ladies Tennis Coaching
9am - 10:30am



Tennis Mix-In
6pm-10pm



23

Artists @ British Club
9am-1pm



Ladies Tennis Coaching
9am - 10:30am



Tennis Mix-In
6pm-10pm



Artists @ British Club
9am-1pm



Ladies Tennis Coaching
9am - 10:30am



Tennis Mix-In
6pm-10pm



30

Ladies Mix-In
8 am



Squash Mix-In
5pm-7pm



Ladies Mix-In
8 am



Squash Mix-In
5pm-7pm



WEDNESDAY

3

FRIDAY

4

SATURDAY

5

SUNDAY

6

Tennis Mix-In
6pm - 10pm



Children's Cinema
6pm, Silom Sala
The Little Mermaid

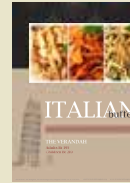


Kids Cricket
8am - 11am



Italian Buffet Lunch & Dinner

The Verandah
11:30am - 3pm
5pm - 9pm



F1 Korean Grand Prix Qualifying
12 noon

Swimming Lessons
9:30am - 10:30am



Kids Cricket
8am - 11am



Sunday Brunch
11:30am - 3pm

Open Pairs Bridge
Surawongse Room
2pm



Tennis Mix-In
4pm - 7pm



F1 Korean Grand Prix
1pm



10

Tennis Mix-In
6pm - 10pm



11



Children's Cinema
6pm, Silom Sala
Finding Nemo



Kids Cricket
8am - 11am



Tex - Mex Buffet Lunch & Dinner

The Verandah
11:30am - 3pm
5pm - 9pm



F1 Japanese Grand Prix Qualifying
12 noon

Kids Cricket
8am - 11am



Swimming Lessons
9:30am - 10:30am



Kids Cricket
8am - 11am



Sunday Brunch
11:30am - 3pm

Open Pairs Bridge
Surawongse Room
2pm



Tennis Mix-In
4pm - 7pm



F1 Japanese Grand Prix
1pm



17

Tennis Mix-In
6pm - 10pm



18

Children's Cinema
6pm, Silom Sala
The Incredibles



Canadian Buffet Lunch & Dinner

The Verandah
11:30am - 3pm
5pm - 9pm



Trafalgar Dinner
Surawongse Room
7:30pm



19

Swimming Lessons
9:30am - 10:30am



Kids Cricket
8am - 11am



Sunday Brunch
11:30am - 3pm

Open Pairs Bridge
Surawongse Room
2pm



Yoga
2:30pm - 3:30pm



Tennis Mix-In
4pm - 7pm



24

Wine Tasting
Surawongse Room
6pm - 9pm



25

Tennis Mix-In
6pm - 10pm



Kids' Halloween Party
6pm - 9pm, Silom Sala



Kids Cricket
8am - 11am



Curry Buffet Lunch & Dinner

The Verandah
11:30am - 3pm
5pm - 9pm



F1 Indian Grand Prix Qualifying
3:30pm

Swimming Lessons
9:30am - 10:30am



Kids Cricket
8am - 11am



Sunday Brunch
11:30am - 3pm

Tennis Mix-In
4pm - 7pm



F1 Indian Grand Prix
4:30pm



31



2



NO HOLDS BARD!



"If music be the food of love, play on."

Last month, Bangkok Community Theatre hosted two fun-filled evenings in the recently refurbished Suriwongse Room. Their sing-along Wizard of Oz movie extravaganza proved a great success and was sold out each night.

"All the world's a stage, and all the men and women merely players."

Next month BCT are back in the Suriwongse Room again but this time with some live theatre. On Friday 8th and Saturday 9th November, they will present an exciting new spin on their annual Fringe-style show: **No Holds Bard!**

No Holds Bard: Shakespeare on a Shoestring will be an evening of Shakespeare-themed skits, sketches, scenes and songs aimed to appeal to both Shakespeare fans and the Shakespeare-phobic.

The BCT Fringe is always an opportunity for first timers to try their hands at new skills in a supportive, low-stress environment – the emphasis is on fun rather than on big-budget sets and costumes. This time around BCT decided to open it to the general public, because of the terrific line-up of short scenes and sketches all united by one common theme.

"If you tickle us do we not laugh?"

Don't worry if you're not a Shakespeare fan! There are all kinds of pieces, so expect the unexpected. Yes there are some 'actual' Shakespeare excerpts but they're all pretty accessible, and they're mixed in with plenty of pieces in modern English, including Blackadder-style spoofs and Catherine Tate-style sketches. Mostly it will be an evening of laughter and fun. First time performers will be showing their skills alongside BCT regulars and British Club members, Bonnie Zellerbach and John Wright.

Tickets for **No Holds Bard** are on sale now at the British Club Reception. For the bargain price of 500 baht, you can enjoy a delicious meal and a drink as well as nearly two hours of live Shakespeare-themed entertainment. Buffet on the front lawn from 6pm and serving a choice of bangers & mash, fish & chips, vegetable lasagne, salads and a glass of wine, beer or a soft drink. So enjoy a tasty meal and get a wonderful show thrown in almost for free!



Some of the new Bangkok Community Theatre members at the recent auditions.

Bangkok
COMMUNITY
Theatre

NO HOLDS BARD

(SHAKESPEARE ON A SHOESTRING)



THE BRITISH CLUB
BANGKOK

Book tickets online by emailing membership@bct-th.org
or in person at The British Club

HEALTH & WELL-BEING

By Mike Wagstaff

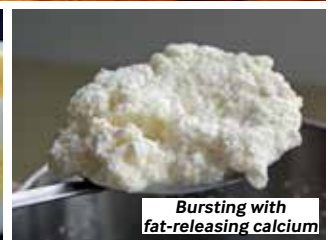


Losing weight the easy way! 10 simple changes that will change your life!

We are surrounded by some extremely conflicting images everywhere we look nowadays. I'll sit down to watch shows such as 'Embarrassing bodies' or 'The half ton man' and think to myself "WOW I'm looking pretty good, I might order a Big Mac". Then I'll open up a magazine or drive past an advertisement for men's boxer shorts and decide that actually I look like a piece of **** and I probably shouldn't have eaten that Big Man after all. It's not easy floating in the middle these days.

Ok maybe I'm over-thinking this. I shouldn't need to look like I've just jumped off the cover of Men's Health Magazine before I start to feel happy with the way I look (and let's be honest, that's not going to happen anyway). But at the same time I shouldn't be feeling like I'm in pretty good shape just because I weigh less than the half ton man on TV last night.

So where is the middle ground? Well unfortunately I cannot answer that question for you, this is something you need to decide upon yourself. Ask yourself the following questions:



1. What do you want to see when you look in the mirror?
2. Is it realistic? (if yes go to number 5 - If no go to number 3).
3. We'll try again . . . What do you want to see when you look in the mirror?
4. Is it realistic? (This time the answer should be yes - If no, stop dreaming, you're only wasting your own time).
5. How can I achieve this?
6. What is the next step moving forwards? (There is no right answer to this question, everybody is different).

For those of you (ladies) who want to see a statuesque beautiful blonde with a perfect slender body, tight stomach, rounded shoulders, toned legs, firm chest and a derrière which works better as an eye magnet than for actually sitting on . . . then I really do hope that you one day achieve this goal that you have set for yourself . . . doctors can do some wonderful things these days and if they can't then there is always Photoshop.

For those of you who have set more realistic goals, such as losing a little weight, tightening up those abs and feeling healthier in body and mind then the following 10 tips can help you with this:

1. Indulge in fat-releasing foods:
 - a. Honey - Just only 64 fat-releasing calories in one tablespoon: drizzle over fruit.
 - b. Dark Chocolate - About 168 calories in a one ounce square and it's packed with fat-releasing fibre.
 - c. Prawns - 12 large ones contain a nominal 60 calories.
 - d. Part-Skim Ricotta Cheese - one ounce of this delicious food contains only 39 calories and is bursting with fat-releasing calcium.
 - e. Eggs - One large hardboiled egg contains 70 calories and is loaded with fat-releasing protein.
 - f. Many many more . . .



Only 64 calories per tablespoon



The colour blue suppresses the appetite



Your body is made up of 75% water

2. After breakfast make water your primary source of fluid: of course have an orange juice with breakfast if it tickles your fancy but focus on water for the rest of the day. One large coke contains 271 calories, therefore if you treat yourself to one a day, you will have consumed 98,915 calories within a year, JUST FROM DRINKING COKE. That is the equivalent to 12.4 kgs! How about 2 pints of Heineken a night . . . 185,420 calories a year!

3. Eat five or six small meals rather than 3 large meals a day: eating the same number of calories however distributed in this way releases less insulin, thus keeping blood sugar steady and therefore helps to control hunger.

4. Bring the colour blue into your life more often: there is a reason why fast food restaurants don't use blue for their logos or advertising. The colour blue acts as an appetite suppressant. Therefore eat off blue plates or wear blue whilst you're eating. Conversely avoid red, orange and yellow, these colours encourage eating!

5. Avoid white foods: white rice, white bread and white sugar (simple carbohydrates) wreak havoc on your blood sugar and can lead to weight gain. Wholegrain breads and brown rice/sugar are excellent alternatives.

6. Eat slowly and calmly: put your knife and fork/chopsticks and spoon/fork and spoon down between each mouthful and engage in conversation/thought. The brain lags the stomach by about 20 minutes, therefore by slowing down the time it takes to eat, we give the brain a chance to tell us we are full and to stop eating.



Just 5 calories per prawn

7. Eat fruit instead of drinking fruit juice: 1 apple, 1 orange and 1 slice of watermelon is the amount of fruit you can eat instead of drinking one kid's size carton of fruit juice (same amount of calories). Eating the fruit will help to keep you feeling satisfied for longer than drinking the juice, therefore not only is it good for you, but it will cause you to eat less overall.

8. Order the smallest portion of everything: the mind and body eats what's in front of it, when often we would be full from half as much.

9. Close the kitchen after dinner: wash the dishes, wipe down the counters, turn off the lights and shut the door. Those late night binges average out at 300 calories a day/109,500 calories a year just from a small late night snack.



Kitchen Closed!

10. Brush your teeth after each meal: that minty cooling sensation that you feel in your mouth after brushing your teeth serves as a cue to the body and brain that mealtime is now over.



I really hope that the above information helps those of you who are looking for simple ways in which you can control your diet and limit/control what you are eating. Next month I will be answering Member's questions, so fire some at me regarding health, fitness, nutrition etc. The best ones will make it into next month's Outpost. Email your questions to: michael.w@britishclubbangkok.org (if you would like to remain anonymous please say so in your email).

Thanks for reading.



The St. David's Society proudly invites you to attend a

Jazz & Supper Evening

at the British Club on **Thursday 10th October**
Arrive from 6:30pm, meal at 7:30pm
accompanied by our Jazz musicians until 9:30pm

Cost: **800 baht member** / **900 baht non member**
(drinks not included)

To book: contact **Heather Powell**
083 293 2169 or heather.wyn@gmail.com



FANTASY FOOTBALL

By Mike Wagstaff



An interesting first month for the BC Fantasy Football League. Certain teams took an early lead within the first couple of games and it seems they are managing to maintain that lead by scoring consistently as the weeks go by. On the contrary teams dominating the bottom portion of the table are yet to ascend with few teams climbing any more than 7 places since the end of August. Some have blamed work commitments, travel, wives, weather, technology, power cuts, time difference, family pets, the British Coalition, global warming, the riots in Egypt and even the Easter Bunny for their poor performances each week! However the excuses just won't cut it anymore, it's time for managers to make the big decisions, admit their faults and start scoring points . . . BIG POINTS! Nobody wants to be bottom of the table at the end of the season, yes we are only 4 games in (Sept 19th) but 4 games is 10.5% of the way through the season. Some managers have pulled their wildcard early on, admitting to the mistakes they made at the start of the season, revamping their team, sacrificing their wildcard and dominating as a consequence. Whilst others wait, hoping that the 14m they paid for R.Van Persie, the game's most expensive player, will pay off eventually . . . maybe it will . . . but how long will they wait.

The Premier League has seen some shock results which may have threw the fantasy managers a little. The opening game of the season for Arsenal saw them defeated by Aston Villa who controlled the game and walked away with 3 points and 3 goals against The Gunners.

Everton drew the first 3 games of their season, 2 of which ended goalless before going on to beat Chelsea 1-0, that's 3 clean sheets this season already (4 games in).

There's no arguing that Liverpool got off to a fantastic start, beating Stoke, Aston Villa and Man Utd 1-0, not conceding a goal in all 3 games however went on to concede two away to Swansea.

Man City started strong beating Newcastle 4-0 at home however then went on to lose 3-2 to Cardiff who scored in the 87th minute to send them 3-1 up. Man City did manage to limit the margin by one goal at least when Negredo netted in the 2nd minute of extra time.

There are only 2 teams in the league thus far who have failed to win a game, they are West Brom and Sunderland. Sunderland who have lost 3 and drawn 1, have conceded 8 goals, scoring only 3. West Brom on the other hand have managed to salvage 2 draws from their first 4 games, conceding just 4 goals yet scoring only 1. Arsenal currently sitting in 2nd place as I write this have conceded more goals than West Brom who are lying 2nd last.

None of us could have predicted what we have seen over the past 4 weeks, yet we all still think we can predict the coming 4, therefore we choose players with "easy games" . . . **GOOD LUCK!**

	#	Team	Manager	GW	TOT
▲	1	Bangkok Flyers	Paul Cantwell	45	235
▼	2	PUP	Kevin Carden	42	232
▲	3	Mahjong United	Sharon Moore	47	224
▲	4	TeamAloha	Claus Petersen	55	217
▼	5	Wanchai Warriors	Peter Gale	40	217
►	6	Spanish Armada	Carlos the jackal	49	217
▲	7	Klongtoey United	Ali Adam	54	215
▼	8	Stroke Titty	Michael Wagstaff	49	215
►	9	FMGAN!	Monkey! Madge!	49	215
▲	10	O'Reillys Manager	Lawrence Fay	58	211
▲	11	Artois5.2	Haroon Rashid	52	210
▼	12	Team Hell No!	Neil&Ryan Evans	45	208
▲	13	PimmelKoff FC	Debra Thompson	51	206
▼	14	We know what we are	Graham Murrell	51	206
▼	15	suckingflow	David Brennan	33	205
▼	16	Olletram Dragons	Top cat	45	205
►	17	ICheckInn	Marc Sayer	48	204
▲	18	Baht'tat	James Crossley-Smith	61	201
▼	19	Thai darkevaders	bob and james darke	37	198
▼	20	El Salvador Thistle	Paul Williams	44	197
►	21	FC Thorny	Ian Thornhill	45	195
▲	22	Real One	Tim Real	49	195
▲	23	The Comrades	Michael taylor	55	195
▲	24	Norfolk"N"Good	Ricky Thompson	46	185
▼	25	Scunny Warriors	Neil Robertson	37	184
▼	26	Gingerdevils	Dave Mills	34	182
▼	27	Bangkok Titans	Andrea Omar	33	177
▼	28	Boing	Gareth Sampson	35	177
▲	29	Pattaya Panthers	James Howard	48	174
▼	30	BKKALLSTARS	Dale Lamb	35	173
▼	31	Real Deal	Jonathon Real	35	163
►	32	Daggers	Ryan Oosthuysen	36	155

HISTORIC BIKE TOUR

By Mike Wagstaff



On 25th August, 7 Club Members and I went on a Historic Bike Tour around Bangkok. The day started early when we all met at Democracy Monument. We mounted our bikes, fitted our helmets, stocked up with fluids and set off on our adventure. We cycled down Khao San Road and negotiated our way around street vendors opening up for a busy Sunday, street cleaners cleaning up after a busy Saturday and suit sellers now not only trying to sell you a suit on a night out but it also appears that early morning cyclists are targeted as potential buyers.

We progressed onwards and within minutes found ourselves cycling through a small temple before heading down some narrow side roads towards the river. We crossed Rama 8 bridge after stopping for a short rest and photo opportunity. Whilst crossing the bridge we could hear music and what sounded like a large crowd. We were very lucky. It turned out that the day of our tour also happened to be the day that dragon boat crews from all over the country reached Bangkok and raced on the Chao Praya River. This was something which our guide knew a lot about so we stopped and watched a couple of races go by as he told us all about it. Before leaving we stopped off at a local street vendor and tried some Thai snacks. I personally have walked past these kind of things many times, without even thinking about potentially making a purchase. It turns out, they were delicious!

We continued on and before long found ourselves at a very small, royal temple where we learnt about how Chinese statues came to be in Thailand (to weigh down the bottom on boats that had travelled from China to collect silk and spices from Thailand and India, obviously they were no longer needed on the return journey and so were sold in Thailand).

We later negotiated our way down some very small walkways within a village which sits on the river bank. The locals were very friendly and welcoming despite the fact that a group of farangs were cycling through their living room.



TENNIS LEAGUES

By Mike Wagstaff



A massive month for tennis leagues this month with most leagues completing their games despite almost constant rain. Players contested in the midday sun, sweating it out and in the 6 o'clock (like clockwork) rain but we got there eventually.

League 1 shaped up to be interesting with Khun Nutt taking the title this month winning all but one of his games in 2 straight sets, the chairman of our tennis committee James Young being the only competitor who could take him to 3 sets however losing 11-9 in the tie-break.

In League 2 new comer Zdenek proved victorious winning all of his games in 2 sets giving him a massive 16 points. Khun Orathai came a close second winning all but one of her games finishing with 13 points.

In League 3 Philip Mock was the only player who completed all of his games, finishing the league with 15 points dropping only 1 set in the entire league.

League 4 was tight at the top with Denis and Hemant finishing within 1 point of each other. Denis tipped it on this occasion however finishing with 12 points to Hemant's 11. Hemant was however served a 1 point deduction for not completing a match which truly shows just how close this contest for the top spot was this month.

League 5 was very disappointing to be completely honest and hats go off the Tom C who was the only player who completed his matches, winning 2 and losing 1, thus taking the lead with 9 well deserved points!

In League 6 various late dropouts caused the league to fold. However hats off once again to Jem and Wandee who completed their match which finished 6-0 6-3 in Jem's favour.

Finally League 7 was another close fought battle however Khun Yubharet dominated the league from start to finish finishing with a maximum 16 points. Ann wasn't far behind with 13 points. Losing only to Khun Yubharet and winning all other games in 2 sets.

Players are reminded that by signing up for the league you are making a commitment to the other players that you will play your games, this month has seen some very disappointed faces from those wishing to play their games.

On a side note, the leagues will see some new faces next month and therefore they will be placed accordingly, each month people will come and go for various reasons and we will try our best to place new players and existing players in a league which will suit them best. Please work with us on this as for the next couple of months we may need to be a little flexible until the leagues are stable.

Historic Bike Tour (Cont.)

We boarded a boat and crossed the river, just missing the rain which started as we entered the ferry terminal. We cycled around Kings Park and stopped once more for a group photo before heading back to base. This article really does not do justice to the great day which was had. Every single person in attendance enjoyed the day including myself. I would highly recommend this tour to anyone.

On Sunday 13th October, the British Club will be going on a bike tour through the jungle. Bikes, helmets, insurance, water and snacks all included. Only 1200 baht!

I hope to see many more people attending this event next time!



NO NEED FOR QUESTIONS



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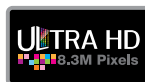
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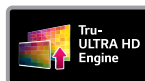
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SQUASHY BITS

By Bruce Madge

Handicap Competition 2013



The Squash Section of the British Club Bangkok held its usual handicap squash tournament which featured a dozen or so players. The finals were played on Friday 13th September at 6.30pm on squash court one. In the plate final Marvyn Lewis beat Ozzier Khan by three games to one. The match was refereed and marked by Squash Section Chairman Peter Corney. In the main final Ruengrit Turiwongse lost to Michael Taylor three games to one. This match was marked by Haroon Rashid and refereed by Bruce Madge. Very well done to Marvyn Lewis and Michael Taylor, a good effort from Ozzier Khan and Ruengrit Turiwongse, and gratitude to all the others who took part in the competition who were Bruce Madge, Christopher Mellor, Haroon Rashid, John Vivian, Keilic Wong, Kittisak Kulvichit, Neil Evans, Ricky Thompson and Tom Kelly.



Bruce Madge and Christopher Mellor



Michael Taylor and Christopher Mellor



Haroon Rashid and Michael Taylor



Michael Taylor and Ruengrit Turiwongse



Marvyn Lewis beats Ozzier Khan



Michael Taylor Handicap Champion



Ozzier Khan and Bruce Madge



Peter Corney and the finalists



Peter Corney, spectators and players

Upon completion of the final matches the players and spectators retired to the Suriswongse Sala for refreshments. There Peter Corney handed out the trophies to the four finalists while Haroon Rashid took the photographs. Neil Evans thanked Peter Corney for organising the event and this was echoed by all those present which included Varapong Supachok, Christopher Vennell, Michael Taylor's girlfriend, Gritigar Preeprem, Ricky Thomson's wife, Deborah Thompson, and Neil Evans' son, Ryan Evans.

A new handicap squash league has been introduced at the British Club Bangkok which features three divisions and over 30 players.

The Rod Carter Open squash competition takes place at the British Club Bangkok in November.

P.S. Apologies for the sudden formality and seriousness of the above report and accompanying photographs, but it seems the Club has recently received one or two complaints regarding the contents of Squashy Bits, and the Outpost in general. Thus, Bits has been ordered to 'tone down' and not write anything cheeky, controversial or inappropriate in case someone gets upset. However, if you are the sensitive type who would get upset by the style Squash Bits has adopted over the last four years, you probably wouldn't read it anyway, and if you do and are offended then just don't and save yourself the trauma, or, alternatively, join the Squash Section, stand for the Section Committee and then you can write it yourself!

Until we're given permission to laugh again. . . .



Ricky Thompson and Kittisak Kulvichit



Ruengrit Turiswongse and Tom Kelly

BCGS GOLFING NEWS

By Peter Gale

*Bunters
Foods*
023287840

CROWN
RELOCATIONS

Monthly Medal - 25th August

With the summer holiday season almost over we had a good turnout of 23 golfers for the August medal competition at Royal Golf and Country Club. The course was in its usual good condition, if slightly damp in places, and as difficult to score on as always. I am sure this is a reflection of the tricky nature of the course, with its large number of water hazards and not the general skill levels of the golf sections membership.

On this soggy Sunday there were two golfers that stood head and shoulders above their competitors, quite literally in the case of Art Carlson the winner of Flight B. Art had the 2nd lowest score of the day with a net 71, 5 shots ahead of his nearest competitor Rod McMillan. Karen Carter continued the run of form she has had throughout the year to take 3rd place.

Karen's strong performances have stood out this year and with just 4 months to go she has a very handy lead of more than 20 points in our annual Golfer of The Year contest over last year's winner Frank Fawkes.

In the medal event, the only other player to break par was Peter Skinner, who won Flight A by 4 shots with the low round of the day, net 70. In 2nd place was Roy Barrett followed by Chris Farrar in 3rd place.

Monthly Stableford - 8th September

For the monthly Stableford competition the section headed north east out of Bangkok to the wonderful golf course of Lam Luk Ka. This time Captain Karen had booked the A/B course for our round rather than the shorter C/D option. Both courses are challenging but A/B is a bit longer while still having the many opportunities for the average golfer to lose his golf ball in a watery grave.

The weather was decidedly cloudy and the threatened rain arrived by the 6th hole but fortunately departed fairly a few holes later to leave us with very pleasant playing conditions. The lack of other golfers on the course made it an even better day out.

Mark Evans enjoyed his day rather more than most of us, playing 4 shots better than his handicap and scoring 40 points. I am not sure how you managed to keep your handicap at 15 after that round Mark but well done anyway!

In 2nd place was returning member Peter Clark, showing his usual consistent form and scoring 36 points. 3rd place was a bit of a tussle with Frank Fawkes edging out, Karen (again) and Peter Bond – all scoring 31 points.

For anyone interested in joining us for a very friendly and slightly competitive golf please send an email to: bcs2002@yahoo.co.uk



A very happy Pete Skinner



Flight B Medal Winner Art



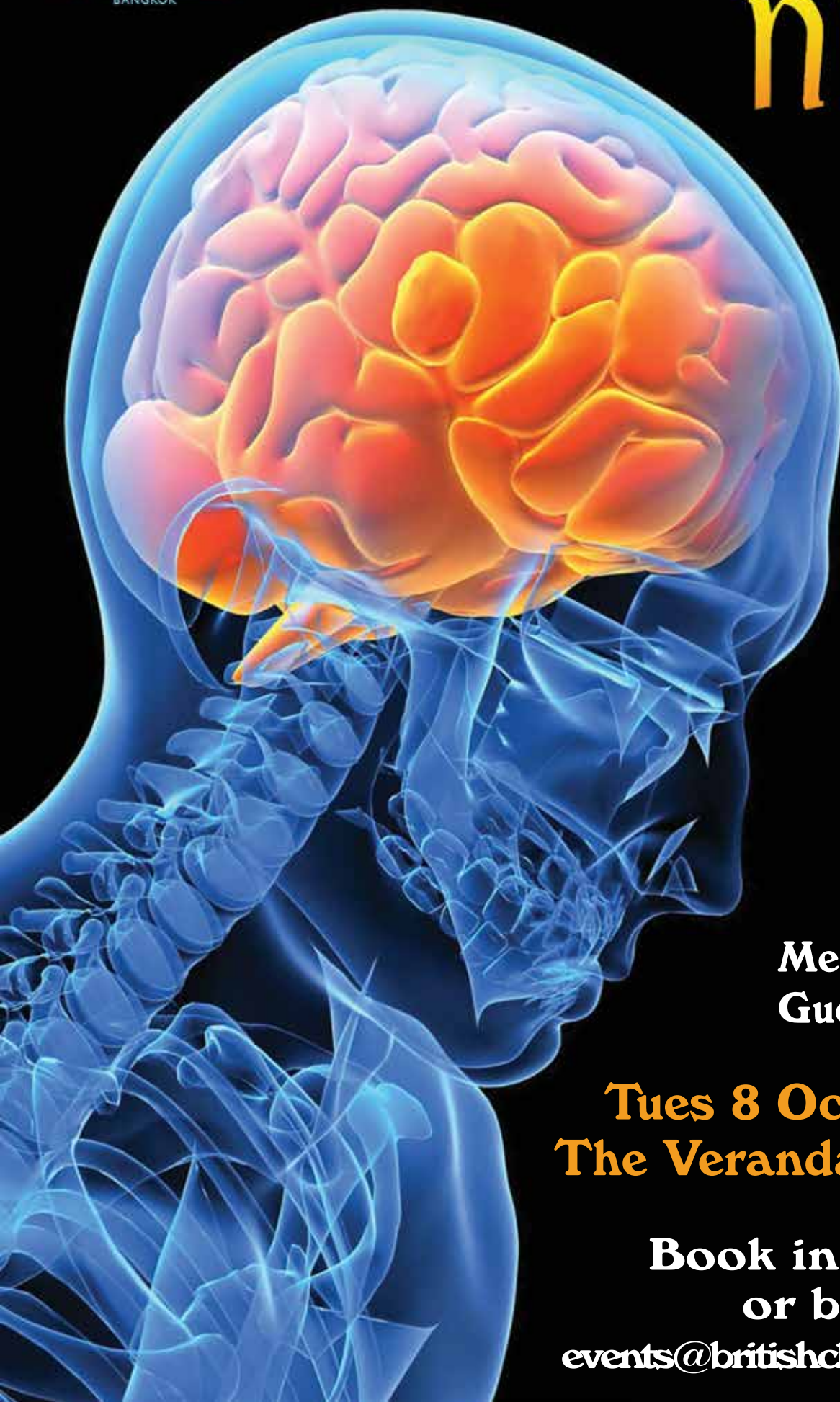
Mark Evans - Monthly Stableford winner



THE BRITISH CLUB
BANGKOK

quiz night

with the
**MONTHLY
JACKPOT**



Members Bt 100
Guests Bt 150

Tues 8 October 2013
The Verandah, 7:15pm

Book in Reception
or by email to:
events@britishclubbangkok.org



THE BRITISH CLUB
BANGKOK



33rd CHIVAS REGAL INTERPORT BALUT CHAMPIONSHIP

29 November - 1 December 2013

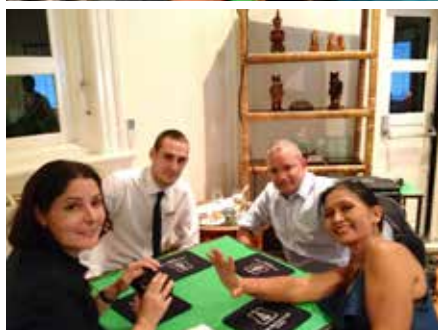
- *Registration*
- *Tournament*
- *Opening drinks & canapés party*
- *Buffet lunch*
- *Buffet dinner*
- *Live music, dancing*
- *Awards ceremony*
and
- *Free-flow drinks,*
throughout!



All enquiries to: interport33@teambalut.com

BALUT

By Sausage



Wednesday 4th September was Balut Shield Night. The majority of the Section turned up, not for the AGM which swiftly only lasted 10 minutes, not for the delicious and ample buffet which lasted all evening, but for the final tournament of the 2012/2013 Shield. And what a tournament it was, with spot prizes for each game (Sausage won two!) as well as the the Balut Shield Cup for the highest score of the year and the Balut Shield itself. This year both trophies went to Doctor (Anil Bhandari) who only just beat TC (Phil Alexander) for the Shield. Final scores visible at: <http://tinyurl.com/lza3xme>



As always, a big and serious thank you to our sponsors, Outrigger Resorts and Hotels, and Yes Technologies. The 2013/2014 kicks off on Wednesday 9th October. See you all there!

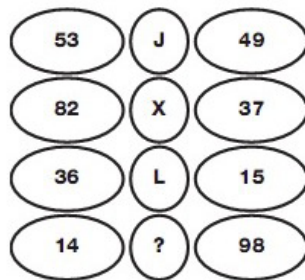


ET ALIA...



LOGICAL REASONING

Which letter replaces the question mark?



LAST MONTH'S SOLUTION

Answer: Option A

Explanation:

In this series, 5 is added to the previous number; the number 70 is inserted as every third number.

I CAN READ IT! CAN YOU??

fi yuo cna raed tihs, yuo hvae a sgtrane mnid too. Cna yuo raed tihs? Olmy smoe plepoe can. i cdnuolt blveiee taht I cluod aulaclyt uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdnig to a rscheearch at Cmabrigde Uinervtisy, it dseno't mtaetr in waht oerdr the ltteres in a wrod are, the olny iproamtnt tihng is taht the frsit and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it whotuit a pboerlm. Tihs is bcuseae the huamn mniddeos not raed ervey lteter by istlef, but the wrod as a wlohe. Azanmig huh? yaeh and I awlyas tghuhot slpeling was ipmorantt! if you can raed tihs sahre it.

LOCAL HISTORY

I chanced upon this photo online and as its caption claimed it was Silom Road, I looked again. However, I don't think it is Silom Road, as the Dusit looks too far, and wrongly placed, and the traffic? So I thought 'mmm yes, it's obviously Rajprarob' but that doesn't seem quite right either as again the Dusit Thani seems wrongly placed.

What do you think? Suggestions with reasoning are welcome to outpost@britishclubbangkok.org - any valid reply may get a Happy Time beer or even be published next month.





A sampling of detection, crime, and comedy!

We carry on this month by showing TV comedy on the first Monday, and by very popular demand, the last Friday will feature a movie suggested by the viewers.

OCTOBER: Mondays, 7pm, Wordsworth Lounge. Full F&B service available.

7th October

YES MINISTER & SPITTING IMAGE

Yes Minister: "Jobs for the Boys"

When Jim turns to a banker to rescue a doomed building project, he soon discovers it takes two to QUANGO.

Yes Minister: "The Compassionate Society"

A brand new hospital with full staff runs as an efficient operation. So why is the Minister obsessed that it has no patients?.

Spitting Image

The next episode from this highly acclaimed and humourous rubber puppet show parodying well-known global public figures, originally broadcast in 1986.



21st October

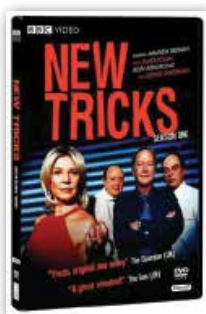
NEW TRICKS

"Episode 2.7"

When the team investigates the case of two boys abducted from a fishing lake in 1979, Brian believes that there could be a link to a set of recent kidnappings around the M25.

"Episode 2.8"

The team try to find the identity of the remains of an unidentified woman, who was found back in 1987. Things prove tricky, however, but persistence and hard work pay off – and the remains are matched to Faye McCloud, who went missing in London after leaving her home in the highlands of Scotland in 1986. The team then uncover a drugs operation and an affair that could have been connected to her death.



14th October

LIFE ON MARS

"Episode 2.3"

The team investigates the abduction of the wife and daughter of a school teacher. At the same time, Sam thinks he has accidentally been given an overdose. Sam collapses into a deeper coma, leaving his colleagues to tackle the mystery on their own.



"Episode 2.4"

As heroin hits the streets of Manchester for the first time, DCI Hunt wants culprits. Annie is kidnapped by the smugglers. As Sam tries to get to the source of this deadly drug, he finds himself intractably drawn to a beautiful young woman who was witness to a heroin-related shooting...

28th October

TWO NEW SERIES, ONE EPISODE OF EACH!

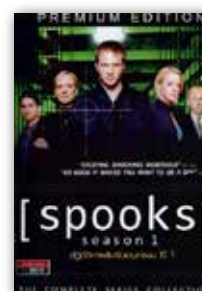
Hyperdrive

This is a British sitcom science fiction series originally broadcast in 2006, which ran to two series. Set in 2151/2, it follows the crew of HMS Camden Lock as they stumble through their heroic mission to protect British interests in a changing galaxy.



Spooks

A British television series originally shown in 2002 which has run to 10 series, and follows the work of a group of MI5 officers in their highly secure suite of offices in London. It is a fast-paced spy intrigue action series with high production values and good use of many popular guest actors.





THE BRITISH CLUB
BANGKOK

KIDS MOVIES OCTOBER

Fridays, Silom Sala

6 pm



4 October

The Little Mermaid

25 October



HALLOWEEN
PARTY

11 October



The Incredibles

18 October



Finding Nemo

TAKE-AWAY



THE BRITISH CLUB
BANGKOK



Did you know that most items on the Club's
menus are available for take-away?

Simply order direct from any outlet
in person or by telephone.

For bulk orders, please contact Khun Somboon in the Clubhouse on 02 234 0247



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we keep
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near.

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Our team of liver & GI specialists are using cutting-edge technology to detect and treat liver and digestive conditions in better, faster, and more precise ways than ever before.



Screening & Prevention: Fibroscan, Manometry, Wireless Capsule Endoscopy, Gastroscopy, Colonoscopy, etc.

Treatment: non-surgery (For cancer: Endoscopic Ultrasound (EUS), Endoscopic Retrograde Cholangiopancreatography (ERCP), Percutaneous Ethanol Injection (PEI), Transcatheter Oily Chemoembolization (TOCE), Transarterial Embolization (TAE), Radiofrequency Ablation (RFA), etc.) and surgery such as pancreato-biliary surgery, laparoscopic surgery or liver transplantation

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