



OUTPOST

THE BRITISH CLUB
BANGKOK

NOVEMBER 2008

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IRIS.

The Golden Age – 450 Years

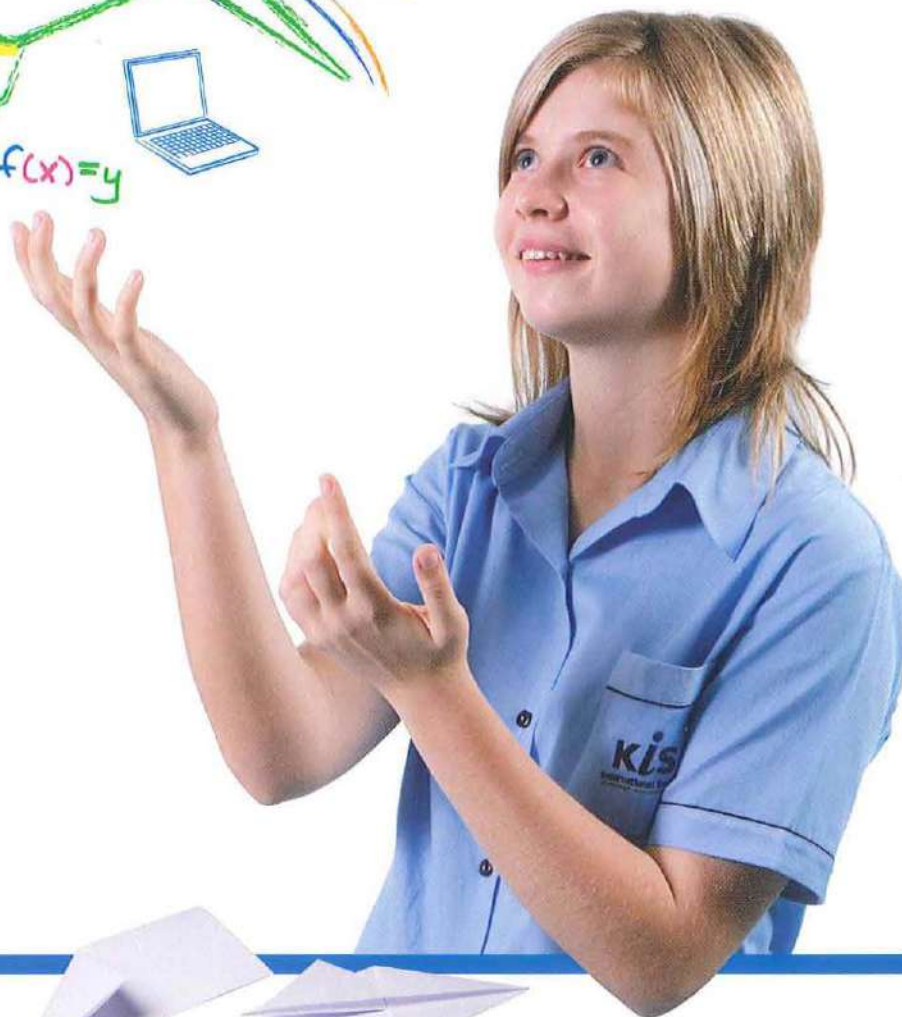
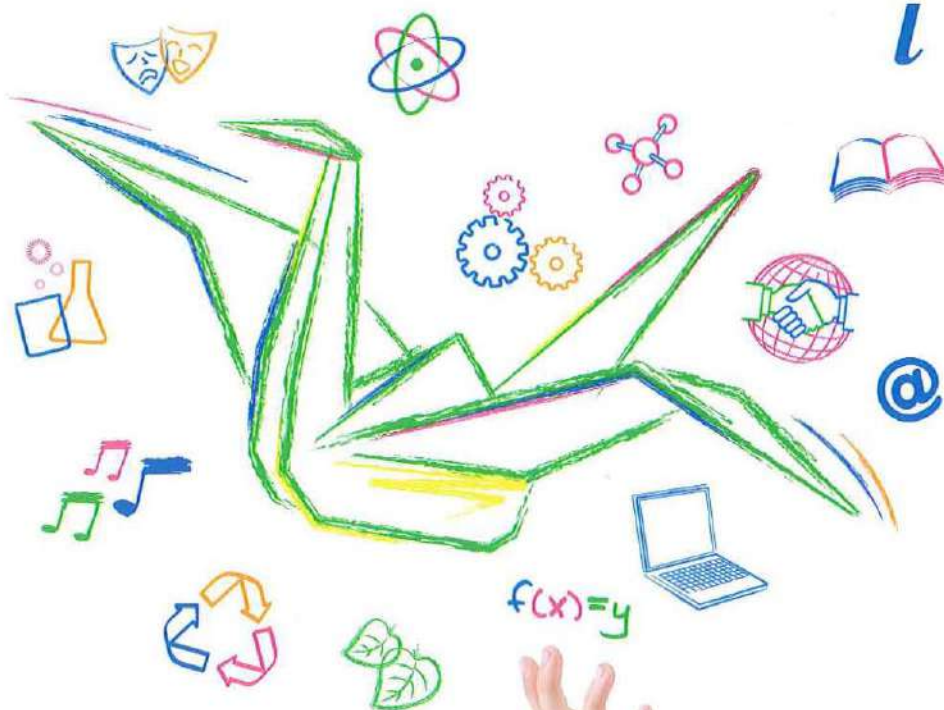
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Elizabethan England Issue

Siamese Wellness Day

Amazing Race, On the (Elizabethan) Menu, Interactive Sound of Music, Sports Galore

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THE BRITISH CLUB
BANGKOK

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Life in Elizabethan England

On November 17th 1558 England entered the Elizabethan age. To celebrate this historic event we've turned back the pages of time and delved into the everyday lives of Good Queen Bess's subjects.



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At the inaugural event of this month's breast cancer awareness campaign, women were instructed how to adopt a healthy lifestyle via Thai traditional methods of stress relief and relaxation.



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Sports

Our action-packed sports pages that you just can't do without – catch up on the Club's latest sporting events and be sure not to miss Reed's latest fitness tips.

AMAZING RACE 32

The Amazing Race

Armed with just Bt. 500 plus a cryptic clue to their first task, the forty participants braved the smog and heat of Bangkok and managed to find their way round the city while completing a series of bizarre – and embarrassing – tasks.

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Cover pic

– Queen Elizabeth I.
The Rainbow Portrait
painted by an anonymous artist c.1600.

OUTPOST MAGAZINE

Editor in Chief: Michael Silcock

Issues Editor: Stuart Coghill

The contents of this magazine are not necessarily the opinion of the editors, the General Committee or the Club's management. Criticisms and suggestions are welcomed by the Club's management or by Veritas Enterprises.

OUTPOST is produced on behalf of the British Club by Veritas Enterprises. For advertising inquiries contact Jim Fowler (081-844-7015 or Jim@VeritasEnterprises.com); and for editorial matters contact the Editor at OutpostEditor@VeritasGraphics.com

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.

The British Club

189 Surawongse Road, Bangkok, Thailand 10500
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Bumrungrad
International

Letter from the Chair

Dear Members,

When one thinks of British Standards, one thinks of the kitemark, a well-recognised symbol denoting quality assurance and safety. British Standards are produced by the BSI Group, which began in 1901 as the Engineering Standards Committee, a body formed to standardise the number and type of steel sections, in order to make manufacturing more efficient and competitive. Today British Standards has over 27 000 active standards, one of which is the IEE Requirements for Electrical Installations BS7671:2008.

At the British Club Bangkok, we are undertaking a series of maintenance operations, including a comprehensive review of all our electrical installations. Reporative steps will be taken to bring installations in line with BS7671:2008 so that the quality and safety of this work can be assured to a standard that we would all aspire to and expect.

I would like to take the concept of British Standards a little further, beyond its normal application in quality management, and to a more ephemeral level. If one could imagine British Standards for quality, service and value in a hospitality setting, what would they look like? Like you, I have my own vision of "British Standards" as might be applied at our Club and I aim to explore how the quality of our food & beverage, our service to members and guests, and value we offer can meet the gold standards that we have come to associate with being "British." If in doing so we can raise our standards to new sustainable levels, and set visions of success that we can measure ourselves by, the process will have been most worthwhile. If we can further our "British" values in the process, all the better.

Dear Members,

October has been a good month with some lively events and Members' activities that were greatly enjoyed by all who participated in them. Along with the numerous events Barry puts together, Reed also organises a vast number and I recommend all Members to pay close attention to the activities he and his pool staff conjure up; make sure you don't miss out on any of the fun – and fitness!

The 'Amazing Race' Reed and Jude Bagley (Member 473) organised was an enormous success and I congratulate them and the participants on their hard work and resourcefulness in putting together and developing Barry's idea of mirroring the popular TV programme. The families who took part in the event enjoyed a wonderful day's entertainment as they explored Bangkok.

Undoubtedly we are all extremely lucky to have such imaginative, professional and resourceful managers such as Barry and Reed who do their utmost to ensure that each Member has something to participate in. They never forget the kids either, so do make sure your children are aware of the events and activities being arranged for them.

Khun Prem and the rest of the Senior Management Team have just submitted our budgets for 2009 and even though the world has been most unsettled as a result of the economic woes in Europe and the US we have predicted another good year for the BC's fortunes as long as our current level of membership remains steady at present numbers. More capital expenditure spending is planned for 2009 and

The exciting development of the back lawn of the Club has proceeded at an astonishing pace, and will be finished on, if not ahead, of schedule. The vast area of land available to the Club, now that it is all clearly visible and in use has surprised me. Even though new drainage and irrigation systems have been installed that will no doubt keep the new lawn in good shape, I believe that the multi-purpose playing surface will provide the club with a unique setting to host open-air functions and events whatever the weather and without the need for expensive staging. The provision of this area provides further choices and opportunities for the Club and adds to an already impressive list of function rooms able to host meetings, parties, weddings and full scale black tie evenings.

The first event of note on the new surface promises to be an exceptional one, the 28th ITC Interport Balut Competition on 21-22 November. Over 160 members and guests from around Asia-Pacific will take part in 2 days of activities, including the serious business of competitive Balut. For those not familiar with the game, Balut is played most nights in our Churchill Bar and all are welcome. Ahead of the competition, I would like to congratulate the Balut Section on a year full of engaging activities and for their hard work in securing hosting of this marquee event. I would like to also extend a warm welcome to all our guests and wish all competitors the best of luck in the event.

Yours sincerely



Dr Andrew Roberts

Chairman

BCB General Committee 2008/2009

The CEO's report

if you are interested in having an input into that process please come along to the next DSIG Members' Forum, the date of which will be announced early November. All Members are welcome.

In the New Year we will have new tennis courts, the best cricket training facility in Thailand, a new multi-purpose sports court and a beautiful back lawn and gardens. I am certain that Members will love the outlook from the new Verandah Terrace and that the area will be extremely well-patronised at all times as the Members enjoy the splendid views and surroundings. The kids will have the new tree house and play area to discover and we anticipate many Members will spend time in the shade having a cool drink while they read the papers or a good book.

Please don't forget the events we will offer over the Festive Season which starts early November with Guy Fawkes (2/11), Loy Krathong Cruise (12/11) and then the lead-up to the Xmas Ball (13/11), Xmas Day and New Year's Eve Cruise on the Chao Phraya River to see in 2009. All details are in Bazza's Banter.

Your Management team at the British Club is here to help and serve all Members and we encourage all newer Members in particular to say hello to us as we wander about the Club on our daily routines so that we can get to know you more and share your vision of the British Club Bangkok.

Michael Silcock
Chief Executive Officer



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Dear Members,

November explodes into life with our annual Guy Fawkes Extravaganza held at the Club on November 2nd – fun for all the family and some top-class entertainment for the kids. This year's event will be slightly different from previous ones: the fireworks will be launched from the back lawn while the members will be seated on the front lawn and around the poolside and salas. Again, please remember that the Club's car park will be closed for 24 hours from 10pm on Saturday November 1st until 10pm Sunday November 2nd; unfortunately no alternative parking has been arranged. The Club will close at 3:30pm and reopen at 4pm for Guy Fawkes ticket holders only. The Verandah and Churchill Bar will close at 3pm and reopen on Monday morning. Even though we take all precautions to ensure safety, parents please ensure that your children are with you throughout the firework display.

Bond is back – and we'll be there to see him! On November 6th we're off to SF Cinema at Central World to see the latest 007 escapade, "Quantum of Solace", starring Daniel Craig. The cost is Bt. 1000 per head and includes pop corn, sodas, vodka martinis and VIP lounge seating – see you at the show!



On November 12th, we'll be celebrating Loy Krathong aboard the Chao Phraya Princess, with a sumptuous Thai & international buffet, live music, and an amazing fireworks show. Launch your Krathong and watch your troubles float away. Cost: adults Bt.3000, children (5-12 yrs) Bt.2000.

On November 7th our Christmas wine-tasting event will be held upstairs in the Clubhouse from 6pm-9pm. The cost is Bt. 100 per person and includes complimentary canapés. At the time of writing we have ten companies lined up so we can expect a vast selection of fabulous wines – with Christmas just around the corner this could be the ideal time to stock up. Please remember that all wines must be bought directly from the companies and member cards cannot be used.

November 20th sees the launch of George DuBoeuf Beaujolais Nouveau at the Verandah. Members will have the chance to purchase wine and Khun Laak will be there with her delectable canapés. Sponsored by ItalThai, the event is free.

The world-renowned Danish rock band, Michael Learns to Rock, is in town and we're off to the concert at the Impact Arena on November 26th – I'm looking forward to what promises to be a superb gig; we hope to see you there.

Later in the month we'll also be holding our fourth Children's Ball with 'mocktails', a four-course Christmas dinner and Santa's "Jingle Bells" disco – terrific fun for our younger members.



These are just a few of the events taking place in November; the pace quickens even more as we move into the Christmas season so I'll use this opportunity to mention a particularly special event taking place on December 17th: the Deaf Children's Christmas Party. This wonderful occasion brings immense joy to the one hundred or so Thai children who take part; all donations, big or small, are received with gratitude and the money goes to give the kids a day they'll never forget.



Please browse the Club's website for other dates – you can also find details of events on notice boards. For further information on any event just call either Khun Mai or myself. And don't forget the Christmas Ball on December 13th; we already have an amazing line-up of prizes to be won including tickets to Siem Reap with Bangkok Airways, dining vouchers for the Conrad Hotel, cinema tickets and lots more.



The British Club's Christmas cards are now on sale at Bt. 35 each, available at the Clubhouse reception. All our cards were created for the Club by Billy Beefeater and this year if you buy ten you get a free tuk-tuk Christmas card – how festive!

And in other news: the Club has taken over the running of the Garden Gallery Coffee Shop at the Neilson Hays Library. We are open on Tuesdays to Sundays, 9:30am until 6pm; we've created a new menu and daily specials – why not pop in for a coffee if you're passing. The café is open both to Club members and the general public.



Christmas Day bookings are flying in at the moment so please make sure you book as soon as possible to avoid disappointment. And the same goes for your Christmas and New Year's parties; if you'd like the Club to cater for you please don't hesitate to arrange it with us – many dates are already booked up.

Regards,
Baz

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REGULAR WEEKLY EVENTS

TUESDAYS Churchill Bar

8:30pm-late Spoofing

WEDNESDAYS The Verandah

Noon-2pm & 6-10pm THE MIDWEEK CARVERY - Choose from soup, two roasts carvery with potatoes & vegetables (Bt.275) and salad (Bt.300)

Churchill Bar

7pm and 8pm

PRESTIGE WINES ACCUMULATOR

Any member could win from Bt.5,000 to Bt.25,000 – prize increases each week.

7:30pm

BOTTLE DRAW – Somebody present in the Bar will win a bottle of whisky, tequila, vodka or gin.

FRIDAYS The Verandah

Noon-2pm & 6-10pm THE FRIDAY 'THEME' BUFFET – **7th November:** JAMIE OLIVER BUFFET – Back by popular demand we are recreating the menus of Britain's finest chef, Jamie Oliver. Last month 40 members enjoyed the buffet and Khun Laak and her team have been busy practicing with even more delicious recipes. Bt. 325 for adults and Bt. 200 for children.

14th November: ELIZABETHAN BUFFET, BBQ & KIDS' ACTIVITIES – To acknowledge Queen Elizabeth I's accession to the throne we will celebrate in the Verandah Cafe with a British food buffet and BBQ ; Bt. 350 adults and Bt. 200 for children. We will also have a promotion on Pimms and John Smith's Bitter.

21st November: THANKSGIVING BUFFET – A DAY EARLY! – Celebrate Thanksgiving here at the British Club in our new Verandah Bar; Khun Laak and her team have created a wonderful buffet carvery for the occasion. Bt. 350 for adults and Bt. 200 for children.

28th November: CURRY BUFFET - We finish off November with Khun Laak's famous curry buffet available for just Bt. 275 per head. Enjoy a soup, curried dishes, samosas and naan.

Silom Sala

7pm and 9pm

Kids' VDO - It's free. Includes free Nestle ice creams for the kids.

SUNDAYS The Verandah

11:30-3pm only

THE SUNDAY CARVERY - Choose from soup, cold cuts, three roasts carvery, with potatoes and veggies, hot dishes, children's buffet, fresh salad bar and a range of desserts.

Adults Bt.375; children Bt.200 including free Coke/Sprite.

6-8pm

A LA CARTE PASTA PLATE - Enjoy a plate of freshly cooked pasta with your choice of ingredients and sauces. Cost Bt.160 per plate, includes complimentary salad and garlic bread. Available every Sunday evening throughout October.

Silom Room

1-3pm

CHILDREN'S ACTIVITIES. Games, videos, crafts, soft drinks and snacks with Khun Susie.

Suriwongse Room

2:30-6pm onwards

Bridge tournament (except last Sunday in the month)

Official Opening Times

The Verandah	11am - 10pm	Fitness Centre (Mon-Fri)	6am - 10pm
Churchill Bar	10am - 11pm	Fitness Centre (weekends)	6am - 9pm
Poolside Bar	7am - 10pm (last food orders – 9.30pm)	Thai Massage (Tues-Sun)	9am - 6pm

Take away your favourite food!:

All the Club's menu items are available to take away. Just order at the Club and specify "take away", or phone in your order and pick-up.

Special Events at the Club this Month

** GUY FAWKES CELEBRATION

Sunday, 2nd November, from 4pm

Gates open at 4pm to ticket holders only for an afternoon full of exciting activities for the kids. BBQ supper from 4.30pm, Guy-making and kids' activities from 4.30pm until 7pm, fireworks at 7pm and the burning of the Guy at 7.15pm - and lots more! For a full run-down of the day's activities please contact Khun Mai or Barry. Cost of the event is Bt.500 for children under 12, Bt.150 for children under 3 and Bt.700 per adult. Please note that for safety reasons the Club's car park is closed from 10pm on Saturday 1st November until 10pm on Sunday 2nd November. There is no alternative parking arranged.

** BALUT MONTHLY TOURNAMENT

Wednesday, 5th November, 7:05pm, Wordsworth Lounge

Balut Section members meet each first Wednesday of the month to compete in the BCB Balut Shield. The BCB Balut Shield is awarded to the player with the highest aggregate score from their six best tournaments of the year, running from October to September. The Shield itself is on display in the Churchill Bar Balut wall. Club members who are not Balut Section members are welcome to "try out" their Balut skills, and section members will give training and guidance when requested. The fee for non-Section members is Bt.200 which will be charged to your account.

** JAMES BOND IN "QUANTUM OF SOLACE"

Thursday, 6th November, 6:00pm, meet @ SF Cinema

Once again we are going to the movies at SF Cinema, Central World, this time to see James Bond 22, better known as "Quantum of Solace" on its opening night here in Thailand. Tickets cost Bt.1,000 each and include VIP lounge seating, a glass of wine or a vodka martini (shaken, not stirred!), canapés and unlimited sodas and popcorn. The tickets will be handed out from 6pm and doors open at 7pm.

** CHRISTMAS WINE TASTING

Friday, 7th November, 6pm, upstairs in the Clubhouse

This is the big one! At present there are 10 companies confirmed but there will be more on the night, each one offering an intoxicating array of wines at specially discounted prices. Sample your way to Nirvana and a full wine cellar. Khun Laak is busy preparing some exciting Christmas canapés to complement the wines. Entrance fee is Bt.100 per person.

** LOY KRATHONG - DINNER CRUISE

Wednesday, 12th November, depart BC @ 5:00pm

Celebrate Loy Krathong aboard the Chao Phraya Princess, with sumptuous Thai & international buffet, live music, and an amazing fireworks show. Launch your Krathong and watch your troubles float away. Cost: adults Bt.3000, children (5-12 yrs) Bt.2000.

Celebrate



Loy Krathong Festival 2008

Chao Phraya Princess Dinner Cruise

Wednesday 12th November 2008

**Cost : Adults Bt.3,000.-
Children (5-12 yrs) Bt.2,000.-**

Includes round trip transport from BC to Supakarn Pier.

*A sumptuous Thai & International Buffet.
Celebrate with a Krathong (banana-leaf cup) to float on the River of Kings.*

Plus exciting entertainment with live Filipino band.

**Coaches leave at 5 pm
Please sign up at Reception**

Programme:

- 19.30 - Check in at Supakarn Pier
- 20.00 - Depart from the Pier
- 20.30 - Candlelight Dinner & live music
- 21.30 - Float your Krathong for good luck
- 22.00 - Watch the amazing fireworks show
- 23.00 - Arrive back at Supakarn Pier



** WATERCOLOUR WORKSHOP

Saturday, 15th November, 9am-4pm

With Louise Truslow

** JOHN SMITH'S BAR QUIZ

Tuesday, 18th November, 7.30pm, The Verandah

Join us for the November round of the John Smith's Bar Quiz in the Verandah. As usual Bangkok's premier Quizmaster, Rodney Bain, will be asking four rounds of 19 questions (on a range of subjects from Asia to famous people) each ending in the dreaded "Common Denominator". Cash prizes go to first, second, third and 'second to last'; in addition there are also three 'between-round' questions where your team has the chance to win drinks sponsored by Crown Worldwide Relocations. So, get a team of friends (up to six) to come along and join in the fun - at least one Club member per team, or just pop along to see if we can fit you in. The cost to enter is Bt.150 per person.

** ITALTHAI GEORGES DUBOEUF BEAUJOLAIS NOUVEAU PARTY

Thursday, 20th November, 6pm, The Verandah

Join us in the Verandah between 6pm and 9pm as we uncork the first bottles of this year's Beaujolais Nouveau and Beaujolais Nouveau Villages. Georges Dubouef is the best selling brand of Beaujolais in France. Members will also have the opportunity to purchase the new wines which would make great Christmas presents. The event is sponsored by ItalThai, and Khun Laak will create some canapés to complement the wines. The only other Beaujolais Party in Bangkok will cost you Bt.1,200 whereas ours is free to attend.

** 28th STC INTERPORT BALUT COMPETITION

Friday 21st and Saturday 22nd November, 5pm onwards

Friday marks the first day of the 28th STC Interport Balut Competition and we welcome to our Club over 130 overseas players of Balut. The schedule for the first day is:

5.00pm to 7.00pm: registration in the Silom Room

7.00pm to 10.00pm: **WELCOME PARTY**

The second day takes place on Saturday and the schedule is as follows:

10.30am to 11.30am: Late Registration & Photo-Call

11.30am to 1.00pm: LUNCHEON

1.00pm to 5.30pm: **INTERPORT COMPETITION**

5.30pm to 7.00pm: Break

7.00pm to 11.00pm: **TOURNAMENT DINNER**



** KYLIE MINOGUE - LIVE IN BANGKOK Sunday, 23rd November, leave BC @ 6.45pm

We have secured limited tickets to the Kylie Minogue concert at the Impact Arena, Muang Thong Thani. Tickets are in three packages and cost Bt.10,000, Bt.6,300 or Bt.5,300 each and include transport from/to the Club. For information and bookings call into Reception, telephone 0 2234 0247 or send an e-mail to info@britishclubbangkok.org. Tickets are limited so book now!



** MICHAEL LEARNS TO ROCK, LIVE IN BANGKOK

Wednesday, 26th November, depart BC at 6:45pm

The Danish band "Michael Learns to Rock" will be playing at Muang Thong Thani for one night only on Wednesday November 26th. The band have sold more than 11 million records since 1991, their biggest hits being "The Actor", "25 Minutes" and, of course, "Sleeping Child" which was a huge hit in Asia, especially here in Thailand. The tickets cost Bt.4,500 or Bt.3,500 each and include transport from / to the Club. Transport leaves from the Club at 6.45pm, gates open at 7.30pm and the concert begins at 8.30 pm.

One Day Watercolour Workshop With Louise Truslow



At the British Club

Saturday 15th November 2008
9.00am - 4.00pm

Bt.300 (including lunch and refreshments)

Contact Reception to reserve a place

For more information email:
louise@louisetruslow.com

Lea Salonga In Rodgers and Hammerstein's Cinderella



We have booked a limited number of tickets to this smash hit musical held here in Thailand for the very first time and starring **Lea Salonga**.

The musical show is held at the beautiful **Muang Thai Ratchadalai** Theatre and we have booked for **December 20th** making this an ideal early **Christmas present?**

We have booked seats at **Bt.4,500** and **Bt.3,500**.

The cost includes tickets and transportation from the Club to Muang Thai Ratchadalai.

The coach will leave from the Club at **6pm** and the show begins at **7.30pm**.



The Broadway Asia Entertainment (BAE) production of Cinderella will be the most lavish production produced by BAE yet. Directed by Bobby Garcia, Cinderella will star Tony Award winning actress Lea Salonga, the actress who created the starring role in Miss Saigon both in London's West End and on Broadway.

** CHILDREN'S CHRISTMAS BALL

Friday, 28th November,
6:30pm, Wordsworth Lounge
& Silom Sala

Our fourth formal dress Christmas Ball for the Club's younger members. Pre-dinner "mocktails" in the Wordsworth Lounge, a four-course Christmas dinner (no sprouts - honest!!) and music provided by Santa's "Jingle Bells" disco. The cost is Bt.750 per person & also includes a present from Santa.

To book for an event send a fax or email to the Club, book online at the Club's website, or sign up at the Clubhouse reception. For further information please contact Khun Kasem or Barry.

November Activities at the Neilson Hays Library:

"Spice up your Story-telling", workshop with Kathy France, Saturday, 8 November, 10:30 – 11:30 a.m.

Kathy France, artistic director of Caravan Theatre and a drama educator for over 25 years, will conduct this workshop that teaches parents how to engage their child's imagination in creative story-telling. Learn how to use acting, role-plays, story-telling games, puppets, art and creative movement to enhance the reading of story books.

Cost: Bt. 200 Library members, Bt. 250 non-members; deadline for registration is 1 November

Used Book Sale, 8-9 November, 9:30 to 4:00

We have hundreds of good quality "previously read" books for sale, at very low prices. As always, we're also accepting book donations, so now's the time to clean out your bookshelves and trade in those old favourites for new ones!

Coming in December:

Violin & Guitar Concert – Wednesday, 3 December

Violinist Jonathon Glonek and guitarist Chavajed Maskulrat will present a selection of works from Giuliani, Paganini, Schubert, Ravel and Piazzolla. Enjoy the fine natural acoustics of the Library in the free-format setting of the evening. The program is sponsored by BNH Hospital and Food by Phone. Tickets are Bt. 800.

195 Surawong Road – 02-233-1731 (tel.) –
www.neilsonhayslibrary.com, neilson@loxinfo.co.th



The British Club Bangkok
Cordially Invites You to Our

ANNUAL Christmas Ball 2008

December 13th
7:00p.m. to the early hours of the morning.

Reception & Cocktails on the Front Lawn
Dinner on the Back Lawn

Please R.S.V.P by signing up at
Reception or to Barry at
info@britishclubbangkok.org
or call 0 2234 0247
Tickets Bt 2,800 / person



Children's Christmas Party 2008

Activities galore from 2pm, including children's crafts, the Club's bouncy castle, pony rides, puppet show, magic show, giant slide and lots, lots more.

A picnic tea follows at 4.45pm on the front lawn and then everybody's favourite, Santa Claus, will make a special appearance bearing gifts for all the children.

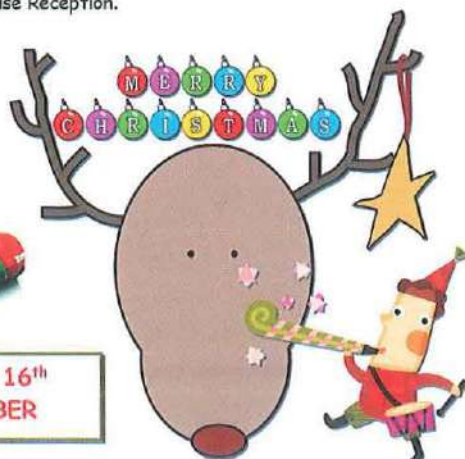


The event costs Bt.450 (2 to 12 years)
and Bt.100 (under 2's and adults).

Contact Khun Mai or Barry for further information; to book send a fax or email to the Club or sign up at the Clubhouse Reception.



**Tuesday 16th
DECEMBER**



A close-up photograph of a woman holding a newborn baby. The woman is on the left, looking at the baby. The baby is on the right, looking up at the woman. The baby is wrapped in a white cloth. The woman's hand is visible, holding the baby's head.

We understand

Women's healthcare continues throughout your lifecycle

Women's Health Centre

Your long-term health is our continuing commitment. Thailand's only comprehensively integrated **Women's Health Centre** offers you specialist attention to maintain optimum health at every phase of your life. From maternity to gynaecology, menopause to senior health care, and even just a friendly chat, you receive the best of care.

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Choose Health





SUSIE'S Kids Korner

ELIZABETHAN CRAFTS

Join me in
the Silom Room
every Sunday!

Beaded Tiara

You will need:

- 4 12" (30cm) metallic pipe cleaners
- 12 red translucent pony beads
- 20 pink translucent pony beads
- 44 crystal faceted 8mm beads

What you do:

Twist the ends of two stems together to make one 23"/58cm (approx.) stem that will fit around the princess' head.

Slide 20 pink and 5 red pony beads to the centre of the 23" stem according to pattern at right.

Gently bend stem as shown.

Slide a 3rd 12" stem through the middle red bead and centre it.

On one side, add 3 faceted beads, 1 red pony bead and 3 more faceted beads. Slide that end of the stem through the next red pony bead as shown.

Repeat, finishing that side by sliding under the last red pony bead.

Repeat for other side.

Twist ends to secure beads.

Slide 9 beads (4 faceted, 1 red pony bead, 4 faceted) to the centre of the last 12" stem. Bend gently. Push each end through one of the red pony beads on the top middle of the tiara.

Add 7 beads to each side (3 faceted, 1 red pony bead, 3 faceted) and push ends through the remaining red pony beads. Twist to secure. Trim ends.

Fit around princess head. Twist ends. The metallic stem works like velcro with hair and will stay securely in place.



Making a Coat of Arms

You will need:

- 1-2 oz (28-56gm) per child of white Model Magic clay
- Clay tools or household objects to use as tools
- Paint and brushes
- Magnet strip
- Paper and pencil



What you do:

If you want to use heavier air-dry clay you can just poke a hole before drying to hang it from a ribbon instead.

Trace a small plate or saucer onto the paper. Cut two half circles off each side of the top of the large circle. You can taper the bottom also but it is totally up to you.

Design a coat of arms for a specific purpose. Divide into a number of different ways to create areas you will fill with patterns. Usually dividing it into four sections is easiest. For each of the four sections create a design. This means making a symbol that is not recognisable.

- In the first section create a design that will stand for 'family'.
- In the next section create a design that will represent your career goals.
- In the third section create a design that represents your education goals.
- In the fourth section make a design that represents you.

Shape the clay into a pancake. Then using clay tools or a kitchen knife, cut and shape it into a coat of arms shape. You can use forks and toothpicks and any other utensils to create your design into the clay.

Allow to dry. This usually takes 24 hours. If you use clay that gets baked, you can continue to the next step as soon as the clay cools.

Paint the coat of arms in any color you think best suits the design sections. Add self-sticking magnet strips when dry and you are done.

Attach this to the refrigerator to remind yourself of your goals and your place in the family.

Feather Quill Pen

CRAFT MATERIALS:

Large feather (available at craft stores)
Craft knife
Washable ink

1. Using an X-Acto knife, carefully cut the end of the quill at an angle. Be sure the feather is hollow so the ink will flow into it.
2. Carefully cut a small slit at the tip of the feather.
3. To write with the pen, dip the tip into a jar of ink, then dab it onto a piece of paper towel before writing. Dip and dab the pen as you are writing.



ROYAL ENGLISH PUNS

The Queen's favourite chef was knighted Sir Loin.

The people stand up for royalty. The queen sits down for royal tea.

When one of her grandsons misbehaves the queen is having a bad heir day.

Royal chairs are rarely throne out.

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Life in Elizabethan England

“...I know I have but the body of a weak and feeble woman; but I have the heart of a king, and of a king of England, too; and think foul scorn that Parma or Spain, or any prince of Europe, should dare to invade the borders of my realms: to which, rather than any dishonour should grow by me, I myself will take up arms...”

Elizabeth

Crime and Punishment

A French nobleman visiting London in 1580 remarked that “The Englishman is a cur who steals seemingly for sport”. In all probability the unlucky Frenchman had had his pocket picked – or purse cut – by a pauper who, if caught red-handed with anything over 5 pence in ill-gotten gains, would be hanged for his efforts.

Even those passively begging by the roadside fell foul of the law; whipped and beaten until they reached the stones of the parish boundary, beggars ran the risk of being hanged if caught again in the same place. The Poor Law of 1601, while providing relief for those able to work but unable to find employment, was particularly severe on beggars, describing them as “undeserving poor” and as such they were unable to claim charity and poor relief.

The punishments for petty crimes such as theft, highway robbery and pick pocketing were notoriously harsh – why was this the case? The answer lies in the sixteenth century state’s paranoia: the rising levels of crime, particularly in urban areas, terrified the already-jittery authorities that were fearful of a breakdown of the social order.



The Elizabethan establishment believed that the punishment should fit the crime. For example, a drunkard would have to wear the drunkard’s cloak – more of a barrel than a cloak, in reality – and walk from place to place while being heckled and harassed by the local populace.



Thieves would either be fined or face having an arm removed by the amputation saw – or an eye gouged out if they were repeat offenders. Stocks and pillories were used for public order offences and women of dubious virtue were attached to a ducking stool and repeatedly dunked in the river, often until they were no longer breathing.

The 1562 Witchcraft Act against “conjurations and inchauntmentes and witchecraftes” targeted elderly, infirm and solitary females but it wasn’t until the reign of James I half a century later that the persecution of so-called witches began in earnest, culminating in the savagery meted out to women under Mathew Hopkins, Witchfinder General, during the English Civil War.

Offenses such as murder, rape, manslaughter and piracy usually led to a public hanging, much to the delight of the boisterous crowds baying for blood by the gallows.

Leisure

The Elizabethan era was a time of unprecedented cultural activity and development and the Queen herself was an ardent supporter of the arts. Christopher Marlowe, famed for his blank verse, who died an untimely and possibly violent death when at the height of his creative powers; Ben Jonson, the satirist and jail-bird and, of course, William Shakespeare, probably the finest writer the English language has seen. This trio – and their contemporary playwrights, artists, poets and dramatists – thrilled their audiences with tales of love, loss, betrayal and betrothal while managing to poke fun at the authorities. Their works are as popular now as they were more than four centuries ago.



The average Elizabethan could expect to live to about 42 but the stench, filth and disease of London – not to mention the crime – would cut 7 years off that estimate. Death was a familiar figure in families and communities – as such, people crammed as much as they could into their leisure time. Sport was big business and vast fortunes were won – and lost – gambling. Football was as popular a pastime then as it is today – and more violent, too, believe it or not. There was no set number of players on a team and the ensuing free-for-all resulted in some sickening injuries and more than the odd death.

The upper classes played, golf, lacrosse and tennis – the first grass court tennis court was opened in 1576. Players used either rackets or merely their hands to whack the ball across the net.

Archery was more of an egalitarian sport but not for any social reasons: the army was in permanent need of bowmen and the authorities saw the benefit of target practice as a pastime for men of all classes.

But for the Elizabethans, nothing could beat a good execution for entertainment – if they were really lucky they might even witness someone being hanged, drawn and quartered, although this happened rarely during Elizabeth's reign and was a punishment reserved almost entirely for the crime of treason. Blood-sports such as bear-baiting and dog-fighting were popular spectacles; the gorier the better, as far as the Elizabethans were concerned. Hunting with either dogs or hawks was exclusively for the upper echelons of society; should someone of lower class be caught poaching, the punishment could even be death.

Children's games included hop-scotch, tug-of-war and the construction of elaborate masks and disguises. Susie and her ingenious crew will be attending the Elizabethan Buffet and they've come up with some Elizabethan activities for the children. And this month's Susie's Kids' Korner has an interesting Elizabethan theme, too.

Food and Drink

The Elizabethans ate two meals a day: dinner was at midday and supper at around 6pm. Breakfast was a matter of breaking one's fast with a piece of bread and a mug of beer. What you ate and drank depended largely on your social class: the better off you were the greater the variety of food available; those eking out an existence on the margins of society survived on very slim pickings.

Bread was the staple – the better the bread, the higher your station. The upper crust was always reserved for the head of the household and the term is still used today to describe someone of particularly high class.

The Elizabethans ate very little in the way of fruit and vegetables, believing that cold food caused stomach problems. Instead they ate masses of fish and meat, most of which was plastered with sauces to conceal the scent – and taste – of decomposition.

The usual favourites such as beef, lamb and pork were consumed along with peacock, swan, blackbird and hedgehog. The meat was often cooked with fruit so the taste must have been peculiar to say the least – no wonder the Elizabethans drank so much!

Water was rancid and therefore rarely consumed – instead people drank beer or wine. It would be no exaggeration to say that the average Elizabethan, regardless of age, went through life in a semi-drunken haze – tea and coffee were still unknown in England at this time so there was no respite from the boozing.

For Elizabethans, spices represented the height of luxury and sophistication. Cloves, cinnamon, ginger and nutmeg were all available but were prohibitively expensive; the poorer folk had to be content with some salt and – if lucky – a pinch of pepper with their food once a week. But for the nobility hosting a feast or a banquet gave them the chance to flaunt both their wealth and their cooks' talents. One notorious ceremonial feast consisted of 50 crabs, 18 trout, 9 large and 9 small pike, 4 large salmon, 18 brill, 10 large turbot, 200 cod tripes, 50 pounds of whale, 200 smoked and 200 pickled herring. There can't have been too many people asking for pudding after all that.



England was in the grip of a sugar craze at this time and Queen Elizabeth led by example: it is said that she kept a bowl of "white gold" beside her at all times – no wonder then that by the time she was 35 all her teeth had fallen out.

Khun Laak has been busy poring over Elizabethan recipes and she's recreated some of the more palatable ones which you can sample at the Elizabethan Buffet this month. Also our "On the Menu" features some diverse dishes from the period – peacock in pear and parsley sauce, anyone!

Toby Coborn

SINGALONG-A-SOUND-OF-MUSIC



A varied group of party guests, nuns and Nazis arrive at the Singalong!



How do you solve a problem like Maria

On Friday and Saturday, October 3rd & 4th, fun, frivolity and slightly inebriated singing rang out in the Surawongse Room, as the Bangkok Community Theatre (BCT) hosted the Singalong-a-Sound-of-Music instead of their usual 'Club Night' and opened attendance up to members of the British Club as well. For those two nights, the halls of the British Club were filled with raindrops on roses, bags of confetti, singing nuns and water pistol-brandishing Nazis, while dozens of voices rose in song. For those unfamiliar with the worldwide phenomenon of the Singalong, it's a little like going to a pantomime: the audience watches a familiar and beloved story unfold before them, but rather than sitting in prim and sober silence, they are actively encouraged to heckle the screen, call out advice and encouragement, hiss the Baroness, boo the Nazis, cheer Maria and generally let their hair down. BCT provided audience members with goodie bags containing an array of bits and bobs to assist with this whole ethos of audience participation: a raindrop-covered rose, a strip of curtain fabric, a sprig of edelweiss, a bag of confetti, a party popper, a water pistol, an invitation to the Ball and various other slips of paper to be brandished and waved at appropriate moments. (The water pistols were to recreate the rainstorm during the 'I6 going on 17' song, a task they accomplished admirably.)

Prior to the actual screening of the movie, the audience thronged around a cash bar and partook of a delicious selection of Austrian-themed foods courtesy of Head Chef Khun Laak and the BC kitchen staff. And indeed people returned to fill their glasses and plates throughout the movie. Then the BCT team introduced everyone to the contents of their goodie bags and explained when they would be needed, before leading the audience in a rousing chorus of "Doh! A beer" - the Homer Simpson version of the familiar song. Then, without further ado, the lights were dimmed and we were treated to stunning views of the Alps as the movie began and everyone belted out "The hills are alive!" at the top of their lungs.



Girls in White Dresses with Blue Satin Sashes



Audience members take cover during the water pistol induced rainstorm in the Suriwongse room during "16 going on 17"

At the interval, people sauntered back to the buffet and the bar and then there was the all-important costume competition. Now costumes are by no means mandatory at this kind of affair, but they are certainly encouraged. Our hosts were leading the way, dressed as 'Tea: A Drink with Jam and Bread' and as 'Silver-White Winters That Melt Into Spring'. Other costumes included: 'When The Bee Stings'; 'Me, A Name I Call Myself'; 'Sew, A Needle Pulling Thread'; 'Girls In White Dresses with Blue Satin Sashes'; 'Calling out to say Cuckoo'; 'Brown Paper Packages Tied Up With String'; Uncle Max; The Baroness; Gretel; and an assortment of nuns, just to name a few!!! There were prizes for best costumes, and also a selection of door prizes including wine, chocolate and the grand prize of dinner for two at Coco's Cafe restaurant at the Novotel. Then the movie resumed, and once again the audience's voices were raised in cheerfully beer-infused song.



"Is calling out to say Cuckoo... Cuckoo! Cuckoo!"

Arguably this must count as one of BCT's best-attended 'Club Nights,' but even when the events are smaller they are usually lots of fun! Last month saw BCT members partaking in a hilarious and saucy evening of Burlesque Dance, complete with feather boas, and next month will introduce an evening of theatre sports. Why don't you consider coming along to the November 5th Club Night and joining BCT? You can also look forward to getting your drama fix with the forthcoming productions of "Deathtrap" (at MIFA in November) and "The Mikado" right here at The British Club (in January). For more information on Club Nights, Membership or BCT's upcoming shows, please email bct@sala.net.



The Von Trapp family children sing "My Favourite Things" in their pyjamas!



"Brown paper packages tied up with string" and "Tea, a drink with jam and bread"



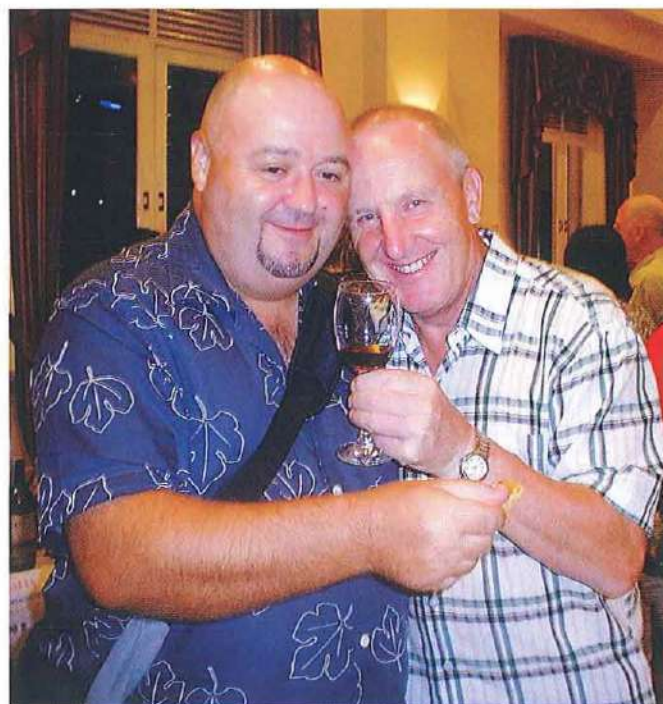
Take Cover!

Wine Tasting

“Pour out the wine without restraint or stay,
Pour not by cups, but by the bellyful,
Pour out to all that will.”

Edmund Spenser (1552?-1599)

The September wine tasting event was extremely popular – so popular, in fact, that the staff had to cater for 74 more members than had originally signed up! Please, please, PLEASE book in advance – even though the event is free it is virtually impossible for us to cater for such a large number of walk-ins without snacks running out; as well as the wine tasting, the kitchens are going full tilt to keep up with orders from the Verandah and the Churchill Bar. Thank you.



This month's wines were supplied by Dee Dee Wines, Take Fin, Harvest Wines and Festive Wines; all were deluged with orders, such was the quality on offer. The Paradox Wine Accessory Company also came along and did very well with their fabulous range of wine glasses, decanters and the like; hardly surprising when the prices were so reasonable.

After the event the members meandered through to the Verandah where Khun Laak's exquisite Mediterranean buffet awaited them while Paul Jensen and his friends provided the musical entertainment. Everyone was in agreement that it's such a positive sign seeing the Club so busy on a Friday night. And speaking of busy, just wait till next month – yes folks, it's the biggie: the Christmas wine tasting on November 19th. Don't miss it!



Baz





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Tailamis Package

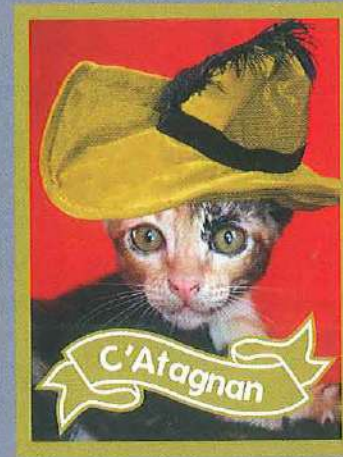
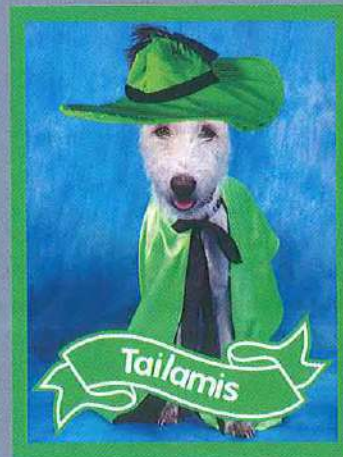
For US\$ 50 (THB 2,000) per you will receive a certificate of sponsorship for your chosen animal and monthly updates with photo via email, special occasion cards plus a free gift from SCAD.

C'Atagnan Package

For a one-time donation of US\$ 100 (THB 4,000) or over you will receive a certificate of sponsorship for your chosen animal and a warm, fuzzy feeling inside.

Our Muttketeer Motto is: "All for One? No, Some for All!" It means that the funds will go to help all the deserving cats and dogs in our care. For more information, please see www.scadbangkok.org or email: sponsorship@scadbangkok.org

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PLOENCHIT FAIR BY THE RIVER AT SHREWSBURY INTERNATIONAL SCHOOL



SATURDAY 29th NOVEMBER 2008

All the Fun of the Fair from 10.00 am – 8.00 pm

The British community's annual fund-raising blockbuster event for Thai charities will be held again this year on Saturday 29th November.

Ploenchit Fair is arguably the biggest fair in Asia and is a traditional day for all the family. It has been one of the biggest events of the social calendar in Bangkok since it was first held at the British Embassy in 1956. Everybody comes to Ploenchit Fair – you will be guaranteed to meet all your old friends and make new ones, buy everything and anything you need, enjoy fine international cuisine, totally exhaust your children with the variety of attractions on offer, enjoy our varied entertainment programme on the big stage throughout the day, sip Champagne and Pimms, win many of the thousands of prizes and go home rich in the knowledge that every baht you spend will go towards those less fortunate than yourselves.

For Kids – Once again we will have the all time favourites the Ferris Wheel, Carousel, Giant Wave Slide, Jumping Castle, Shooting Gallery, Go-Karts and the Euro Bungy. Many games stalls, the Colouring Competition, Clown Eckie the Ploenchit clown. Father Christmas will be paying an early visit to the Fair for our younger members.

For Dads – All the usual old favourites are confirmed – Coconut Shy, Darts, Water Splash, Football Shoot, the Golf Psychiatrist, Scalextric Race Track, Horse Racing and Tin Can Alley to name but a few and not to mention whiskey galore to be won on our Bottle Boys stall. Nestle Pirate's Treasure Island is full of great prizes and Castrol Honda's motorbike raffle and games are back. If you haven't got your Grand Raffle ticket, the British Chamber will be manning the stall – 80 top prizes to be won including tickets to London!!!

For Mums – The Petticoat Lane bazaar, some 50 shopping outlets along with our usual charity stalls selling their wares will offer a vast array of different products for all your Christmas needs, handicrafts and 'bits of nonsense'. Boots, our favourite high street chemists have a range of tempting special offers and Bingo is back with a bang. When exhaustion overtakes, you can relax in the breezy green spaces of this scenic riverside location – have a foot massage and even have your fortune told.

There is no need to carry heavy shopping bags or all your prizes at the Fair, Chubb Security will be manning a Left Luggage Section and if you run out of money and an ATM machine is in the grounds.

Our Cuisine - This year we have a team of international chefs led by Chef Erwin of the Dusit Thani cooking their specialities along with Witch's Fish & Chips, Coyote's Mexican, Bourbon Street's Creole, Hot Spuds and Bangers and Mash by Oh My Cod – British Cafe and Mrs. Balbir's famous curries. Tongue Thai will cater in our Thai Corner and 'Dunkin Donuts, Au Bon Pain, Starbucks and Swensons Ice Cream Parlour will sate the sweet-tooth in you all.

Our "Refreshments" – Fluids Asia will provide you with premium beers and ciders, Paulaner has ice cold lager, Tenderloin's Wine Bar will cater for the connoisseurs, Chang Beer, Thailand's own, will be pulling the pints and Frosty Margaritas from Coyote, Ice Cream Cocktails from Amaltery and the Pimm's special envoy will be manning his pump! Our own British Club's Tea Garden will feature cream teas.

There is no need to go hungry or thirsty at Ploenchit Fair!!

วันเสาร์ที่ 29 พฤศจิกายน 2551
เริ่มงาน 10.00 น. – 20.00 น.

ความสนุกสนานทั้งๆ นานๆ ที่งานเพลินจิต
รวมไปถึงการซื้อของเครื่องใช้ราคาถูกกว่าครึ่งราคา
และการต่อรองราคาอย่างเหลือล้น มีรางวัลมากมาย
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แถมเบอร์เกอร์ สลัด รวบรวมทั้งเครื่องดื่มนานาชาติ
ทั้งแบบเย็น บาร์เบียร์และความบันเทิง
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บัตรราคา ผู้ใหญ่ 100 บาท
เด็ก 20 บาท

Saturday, 29th November

Gate open 10.00 am – 8.00 pm

All the Fun of the Fair, Christmas Shopping and Bargains Galore, Thousands of prizes to be won, Raffles, International & Pub Food, Fish & Chips and Champagne & Beer Bar, Entertainment by the river.

ADULTS 100 BAHT,
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Tel: BCTFN 02 204 1587

www.ploenchitfair.org www.bctfn.org Bangkok Post

Our Entertainment—As well as all the games and activities there will be a full schedule of entertainment on the main stage by the river, commencing with the Pipers from Scotland, Shrewsbury's Jazz Band, yoga, martial arts and belly dancing displays and 5 live bands taking us into the evening.

Clown Eckie will entertain on the stage in the fairground, along with a Yoga display, a chance to see and be photographed with the Scottish Pipers, Martial Arts, Break dancing and a visit from the Magician.

STOP PRESS

It is hoped that the Thailand Olympic medallists from Beijing may be joining us at the Fair — this would be a special honour and your chance to see them up close.

Thailand's new English language radio station, Wave FM 88, will be broadcasting live at the Fair all day - meet the DJs face to face and expect to be interviewed.

A BIG THANK YOU

Ploenchit Fair would not be possible without the assistance of some 2,000 volunteers who will work not only on the day, but in many cases for some months in advance, to make the Fair possible and to ensure Ploenchit remains the unique fundraising event it has been over the last fifty years.

It would also not be possible without the support and assistance received from over 200 sponsors, from multinational corporations to individual donors and the British

Community Foundation for the Needy would like to take this opportunity to thank each and every one.

Please spend freely at the Fair, have a wonderful day and do not forget every baht you spend will help someone in Thailand less fortunate than yourselves.

WHERE THE MONEY GOES

BCTFN has raised over 40 million baht at the Ploenchit Fair since 2000. This has enabled the committee to support a vast range of diverse charity projects in all regions of Thailand.

The fundamental aim of our support is to promote self-sufficiency and to improve the lives of the needy.

The Committee never allocates cash, always oversees the projects personally and monitors progress on a regular monthly basis.

Projects include agricultural schemes, sanitation and irrigation schemes, educational materials and equipment, medical equipment and training, fish and silk worm raising projects, assistance with HIV and Aids awareness programmes, rice banks, village weaving and vocational skills projects. Some 25 – 30 different Thai charities are supported every year. For full details please refer to our website www.ploenchitfair.org

BCTFN

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BC CALENDAR November – The Month at a Glance

Sun	30	9:00-11:00am Tennis Team Practice Poolside 11:30-3:00pm Poolside BBQ The Verandah Noon-2:00pm THE SUNDAY CARVERY Silom Room 1:00-3:00pm Children's Activities 2:30-3:30pm Yoga	2	9:00-11:00am Tennis Team Practice 10:30am-2:15pm Squash Mix-in Poolside 11:30-3:00pm Poolside BBQ The Verandah Noon-2:00pm THE SUNDAY CARVERY Silom Room 1:00-3:00pm Children's Activities 2:30-3:30pm Yoga Suriwongse Room 2:30-6:00pm Bridge Tournament 4pm Guy Fawkes Celebration	9	9:00-11:00am Tennis Team Practice Poolside 11:30-3:00pm Poolside BBQ The Verandah Noon-2:00pm THE SUNDAY CARVERY	
Mon	 <p>Get this feeling</p>			3	9:00am-12noon BWG Mahjong 6:00pm Adult Swimming Lessons 6:00-10:00pm Tennis Match Play 7:00-10:30pm Pipe Band Practice	10	9:00am-12noon BWG Mahjong 6:00pm Adult Swimming Lessons
Tue	<ul style="list-style-type: none">■ Short Term Rental (daily, weekly, monthly)■ Long Term Rental■ Rental with Chauffeur■ Limousine Service <p>Location: Bangkok • Suvarnabhumi • Chiang Mai • Hua Hin • Pattaya</p> <p>Tel. 0 2696 8240 E-mail: info@europcar.co.th www.europcar.co.th</p> <p>Europcar YOU RENT A LOT MORE THAN A CAR.</p>			4	8:00-11:00am Tennis Ladies Mix-In 9:00-10:30am Ladies Tennis Clinic 10:00-11:00am Aqua Aerobics 2:00pm Boxing Training 5:15-9:00pm Squash Casual Mix-in 7:00-9:00pm Football Practice Churchill Bar 8:30pm-late Spoofing	11	8:00-11:00am Tennis Ladies Mix-In 9:00-10:30am Ladies Tennis Clinic 10:00-11:00am Aqua Aerobics
Wed	<p>5</p> <p>The Verandah Noon-2pm, 6-10pm THE MIDWEEK CARVERY 4:30-6:00pm Junior Squash Coaching 5:00-6:30pm Junior Tennis 6:00-10:00pm Tennis Mix-in</p> <p>Wordsworth Lounge 7:05pm BALUT TOURNAMENT 7:00-10:30pm Pipe Band Practice Churchill Bar 7:00 & 8:00pm PRESTIGE WINE ACCUMULATOR 7:30pm Bottle Draw</p>			12	<p>The Verandah Noon-2pm, 6-10pm THE MIDWEEK CARVERY 4:30-6:00pm Junior Squash Coaching 5:00-6:30pm Junior Tennis 6:00-10:00pm Tennis Mix-in</p>		
Thu	<p>6</p> <p>8:00-11:00am Tennis Ladies Mix-in 2:00pm Boxing Training 5:15-9:00pm Squash Mix-in</p> <p>James Bond Movie Tickets issued @ 6pm </p>			13	<p>8:00-11:00am Tennis Ladies Mix-in 2:00pm Boxing Training</p>		
Fri	<p>7</p> <p>2:00-5:30pm Junior Swimming Classes 4:30-6:00pm Junior Squash Coaching 3:30-5:30pm Junior Tennis 6:00-10:00pm Tennis Mix-in</p> <p>The Verandah Noon-2pm, 6-10pm JAMIE OLIVER BUFFET Clubhouse Upstairs 6:00-9:00pm CHRISTMAS WINE-TASTING Silom Sala 7:00-9:00pm Kids' VDO</p>			14	<p>2:00-5:30pm Junior Swimming Classes 4:30-6:00pm Junior Squash Coaching 3:30-5:30pm Junior Tennis 6:00-10:00pm Tennis Mix-in</p>		
Sat	1	9:00am-1:30pm Junior Swimming Classes 2:00pm Squash Handicap Mix-in  Disney Live! Tickets issued@10am	8	9:00am-2:00pm Junior Swimming Classes	15	9:00am-2:00pm Junior Swimming Classes	

<p>Silom Room 1:00-3:00pm Children's Activities</p> <p>2:30-3:30pm Yoga</p> <p>Suriwongse Room 2:30-6:00pm Bridge Tournament</p>	<p>16 9:00-11:00am Tennis Team Practice</p> <p>Poolside 11:30-3:00pm Poolside BBQ</p> <p>The Verandah Noon-2:00pm THE SUNDAY CARVERY</p>	<p>Silom Room 1:00-3:00pm Children's Activities</p> <p>2:30-3:30pm Yoga</p> <p>Suriwongse Room 2:30-6:00pm Bridge Tournament</p>	<p>23 9:00-11:00am Tennis Team Practice</p> <p>Poolside 11:30-3:00pm Poolside BBQ</p> <p>The Verandah Noon-2:00pm THE SUNDAY CARVERY</p>	<p>Silom Room 1:00-3:00pm Children's Activities</p> <p>2:30-3:30pm Yoga</p> <p>Suriwongse Room 2:30-6:00pm Bridge Tournament</p> <p>KYLIE MINOGUE LIVE Leave BC @ 6:45pm</p>
<p>6:00-10:00pm Tennis Match Play</p> <p>7:00-10:30pm Pipe Band Practice</p>	<p>17 9:00am-12noon BWG Mahjong</p> <p>6:00pm Adult Swimming Lessons</p>	<p>6:00-10:00pm Tennis Match Play</p> <p>7:00-10:30pm Pipe Band Practice</p>	<p>24 9:00am-12noon BWG Mahjong</p> <p>6:00pm Adult Swimming Lessons</p>	<p>6:00-10:00pm Tennis Match Play</p> <p>7:00-10:30pm Pipe Band Practice</p>
<p>2:00pm Boxing Training</p> <p>5:15-9:00pm Squash Casual Mix-in</p> <p>7:00-9:00pm Football Practice</p> <p>Churchill Bar 8:30pm-late Spoofing</p>	<p>18 8:00-11:00am Tennis Ladies Mix-In</p> <p>9:00-10:30am Ladies Tennis Clinic</p> <p>10:00-11:00am Aqua Aerobics</p> <p>2:00pm Boxing Training</p> <p>5:15-9:00pm Squash Casual Mix-in</p>	<p>7:00-9:00pm Football Practice</p> <p>The Verandah 7:30pm JOHN SMITH'S BAR QUIZ</p> <p>Churchill Bar 10:00pm-late Spoofing</p>	<p>25 8:00-11:00am Tennis Ladies Mix-In</p> <p>9:00-10:30am Ladies Tennis Clinic</p> <p>10:00-11:00am Aqua Aerobics</p>	<p>2:00pm Boxing Training</p> <p>5:15-9:00pm Squash Casual Mix-in</p> <p>7:00-9:00pm Football Practice</p> <p>Churchill Bar 8:30pm-late Spoofing</p>
<p>7:00-10:30pm Pipe Band Practice</p> <p>Churchill Bar 7:00 & 8:00pm PRESTIGE WINE ACCUMULATOR 7:30pm Bottle Draw</p> <p>Suan Thip Restaurant, Nonthaburi LOY KRATHONG CELEBRATION</p>	<p>19 The Verandah Noon-2pm, 6-10pm JAMIE OLIVER BUFFET</p> <p>4:30-6:00pm Junior Squash Coaching</p> <p>5:00-6:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p>	<p>7:00-10:30pm Pipe Band Practice</p> <p>Churchill Bar 7:00 & 8:00pm PRESTIGE WINE ACCUMULATOR 7:30pm Bottle Draw</p>	<p>26 The Verandah Noon-2pm, 6-10pm THE MIDWEEK CARVERY</p> <p>4:30-6:00pm Junior Squash Coaching</p> <p>5:00-6:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p>	<p>7:00-10:30pm Pipe Band Practice</p> <p>Churchill Bar 7:00 & 8:00pm PRESTIGE WINE ACCUMULATOR 7:30pm Bottle Draw</p> <p>MICHAEL LEARNS TO ROCK, LIVE IN BANGKOK Depart Club @ 6:45pm</p>
<p>5:15-9:00pm Squash Mix-in</p>	<p>20 8:00-11:00am Tennis Ladies Mix-in</p> <p>2:00pm Boxing Training</p> <p>5:15-9:00pm Squash Mix-in</p>	<p>The Verandah 6:00-9:00pm ITALTHAI GEORGES DUBOEUF BEAUJOLAIS NOUVEAU PARTY</p>	<p>27 8:00-11:00am Tennis Ladies Mix-in</p> <p>2:00pm Boxing Training</p>	<p>5:15-9:00pm Squash Mix-in</p>
<p>The Verandah 6:00pm ELIZABETHAN BUFFET & BARBECUE WITH KIDS' ACTIVITIES</p> <p>Silom Sala 7:00-9:00pm Kids' VDO</p>	<p>21 2:00-5:30pm Junior Swimming Classes</p> <p>3:30-5:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p> <p>The Verandah Noon-2pm, 6-10pm THANKSGIVING BUFFET</p>	<p>5:00pm onwards 28th STC INTERPORT BALUT COMPETITION</p> <p>Silom Sala 7:00-9:00pm Kids' VDO</p>	<p>28 2:00-5:30pm Junior Swimming Classes</p> <p>3:30-5:30pm Junior Tennis</p> <p>6:00-10:00pm Tennis Mix-in</p> <p>The Verandah Noon-2pm, 6-10pm CURRY BUFFET</p>	<p>Wordsworth Lounge 6:30pm CHILDREN'S CHRISTMAS BALL</p> <p>Silom Sala 7:00-9:00pm Kids' VDO</p>
	<p>22 9:00am-2:00pm Junior Swimming Classes</p>	<p>10:30am onwards 28th STC INTERPORT BALUT COMPETITION</p>	<p>29 9:00am-2:00pm Junior Swimming Classes</p>	

On the menu . . .

In keeping with our Elizabethan theme, we've recreated some authentic Elizabethan recipes which you can try for yourself or serve up on special occasions.

The three very distinctive – and delectable – Elizabethan dishes below offer a microcosm of the cuisine in the sixteenth century: there's a hearty, heavy meat dish; a vinegared, spicy taste sensation and something for those with a sweet tooth. And not a peacock pie in sight!

Sack Posset

Ingredients:

300 ml sack (Any fortified wine such as marsala, sherry or port will also work)

1.1 litre single cream

4 egg whites

8 egg yolks

150 gm sugar

4 nutmeg quarters

2-3 sticks of cinnamon

Caster sugar for dusting

Ground cinnamon, to decorate



Directions:

Place the cream and cinnamon sticks in the pan, bring to the boil and keep at low temperature for a few minutes. Remove the mixture from the heat. Beat the eggs together and add a spoonful of egg mixture to the cream. Keep stirring continuously until all the eggs are mixed with cream. Meanwhile, bring the sack to the boil and add sugar in it to dissolve. Then add the nutmeg quarters. Heat the cream mixture but don't allow it to boil. Take it off the heat. Allow the sack to boil. Whisk the cream mixture and gently pour it in the sweetened sack. Remove the nutmeg and cinnamon and keep it to heat so that it gets thickened. Don't allow it to boil. This custard-like dessert can be served immediately or when it can be poured into glass bowls and chilled in the fridge. You may dust the surface of the sack posset with caster sugar and cinnamon.

Elizabethan Pickled Mushrooms



Ingredients:

230 gm mushrooms, about 3 cm in diameter

480 ml water

2 cloves

2 tsp peppercorns

1 tsp salt

180 ml white wine

1 thin slice of fresh root ginger

½ nutmeg, sliced into fragments

1 tsp vinegar

Roast Fillet of Beef



Ingredients:

1 kg beef fillet

180 ml beef stock

2 egg yolks

60 gm finely chopped chives

2 tbs molten butter (for the sauce)

4 tbs molten butter (to baste the meat)

60 g finely chopped parsley

¼ tsp savory

¼ tsp thyme

60 ml red wine vinegar

Large pinch of ground black pepper

1 tsp salt

Directions:

Preheat the oven to 220c. Place the beef fillet in the roasting dish, cover it with molten butter and place it in the oven. Immediately reduce the heat to 180c; roast for about 30 minutes and cover it with some of the remaining butter every five minutes. At the end of the cooking, keep the beef aside to rest in a warm place. To make the sauce, place all the remaining ingredients (except egg yolks) in the saucepan and bring them to boil. Immediately reduce the heat and cook for about 15 minutes. Remove 60 ml of sauce and add the egg yolks to the sauce in a bowl. Beat it continuously so that it mixes properly. Place the egg mixture in the saucepan and cook it, stirring continuously, until the sauce starts to thicken. At this point, add the meat juices into the sauce and cook it for a few minutes. Arrange the beef slices on a warmed plate and spread the sauce over the meat and serve immediately.

Directions:

Wash the mushrooms with a damp cloth (avoid washing under running water as they will absorb water and won't pickle properly). Slice off the stems within 1 cm of the cap. Add water, mushrooms and half the salt to a saucepan and bring it to boil. Once it starts to boil, immediately drain the mushrooms and keep them a large screw-top jar. Add the spices, remaining salt and then pour the white wine and vinegar over the top. If the liquid is not sufficient on the top add more white wine and vinegar. Cover the jar with a plastic ring in order to protect the cap from corrosion. Invert the jar several times so that the spices are evenly distributed in the pickling liquid. Store the jar in a cool place for about 3-4 days before serving.



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The Siamese Wellness Day



A celebration of women, Thai customs and traditions



The British Club and the Neilson Hays Library were chosen as a beautiful setting for the first BNH Hospital and the Bangkok Breast Cancer Support Group (BBCs) Siamese Wellness Day on Wednesday, 1st October.



Despite a very wet start to the day, the British Club team and staff from the BNH Community Relations Centre managed to make everywhere look beautiful and feminine with fresh flowers, pink balloons and ribbon decorations. Ladies started arriving from 9:00 am onwards and could choose either an early morning coffee and cake in the Wordsworth Room, or a relaxing foot massage provided by the Wat Po School of Traditional Massage in the Silom Room, as they waited for others to arrive.



By 10:00 am over 80 ladies had gathered in the Silom Room to listen to an informative and encouraging talk by Dr Kris Chatamra MD of the Queen Sirikit Center for Breast Cancer at Chulalongkorn Hospital and breast cancer consultant at BNH Hospital. Marcia Hefetz, Chairperson of the BBCs, spoke about the group's voluntary work and Khunying Finola Chatamra mentioned the fund raising "Cancer Care Run" which will take place in Lumpini Park on 1st November.

Srinakarin Wirot University students then gave a gracious demonstration of Thai classical and contemporary dance after which the Siamese Wellness Workshops were officially declared open.

By lunch time numbers had increased to 120 ladies who were spread around the British Club and the Neilson Hays Library at many small workshops where they could learn Thai costumes and crafts, such as lotus flower folding and making flower dolls demonstrated by Khun Navarat Dharmasaroj, making





Jasmine garlands demonstrated by Khun Srisuda, walking meditation taught by Mae Chee Brigitte, Thai herbal tea tasting and making of herbal presses and birth stone calculations by the Department of Oriental Medicine at Rangsit University, Thai fruit carving demonstrated by the British Club, Kratong, grasshopper and butterfly weaving and traditional Thai hair decorations demonstrated by Khun Neung.

The British Club provided a scrumptious and very popular Thai and international buffet with Roast Lamb and Baked Ham, a variety of vegetarian dishes including tasty salads, as well as old favourites: cauliflower and broccoli in cheese sauce and mushroom stroganoff.

The BNH Hospital team sold "Let's Fight Breast Cancer" T-shirts and teddy bears to help raise funds and sold raffle tickets. The first prize – a watercolour painting of Lotus Flowers - was painted and donated specially for the event by BBCs Committee Member, Chitra Chahal.

Sponsors of the event included BNH Hospital, Astra Zeneca, GlaxoSmithKline and BJC Healthcare. Funds raised by this event and other activities organised by BNH Hospital during October will be donated to the BBCs Outreach Project which will help women in Thai communities learn how to detect breast cancer in the early stages.

Angela Stafford





With Reed Passmore

Dear Members,

October has been an action packed month for members and staff - to summarise:

The Amazing Race was huge, Halloween scary, kids' parties fun, swimming lessons hard and the junior rugby going from strength to strength with the help of members' coaching. There are more activities then ever at the Club... and we are loving it!!

The 4 hard courts are just around the corner and we are expecting them to be as busy as ever.

The redevelopment on the back lawn is coming together nicely and we are looking forward to seeing the rugby, football and hockey sections out there whenever possible.

Cricket will start up again soon with junior cricket training on weekends and team training during week nights and afternoons.

I would also love to see a midweek 5-a-side football competition start up with members playing against each other and organising a mini league. This would be a fantastic way to have an active night during your week and have a refreshing cold one afterwards on the lawn.

So with all that's going on around the Club I hope to see as many members as possible enjoying the great facilities and activities.

Fitness tip of the month

Boost Your Energy

- Skip the nightcap. Alcohol prevents your body from entering REM sleep (the most restful sleep phase). So, even if you're getting plenty of sleep each night, you may not feel fully rested.
- Have your BP checked. Up to 60% of men between 18 and 39 may have high blood pressure, a prime source of fatigue.
- Limit lunch to 500 calories. High-calorie meals take longer to digest and end up pulling energy away from other cells in your body.
- Don't skip breakfast. Breakfast eaters not only feel better mentally and physically compared to people who skip breakfast, but they also tend to have a healthier lifestyle and are better at dealing with depression and emotional stress.
- Just lose it. Whether you're packing an extra 5 pounds or 50, the further over your ideal weight you are, the less energy you ultimately have.
- Get a massage. Studies show that massage helps you conquer three serious energy drainers—anxiety, headaches, and muscle soreness.



Members 5 a side football

BC 5-a-side mini league to be played mid-week at the club. If you would like to start your own team or be put into a team please contact me and I will get this up and running.



Personal Training

Christmas is just around the corner so now is the time to start getting into shape. Personal training, fitball class and circuit training are all great ways to increase your general health and fitness, improve strength and drop unwanted weight.



Swimming Gala

Sign up for the second swimming gala of the year. This is for all members, all ages and all levels. 30th November. Sign up early!



Regular Sports, Games & Activities

Aqua-Aerobics

Tuesday 9:30–10:30am

Balut

1st Wednesday of every month 7:05–9:00pm Wordsworth Lounge

Boxing Training

Tuesday and Thursday 2:00pm

Bridge

Sunday 2:30–6:00pm. Tournament play in Suriwongse Room (except last Sunday of every month)

Circuit Training

Thursday 6:00pm

Sunday 2:00pm

Fitball Training

Monday–Thursday 10:30am

Saturday 2:00pm

Pipe Band

Monday 7:00–10:30pm Practice - upstairs Clubrooms

Wednesday 7:00–10:30pm Practice - upstairs Clubrooms

Rugby Juniors

Sunday 3:00pm

Salsa Dancing

Wednesday 6:30pm

Spoofing

Tuesday 8:30pm until late – Churchill Bar

Squash

Tuesday 5:15–8:15 Casual Mix-in

Wednesday and Friday 4:30–6:00pm Junior squash coaching

Thursday 5:15–9:00 Mix-in

1st Saturday of every month 2:00pm Handicap Mix-in

1st Sunday of every month 10:30am–2:15pm Mix-in

Swimming

Monday 6:00pm – adult swimming lessons (free)

Friday 2:00–5:30pm junior classes

Saturday 9:00am–2:00pm junior classes

Tennis

Match Play: Monday 6:00–10:00pm

Mix-in All Standards: Wednesday 6:00–10:00pm

Friday 6:00–10:00pm

Ladies Mix-in: Tuesday 8:00–11:00am

Thursday 8:00–11:00am

Team Practice: Sunday 9:00–11:00am

Tennis Juniors

Friday 4:00–6:00pm

(Contact Reed in the Fitness Centre for more details)

Yoga

Sunday 2:30–3:30 pm

Sports/Activities Price List

Aqua Aerobics

Bt.2,500 for 5 sessions

Boxing Training

Boxing/kickboxing sessions – Bt.400 (must book in advance)

Circuit Training

Bt.125 per session

Fitball Training

Package deals or Bt.200 per session (drop-in)

Massage

Thai massage/foot massage – Bt.250 per hourly session (except Mondays)

Rugby Juniors

Bt.125 per session

Salsa Dancing

Bt.2,100 for 6 lessons

Squash Coaching

With Khun Rit – Bt.300 per session

Squash courts

Bt.50 per 45 min

Swimming

British Club swimming lessons – Bt.325 per lesson, Bt.3,250 for 10 lessons

Tennis Juniors

Bt.5,000 for 10 lessons

Tennis courts

Bt.30 per hour am/Bt.90 per hour pm

Tennis knockers

Hourly knocking sessions with – Khun Jang (Bt.550), Khun Kaew (Bt.500), Khun Tom (Bt.400), Khun Choon (Bt.400), Khun Phon (Bt.300), Khun Champ (Bt.300)

Yoga

Bt.2,500/month for 10 sessions; drop-in Bt.300 per session

The AMAZING RACE In Bangkok



On the 4th October the British Club along with the Australian Embassy ran the first ever Amazing Race Around Bangkok. Forty participants joined in and all completed the day. We had a Thai dancing Station hidden in Lumpini, a medical stand set up by Bangkok Hospital, cricket eating and Thai lessons in the Emporium park, tasks at Wat Arun which required all racers to enjoy a water taxi ride plus a paddle in Queen Sirikit Park, and more.



All racers started the day with an envelope containing Bt.500 plus a clue to their first task. From there it was up to each team to navigate their way around Bangkok, completing various funny, embarrassing and physical tasks.



The day was a complete success due to the Bangkok Hospital, Grande Sheraton Sukimvit and Rajawongse Clothier all sponsoring the event. Thank you to Seksan from Bangkok Hospital for also donating his personal weekend time plus staff for the day. I would also like to thank Jude for all her hard work plus all the entrants who joined in. Stay tuned as the next one promises to be bigger and better.



Reed

Amazing Race Bangkok II coming in February 2009



September 2008 Report

Hassell Stableford

At the beginning of September fifteen players went to Khao Kheow for our monthly Stableford competition. This course is situated by the zoo of the same name on the way to Pattaya, and now that the road works are finished (well, as finished as they will ever be), playing here makes a pleasant change. Khao Kheow is a pretty course which has been well-designed to make full use of the contours and natural features with trees which trap mishit golf balls. Despite a fierce thunderstorm and scary lightning which stopped play for a while, we all managed to finish the 18 holes, albeit soaking wet. The winner was Jim Moroney with 36 points with Brian Brook in second place and Mike Staples third.



Khao Kheow winner Jim



Khao Kheow

Volvo Cup Match against the Scandinavians

This popular annual match was played at the Royal golf course with 20 players from each side playing a variety of formats; single match play, pairs' match play and pairs' Texas scramble. As ever the competition was played with great friendliness and we all enjoyed eating and drinking together afterwards. We enjoyed meeting our Scandinavian friends again and captain Juha worked hard with Maureen to organise the pairings. The Scandinavian team also provided generous prizes for the near pin, long drives and longest putt. The competition was extremely close; when the first results came in we thought we



Volvo Cup – Ray and Jim discussing tactics



Volvo Cup breakfast before the game



Volvo Cup – longest drive was THIS far



Volvo Cup being presented to winning captain Juha

were winning but the Scandinavians pulled back to level the score and as they had won the Cup last year, they get to keep it this year. Well done to the Scandinavians and thank you for a great day's golf.

Milford Brown Firefly Medal

Brought forward a week from the usual last Sunday in the month slot to accommodate the Magpie Putter, this month's Medal turned out to be a ladies' day with Yurachat walking away with B flight honours from Bob and Peter G, and Tracy prevailing in A flight from Mike & Peter S. All the talk during the day was of what might happen later in the night at Valhalla on the final day of the Ryder Cup - the least said now the better!



Medal 'A' Flight



Medal 'B' Flight



Captain's motivational speech at the Royal

Magpie Putter Match against the Wanderers

For the third Sunday in a row we found ourselves at the Royal - maybe we think it gives us an advantage in matches against other societies! The format for this event was pairs' scramble stroke play. Thirteen pairs teed off for both sides, and the majority got soaking wet as the heavens opened and flooded the course, causing the match to be abandoned with just two or three holes left to play. Never mind, we enjoyed the friendly rivalry and are due to try again on Saturday 20th December to retain custody of the Magpie Putter until next year.

Seara Sports MatchPlay Championship

This year's event looks as though it'll come down to the wire. Both the main event and the Plate have reached the semi-final stages, so watch this space for the winners.

Club Championships

We are looking forward to our club championships which will be played on 15th and 16th November at Phoenix, Pattaya, and we are very grateful to MPMG for sponsoring this event.

Golfer: Do you think it is a sin to play on Sunday?

Caddy: The way you play, sir, it is a sin on any day

Golfer: Please stop checking your watch all the time, it's too much of a distraction.

Caddy: It's not a watch, it's a compass.





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Squashy Bits

Sorry! No Squashy Bits for the last two months because I have been travelling again. But actually they were pretty quiet months and you didn't miss much! Things picked up after the holidays however with both the Club Handicap Tournament and Tony Austin Cups played in September and early October. Peter Corney reports:

BCB Squash Handicap and Plate

The finals of a hard-fought Handicap Championship were played on 21st September. There were 16 entries with many matches going to 5 sets. Of note, Jonathan Loney failed to claim let not once, but twice on match point playing Ja, when both times it would have definitely been a stroke if called.

The semi-finals were played between Jonathan Loney and Peter Corney and Ken Grimshaw and Da for the plate event. After close, hard games Peter and Ken went on to play the finals.

In the main event Ja played Rit and James Crossley Smith played John Vivian. These were again hard, close games with Ja and John going on to the finals.

In the final of the plate, a highly focused Ken bought his "A" game to the match and with only a difference of 2 points in handicap defeated veteran Peter 15-9, 15-12, 15-13. Ken made some fantastic retrievals and great volley service returns from the right side which left Peter shaking his head (and saying rude things .Ed) in disbelief. Ken was a worthy winner. (Indeed Ken was on fire and afterwards we could only remember him making two unforced errors all match. "Never felt better in my life!" explained 58-year-old Ken, "amazing what you can do when you have no aches and pains!")



Handicap Finalists



Comparative youngsters played the final of the main event averaging only 48 years old! Ja started on -2 and John on +5. In a very entertaining match Ja won 3-1; 15-10, 10-15, 15-14, 15-13. There were some great rallies and the match was played in excellent spirit with the handicap difference proving to be reasonably accurate.

There were then the usual drinks and eats on completion which gave a great end to the day.

Thanks to Peter for organising another very successful event and to all members who entered for making it so enjoyable.

BCB Tony Austin Cup

The Tony Austin Cup is for over 45s which includes most of the players in the squash section. This year we changed the format to make it more competitive. The difference in age between the two players was divided by 2 and used as per the handicap system.

The final was played on 3rd October between 58 year old Charles Whiteley and 45-year-old Ja. Unfortunately the traffic and the weather were really bad and there were only a few spectators at a fine match. Charles commenced on +5 and Ja on -2, first to 15, American scoring.

Ja won the first game 15-13 but Charles raced to a 9 -1 lead in the second, then 13-7 before Ja fought back to 14 all. However Charles snatched the last point to win 15-14. Ja then won the 3rd 15-10 and in the fourth game the score was 14 all and Charles hit the ball into the tin giving Ja the match 3-1.

Ja was very focused and both players played hard and chased everything. It was a great match played in good spirit with many long hard rallies. The few members lucky enough to be there were treated to an excellent spectacle.

This completed a hat trick of wins for Ja this year. He has won the Club Championships, the Handicap Championships and the Tony Austin Cup in the same year. This has never been done before and is well-deserved as Ja has been the losing finalist many times in the Club Championships. Ja has always supported all competitions at the BCB and is a fine player and competitor so it is very fitting that he should be the first to achieve the treble.

Book recommendation

As Peter and I regularly prove, it's not easy writing about squash matches and this is probably why there are not many novels about the game. Recently though I was recommended to read "Saturday" by Ian McEwan and I pass on the recommendation. Ian McEwan is a brilliant writer (Atonement, Amsterdam) and



Never felt fitter!

this is a best seller which includes a great description of a Saturday morning squash match between a neurosurgeon and his, until the match, best friend. Have a word with Dean, he probably has it on offer at B2S!

Committee stuff

Members of your Squash Committee attended a Club Sports Council meeting the other night, a great new initiative from the GC to understand the role of the sections in the well-being of the Club and to review policies for section support. In putting together a review of all our activities we estimated that the section organises approximately 500 squash matches a year (excluding mix-ins and training) and contributes at least Bt. 700,000 to Club revenues during section events. We listened to how other sports sections are ageing and suffering low morale. Ageing? Not us! Low morale? Not us! I came away proud to be a member of the squash section and deeply indebted to Peter Corney in particular for his endless commitment to BC squash and people like David Eastgate who unfailingly organise tournaments for us, month in and month out with never a complaint. Well done lads!

League Winners

A bit of catching up to do on league winners, but congratulations to the winners of September League #235: Division 1 **Shiraz Poonevala**, 2 **John Vivian**, 3 **Marvyn Lewis**, 4 **Ken Grimshaw**

And August League #234: Division 1 **David Lines**, 2 **Chris Vendrell** 3 **Dean Thompson**, 4 **John Drew**

And July league #233: Division 1 **David Lines**, 2 **John Vivian**, 3 **Bill Randall**, 4 **Mark Fowler**

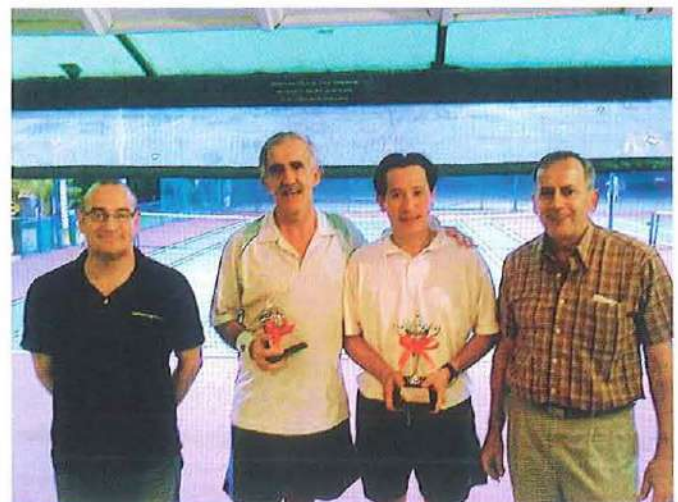
Happy Squashing!
Jack Dunford



Ja, Triple Champ



Tom Gives the Youngsters a Few Tips



Tony Austin Finalists

"BALUTING IN THE OASIS"

By Paul Cheesman

We are honoured to be hosting the 28th STC Interport Balut Competition on 21st and 22nd November. Balut is a dice game played by many Members' Clubs around Southeast Asia which has its origins (allegedly) back in Roman times when Julius Caesar was heard to utter the immortal phrase "Alea iacta est" ("The die is cast"). In more modern days, the game of Balut was founded post-WW2 by a group of US servicemen in the Philippines, and with present day rules established in the Singapore Town Club in 1978, the game has built up a strong following throughout the region.

Fifteen Members' Clubs across Southeast Asia play the STC rules game from the Tanglin Club Singapore to the Royal Brunei Yacht Club, from the Sarawak Club to the Manila Yacht Club, and the highlight of the Baluters' year is the annual international competition being hosted by one of the member clubs. This year is the first time in the 28 years of the annual Inter-port competition that it has been played on Thai soil. Some 160 players are expected to take part.

Balut is a new pastime at the British Club Bangkok as it was only introduced in March 2007, but so far the Club has won two Inter-Club Tournaments, it came ninth out of 35 teams in last year's Interport and one of its members jointly holds the title of the highest score achieved in any one game since time immemorial, namely 169.

The STC Balut Competition, however, is not merely about throwing dice (although that part is taken very seriously) – it is a huge social gathering with lots of good food and entertainment laid on to make the whole contest full of fun and friendship. The tournament is being organised by a select group of individuals, known by the designation 28OC – section officers Phil Alexander, Bob van Es and Paul Cheesman ably assisted by Roger Willbourn, Stephen Mallon, Tony Rodriguez and Steve Eaton, or colloquially known as TC, Bowling Ball, Mr C, Jammy, The Squire, Slow Poke and Swampy (see picture).



The competition will start on the Friday evening with a welcome party to be launched by Daniel Pruce, the Deputy Head of Mission at the British Embassy and the Club's chairman Dr. Andrew Roberts, more cordially known as "The Doc". After a very few speeches, and aided by the mandatory 'open bar', the evening will drift away to the sounds of a local band. After some formalities at the beginning of day two, the first serious order of the day is luncheon, hopefully to get everyone in the mood for the competition; the Club's Executive Chef, Khun Wilailuck Srisawad, is set to prepare meals for all tastes.

The actual competition will be held on the Saturday afternoon with eight rounds of Balut being intertwined by refreshment and the occasional nicotine breaks, and with Club staff on hand at all times for those not wishing to have to walk to the bar. Spot prizes will be awarded by our Master of Ceremonies Roger "Jammy" Willbourn, who will ensure a fair but fun tournament, and timely and accurate scoring will be under the purview of David Quine with his amazing Technicolour dreamcoat (better known as his internet-based Balut scoring system).

After a well-deserved break (for shopping, changing or merely stretching one's legs in the direction of the bar) the competition will conclude on Saturday evening with the tournament prize-giving dinner ... good food, fine wines, lots of prizes and the added sounds of Khun Jok, the resident DJ at 'Det 5 Bar &



The 28OC ... TC, Swampy, Mr C, Bowling Ball, The Squire, Slow Poke and Jammy

Restaurant' to enable players to dance and croon the night away.

If that were not enough, ahead of the Competition we have been asked to arrange golf for various overseas Interporters, so George Okrasa is organising this for 9am on Friday 21st November and all Club members are welcome to join them.

The 28th STC Interport Balut Competition is supported by the Tourism Authority of Thailand and sponsored by Martello Realty, ICPA, RSM Advisory, Det5 Bar & Restaurant, the Narai Hotel, Murkh Tailors, Synovate, ACH Management, Central Retail Corp, Yes Technologies, Erawan Interactive and, of course, the British Club Bangkok. Our thanks also go to Club members Roger Johns and Simon Davies for personal sponsorship.

Comprehensive details of the competition and its venue can be found on the competition's own website: <http://www.britishclubbangkok.org/28th-interport>. The cost of the Competition is 4,000 Baht per person which includes the 'Open Bar' on both days, the Welcome Party, Saturday Luncheon and the Tournament Dinner - Club teams (four people) can register up until mid November. For additional information please contact the Organizing Secretary, Paul Cheesman, on paulc@truemail.co.th.

STOP PRESS: 15/10/2008 ... RECORD SCORE OF 165 SCORED BY MOMO ... SEE CHURCHILL BAR WALL

SENIOR MEMBERSHIP

Have you been a member for more than 10 years and are you over 60 years old?

If your answer is "Yes" to those two questions above then you may qualify as a "Senior Member".

Please contact Membership Department for your application form for Senior Membership. Tel. 0 2234 0247 or E-mail : membership@britishclubbangkok.org

SENIOR MEMBERS

56. Members of the club who have reached the age of 60, and have been Ordinary, Country or Associate Members for a minimum of ten years shall, on application to and approval of the General Committee, pay subscriptions at 50 percent of the applicable monthly rate.

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THE NEVER-ENDING SEASON KEEPS ON ROLLING

We are often asked when exactly the Thai rugby season starts and ends. For many teams the season starts around August and ends late November but I can't remember the last time our teams had more than two weeks off during the entire year. Since taking over the management of the Section, Magnus Anderson and I have been concentrating all available resources on promoting the Section within our Club and the development of rugby in Thailand by nurturing talent and training and accepting new players to our teams and also playing teams from all parts of the Kingdom. Rugby is still very much concentrated in Bangkok but new teams have sprung up in the provinces during the last decade or so; however, these new teams often lack competitive fixtures because the majority of Bangkok-based teams won't consider playing in the provinces because of the high costs involved.

Although there are a vast number of teams in Thailand the majority never get to play competitive rugby. That is where we come in: we scour the land for these universities and clubs which are desperate for fixtures and when we find them we play them! People are shocked at the amount of rugby we play and find it hard to believe that we manage over 100 games a year; it certainly sounds like a lot but playing an average of four games a week and including all 10s and 7s events....well, all I can say is that it's very lucky we have 60 players to choose from!

We had just under a month to put the team through its paces and get the players drilled for the League which was fast approaching for all our teams: the British Club 1st XV kicked off the League against the Royal Thai Army on Sunday 29th September at the Air Force Cadet School.

We were hosted by Lad Krabang University on Tuesday September 9th. The torrential evening rains of recent times have made the fixtures much more interesting – not perhaps the finest spectacle but extremely enjoyable to play in. Lad Krabang University caught the BC off-guard – perhaps we underestimated our opponents: they're usually quite weak and serve as just a decent warm-up. However on this occasion they'd managed to slip and slide their way to a 15-5 lead at half time. The conditions made it impossible to kick so not only were we going to have to score three more tries to win but we were also going to have to prevent our opponents from adding to their tally.



Plans never seem to work out quite as intended however, and Lad Krabang scored off the kick-off. The boys regrouped after a hefty boot up the backside from Morcar and decided to play traditional, hard-nosed rugby. None of our backs touched the ball for the rest of the game while our bigger forwards mauled and rucked the ball up and down the field for the next 30 minutes with Rob Milsom sneaking in with four tries, eventually to win the game 25-20. A prop scoring four tries! Oh, how he will pay! An exciting game and an important lesson for the boys: we must adapt and play to the conditions while adjusting our game as necessary to the opposing team.

Our next game was on Saturday September 13th against Kings College U19s. It may be a schoolboy team but it's also one of the toughest in the country. These boys have been playing rugby for over ten years – they're well-drilled, supremely fit and astoundingly fast: exactly the kind of challenge we need. In the two years since we began playing them we've not lost to them once, a fact that must be extremely frustrating for such a proud rugby school.

The game was fast and frantic; our opponents evidently had a game plan to run us off our feet and for the first twenty minutes it was like chasing chickens as the younger Kings College boys ran rings around us. I'm not sure how but somehow we managed to keep them off the scoreboard. Max, our inspirational fly-half somehow managed to scare one of the Kings boys and turn over the ball. Now it was our turn: Morcar had deliberately instructed the lads to play an open and running game; we were not allowed to use our strength and pack against the younger boys. What we needed was to practice our running game – consequently the game was so free-flowing and entertaining that at times it resembled a 7s match. Max and the Kings fly-half traded penalties making the score 12-12 as the final whistle blew: an excellent work-out and our unbeaten record against Kings College still intact.

The Bangkok Japanese were up next on Sunday September 14th. In hindsight it probably wasn't a good idea playing the day after the Kings game but it was already arranged and we couldn't let our Japanese friends down. The boys clearly had left everything on the Kings College field and were no match for the hungrier Japanese – a very disappointing game in which everyone somehow managed to play poorly. The Japanese were deserved – and comfortable – winners, 31-21.

Our next match took us up to Korat province in the northeast to play against Nakorn Ratchasima provincial team, the game being played on Thursday 18th at Korat Army Base. We turned up in time to see the groundsman chasing about thirty cows off the field – amusing up to a point until we considered all the fresh cowpats we'd be rolling around in!



The Korat team was led by one of our ex-players, Kitty, who is now a member of the Thai national side and plays as a regular in the Thai Royal Army. Kitty's been recently promoted to the rank of lieutenant so we knew we'd be up against a well-drilled side. The game was very even with both teams really going for it and ignoring the obvious smelly landmines. James Blackwell proved to be the difference between the two teams – a new member of the BC and hailing from Liverpool, James scored three of our 22 tries. It's always handy to have a player you can just throw the ball to, shut your eyes and hope for the best. It's a shame James won't be with us for long because he's a seriously useful player. We are though trying our best to get him back for more rugby – hopefully on a permanent basis.



We fared better in the game than we thought we would; we were trying to keep the score below 60, a feat we accomplished – we kept the Army down to 58 and scored 14 ourselves and in the process managed to frustrate one of the Cup favourites for long periods of the game. Our boys' efforts simply couldn't be faulted: they performed exactly as we'd hoped they would but were basically out-muscled and out-played in every department.

Our final game took place on Sunday 21st and pitted us against East Asia University. We turned up and were stunned to see that they had 17 ex-BC players in their squad – it was almost like a homecoming! We knew from the kick-off that our less experienced players would have no chance; physically there wasn't much to choose between the teams but the Eastern boys had too much guile, knowledge and experience. The game ended 58-0 to the East boys. And ominously twelve of the East lads will be in the Army squad against us in the League next week!

Considering the amount of players we'd lost to other teams this year aiming for the 3rd Cup was going to be a tough ask and if that were not enough, with kick-off fast approaching we were still waiting for our best players to turn up. Eventually they arrived but wearing the wrong kit! The Army had bought our best players and left us with just the young lads and a few old veterans – however, we'd prepared well and tried to iron out the mistakes we'd made in the previous game against the East boys. Losing our better players is becoming a normal and expected occurrence but still, only knowing five minutes beforehand is a bit much – what could we do though, we had to play. Auntie Mook, our kit lady who's been with the team longer than anyone can remember noted that in the past she's washed the kits of 27 out of a total of 30 players in the Army's squad – a predictable, yet deeply annoying observation! The big teams are now using the BC as a feeder club which makes it increasingly hard for us to compete but c'est la vie – what can you do?

Our subsequent week off in the League meant only one thing: another practice game. As we were hoping to play in the 3rd Cup we arranged a game against Nakhon Phatom who are also hoping to win the 3rd Division – they are, therefore, our main rivals. The game was played at Silapakorn University out in Nakhon Phatom on Friday 3rd October. The game was incredibly physical with forwards crashing off each other all night, trading blow after blow. The Nakhon boys knew as well as we did that this match could be the final of the 3rd Division: a win for either team would give the victors a slight advantage in the League. In probably the most grueling game of the year, neither team would give an inch: the game ended with the scores level, 5-5. The next game will be very interesting indeed.

Nakhon Phatom very generously put on a magnificent spread for us after the game – there was a beer tent and a BBQ with a whole pig on a spit; what a way to start the weekend!

The management of the Section continues to provide constructive input to the development of our Club; we're always searching for new ways of promoting the British Club while providing our members with interesting rugby events. We can't wait to get started with our Thursday training sessions on the multi-sport court – the sooner the better, in our view. The Thursday training session is the longest-running rugby training event in Bangkok and for many years has served as a focal point for all rugby enthusiasts in Southeast Asia.

Yours in rugby,

Morcar McConnell
Secretary Rugby Section

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TENNIS

Development Update - Tennis Courts

The new Green Set 'Grand Prix' surface has been delivered to the Club and will start being applied to courts 2 and 3 once the current wet weather has eased and the concrete slab's irregularities evened out. The new slab required some sanding and the courts adjacent to the Sala required some repair of old cracks.

The new surface involves five layers of acrylic compound from primer to white line paint and will be a stunning blue playing surface with a green surround.

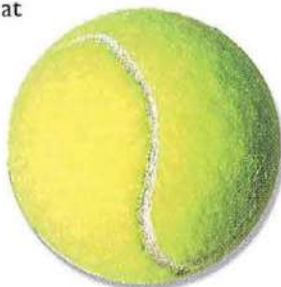
Assuming the weather is kind to us we should have all four courts available for tennis action by mid-November, or later if we have more rain.

I thank all tennis players for their patience and understanding and hope all enjoy our new top class facilities that will provide many hours of pleasurable tennis to the British Club membership.

Michael Silcock
CEO

Tournament Results

Congratulations to Charles Roberts (U10 Champion), Natasha Nusamme (U16 runner-up) at the Wilson Olympic Rising stars tournament in early October. Also congratulations to Lucas Davies for reaching the quarter-final of the Game Set Match magazine tournament the week after. Pictures next month.



British Club - Tennis League Results

Tennis Section League Divisions – June 16 - Sept 18, 2008

Division 1:	Nutt Watanapalin	(Member No. W303)
Division 2:	Adam Head	(Member No. H369)
Division 3:	Pat Dean	(Member No. D120)
Division 4:	Denis Schohn	(Member No. S375)
Division 5:	Raquel Evans	(Member No. E84)
Division 6:	Keeranut K.	(Member No. K99)

Congratulations to the winners and to all who participated. Each winner gets a 1,000 baht voucher for F & B use at the British Club.

To join the Tennis Section League, contact Andrew Robertson, andrewr@mozart.inet.co.th.

Tennis Section – League rules

Rules for Divisions 1 - 3:

- ❖ Best of 3 sets
- ❖ The first two sets is first to win 6 games with normal tie-break at 5 games all.
- ❖ 3rd set is super tie-breaker which means first to win 10 tie-break points and if it goes to 9-9, the tie-break continues until won by 2 clear points.

Match points awarded as follows:

- ✓ 1 point for playing a match.
- ✓ Minus 1 point for not playing a match.
- ✓ 1 point per 3 games won per set. (Normal tie-break counts as a game)
- ✓ 1 point for winning the 3rd set super tie-breaker.
- ✓ 1 point for winning a match.

Rules for Divisions 4 and more:

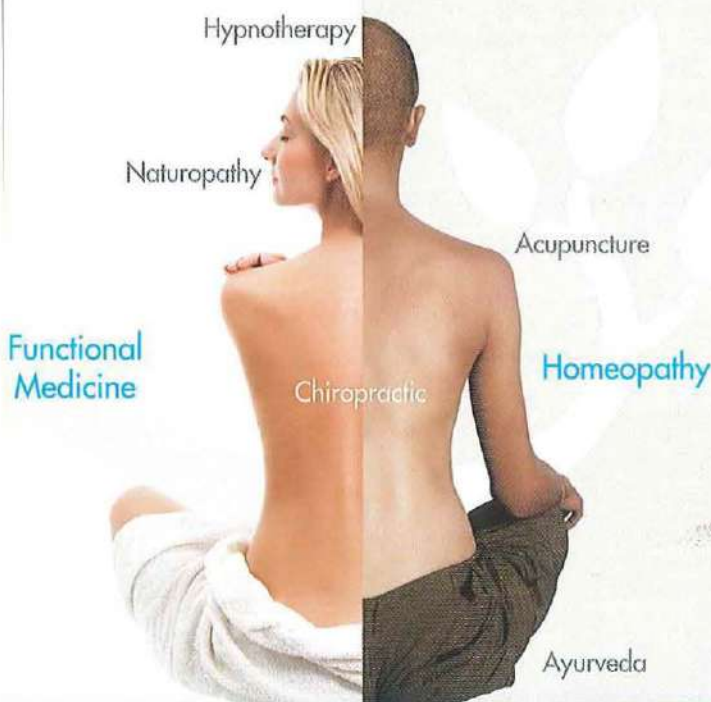
- ❖ First to win 9 games with normal tie breaker at 8 games all.

Points are awarded as follows:

- ✓ 1 point for playing a match.
- ✓ Minus 1 point for not playing a match.
- ✓ 1 point per 3 games won (Tie-break counts as a game).
- ✓ 1 point for winning a match.

The current League finishes Friday, 14th November 2008.

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Coach's corner

Bonjour all!

After a several-month hiatus, Coach's Corner is back! Our new Q & A format lets me answer YOUR tennis questions. Contact me at petitmarcelp@hotmail.com



Prior to a big match or tournament, what training do you recommend?

For an average player: three weeks to 10 days before a match - work on your match endurance. Start off by alternating light jogs, 30-45 minute bike and baseline tennis at half-speed. Key objective is to build your match aerobic capacity and to develop consistency: only one 2-3 minute break every 45-60 minutes! (You'll feel it the first few times!) Then, 6-10 days out, start playing training matches. Try to make it to three sets. Finally, don't do a lot the last couple of days, maybe just 30 minutes gentle cycle. REMEMBER: Rest two days each week. (This doesn't apply to pros and top-level players, as they train year-round.)

What warm-up do you advise just before a match?

It's really important to warm up your hamstrings and shoulders before playing. Start with a five-minute jog around the court, skip rope 1-2 minutes then lightly stretch your arms and legs

for 10 seconds each. Before beginning the match, warm up with your opponent: 15 minutes of groundstrokes, 5 minutes of volleys, practice serves 5 minutes each, then play a 7-point tie-breaker (returning serves) each.

Any diet or food recommendations before a big match?

Foods full of easily digested carbohydrates like pasta are highly recommended 2-3 days before a match. Eat a light, sauce-free, low-protein pre-game meal two hours before your match. During the game, drink lots of water and isotonic sports drinks to avoid cramping. After the match, enjoy your proteins!

What should I drink after a game?

Nothing's better for rehydration than a carbonated drink rich in bicarbonates, magnesium and sodium: Badoit, Quezac, Arvic, Vichy StYorre and the like.

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Double Diabolical Sudoku

With Outpost a smidgen late again last month (again????), we extended our receiving deadline to the 15th. (Actually I've had a quiet word with that Beefeater fellow and you should definitely be receiving this issue on time.) This month only 7 entries emanated from the Club's sudoku-playing readers, with a mixture of hardy stalwarts and one or two newbies. Times ranged from a brisk 15 minutes to the full-length feature film running time of 95 minutes. Thanks to everyone for writing their times in – not one forgetnik! The average times drooped a little from last month's high point – 44.1 minutes for the first puzzle and 37.8 minutes for the second, as players built up a head of steam. And finally, in deference to one sudokusan's plaintive observation that the current sudoku grids are "a scanner's nightmare", we have endeavoured in this issue to reduce the shading so that they scan better. Fingers crossed ...

Here are another two minimal Diabolical Sudokus. As usual, each Sudoku will have its own draw and for each a bottle of wine goes to the skilful – and lucky – winner.

Fax or deliver your completed sudoku/s to Barry Osborne as soon as possible after receiving Outpost. Entries must be received by the 10th of the month (but we will extend the deadline in the rare event that Outpost is late out). The author of the first correct entry (for each Sudoku) drawn out of a hat will win a bottle of wine.

October SUDOKU WINNER

She's done it AGAIN! The winner of October's Sudoku No 1 is Meilan Henderson (H243). This is Meilan's sixth win and, quite frankly, it's astonishing! Congratulations Meilan!

The winner of Sudoku No 2 is Mike Muehle (M482). Not bad for your first try Mike! Congratulations!

To all those not-so-lucky souls who missed out this time, don't give up! Keep sending in your sudokus, because one day, when you least expect it, your number might come up ... Pictured this month is Chintana Ertuna, who came into the Club to pick up a bottle of wine for husband Cengiz, winner of the June Sudoku (no 2) - his second win for the year.



And finally, to the current winners, just a reminder that we at Outpost are always available to help you drink your wine, should you need assistance ...

2		4						
			3			1		
7						4		
					5		8	3
				4	3			
							2	
	1					6		
			2	8				
			7					

Rating: 'Diabolically Difficult'

Solution times: You tell us! Write down your time next to your completed puzzle(s) – be truthful now!

6								1
			3	5				
			4					
	5	2			7			
	3						2	
				8				
						3	8	
8						4		
9			2					

Rating: 'Diabolically Difficult'

Solution times: You tell us! Write down your time next to your completed puzzle(s) – no fibbing!

Each sudoku has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

The Angkor temple complex ranks with the Taj Mahal, the Pyramids, the Great Wall and Machu Picchu as a "must see".

The tour itinerary includes a magnificent sound and light show at Angkor Wat, an early morning hot-air balloon trip over the complex, as well as a boat trip on the Tonle Sap lake, the largest freshwater lake in SE Asia. The itinerary leaves plenty of time in the afternoons to organize more tours or time to visit a spa or just lie by the pool where there is a "Very Happy Hour" from 4pm until 6pm!

**** Only 16 places left! Book now to reserve your place. ****

All deposits must be paid by December 1st 2008. For further information on this event please contact Khun Mai or Barry

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RECIPROCAL CLUBS

As an active British Club Member, you are entitled to enjoy the full use of other associated Club facilities around the world. This month we feature the reciprocal club . . .

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Website: <http://www.americanclubhk.com>



For more information please contact the Membership Department at membership@britishclubbangkok.org

If you regularly visit an overseas club that is not already reciprocal with the British Club, please do let the Club know and we will see if reciprocation can be arranged.

MEET THE MEMBERS

Where do you originally come from and when did you come to Thailand

I am originally from Dublin, Ireland, where I grew up, studied and started my professional career. I left when I was 25 to travel the world. After lots of traveling and a number of adventures in many countries I ended up in Sydney Australia where I lived for about 12 years.

I was transferred here four years ago to take up the position of managing director in a new subsidiary of the company I worked for.

What do you do professionally?

I studied electronic engineering and started my career as an engineer in the electronics industry. However like so many careers mine took a number of turns from engineering through product management, commercial roles and finally into senior management.

Please tell us about your family and lifestyle

I am married to Zoe and we have one son, Jerry. Jerry was born in January this year at BNH and is an absolute delight for us. As anyone who knows or sees us can tell, he is our pride and joy.



Zoe is originally from Beijing and we met in Sydney where we both lived some seven years ago. We were married in November 2003 and our 5th Wedding Anniversary is coming up.

How often do you and your family come to the Club?

At the moment about three or four times a week.

Does your baby enjoy the Club's facilities and events?

Well he is a little young yet to be partaking of the events at the Club but he does enjoy the swimming pools and also the very friendly staff and members. They always make a point of playing and talking with him when he is there which is excellent.

What is your favourite way to relax?

Playing sport – although in recent years there has not been nearly enough of that.

We heard that you like tennis - what is your proudest tennis moment?

I do enjoy playing but my level is not as good as I would like.

A Chat with Raymond

Name: Mr. Raymond A. Daly
Member Since: Oct2004

Occupation: Managing Director

This comes from starting to play relatively late in life and not doing the sensible things like taking lessons.

My best moment is any time I am on court. My philosophy is that any time you are (a) in a position where you can play and (b) be healthy enough to be out there you are so lucky.

In the world of tennis who is your personal hero and for what reasons?

There are a lot of great players with such differing styles. Probably my favorite when I was young was Bjorn Borg. While he didn't show much emotion during the game you could see it in him, he could control it so well. And his play was just superb – breathtaking strokes and shots.

Any favourite corner(s) in the Club where we can find you and your family?

Well at the moment we tend to be at the Verandah Restaurant because it is convenient for Jerry, the swimming pool, which both Zoe and Jerry like, and the tennis courts.

Any recommendations on the menu?

This really should be a question for Zoe – she is the foodie in the family. We have eaten most things on the menus and enjoyed them all (my waist line probably says 'enjoyed them too much!').



What would you like to see the Club in five years' time?

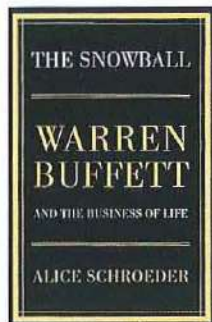
I think the plans for the back lawn area are excellent – the use of this area will really add variety to the Club's facilities. While it was not important for us in the past we think a small play room for the babies and kids would be useful.

There are a lot of facilities and sections at the Club – one thing would be to find ways to encourage more members to partake in the various activities available, especially novices at certain activities.

Oh and change a few things in the Verandah Restaurant!

THANK YOU

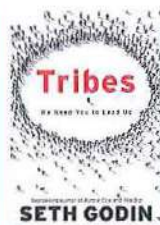
Book Reviews



Title: SNOWBALL:WARREN BUFFETT
By Alice Schroeder
ISBN: 9780747591917
Publisher: Bloomsbury
B2S Price: Bt. 750 /Paperback

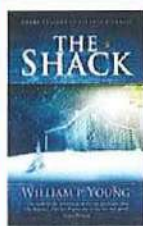
Here is THE book recounting the life and times of one of the most respected men in the world, Warren Buffett. The legendary Omaha investor has never written a memoir, but now he has allowed one writer, Alice Schroeder, unprecedented access to explore directly with him and with those closest to him his work, opinions, struggles, triumphs, follies and wisdom. The result is the personally revealing and complete biography of the man known everywhere as "The Oracle of Omaha." Although the media track him constantly, Buffett himself has never told his full life story. His reality is private, especially by celebrity standards. Indeed, while the homespun persona that the public sees is true as far as it goes, it goes only so far. Warren Buffett is an array of paradoxes. He set out to prove that nice guys can finish first. Over the years he treated his investors as partners, acted as their steward, and championed honesty as an investor, CEO, board member, essayist, and speaker. At the same time he became the world's richest man, all from the modest Omaha headquarters of his company Berkshire Hathaway. None of this fits the term "simple."

When Alice Schroeder met Warren Buffett she was an insurance industry analyst and a gifted writer known for her keen perception and business acumen. Her writings on finance impressed him, and as she came to know him she realised that while much had been written on the subject of his investing style, no one had moved beyond that to explore his larger philosophy, which is bound up in a complex personality and the details of his life. Out of this came his decision to cooperate with her on the book about himself that he would never write. Never before has Buffett spent countless hours responding to a writer's questions, talking, giving complete access to his wife, children, friends and business associates—opening his files, recalling his childhood. It was an act of courage, as the Snowball makes immensely clear. Being human, his own life, like most lives, has been a mix of strengths and frailties. Yet notable though his wealth may be, Buffett's legacy will not be his ranking on the scorecard of wealth; it will be his principles and ideas that have enriched people's lives. This book tells you why Warren Buffett is the most fascinating American success story of our time.



Title: TRIBES
By: Seth Godin
ISBN: 9781591842330
Publisher: Little Brown
B2S Price: Bt. 850/ Paperback

In this fascinating book, Seth Godin argues that now, for the first time, everyone has an opportunity to start a movement - to bring together a tribe of like-minded people and do amazing things. There are tribes everywhere, all of them hungry for connection, meaning and change. And yet, too many people ignore the opportunity to lead, because they are "sheepwalking" their way through their lives and work, too afraid to question whether their compliance is doing them (or their company) any good. This book is for those who don't want to be sheep and instead have a desire to do fresh and exciting work. If you have a passion for what you want to do and the drive to make it happen, there is a tribe of fellow employees, or customers, or investors, or readers, just waiting for you to connect them with each other and lead them where they want to go.



Title: THE SHACK
By: William Young
ISBN: 9780964729285
Publisher: Hodder and Stoughton
B2S Price: Bt. 525/ Paperback

Mac is a grief-stricken father in mid-life about to have an extraordinary experience with God. His great sadness began four years ago on a weekend camping trip, when his 6-year-old daughter, Missy, was murdered. What he couldn't know then, but is about to learn, was God's purpose for Missy's death. Roger Mueller's clear, gentle voice characterises Mac's family with high-spirited joy and laughter. His portrayal of Missy's animated excitement makes her especially believable. His polished performance of grief-stricken Mac brings tears. With empathy and sensitivity, Mueller captures the mysterious voices of those who have invited him to the now abandoned, yet transformed, cabin in the wilderness. This compelling fantasy explores themes of love, loss and blame.

Editor's Note: This month's book reviews are generously provided by B2S bookstores

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Sports Medicine

Protecting kids' ankles: courtesy of American College of Foot and Ankle Surgeons

Because kids who play football, soccer, and basketball are most likely to suffer sprains and broken bones, here are the tips to stay free of injury during the fall sports season:

"Have old sprains checked by a doctor before the season starts."

A medical check-up can reveal whether your child's previously injured ankle might be vulnerable to sprains, and could possibly benefit from a supportive ankle brace during competition.

"Buy the right shoe for the sport."

Different sports require different shoe gear. Players shouldn't mix baseball cleats with football shoes.

"Children should start the season with new shoes."

Old shoes can wear down like a car tire and become uneven on the bottom, causing the ankle to tilt because the foot can't lie flat.

"Check playing fields for dips, divots and holes."

Most sports-related ankle sprains are caused by jumping and running on uneven surfaces. That's why some surgeons recommend parents walk the field, especially when children compete in non-professional settings like public parks, for spots that could catch a player's foot and throw them to the ground. Alert coaching officials to any irregularities.

"Encourage stretching and warm-up exercises."

Calf stretches and light jogging before competition helps warm up ligaments and blood vessels, reducing the risk for ankle injuries.



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For more information on treating ankle sprains, contact Samitivej Orthopedic Clinic for the following conditions.

- Bone and joint conditions, such as fractured bones or joint dislocation by accident
- Inflamed joints due to various reasons, such as Gout, Rheumatoid, worn knee joints, worn hip joints
- Herniation of nucleus pulposus, degenerative diseases of the spine, herniated spine and scoliosis
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