



# Outpost



M A G A Z I N E



DECEMBER • 1997

- The Best-Looking Guys and the Spookiest Kids To Be Found in Bangkok •
- Tennis Triumph Again for their Sports Day Hat-trick • Food & Wine, Latin American Style •





## Mobile Home... Pantip Court

*"When you travel as much as I do, you begin to think your airline seat is your home... Pantip Court shatters that illusion!"*

Nick Rahr  
General Manager  
British & Oriental

One night in KL, three days in Singapore plus a quick stop over in Bali before flying on to a week of meetings in Sydney and Melbourne then back to Bangkok via Manila.

And the greatest part of it all is arriving back at Pantip Court.

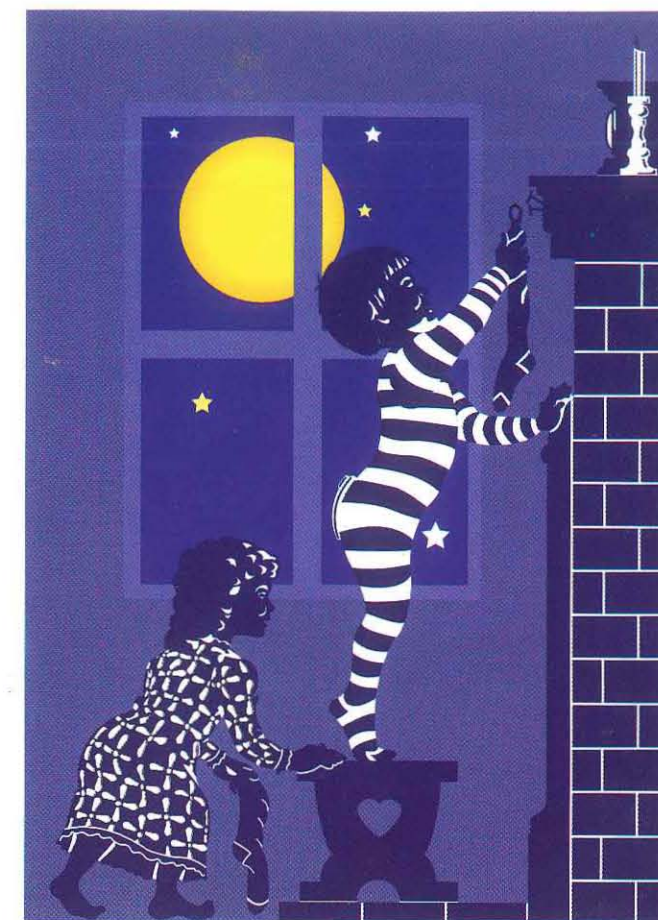
The same friendly faces that intuitively know your needs; peace and quiet, convenience and comfort plus all the facilities and amenities you expect to find in a luxurious executive residence.

At Pantip Court, we keep you in touch with the finer qualities of life... before you get back in that airline seat again!

**Pantip Court**  
EXECUTIVE RESIDENCE

68 Soi Sathorn 1 (Atthakarnprasit)  
South Sathorn Road, Bangkok 10120, Thailand  
Tel: (66-2) 285-0169, 285-0179  
Fax: (66-2) 285-0878

147 spacious one and two bedroomed suites - Lush tropical gardens - large swimming pool  
- Sportathlon Health Club - Business Center - Pantip Café - Bakery - Beauty Salon  
- 24 hrs. Security - Laundry - Dry Cleaning - Meeting Rooms



## Our deliveries may not be so eagerly awaited as Santa's







#### British Club

189 Surawong Road, Bangkok 10500  
Tel: 234-0247, 234-2592 Fax: 235-1560  
The contents of this magazine are not necessarily  
the opinion of the Editor, the General Committee  
or the management



#### Contributions

If you would like to contribute to Outpost  
please contact Gaynor on Tel/Fax: 237-4031



#### The British Club

is a family, sporting and social club with an  
international membership  
For details about the Club contact the General  
Manager on 234-0247 or 234-2592; fax: 235-1560



## Contents

### Regular Features

- 7 From the Editor
- 8 From the Manager
- 9 Management News
- 15 From the Sport & Recreation  
Coordinator
- 20 Calendar
- 23 Crossword
- 37 From the Chairman
- 38 Committee Page

### Sports Sections

- 11 Golf
- 13 Squash
- 16 Tennis
- 18 Scuba

### Specials

- 22 Coaching Course Completers
- 24 All you wanted to know about jet lag
- 26 Letters Page
- 27 Guy Fawkes Night at the BC
- 29 Sport Day Spectacle
- 31 South American Food & Wine  
Promotion
- 32 Poem - Me
- 33 Halloween



#### Outpost Magazine

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

#### To advertise

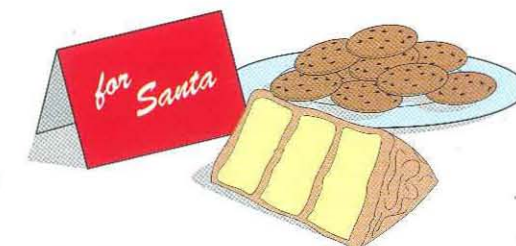
contact the Advertising Sales Director at The Creative  
Partnership on tel: 285-4721/2 fax: 285-4723



**But at least when  
WE arrive  
we don't expect**



**Cake  
Cookies**



**A glass of Sherry**

**or a kiss off Mum**



With over 3,000 successful moves every year, a well established overseas network  
and so many years of finding solutions and answering individual needs,  
Transpo is Thailand's largest and most experienced moving company.

Transpo has the expertise together with the local and  
international muscle to deliver the best possible service - time, after time, after time...



134/28-32 Soi Athakrabi 3, Rama IV, Bangkok 10110. Tel: 259-0116, Fax: 258-6555



# KIDnap YOUR family

...and get away to Club Aldiana Siam for



- GOLF, TENNIS, SAILING, SURFING, & ARCHERY!
- AEROBICS, WATER GYMNASTICS, SAUNA & FITNESS
- GAMES, SHOWS & FUN ACTIVITIES FOR THE KIDS
- 3 MOUTHWATERING BUFFETS EVERY DAY
- OR SIMPLY FRESH AIR & A STROLL UNDER THE STARS

International Club Aldiana Siam is located just South of Hua Hin on its own stretch of natural sandy beach. A superb resort facility offering great value, all inclusive short breaks and holidays, **Club Aldiana is the perfect getaway**. We look forward to welcoming you here soon!



Club Aldiana Siam

**International Club Hotel Aldiana Siam**  
**No membership required**

For more information contact our new sales office at  
117/125 Moo 6 Soi Chinket 2, Ngamwongwan Road, Donmuang, Bangkok  
Tel: 02/9547156-8 Fax: 02/9547155 Email: aldianasiam@prachubla-net.net.th

## From the Editor

Another year flies past; I'll swear time goes faster out here. One minute you're looking at the quiet season and wondering how to fill Outpost and the next thing you know all the Christmas activities are here again and some of the busiest issues of the year; it's scary. On top of all this we've been busy at The Creative Partnership designing a new layout for the Outpost, which I hope to introduce in the New Year.

First things first: Happy Birthday to His Majesty the King for the 5th.

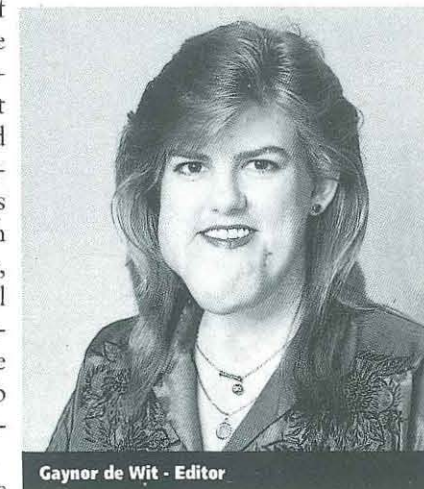
Next: the role call of thank yous, as there is plenty to be grateful about and I guess this is the best time of year to show my appreciation: First, a huge thanks to all the **contributors**, especially the regulars, who work so hard to get their articles in and photos developed, and mostly on time at that. Some sports sections have been a little lax this year, but their gap has been more than filled by the prolific output of Lisa Fitzpatrick since her arrival and now the addition of the Scuba report as a permanent feature (I hope). Sorry to say goodbye to one of my regular contributors, Lauren Lamber (Golf section), as she and hubby Greg return down under; good luck to them and to all members who are joining the end-of-year exodus from this fair land. I also owe a great big thank you to **Margaret Miller**, crossword compiler extraordinaire, who has supplied a steady stream of head-scratchers and pencil-biters to keep you busy over a beer or three. On the subject of crosswords, the photo shows one of those rare occasions I catch up with (read: bump into at the pub) crossword winners. Andy McWhirter has been most patient awaiting his prize bottle of wine won way back in May! How-



Andy McWhirter was REALLY pleased to meet up with ye Editor for the first time since winning the crossword competition in May!

ever, I have yet to receive any entries for November's prize crossword, and there I thought it wasn't that difficult, so perhaps you might try your luck - as they say, someone's got to win!

An enormous vote of thanks must go to the **advertisers**, again especially the regulars, without whom the Outpost could not be produced to the standard it presently is. This is more pertinent now with our costs, like everyone else's, creeping up. I would urge all members to ask if their company/organisation would be willing to support their Club magazine; if so, please contact me for further details. And last but not least, thanks to you the **readers**, especially those who have offered constructive criticism or appreciation for aspects of the magazine over the year.



Gaynor de Wit - Editor

### December's Ditherings

Wonders never cease - two letters in this month's issue, along with photo-reports from the Halloween party, the Guy Fawkes evening and the hi-energy level Inter-Section Sports Day. The certificate presentations to all those who completed coaching courses in tennis and swimming are here and the Scuba sections first reported dive trip.

For our culture corner there's a philosophical poem penned by our ex-poet-in-residence, Trixie Brann, for which many thanks, and Lisa has unearthed an Aussie article on all you wanted to know about jet lag, just in time for all those doing the inter-continental Christmas leave.

Well, that just about wraps it up for 1997, leaving me on behalf of The Creative Partnership to wish you all a terrific festive season and see you in 1998!

**Gaynor de Wit**  
**Editor**



## From the Manger

**A**very Merry Christmas and a prosperous New Year to all our Members and their families.

Don't forget that in the lead up to Christmas there will be many events at the Club. The Christmas menu will commence in Lords on Monday 15th December and at the time of writing there are still a limited number of seats available for Christmas Day in Lords. You can also order your Christmas turkey, chestnut stuffing, ham, mince pies and shortbread from Barry to take home. On the 16th December will be the Children's Christmas party and on the 16th and 17th



Tom Bain - General Manager

there will be a Carols by Candlelight co-hosted by the BCT. This event promises to be brighter and much improved on last year. On the 15th and 16th of December there will be the return of the Children's Sleepover for 7 to 14 year olds. This year's Christmas Ball will be held on Saturday 20th on the back lawn. Come along and dance the night away under the stars. Last but not least for 1997 will be the very popular river cruise. I was reading an article written by a friend of mine who is a Club manager in Singapore, and I thought British Club members might like to read it too. So, with some amendments:

### Why a Club Manager has an Easy Job

A Club Manager has an easy job because, as everyone knows, he has nothing to do but be at ten places at one time - in the restaurants, bars, offices, kitchens, storerooms, at the Club Chairman's cocktail party, committee meeting, Club manager's meeting, food & beverage meeting and at home trying to explain to a spouse why he can eat only one meal a week at home. He must be an engineer conversant with the mechanical intricacies of gas, oil and electric stoves, convection ovens, toasters, waffle irons, dishwashers and drink blenders, not to mention liquor dispensers and automatic burnishers. He must be an accountant, bill and dues collector,

payroll supervisor and forecaster.

He must talk tough with salesmen, except those he cannot do without. He must talk firmly with out-of-line subordinates and to the wives of Club members in such a way that he won't hear about it at the next General Committee meeting. He must be a theatrical agent who supplies entertainment for a social gathering and be able to convert a ballroom at a moment's notice into a cinema, beer hall, restaurant of any nationality or circus.

He must spend like a drunken sailor and save like a miser, buying everything his members want and still meeting the budget, while pricing everything so that it's below "cash house" prices. He must withstand being chewed up on both sides at once - one side by the General Committee and the other by the members.

He must be able to drink orange juice with the Chairman, wine with the department heads, beer with line employees, punch with the ladies and Coke at all other times. In all drinking, he must portray the suave conversationalist, being adept at talking all day about things in general while saying nothing in particular.

He must be buyer, seller, politician, physician, electrician, new dealer, old dealer, junk dealer and fast dealer. He must be wizard at bartending, cooking, dancing, gambling, servicing, hiring and firing. He must be a traveller, gourmand, financier, philanthropist, palmist and hypnotist. On his busiest days, he will find at the last minute before a scheduled function that none of the arrangements has been made. The supplier will have short-changed two dozen lobsters, the majority of the staff will be off and the head table will be at the wrong end of the room. With a shrug he must accept the blame as his own and pacify the members and staff. Later, he must spend two days to find out who spent two weeks fouling up the function that would have taken him 20 minutes to arrange properly if he had done the job himself in the first place.

But then, that would be impossible because, as everyone knows, a Club Manager has nothing to do.

**Tom Bain**  
General Manager

## Management News

### New Telephone Number

The Club has increased its phone capacity by 33 1/3% with an extra (fourth) line via Reception. If you have trouble getting through on any of the three existing lines try the new one: 266 0597.

### Guy Fawkes Night

This year's event went off well with about 350 people attending. Special thanks go to members who helped on the gates, namely Pina Davis, Iain Price and James Woodford. It was regrettable that a number of members were unable to accept that for this day the Club is closed for those without tickets, the reasons for which are insurance and safety.

### Christmas Supplies

Contact Barry for your take-home Christmas food supplies. We can supply your turkey, chestnut stuffing, ham, mince pies and shortbread. Give the Club a call or fax in your order.

### Aerobics/Aqua Aerobics

These classes will cease temporarily over the Christmas/New Year period. The last Aerobics class will be on Monday 22nd December and the last Aqua on Tuesday 23rd December. All classes will re-commence from Monday 5th January 1998.

Note: the Thursday evening aerobics class has been cancelled indefinitely - stay tuned for any further developments in the New Year.

### Tennis/Swimming Coaching

The final courses of 1997 will conclude on Friday 12th and Saturday 13th December, and will re-commence on the 10th/11th January 1998 respectively. Applications forms for the new courses are available in the Fitness Centre.



Aerobics girls saying farewell for Christmas!

### New BC Shirts

Prepare to enhance your sport/casual wardrobes - the new BC shirts have been ordered and will be available this month. Please come and view, and try on for size, the shirts and hats. Styles and sizes to suit (hopefully) everyone!

### Work Experience Staff

There will be two students from Samutsakhon Physical Education College on work experience in the Fitness Centre from 27 December - 1 March, so please make allowances for the new staff.

### Notice Boards for Members Advertisements

There has been some concern of late that members have been using the members notice boards for business purposes. The matter has been reviewed by the Committee and the principal guideline is to assist members who wish to dispose of personal items, hire a maid or driver or something of a similar nature. In addition, ads for non-profit organisations with connections to the Club will be considered. In future, all advertisements will have to be authorised by the GM before they can be put on the boards.

### December Events

Events during this month are as follows:



## Winning the Niblick and the Bar Quiz

October for golfing was quite busy. At least we didn't have to play winter rules at any of the Golf Courses during the rainy season.

### Inaugural Cup

Sponsored by Rhône-Poulenc

This match was played at Vintage against the Bangkok Cosmopolitan Ladies Golf. The cup was retained by the British Club by 1 point in what was a very close match.

The individual winner with the most Stableford points was Lauren Lambert (42) followed by Jos Martinese (41), Chako Yamada (40) and Donna Rotondo (40).

### Bar Quiz Night

The Golf section had a victorious win at Bar Quiz night on 18th October. The team called '6 under par' battling (well, hardly) for number 1 spot were: Chris (the albatross expert) and Janet Gething, Greg & Lauren Lambert, Karen Carter and Mike (the numbers man) Poustie. The prize of 6 bottles of champagne were generously shared around the other competitors.



Chris & Jos double checking the scores



All tired & partied out

### Rysome Bowl

Sponsored by Castrol

Royal Lakeside was the venue for the Rysome Bowl played on 18th October. This course is new to most of the golfers in the British Club and hopefully it will be one they use again in the future. The format was pairs better ball Stableford.

The winning pairs were Chris Poustie and Keith Johnston with 49 points and runners up were Bernie Adams & Chris Gething with 44 points and Lauren and Greg Lambert with 43 points.

### McEwans Niblick

Well, we have it back in the Churchill Bar, although there wasn't any real doubt we wouldn't, was there?

This was a 2-day match played on 25th/26th October at Century Ban Chang and Plutaluang against the GeeGees. This first day was a pairs matchplay which had the British Club off to a fine start with a win of 6½ to the GeeGees 3½ but on day 2, which was singles matchplay, we saw a win go to the GeeGees with 12 to the BC's 8. With various calculations with the scores, the BC won with 42

### Children's Fun Day & Sleepover

On the 15th and 16th of December will see the return of the Children's Sleepover for 7 to 14 year olds along with a Fun Day. This is timed to run on to the Children's Christmas Party; see Lisa or Fitness Centre staff for more details and application forms.

### Children's Christmas Party

Bring the kids to meet Santa on the back lawn on Tuesday 16th December at 3pm! Please sign up at Reception.

### Carols by Candlelight/A Christmas Cracker

On 16th and 17th December the Club will hold its annual Carols by Candlelight evening; however, this year it is being co-hosted by the Bangkok Community Theatre who will provide a choir; it is expected that this event will be much improved on previous years so come and participate in this re-formatted event even if you've been before. Don't miss out on those mince pies and mulled wine.

### Christmas Ball

If you haven't booked your table yet you'd better hurry. Tables are selling fast for the Club's event of the year, our Black Tie Ball under the stars on the back lawn.

### Christmas in Lords

A special Lords Christmas menu commences in Lords from Sunday 14th December so please come along for traditional festive fare in the cosy Lords atmosphere. Bookings are advisable for lunch and dinner. Christmas Day in Lords is almost fully booked but there are a few places left (at time of writing) for those still wishing to make reservations.

### New Year's Eve River Cruise

The final event of the year is the River Cruise: travelling on either Tubtim I or Tubtim II up and down the Chao Phraya, ending up anchored off the Sheraton to watch the spectacular fireworks at midnight. Just the way to spend the last few hours of 1997!

## A Christmas Cracker!

Bangkok Community Theatre and the British Club are proud to present an evening of:

- seasonal songs
- carols by candlelight
- festive fun for all the family

at the British Club

on Tuesday 16th and Wednesday 17th December starting at 7:00 pm

Come and celebrate this Christmas season in a magical setting, under the stars on the back lawn. Bring all the family, a rug or something to sit on and a torch, and we'll provide the music, mince pies, mulled wine, candles and heaps of Christmas cheer!

Something to delight everyone, young and old, so loosen up your vocal chords and come and join in the fun!

Tickets available only at the British Club Reception; Bt 200 for adults and Bt 100 for children.

**All Welcome!**

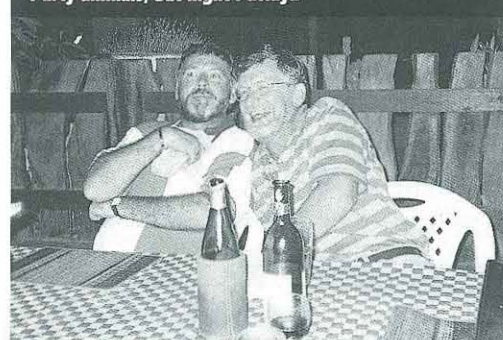




Congratulations to Keith & Chris, Rysome Bowl Winners



Party animals, Sat night Pattaya



Give us a kiss luv!



Jos presenting the Inauguray Cup to Chris after much deliberatio

points to GeeGees 38 points; not much in it really.

Of course, this type of event was rounded off with the usual feed at the local restaurant and much imbibing of the liquid amber.

#### Upcoming Events

The events for December, sign up sheets at the Club on the Golf section notice board or call any committee member to register, is as follows:

Dec 5th - Ambassador's Cup at Springfield, 11am tee off

Dec 6th - BCGS vs Golfers Cocktail Lounge at Springfield, 8am tee off

Dec 7th - The DeeMed Trophy at Springfield, 9am tee off

Dec 14th - Medal Final at Royal Lad Krabang, 11.42am tee off

Dec 28th - Club Day at Vintage, 7.18am tee off

#### Farewell

This is my last Golf section report for Outpost as Greg and I have already headed back to Sydney (25th November). We have had a great time with the British Club and the Golf section and we will miss all the friends that we have made over the past 2 1/2 years. We hope to see many of you down under in Australia sometime.

That's all for now

Happy Golfing

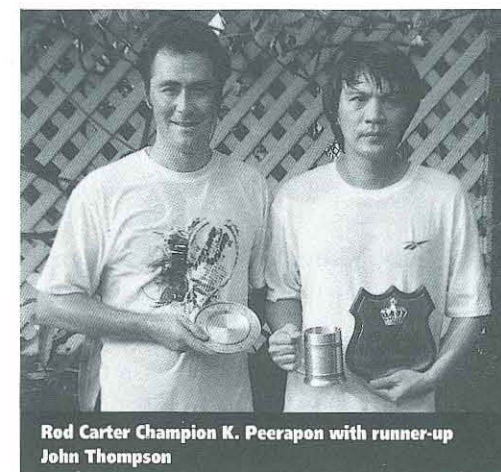
Lauren Lambert



## Tangling the Tanglin

### British Club vs Tanglin Club Singapore

The British Club had an enjoyable night against the visitors from Singapore and came out the winners 9-1.



Rod Carter Champion K. Peerapon with runner-up John Thompson

Captain Dick Anwar did particularly well, winning 3-0, whilst playing left handed and with one eye closed. Dick had been told prior to the match that the Tanglin Club consisted of C-E grade players. Dick decided that E stood for Excellent and C for Competent - we soon learnt that this was not the case. The Tanglin Club were a little outplayed but everyone had a fun night and shared in the superb curry buffet and hospitality of the BC for a few hours afterwards.

The Jewell family had a mixed night. Joan arrived straight from "lunch" yet still managed to win 3-1. Dave said he did the "gentlemanly thing" and lost his match, Tanglin's only win of the evening! Come off it Dave, you're a Kiwi, next you'll say you're not competitive!

#### Mark Prothero

#### Rod Carter Open

Khun Peerapon defeated John Thompson in the final of this year's Rod Carter Open to secure the title for yet another year. Congratulations Peerapon, I can see it will be a

while before any of the current BC members will be able to topple you!!

It was good to see so many younger Thai players keen to play in our only open tournament of the year - we will be including a Plate in next year's tournament so that everyone gets at least 2 games.

#### Inter-Society Sports Day

Sunday 2nd November saw an enthusiastic Squash Section turn out for this annual event. The team was: Marc Hagelauer (a fearless captain), Mark Prothero (who stole the show by competing with his swimming trunks down on his ankles), Nick White, Phil Evans, Jitda White and Jill Phillips. The team missed out on the much coveted title by just 1 point, after winning 4 out of the eight events (rugby, badminton, darts and tennis). The tennis team won the event for the 3rd year in a row. Marc "I'm not competitive" Hagelauer discovered at the end of the day a flaw in the scoring system which would have placed tennis and squash equal. In the biggest sporting gesture of the day he convinced his distraught team to let matters be, accept defeat gracefully, have another drink, train hard and win next year's title convincingly. It was a great day and thanks to all who participated and organised events.

Congratulations to Jill Phillips for winning the British Club Sportswoman Of the Year award, the second year in a row that the squash section has taken this title.

#### Sunday Mix-in, 2nd November

As the Inter-Society Sports Day was attracting most of the attention and players, only 12 rolled up for the November mix-in. The winners of the 2 sections were: Paul Jensen and Martin Reed. After beating Marc Hagelauer to take #1 spot on the lad-





der, Peter Corney could only manage 15 points (out of a possible 75) at the mix-in. He didn't have a good day, in fact 2 of his scores were still in the negative!!

#### Sept / Oct SGS Leagues

Division 1	Dick Anwar
Division 2	Marc Hagelauer
Division 3	Peter Corney
Division 4	Bob Faherty
Division 5	James Lawden
Division 6	Graham Sullivan
Division 7	Ray Hughes
Division 8	no winner
Division 9	David Turner

Prize draw winners from this League are:  
5000 Bt Sporting goods Barb Overington  
1000 Bt Lords vouchers Ray Hughes, Phil Evans, Greg Lambert, Graham Sullivan.

#### SNIPPETS

- Updated squash telephone booklets are available on the notice board outside Court 1.
- There is a large collection of unclaimed league and other trophies gathering dust at the Club - we would prefer that they were gathering dust at your place!! Check the notice board and see Barb if you're on the winners list.

- The Harold Mercer Team tournament will start in the middle of February when everyone has recovered from the extra kilos of Xmas. A sign up sheet will go up soon on the notice board.
- At the time of writing the weekly team event is in full swing and as expected everyone is having a lot of fun. It looks like it will go down to the wire again judging by the number of close matches already.
- We say good-bye to Greg and Lauren Lambert as they head back to Australia and pastures greener. Greg has been a keen squash player and we wish them both all the best in their new ventures.
- New BC shirts are due to be on sale in the gym and Lisa has also got a range of sports essentials - wristbands, headbands, socks, grips etc. How about a re-stringing service Lisa?? In-house would be ideal, but now that Central Silom doesn't stock squash strings, is it possible to arrange an outside service via the gym?

Seasons Greetings to all  
**Dave J**

### Let Your Club Do All The Work!

Take the strain out of shopping and cooking over the Christmas season - get the Club to supply you with your festive foods! Simply speak to Barry or fax your order into the Club on 235 1560.

Turkey	Bt 385/kg
Chestnut Stuffing	Bt 190/kg
Ham	Bt 290/kg
Home-made Mince Pies	Bt 35/pc
Shortbread	Bt 20/pc

Make sure you state whether you want your turkey or ham cooked or not, and give a date for collection.

Please note that the Club cannot guarantee the exact weights of the birds or ham but will endeavour to meet members' orders as near to the requested weight as possible.

## From the Sport & Recreation Coordinator

**F**ood, festivities and frantic shopping trips.... aaahhh, it must be Christmas! Enjoy it - it comes but once a year (thankfully). Time to



Lisa Fitzpatrick - SRC

stop worrying about that waistline; after all, isn't that what New Year resolutions are for? So for those of you who over-indulge, and who doesn't, the **Fitness Centre** is offering one month's free **membership** for anyone who joins in January. No excuses!

**Aerobics** and **Aqua Aerobics** will continue until Monday 22nd December and Tuesday 23rd December respectively, after which no classes will be held during the Christmas/New Year period. ALL classes will re-commence from Monday 5th January.

**Tennis** and **Swimming Coaching** courses conclude on Friday 12th and Saturday 13th December respectively and will re-commence on 10th and 11th January 1998. Private coaching is still available upon request.

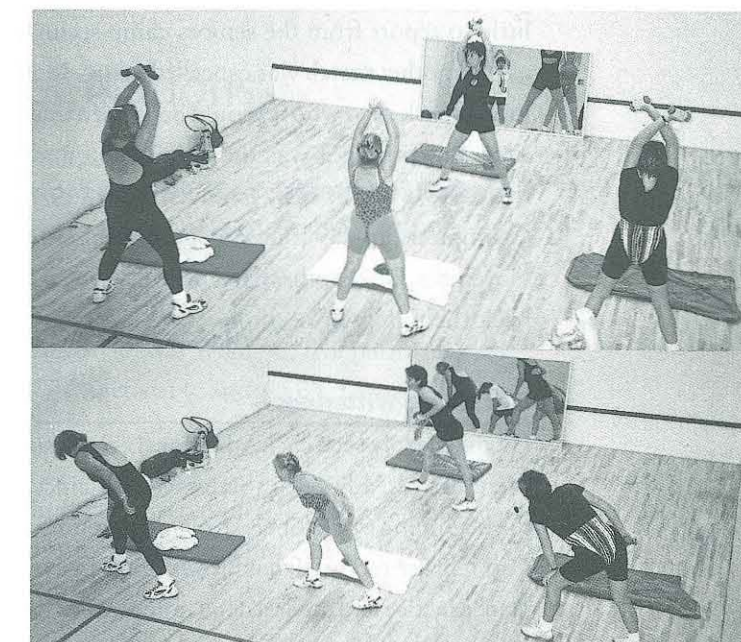
November 2nd was a day to be reckoned with this year. The Club was buzzing with the activities of the Junior Tennis tournament in the morning and the Inter-Section Sports Day was in full swing throughout the day (see article and photos elsewhere in this issue). This day also saw some 60 ghoulishly dressed small people descend upon the Club for Hal-

loween. These, along with the regular squash and tennis Sunday mix-ins, made for an eventful, fun and very family-oriented day. Thank you to all those who supported these events. There are numerous activities planned for December so please keep your diaries close at hand and check the Management News for an overview of future Club events.

I am running two days of activities for children between 7 and 14 years of age in the first week of the holidays (15th and 16th December). Details of this fun kids activity were sent to members last month, and additional enrolment forms are available in the Fitness Centre. Orders for British Club sporting merchandise were placed last month and should be on sale in the Fitness Centre in December. Buy up for Christmas.

Hope you survive the festive season in reasonable shape and I look forward to seeing you all in 1998. Merry Christmas and Happy New Year!

**Lisa Fitzpatrick**





## The Superior Sportspeople!

**Y**es, we did it again!! We won the Inter-Section Sports Day for the third year running, an outstanding performance pipping the Squash



It's that ole' feeling again - David and Tom seizing a photo-opportunity as the plaque for winning Sports Day team is handed over.

section by one point after their close comeback in the darts game at the end of the day. Well done to the team of David and Sarah Henton, James Young, Hannah Morrison, Mark Verheyen and SMOTY 97, Richard Ellis! Many thanks also to Chairman David Blowers, who supervised the tennis game for the whole day.

But apart from that sterling victory there is little to report from the seniors camp seeing as yet another match was cancelled on us - I'm losing track as to who it should have been this time, but I think it was the Polo Club - and this issue is out too early to cover the Graded Championship day tournament held in mid-November. On the other hand, we can welcome back the following section:

### Committee Witterings

Having hardly seen each other for six months there has already been three meetings since the beginning of October, so plenty to report. Cap'n Bruce reported that his **Captain's Invite** team practice had made a debut appearance in

late October and that those that turned up enjoyed some good tennis. Hope to see more of these.

On the maintenance front, the rogue light on court 3 has been fixed and plans are still in place to replace that dangerous central fencing, which now has sheer wire bits sticking out. At the same time, the footie and rugby sections have been asked not to kick the ball directly at the central fencing if it can be avoided, so goals should now face AIA and Neilson Hays. Good luck - buckets of it - was proffered to the team entered for the Inter-Club Men's Doubles Tournament to be held at RBSC at the end of November; it's a strong team we're putting out but even so, our record in this event leaves a little to be desired unless you're a collector of wooden spoons. The ladies' equivalent is due to take place early next year; we're still umming and ahing whether to submit a team. More as it happens.

Lotsaluv  
**Me**

### Junior Tournament

Sunday 2nd November

The plummeting baht was matched only by plummeting numbers of Juniors today. However, the quality of play was far in advance of the quality of the baht!

As the breeze whistled through the sala, Kate whistled through the breeze, summoning and dispatching players. No-one was allowed to rest very often, or even have peace to eat breakfast, as game after game was packed into 20 minute sessions. The more games you got through,

the higher your score.

The Junior juniors was represented by Tim Weekes and Lauren Jensen, who played gamely against the older players. We would love to see more of the younger, less experienced players come to join in to give our younger players some competition.

Talking of competition, Don Wijeratne very sportingly provided some strong opposition for the remaining players. On the basis that nobody should enjoy themselves all the time, the rest of the group did very well and battled for points against him. Even with the disadvantage of handicaps, Don still took the winning position. However, James Lanham had the moral victory since Don really belongs to the Senior group who abandoned him today. James therefore took the winner's T-shirt. More competition and more of the coveted **Asiapac** T-shirts will be available at the next

tournament - on **Sunday 7th December**. Yes, we know this is the middle of long weekend, but if we do not hold it then, there will be no tournament - and we can't have that! So, save your holidays until the holidays - and come and play loads of tennis on December 7th. No Christmas gimmicks, we promise - though a teeny bit of tinsel may be visible around the sala as a small concession to the festive season.

### **Shelagh Weekes**

### Upcoming Events

Please note that the courts will be booked on **Sunday 14th December** for the annual British vs German Chambers of Commerce tussle. Anyone willing to offer support of the moral or immoral variety very welcome. Sunday 14th December is coincidentally also the date of the **next committee meeting**, so if you have any points you'd like to raise, please step forward and let one of us know before-hand.

## Celebration of Nations

**C**ommunity Services of Bangkok will hold their annual event, the **Celebration of Nations**, on Wednesday 10th December at the Hilton International Hotel Gallery from 11:00 am to 3:00 pm.

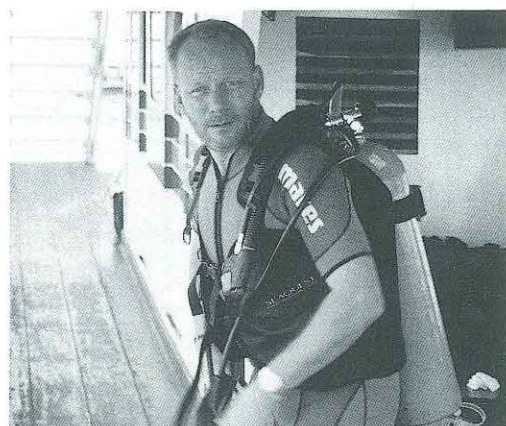
This fun-filled event for the entire family will feature holiday displays, live performances, Santa Claus (photo with Santa), various children's activities and CSB's famous talking Christmas Tree.

With entrance at only Bt 100 for adults and Bt 50 for children under 12, this is a fun event for the whole family. For further details of this or other events organised by CSB please call the office on 258 4998 or 662 0978.



## The BC Invades Samae San

Saturday 1st November started bright and early for most of the divers of our Samae San Dive weekend. As we promised we're not going



to mention late risers; besides which I can't remember if it's Stewart or Stuart!! We arrived at the beautiful fishing port of Samae San on time to meet our 50-foot dive boat and were quickly taken to the Hardeep wreck, which was to be our first dive. The dive boat was shared with Planet Scuba and their two excellent Dive Instructors Jamie and Huw. Huw has probably trained more divers in Bangkok than anyone else, working at Planet Scuba on Witthayu. In fact, we had Huw with us all weekend to the delight of the ladies. What is it about hunky blond Dive Instructors? Jamie was with us only on Saturday, but made the trip to ensure our "Discover Scuba" divers had sufficient attention. Many thanks to him for that. The Hardeep is a Second World War vintage wreck sitting on its side across a deep-water channel between Koh Chuang and two small islands, Koh Tong Nang and Koh Rong Khan. Apart from damage caused by a recent (this year) mindless dive boat, which dropped anchor (a concrete block) through the ship, it's largely undamaged with most of the structure, deck and deckhouse still clearly visible. The mast creates an archway and the entire structure

is covered in coral. The wreck was between 16 and 26 metres deep and Olivia Bain (our manager's daughter) had her first deep dive. As predicted, there was no current which made the descent and exploration of the wreck easier. Visibility was not great due to the lack of current but we still managed to see a huge variety of fish, including a ray measuring over 1 metre across buried in the sand, which glided off in that spectacular way only they know how! The second dive was on the end of Koh Chuang in a bay called "Wrasse Bay", where not surprisingly we found a number of wrasse! Here we had our first "Discover Scuba" diver in the water: John, who had a good first dive after a briefing with Jamie. We slowly swam along the island following the contours and the coral garden below us. We swam into a huge shawl of barracuda, discovered two large Harlequin sweetlips and were amazed at the large numbers of other fish. Lunch was prepared specially by Jeryl Bain on the boat and we devoured large amounts of tuna and ham sandwiches followed by hot coffee and those special chocolate biscuits. Our last dive of Saturday saw us dive from the boat in the same position as Dive 2 but this time in the opposite direction. The good news... and the bad... First, the bad - we swam



over large areas of dynamited coral, which is fortunately slowly beginning to show signs of re-growth. Visibility again was not good but the water was warm and we once again saw some beautiful fish. Charles got picked up by the current on the corner of the island and was swept out to sea, but slowly drifted back to us! Our accommodation was at the Ban Nam Mao near Jomtien Beach, a beautiful but small hotel set in large landscaped gardens. The service was excellent and we collapsed there for the evening, eating our way through a super menu. Sunday started with a cooked breakfast, with only one late show (is it Stewart or Stuart?) and then back to the Hardeep for our second dive of this magnificent wreck, where the ghost was quiet this dive! The wreck is coping well with the ravages of the ocean; the concrete block dropped through its stern does not help its condition but it all adds to the mystique. Our experienced Dive Captain drove us to another special dive site, officially called Hu Lok Bet but known to all divers as Shark's Fin, a small pinnacle rock rising out of the sea by some 7 metres. This dive was along a small wall and then at about 12m three quarters of the way around the rock. This is a super dive site with a variety of options and we only had time for one. We had John along now, as he was an experienced "Discover Scuba" diver! After another hot and cold lunch we prepared to do our last dive of the weekend. This dive we took our "Discover Scuba" students and, as hoped, we had the best dive of the weekend, and to complete the story we added one more "Discover Scuba" diver, Georgia, to the party and she proved to be a complete natural in the sea! We think she enjoyed it as well! John had a little problem on this dive, his friendly Dive Master having put two extra



weights in the same pocket for him. Hence a rather unusual position in the water side-stroke not normally being recommended!! Our mini-bus was ready to take us back to the hotel on docking, where we washed and had our last drink before heading back to Bangkok. 2 hours later saw us back in Bangkok - what a marvellous inaugural trip for the Scuba section. Finally, thanks go to Huw who watched carefully over our weekend and to everyone who assisted in this special event. We shall have more to come in the New Year; please watch the notice board for all the details. These weekends are designed for the whole family — divers and non-divers.








Happy Diving  
Ged Allen





# Calendar

## British Club Sports and Entertainment Calendar - December

<b>Sunday</b> 	<b>Opening Times</b> 10am-11pm Churchill Bar 11.30am-2pm Lords Restaurant - Lunch 6-10pm Lords Restaurant - Dinner 7.30am-10pm Poolside Bar 6am-9pm Fitness Centre - Mon-Sat 9am-9pm Fitness Centre - Sun/Hols 9am-5pm Thai Massage - Tue/Sun	<b>7</b> 8am Junior Tennis Tournament 9am Golf - Springfield 10.30am Adult Swimming Coaching 11am-1pm Badminton - Soi Nares 3-6pm Tennis Mix-In 4-6pm Children's Video 5.30pm Sunday Carvery - Lords
<b>Monday</b> 	<b>1</b> 8am BWG Mahjong 9.30am Aerobics 6-8pm Squash Coaching 7-9pm Tennis Team Training	<b>8</b> 8am BWG Mahjong 9.30am Aerobics 6-8pm Squash Coaching 7-9pm Tennis Team Training
<b>Tuesday</b> 	<b>2</b> 7am Ladies Golf 9-11am Ladies Tennis 10.30am Aqua Aerobics 7-9pm Soccer Training 8-10pm Badminton - Soi 22 8-11pm Friendly Bridge 9pm Gentlemen's Spoof	<b>9</b> 7am Ladies Golf 9-11am Ladies Tennis 10.30am Aqua Aerobics 7-9pm Soccer Training 8-10pm Badminton - Soi 22 8-11pm Friendly Bridge 9pm Gentlemen's Spoof
<b>Wednesday</b> 	<b>3</b> 9.30am Aerobics 5-8pm Squash Coaching 6-9pm Tennis Mix-In	<b>10</b> 9.30am Aerobics 5-8pm Squash Coaching 6-9pm Tennis Mix-In
<b>Thursday</b> 	<b>4</b> 6-9pm Squash Mix-In 7-9pm Rugby Training 8-10pm Badminton - Soi 22	<b>11</b> 6-9pm Squash Mix-In 7-9pm Rugby Training 8-10pm Badminton - Soi 22
<b>Friday</b> 	<b>5</b> 9.30am Aerobics 11am Golf - Springfield 3-9pm BC Tennis Coaching 7pm Social Darts	<b>12</b> 9.30am Aerobics 3-9pm BC Tennis Coaching 7pm Social Darts
<b>Saturday</b> 	<b>6</b> 8am Junior Tennis 8am Golf - Springfield 9am-1pm BC Swimming Coaching 9.30am Aqua Aerobics 8-11am Tennis Coaching 3-6pm Social Snooker 4.30pm Casuals Football - Soi 15	<b>13</b> 8am Junior Tennis 9am-1pm BC Swimming Coaching 9.30am Aqua Aerobics 8-11am Tennis Coaching 3-6pm Social Snooker 4.30pm Casuals Football - Soi 15

### Don't Forget !!

- To ensure your place at the Club's most sophisticated event of the year, the Christmas Ball on the back lawn, while there are still some tickets left!
- Mulled wine, mince pies, hearty singing and a balmy night at the Christmas Cracker carols evening co-hosted by the BCT.
- All the children's events in December: the Fun Day and Sleepover and their Christmas party.
- Pick your Tubtim for the New Year's Eve River Cruise!

<b>14</b> 10.30am Adult Swimming Coaching 11am-1pm Badminton - Soi Nares 11.42am Golf - Royal Lad Krabang 3-6pm Tennis Mix - In 4-6pm Children's Video 5.30pm Sunday Carvery - Lords British vs German Chambers Tennis	<b>21</b> 10.30am Adult Swimming Coaching 11am-1pm Badminton - Soi Nares 3-6pm Tennis Mix - In 4-6pm Children's Video 5.30pm Sunday Carvery - Lords	<b>28</b> 7.18am Golf - Vintage 10.30am Adult Swimming Coaching 3-6pm Tennis Mix - In 4-6pm Children's Video 5.30pm Sunday Carvery - Lords
<b>15</b> 8am BWG Mahjong 9.30am Aerobics 6-8pm Squash Coaching 7-9pm Tennis Team Training Christmas Menu Starts in Lords Children's Fun Day & Sleepover	<b>22</b> 8am BWG Mahjong 9.30am Aerobics 6-8pm Squash Coaching 7-9pm Tennis Team Training	<b>29</b> 8am BWG Mahjong 6-8pm Squash Coaching 7-9pm Tennis Team Training
<b>16</b> All the usual Tuesday events plus Children's Fun Day & Sleepover 3pm Children's Christmas Party Carols by Candlelight	<b>23</b> 7am Ladies Golf 9-11am Ladies Tennis 10.30am Aqua Aerobics 7-9pm Soccer Training 8-10pm Badminton - Soi 22 8-11pm Friendly Bridge 9pm Gentlemen's Spoof	<b>30</b> 7am Ladies Golf 9-11am Ladies Tennis 7-9pm Soccer Training 8-10pm Badminton - Soi 22 8-11pm Friendly Bridge 9pm Gentlemen's Spoof
<b>17</b> 9.30am Aerobics 5-8pm Squash Coaching 6-9pm Tennis Mix-In 6-9pm Squash Teams competition Carols by Candlelight	<b>24</b> 5-8pm Squash Coaching 6-9pm Tennis Mix-In 6-9pm Squash Teams competition	<b>31</b> 5-8pm Squash Coaching 6-9pm Tennis Mix-In 6-9pm Squash Teams competition New Year's Eve River Cruise
<b>18</b> 6-9pm Squash Mix-In 7-9pm Rugby Training 8-10pm Badminton - Soi 22	<b>25</b> 6-9pm Squash Mix-In 7-9pm Rugby Training 8-10pm Badminton - Soi 22	<b>Sports - Contact the following:</b> Badminton: Gaynor de Wit 237-4031 Cricket: Julian Frost 314-4111-3 Football: Alex Forbes 260-1950 Golf: Chris Gething 261-1963 Rugby: Jon Prichard 712-1650 Scuba: Cheryl Lamb 258-1382 Squash: David Turner 279-1234 Tennis: David Blowers 285-4721-2
<b>19</b> 9.30am Aerobics 3-9pm BC Tennis Coaching 7pm Social Darts	<b>26</b> 3-9pm BC Tennis Coaching 7pm Social Darts	<b>Non-BC Sports</b> Ladies Golf: Will Agerbeek 259-7019 BCLG: Eileen Cook 295-4596 LIGHT: Lois Carson 258-5295 Hockey: Liza Fitzpatrick 266-0597 Rugby:
<b>20</b> 8am Junior Tennis 9am-1pm BC Swimming Coaching 9.30am Aqua Aerobics 3-6pm Social Snooker 4.30pm Casuals Football - Soi 15 Club Christmas Ball	<b>27</b> 8am Junior Tennis 9am-1pm BC Swimming Coaching 3-6pm Social Snooker 4.30pm Casuals Football - Soi 15	<b>Venues</b> Soi 15: NIST grounds Soi Nares: Behind Bangrak Police Station Aerobics Surawong Room Golf - As advertised



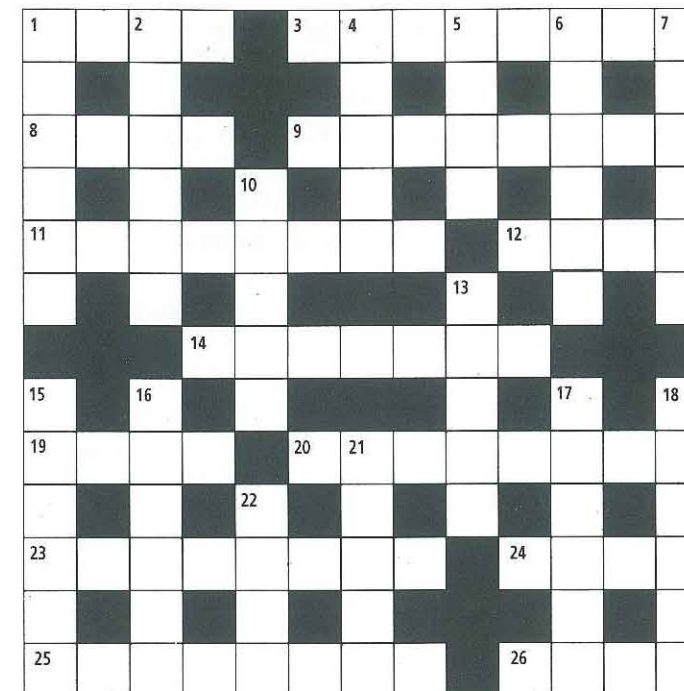
# Certificates for the Coaching Course Completers

Late October saw the end of a series of tennis and swimming courses and the traditional certificate presentation ceremony to all those who participated. The pictures here show the budding Sampras' and Spitzes receiving their certificates.



## Crossword

### Christmas Crossword



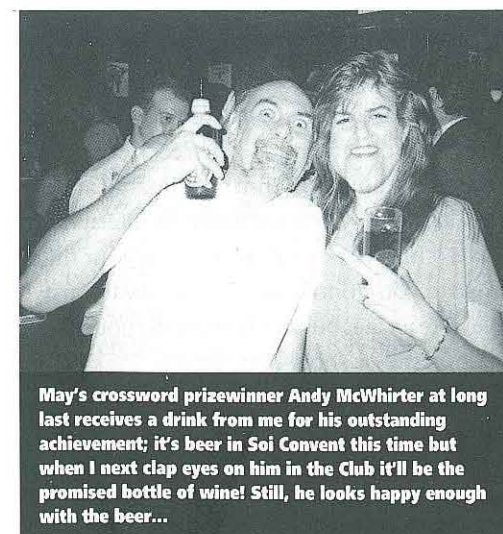
#### Clues

##### Across

- 1 With 8 Across, provide burning issues at this season
- 3 Are they crazy at Christmas parties?
- 8 See 1 Across
- 9 Rudolph is a famous one
- 11 What to do with gift-wrapped parcels! (4,4)
- 12 "\_\_\_\_\_ her until she wearied" (Shelley) ... under the parasitic plant?
- 14 He wrote a popular Christmas 21 Down
- 19 Friends go around the mountains
- 20 Dr. Johnson said that the best thing this chap sees is the road to London!
- 23 From lunch at one until bed at eleven
- 24 Tipples in the pub
- 25 Kids welcome one at Christmas - but not in Thailand!
- 26 Not to be given as a present if it has been

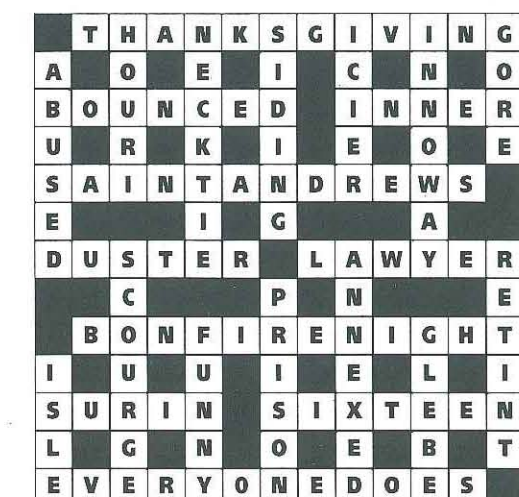
##### Down

- 1 This underwater craft was a popular hit
- 2 He provides 1 and 8 Across
- 4 A magistrate in some places
- 5 A candy one will hang on the tree in the USA
- 6 Drop it to wink at the girl!
- 7 Mother might suffer it coping with cooking the Christmas dinner!
- 10 Place for Granny's treasures
- 13 Plies the needles for a sweater
- 15 Lots of these around in the Dept. Stores at this season
- 16 What many Brits enjoy during the Christmas holidays (1,5)
- 17 Little intimate items for ladies!
- 18 Opposite of 26 Across
- 21 Seasonal song for a girl
- 22 We all know that there was a big, bad one!



May's crossword prizewinner Andy McWhirter at long last receives a drink from me for his outstanding achievement; it's beer in Soi Convent this time but when I next clap eyes on him in the Club it'll be the promised bottle of wine! Still, he looks happy enough with the beer...

#### Last month's solution





# The Bane of the Long Distance Traveller

Following is an article designed to help both frequent and infrequent travellers. Both domestic and international travel exerts a variety of stresses from which the body takes a period of time to re-adjust. During this time, performance is compromised.

This is of particular importance to the Health & Fitness professional dealing with athletes, teams or corporate business groups. It affects **all** of us when we step aboard an aircraft! Methods designed to minimise jet lag and assist in the re-adjustment to normal function are discussed in the following article by Martin Anderson of the Dept of Human Movement, University of Western Australia.

**Lisa Fitzpatrick**

## Jet Lag — What It is and What To Do About It

Jet lag is the disruption of the body's normal rhythm. Everyone operates on a natural cycle called "Circadian Rhythm" which is different for each individual. Hence there are "night-owls" and "early-risers" and those in between. Natural circadian rhythms rise and fall depending on the time of day. Cycles are elevated during active periods and depressed during rest. As an example, it is common to feel drowsy after lunch as we typically have a drop in circadian rhythm at that time. Rapid travel across multiple time zones causes a shift in this natural rhythm as the environmental cues (daylight, local time, sleep habits, meal times) are out of 'synch' with how the body feels. This is exacerbated by lack of sleep, long delays in airport lounges, confinement, vibration of the plane and the stress of flying. Overcoming the 'lag' associated with travel can be aided using a few simple measures.

The difficulty in re-adjusting is affected by the following:

- **Daylight Saving**

During the summer months, standard time is different for many countries, with selected

adoption of Daylight Saving. When this occurs, the relative time difference between destinations will increase and will naturally exacerbate the lag effect. Travellers and athletes that compete in this season are therefore at a greater disadvantage than those who have to travel during standard times.

- **Flight Direction**

Flights in a North-South (latitude) direction do not result in any time zone changes (unless there are different rates of daylight savings), therefore these flights should be more easily tolerated although there still exists the problems of fatigue, vibration, dehydration and stress. Latitude travel will however alter climatic conditions which will cause specific problems, especially for those going from cool climates to warm, humid conditions.

East-West (longitudinal) flights however do cross time zones and therefore will be more debilitating than North-South travel. Flights in an East-West direction will result in a 1 hour time change for every 15° of longitude crossed. The disruption in longitudinal flights is greater due to:

- a shift in the rest activity schedule
- loss of sleep
- a change in the environment time cues

In addition, the body copes better "going backwards" in time zones. Therefore a flight from East to West which is "chasing the sun" is easier to tolerate than a West-East trip. This holds true regardless of the time of day or whether you are departing or returning. The recovery time to natural circadian rhythm is estimated at being 50% faster in westward flights. In international travel it may be possible to arrange your flights so that you continually travel westward to alleviate jet lag, but this is generally not possible in domestic or short-hop flights.

- **External Cues**

Although we have a natural body clock it is typically modified by our lifestyle (e.g. the alarm clock, late nights, shift work). Meal times is quite a powerful external cue. Eating

at strange times gives conflicting information to the body and results in a deviation from the normal functional pattern. Eating during the down cycle (the natural rest phase), which often occurs when flying at odd hours, will thus be a conflicting message and will cause re-adjustments and distress. Consider how "unnatural" it feels to eat breakfast at 2am on the 'red-eye special'. Food also increases the body's metabolic (resting) rate, preparing it for activity. This will make sleeping difficult and result in restlessness, eagerness and a desire for activity. Eating during a natural rest phase will thus delay the onset and quality of sleep, which will increase the feeling of fatigue.

- **Fluid Replacement**

Drink plenty of fluids (non-alcoholic). The air-conditioning and rarefied air in the plane causes dehydration which is a major stress in itself. Fluid should be sugar and caffeine free wherever possible as these substances also affect a body's natural rhythm. Therefore try to cut down on or abstain from tea, coffee and soft drinks. For longer flights going east, caffeine accelerates the circadian rhythm which may actually help the body 'catch up' to the new time but again, as it interferes with sleep, it is prudent to cut down wherever possible.

Avoid alcohol. Not only does it change the body's natural rhythm but it disrupts sleep and in addition causes multiple trips to the bathroom.

- **Rest**

Sleep whenever possible. Sleep acts as a buffer that can reduce the lag. It will also recharge your batteries and alleviate the tedium of some flights. Upon consultation with your doctor, a mild sedative may be prescribed. Sleeping can be difficult but is assisted by listening to your favourite relaxing music, deep breathing and stretching the body beforehand. Again, alcohol and food will make it difficult to sleep. Wearing comfortable clothing and using the pillows and blankets provided will help.

- **Exercise**

Exercise as much as possible upon arrival. Long, slow methods of activity such as walking

or jogging are ideal. Exercise will diminish hunger pangs and is useful in adjusting to local meal times. Walking in airport lounges during stop-overs is highly recommended, as is stretching during the flight. Stretches that can be performed in a confined space include shoulder shrugs, neck rolls, arm raises, triceps stretches, trunk twists, seated toe touches, ankle dorsi and plantar flexion and knee to chest movements. Stretching should relax, alleviate the stiffness of sitting still and thus assist in re-adjusting the sleep pattern.

## Recommendations

The following simple measures will help you arrive at your destination feeling better, and reduce the amount of time your body needs to adjust to the new time zone:

- Drink plenty of non-alcoholic fluids, and reduce the amount of caffeine drinks.
- Stretch often during the flight and exercise upon arrival
- Adjust your watch to the destination time as soon as possible, then begin acting according to your new time. Have meals and sleep as close as possible to normal 'destination' times.
- Sleep whenever possible.
- Upon arrival try and fit into local time and avoid the natural desire to eat and sleep out of synch with your new surroundings. Remember, external cues are powerful stimulants and your body will quickly respond if you act on "local time"

Finally, it should be realised that the debilitating lag associated with flying can be overcome with enough motivation. One does not have to succumb to the rigours of jet lag and a positive attitude should be taken towards flying. A sensible approach to the small discomforts of flying will greatly reduce the incidence of jet lag and increase the enjoyment of your trip.



## Letters Page

Dear Editor,

Would it be possible to publish, in the Outpost, the rules concerning members' advertisements on the Club notice board.

The reason I make this request is because there seems to be some confusion as to how members get their advertisements on the notice board. In September I made a request to the Committee for permission to display on the Club notice board and to publish in the Outpost a pledge to donate a substantial sum of money from the sale of Crystal Palace Christmas crackers to the Diana, Princess of Wales Memorial Fund. My pledge was rejected on the grounds that The British Club has a policy not to support charities. I honour their decision as an elected committee. I do not necessarily agree with them.

What I do not understand is that throughout the year many advertisements appear on the notice board which have been placed by 'charities' and approved by the Club. There are, also throughout the year, a number of advertisements that have not been approved by the Committee. Some of them are from private companies, clearly against Club policy, and some placed by Club members on behalf of non-members. I am not sure if that practice is contrary to Club policy or not. Unauthorised advertisements, when they come to the attention of the Committee, are quickly removed but the advertisers are getting free advertising space.

To get to the point of this letter. If the ruling on advertising the Club media were published there would be no confusion as to who, when and where advertisements can be displayed. I suspect that there might be other policies, not in the Rules of the Club, that members are not aware of.

Yours sincerely,

**David E. Lee (L99)**

Dear Gaynor,

With all the recent correspondence concerning loss of property at the Club I thought I should write to Outpost with my own experience.

Over the past few months I have been careless enough to leave two quite valuable items on Club premises. To be honest, I did not expect to see either of them again.

How wrong I was! Both items were found and handed in by members of staff. The first, a jacket, was even hung up for safe keeping.

I do not know who found my belongings, so I cannot thank them in person. I would therefore like to extend my thanks through Outpost. It is nice to know we have such honest and thoughtful staff at the British Club.

Yours

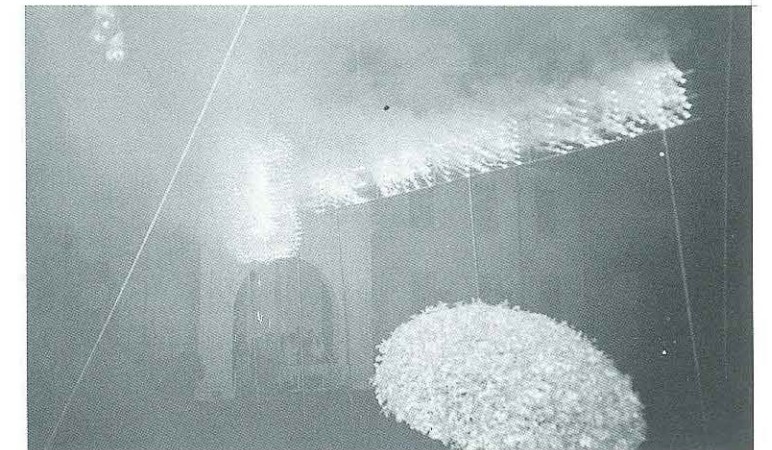
**Louise Truslow (T92)**

## Going Off With a Bang

**T**he Guy Fawkes Night went off very well with about 350 people attending the event. Another excellent barbecue was provided on the back lawn while everyone relaxed at the start of a balmy Bangkok evening.

After the BBQ David Williamson, an ex-BC manager, judged the Guy competition. This year there were five well-made entries. The winning entry was made by Stephanie Verheyen (with a little help from father Mark). The Guys were duly taken to the car park and burned! Once the Guys had smouldered to their untimely demise, everyone converged on the Silom car park for the fireworks display. Again, as in previous years, there was a spectacular display to conclude the evening's proceedings.

Special thanks go to Pina Davis, Iain Price and James Woodford, who acted as marshalls on the gates during the day. It is a little disappointing that one or two members find



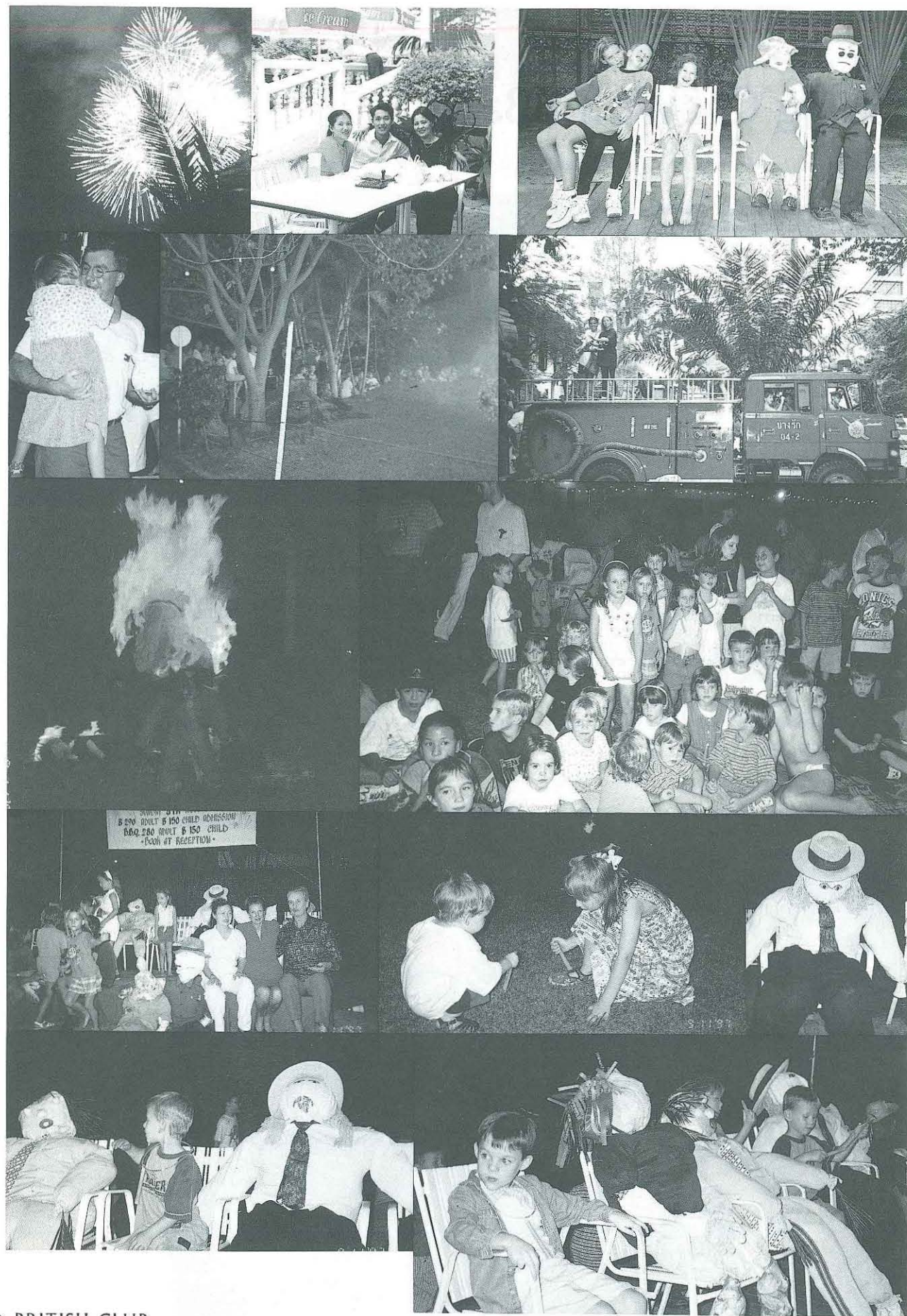
it difficult to accept that the Club is closed on this day, primarily for insurance and safety reasons, and try to make life awkward by wanting to barge in without buying a ticket. Please try to be more understanding.

All in all a great event but plans are already under way to make the event even brighter and better in '98!

**Tom Bain**







## Sports Day Spectacle

**F**ive teams were represented this year on Sunday 2nd November. A late withdrawal from the Soccer section (no pun intended) on Sunday morning enabled lone soccer shark, Ray Hughes, the prestigious job of administering the soccer game.

Rugby were boasting a team of 6 $\frac{3}{4}$  - the 1 $\frac{3}{4}$  being Cheryl Lamb, who less than 4 days later gave birth to daughter Rachel. Congratulations Mike and Cheryl, and well done Cheryl for your efforts to keep the Rugby section in line (despite their whinging!). Tim Grayson was "rung in" by mobile phone at the last minute to guarantee a start from the Rugby section. The Badminton team of Anant, Henry, Tim and Carol, Graham and Katy were amongst the heat in their red Baddy kit. This year was the first year we had a team representing the (soon to be formed) Swimming section. Barney Phillips was keen to participate with this team so that he **didn't** have to swim (sections presently do not partake in their own sport)! Rivals Squash and Tennis put in outstanding performances. Squash's Mark Prothero wished he'd chosen a better-fitted pair of swimming trunks, as his wife Tessa, who was coordinating the swimming activity, was treated to a rare public viewing of Mark's "prothterior". We will definitely have to introduce backstroke into next year's activity!!

Tennis' Hannah Morrison showed the squash organiser Barbara Overington how hard (those) black balls can be hit! Golf's Michael Bain was a long representative for the Golf section and took control of the ever-popular game. He even took time out to give some private coaching (see pic). There were no smashed



Winners again-Tennis

Mercedes windows this year... but then again, Tom "Tiger" Bain was relegated to organising the Children's Halloween Party! Neeltje Vijlstra has taken over the SMASH Award (Special Merit Award for Spectacular Hitting) by firing a ball into the houses behind the Club.

The updated computer programme made recording results much quicker. A few minor adjustments for next year will enable minute-by-minute score updates. Thanks to Dave Jewell for his efforts. Thank yous also to the activity organisers: Ray Hughes, Cheryl Lamb, Tessa Prothero, Barry Whittaker, Michael Bain, Barbara Overington, David Blowers and Fitness and Ground staff. The day ran very smoothly, and we couldn't have asked for better weather. Well done to all the participants - see you next year!

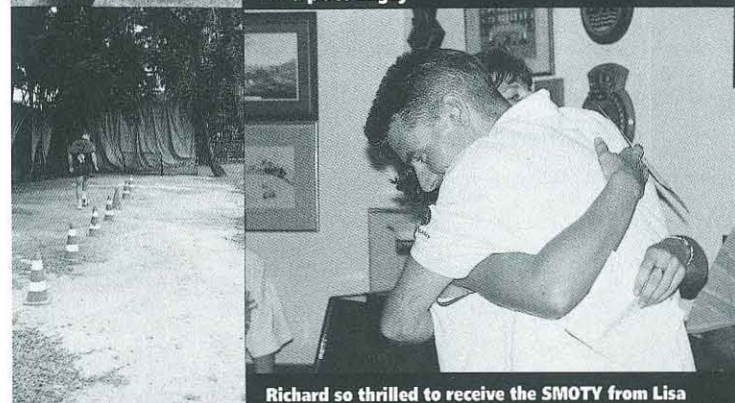
### Lisa Fitzpatrick







Third place Rugby



Richard so thrilled to receive the SMOTY from Lisa

### Results

Tennis 41 pts  
Squash 40 pts  
Rugby 31 pts  
Badminton 30 pts  
Swimming 28 pts

SMOTY - Sportsman of the Year  
Richard Ellis (Tennis)

SWOTY - Sportswoman of the Year  
Jill Phillips (Squash)

SMASH - Special Merit Award for Spectacular Hitting  
Neeltje Vijlstra (Rugby)



Second place Squash



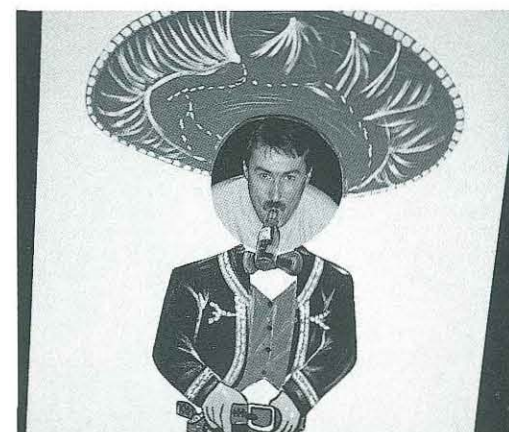
## Holy Maracas!

On Saturday 1st November the Club held a South American food and wine promotion. Unlike the Australian and NZ wine promotions, which were held in Lords Restaurant with a set meal, we decided to risk the weather and go al fresco and make the theme more casual. Aside from decorations around the back lawn, there were a male and female caricature painting with the face missing which attracted a fair bit of attention as members and their guests became muchachos and muchachas to pose for a photograph! The event attracted 65 guests, including the Colombian Ambassador and representatives from the Argentinian and Chilean Embassies. We served red and white wines from Argentina and Chile as well as Corona beer.

The food was produced by the chefs of the British Club, and included a spit roast, sweet potato soup, corn bread, beer bread, baked avocados, fillet steak with banana croquettes. Many thanks to Graciela Haube for the loan of the Argentinian cookbook.

Decorations and music to compliment the evening were kindly loaned by many of the South American embassies and consuls. Wine for the event was supplied by Vanichwattana. Finally, many thanks to all the members who supported the event and make it a success, and to all the staff who worked so hard on the night.

Barry Osborne







## "Me"

I glance in the mirror and what do I see  
Someone else, or the real me  
Are my eyes looking dull or sad  
Have I done something to make me feel bad

I tried all day to do my best  
So I'd have nothing to get off my chest  
Did I err or cast a bad seed  
Do I have to say, "Forgive me Please"

Tomorrow I'll do better, this I swear  
Then I won't have, "A cross to bear"  
It's not too late to make a change  
You know your scope, and your range

In the mirror, what's the reflection  
Is there a flaw or just perfection  
Look very close and then you'll see  
The very real person, the very real, "ME"

**Trixie Brann**

## Ghoulish Goings On

This year's Children's Halloween Party attracted over 60 children from about 3 years upwards. They all put a lot of time and effort into their costumes and managed to look really spooky.

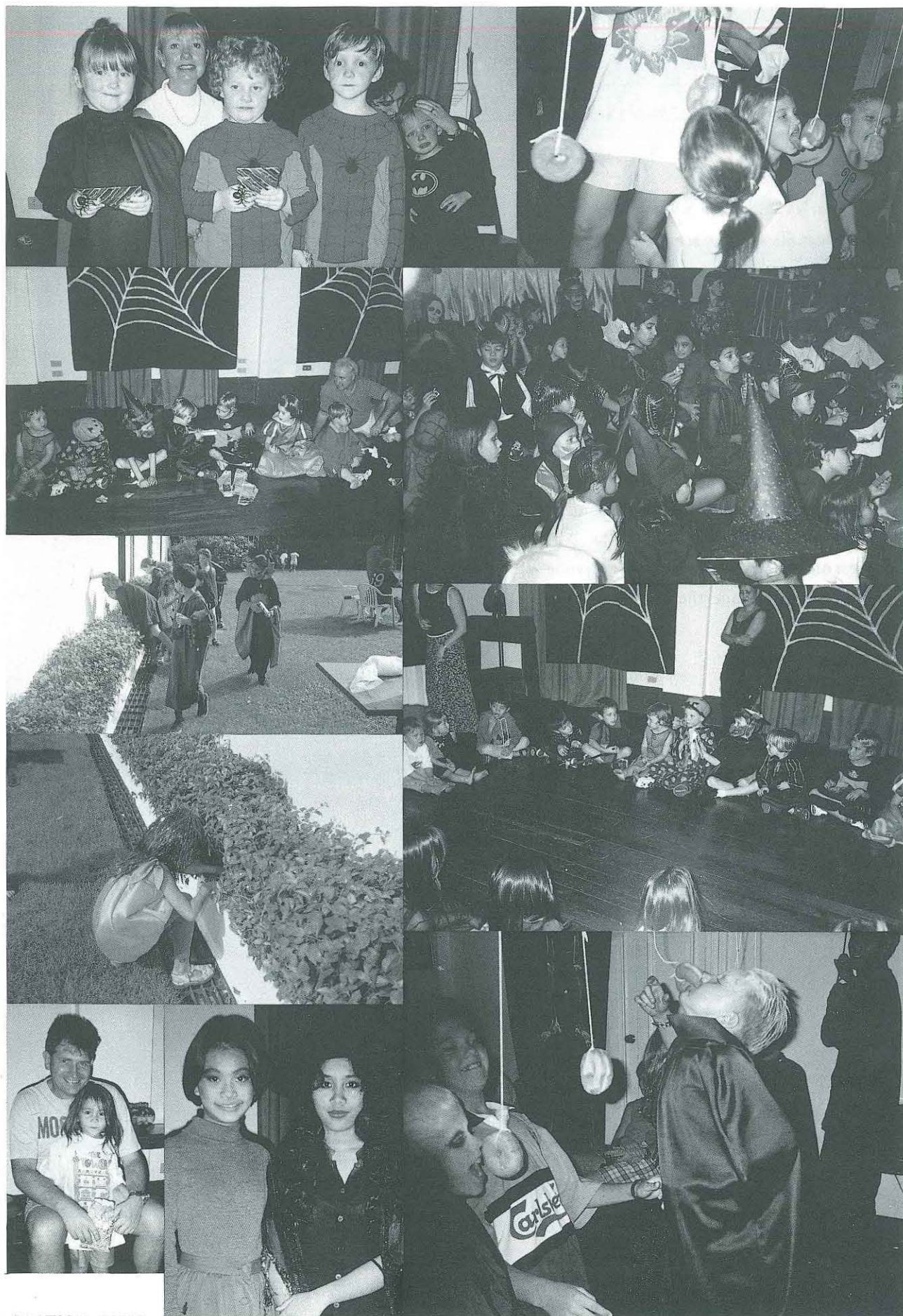
The scavenger hunt managed to interrupt the Inter-Section Sports Day golf game for ten minutes and someone found an egg (uncooked) that had been left on the back lawn since the Easter Egg Hunt. Unfortunately the egg was dropped (and broke) on the floor in the Surawong Room - what a pong!!

The rest of the party went very well; everyone enjoyed the games and the food, especially the Casper cake!

**Tom Bain**

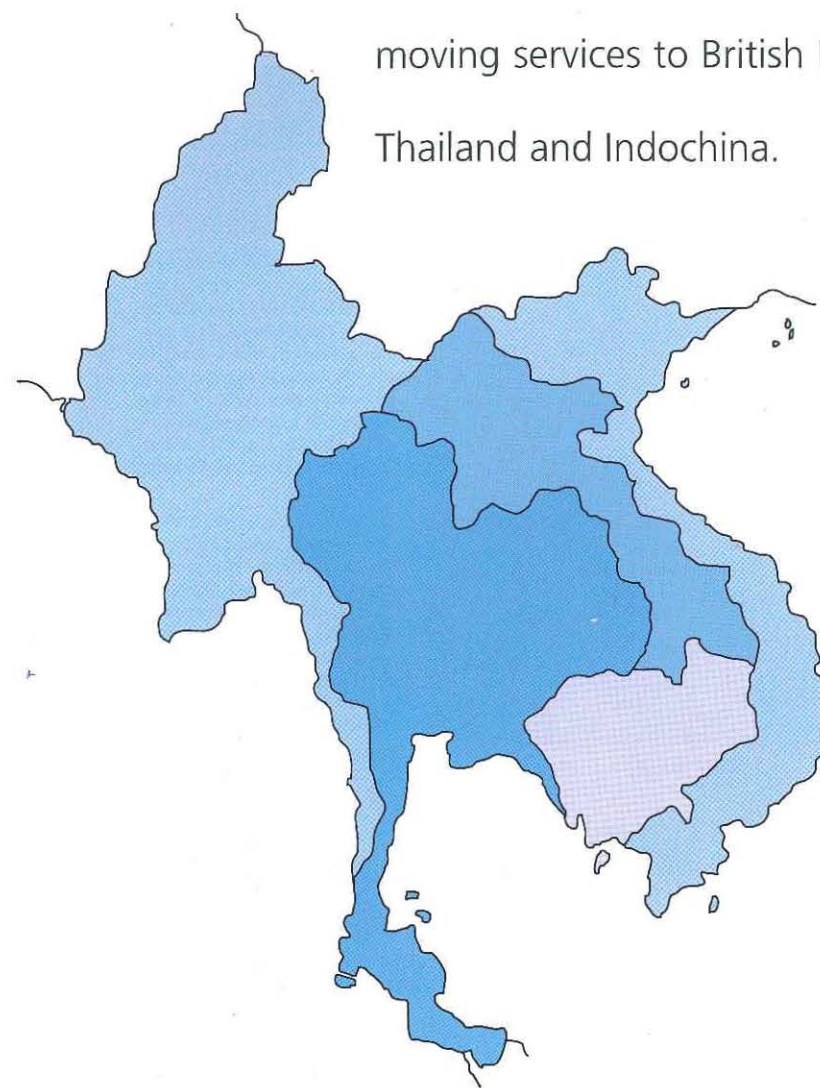






# Announcement

The British Foreign and Commonwealth Office (London) has appointed **JVK International Movers** (authorised representative for Allied Pickfords) as the exclusive contractor to provide international household goods moving services to British Embassies and Consulates in Thailand and Indochina.



**JVK**

**The Region's Largest International Moving Specialist**

Tel: (02) 379 4646 Fax: (02) 379 5050 E-Mail: [jvkmovers@mozart.inet.co.th](mailto:jvkmovers@mozart.inet.co.th)



### Security



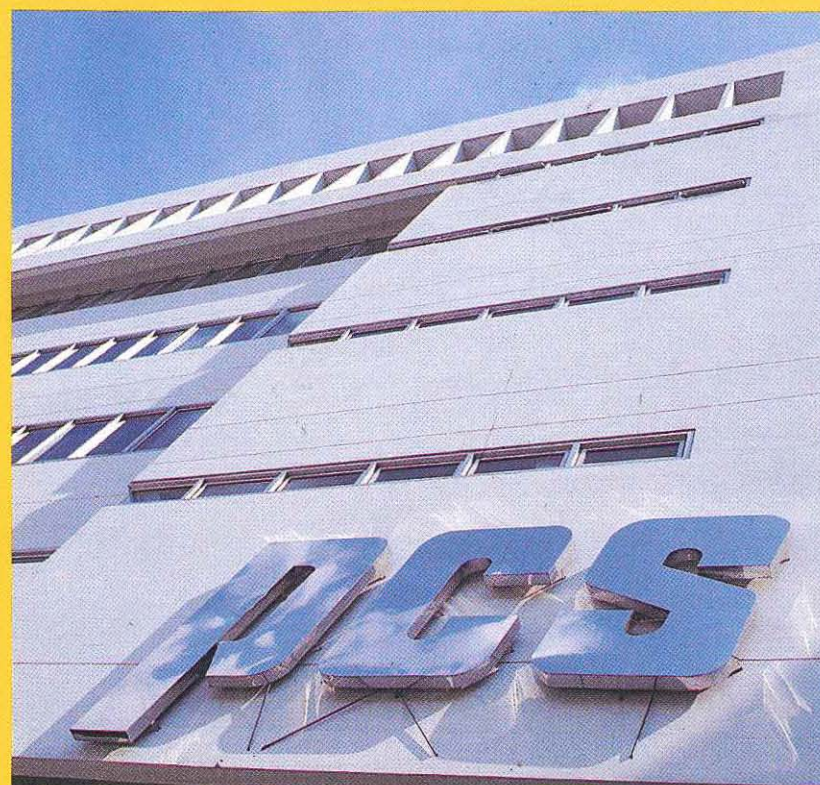
### Pest Control



### Janitorial Division



### Abseil Facade Cleaning



**pcs**

With over 4,000 clients and 11,000 employees, PCS is the largest multiservice company of its kind in Thailand. PCS now has a Network that extends to all corners of the country, providing services to a large variety of buildings such as offices, banks, hospitals, hotels, schools, shopping malls, factories and airports.

At PCS, we provide a total service that cannot be found anywhere else; our core services include: Janitorial, Security, Pest Control, Hygiene and Unitherm. These services are in turn backed up by Specialist Services which together allow us to cater for all your building requirements.



### Technoclean



### Hygiene



### Unitherm



### Marble & Granite Restoration and Carpet Cleaning

**pcs**

### PROPERTY CARE SERVICES (THAILAND) LIMITED

234 Soi Sukhumvit 101 (Punnawithi) Sukhumvit Road, Bangchak, Prakanong District, Bangkok 10260  
Tel: 741-8800 (Automatic), 741-8810 (Operator) Fax: 741-8062-63

## From the Chairman

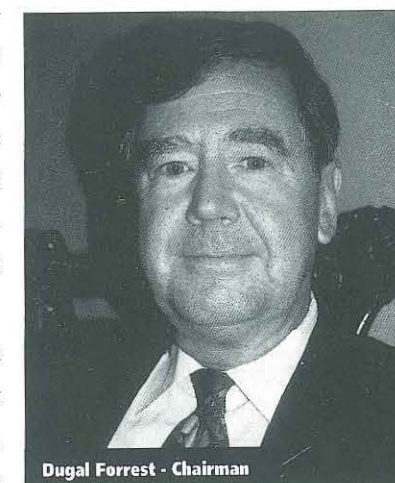
Christmas and all the happy times it can bring with it is almost upon us once again. As I write this message, the Club has successfully completed another Guy-Fawkes Night without burning down the Clubhouse and all those other activities which herald the approach of Christmas are under way.

This month we have one of the main events of the year, the Club Christmas Ball, supported as usual by a vast array of events to help you all celebrate this wonderful season. These culminate, of course, in the New Year's Eve boat trip which, for those of you who have not yet experienced it, should be high on your list of things to do. Full details of all these festivities will be found elsewhere in this issue and Tom, Barry and their staff will, I know, be working extremely hard to ensure that everyone has a good time at them all. So please read all about them and support those that you can - you won't be sorry you did.

In these very difficult times, most of us, I am sure, are engrossed in our own particular problems and it is perhaps appropriate that

things should have reached such a pass as Christmas approaches. It may give us pause to reflect that there is, surely, more to be gained from life's experiences than may seem to be attainable from the tenets by which most of our lives are governed these days. I believe so at any rate and what better time can there be to put away all our cares and worries and to share some valuable moments with our families and our friends.

It remains only for me, on behalf of myself and the rest of the General Committee, to wish you all a very happy and enjoyable Christmas and a New Year that brings with it all that you wish it to bring.



Dugal Forrest - Chairman

**Dugal Forrest  
Chairman**



## British Club General Committee



**Dugal  
Forrest**



**James  
Young**



**Phil  
Evans**



**Bernie  
Adams**



**David  
Henton**



**David  
Turner**



**Ian  
Webb**



**Mike  
Lamb**



**Colin  
Hastings**



**James  
Woodford**

### — The Committee is: —

<b>Dugal Forrest</b>	Chairman T. 398 3807 F. 399 1564
<b>James Young</b>	Vice Chairman/Sport T. 714 9040 F. 714 9039
<b>Phil Evans</b>	Treasurer T. 246 8844 F. 645 3400
<b>Bernie Adams</b>	Club Development T. 6740810-1 F. 210 2332
<b>David Henton</b>	Club Development T. 254 6819 F. 254 4849
<b>David Turner</b>	Sponsorship T. 279 1234 F. 279 1234
<b>Ian Webb</b>	Membership T. 656 8378-9 F. 253 9500
<b>Mike Lamb</b>	Sport/Sponsorship T. 237 0777 F. 237 0780
<b>Colin Hastings</b>	Club History T. 240 3700-9x1511 F. 240 3843
<b>James Woodford</b>	T. 326 0660 F. 326 1123

### — Club Staff —



**Tom  
Bain**

General Manager



**Barry  
Osborne**

Operations Manager

If you have any questions about the British Club or if you have any suggestions, please call any of the Committee Members above or the General Manager on 234 0247



If you are looking for a quality residence of any size, be it:

- Single House
- Townhouse
- Condominium
- Apartment
- Serviced Apartment

in prime locations of Bangkok:

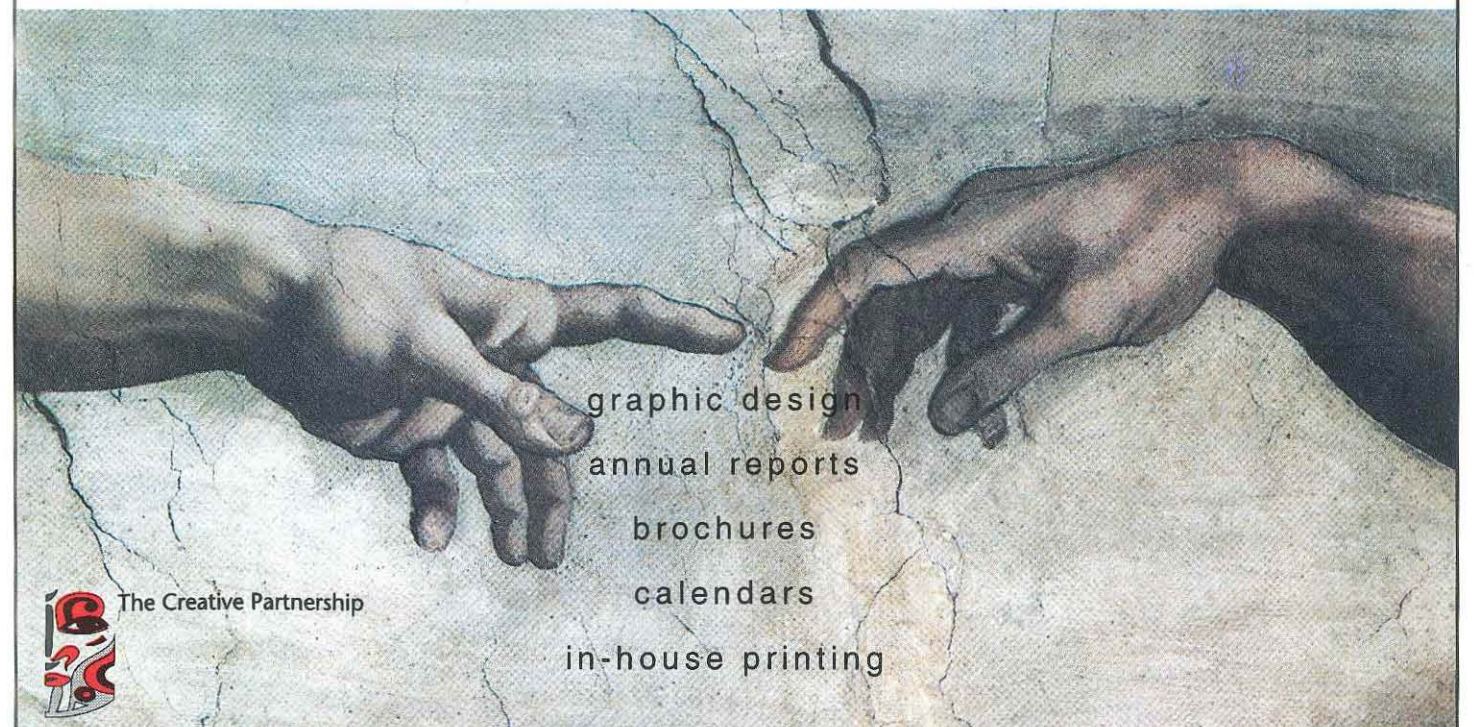
- Silom
- Rama IV
- Asoke
- Changwattana
- Others
- Sathorn
- Wireless
- New Petchburi
- Srinakarin
- Surawongse
- Sukhumvit
- Riverside
- Sukapibal

Contact:



**The First Name To Call In Residential Properties  
for Lease/Sale**

## When you really want to reach out and touch someone, you know who to call...



graphic design  
annual reports  
brochures  
calendars

in-house printing



**The Creative Partnership** Tel: 285 4721-2 Fax: 285 4723



Plan  
your trip  
on the internet  
[www.klm.nl](http://www.klm.nl)

“Connect to over 21  
UK destinations ?”

“From the UK’s most  
convenient transit  
airport !”



If you're heading for the British Isles we've got it covered. KLM and its partners fly to over 21 destinations within the UK and Eire.

Stopping at Schiphol Airport Amsterdam gives you the opportunity to make use of Schiphol's excellent facilities, shower and freshen-up, or do a bit of shopping. Whatever the case, flying via Schiphol will leave you to arrive closer and fresher to your final destination.

For reservations and more information contact your travel agent or KLM Royal Dutch Airlines, Tel: 679-1100 or Fax: 679-1416.

The Reliable Airline

