



Outpost

M A G A Z I N E



- Last Night on the B.C. Titanic!
- Call Out the Mounties, it's the Canadian Food and Drink Fest
- Bunnies (Real and Cut-out) and Lots of Eggs on Easter Sunday
- The Family "It's a Knockout"

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**What's the
important
thing to
remember
before making
a move?**

Members' Guests

The Club rules state quite clearly that guests who are normally resident in Thailand may be brought to the Club no more than three times a year. It appears that this rule is being disregarded and the Committee and management are keen to see the unauthorised use of the Club by non-members curbed. Note that it is the *members'* responsibility (not the guest's) to ensure it is adhered to. If you know of someone who is regularly using the Club as a non-member, please encourage them to join.

Membership Sales

During March 23 new members joined the Club. This is the highest monthly figure for more than two years. I hope all the new members enjoy the use of their Club and please, all members, keep bringing new people along to join!

Angkor Wat

In the same vein as the traditional BC pilgrimage to the Surin elephant round-up it is hoped that we can organise a trip to Angkor Wat in association with Bangkok Airways. The tour will take place on 13th, 14th and 15th June. Contact the GM for more details.

F.A. Cup Final

Live on the big screen on Saturday 16th May. Commencing 8pm, price is 250 baht including pic, chips and peas!

Greek Food Promotion

The Greek food and wine promotion will be in Lords on Friday 22nd and Saturday 23rd May. This promises to be an evening

to remember dining on this famous southern European cuisine.

Indian Food Promotion

This event will bring you the best of Indian cuisine here at the BC. Note the dates: 6th, 7th and 8th of June in your diary now.

Swimming Gala Date Change

Due to the many activities at weekends in April and the holidays in early May, the next Gala has been moved to Sunday 17th May at 10.30am.

Children's Sports Day

Sunday 31st May at 10am — a variety of individual, partner and team activities will take place at the end of this month for juniors aged 5-15 years. A fun day is in store for all participants. Sign up NOW!

Aqua Aerobics

These classes on Tuesday and Thursdays at 10.30am are going from strength to strength, thanks to instructor Marnie and her band of enthusiastic participants. Unfortunately the Saturday class with Julia will no longer continue, until further notice.

Snooker Tournament vs Tanglin Club

Thursday 14th May at 7pm sees our first inter-club challenge for a long time. Please support the BC — another 3 or 4 more players are needed. Sign up at Reception.

Masters Swimming

To date, two 8-session programmes have been run with relative success and positive results. Due to the departure of some of our swimming members, this training

group will recommence only upon demand, so please express your interest and suitable training days/times to Lisa in the Fitness Centre.

Junior Swim Training/Time Trials

This will take place on Friday evenings from 6-7pm, commencing Friday 15th May for eight consecutive weeks. All ages will be catered for. Sign up at the Fitness Centre.

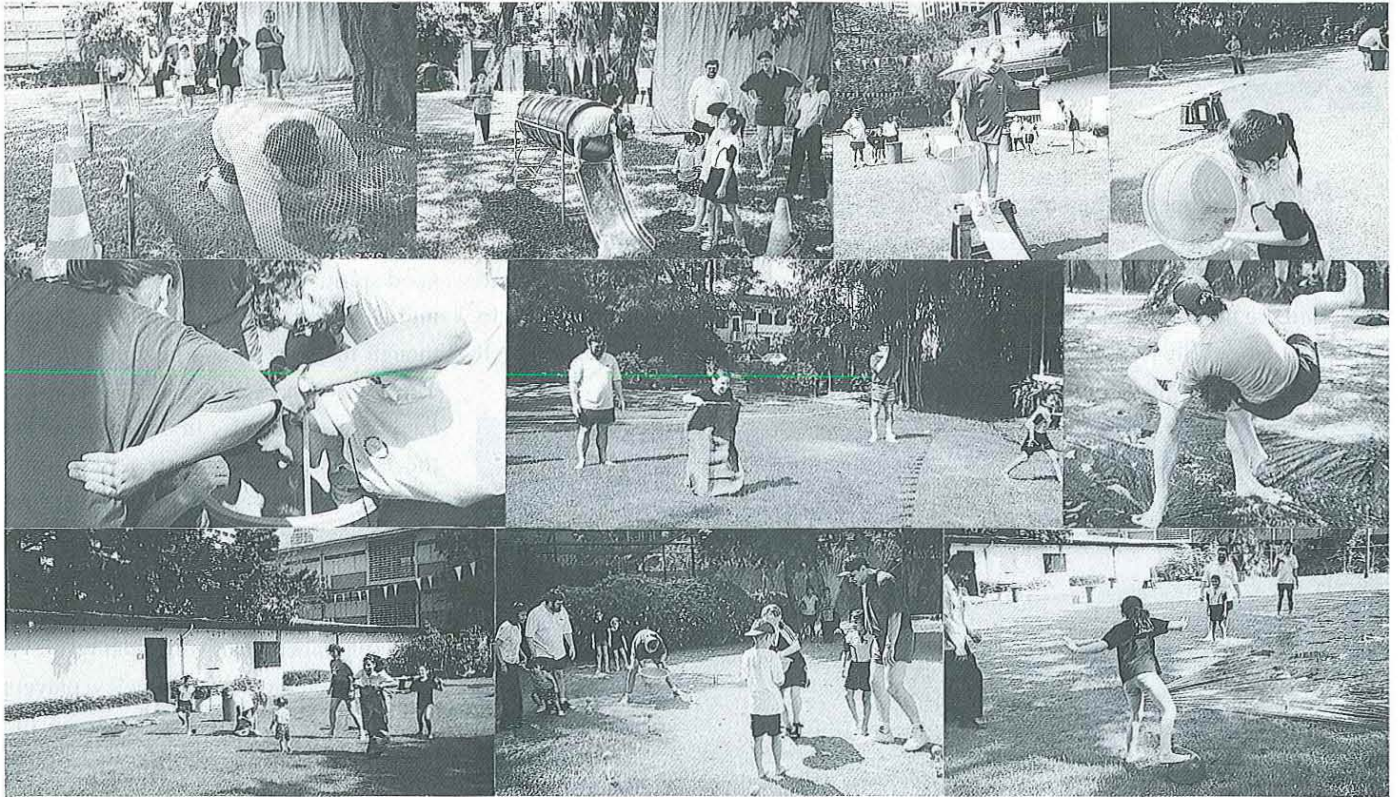
Water Babies

These are held on Thursdays at 9.30am. Please confirm your interest with Lisa in order for these classes to continue.

Holiday Programmes

- **Barge Trip, July 15-17th** — Enjoy a 3-day adventure trip up the Chao Phraya river. Minimum age is 7 years; maximum number of children is 22 (parents are welcome to accompany the trip). Sign up at Reception NOW!
- **Activity Week, July 27th, 29th & 31st** — A variety of sporting, coordination and balancing activities to develop your child's gross motor control skills will take place on the Monday, Wednesday and Friday of this week in July. Cost to be confirmed. Please express your interest to Lisa in the Fitness Centre.
- **Sailing/Outdoor Camp, August 24-28th** — Details to be confirmed later; put this date in your diary.

Moments from the inaugural family "It's a Knockout"



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- ◆ Falling foul of the complicated residence rules which determine UK tax status.
- ◆ Wasting the potential benefit of independent taxation of husband and wife.
 - ◆ Misunderstanding the new Self-Assessment system.
 - ◆ Failing to plan for a return to the UK.



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APB/KEV/BKBC



The Haka being performed in the foreground as the band obstructs the pitch

lowed by Old Colonials, 31-5, in the semis. There were strong performances all round, particularly from the Thai contingent of Dominic, Dakorn and Prote. Dakorn even found time to give captain Kerr some schooling in the art of drop kicking.

Rod's obvious deficiencies in this department didn't stop the Corsairs from mysteriously selecting him for their quarter final. The spirit of reconciliation was in abundance between the BC and their old rivals but Rod took this a bit too far, crossing twice in the red, white and blue colours. This has been noted and punishments will be dished out. Other squad members who swapped jerseys with the Corsairs should also prepare themselves for some measure of retribution - you can run but you can't hide.

The BC took on the RSC Dalmatians in the plate final. Despite a spirited effort the boys lost narrowly, 15-5, with Matt Minich putting the points on the board. The result was no mean achievement and the team can be proud of its efforts. Perhaps the spirit and dedication to the cause was exemplified by Gilles, who played through-

out the tournament with a broken knee cap. He was especially keen on testing the locals for any weaknesses, concentrating in particular on their ball handling skills.

The Legal Idiot

BC Rugby Section Conquers Hong Kong

After a fantastic showing in Manilla, six of the fittest and most energetic members

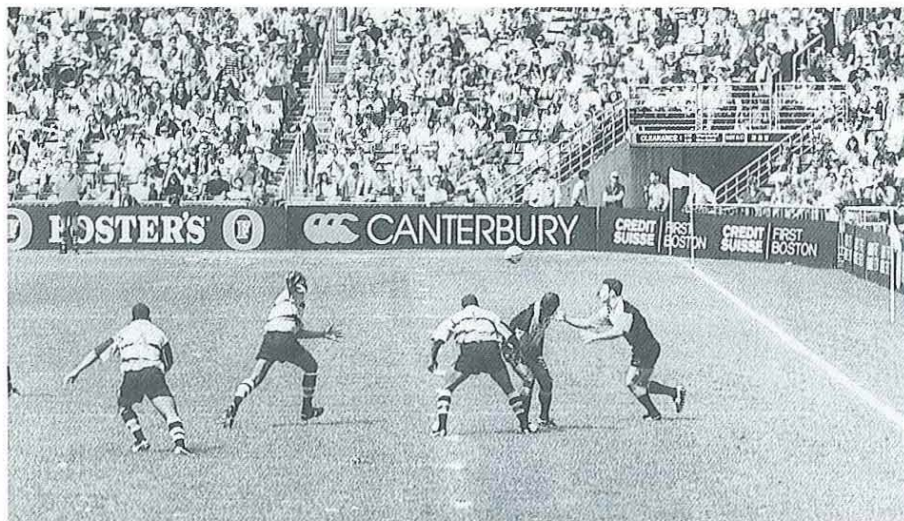
of the team, Jon Prichard, Rod "Cherry" Kerr, Peter Hutton, Prote Thipnetsakul, Matt Minich, and Ramsey Macpherson continued on for six days in Hong Kong. The second phase of the tour involved a run in the Carlsberg Hong Kong Tens at which the rugby standard is a step above that of the BC. Unfortunately, with depleted numbers and stiff competition, the boys' showing on the pitch left some room for improvement. Joined by Richard Barton, Guille Bonaventure, Colin Smith, Tim Bacon, Roger Fitzgerald and Phil Feddis the boys were able to touch the ball a few

times. It was an excellent opportunity for the younger boys to get experience against professional rugby players. The boys lost a close one to the Australian Rugby Legends who ended up losing to Fiji for the cup. An excellent time was had by all and next year we will focus on procuring better ringers.

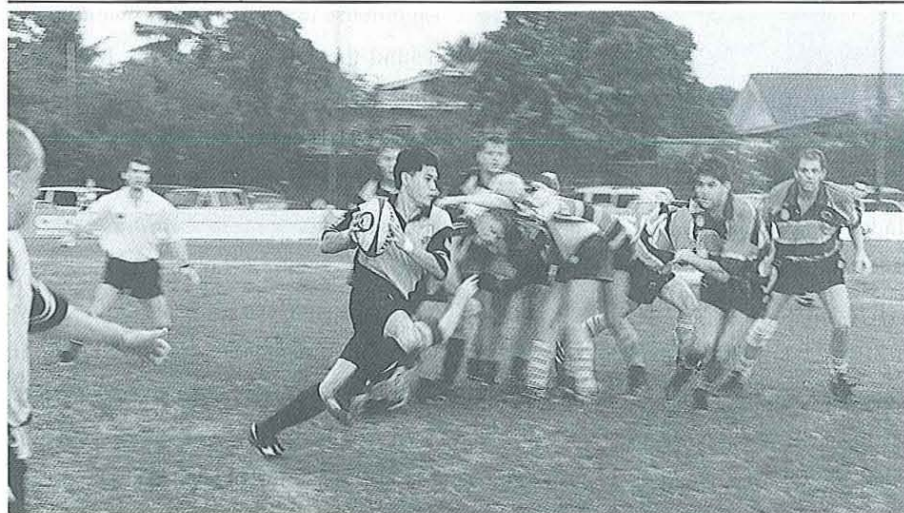
The third and most dangerous phase of the tour was three full days on the piss in the South Stand at the Hong Kong 7s. This was



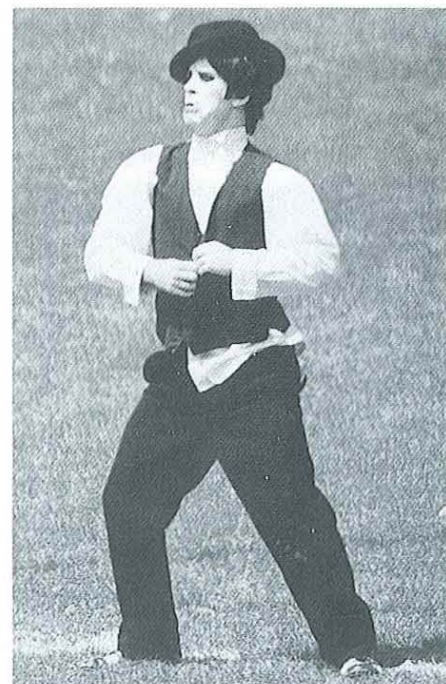
Some traditional arm exercise action from the pink 'n' blacks



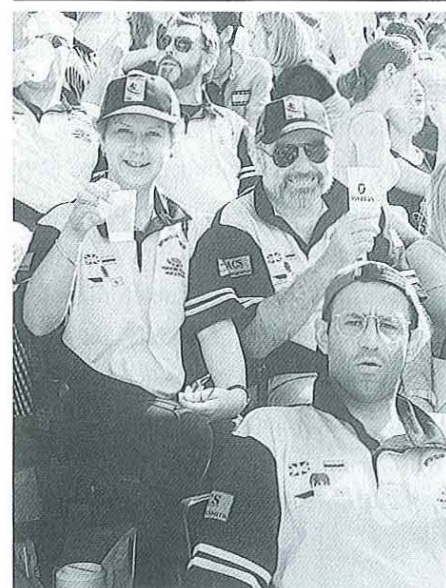
Big league action with the serious guys



Dragon on the move



The groundsman berates the players for turving up his pitch...



Cheers from Hong Kong!

an excellent time for the BC boys to show their prowess in putting down pints of lager and joining in on all of the verbal abuse and debauchery. The pink and black was again seen all over the stadium in a terrific showing for The British Club of Bangkok. The three day rugby party in the South Stand ended too soon with Fiji taking the cup. After the trophy was handed

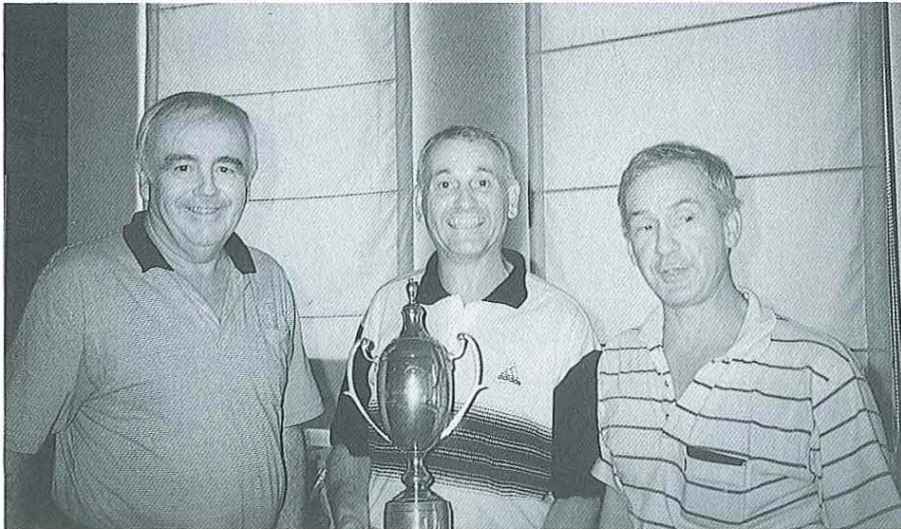
out, many people in our area commented "They were playing rugby here?" To view some additional photos from the tour, visit the section's web site at <http://mattitude.com/bcrugby>

Matt



New Captain Bowled Over

Bernie Adams, the new Captain, and his team were victorious against a side led by outgoing Captain Chris Gething in a match play competition held at Khao Kheow on 28th February. Over-confident and very probably hung over, the British Club lost the next day in a friendly match against the Gee Gees.

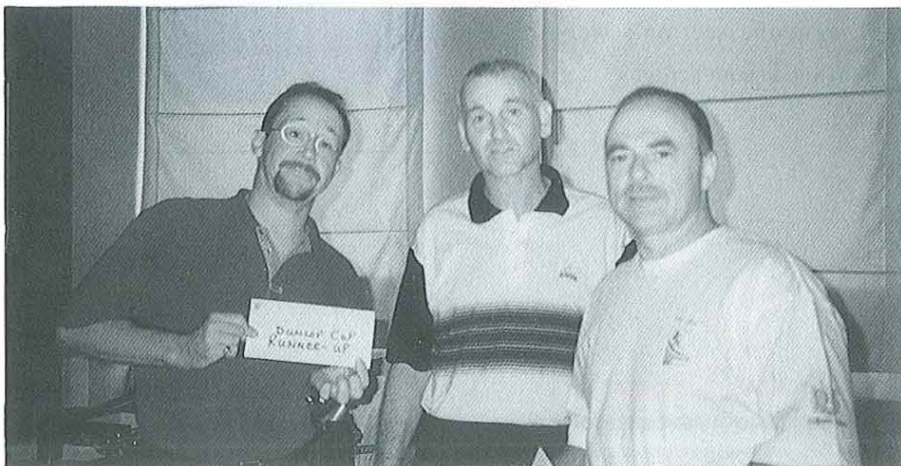


Peter Ford and Jamie Woodford—1998 winners of the Dunlop Cup

Bernie rebounded the following week at the Vintage Club in his very own sponsored competition "Bernie's Bowl" by scoring the lowest number of putts (29). However, victory was not to be his in a competition which took into account nett scores using a modified stableford system as well as putts. The keenly contested "Bowl" was won by Pat Dean followed by David Barclay and Jo Goodliffe.

With a number of section members lying

under a table in the Hong Kong Sevens beer tent, the section struggled to put together ten pairs for a texas scramble competition against the Bangkok Wanderers on 28th March at Muang Ake. Nevertheless we only just lost the Magpie Putter which went back to the Wanderers' nest somewhere on Soi Cowboy. Special mention should go to my playing partner Paul Jensen who had left Bobby's Arms at 4am and still managed to turn up for the 6.30am



David Henton and Bryan Dodd—Dunlop Cup runners-up

start. A hair of the dog on the 10th hole managed to revive him but he was looking decidedly queasy by the end.

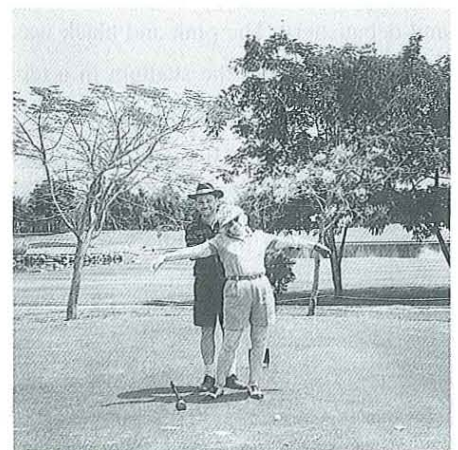
David Slays Goliath

Under David Lamb's direction, the British Club team (Andre Tissera, David Henton, Bernie Adams, Roger Fitzgerald, James Young, Gareth Sampson, Chris Gething and Mike Bain) scored a resounding victory in the Johnnie Walker League against the Lighthouse by a margin of 3½ to 2½. Previously unbeaten, the Lighthouse team are now in second place behind the Japanese, and the BC are in third position with a game in hand.

Sudden Death on the River Kwai

The 1998 Dunlop Cup was won by Peter Ford and Jamie Woodford after three days of exciting matchplay held at Nichigo in Kanchanaburi on the Chakri weekend. Peter and Jamie's opponents Bryan Dodd and David Henton put up stiff competition in the final forcing a sudden death play off on the mountain course in temperatures exceeding 40°C.

Us lesser mortals enjoyed a very relaxed



Gareth massages a tense Judy after she won the ladies' longest drive



team texas scramble on the last day. This however did not stop the testosterone flowing with Andre Tissera and Gareth Sampson trying to impress the ladies with the size of their club heads and the length of their shafts. After ten minutes of rutting talk following two particularly good drives on the eighteenth both managed to dribble their balls thirty yards into the water. Judy Fitzgerald and I decided that the gene pool in the golf section must be diminishing and that we should perhaps try the rugby section.

A great weekend of golf ended with champagne celebrating Bernie Adams' first ever hole-in-one on the eighth par three hole on the Lake course. Using a 6 iron Bernie drove 166 yards, bouncing off the edge of the green for a perfect roll-in. Well done Bernie and enjoy the free trip to Singapore.

Next Outings

Eclectic—Saturday to Monday, 9-11th May at Springfield

Johnnie Walker Match vs Delaney's—Saturday 16th May, 7.30am at Bangpoo

Friendly Match vs Japanese Association—Saturday 23rd May at Vintage

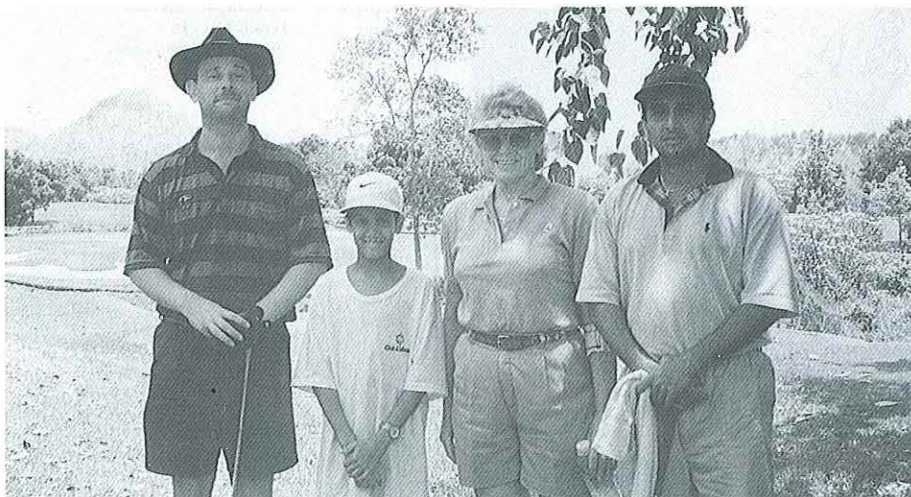
Match vs Embassy—Saturday 6th June at Vintage

Club Day—Sunday 14th June

Johnnie Walker Match vs Chequers—Saturday 20th June, 7.30am at Bangpoo

Captains Day—Sunday 28th June

Karen Carter



The winning Texas Scramble team at Nichigo—Gareth Sampson, Yannick Tissera, Judy Fitzgerald, Andre Tissera



The nineteenth hole at Nichigo



Bangkok Wanderers couple win boobie prize



New captain Bernie Adams shares a beer with outgoing captain Chris Gething, looked on by Mark Verheyen and Angela Poustie

PLAYER'S NAME BERNIE'S TEAM CAME 2nd

COURSE : LAKE											
Hole	GOLD	BLUE	WHITE	RED	PAR	H.S.					
1	424	390	357	320	4	2				4	
2	543	524	495	464	5	8				5	
3	410	392	359	325	4	4				5	
4	186	141	138	109	3	7				3	
5	427	404	382	351	4	1				6	
6	404	383	358	323	4	6				5	
7	573	552	523	500	5	3				5	
8	175	166	151	130	3	9				1	
9	405	382	351	317	4	5				5	
OUT	3547	3334	3114	2839	36					38	
BIRN'S							IN				
✓✓✓✓							TOTAL				
✓✓✓✓							HANDICAP				
✓✓✓✓							NET				

OUT-OF-BOUNDS Holes No. 2,3,4,5 AND 7

- 1) USGA rules govern all plays except where local rules prevail.
- 2) White stakes define Out of Bounds. Red stakes define lateral water hazards. Yellow stakes define water hazards.

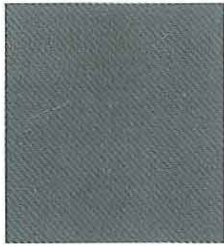
PLAYER'S SIGNATURE Bowie

Bernie's card showing the hole-in-one

Calendar

British Club Sports and Entertainment Calendar - May

Sunday



31

10.30am Adult Swimming Coaching
11am-1pm Badminton - Soi Nares
3-6pm Tennis Mix - In
5.30pm Sunday Carvery - Lords

10am Children's Sports Day

3

10.30am Adult Swimming Coaching
11am-1pm Badminton - Soi Nares
3-6pm Tennis Mix - In
5.30pm Sunday Carvery - Lords



Monday



Sports - Contact the following:

Aquatics	Liz Beal	262-9351
Badminton	Anant	654-0002-29
	Leighrahathorn	
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

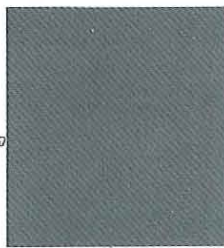
Non-BC Sports

Ladies Golf		
BCLG	Will Agerbeek	259-7019
LIGIT	Eileen Cook	295-4596
Hockey	Lois Carson	258-5295
Ladies Touch		
Rugby	Lisa Fitzpatrick	266-0597

4

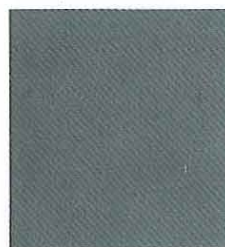
8am BWG Mahjong
5.30pm Ladies Touch Rugby
6-8pm Squash Coaching
7-9pm Tennis Team Training

Tuesday



5

7am Ladies Golf
9-11am Ladies Tennis
10.30am Aqua Aerobics
6-7pm Masters Swim Training
7-9pm Soccer Training
8-10pm Badminton - Soi 22
8-11pm Friendly Bridge
9pm Gentlemen's Spoof



Wednes day



Venues

Soi 15	NIST grounds
Soi Nares	Behind Bangrak Police Station
	Aerobics Surawong Room
	Golf - As advertised

6

9.30am Aerobics
5-8pm Squash Coaching
6-9pm Tennis Mix-In
6-9pm Squash Teams competition

Thurs day



Opening Times

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

7

9.30am Water Babies
10.30am Aqua Aerobics
6-9pm Squash Mix-In
6-7pm Masters Swim Training
7-9pm Rugby Training
8-10 pm Badminton - Soi 22



Friday



1

9.30am Aerobics
3-9pm BC Tennis Coaching
7pm Social Darts

8

9.30am Aerobics
3-9pm BC Tennis Coaching
7pm Social Darts

Satur day



2

8am Junior Tennis
9am-1pm BC Swimming Coaching
10.30am Aqua Aerobics
8-11am Tennis Coaching
3-6pm Social Snooker
4.30pm Casuals Football - Soi 15

9

8am Junior Tennis
9am-1pm BC Swimming Coaching
10.30am Aqua Aerobics
8-11am Tennis Coaching
3-6pm Social Snooker
4.30pm Casuals Football - Soi 15

Don't Forget !!

- You have two nights on which to enjoy the finest Greek cuisine in Lords restaurant, on the Friday 22nd and Saturday 23rd May!
- All snooker players interested in playing in our first inter-port snooker match in years, on Thursday 14th May, please contact Lisa for details or sign up at Reception
- Sign your children up now for the Sports Day on Sunday 31st

10

10.30am Adult Swimming Coaching
11am-1pm Badminton - Soi Nares
3-6pm Tennis Mix - In
5.30pm Sunday Carvery - Lords

17

10.30am Adult Swimming Coaching
11am-1pm Badminton - Soi Nares
3-6pm Tennis Mix - In
5.30pm Sunday Carvery - Lords

24

10.30am Adult Swimming Coaching
11am-1pm Badminton - Soi Nares
3-6pm Tennis Mix - In
5.30pm Sunday Carvery - Lords

10.30am Swimming Gala

11

8am BWG Mahjong
6-8pm Squash Coaching
7-9pm Tennis Team Training

18

8am BWG Mahjong
6pm Ladies Touch Rugby
9.30am Aerobics
6-8pm Squash Coaching
7-9pm Tennis Team Training

25

8am BWG Mahjong
6pm Ladies Touch Rugby
9.30am Aerobics
6-8pm Squash Coaching
7-9pm Tennis Team Training

12

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

19

7am Ladies Golf
9-11am Ladies Tennis
10.30am Aqua Aerobics
6pm Masters Swim Training
7-9pm Soccer Training
8-10pm Badminton - Soi 22
8-11pm Friendly Bridge
9pm Gentlemen's Spoof

26

7am Ladies Golf
9-11am Ladies Tennis
10.30am Aqua Aerobics
6pm Masters Swim Training
7-9pm Soccer Training
8-10pm Badminton - Soi 22
8-11pm Friendly Bridge
9pm Gentlemen's Spoof

13

9.30am Aerobics
5-8pm Squash Coaching
6-9pm Tennis Mix-In
6-9pm Squash Teams competition

20

9.30am Aerobics
5-8pm Squash Coaching
6-9pm Tennis Mix-In
6-9pm Squash Teams competition

27

9.30am Aerobics
5-8pm Squash Coaching
6-9pm Tennis Mix-In
6-9pm Squash Teams competition

14

9.30am Water Babies
10.30am Aqua Aerobics
6-9pm Squash Mix-In
6-7pm Masters Swim Training
7-9pm Rugby Training
8-10 pm Badminton - Soi 22

21

9.30am Water Babies
10.30am Aqua Aerobics
6-9pm Squash Mix-In
6-7pm Masters Swim Training
7-9pm Rugby Training
8-10 pm Badminton - Soi 22

28

9.30am Water Babies
10.30am Aqua Aerobics
6-9pm Squash Mix-In
6-7pm Masters Swim Training
7-9pm Rugby Training
8-10 pm Badminton - Soi 22

7pm Snooker Match vs Tanglin Club

15

3-9pm BC Tennis Coaching
6-7pm Junior Swim Training/Time Trials
7pm Social Darts

22

9.30am Aerobics
3-9pm BC Tennis Coaching
6-7pm Junior Swim Training/Time Trials
7pm Social Darts

29

9.30am Aerobics
3-9pm BC Tennis Coaching
6-7pm Junior Swim Training/Time Trials
7pm Social Darts

Greek Food Promotion - Lords

16

7.30am Golf - Bangpoo
8am Junior Tennis
9am-1pm BC Swimming Coaching
10.30am Aqua Aerobics
3-6pm Social Snooker
4.30pm Casuals Football - Soi 15

23

8am Junior Tennis
9am-1pm BC Swimming Coaching
10.30am Aqua Aerobics
11.42am Golf - Royal Lad Krabang
3-6pm Social Snooker
4.30pm Casuals Football - Soi 15

30

8am Junior Tennis
9am-1pm BC Swimming Coaching
10.30am Aqua Aerobics
11.42am Golf - Royal Lad Krabang
3-6pm Social Snooker
4.30pm Casuals Football - Soi 15

8pm FA Cup Final on Big Screen TV

Greek Food Promotion - Lords



Trouncing the Hong Kong Boys

Committee Portfolios

The first meeting of the Squash committee since 25th March and the duties for 1998 are as follows:

Peter Corney	Chairman and Outpost
David Turner	Secretary
Barbara Overington	Competitions and Leagues
Mark Reading	Competitions and Leagues
John Vivian	Treasurer
Dick Anwar	Team Captain
Marvyn Lewis	Maintenance



And we will beat you next time too

BC vs Hong Kong Football Club

The British Club played the HKFC Squash team on Sunday 15th March and easily defeated the Hong Kong boys 5 matches to 1. The results were:

Tony Perkovic	d	Norm Choy	3-0
Marc Hagelauer	d	Mark Trotman	3-0
Peter Corney	d	Dallas Reed	3-0
Mark Smith	d	Richard Simmons	3-2
Bob Faherty	lost to	Richard Neish	2-3
Marvyn Lewis	d	Don Lillyman	3-1

April Mix-In

The April mix-in was won by Peter Corney, Bob Faherty and Eric Fewster. There were 16 starters for a very warm afternoon's

squash, fortunately most players only had to play four games which made for an enjoyable event. Generally the handicaps were reasonable with a few minor adjustments to be made before the next mix-in.

Upcoming Events

• **Chiang Mai Doubles Tournament** — to be held on 2-3rd May with the finals on 4th May at the Royal Bangkok Sports Club. We have entered 3 teams from the British Club, namely Tony Perkovic and Peter Corney, Colin Hastings and Marc Hagelauer, Ja and Dick Anwar.

• **Inter-Society Event** — this will be held on Sunday 10th May; sorry about the mistake in last month's Outpost.

• **Don Johnson Cup & Parra Handy Plate** — these events will be held in June, commencing 1st and finals on 27th and 28th June. For the newer members, this is the Club championships and all members have a chance as there is a plate event as well as the main event.

Foul Tactics You Shouldn't Try

Tactic: Charging the match referee.

Who Tried It: Gamal Awad, at the men's World Championships in Birmingham 1987. He stormed off the court and ran at the ref but fortunately a bystander prevented him from thumping the referee.
End Result: A heavy fine and a suspended sentence.

New Squash League Rules

The following rules have been introduced:
a) Any player who does not play at least one game in their league will be automatically dropped from the next league unless they indicate otherwise.

b) If a league game is pre-arranged between two players and one player has not shown up within 15 minutes of start time, the player present has the option of either:

- Playing the game at a later date, or
- Taking a 4 points to 0 win over his opponent.

It is anticipated that option 2 would be used only in extreme circumstances.

Fitness Tip

With the present hot weather it is even more important that you maintain your water intake. If you have a squash game in the evening you should try to drink at least three litres of water during the day. It is too late once you have started the game



and dehydration is the greatest cause of tiredness and confusion. (I'd have said alcohol was around here! — G)

Did You Know?

Squash is currently one of the fastest growing sports in the world. There are an estimated 15 million men and women in 122 nations participating in over 40,000 centres. Squash has been included for the first time in the Commonwealth Games to be held in Kuala Lumpur, Malaysia, in 1998.

Gossip

Guess who lost 1,000 baht to Phil Evans and Peter Corney for not winning League 2; in fact he would have been dropped to League 3 if he was not going overseas. At least he is employed now so he can afford it.

Bon Voyage

David Bryant has accepted a job with Singapore Airlines and will be based in London. He will be leaving Thailand at the end of April or early May. He has been very successful with his squash and has won the Don Johnson Cup once, runner up in the Handicap tournament twice, the Tony Austin Veterans championship 4 times and the veterans championships at the Polo Club another 3 times. David and Lek will be sorely missed by their many friends at the British Club and we wish them and their baby son, Alex, all the best in London.

A big welcome to new British Club members who are actively supporting the Squash section.

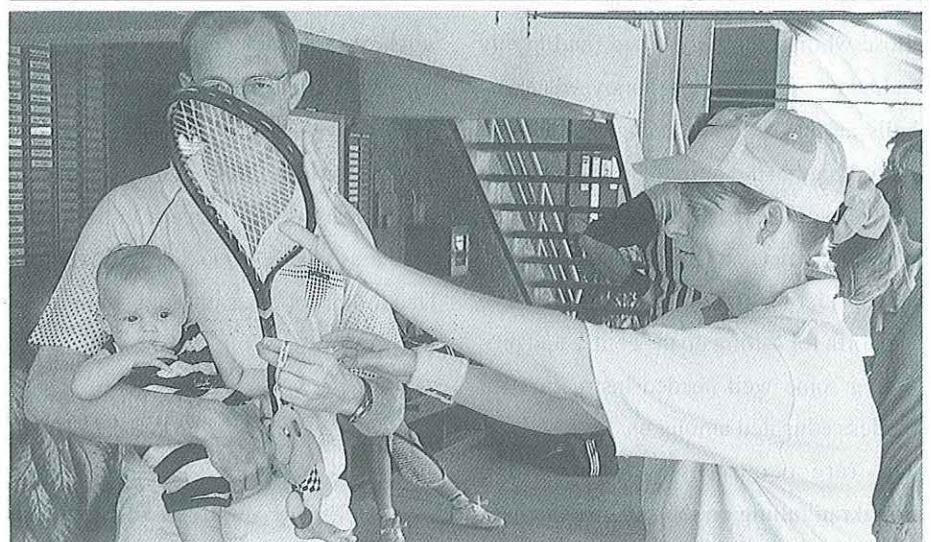
Peter Corney



Is he really going to eat that?



Wales is a much better team than Hong Kong



Best to learn at an early age

Hope you are all managing to keep your cool as we venture into the hottest season. Soon the rains will be upon us to keep the temperature more moderate. In the meantime I'm sure to see many of you in the pool. See the Management News for updates on the following Aquatics activities: Swimming Gala, Water Babies, Master Swim Training, Junior Swim Training and Time Trials, and Aqua Aerobics.



Lisa Fitzpatrick

Sunday 22nd March saw the first BC **It's a Knockout** family competition. A variety of fun and challenging games were set up on the back lawn. Despite the small attendance, those who participated thoroughly enjoyed the novel games (see photos on p11). We hope to have more participants next time. "Croak it", more aptly known as **croquet**, took pride of place on the front lawn of the Club on Friday 3rd April. A game for those who are highly skilled (and highly sadistic — G) and who enjoy whacking balls around a course using a long stick with a big head. Naturally Chris Gething showed some expertise in this area, along with wife Janet and family. Barney Phillips also had the knack. Thanks to Dave Haworth for setting up the course and providing some well needed instruction for the less educated among us.

The rare occurrence of Easter and Songkran falling on the same week guaranteed a quiet holiday for those remaining

in Bangkok. However, it was great to see such a positive response to the Good Friday and Easter Sunday activities.

On **Good Friday**, 10th April, 17 children aged between 6 and 12 were escorted to the World Trade Centre for a morning of ice-skating followed by a McDonald's lunch and an afternoon at the cinema watching "Mouse Hunt". A successful day, thanks largely to the mums who came along to help (photos and details coming next month).

Easter Sunday, 12th April, saw 42 bright-eyed children (with their bleary-eyed parents) appear at 10am on the back lawn for the annual Easter Egg hunt, face painting by **Topsy Turvy Nursery School** and egg decorating. There was also an opportunity to pat the Easter bunny, Pom Pom, thanks to Khun Barry of bunny notoriety. See photos on pages 27-28.

Finally, an advanced reminder that there will be three summer holiday programmes run over July and August (see Management News for details, or ask me). It is important that we confirm numbers as soon as possible; please do not leave it until the last minute as advance bookings are required. Thank you for your on-going support of all BC events.

A handwritten signature in cursive script that reads "Lisa".

Lisa Fitzpatrick
Sport & Recreation Coordinator

Hot Fluids!

Conventional wisdom says cold fluids empty faster from your stomach and should therefore rehydrate you more quickly. However, a study from the UK, well known (incorrectly) as the home of warm beer, indicates water gets into your bloodstream faster from hot drinks.

Ronald Maughan, PhD, at the University of Aberdeen in Scotland, added a marker to a dilute carbohydrate drink. Subjects quickly downed their drinks on empty stomachs. One time the drinks were cold (40 degrees F), the other time they were hot (122 degrees F). The marker showed up more quickly in the subject's blood when the drinks were hot.

Two processes are involved. First, emptying from the stomach; second, absorption of fluid in parts of the small intestine. The experiment doesn't make it clear whether both or one of these processes might be quicker. It does seem to indicate though that the hot drinks did a better job, which is consistent with the nature of chemical and physical events — raising the temperature usually speeds things up. Hopefully researchers will try to confirm this new finding.

(Paper presented by Ronald Maughan PhD and colleagues at the University of Aberdeen, Scotland, at the annual meeting of the American College of Sports Medicine, May 29 to June 2 1991, Orlando, Florida)





Women Only Need Enjoy Themselves!

Join the Magic Eyes Chao Phraya Barge Programme on one of their educational expeditions up the Chao Phraya river, enjoying the culture, art and environment of Thailand's major artery.

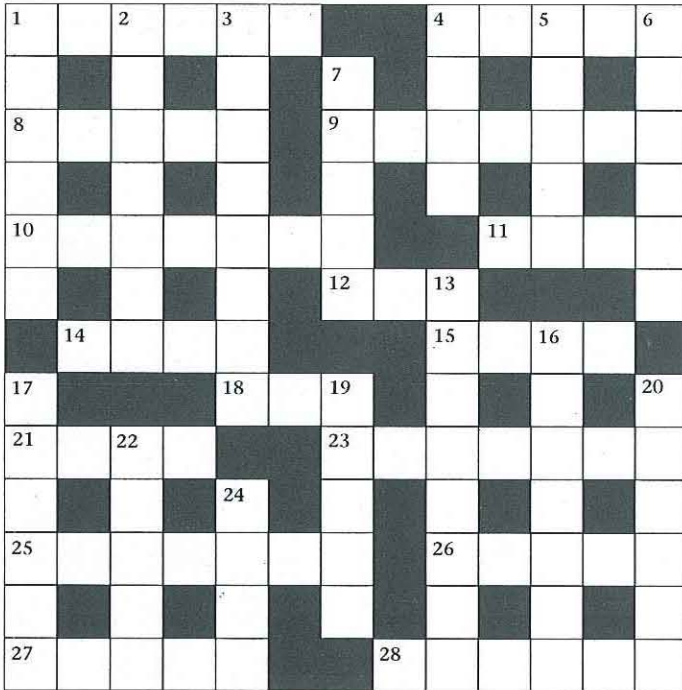
These trips over a weekend involve cruises to Ko Kret to explore the Mon community famous for their pottery, paper making, canoeing, swimming, bird watching, massage therapy, yoga, market shopping or simply watching the world go by on board the gentle rice barge.

Saturday 16th - Sunday 17th May
Saturday 20th - Sunday 21st June

Maximum group size is 16 participants. Cost 3,000 baht per person, which includes all meals and accommodation aboard the barge.

For reservations or more information please contact Michelle, Nat or Gonhong at the Magic Eyes Chao Phraya Barge Programme on tel: 439 4746 or 439 4748, fax: 439 4754 or email: barge@loxinfo.co.th

Cookery Crossword



Get your chops around this juicy crossword compiled by our resident maestro, Margaret Miller, and see how much you know about your pastas, pies and puddings!

Clues

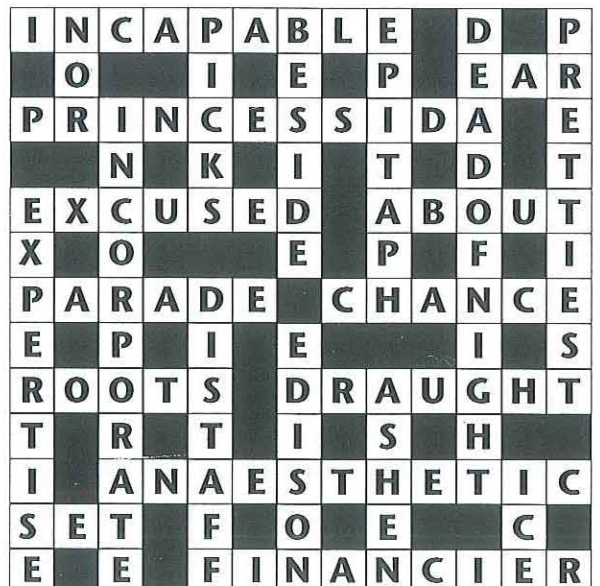
Across

- 1 What the spit must do to roast the meat
- 4 Might be New York or Porterhouse
- 8 Tagliatelle is a variety of this
- 9 A pie must be
- 10 And English cheese...
- 11 ... a French fromage
- 12 A Cockney would eat it jellied!
- 14 It gives roughage in the diet
- 15 "Self-lovers will set a house on fire... to roast their _____"
(FBacon)
- 18 Popular cooking medium
- 21 A must for making porridge
- 23 A barbecue in the USA (4-3)
- 25 Sweet finish
- 26 Use this to get a set
- 27 Peas are
- 28 Artichokes have delicious ones

Down

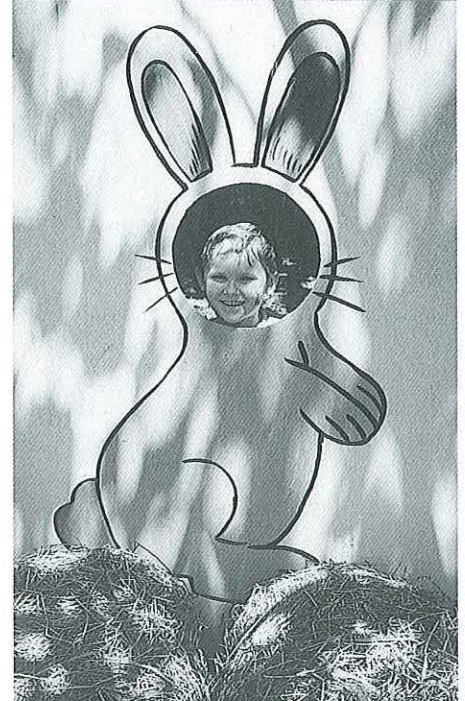
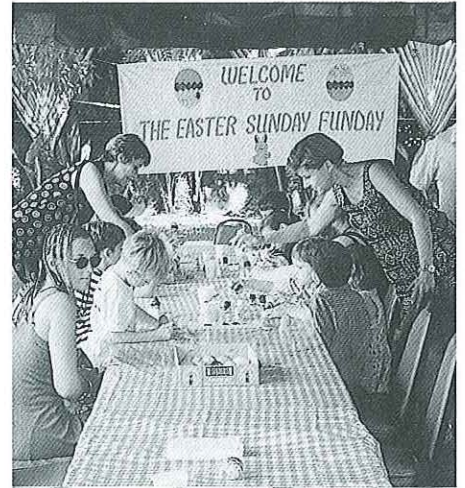
- 1 A rather grand meal
- 2 More sapid
- 3 Browning the bread
- 4 "Beautiful _____ so rich and green." (Lewis Carroll — Alice)
- 5 One attending 1 Down
- 6 Might be in the pice with 4 Across
- 7 Scottish tea-time favourite
- 13 Demon ale? No, it's non-alcoholic
- 16 A food fish
- 17 Panting Pooch? No, American fast food! (3,3)
- 19 Dr Johnson said that 21 Across supports these people
- 20 Drums with these on the turkey—lots of meat!
- 22 Shakespeare's Slippered Pantaloone was "Sans teeth, sans eyes, sans _____" (As You Like It)
- 24 French or runner

Last month's solution



Easter Sunday

Despite the Songkran holidays, there was a good turnout to the Club's annual Easter celebrations, whereby 42 children enjoyed face painting, egg decorating and the annual egg hunt. Everyone received a prize.



The main prizes for the Gold and Silver Eggs were won by:

Gold: Alexandre Bondoux & Annika Law

Silver: Jeremy Bondoux & Charles Simister

The winners of the egg decorating competition were:

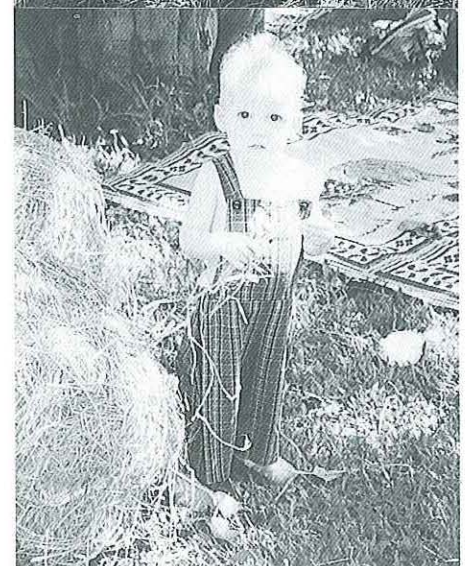
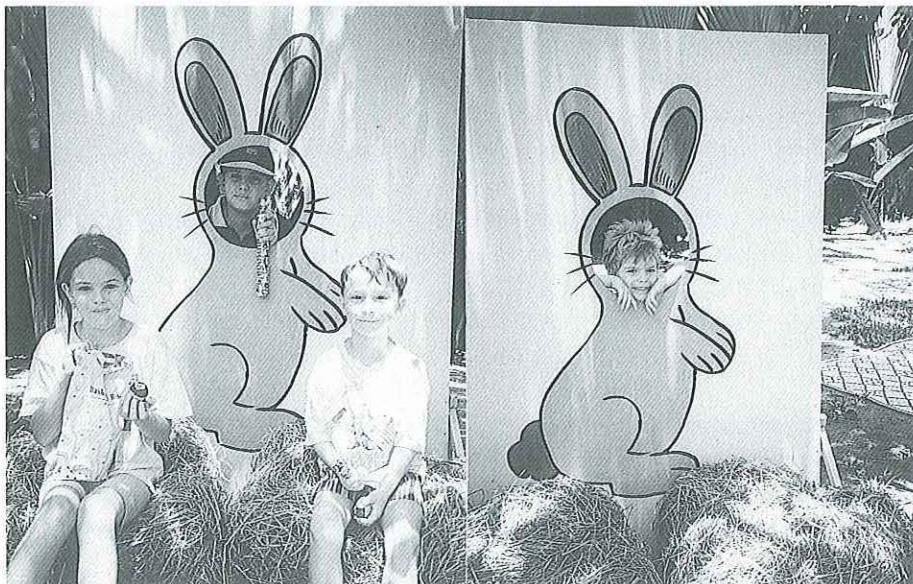
1st Charles Simister

2nd Alex Evans

3rd Robert Hill

A buffet lunch was enjoyed by all and was followed by a big screen showing of the film "Pinocchio". All children were well behaved. Several parents appreciated the entertainment provided so that they could relax poolside or enjoy Easter lunch in Lords Restaurant.

Lisa Fitzpatrick





Administratium—The New Chemical Element!

The heaviest element known to science was recently discovered by investigators at a major U.S. research university. The element, tentatively named *Administratium*, has no protons or electrons and thus has an atomic number of 0. However, it does have one neutron, 125 assistant neutrons, 75 vice neutrons and 111 assistant vice neutrons, which gives it an atomic mass of 312. These 312 particles are held together by a force that involves the continuous exchange of meson-like particles called morons. Since it has no electrons, administratium is inert. However, it can be detected chemically as it impedes every reaction it comes in contact with. According to the discoverers, a minute amount of administratium causes one reaction to take over four days to complete when it would have normally occurred in less than a second.

Administratium has a normal half-life of approximately three years, at which time it does not decay, but instead undergoes a reorganization in which assistant neutrons, vice neutrons and assistant vice neutrons exchange places. Some studies have shown that the atomic mass actually increases after each reorganization.

Research at other laboratories indicates that administratium occurs naturally in the atmosphere. It tends to concentrate at certain points such as government agencies, large corporations, and universities. It can usually be found in the newest, best appointed, and best maintained buildings.

Scientists point out that administratium is known to be toxic at any level of concentration and can easily destroy any productive reaction where it is allowed to accumulate. Attempts are being made to determine how administratium can be controlled to prevent irreversible damage, but results to date are not promising.

The Last Night on the B.C. Titanic

One Saturday in April, almost 86 years after the sinking of the Titanic on April 15th 1912, a special evening was held at the British Club. Starting with a cookery book and a vivid imagination, the Club made it possible for 82 people to experience the last meal of the Titanic's famous and tragic maiden voyage.



The Captain and his staff of First Class Dining Saloon

The evening commenced in the reception area (Lords) with a continuous supply of Frozen Margaritas and Banana Daiquiris, fresh oysters and a selection of other canapés fit for the occasion. These were the very drinks and canapés served on that momentous night in 1912.

A proud "Captain Edward J. Smith" led his distinguished guests to Deck C for a magnificent 5-course dinner. Authentic

course followed authentic course on this truly spectacular evening. The Deck had been decorated to resemble the ship's dining room of the fated boat and the magnificent ice carving of the huge liner and the iceberg (looking to some like a mountainous pile of profiteroles) added to the ambiance.

All the staff were appropriately costumed and worked harder than on any other

occasion to make this evening one to remember. Various special items had been retrieved—who knows how?—from the Titanic stores, including "authentic" White Star Line Titanic wines (we could tell by the labels) and match boxes. At least the special wine was very well received, which says something to the benefits of storing your wine 21/2 miles deep in the North Atlantic. Our wine buff Chris Jones told us a little about the wines obtained to compliment the evening's menu, and the response was to drink these in huge quantities. (You could say it went down well... - G) The band played on as the evening sailed by; there was an unexpected quiz to test our knowledge on the history of this epic journey. Unfortunately due to the aforementioned wine not many teams were able to get the answers right, but some either very sober, very knowledgeable or incredibly lucky people managed to get 14 out of 15 correct. "Do you know the names of the lookouts?" "Who was the richest passenger on board?" (Fleet and Lee, and Colonel John Jacob Astor respectively) We had one extraordinary guest, that doyenne of Bangkok society Dr Emily Vongsuly, who 86 years ago was on the quay in Southampton when the Titanic



The Welcoming Committee on Deck A



Catching up with the day's news

sailed and actually waved goodbye as the ship set off on that fateful trip.

As a great surprise and to the delight of the guests (and staff) we also had Katariya English, a renowned actress, entertainer and singer, who gracefully offered to perform the Celine Dion hit song and theme from the recent film; this despite no warning, no rehearsal and a band she'd not met! Our special thanks to her, as the lovely rendition of "My Heart Will Go On" ended a truly marvellous evening on a very high note. An evening such as this clearly shows the skills and dedication of the British Club staff and I, on behalf of the guests, would like to thank them all for an evening which will not be easily forgotten.

A Surviving Passenger

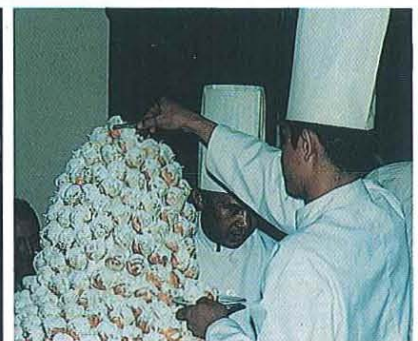
P.S. Rumour has it that Khun Barry is currently negotiating for a large lump of ice and a small boat for the Chao Phraya river next April...



A big hand for the singer



Capt. Smith being escorted onto Deck C by two of the debs present: Ms Young and Ms Bain



Defrocking the iceberg



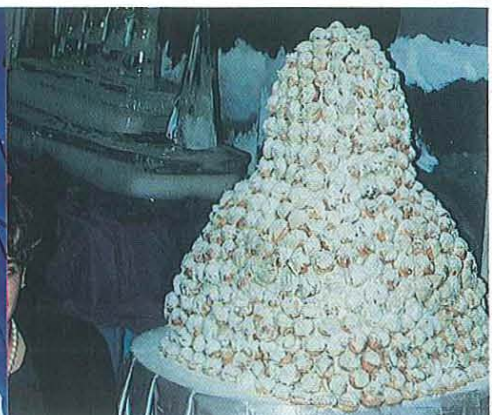
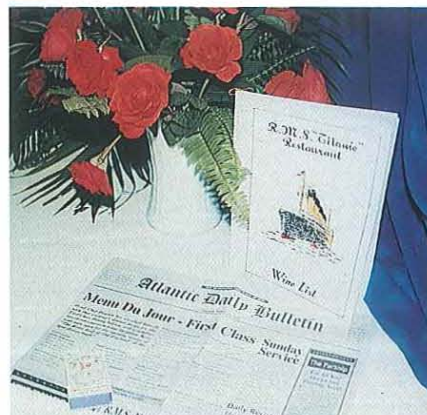
White Star Line staff with own-brand wine



One of the two birthday girls testing the cake



The behind-scenes dinner line-up





The Roll of Thanks

The Club greatly appreciates the support of Khun Anont, Khun Somnuck, Bangkok Delicatessen (Ken) and Baskin Robbins for their contributions towards the food and flowers; the Dusit Thani Hotel (Mike Inman) for the ice carving, the Bangkok Community Theatre for the costumes, Graham Taylor (the Purser) for organising the musicians from the Bangkok Music Society, The Creative Partnership for the newspaper, David Hope as Captain Smith, Club staff Khun Puvanai and Khun Pramote who designed the labels, backdrop painting, menus, etc, Club bakers Khun Noppadol and Khun Boonchao for creating the monumental 620 profiterôle-strong iceberg, to all the staff (including several non-F&B staff) who rose to the occasion and a special thanks to Barry, whose imagination and enthusiasm made the evening as special as it was.

British Club General Committee



**Dugal
Forrest**



**James
Young**



**Bernie
Adams**



**David
Turner**



**David
Henton**



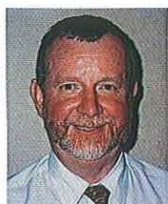
**Mike
Lamb**



**Colin
Hastings**



**James
Woodford**



**Peter
Bond**



**Nick
Bellamy**

The Committee is:

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Nick Bellamy	Treasurer	Tel: 236 5227-9	Fax: 236 5226
Bernie Adams	Sport	Tel: 674 0810-1	Fax: 210 2332
Dugal Forrest	Club History/ Centenary	Tel: 398 3807	Fax: 399 1564
Colin Hastings	Food & Beverage	Tel: 240 3700-9 x1511	Fax: 240 3843
David Henton	Club Development	Tel: 254 6819	Fax: 254 4849
Peter Bond	Entertainment/ Promotions	Tel: 253 9521	Fax: 255 5759
David Turner	Policies and Procedures	Tel: 618 6516	Fax: 279 1234
James Woodford	Security and Membership	Tel: 326 0660	Fax: 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 the Committee Members above or the General Manager on 234 0247 or 266 0597.



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