

NOVEMBER 2020



1903
THE BRITISH CLUB
BANGKOK

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

OUTPOST

www.britishclubbangkok.org

Lest we forget



REMEMBRANCE DAY
8th NOVEMBER

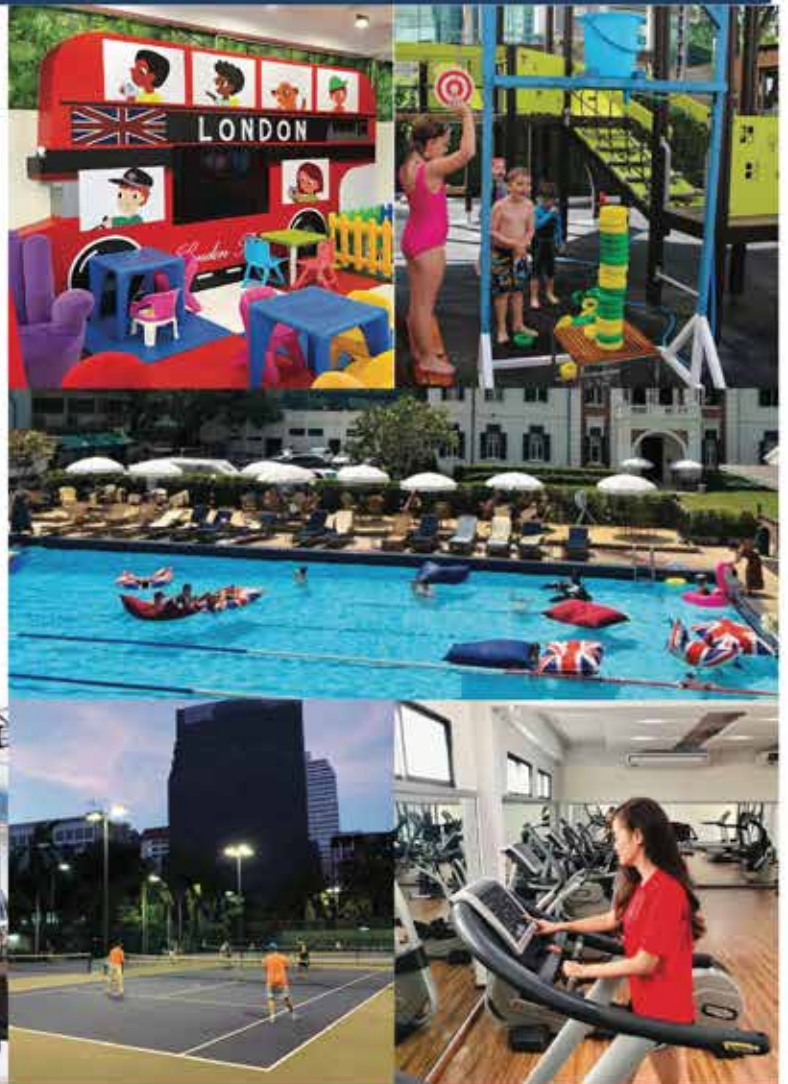
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WELCOME NEW MEMBERS

Each month we like to introduce some of the New Members who have recently joined the Club.
These are some of the Members who joined in few months.



▲ *Oliver and Natacha,*



▲ *Nadeem and Sarinthip*



▲ *Nitin and Ragini*



▲ *Ravi and Simran*



▲ *Vikas and Anchal*



▲ *Christopher*



▲ *Daniel and Laura*



▲ *Stephane and Jineun*



▲ *Gonzalo and Ilona*



▲ *Cedric and Helena*



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OUTPOST

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britishclub_bangkok

Contents



Front Cover

The Cover this month features our War Memorial relocated from the British Embassy in 2019 which will host the Remembrance Day Service on 8th November.

This Month

This is Khun Yo, the BC Design Manager's, second edition of Outpost which we are now wholly producing in-house. Enjoy our stories and pictures of happenings in September and join us in looking forward to an exciting programme of activities in November. Don't forget to book early as we expect everyone to be in town this year for the high season.

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OUTPOST is the monthly magazine of **THE BRITISH CLUB BANGKOK**, the social sports and cultural centre for the English-speaking community in Bangkok. A full version of the magazine is also available online at www.britishclubbangkok.org **Design & Published - The British Club Bangkok**

Opinions expressed do not necessarily represent those of the Club. All events, dates and times are correct at the time of press.

Outpost welcomes contributions from Members, email outpost@britishclubbangkok.org

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"The British Club Bangkok is a registered Association in accordance with the Thai Civil & Commercial Code"



Jack Dunford

Chairman's Message

Although there are still a few things to check, the good news is that the 48 million baht budget still looks good and the contractors are available and ready to go. The Club finances are also in good shape and even with conservative membership and revenue projections the project remains viable. I hope that by the time you read this, a decision will have been made to start work immediately in the New Year.

The only real debate has been whether to wait until the New Year or get started as soon as possible in November. After much discussion it was though better to enjoy the festive season before construction work begins.

Phase 2: If Covid-19 had arrived a month later, demolition of the poolside buildings would have been under way in March and, provided that everyone had held their nerves, we would have been looking forward to opening Phase 2 of the Poolside Redevelopment Project in a few months time. However, not knowing whether lockdown would go on for weeks or for months the project was sensibly put on hold.

In the event the Club has recovered from the lockdown remarkably quickly and in September the General Committee decided it was time to look again at reviving the project. The P2 Sub Committee was reconvened to advise how long it would take to mobilise again and the best time to start work; whether the original 48 million baht budget was still viable and whether the contractors were still available and interested in taking on the work. The Finance Sub Committee was charged with reviewing financial commitments, revising the 5-year cash-flow projections and confirming whether the Club could still afford it.

Operations: September was yet another very good month financially. Apart from the fact that there are still few outside bookings, F&B sales are getting back to normal and for the fourth consecutive month there was a healthy operating surplus. October got off to a slow start with almost continuous rain but with lots of events planned and the dry season just around the corner the expectation remains that the Financial Year-end figures in November will be even better than the original budget drawn up pre-Covid.

A large number of new Members have also continued to join the Club, 80 now since it reopened in May. Young



▲ October 2019



▲ October 2020

REPORTINGS



▲ October 2019

families make up a large part of the demographic, with the Silom Wing and kiddies activities being the major attractions. It is encouraging though to see the new squash courts with a lively squash section now also becoming a draw factor.

Other improvements: Although Phase 2 will be a large item in the Club's expenditure budget, there is still sizeable provision to ensure on-going maintenance and improvements elsewhere in the Club. The revived House and Grounds Sub Committee is working on a number of projects which are either already about to start or to be considered as priorities over the next couple months. These include:

- Some new larger umbrellas plus additional fans to improve shade and air circulation in the Silom Wing.
- Replacement of the (almost 20 year old) water tanks behind the Silom Wing to create unhindered rear access for workers and supplies all the way from the garbage gate on Soi 18 to the back of what will be Phase 2.
- Replacement of the ugly and inefficient air conditioners in the Suriwongse Room and repainting to restore this as the Club's premier function room.
- Improvements to the decor in the Verandah restaurant
- Complete replacement of the Clubhouse Honours Boards with updated Loyal Society Boards.



▲ October 2020

Festive Season: Covid-19 is still rampant around the world but with the Royal Thai Government still keeping the country largely virus free, the Club is planning a full programme of festive activities. Normally there is a large exodus of Members for Christmas and New Year but given that it seems likely no one will be leaving the country this year the Club is likely to be very busy. Please book early, as it may be necessary to limit numbers.

Greenery: Finally I mentioned last month how the Club greenery has flourished during the rainy season this year and have left a bit of space this month to show a couple of pictures taken before and after the Front Lawn redevelopment a year ago. One of the joys of living in the tropics is watching how quickly nature recovers. The pictures show the difference just one year makes.



Market Update - Risks to the Recovery

By Martin Wright

There has been considerable debate over the last few months as to what the shape of economic recovery might look like. While we believe COVID-19 will continue to impact this over the next twelve months, Martin Wright from The Fry Group Singapore looks at other factors that may come to the fore.

Equities rise as global economy starts to heal

Coronavirus took a heavy toll on the global economy, but the worst-case outcomes envisaged by economists have thankfully been avoided. While this year's contraction is the worst in decades, a strong rebound over the summer means that output is unlikely to have fallen as feared. Schroders' economists recently upgraded their forecast for 2020 to a fall in global GDP of 4.6%, compared with a fall of 5.3% previously. On this basis, output will exceed its 2019 level by the end of 2021, and Corporate earnings are expected to follow.

Global shares enjoyed their strongest August performance in over 30 years, rising more than 6%. Despite a rough patch in September, the S&P 500 is still above its pre-Covid peak. Today's high valuation suggests that investors are looking beyond the pandemics slump in earnings and focusing on long-term earnings potential.

Technology continues to shine

Underlying, the after-effects of the pandemic are still apparent, the stock market's gains have been unevenly distributed. Investors in UK, Spanish or Italian stock markets, for instance, are still nursing losses year-to-date. Performance has been led by US technology firms, which have benefited from recent changes to the way we live and work. The performance may be justifiable to some extent, as these companies were in strong shape before the pandemic hit – and are now benefiting from an unexpected acceleration in digital adoption that could lead to years of profit and cashflow growth.

The recovery remains vulnerable

The key question is, the course of the pandemic. As the spread has slowed in the US, Europe now looks to be embarking on a second wave. And while progress towards a vaccine continues, it is at best, months away. In the meantime, consumers and

businesses face the possibility of a resurgence of COVID-19 over the winter months and perhaps further lockdowns.

There is also uncertainty around fiscal support measures further to those introduced earlier this year. At the time of writing, the US Congress has yet to agree on a further stimulus package. In the UK, the rising odds of a "no deal" Brexit also increase the vulnerability of the UK economy.

Fed signals new approach on inflation

More encouragingly for investors, central banks have signalled that they will remain in support mode for a while yet. Federal Reserve chairman, Jerome Powell, announced changes to the Fed's monetary policy framework. Under the new approach, the Fed will target an average inflation rate of 2% – giving them the room to allow the inflation rate to overshoot the target to make up for previous shortfalls. Given inflation has been slightly below target for several years, interest rate rises could be off the cards for a considerable period.

US election a potential trigger for volatility

Polls continue to suggest a Biden win is the most likely outcome, but Trump's prospects have been ticking higher in recent weeks. Markets may be relatively sanguine about a clear result for either candidate, with the Democrats and Republicans each controlling one chamber of Congress meaning a good degree of continuity in the tax and regulatory environments.



Martin Wright
Senior Financial Planner
The Fry Group (Singapore)



Webinar: Taxation, Repatriation and Market Updates

SPEAKERS

- Martin Wright (Host)
Senior Financial Planner, The Fry Group SG
- Max White
Director, Schroders Wealth Management
- Peter Webb
International Tax Manager, The Fry Group SG

WHEN

Thursday, 12 November 2020
6.30pm - 7.30pm

RSVP

events@thefrygroup.sg

Join us for a Webinar, hosted by Martin Wright, Senior Financial Planner at the Fry Group Singapore with guest speakers, Max White, Director at Schroders Wealth Management and Peter Webb, International Tax Manager at the Fry Group Singapore.

This Webinar will focus on key topics including:

- Pension income
- UK repatriation
- Investment market update

What you can expect to learn from this Webinar:

- A greater understanding of the tax treatment of UK pensions for those based in Thailand
- How individuals can position themselves before and after a UK return, and identify some of the pitfalls
- See through some of the noise of investment markets year to date, and what the future may hold

There will be plenty of opportunities for Q&A. RSVP to events@thefrygroup.sg to receive the link to join the webinar.

The Fry Group (Singapore)

6 Battery Road #16-04/05, Singapore 049909

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Tee Bale

" Tee Talk "

expertise in their fields, we recently had the head of the arts department Catherine Reilly to host a Picasso in a portrait activity, this saw some amazing artwork created by the members little ones which we displayed in the Kid Stop room, don't miss out make sure you come and join in every Saturday and Sunday from 12-4pm.



October has seen the launch of a several new things at the club, the first being our new London Cab taxis stationed onsite ready for you to use on your way home or to your next destination, they can be booked via our reception, all you need to do is give your intended location and we will do the rest. You can also download their app named Cabb, then make advance bookings when outside the club from your phone, the service is cashless, you can pay via QR code, credit card, debit card or transfer.



Also new in October is the launch of Busaba draught beer, the sister of the recently launch Chalawan draught beer, this is accompanied with the German food promotion giving a perfect food and drink combination, make sure you give them a try.

Our Shrewsbury Stars kids club has reactivated and is being enjoyed by all the members children, we have special guest teachers on rotation coming in and sharing their

Behind the scenes the team has been working on the all new British Club food menu, I'm happy to say we have listened to all our members requests and thank you for a lot of feedback through our comment cards, a special new healthy section is being added to the menu, this will include a large range of vegetarian options and some fashionable Buddha Bowls and build your own salads, the menu will be quite different to what we have currently but will include all of your old time favourites and classic

dishes. We are working on launching this December 1st.



From now till the end of the year we have some fantastic and exciting events for everyone to enjoy, here is a list of what you can look forward to the BCCT lifestyle on the lawn 5th November, Halloween Kids Party 31st October, Loy Krathong & Wine Tasting 31st October, Mad-Hatter Christmas Party 19th December, Christmas Carols 9th December, Kids Christmas Party 20th December, Remembrance Day 8th November, Movie Under the Stars 14th November, Christmas day lunch and dinner 25th December, Living in Bangkok 2021 Saturday 20th March.



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SUNDAY BRUNCH

The Great British Brunch every Sunday between 11.30am – 3.00pm has the right selection of food to make every Sunday special, not only do we have the best Full English breakfast spread and the ultimate Carvery selection to choose from, we also have an international food corner that changes every week, we feature Mexican, Isaan, Seafood, Indian, Italian, Japanese and Chinese plus live cooking stations and more.

We look forward to seeing you on a Sunday soon.

REPORTINGS

Membership Department



Ammy Aphinya

Hello Members! The Membership Department signed up 21 new members in September. In October, we had lots of events such as the Trafalgar Dinner, the monthly Wine Tasting, Loi Krathong, and the childrens' Halloween Party. For the first time, this year Loi Krathong will be combined with the Monthly Wine tasting on the Pool Deck, a beautiful festival to thank the Goddess of Water where Members can enjoy a delicious buffet and join in and float their krathongs in the pool (floating baskets). The Childrens' Halloween Party will have Trick-or-treating, a costume party with awards, a Magic Show and Piñata. Hope to see you around enjoying our events!.

Now Let's check it out a couple of Member Reviews.



▲ Khun Sladan and Khun Marie

Member Review:

We first came to the British Club on an invitation for a wine tasting event from our dear friend Raquel Evans. Getting a chance to spend some time with her friends and family, made us realize what a great community the British Club has to offer.

It didn't take long until we decided that we would like to be part of it as well and quickly signed up.

In addition to the great people, we also enjoy the facilities and other activities the club has to offer and look forward to many more soon.

Thank you for having us!



▲ Khun Nitin and family

Member Review:

We joined the BC in August 2020 along with a couple of our close family members. We have truly enjoyed our experience thus far, as it is not only a great place for our kids on the weekends, but also helps us stay fit as we enjoy the fitness facilities. I particularly and truly appreciate the Squash league as I look to improve my game with the friendly squash friends. Thanks to K. Ammy for her welcoming smile and always willing to help. We also appreciate the location as being very comfortable & safe for the whole family whilst we unwind with F&B and the kids enjoy the Kids' Stop. We look forward to enriching our network with the friendly members.



Mad-Hatters CHRISTMAS PARTY

Saturday | 19th December | 6.00 PM

Venue: Front & Back Lawn | Dress code: smart, fun, festive and fancy hat

Front Lawn Cocktails | Signature Drinks & Canapes + Jazz Band

Back Lawn Lavish buffet and traditional Christmas dinner

with freeflow beverages

Music and dancing with The Boss Band & DJ Steve

Fantastic raffle draws with exciting prizes

Members THB 2,400 | Guests THB 2,600

Includes cocktails + freeflow red and white wines and beers + lavish gala dinner



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*CLUB CANCELLATION POLICY APPLIES**

25.12.2020

Christmas Lunch & Dinner

LUNCH 11.00AM-3.00PM

DINNER 5.00PM-9.00PM

Seating is limited, Book Now !

Enjoy the warmth & goodness of Christmas in the comfort of
the Verandah, Churchill, Suriwongse room or Back Lawn.
Especially good for Christmas dinner!

Full seasonal buffet & dessert, suitable for vegetarians crackers,
tickets, clown and with Santa at 1.30 pm

1,100 THB for members, 600 THB for children <12 YRS, 300 THB for TODDLERS ≤ 3 YRS
1,300 THB for guests, 800 THB for children <12 YRS, 300 THB for TODDLERS ≤ 3 YRS



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The 4-Star Riva Surya Bangkok is a luxurious urban oasis along the banks of the Chao Phraya River which offers a touch of style and charm. This modern boutique hotel in Bangkok provides a lavish experience and true Thai hospitality, along with 68 beautifully designed rooms, elegant dining options, a riverside swimming pool and leisure facilities.

The hotel's idyllic location makes it well connected via Chao Phraya Express boats, MRT and Skytrain, while it's also the perfect starting point to visit sights such as the Grand Palace, Wat Pho, China Town, and other popular destinations. To enjoy this extraordinary hotel in Bangkok, be sure and book here on the official website of Riva Surya Bangkok for the best price online.



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From our riverside hotel in Bangkok you'll be able to dine by the river, enjoy a sunset cocktail on the rooftop, or relax in the tranquil confines of one of our 25 rooms.

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RIVA SURYA BANGKOK



- Additional 10% discount off room rates (published on hotel website) when arrange booking via email to stay@rivasuryabangkok.com or phone call to Tel. 02 6335000 ext# 7803. Copy of member card is required upon making reservation. Advance reservation is required.

- 10% discount from food menu of babble & rum restaurant. Member card holder is required to show the card when seating at the restaurant.

- 20% discount off Afternoon Tea (from published price THB.706 net / person). Advance reservation is required.



Chef Table (Gueridon Service)

A set dinner for 2 persons, service by our chef at your table, is priced THB 8,500 per couple. British Club card holder will get one night complimentary when arrange the reservation for this special private dinner to email stay@rivasuryabangkok.com or phone call to Tel. 02 6335000 ext# 7803. Copy of member card is required upon making reservation. Advance reservation is required.





New Members Night

Our monthly New Members Night was held on 8th October with 17 new members present plus quite a few partners and children. There was another wonderful mix of nationalities, backgrounds and interests making for another happy and most enjoyable evening. ■

JOIN OUR MOVIES UNDER THE STARS

14th November

2020

Back lawn seating – deck chairs or bean bags

Live BBQ, burgers, hot dogs and special drinks deals

KIDS:

Members 100 Baht

Non-Members 150 Baht

ADULTS:

Members 200 Baht

Non-Members 250 Baht

* Tickets include your soft drink & popcorn

MOVIES SHOWING

14th NOVEMBER:

SONIC THE HEDGEHOG

PULP FICTION

Kids movie starts 6.30pm

Main movie starts at 8.00pm

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Dr. Erik Fleischman

The unfortunate truth in modern times is that we just don't get enough sleep.

We live in countries where people cut back on sleep for many reasons: work, fun, education or even just to spend a few more hours on their phone while valuable life-saving minutes of sleep are lost. **And while we may get so much more done with our social lives and productivity there are some very real, scientifically proven long – and short-term dangers and diseases.**

On the short-term side, **getting little sleep can seriously alter your mood, judgement, ability to retain information and your ability to learn.**

On the long-term side, serious issues such as **High Blood Pressure, Diabetes Mellitus, Obesity, Chronic Inflammatory conditions** – and even **early death** have been seen.

As you can imagine, doing studies on the dangers of poor sleep are fairly easy studies to accomplish and prove. **Everybody sleeps!** It is a matter of tracking the diseases that occur in those who have short and long histories of poor sleep and seeing their progression. But first, we need to establish just how long is “enough” sleep. **The National Sleep Foundation of America** recommends very strongly that **7 – 9 hours of sleep per night** is the target range for adults and children. When

they looked at persons getting less than 7 hours of sleep, they saw the statistically significant increases of many of the chronic and often deadly diseases I mentioned above.

As a doctor with many sleep-deprived patients, I wanted to know more about their methods that makes them so sure of their assertions. **I looked into their methods and found even more striking evidence and proof that the attitude of “I don’t have enough time to sleep” can be a destructive personal process.**

There are 3 types of studies that researchers use to break down the effects of poor sleep. While each of these methods is worthy of a blog, I will summarize them for their elegance as a believable study.

In the **first type of study**, healthy volunteers are subjected to sleep deprivation of various periods of time (frequently accomplished by using Medical Students and Military volunteers). The participants are kept awake and various health parameters are tracked. **The clear and proven results: Increased Stress, Increased Blood Pressure, loss of control of Blood Glucose (Diabetic tendencies) and increased Total Body Inflammation.**

The second type of research study is called a cross-sectional epidemiological study. This looks at the correlation between certain habitual sleep problems and the existence of diseases such as high blood pressure or diabetes or obesity. These studies show a link between long chronic sleep deprivation, but we also have to consider that these diseases (and some of their medications) can also cause sleeping issues. So to see which is the cause and which is the effect we look at a third type of study.

The **most convincing evidence** comes from tracking the sleeping habits and disease patterns of people who are initially healthy, yet develop sleep-influenced diseases as we follow them over a long time period. **With these studies we can actually see the improvement in management of these chronic diseases with improved sleep and rest.**

Most people don't get enough sleep. We are a society that burns the candle at both ends, a nation where people stay up all night to study, work, or have fun. However, **going without adequate sleep carries with it both short- and long-term consequences.**

In the short term, a lack of adequate sleep can affect judgment, mood,



ability to learn and retain information, and may increase the risk of serious accidents and injury. **In the long term, chronic sleep deprivation may lead to a host of health problems including Obesity, Diabetes, Cardiovascular Disease, and even early mortality.**

So let's look at the most serious diseases associated with poor sleep.

Obesity is on the rise in nearly every developed country in the world. With obesity can also come:

- **Diabetes Mellitus**
- **Hypertension**
- **Hormone imbalances in men and women**
- **Cancer (obesity is one of the biggest influencers for getting Breast Cancer)**

During proper sleep the body secretes hormones that control our energy, our metabolism and the way we use our glucose/blood sugar. With poor sleep the body produces more insulin after meals and this causes us to retain more fat and

to gain weight. It is well known that people who do not sleep well have great difficulty in losing weight even when they are on proper diets and exercise programs. If you want to lose weight you must sleep.

Immune Function is vital to our ability to fight infections and recover quickly from colds and flu's and other body infections. When the immune system is trying to fight off a cold it actually secretes substances that cause fatigue. Inactivity and sleep when a person is infected actually improves the outcome and the recovery time. It has been proven that subjects who can reach more levels of deep sleep have a better chance of recovery and survival. This goes for mild infections and flu's as well as serious life-threatening infections.

Life Expectancy has been clearly proven to be influenced by lack of proper and sufficient sleep. The most striking evidence comes from 3 major cross-sectional studies in America. These revealed that **less than 5 hours of sleep per night resulted in increased death/mortality by 15%.**

I encourage my patients to regard

sleep in the same way they would regard taking their medicine for hypertension or any other disease that requires daily management. I also discourage the patients from using potentially dangerous prescription sleep medication until they have tried more healthy and natural products and behaviors to obtain good, restful sleep. **Prescription sleeping pills have a series of side-effects and issues that can be potentially as dangerous as sleep deprivation.** When you see your doctor about sleep, the discussion should be about how you can get the most natural restful sleep without a prescription medicine. **In my practice I can accomplish this in over 90% of my patients.**

Dr. Erik Fleischman

info@bangkok-antiaging.com

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NOVEMBER 2020

SUN

1

- Junior Cricket
9.00am - 10.00am
- Sunday Brunch
9.30am - 3.00pm
- Squash Mix-in
10.30am - 12.00pm

8

- Junior Cricket
9.00am - 10.00am
- Sunday Brunch
9.30am - 3.00pm
- Squash Mix-in
10.30am - 12.00pm

15

- Junior Cricket
9.00am - 10.00am
- Sunday Brunch
9.30am - 3.00pm
- Squash Mix-in
10.30am - 12.00pm

22

- Junior Cricket
9.00am - 10.00am
- Sunday Brunch
9.30am - 3.00pm
- Squash Mix-in
10.30am - 12.00pm

29

- Junior Cricket
9.00am - 10.00am
- Sunday Brunch
9.30am - 3.00pm
- Squash Mix-in
10.30am - 12.00pm

MON

2

- BWG Majong
10.00am - 1.00pm
- Tennis Mixed Double
Team Practice
7.00pm - 10.00pm

9

- BWG Majong
10.00am - 1.00pm
- Tennis Mixed Double
Team Practice
7.00pm - 10.00pm

16

- BWG Majong
10.00am - 1.00pm
- Tennis Mixed Double
Team Practice
7.00pm - 10.00pm

23

- BWG Majong
10.00am - 1.00pm
- Tennis Mixed Double
Team Practice
7.00pm - 10.00pm

30

- BWG Majong
10.00am - 1.00pm
- Tennis Mixed Double
Team Practice
7.00pm - 10.00pm

TUE

3

- Football
7.00pm-9.00pm

10

- Football
7.00pm-9.00pm
- Quiz Night
7.15pm

17

- Football
7.00pm-9.00pm

24

- Football
7.00pm-9.00pm

WED

4

Pilates Classes

11.00am - 12.00pm

Squash Mix-in

4.30pm - 8.15.00pm

Balut

6.00pm - 8.00pm

Tennis Mix-in

6.00pm - 10.00pm



THU

5


Swimming Lesson

Tony

7.00am - 8.00am

Pilates Classes

7.00pm - 8.00pm



FRI

6


Junior tennis

4.15pm - 6.00pm


Kid's Movie

6.00pm - 7.30pm


Senior Cricket

6.00pm - 7.30pm


Tennis Mix-in

6.00pm - 10.00pm

SAT

7


Swimming Lesson

9.00am - 11.00am


Squash Mix-in

2.15pm - 6.30pm


Junior Squash

10.30am - 12.30pm



11

Pilates Classes

11.00am - 12.00pm

Squash Mix-in

4.30pm - 8.15.00pm

Balut

6.00pm - 8.00pm

Tennis Mix-in

6.00pm - 10.00pm



12


Swimming Lesson

Tony

7.00am - 8.00am

Pilates Classes

7.00pm - 8.00pm



13


Junior tennis

4.15pm - 6.00pm


Kid's Movie

6.00pm - 7.30pm


Senior Cricket

6.00pm - 7.30pm


Tennis Mix-in

6.00pm - 10.00pm

14


Swimming Lesson

9.00am - 11.00am


Squash Mix-in

2.15pm - 6.30pm


Junior Squash

10.30am - 12.30pm


Movie under the stars

6.30pm

18

Pilates Classes

11.00am - 12.00pm

Squash Mix-in

4.30pm - 8.15.00pm

Balut

6.00pm - 8.00pm

Tennis Mix-in

6.00pm - 10.00pm



19


Swimming Lesson

Tony

7.00am - 8.00am

Pilates Classes

7.00pm - 8.00pm



20


Junior tennis

4.15pm - 6.00pm


Kid's Movie

6.00pm - 7.30pm


Senior Cricket

6.00pm - 7.30pm


Tennis Mix-in

6.00pm - 10.00pm

21


Swimming Lesson

9.00am - 11.00am


Squash Mix-in

2.15pm - 6.30pm


Junior Squash

10.30am - 12.30pm

25

Pilates Classes

11.00am - 12.00pm

Squash Mix-in

4.30pm - 8.15.00pm

Balut

6.00pm - 8.00pm

Tennis Mix-in

6.00pm - 10.00pm



26


Swimming Lesson

Tony

7.00am - 8.00am

Pilates Classes

7.00pm - 8.00pm



27


Junior tennis

4.15pm - 6.00pm


Kid's Movie

6.00pm - 7.30pm


Senior Cricket

6.00pm - 7.30pm


Tennis Mix-in

6.00pm - 10.00pm

28


Swimming Lesson

9.00am - 11.00am


Squash Mix-in

2.15pm - 6.30pm


Junior Squash

10.30am - 12.30pm


Wine Tasting

6.00pm-9.00pm



QUIZ NIGHT

3rd November 2020

Splash Café
7.15 pm

TEAM OF 6 OR LESS

Members 150 THB | Guest 200 THB

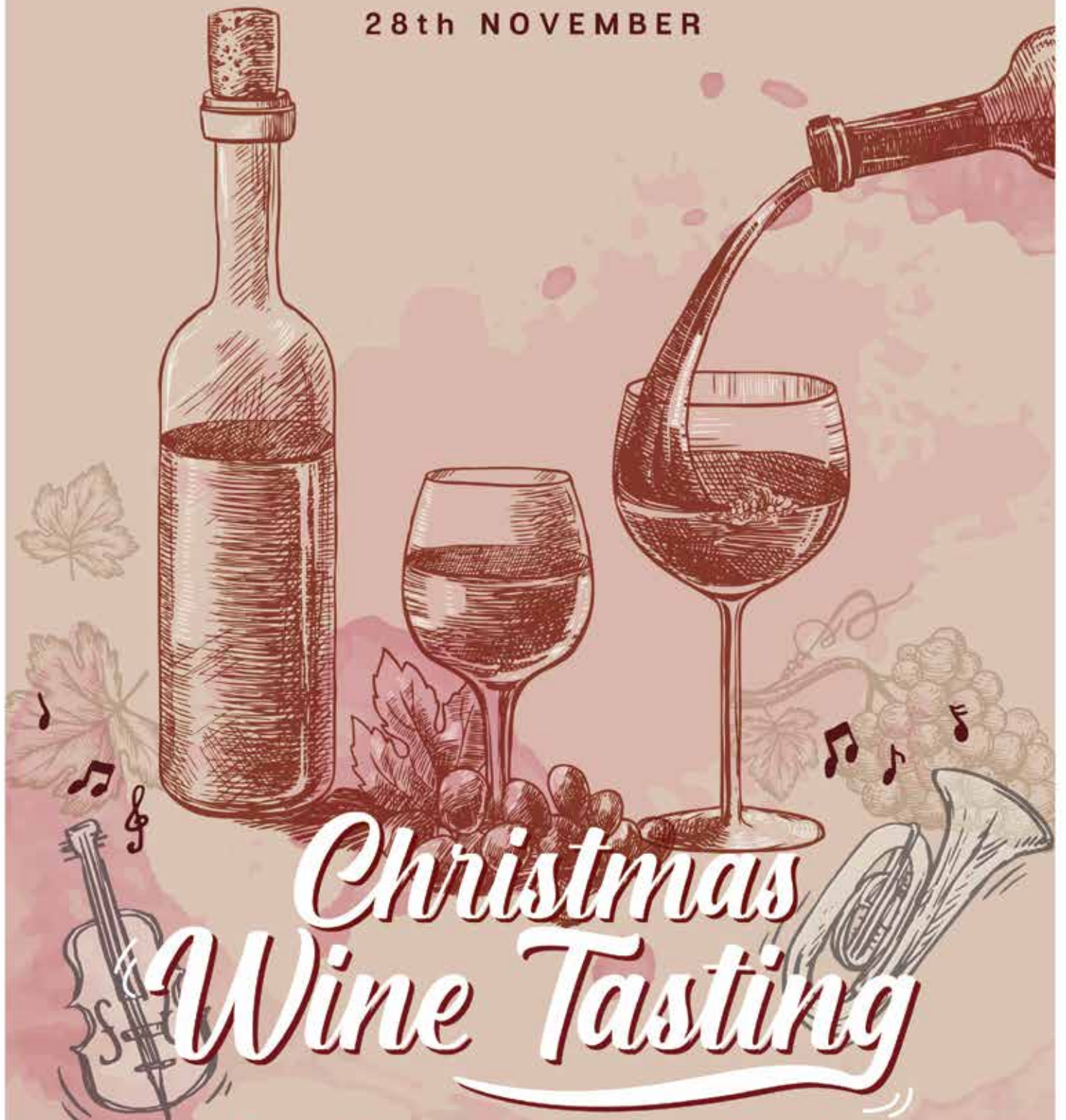




Quiz night

The new format Quiz Night with Quiz Master Dave is growing in popularity and on 6th October new recruits were evident on most of the 6 Tables. The Doctors were knocked off their perch for once by the brainy looking Scumbag College, the Ladies moved above the Spoofers and although the GC yet again secured the Wooden Spoon they were only just behind this time. ■

28th NOVEMBER



Christmas Wine Tasting

Front Lawn With Jazz Band

It's the last wine tasting before Christmas! Extra vendors with discount and extra choices
Come and sample the fine wines and Canapé

MEMBERS 250 THB

GUESTS 350 THB



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Wine Tasting

The September Wine Tasting on 26th September competed with one or two other events in town and was quieter than usual. But as always it was quality rather than quantity that mattered and over 60 Members enjoyed tasting the offerings of four wine companies ■

Wine Master Class

The Wine Master class took place Thursday 1st October and was attended by a select group of wine loving members.

The night was hosted by FAZIL MOHAMMAD Concha y Toro SEA Brand Ambassador, he began his career in hospitality back in 2002, and has risen to become one of Singapore's most recognised and reputable sommelier,

The highlight of the night was the 99-point award winning Don Melchor Cabernet Sauvignon 2017.

Make sure you don't miss the next one. ■



Christmas Carols

9th December

6 INTERNATIONAL SCHOOLS



Join us on the Front Lawn for this seasonal highlight,
Enhanced by mince pies and mulled wine

**** Free Admission ****



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Graham Johnston

Tennis

Dear Slicers and Dicers of Centre Court



▲ BJK Winners Mikola & Andrei (thumbs up)



▲ Pistol Pete Plate Winners!

It has indeed been yet another fun packed month of tennis at the British Club.

3rd Annual edition of The Great Wide Open

The 4th Of October saw us stage our unique Great Wide Open tournament – One day, 1 tournament which becomes 2 tournaments, which become 6 tournaments, and where every team ends up in a final. Organised chaos reigned supreme and somehow we avoided the rain all day. Lots of fun was had, lots of fizzy drinks were consumed, lots of hard luck stories were told (some where even listened to), and at the end of the day Raquel was holding a trophy ... some things never change. In the Pistol Pete Cup Andrei & Mikola were the top guns blitzing through the rounds before taking out Dan & Nat in the final. While in the Billy Jean King Cup, the Pink Ladies Raquel & Raymonde put the men in their place throughout with Willem & Arkady their final victims. Honourable mentions also go out to Plate winners Pierre & Jen and Corinne & Pui-Pui, and of course Egg Cup Champs Nu & Enrique and Cristina & Steve.



▲ Pistol Pete Egg Cup Winners!



▲ BJK Egg Cup Champs



▲ BJK Plate Champs

▲ Pistol Pete Champs 2020
Raq-a-ttack & K. Lemon

SPORTS



▲ *Pink Ladies at da club!*

Just a few days later our club hosted the **3rd Annual Pink Charity Tennis Challenge**. All funds are donated toward QSCBCF's Slum Project and Pink Park Village, which provide breast cancer screening, rehabilitation and hospice care for underprivileged patients in Thailand. Over 40 ladies representing 5 teams from Bangkok competed in a friendly team competition to raise awareness and raise money on behalf of the Queen Sirikit Centre for Breast Cancer Foundation. It was another overwhelming success (despite the absence this year of Master of Prosecco Ceremonies Harry Haines), and much kudos goes to Anjelica, Raquel and Raymonde for putting this event together in fine style and helping a great cause and to the British Club for their continued support and sponsorship.

Success beyond our courts I'd like to offer big congratulations to two of our club coaches who have tasted success on court (and off court in one case) in recent times. K. Puak won the top prize in the Singha TATP Senior Tour Doubles 90+ at Impact Arena. While K. Neung, topped that by not only winning Thailand Open Masters Singles 40+ at FBT but also (with a little help from his wife K. Tanikarn) producing their first child little Miu. Happy healthy, happy lucky! Excellent work everyone!

Enjoy your tennis & see you next month ...

Graham



▲ *Thirsty work for the victorious Team Japan*



▲ *Styling for a cause!*



▲ *Team BC!*



▲ *Kudos to the organisers*



▲ *Happy Family!*



▲ *Champ Coach Neung*



▲ *On the right Magic Man Puak*

SQUASH



▲ *Post-game, pre-drink, group photo*

Peter Corney Cup (BCB vs. CM Gymkhana)

It was only days before the competition and Captain Neil E. had still not finalized the team lineup. There had been months of speculation surrounding the Captain's future as rumors spread around the Club that he no longer possesses the qualities and traits required to lead a successful BCB Squash team. According to one anonymous (Filipino) source from the tennis section, "He's too old, too tired and lacks stamina and strength, diba?!" Matters got worse for the Team Captain when several of his key players went missing on a bender the day before and showed up to the tournament disorientated and smelling like Changs. But faith in the Captain was soon restored when the BCB team thrashed Chiang Mai Gymkhana Club 6-1, extending their winning streak to 3 straight. Well done boys and special mention to Daa who finally won the ladies match for BCB following consistent losses by Mark R. in prior Peter Corney Cups!



▲ *We loss this match...*



▲ *Never any doubt!*

Squash Thailand Championship 2020

Steve B. and Bart B. represented the Club valiantly at the Squash Thailand Championships. Unfortunately, Rocket Ronnie succumbed to an injury and had to drop out a day before the tournament. His diagnosis is still pending, but the country's leading physicians have been able to narrow it down to either gout or a torn meniscus and have advised no alcohol or squash for 6 weeks. Congratulations to Steve for placing 4th in the tournament where he battled Coach Lim in the consolation final. This was his first squash tournament in Thailand, and it was a great achievement despite little support from fellow BCB squash members who chose to watch the final match over Facebook livestream instead of cheering him on courtside. "This tournament wasn't about winning or losing" said Steve as he reflected after the match "I only played because I was wanted a free t-shirt".



▲ *Free t-shirt selfie!*

SPORTS

Retro in the Metro

▲ *BCB Squash circa 1989*▲ *Totally radical tournament*

The 1980s was a golden era for squash and that nostalgia was relived during the BCB “Back to the 80s” squash team tournament. The 80’s gave us big hair and proud mustaches, blockbuster movies and mix tapes, spandex and short shorts, and not to mention, Maggie Thatcher. The BCB Squash Section flourished in the 80s with over 200 members, 16 league divisions, and a notorious reputation for ‘play hard party hard’ spirit that continues to live on in the squash section to this day. 3 teams competed in the 80s tournament and the games were played using the old style rackets (small head with long handle), single dot balls, scoring up to 9 points using the English hand-in-hand-out system (point only on the serve), and mandatory facial hair below the nose. The Cobra Kais led by Brad V. (aka Johnny Lawrence) won the tournament with 130 points followed by the Top Guns with 92 points and Risky Business last with 86 points. Brad’s leadership mantra to “Strike first, strike hard, no mercy” helped motivate his team to crush their opponents. Neil E. somehow managed to play the whole tournament wearing his daughter’s rugby kit without bursting a seam and won ‘best fancy dress’. Ronnie took home the prize for ‘dirtiest mustache’ which nobody disputed. The big upset of the day came

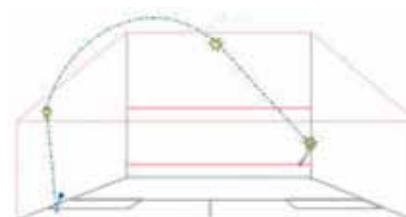
▲ *Measuring the Godfather*

when Nick R. beat the favorite to win Ranjan (the Godfather) for the ‘shortest shorts’ award—although Nick may have violated several public indecency Club By-laws with his dedication to win.

Monthly Squash Tip (The Lob Serve)

This month’s squash tip is provided by Marvyn L: “Alrigh? I’m very good at the lob serve, I am. I first learned the lob serve when I was a young bachgen working in the coal mines back in the old country. The year was 1920 and Jerry Shea had just scored the first international rugby ‘Full House’ in a 19-5 win over England. Am only saying, I’ve never missed a match! Am not as tall as the other boyos, but fair’s do, Am able to compensate with my big lob. The lob serve should be soft and

gentle like a sheep but also cruel and merciless like a red dragon. Now listen, the lob is served underhand and you must lift the ball high on the front wall creating an arch trajectory so the ball comes down at a sharp angle before clipping the side wall and softly landing in the back corner where it deflates and dies. Simple engineering, it is! Am only saying, no opponent has ever been able to return my lob except for those cheating lefties. Cymru am byth!”

▲ *The famous Welsh lob serve*▲ *“Soft and gentle”*



Ben Eastwell

Since the hangover from the beach cricket trip down to Koh Chang in August has subsided, the international cricket on our screens is temporarily over, and the recent downpours have put nets sessions on hold – the cricket section is eagerly anticipating the new season which is just around the corner. By the time this reaches print, the section AGM will have been concluded and the opening fixture of the year will be underway in Phuket as BC take on the Patong Penguins and Village CC in the annual tour down South.

However, there was one last chance for players to bolster their stats and stake their claims for next season as a lucky break in weather allowed for an away game for a second round in the Dunford Philbrook Trophy with BC looking to avenge a loss earlier in the season.



▲ Fresh in from NZ



▲ Onions

Hardballs

Catches win matches



▲ Plenty of extras

BC V PCC 27/09/2020

Donning the latest BC cricket merchandise, a star-studded squad made their way down to St. Andrews in Pattaya for the Sunday match versus Pattaya Cricket Club. The regular fixture which dates back as far as 2010 had all the makings of success; leisurely morning start, a quiet night beforehand, and the chairman in attendance to name a few.

After a scenic tour around the outskirts of Rayong and its unusual clusters of holiday homes, the team van eventually stumbled across the school in the middle of nowhere. Blue skies and sunshine contrasted the week leading up to the game, as BC won the toss and elected to bat first for the 30 over match. A couple of 6s was all Rahul (9) and Sunil (6) could offer at the start of the innings, and after Jon (8) and Denzyl (7) were both dismissed early, BC found themselves 4 down within the first 10 overs and far from the game plan as intended. Ben (20) and Mossy (22) fashioned a recovery in the middle

overs to help the away team to 94-4 at the halfway stage drinks.

A couple of untimely wickets after the break soon proved the depth of BC's batting attack as Pramodh (33*) and Mak (14) accelerated an otherwise sluggish run rate, helped further by back-to-back sixes from Ed (13) who almost broke the windscreen of his own car. Talal (7) then contributed to a 10th wicket partnership of 25 at the death which pushed BC up to a below par score of 185 – even with the host's extras top-scoring.



▲ Ben crawls to 20

SPORTS



▲ *Talal still hasn't cut his hair*



▲ *Pramodh on his way to 33*



▲ *Ladies loving it*



▲ *Airtime*

An age old saying and one frequently echoed around the BC camp, "catches win matches", featured heavily in BC's reply. More chances were spilled than taken as the team were punished for not taking the opportunities. Maybe it was the new hats?

(One of) Pattaya's strike batsmen ate out on a loose over from Denzyl (4 overs, 0-36) in the 5th which let down an otherwise solid opening spell with Talal (4 overs, 1-27) who had a difficult chance put down behind the stumps. With a bowling arsenal just as long as the batting order, Pramodh (6 overs, 2-20) wasted no time making a mark in his first and removing the danger man in his last over of a spell with Dilip (4 overs, 0-24) who was unfortunate not to grab a wicket himself after beating the bat on multiple occasions.

A run out shortly before d rinks saw Pattaya in at 89-3 at the halfway stage with not much between the 2 sides; the home team looking for 96 runs from their remaining 15.

A 27-run over from Ben in the critical stages changed the fate of the match

somewhat, but not before another chance went wandering. A sharp stumping from Sunil and bullet of a catch at 1st slip from Denz went in vain as PCC eventually tidied things up with 3 overs and 4 wickets to spare.



▲ *Next time lads*



British Club Golf

The British Club's Juniors and Seniors competition was held on 12th and 13th September, at the Sir James' Resort in Khao Yai, after being postponed in April due to the lockdown.

A grand total of 17 golfers competed in the competition, with a number of non-competitors also joining the game, for a total of 23 players on Sunday, including two new

members, Daniel Bean and Koji Takagi – welcome to both of you. Also welcome back to Mike Foster, great to see you with us again.

The competition is divided into two age categories, the Juniors and the Seniors. The split is by numbers of players, so the term Junior can perhaps be stretching it a bit in some cases.

The format for the two day event was par / bogey golf on day 1, followed by stableford on day 2. The whole group, including non-playing guests and family members,

enjoyed a lovely evening meal, at the resort after the first day's play, super camaraderie adding to the ambience of the whole event. The course might perhaps have been in better condition, but the rain stayed away, although both rounds were quite humid affairs.



▲ *Our new Member*



▲ *A difficult lie*

SPORTS

Four golfers beat the course on the Saturday, with Martin Weber, Gaew Khongyoo, and David Burton all one up. Saturday's best player was, Jon Standen who finished three up. Saturday's scores were then added to the stableford scores on Sunday for the overall competition. Chris Brader (36 points), Vicky Brader (37) Andy Flynn (37) and Bryan Dodd (40) equaled or bettered their handicaps

on Sunday. Bryan Dodd won the Seniors with a combined score of 38. The Juniors and overall winner, Jon Standen, scored 45 points on Sunday, for a combined score of 48. And of course, such great play earned him a well deserved cut of 2.6 on his handicap, but we don't suppose he is complaining after such a great couple of rounds.



▲ Yet another bottle of white wine Mr Burton



▲ Convivial company 1



▲ Convivial comapny 2



Karen Dawber

“Physical fitness is the first requisite of happiness”

Joseph Pilates.

What do David Beckham, Andy Murray, Madonna, Naomi Campbell, Holly Willoughby, Lady Gaga, Missy Franklin, Jennifer Anniston, Adele, all have in common?

A love and appreciation for what Pilates can do for their bodies.

So what is Pilates and why are all these people doing it?

Pilates, originally called Contrology, was developed by Joseph Pilates in the 1920's. Born in Germany, Joseph Pilates was especially frail during his childhood suffering with asthma, rickets, and rheumatic fever, but he was determined to defy these ailments. From a young age he experimented with many different health and fitness approaches including yoga, martial arts, gymnastics, skiing, self defence, dance, circus training and weight training, thus managing to rebuild his body to be strong and healthy. Joseph went on to select the most effective aspects of each of the disciplines to create his own methodology and exercises that he believed to promote the perfect balance of strength and flexibility. The selected exercises are performed with care and attention to detail so that the whole body is recruited into every exercise, including the act of breathing. This also helps highlight why Pilates and yoga can sometimes be confused because there are

Pilates



some elements of yoga contained within Pilates. However, in yoga we generally move through various poses and hold certain shapes whilst, in Pilates we may create similar body positions we will then move within that position to perform an exercise.

In 1912 Joseph Pilates was living in England teaching fitness and self defence to the British Army but then as World War 1 commenced he was interned along with other German Nationals on the Isle of Skye. It was during this time that Joseph really refined his exercise method, working with other internees, using a combination of springs and pulley systems set up on hospital beds to enable those injured to strengthen their bodies against resistance, ultimately rehabilitating them. In modern studios today the Pilates equipment such as Arc Barrels, Cadillacs and Reformers are all based on his rudimentary designs from that time.

Post war and having emigrated to New York in 1945 Joseph published his book “Pilates’ Return to Life through Contrology” which contains the original 34 mat based classical exercises and documents the philosophies behind the system of centering, concentration, control, flow and precision. Modern schools of Pilates all link back to these original principles whilst encapsulating new developments

in science and exercise education, ensuring the exercises can be modified or varied so they are suitable for every body.

Joseph Pilates said **“Contrology develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind, and elevates the spirit.”**

Pilates through controlled exercises develops a strong core, long strong lean muscles, flexibility, it quiets the nervous system and promotes good health. For those active in other sports Pilates can be key in maintaining balance within the body and thus preventing injuries.

Through practising pilates it is well documented that you will feel better in 10 sessions, look better in 20 sessions and have a completely new body by 30 sessions.

“I quickly noted how my body changed and my core became stronger”

“Your individual needs are always catered for and every part of your body stretched and strengthened”

“I feel better every class”

So why not join us for a Pilates Class here at the British club and see how you find it. We have mat based classes which are suitable for all levels.

SQUASH COACHING

WITH LIM

WSF Coaching Level 1

"Squash coaching for beginner to intermediate club level"

Date: 7th, 14th, 21st and 28th November

Group 1 10.30 am - 11.30am Maximum 4 Kids
Group 2 11.30 am - 12.30am Maximum 4 Kids

Prices:

3-4 persons / Price 300 Baht / Person
2 Persons / Price 500 Baht / Person
Individual / Price 700 Baht / Person



For more information or booking please contact:
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Daniel Jacobs
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-Level 1 cricket coaching qualification
-BED in Physical Education

JUNIOR CRICKET WITH DANIEL JACOBS

Junior group: 6-12 years old, 9am - 10am
Sunday 1st, 8th, 15th, 22nd and 29th November (minimum 4 kids)
200 BAHT-MEMBERS | 250 BAHT-NON MEMBERS

Senior group: 13-18 years old, 6pm - 7.30pm
Friday 6th, 13rd, 20th and 27th November (minimum 4 kids)
300 BAHT-MEMBERS | 350 BAHT-NON MEMBERS

Information/booking at Fitness Centre
or email: sport@britishclubbangkok.org

SWIMMING LESSONS with Ann

Date: 7th, 14th, 21st and 28th November

Group 1: 9:00am - 9:30am	10 to 14 advanced class
Group 2: 9:30am - 10:00am	4 years old to 5 years old
Group 3: 10:00am - 10:30am	5 years old to 6 years old
Group 4: 10:30am - 11:00am	7 years old to 10 years old

2,100 THB/ 7 LESSON

MORE INFORMATION AND BOOKING AT THE FITNESS CENTRE
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GUY FAWKES NIGHT

15th November 2020

Kids activities from 4.00 pm | BBQ 4.30 pm | Live Band from 5.00 pm
Live Show | Fireworks at 7.00 pm | Guy-Burning at 7.15 pm



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Shrewsbury International School Bangkok, Riverside is delighted to announce the appointment of Mr Philip Stewart to the role of Vice Principal (Head of Junior), commencing August 2021.

Selected from a field of over 130 high-calibre applicants, Mr Stewart is an experienced and engaging educationalist with a strong focus on teaching and learning and a commitment to excellence in all aspects of education. He is currently Headmaster at Terra Nova Preparatory School in the North of England; a school that has strong links with nearby Shrewsbury School, and where he has demonstrated dynamic and courageous leadership in both reviving the school's boarding provision, and in supporting the breadth and depth of education that Riverside always aspires to.

Mr Stewart will bring a wealth of UK and international school leadership experience to his fourth headship position, not only from his time at Terra Nova, but also from his 7 years as Deputy Head of College at Dulwich College Shanghai (2010–2017), and his 6 years as Head of a successful Primary School in the UK prior to that.

Commenting on the appointment, Shrewsbury Principal Mr Chris Seal said:

“Mr Stewart's experience, clarity of thought and alignment with Shrewsbury's aims and ambitions ensured he was a compelling candidate amongst an extraordinary global field. We all look forward to working with Mr Stewart and also look forward to introducing him to you all as soon as international travel allows.”





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Early Dec 2020 Interviews of shortlisted candidates

Dec 15, 2020 Results announced

To apply, please contact the Admissions Office:

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