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APRIL 2021



THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

# OUTPOST

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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 during the last few months



▲ Lucy Allen and Stephen Jackman



▲ Sunil and Keiko Mehra, Sousuke



▲ Nicholas and Sarah Beumer



▲ Andrew and Amy Jackson,  
Pippa and Millie



▲ Luciano Nesi and Sirpa Jarvenpaa



▲ Pornsak and Saowanee  
Prasertsintanah, Tanyanapin and  
Teerin



▲ Michael and WorasaWhite,  
Zander and Pebia



▲ Katherine Rice and Alexandra Moffatt



▲ Vikas and Pooja Tandon ,Parnika and  
Viplav



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## OUTPOST

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#### Honorary Secretary

Brian Brook  
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#### Honorary Treasurer

James Crossley-Smith  
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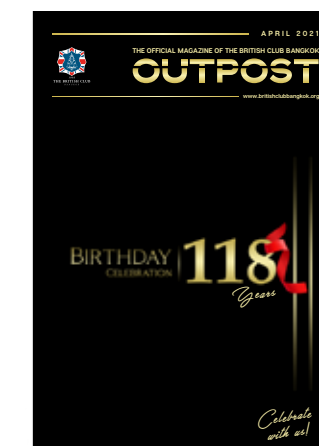


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# Contents



## Front Cover

The British Club was established in 1903 and celebrates its 118th birthday this month

## This Month

Phase 2 is coming along nicely and we are all happy that piling, the noisiest part of the job, is done. The Club is busy again with the latest round of Covid restrictions lifted: Movies Under the Stars are back and monthly Quiz Nights and Wine Tastings have resumed

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Jack Dunford

## Chairman's Message



▲ Family and Sports Hub

**'A change is as good as a rest'** the old saying goes. Following the AGM, next months' Message will be penned by a new name ... a welcome change for you and a welcome rest for me! Congratulations and best wishes to the new Chair and General Committee.

**Finances:** The ban on serving alcohol resulted in another quiet month and another moderate financial deficit in February. But once the beer taps opened and the corks started popping again on February 23rd, Members soon returned and by the first weekend in March the Club was buzzing again: the Squash Section held its Annual Championship finals; the Cricket Section gathered for its postponed Annual Awards Night; the Tennis and Hockey players were out in force; the first Wine Tasting of the year was well attended; Sunday Brunch was packed and the poolside was bustling, Kiddies activities back on track.

The 2020/21 Club Budget is quite conservative with a certain amount of contingency cushion built in. At this stage there is every expectation that financial targets set for the year can still be achieved.

**Membership:** The number of Members leaving the Club remains on the high side but in February they were exceeded by new Members joining, resulting in a slight overall increase. A new influx of Shrewsbury School teachers this month should push the Membership count back

close to last year's record high.

**Phase 2:** There is now an almost palpable excitement about Phase 2 of the Poolside Redevelopment Project. For so long it was just something planned for the future, something that sounded good but was not yet really tangible. Will it ever actually happen? When? Do we have enough money? Will construction noise drive members away? Will the swimming pool crack?

Well, now it is happening. It will be open soon and, even with construction under way, the Club is still a great place to be. The swimming pool has held up (fingers crossed!) and when Phase 2 opens its doors later in the year, the Club will have unrivalled family and sports facilities to be proud of.

**Projects:** Details are still being finalised for renovation of the Verandah. The current restaurant is looking drab and weary, and the new look will be lighter and more spacious with a colonial feel. There will be a mixture of new and re-polished flooring, new and re-upholstered furniture, a wine display area and new wall decorations. It will become

the Club's premier F&B outlet and it is hoped work can begin not later than April.

A new Club Website has been commissioned and is planned to be up and running by the middle of the year. It will have a modern, fresher look, work faster, be easier for Club staff to maintain, and a long awaited Booking App will follow.

**Taking Stock and Looking Ahead:** Over the years, because the GC is elected annually and is constantly changing, various Chairs/ Committees worked on long-term plans for future Club development to be adopted by future committees. However, although in some cases an initial start was made, these were never followed through on. The most recent example was the 2007 swap-over of the Churchill Bar and Lord's Restaurant (the name at the time) which was intended to be the first step in a Master Plan that included new poolside buildings, squash courts, sports hall, office suite, etc. (See Outpost April 2006 for details). As a consequence, since the building of the swimming pool and surrounds in the 1960s, 50 years passed without fundamental



▲ Squash Championship Finals

change.

To the uninitiated, looking back over the last 5 years it might be thought that the Poolside Redevelopment, new Soi 18 Entrance, rebuilt Front Lawn/ Memorial Terrace, refurbished tennis courts and the new Membership card control system were all part of an adventurous 5 Year Plan. The entire poolside half of the Club has been transformed and all that remains to finish the job is to rebuild the 1965 swimming pool and re-lay the driveway and car parks that were built in the 1980s.

But it was not a plan as such. It evolved after the 2016 GC held an international architectural concept design competition for redevelopment of the poolside area. The submissions were exciting and led to realisation that this could be an opportunity to start upgrading the whole Club to 21st Century standards, catering to the needs of all types of Member and securing its future for the next generation.

A vision emerged of a modern resort-style family/ sports hub on one

side of the property, complementing the traditional wining, dining, meeting and entertainment facilities on the other side around our classic Clubhouse. The old and the new; the young and the old; modern and traditional. A celebration of our heritage and belief in the future.

I would suggest that having a clear vision of the Club's potential was key to the GC remaining mostly cohesive over the past 5 year period. Only one or two Members left the Committee each year ensuring continuity of personnel and purpose.

The first priority for the incoming GC will be to ensure the successful launch of Phase 2, effectively delivering the poolside half of the vision. The task then will be to maintain the same sense of purpose and direction in developing a strategy for the Clubhouse side.

There are lots of ideas about what could be done and the challenge will be to determine priorities. My personal favourite would be to build guest rooms, which would raise our stature to the level of many of the

more prestigious clubs in our reciprocal network and create a new revenue stream to pay for further development of the Clubhouse facilities.

I thank everyone for their support these last 5 years and especially those who have served with me on the GC and the subcommittees. A big thank you as well of course to Khun Prem, Tee and all the staff for their hard work in making it all happen.







# UK Budget 2021 Summary

By Martin Wright, The Fry Group

In a highly anticipated Budget speech Rishi Sunak, the UK Chancellor, outlined his proposals to strengthen and support the fragile UK economy. Here, we share The Fry Group's analysis of the key tax changes announced, with thoughts on how this will impact the future landscape.

At this year's Budget it was clear a careful balancing act was needed. Unsurprisingly, Mr Sunak unveiled a series of Covid support schemes and reliefs for the business economy, along with some detail about the inevitable tax rises which will be essential to help repay the enormous borrowing which the pandemic has demanded.

On some counts this Budget was Rishi Sunak's 15th major announcement since his first Budget, just under a year ago. During this period, the pandemic has dominated the Chancellor's actions, and this was true of his latest Budget. To no small degree the framework for Mr Sunak's latest appearance at the dispatch box had been set by the data-dependent (but date-filled) road map outlined by the Prime Minister nine days before the Budget.

## UK PERSONAL TAX

The personal allowance will increase to £12,570 for the 2021/22 UK tax year (from £12,500). The basic rate band will rise to £37,700 with the higher rate threshold climbing to £50,270. A freeze on Income Tax thresholds will then come into force until 2025/26.

These moves are expected to bring 1.3 million more people into paying Income Tax, with a further 1 million paying tax at the higher rate. These two moves will be expected to cost taxpayers more than £8bn a year up to 2025/26.

## UK PROPERTY

The Stamp Duty Land Tax "holiday" for England and Northern Ireland, extending the nil rate band to £500,000 (due to expire on 31 March 2021) will be extended to 30 June 2021. The allowance will then drop to £250,000 to 30 September 2021, before returning to the usual rate of £125,000.

## PENSIONS

The lifetime allowance for pensions will remain at its current level of £1,073,100 until April 2026. Typically, the lifetime allowance increases at the rate of inflation per tax year. This freeze alone is expected to raise a total of £1bn for the Treasury. The annual pension input allowance has also been frozen until April 2026.

Generally speaking, if an individual's pension fund is valued higher than the lifetime allowance, HMRC will tax the excess at 55% if the pension is taken as a lump sum or 25% if taken as income.

## INHERITANCE TAX AND CAPITAL GAINS TAX

The thresholds for the Main Residence Nil-Rate Band (£175,000) and Nil Rate Band (£325,000) will be frozen until 2025/2026, while the annual Capital Gains Tax allowance of £12,300 will be frozen to 2025/26. These steps will together gather a further £1bn of revenue.

## A NOTE FOR EXPATRIATES

Non-UK resident individuals are now able to claim relief for gifting business assets (more commonly known as Gift Hold-Over Relief). This allowance allows the gain on any disposal of business assets to be deferred, with Capital Gains Tax not kicking in until the recipient sells or gifts the assets on.

## AN EXTENSION TO COVID SUPPORT

The existing furlough scheme will be extended to September. Further grants will be provided to self-employed people (including those newly self-employed). Universal credit (of an additional £20 per month) is also extended to September. The extension of these schemes is estimated to deliver a £20bn boost to struggling businesses.

## UK TAXATION OF COMPANIES

- UK corporation tax on large company profits of over £250,000 will rise from 19% to 25% in 2023.
- UK corporation tax on small company profits of less than £50,000 will remain at 19%.
- Companies with profits between £50,000 to £250,000 will be provided with marginal tax relief to assist with the gradual increase in the corporation tax rate between the small profits rate and the main rate.

These changes will provide approximately £46bn of revenue over the next 5 years. Whilst this is a steeper tax hike than expected, Mr Sunak advised that the UK corporate tax 'main rate' will still be the lowest of the G7 economies.

A 'super deduction' tax break for companies will be introduced. This will apply for investments into productivity enhancing plant and machinery assets and will allow companies to deduct 130% of their investment from taxable income. In reality, this translates into a tax bill reduction of 25p for every £1 invested.

There will also be a temporary extension of 'carry back' for trading losses. Typically trading losses can be carried back one year, but the proposal extends this to three years. A cap of £2m of losses for this tax year and last will apply for unincorporated businesses, (2021 and 2022 accounting periods for companies).

## THE UK BUDGET 2021 - A FINAL ANALYSIS

In summary, it's clear that the Government has focused its Budget 2021 on helping revive the economy by providing additional support for struggling industries, such as the hospitality and tourism sector, and individuals impacted by the pandemic. However, this isn't without cost. The UK tax burden is set to rise at its highest level since the 1960s to around 35% of GDP, mainly due to freezes in personal tax allowances and a tax hike on UK companies from 2023.

Interestingly, there's been no mention of an overhaul of the arguably outdated Inheritance Tax regime (which we discussed in the Bangkok British Club/Fry Group webinar on 25 February), or any increase in Capital Gains Tax rates to align them with the Income Tax system.

However, there is every likelihood that these areas could be the focus of future UK Budgets. It is worth remembering too that the £65bn outlay in the next two years to improve employment, investment and recovery will then follow with £25bn a year of corporate tax and Income Tax rises. Clearly there is a very long way to go to start to pay back such enormous levels of support, and more will be needed in years to come.

If you have any questions regarding your own circumstances following the Budget statement, please contact us.



**Martin Wright**  
Senior Financial Planner  
The Fry Group (Singapore)

### Disclaimer

The information in this article aims to provide information. However, this is not intended to form professional advice nor should it be relied upon as such and before taking any particular action, specific and personal advice should be obtained. All levels and basis of, and relief from taxation illustrated here are subject to change. The Fry Group (Singapore) Pte Ltd is authorised to act as a financial adviser by the Monetary Authority of Singapore - licence number FA100057.





Premrudee Tanyaluck

## Letter From The General Manager

**The Club** started the Poolside Phase 2 project work in February and works will carry on until November. The work for the main contractor will start in April and we try to minimize the disruption to our Members during the weekends as much as we can. The contractor is aiming to finish the pilling and flooring work before the raining season starts, we apologise for any inconvenient during this time.

In March we carried out maintenance on our air conditioning for the whole Club and we plan to install new lighting in the car park areas - Khun Ben, our member, has helped us with the design to have a warm atmosphere at night. Our housekeeping team are doing well with cleaning during our construction, it is difficult with all the extra work to keep the Club clean but they were doing a

good job keeping on top of it.

In March we had started full operations after the BMA announcement to relax the restrictions, we are now back to near normal in all areas of the Club. Over 100 Members attended our first wine tasting of the year and about 100 Members and guests attended our first Movie Under The Stars night. Our weekends have once again seen the return of Members and their families making Saturday and Sunday a fantastic time at the Club. Our events team have planned many future events and function for the rest of the year. In April we will start with Movie Under The Stars on 3rd, Easter Sunday on 4th, which is always a Big Club event, we have a Thai Buffet on Songkran Day at Poolside on 13th, Wine Tasting and 118th year Club Birthday on 24th on the front lawn, finally the Great British Brunch continues every Sunday 11:30am till 3:00pm with different themed corners that showcase different international food such as Chinese, Japanese, and Seafood - a different one each week, please check from the website or reception desk for this week's details and featured cuisine.

The summer months are now upon us hence the F&B team has created a "cool down" option with the new sparkling Prosecco cocktail promotion, when you order any of our 10" Pizzas you receive 50% off the Prosecco cocktails.

The Club is happy to have relaunched all official coaching for tennis, squash, cricket and fitness. Members can choose your preferred coach, their pictures are on the notice board next to the fitness reception desk, and you can

book with any of our sports team. Pilates with Khun Karen is proving to be very popular with all ages of Members, if you haven't already tried why not give it a go. The gym has now installed brand new workout mats which Members can use for their exercise, this includes Pilates and yoga.

Sport Camps will start again in 2nd week of April before the long weekend, we have a lot of activities for your kids to enjoy for the whole day. Every Sunday from noon till 4 pm. we have Khun Nadia and sports team to run our BC BEE'S kid activities, they have created different games and activities for the whole month for the little ones to enjoy!

**Membership:** if you have not had your picture taken for making the new membership card, please contact our reception on your next visit to the club for updating your card, Moreover, you can check your account, update your profile, and read club documents online now. Please contact our membership department for your password or if you have a problem to login to the system you can email [memberships@britishclubbangkok.org](mailto:memberships@britishclubbangkok.org).

We have some new members to the British Club Team, Lala, Ben are our new Service Captains, Aey is Security and Dan in kitchen staff, please help us to welcome them into the Club.

Maybe you do not know or recognize our staff by their names, so we have put our staff pictures on the notice board and update every month now.

I am looking forward to seeing you all in our Club.



▲ Khun Lala



▲ Khun Ben



▲ Khun Aey



▲ Khun Dan



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REPORTINGS

# Membership Department



Ammy Aphinya

Hello Members,

This month we have been getting back to normal with a busy programme of events : A Wine Tasting , Movies Under the Stars, the AGM, Quiz night, UK Mother's Day and the BCCT Life & Style Party. We are very grateful for your kind support as always. This month we welcomed 13 New members and I would like to introduce two family members.



▲ Khun Ugo and Khun Gulzhanat , Tomiris and Kazakhstan



▲ Khun Daniel and Khun Deepa

Member Review:

We joined the British Club in November and we have been really enjoying our membership so far. Thanks to Khun Ammy, our application process was very smooth and she has taken good care of us during the first weeks of orientation. Gulzhanat immediately became a tennis enthusiast and she is practicing her game with great dedication. The kids attended the camp before Christmas and enjoy spending week-end days at the club since they already made a lot of new friends. We look forward to trying soon other social activities like wine tasting, quizzes, and special events.

Member Review:

We've enjoyed socializing & meeting new people with common interests who have also become friends. We've particularly enjoyed indulging in our passion for golf with the golf section who have been very welcoming to new members. We look forward to future social functions to meet more new people.

# BALUT CUP

SATURDAY 1<sup>ST</sup> MAY 2PM | 500 Baht fee

We are restarting the annual Balut Cup open to all Club Members, spouses and children

Spot Prizes each round

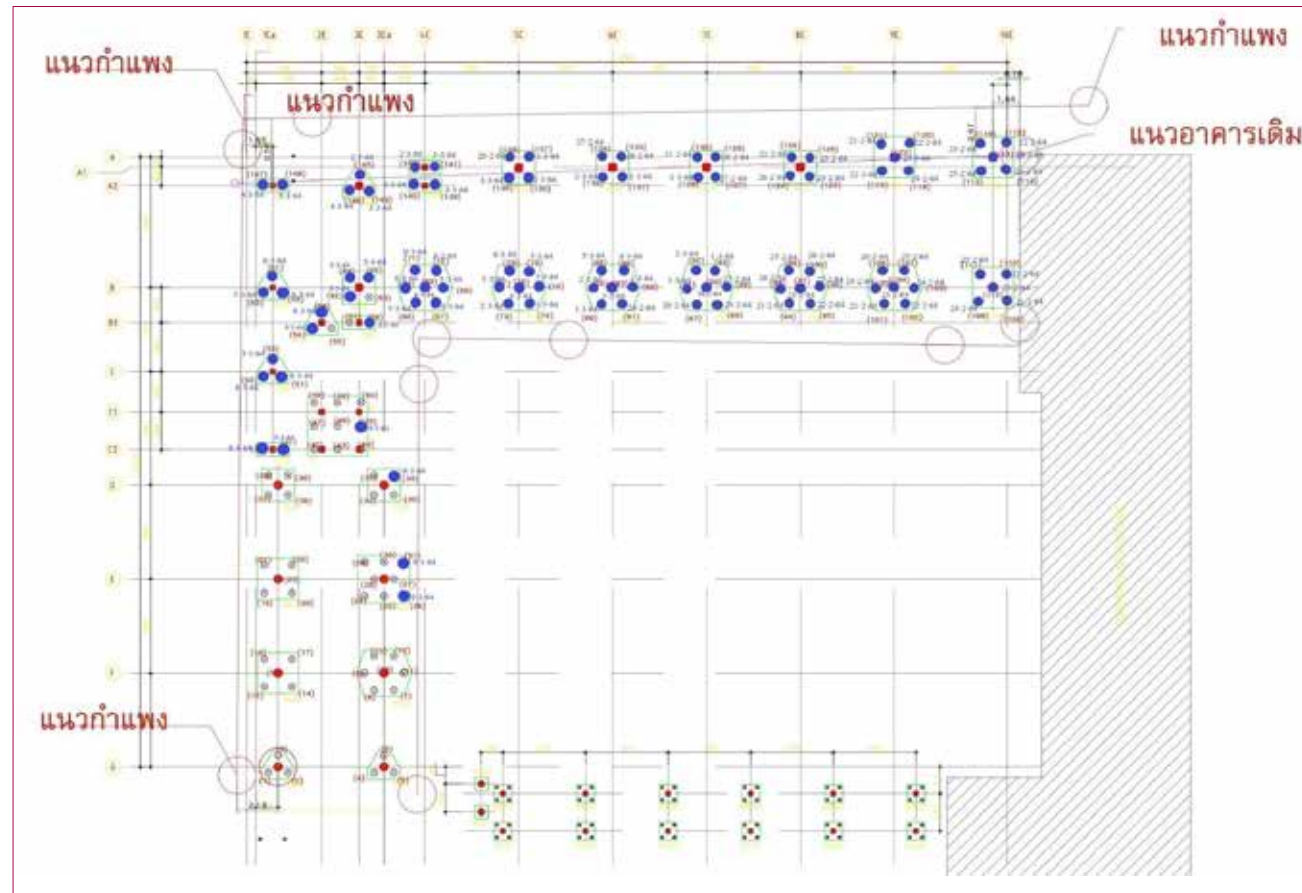
Buffet at half-way break

Happy Hour all afternoon!





# Phase 2: Poolside Redevelopment Project Update



▲ Piling Progress 9th March



▲ Piling rig

**Work on Phase 2** continues apace and by the time this is printed piling will be finished and the main contractor will be on site a week or two earlier than scheduled to start construction of the new buildings.

Newcomers to Bangkok are often surprised to learn that every building here has to be built on piles because the city sits on a mud pie. There is no rock down to at least 600 metres. Even small structures like fences sit on 4 metre piles whilst low rise buildings such as those being built at the British club are piled to 20 metres, the depth at which the first stiff sandy clay layer is found under the mud.

In Bangkok the most common and cheapest piling technique for 'small' projects such as ours is to bang tubes into the soil, dragging out the mud as they go deeper until they hit the stiffer clay. Steel rebar cages are then dropped into the holes, the whole column filled with concrete, and then on to the next.



▲ Removing soft clay



▲ Stiff sandy clay



▲ Dropping cage into bore hole

Phase 2 required 147 piles, an awful lot of banging, about 2 kilometres of rebar and 80 trucks of cement. The plan shows the Pile locations, the blue ones had been completed by 9th March. With two rigs working in tandem the noise was pretty pervasive but the contractor stopped work Saturday afternoons and Sundays to give everyone a break. 'No pain, no gain' they say and thank goodness the worst is now over.

There were no major hiccups along the way, just a few delays due to concrete delivery issues and the rigs sometimes hitting old teak piles that had to be dragged out, but the biggest relief was that the water did not suddenly disappear from the swimming pool ... as confidently predicted by our engineers. Phew, well done them!!

The first stage of the main contract will be to lay the foundations for the new buildings, which will require a lot more concrete. Fingers are crossed that most of this work will be done before the rains come, which is usually around the end of April.

The P2 sub-committee are now looking much further ahead at furnishing, fittings and equipment (FF&E) specifications and other design details to ensure a quality finishing to ensure a quality finish when the project is finished later this year.

Please remember if you are interested in more details far more information can be found in the Members Section of the Website with weekly updates and pictures.



▲ Pouring concrete



▲ 80 truck loads





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## Wine Tasting

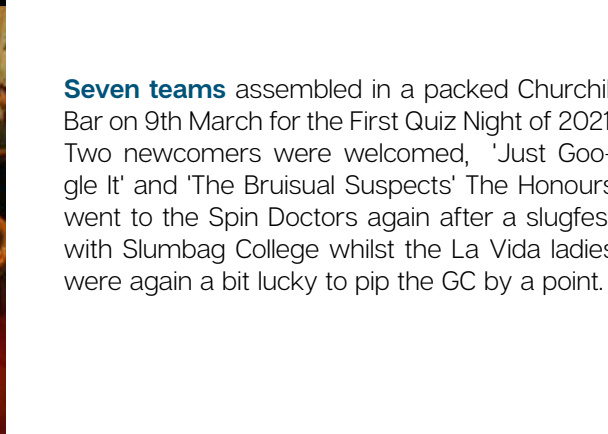


It was three months since the last one, so there was a good turnout for the Wine Tasting on 6th March. It was another balmy evening on the Front Lawn and many lingered after sampling the splendid wines on offer from 5 suppliers, serenaded once again by the lovely Napak- Little Moon





# Quiz Night



**Seven teams** assembled in a packed Churchill Bar on 9th March for the First Quiz Night of 2021. Two newcomers were welcomed, 'Just Google It' and 'The Bruisual Suspects'. The Honours went to the Spin Doctors again after a slugfest with Slumbag College whilst the La Vida ladies were again a bit lucky to pip the GC by a point.



## SHREWSBURY SHINES A SPOTLIGHT ON EMPOWERMENT FOR WOMEN AND GIRLS



On International Women's Day, Shrewsbury International School Bangkok Riverside partnered with the United Nations Economic and Social Conference Asia Pacific (UNESCAP) to bring a collection of opportunities to celebrate women and girls' achievements and rally for gender equality.

Our students' response for 'Shine a Spotlight' has been fantastic, with several great initiatives aimed at highlighting women empowerment both on International Women's Day and more generally in both the Junior and Senior schools.

Sixth-Form students Milan, Minmin, Anna and Anand, named their initiative ProjectForHer. It focused on three Sustainable Development Goals - Gender Equality, Good Health & Wellbeing and Quality Education aiming to reduce gender inequality, remove gender barriers and stigma, promote girls' education, and raise awareness and support women's health and hygiene. ProjectForHer submitted a video to the 'Ambassador for a Day' programme at UNESCAP for review.

For our younger students in the Junior school, Shrewsbury marked International Women's Day by creatively shining a spotlight on activities encouraging and uplifting women to pursue their goals without bias or barriers. Greg Threlfall, Shrewsbury's Head of Outreach, had challenged students to create a piece of artwork, drama, creative writing or essay that answers the question 'What uplifts women to pursue their goals?'

This initiative culminated on Women's Day with a workshop attended by Ms Channe Lindstrøm Oğuzhan, Social Affairs Officer at UNESCAP attending via video uplink. Ms Lindstrøm Oğuzhan assessed each initiative and gave feedback on what they can do to improve or enhance their actions. After the workshop was completed, teachers, parents, students and alumni from the Shrewsbury community were invited to contribute their ideas to a Shrewsbury Outreach coffee table book also titled 'Shine a Spotlight'.

To come full circle, the book will be marketed and sold to the school community and beyond in order to raise money for the school's Outreach partners that put in particular efforts to empower and support women, including Sister Louise, The Hub and The Klong Toey Women's Group and Credit Union.

Head of Outreach, Mr Greg Threlfall, says part of the role of Outreach is to create opportunities for students to learn about and take action related to the sustainable development goals, and goal number five (Gender Equality) is particularly pertinent to our school and society.

"We at Outreach have been delighted with the response from students in 'Shining a Spotlight' on initiatives related to Women's Day. We are excited to have the opportunity to show the work we are doing at Shrewsbury to representatives at the UN and are hopeful that the resulting publication will be successful so we can continue to financially support our community engagement partners who are also working hard to advance the UN's sustainable Development Goal #5."



# Movies under the Stars



With Covid restrictions lifted the popular Movies Under the Stars night resumed on 13th March with 100 seats taken. I was another great family night out and a good excuse to stop worrying about the calories and enjoy some good Movie grub



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### Welcome to the family

Applications for boys and girls aged 2–15 (Pre-nursery to Year 10) are now welcome.

Years 11–13 will open in the subsequent academic years.

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SUN	MON	TUE	WED	THU	FRI	SAT
				<b>1</b> <b>Swimming Lesson</b> Tony 7.00am - 8.00am <b>Yoga</b> 8.30am - 9.30am <b>Cricket team practice</b> 6.30pm - 8.30pm	<b>2</b> <b>Tennis Ladies mixed-in</b> 8.00am - 11.00am <b>Junior tennis</b> 4.15pm - 6.00pm <b>Senior Cricket</b> 5.15pm - 6.30pm <b>Tennis mixed-in</b> 6.00pm - 10.00pm	<b>3</b> <b>Yoga</b> 9.00am - 10.00am <b>Junior Squash coaching</b> 10.30am - 12.00pm <b>Squash Mixed-in</b> 1.30pm - 6.45pm <b>Cricket team practice</b> 2.00pm - 5.00pm
<b>4</b> <b>Junior Cricket</b> 8.45am - 10.00am <b>Tennis Men Doubles Team practice</b> 9.00am - 1.00pm <b>Sunday Brunch</b> 9.30am - 3.00pm <b>Tennis Mix-in</b> 4.00pm - 7.00pm	<b>5</b> <b>Tennis Men Doubles Team practice</b> 7.00pm - 10.00pm	<b>6</b> <b>Football</b> 7.00pm - 9.00pm	<b>7</b> <b>Pilates Classes</b> 10.30am - 11.30pm <b>Squash Mix-in</b> 4.30pm - 8.15pm <b>Balut</b> 6.00pm - 8.00pm <b>Tennis mixed-In</b> 6.00pm - 10.00pm	<b>8</b> <b>Swimming Lesson</b> Tony 7.00am - 8.00am <b>Cricket team practice</b> 6.30pm - 8.30pm	<b>9</b> <b>Tennis Ladies mixed-in</b> 8.00am - 11.00am <b>Junior tennis</b> 4.15pm - 6.00pm <b>Senior Cricket</b> 5.15pm - 6.30pm <b>Tennis mixed-in</b> 6.00pm - 10.00pm	<b>10</b> <b>Junior Squash coaching</b> 10.30am - 12.00pm <b>Squash Mixed-in</b> 1.30pm - 6.45pm <b>Cricket team practice</b> 2.00pm - 5.00pm
<b>11</b> <b>Junior Cricket</b> 8.45am - 10.00am <b>Tennis Men Doubles Team practice</b> 9.00am - 1.00pm <b>Sunday Brunch</b> 9.30am - 3.00pm <b>Tennis Mix-in</b> 4.00pm - 7.00pm	<b>12</b> <b>Tennis Men Doubles Team practice</b> 7.00pm - 10.00pm	<b>13</b> <b>Football</b> 7.00pm - 9.00pm	<b>14</b> <b>Squash Mix-in</b> 4.30pm - 8.15pm <b>Balut</b> 6.00pm - 8.00pm <b>Tennis mixed-In</b> 6.00pm - 10.00pm	<b>15</b> <b>Swimming Lesson</b> Tony 7.00am - 8.00am <b>Cricket team practice</b> 6.30pm - 8.30pm	<b>16</b> <b>Tennis Ladies mixed-in</b> 8.00am - 11.00am <b>Senior Cricket</b> 5.15pm - 6.30pm <b>Tennis mixed-in</b> 6.00pm - 10.00pm	<b>17</b> <b>Junior Squash coaching</b> 10.30am - 12.00pm <b>Squash Mixed-in</b> 1.30pm - 6.45pm <b>Cricket team practice</b> 2.00pm - 5.00pm
<b>18</b> <b>Junior Cricket</b> 8.45am - 10.00am <b>Tennis Men Doubles Team practice</b> 9.00am - 1.00pm <b>Sunday Brunch</b> 9.30am - 3.00pm <b>Tennis Mix-in</b> 4.00pm - 7.00pm	<b>19</b> <b>Tennis Men Doubles Team practice</b> 7.00pm - 10.00pm	<b>20</b> <b>Yoga</b> 8.30am-9.30am <b>Football</b> 7.00pm - 9.00pm	<b>21</b> <b>Pilates Classes</b> 10.30am - 11.30pm <b>Squash Mix-in</b> 4.30pm - 8.15pm <b>Balut</b> 6.00pm - 8.00pm <b>Tennis mixed-In</b> 6.00pm - 10.00pm	<b>22</b> <b>Swimming Lesson</b> Tony 7.00am - 8.00am <b>Yoga</b> 8.30am - 9.30am <b>Cricket team practice</b> 6.30pm - 8.30pm	<b>23</b> <b>Tennis Ladies mixed-in</b> 8.00am - 11.00am <b>Junior tennis</b> 4.15pm - 6.00pm <b>Senior Cricket</b> 5.15pm - 6.30pm <b>Tennis mixed-in</b> 6.00pm - 10.00pm	<b>24</b> <b>Yoga</b> 9.00am - 10.00am <b>Junior Squash coaching</b> 10.30am - 12.00pm <b>Squash Mixed-in</b> 1.30pm - 6.45pm <b>Cricket team practice</b> 2.00pm - 5.00pm
<b>25</b> <b>Junior Cricket</b> 8.45am - 10.00am <b>Tennis Men Doubles Team practice</b> 9.00am - 1.00pm <b>Sunday Brunch</b> 9.30am - 3.00pm <b>Tennis Mix-in</b> 4.00pm - 7.00pm	<b>26</b> <b>Tennis Men Doubles Team practice</b> 7.00pm - 10.00pm	<b>27</b> <b>Yoga</b> 8.30am-9.30am <b>Football</b> 7.00pm - 9.00pm	<b>28</b> <b>Pilates Classes</b> 10.30am - 11.30pm <b>Squash Mix-in</b> 4.30pm - 8.15pm <b>Balut</b> 6.00pm - 8.00pm <b>Tennis mixed-In</b> 6.00pm - 10.00pm	<b>29</b> <b>Swimming Lesson</b> Tony 7.00am - 8.00am <b>Yoga</b> 8.30am - 9.30am <b>Cricket team practice</b> 6.30pm - 8.30pm	<b>30</b> <b>Tennis Ladies mixed-in</b> 8.00am - 11.00am <b>Junior tennis</b> 4.15pm - 6.00pm <b>Senior Cricket</b> 5.15pm - 6.30pm <b>Tennis mixed-in</b> 6.00pm - 10.00pm	



# Tennis



Graham Johnston



▲ Looking to get his name on the trophy



▲ Can she stop Mooky

## Dear Lobbers and Droppers

As you read this the cast for the British Club Tennis Section Championships Finals Day will be set, but as of right now it can still only be guessed at.

This month we highlight the Club Champs so far and look forward to final's day.

The Club Championships despite the delayed start has been a roaring success to date. As we get to the business end, the Men's QF line-up looks like this:

Andrei Ivanov v Daniel Jacobs

Magnus Müller v Frank Gluck

Jim Fralick v Gary Sakuma

Christian Roland v James Young

Take your pick ....



▲ Heading for a final

As you would imagine our ladies are a bit more organized and have already reached the SF stage.

Mooky Vs Raquel

Rhea Vs Anjelica

The Mixed Doubles is shaping up very nicely and the SF match-up is:

Mooky & Cheer Vs Neung & Pin

Raquel & Pam Vs Jim & Eed

In the Ladies Doubles, **Mooky & Raquel** have already sped there way into the final were they will face either **Sassaluck / Tip** or **Anjelica / Nat**.

The men are also lagging behind in the doubles but have at least got nice looking QF line-up in store:

Cheer & Neung Vs James & Remi

Pierre & Frank Vs Jim & Faheem

Magnus & Andrei Vs Gary & Dan

Andrei & Pam Vs Graham & Marcel



▲ cup



▲ Ladies Plate SF

The real drama so far has been in the plates and especially in the Ladies Singles and Mixed Doubles. A magnificent 7 made up the Ladies Singles Plate all of who were playing in their first Club Championships. There have been some great matches not least the 2.5 hour Friday night SF were Karoline edged out Veronica in 3 close sets to secure her spot in the final. There she will face either Laila or Cristina. Great Stuff!

The Mixed Doubles Plate features some star names teaming up with their better halves which adds a nice edge to things 😊. Joe & Ticha are waiting to face either Faheem & Chris or Andrei & Pui in the 1st SF while Magnus & Karoline take on Rafa and Nu in the other SF.

Players of the tournament so far ... no doubt it's Karoline on the ladies side and Rafa on the men's.

See you on Final's Day.

Graham



▲ plate



▲ 3peaters



▲ Reclaiming the title



▲ Rafa - Men's Player of the Tournament so far ....





# SQUASHY BITS

## Don Johnson

This last month the Squash Section was playing the 55th anniversary Club Championship Don Johnson Cup established in 1966. If any of you are still reading after that opening sentence, the article only goes up from here. These are some of the facts our captain sends through when I can only presume he's supposed to be carrying out his day job. My opening slur towards Mr. Evans has nothing to do with him knocking me out of the competition. I digress slightly, and need to go all the way back to how the tournament unfolded and who our eventual winners were.

The annual Don Johnson Cup started with the usual rigging of the rankings and draw over several Changs. As the only member of the committee having not played squash since I was three years old, and therefore not in the top 8, I suitably justified my position at 16th rank, which I was told would give me a more favourable draw. Turns out that was utter nonsense. Drawing 17th seed in the first round, and someone who I'd never beaten in a competitive fixture, I sent a few choice words to tournament fixer, Brad. Nonetheless, I fronted up, and beat my French opponent with a flurry of immaculate drives after ignoring everything my coach Wayne had told me to do prior to the game. Through to the next round and onward to glory!



▲ *Condo Squash Court*

A few minutes had passed, in which time I'd told literally everyone I knew that I'd beaten Antoine, did it dawn on me that either I can't read flow charts, or I'd drawn seed one, and squash idol, Rob, in the next round. Onto the squash committee WhatsApp I went with a few choice words. I'd love to continue to say I knocked Rob out of

the competition, but the only reason he beat me, was we played at his condo, (which should have seen him disqualified) and the fact I'd been in Phuket for two weeks prior. I'm a far superior athlete which has no bearing on anything to do with how good you are at squash. In fact the worse the athlete you are, the better the squash player usually! Stupid game anyway, not even a real sport.

Apparently the tournament still continued even though I was out, and to save all the nonsense of who beat who in each round, we'll skip to finals day.

## The Finals Day

Excitement was running wild, electricity in the air with a huge crowd of 12, including actual participants. Crowd control has to be engaged when Tee and Jack popped in to have a look what all the fuss was about. Things got nuts when someone's kid came in and asked for a strawberry smoothie - health and safety were losing their minds!



▲ *Chicken, chips and smoothie*

The bowl final was actually the best of the three finals. I missed the entire game choosing to wait an hour for chicken and chips by the kids pool instead. I was told Khun Da was outstanding, coming back from two love

down against a vastly more experienced player in John Vivian. Da has one of the best abilities in the section to not let the ball past her, and picked off John's tiring shots. John's body eventually gave up, seeing Da take the final game in a 3-2 classic. Da is properly the most improved player in the section - one to watch over the coming year.



▲ *Mainstream Coronation Squash*

If the bowl was a classic, the plate was mainstream coronation street on a Monday. I actually thought Dean had won and told everyone as such 3-1; it was however our skipper Mr. Evans who prevailed. Dean's a seriously good player considering he has two fake knees. He combines power and stealth in the stuff of Marvyn's dreams. Mr. Evans is just too cunning an operator, and uses his years of experience and fake calves with deft fakes a permanent fixture of his game. Well done Mr. Evans.



▲ *Single tear*

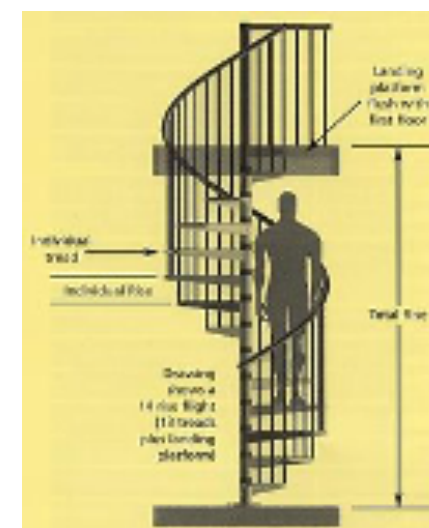
Onto the main event. The club stopped, tension mounted and all we could hear was the piling. Entrance music played with Rob entering to 'I am the one and only' and Steven to 'eye of the tiger'. The pyrotechnic department need to be thanked for their hours of work with the smoke and hiring the guy who calls MMA matches, at

great expense. Tears were in my eye seeing the great Rob march onto the court and hit the ball really hard in the warmup.

I'd put Ranjan's net wealth on Rob winning at evens and we were set. I'd arrived at the club at the same time as Steven and he could barely get out of his taxi. I'm not sure whether it was the semi-final the day before or the very late beers. I booed him as he walked in, and told he didn't deserve to be on same court as Rob let alone play him.

Roll forward 7 minutes and Steven had absolutely annihilated Rob 3-0. The level of squash is too high for me to understand or comment on, but I can assure you Rob is off my contacts list with Steven now favoured on Twitter, Instagram and Facebook. What a guy and what a champion. Long live King Steven, BC squash champion 2021!!

Everyone went upstairs to a room no one even knew was there, to hold our squash AGM. There was almost a literal fight when Marv piped up about spiral staircases and fans. I had a theory he's only grumpy when Wales lose. Turns out that theory is defunct as Wales are winning



▲ *Spiral staircase*

off the back of very dodgy refereeing. New committee members were appointed after we sacked Marc Sayer with Dean and Bart added to the ranks. Marv was reinstated as section mascot for the 97th year running but he still ain't getting his fans!

-Nick R.





Ben Eastwell

## A Hardballs March 2021

The cricket calendar has trundled on through February and March, where the Bangkok League has taken center stage as BC continue a run of frustratingly close encounters. Members also found the time to celebrate at the annual awards on home soil at the beginning of March where the section turned out for dinner, drinks and a recount of the 19/20 season before the team flew up to Chiang Mai to retain the Dick Wood Cup - which you can look forward to reading about in next month's edition.



▲ Mossy - Best Batsman



▲ Talal - Best Bowler



▲ Pramodh - Club Allrounder

BC V Southern Warriors  
@ Pattana 20th Feb

Whether it was luck of the first game at the new ground situated on the Pattana golf resort or the chairman's new camera clicking away on the boundary rope - BC won the toss and elected to bowl first in a comprehensive victory against new entrants to the league - Southern Warriors. Back into the attack, Dilip (5 overs, 1-13) bowled 5 overs straight, kept the opposition at bay and was rewarded with a wicket on the final ball of his spell alongside Denz (3 overs, 1-13) who added one to his tally aided by a catch from Pramodh (5 overs, 4-33), on his way to securing a five-for after finding his way through 4 of the Warrior's defences to pick up man of the match. Mo's (4 overs, 2-17) maiden wicket for BC was snaffled up by Jon behind the stumps and Ed only needed half an over to clean up as BC bowled out the opposition for 107.

Just 2 wickets fell in reply as Rahul (41\*) and Mak (37\*) made light work of the target and secured BC's first league victory with more than 11 overs to spare.



▲ Team talk



▲ Pramodh takes out middle peg



▲ Four for Mak



▲ One shot Rahul

▲ Team talk

BC V Kerala Strikers  
@ Boweja 27th Feb

▲ Man of the match



▲ Dilip on his knees



▲ Ed gets one wrong



▲ One of Mos sixers

BC V Southerners  
@ Pattana 6th March

With a win fresh in everyone's memories from the week prior, Kerala Strikers stood in the way of consecutive league wins for BC - and looked like causing embarrassment when the top order collapsed to 24-5 before a valiant recovery effort headed up by Pramodh (20) and Dale (13) who got things under control before Dilip (30) took the game back to the Strikers. The chirps in the field were silenced, and the run rate crept up, as BC managed to double their score of 81/6 at drinks thanks to some middle order grit which was finessed by explosive cameos from Ed (17), and Mo - who stole the show with 43\* from just 21 balls.

As BC set to defending a tricky 163, de ja vu struck early with a couple of costly drop catches as the openers were allowed to settle, and despite another couple of the opposition clean bowled by Pramodh (5 overs, 2-40), and Mo (2 overs, 1-13) guiding ball to hands - Kerala eventually wrapped up a 7 wicket win with 3 overs to spare.

An early morning started the first weekend of March, as the team van pulled out of the BC gates 12 hours ahead of the scheduled awards party there later that evening. Facing good friends/rivals, the Southerners - BC won the toss and bowled first in their 7th match of the competition. Pramodh (5 overs, 2-27) pulled away as leading wicket taker with another couple and Dilip's (5 overs, 1-25) eyes lit up when he saw his bunny from Phuket walking to the crease - promptly sending him back for a golden. Aside from that, fellow BC member and league president, Vaughan propped up the Southerners in putting on 100+ partnership with one of his Thai proteges as the Southos posted 176 from their 25 overs.

A nail biting chase ensued, with a handful of BC batters getting themselves in but failing to convert a commanding score - reflected in the scorecard as Mossy top scored with 29 from 18 balls. With the game down to the wire, a couple of unnecessary run outs pushed victory further out of reach and eventually BC succumbed to a 6 run loss. Small margins which continue to deny those wins the club deserves.



▲ The original One-Shot keeps the keeper busy

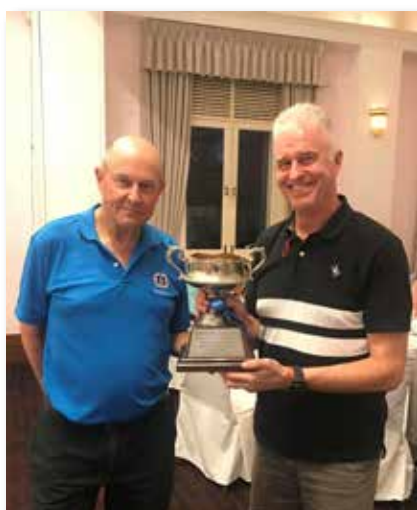




## British Club Golf



▲ Group A Medal Winner Randall Coleman



▲ John Bell – Our Golfer of the year

### BCGS – February Medal and the AGM

The February Medal, and the AGM, were played and held on Sunday 28th February, on a very hot day at Royal Golf & Country Club Latkrabang and later at a much cooler British Club in Bangkok.

A field of 36 players turned out for the game.

The greens were fast and the beer was flowing, at least this was the case for the writer. The results were as follows:

Winner in group A (handicaps of 16 and below) was Randall Coleman with a sterling nett 71. Bad luck to Karen Holloway, who also had a great nett score of 71 but lost out on countback, with 3rd place going to Peter Clark on a nett 74.

In group B (handicaps of 17 and above) Penny Booth shot a fantastic nett 69 comfortably beating the remainder of flight B and earning her another cut in handicap. The runner up was Daniel Bean on a nett 75 and in 3rd was Stephen Taylor with a nett 77.

In terms of the technical prizes, Karen Holloway came out on top with 2 near pins on the 3rd and 13th (both

par 3's) and a near pin in 2 shots on the short 2nd hole. The other near pin on par 3's were won by Suzie Standen on the 7th hole and Peter Clark with a fine shot on the 17th. Martin Weber rounded off the near pin technical prizes being the closest in 2 shots on the 16th hole.

The long drives were won by David Marsh and Penny Booth (up there with the men's marker – those lessons are really working Penny) and the most improved golfer for the day went to David Burton. Long putt prizes for the 9th and 18th holes were won by Peter Lucas and Terry Davies respectively.

The AGM was very well attended at The British Club that evening (probably helped by the Government having allowed sales of alcohol again, as of a few days before) and presentation of the annual prizes/trophies\* from 2020 was completed along with some big news.....we have a new captain. After 2 years in charge Neil Davis has stepped down on a high having steered the ship through tricky times (most notably last year), numbers having increased (today's field being a record turnout, at least in recent years) and a new website on the way (about time). Many thanks



to Neil for his time and efforts over the past 2 years.

And many congratulations to Jon Standen on becoming the new captain.

Looking forward to seeing lots of players at our next outing being the stableford at Bangpakong Riverside on Sunday 14th March.

*\* For full list of all the prize winners please see the Club Year Book*

### The March Stableford

A breezy Bangpakong Riverside was the venue for the March stableford, keenly contested by the 28 strong field. The wind kept the heat at bay, but made club selection tricky. Nevertheless there was good scoring evident. The new captain, Jon Standen scored 35 points, but could only manage seventh place. Graham Johnston was the runner up, with Rod Macmillan scoring 39 points to record the win. Cakes, and the odd libation, were the order of the day afterwards, as we sang "Happy Birthday" to committee member Carole Ann Eastgate



▲ The Old Captain and the much younger Captain



▲ The March Stableford Winner – Rod MacMillan



▲ A close call for Becky Adderley



▲ Carole Ann Eastgate



## SPORTS

## Pilates



Karen Dawber



### The importance of standing on your own two feet.

Our feet are our foundation, bearing the weight of our body and connecting us to the earth. They are the base from where the rest of our body rises up and is supported from. However, compared to the foundation of a building our feet are in many ways far more complex, because they not only have to hold us steady and firm when we are stationary but also when we are moving, at different speeds and over varying terrain. The average person walks staggering 110,000 miles in a lifetime!

So, our feet need to be intelligent and agile to effectively support us hence they are hugely complex with 26 bones, 33 joints and over 100 ligaments in each foot. They are designed to take the stresses and the strains of walking on a range of surfaces and gradients, acting like a sensory organ. Each foot has 3 arches, a lateral longitudinal arch (heel to the base of the little toe), medial longitudinal arch (heel to the base of the big toe) and a transverse arch (from big toe to little toe bases), a shape architecturally known for its structural strength. Whilst the many bones are designed to move in relation to each other reading the surfaces you walk on, creating neurological images in the systems of your body to interpret an awareness of your position in space and thus invoke multiple postural adjustments throughout your body as you move.

The feet have the potential to be as dexterous as our hands. However we spend the majority of our lives inadvertently binding our feet in shoes and walking on man-made, flat, and predominantly smooth surfaces, effectively immobilising so much of their potential. Our feet have lost their sensitivity and mobility. Because of this, over time we create many problems not only in our feet but also as you travel up the kinetic chain of our bodies

into the ankles, knees, hips and lower back which all end up compensating for the diminished mobility of our feet. Indeed the fascia at the base of our feet has a sensory connection all the way up the back of our body, up and over the head and concluding at the eyebrows! Hence this is how a foot massage can benefit your whole body.

So how can we regain some of the mobility of our feet to prevent aches, pains and common conditions like plantar fasciitis?

Firstly mix things up, change your footwear, don't wear the same shoes or style of shoe all the time, vary the size of any heels you wear, try to wear flat shoes more and walk barefoot where you safely can, allowing your toes to spread out. Walk on different types of surfaces like sandy beaches, grassy fields or gravel paths and welcome different gradients walking up and down hills.

Secondly slip these few mobility exercises into your day as often as you can:

**1. Top of the foot stretch:** Roll over the toes and resist the top of the foot into the floor and feel the stretch all the way up your shin.



## SPORTS

**2. Calf stretch:** Place the ball of your foot on a rolled up towel, keeping your heel on the floor, feeling the stretch up your calf, keep the body upright, shoulders and hips stacked over heels.



Another easy calf stretch to do whilst out and about is to drape your heel backwards down off a step keeping your forefoot on the step.

**3. Mobilisation with a small ball:** Drape your foot over a tennis ball or similar sized massage ball, roll the ball systematically around under the whole surface of your foot, including the edges and the heel. Vary the load on your foot by moving between sitting, standing and pressing into the ball.



**4. Toe waves:** Standing or sitting barefoot lift and spread apart all 10 toes, then try to sequentially place them back down on the floor moving from the little toe into the big toe. Repeat again in reverse lowering the big toes down first and working your way out to the little toes.



**5. Arch strengthener:** Try to scrunch up a thin cloth placed on the floor by pulling up on the arches of your feet.



All of these exercises can be slotted into your day a few at a time, do some whilst working at your desk or whilst standing to talk on the phone. A few and often, included in our daily routine, is a great idea for these exercises.

So next time you get frustrated by an uneven pavement, of which there are a few locally, rethink it as an opportunity to train and challenge the mobility of your feet, after all the earth we walk is not meant to be uniformly flat.

References:

<https://www.medicalnewstoday.com/articles/319190>

Move your DNA by Katy Bowman



**PITSTOP for BALANCE**



**The Brand New BCB Football Section**

"Dust off your boot, pull up your socks and join the veteran BCB Football section"

"We are building a new squad of players that will form a team that will train weekly at our new 11 aside ground, then join the Bangkok vets league and also enter other tournaments around Thailand, plus host and travel to play other club teams from Singapore, Hong Kong, Vietnam, Chiang Mai, Phuket, Pattaya, Hua Hin and many more"

Please register at the sports desk poolside, over 30s only

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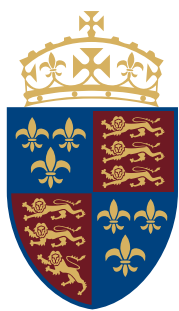


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## Shrewsbury Invests in Excellence: ฿1.1bn Project Nears Completion

In August, Shrewsbury International School Bangkok Riverside will complete an ambitious 1.1 billion THB building project that will provide class-leading facilities for STEM subjects, university preparation, and Sport at Thailand's leading independent international school.

The 17,000 sqm Innovation Centre includes 18 new high-specification Science laboratories 16 Mathematics classrooms, four Computing suites, an Innovation space and Robotics lab. A 700 seat air conditioned dining space is provided on the ground floor, whilst on the upper levels, a 4,000sqm Sixth Form centre incorporates Riverside's award-winning Higher Education Team, a cafe, breakout spaces, and a range of flexible environments for both independent study and collaborative working.

Shrewsbury's extensive co-curriculum will be enhanced by a new sports performance complex. A 1,480sqm, air-conditioned sports hall will add two further courts for basketball and other court sports including a growing netball programme, which will have one of the few purpose-built courts in Thailand. Athletes will benefit from a 340sqm Strength & Conditioning Space, Yoga room and spin bike studio. The facility is based on the Powerbase concept from Loughborough University, where many of the UK's finest Olympians and elite athletes train and develop.



**The 17,000 Innovation centre will provide top-specification STEM facilities, whilst the sport programme gains a new air conditioned hall and strength and conditioning zone**

Shrewsbury's unparalleled examination results and placements at the world's very best universities have led to strong and sustained demand for student admissions across the school. Project 2021 will increase the Senior School capacity from 930 students to a broader and more diverse community of 1,370 students

by 2026; via direct application, or from the Junior School at Riverside or Shrewsbury's already successful primary age City Campus (Sukhumvit-Rama 9) which opened in August 2018.



**Above left: Khun Chali and Julie Sophonpanich (a Shrewsbury Alumna), whose support ensures that Shrewsbury remains at the pinnacle of international education. Above right: Principal, Chris Seal (left) with Assistant Principal - Head of Senior, Rob Millar (right) are excited to be taking Thailand's leading international school to the next level**

School owner Khun Chali Sophonpanich comments "We are proud to be delivering two wonderful buildings that, for years to come, will continue to offer Shrewsbury students a chance to find and fulfil their potential - particularly in the Sciences, Mathematics, Computing, Sports - and ultimately to secure places at World-leading universities of their choice".

Following completion of Project 2021, the Riverside campus masterplan - developed in conjunction with City Realty Company Ltd. and DWP Architects - will see new developments in all Senior School departments (including new Music, Art and Drama) as well as renewal of the Prep and Pre-Prep buildings by 2025.

To find out more and to apply, please visit [www.shrewsbury.ac.th/riverside](http://www.shrewsbury.ac.th/riverside)



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