

AUGUST 2021



THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

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WELCOME NEW MEMBERS

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



▲ Edwin Jr, Eunju and Edwin III Sagurton



▲ Geoffrey Wild



▲ Geuko, Hanny and Edse,
Minke Bosker



▲ Thomas, Shelley and Samuel
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▲ Franck and Julie



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Front Cover

The new entrance to the brand new Veranda restaurant, through the doors awaits a totally unique dining experience for all our members.

This Month

The Veranda gets ready to launch, phase 2 remains on schedule, health advice on beating Covid-19, meet the newest members, a look back at the British Club chairman from 1926-27, and meet Gareth one of our new members in this month's member focus.



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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"

Chairman's Message



James Crossley-Smith



This General Committee year and the year for the Club is becoming more and more unique. As a committee we have very little chance to network amongst ourselves or with the Members and receive your feedback. And no time to socialize. Not even a couple of Heineken 00 in the Churchill Bar. However the Club is moving forward.

Phase 2

Progress on Phase 2 of the Poolside Redevelopment is very good. We are on target against both the time schedule and the budget. Again well done to the team in keeping this on track. You will have heard of the closure of worker camps in Bangkok. As ever we are very transparent and open with the BMA and they accept the processes being used by our contractor, Weapons Decorations. Weapons are not using worker camps and there are daily temperature checks and there is awareness, and regular reinforcement, of both the government and Club regulations in relation to Covid-19 risks. Of course we sympathise with those workers that cannot earn their livelihoods but are happy the continued work on Phase 2 is a win win for all parties in these difficult times. Fingers crossed that restrictions do not delay our completion date of December.

At Risk Unvaccinated British Nationals

I hope those in the "at risk" categories still struggling to book Covid-19 vaccinations have seen the initiative from the British Chamber of Commerce and Greg Watkins. They are trying to organize vaccinations for the most vulnerable and if you fall into that category please see the details further into the magazine.



▲ *Unvaccinated at-risk British Nationals in Thailand
Invited to Connect With BCCT*

Veranda restaurant

We expected the Veranda to open in early July but that is not now possible due to the Covid-19 related restrictions. However the refurbishment is complete. Soft furnishings are going in and the space is looking very nice. I am looking forward to the opening, when ever that



may be ! Even if there is no indoor dining please take a look inside when you are next at the Club.

Richard Dudley Craig

Pictures are being hung in the restaurant to highlight the life of Richard Dudley Craig. Mr Craig worked in Thailand between 1909 and 1930 and was a member of the General Committee between 1920 and 1929, Chairing the Committee in 1927-28. Richard Dudley Craig received awards from both King Rama VI and King Rama VII, the latter award being the Most Exalted Order of the White Elephant, second class. Please see the full article of his life in this magazine and further pictures in the Veranda, when open.

The story of the life of Mr Craig and the work Paul Cheesman has done on the history of the Club prompts us to delve into other histories of the Club. If anyone would like to suggest notable characters from the history of the Club please contact Paul. Our refurbishments will give plenty of space to record their achievements or their notoriety.



▲ Richard Dudley Craig

The Clubhouse

We are slowly but surely smartening up the inside of the Clubhouse. Outside of the Veranda we are not spending a lot of money to redecorate room by room but the difference is way beyond the outlay. I am feeling very optimistic for a step up in the appeal and the patronage of the Clubhouse when we can open up the bars and indoor dining again.

The Club is Open

The Club continues to be open in July. Swimming is now possible and I see the lap lanes are busy and the children are enjoying the Silom Wing. Tennis is strongly supported and the coaches are seeing good bookings. Perhaps the lack of travel and opportunities gives you more time to focus on yourself. The Club offers space for relaxation and exercise options. Tee is looking for interest in running and the Club's facilities are a good base for your Lumpini laps. A nice warm up / warm down jog from / to the Club and post your lap times. Contact Tee for more details of the British Club Running Team.

'Takeaway' dining from the Club kitchens is possible in the Club grounds, around the pools and tennis courts and there is great picnic space for families. Dig out the rug and camping chairs! The Club has lots of chairs, tables and umbrellas and staff to make it all work.

I write this on my way back to the UK for three weeks to see my daughters. It happens to be the day of EURO 2020 final and I will eventually enjoy not having to restrict my social drinking to a 00. Thailand is still on the UK Amber list of countries and let us hope it stays that way. You will all know the result by the time you read this.

We are happy to see Khun Prem back at the Club full time after her successful operation. I wish her and you all well.

Returning to the UK?

By Martin Wright, The Fry Group

Increasing healthcare costs, a change in circumstances, redundancy and Covid-19 are prompting more expats to consider a return to the UK. If you're thinking about a move 'home', for whatever reason, it's crucial to plan ahead and understand what might affect you.

PLANNING YOUR UK RETURN

The UK has a complex tax system so careful planning is vital when relocating to prevent paying unnecessary tax. In general, the more notice the better with 6-12 months offering a good timescale. One of the key issues is your exposure to UK tax. If you've been UK non-resident for at least five years you'll generally avoid UK income and Capital Gains Tax, unless it's because of work or property in the UK. When you become UK resident you'll face these taxes on any worldwide income and gains.

WHEN TO RETURN

There's no perfect time for a return but understanding the UK statutory residency test is helpful. This will help you know when you're likely to become UK tax resident; it's sometimes not as straightforward as it may seem.

If you return in the middle of the tax year and you've been receiving overseas income, obtaining 'split tax year treatment' is important. This allows you to split the tax year into one part when you're UK resident, and one when you're not.

DO I NEED TO TELL HMRC WHEN I RETURN?

Informing HMRC that you're returning to the UK is very important. This can be done personally, or by a tax representative/adviser who can also help with pre-return tax matters.

CONSIDERATIONS FOR A UK RETURN

When planning a move back there are some key steps to consider:

- UK bank account – if you don't still have one, it's useful to speak to your previous bank
- Understand foreign pension provision – investigate whether it can be withdrawn prior to your return
- Review currency exchange rates – seek a sensible, cost-effective way of transferring significant amounts
- Review investment funds – they could be Reporting or Non-Reporting (which are taxed differently in the UK)
- Consider tax exposure – certain investments might be taxed differently in the UK, and you might be able to restructure to avoid Capital Gains Tax e.g. by selling a property or investments before returning
- UK property – give any tenants correct notice or research well if you're moving to a new home in a new area
- Healthcare - NHS hospital treatment is free for those ordinarily resident in the UK on a lawful and properly settled basis, so applies immediately if you're returning permanently
- Schools – research what schools are available, but note that children must be physically present to enroll
- Insurance - consider all your insurance needs including general (motor, home) and personal (private medical insurance, life assurance and critical illness). Personal insurance is normally cheaper in the UK
- Driving licence/eligibility – check your UK licence is still valid

Returning to the UK is a big step, but offers a good opportunity to review your finances and consider your tax and investment strategy over the long term to reduce the amount of UK tax you'll pay. A professional firm with expat experience and knowledge will be able to help.



Martin Wright
Senior Financial Planner
The Fry Group (Singapore)

Webinar:

Returning to the UK, domicile/UK Inheritance Tax, and investment market update

SPEAKERS

Martin Wright (Host)
Senior Financial Planner, The Fry Group

Max White
Director, Schroders Wealth Management

DATE

Thursday 19 August 2021
6.30pm – 7.30pm

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Join us for an informational webinar, hosted by Martin Wright, Senior Financial Planner at the Fry Group Singapore with guest speaker, Max White, Director at Schroders Wealth Management.

This webinar will focus on key topics including:

- Returning to the UK
- Domicile and UK Inheritance Tax
- Investment market update

What you can expect to learn from this webinar:

- Some of the main considerations and planning ideas before moving back to the UK
- What is domicile and its impact on UK Inheritance Tax for those overseas, along with some UK Inheritance Tax mitigation techniques
- What is happening in the investment markets and what the rest of 2021 may bring

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

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Premrudee Tanyaluck

Letter From The General Manager

In July there were further restrictions imposed by the BMA but our Home Delivery Service was able to continue, and has since grown, with more regular members ordering daily.

As previously mentioned in outpost from our Chairman and DGM we have renovated The Veranda Restaurant with a new design, concept and name. I would like to thank Khun Ian Brewis, Khun John Vivian and Khun Ian Potter for their involvement and expertise towards the renovation work, along with the main contractor 'Weapons', office staff, and our engineering team who assisted to complete the restaurant project. One of the standout features of the new Veranda is a stunning wine corner that allows members to view and select their wines straight off the shelf. We have teamed up with our partner IWS and designed an elegant wooden cellar style unit so you can enjoy pairing your meals



with the perfect bottle of wine.

Khun Tee and his team have been busy creating a new exclusive signature page to the Veranda menu, which will give you 10 stand our dishes only available in Veranda. The soft opening date is planned to be at the beginning of August restrictions permitting and the formal grand opening is scheduled towards the end of August.

We have refurbished the Clubhouse corridor, Reception floor, clubhouse toilets, and have changed the lighting for the notice boards along the corridor. All of the improvements to our facilities are being down in this current restriction phase ready so as to be ready for when all the members return.

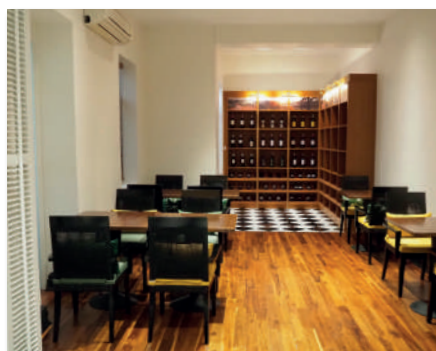
A selection of our outdoor sport facilities is open, such as the main swimming pool, kids pool and cricket

nets. The Club still coaching for Tennis and Swimming so please feel free to contact our fitness reception to make a booking with one of our coaches.

Our cleaners and gardener are keeping the Club well maintained and are conducting deep cleaning in all areas regularly. We had trimmed the trees around the Club, repaired the sandwash area at the Silom Wing and repaint the steel at the Vertical Garden.

All reciprocal club arrangements are currently suspended as we aim to keep all our members as safe as possible in these times.

Stay Safe and we are looking forward to see all of you.



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Phase 2: Poolside Redevelopment Project Update

by Jack Dunford



▲ First Floor beams

Work on Phase 2 of the Poolside Redevelopment Project is cracking ahead and is still on schedule. Last month all the underground drains had been laid, the first ground slab along the AIA boundary had been poured and columns to the first floor were under construction. This month the ground slab for the second section along the tennis courts was laid and all columns to the first floor were completed over the whole site.

An impressive jungle of scaffolding was then installed to support framework for the network of beams that will carry the first floor slab across

the entire building. Concrete was poured for the beams on the AIA boundary section on 10th July and will be poured for the tennis courts leg on 17th July. As soon as these have set, the shuttering will be removed and framework installed for pouring the actual floor slabs. This should all be done by the end of July after which, the ground floor walls will be built and construction continued up to roof level.

The schedule still aims for completion in early December and a great deal of planning is going into detailing building finishes and equipment for the new facilities. There is



▲ Construction of ground slab

a lead-time of at least three months for ordering and delivery of some of the major items, which means that lots of decisions have to be made over the next few weeks. Designs have been agreed for the new bars both in the ground floor sala and in the new lounge bar upstairs and the kitchen layout is being finalised.

A major feature of Phase 2 will be the new Fitness Centre on the first floor with stunning views across the swimming pool to the Clubhouse. Equipment for this has already been ordered and there will be five workout zones: Free Weights, Functional Training, Strength, Cardio and Stretching cardio & growth.

During these trying times there is much to look forward to!



▲ Columns to 1st floor



▲ 1st Floor beam framework



▲ Concrete pour



▲ Scaffolding for 1st Floor beams



▲ New Gym Layout

Richard Dudley Craig, British Club Chairman 1926/27

by Jack Dunford



▲ Richard Dudley Craig

In February 2018, I was up-country when an unknown cricketer turned up in the nets. As soon as I got back, I heard what a great bowler he was, and David Barrett, one of our cricketers, urged me to get in touch. Not only might he be a useful recruit for the following week's big trophy match but, in the distant past one of his ancestors had been Chairman of the British Club.

Richard Craig was the visitor, and his father had encouraged him to call in because of his family connections. He was delighted to have found his great grandfather, Richard Dudley Craig, listed as 1926/27 Chairman on the Honours Boards. I told him how, having lost all the Club records during the Japanese occupation in WW2, we had no history of those times, and Richard said he might have some old pictures and papers in a chest somewhere back home. He was based in China, but volunteered to check it out next time he was in England.

Later, in September of 2018, I met up with Richard and David in London and Richard showed us copies of some pictures kept in family photo albums, as well as recently digitised old black-and-white film taken at the time. R D Craig had had a very distinguished career in Bangkok, and had been close to H. M King Prajadhipok, Rama VII. His pictures were of high quality, and included many royal ceremonial events as well as scenes in and around Bangkok and a variety of family pictures.



▲ Bangkok Khlong

We were all very excited. Sadly, there were no photos of the British Club, and the film was uncut and of rather poor quality. But David is in the media business and offered to edit it and add captions, whilst Richard agreed to make copies of the pictures for whatever use we could make of them at the Club.



▲ With Richard Craig and David Barrett

We had no immediate plans, but last year, when it was decided that The Veranda restaurant needed a refit, Ian Brewis introduced Kirsta Sagild to the Club and she was recruited as interior designer. She suggested restoring the restaurant in colonial style to show off the Club's rich heritage, and thought period photographs would look good on the walls.



▲ Expat Mums

This provided a perfect opportunity to use R D Craig's pictures. Richard produced high-quality scans, and a selection of these will be hung in the restaurant together with a portrait and brief bio of his great grandfather. Richard's own family recollections were sketchy, but Club Historian Paul Cheesman searched the archives before writing a fascinating biography, which can be found in full in the Members Section of the Club website.



▲ Hot season

When the new website is launched, copies of the entire photo collection plus the movie footage will be also available for view.



▲ Tapa Na bridge



▲ Ayutthaya Elephant roundup



Paul Cheesman

Howzat!

Although the Club was founded by people leaving the United Club, it seemed that there was no lasting animosity between the two Clubs and so, in June 1904, a cricket match was played ... The British Club v. The United Club.

Our 'man of the match' was Ralph Gibbins, a young British lawyer who two years earlier had partnered Singaporean barrister William Tilleke to create the renowned law firm Tilleke & Gibbins. In the match, Ralph was a key player in taking eight United Club wickets, however, the British Club still lost by 30 runs!

Playing for the British Club against the United Club at Bangkok recently Gibbins had a hand in dismissing eight of the United men. The British Club was however beaten by 30 runs.

▲ "The Singapore Free Press and Mercantile Advertiser, 29.06.1904"

Committee Service

The five club committees from 1904 to 1909 saw the service of twenty different gentlemen, six of whom had served on the first committee. Sadly for some, we know nothing more than their name, but the others were:

Dr. Hugh Campbell Highet, who, at the age of 37, was the first Principal Medical Officer of Health in Bangkok, having served previously as the physician at the British Legation on the river front. Dr. Highet served eight terms on the committee. Fu-

~~~PAST PARTICIPLE~~~ *Auspicium Melioris Ævi*

We continue the story of the British Club Bangkok with 1904 to 1909.

ture service to the Siamese Crown saw him become a Knight Commander of the Most Exalted Order of the White Elephant, and later, he served in the Army Medical Corp during the Great War.



▲ "Dr. Hugh Campbell Highet"

Another long serving committee member was **Christian Frederick Hare** who was headmaster of Kings College, Bangkok, a boarding school, until 1912 when he moved to Suan Kularb College (now Suankularb Wittayalai School). Mr. Hare served ten terms on the committee including two as Chairman and three as Honorary Secretary – he ended his career with the Bombay Burmah Trading Corporation.

Arthur Cecil Carter, in 1893, had been a tutor to H.R.H. Crown Prince Vajirunhis, the first son of King Chulalongkorn and Queen Savang Vadhana. Then he became the headmaster of Kings College, Bangkok prior to Christian Hare. In 1904, he edited the book 'The Kingdom of Siam' published by the Siam Society

and by the start of his committee service he was Secretary General of the Royal Siamese Commission for Foreign Exhibitions. He served on the committee four times.

The Kings College in Bangkok featured a lot in committee members of this period as the Club's Honorary Secretary in 1907-1908 was also a teacher there ... Mr. **Cecil A. S. Sewell**.

Henry Gittins was the controller of the Southern Line of the Royal State Railways of Siam, which ran, at this time, only from Thonburi (the original "Bangkok" terminus situated at Bangkok Noi) to Phetchaburi – some 150km. During his fourteen years of service to the line, it ventured south as far as Khok Pho (now called Pattani) slightly over 1,009km from Thonburi. Mr. Gittins served seven terms on the committee.

They also served

Forty-three year old **Walter Ralph Durie Beckett** was First Secretary & Consul at the British Legation. He did three terms of service, prior to a period of being the Charge d'Affaires ad interim in Bangkok during the interregnum of His Britannic Majesty's Minister between Ralph Spencer Paget leaving and Arthur R. Peel arriving. Another thrice committee service man was **Arthur J. Irwin**, Deputy Director, Royal Survey School.

Hamilton Price served four times on the committee and was employed by the Bombay Burmah Trading Corporation, becoming the

country manager in 1909. The Honorary Secretary during 1906-1907 was barrister **Richard Clifford Gosnell** of H.B.M. Court for Siam.

Eric St. John Lawson served only on the 1904-1905 committee, but he was probably too busy as he was the Commissioner of the Siam Police. Additionally on that committee was **Ernest H. Finch**, the Manager of the Borneo Company in Siam since 1898 – he left Siam in 1905. Serving on the 1905-1906 committee was **Robert Gray Macfarlane**, Manager of the Bombay Burmah Trading Corporation. In 1905, his daughter Doris, came over from the UK to marry William Wilmoughby Wood, one of the founders of the Chiang Mai Gymkhana Club, and also a BBTC employee.



▲ "Samuel Brighouse"

Finally, but certainly not the least prominent, was **Samuel Brighouse**, an Assistant Legal Advisor to the Siamese Ministry of Justice, who was Honorary Secretary 1908-1909, and became the Club's main legal advisor in the acquisition of its land. In 1911 he became Joint Senior Partner at Tilleke & Gibbins.

Bar Manager

In 1907, the Club elected Mr. A.R. Malcolm as Bar Secretary for the Club. This position is not recorded again. Mr. Malcolm went on to work for the Borneo Company, retiring as its General Manager in 1931. Whilst in Bangkok, he served as the



▲ "1908: three 'foreigner clubs' in Bangkok"

Honorary Secretary of Protestant Church Committee, Honorary Secretary of the Bangkok St. Andrew's Society, Chairman of the Royal Bangkok Sport Club, and he served three times on the Club committee in the twenties.

Anyone for Tennis?

In late 1907, the Bangkok Lawn Tennis Club was founded at 187 Suriwongse Road on land owned by the Siam Electricity Company. Their first Honorary Secretary & Treasurer was Norman Prentice, an assistant at the Borneo Company.

On 27th February 1909, the Bangkok Lawn Tennis Club was visited by H.R.H. Crown Prince Vajiravudh who presented the Club with a Championship Bowl, which was won by J.R. Andre. At the same event, Mrs. Louise Paget, wife of the British Minister, presented a Challenge trophy for Ladies open singles. The Bangkok Lawn Tennis Club was absorbed into the British Club in 1919.



▲ "Bangkok Lawn Tennis Club a Royal audience"

"now scarcely adequate"

As mentioned in last month's *Past Participle*, one very useful guide to life in Siam in 1908 was 'Twentieth Century Impressions of Siam' edited by Arnold Wright and Oliver T. Breakspear. It noted that at time of writing (August 1908) of the three 'foreigner clubs' in Bangkok, the British Club had a membership of 90 gentlemen, of whom 85 were ordinary members and five were honorary members, but it continued "The club premises are situated in a very central and convenient position; but they are now scarcely adequate to the requirements, and recently there have been several proposals for either extending the buildings or purchasing a piece of land in the vicinity and erecting a new club-house altogether".

Next month ... all change!

Paul Cheesman
Honorary Secretary

For Members interested in our Club's history, the timeline is updated each month end, and can be found on the Website under 'About Us'.

Member focus

Gareth Winter

**Aviation Consultant
Aerospace Professional Exchange**

Ten Questions for Outpost

1. What was the attraction for you to live and work in Thailand?

I left the UK back in 2000 and ended up in New Zealand, where I met my wife as she studied for her master's degree. We both returned to Bangkok in 2008 and I eventually found a position at Bangkok Suvarnabhumi Airport.

2. What has been one of your professional career highlights?

It had always been an aim of mine to eventually work for Airbus Industrie and achieved that goal within their Asset Management Division based in Bremen and Hamburg, Germany.

3. How did you find out about the British Club and what attracted you to join?

I knew the BCB existed, as I used to walk past the end of the road regularly. It was only when I attended an event by the Society of Professional Engineers Thailand (SPET), that I fully got to appreciate how much the BCB has to offer.

4. If given a chance to go back in time and choose a different career, what would it be and why?

Actually I chose not to reflect on what might have been, as now I have a full wonderful family.

5. Before most people arrive in Thailand for the first time, friends who live there or have been before always give advice, what was the best and worst advice given to you before you arrived for the first time?

Having never received any advice before my arrival, I would however strongly suggest to anyone reading "Good Medicine for Thailand Fever" from Paboon Publishing.

6. Music always tells a lot about people's styles, if stuck on a desert island what 3 tracks would you choose to have with you?

Nena "99 Luftballons", Die Toten Hosen "Wannsee" and The JB's "JBs Monorail"

7. Thai culture has many special things unique to the country including its food, temples, and different cities, what is the best attraction or city you have visited in Thailand so far

Without question, The Jim Thompson House, Bangkok.

8. What's the main thing that has changed about you or the way you live now you're in Thailand?

Having moved from country to country for the last twenty years and having to adapt to various different languages and trying to be understood, it would be an RP English accent.

9. What are the biggest trends you can see right now in your profession?

Unfortunately it would be the decimation of the aviation industry and the increasing number of unused leased aircraft.

10. Using the letter in order from your first name describe what you like about The British Club?

G – Great food is always available on the menu.

A – Atmosphere, every visit to the BCB reminds me that I should have done this years ago

R – Refreshments, the Churchill Bar is a constant draw any time that we're in the city

E – Exclusivity, not a back pack to be seen anywhere.

T – Tawan our son, can not wait to get back to the kids events.

H – Hospitality from other club members (Balut) was the final seal of approval in my decision to join.



5 Great Tips to Know About COVID-19 for People on the Front Lines of Customer Service

From BAAC Executive Medical Director,
Dr. Erik Fleischman

Sleep

If you aren't getting 7 hours of sleep a night (or a day, if you are a night-shift worker) you are likely having more than drooping eyes at work. Less than 7 hours of sleep causes suppression of the immune system and increased chances of Depression, Diabetes, Obesity, High Blood Pressure and even Cancer. Sleeping pills are not the answer either. Chronic use of prescription sleeping pills have their own problems such as loss of cognitive function, lowering sex hormones and hangover. I recommend using Melatonin 1-3 mg (Melatonin production drops 1% per year in your body after age 40) or L-Tryptophan or Ashwaganda or Valerian Root. These will give you 7-8 hours of good sleep while supporting your immune and brain function.

Vitamin C

The debate for scientific proof that Vitamin C is good for your immune system has gone on for over 60 years, yet it continues to be used worldwide to treat and prevent bacterial and viral infections. Scientific studies show that infections deplete your Vitamin C levels in the body very quickly, so as a treatment it seems essential.

I have recommended and used oral Vitamin C daily as a preventative with 1000-3000 mg per day. I have had amazing success for over 10 years with high dose Intravenous Vitamin C when treating patients with severe viruses and infections such as HIV/AIDS, H1N1, H5N1, Dengue Fever and Malaria. This treatment is now being used in several countries to treat COVID-19. It makes good biological sense as a preventative.

Vitamin D3

"Vitamin" D3 is actually mislabeled. It is really a hormone and has great responsibility in many critical functions of the body.

- Immune Function: Vitamin D improves the effect of immune T-cells, the cells responsible for clearing ALL viruses from the body and killing them before they become an infection
- Anti-Depression: Low Vitamin D levels have been implicated as a major contributor to Clinical Depression



- Hormone Function and Sex Drive: Men and women with low Vitamin D levels do not produce optimal levels of sex hormones (Testosterone, Estrogen and Progesterone) and Vitamin D deficiency has been implicated in Early Menopause in women and Erectile Dysfunction in men
- Heart, Bone and Muscle development and more

The only foods that provide it are fatty fish (not over-cooked!) People with dark skin and those who don't like the sun are especially prone. You can only increase your vitamin D by being in the morning sunlight with a lot of exposed skin. Forty Percent of my tested patients have a Vitamin D deficiency.

Hand Sanitizer

Use it. Liberally! But use it correctly. Alcohol kills viruses and bacteria by evaporation, so do not rub off the sanitizer quickly after applying it. Let it evaporate naturally. It works by literally sucking out the water molecules in the germs. Equally as important is the physical rubbing process to sterilize hands or surfaces. Soap and water also work very effectively. At Bangkok Anti-Aging Center, I have the cleaning staff cleansing surfaces every hour. We have also created a culture of "search and clean" where ALL OUR STAFF note the areas of higher volume of people and direct the cleaning efforts where needed. If you see something, say something!

Sugar

We all love it. It does not love us back.

Viruses survive on – you guessed it – sugar. It is no surprise that people with Diabetes are one of the worst victims of COVID-19 and the ones most often requiring

hospitalization and ventilator use. The same goes with obese people for the same reason. The immune system in Diabetics and obese people is poorly prepared to fight the rapid growth of virus when it can grow and replicate so rapidly. My recommendation (especially for those who refuse to give up sugar and carbohydrates) is to do Intermittent Fasting for at least 4 of 7 days a week. After your last meal of the day, don't eat again until 16 hours later. Only eat for 8 hours out of the day. For the other hours, you can drink coffee and tea (no sugar added) and water with lemon. It is easier than it sounds and the healthiest diet I know.

Each of these topics is not only important to fight COVID-19, but will also bring tremendous health benefits after we are finally clear of the epidemic. Strong immune system maintenance is the best defense you have.

If you need further advice or information please feel free to view my website for Bangkok Anti-Aging Center at this link: <https://bangkok-antiaging-intl.com/>

Dr. Erik Fleischman

Phone: 02 048 7034

Email: info@bangkok-antigaing.com



EARLY YEARS TEACHING AT SHREWSBURY: Ahead of the Curve



Ms Danielle Owen is Shrewsbury International School Bangkok, Riverside's newest Early Years teacher – joining a team of consummate professionals dedicated to their craft. With eight years of international school experience in the Middle East, Ms Owen decided it was time for something new. Her research eventually brought her to the school's website, and from the very beginning, she knew that Shrewsbury was the opportunity she was looking for.

"I am passionate about creating a child-led environment, and I didn't want to move for something less than the outstanding Early Years experience that Shrewsbury was offering. In the end, I didn't even apply anywhere else. I put my heart and soul into my application and was overwhelmed and thrilled once I found out I was successful," she remembers.

Upon her arrival in August 2020, her expectations were high. Yet, they were exceeded in the first week.

"I remember arriving and seeing the Early Years Garden up close and thinking this was a fabulous place to harness the potential of each and every child. My previous schools were great, but the space to explore at Shrewsbury and the magic moments waiting to happen were evident to me – even on my first day."

Becoming familiar with the school's move towards integrating the Forest School Curriculum into its overall framework, which is highly popular in the UK and across Europe, was challenging at first but fit perfectly with her teaching and learning ethos. Forest School encourages children to learn through nature across the curriculum. The environment and guided-learning approach asks students to be leaders in their own learning, raises questions and captures their attention.

"Everyone in the Early Years department has a dedication and passion that is unrivalled – I was blown away! The Teaching Assistants are more than 'just a helping hand' – they are another teacher in the room, and the

leadership team are supportive and encourage me to express new ideas – despite the fact it is my first year here."

Ms Owen has started to grow into her role more as the year has progressed. Despite being a tough year with online learning replacing in-person lessons, Shrewsbury's Early Years teachers are doing their utmost to ensure the provision still has a growth mindset and activities are fresh and engaging.

"There are many schools that still have a method of 'box-ticking' that narrows their options and creates scenarios where they feel pressure to force ideas or activities on children. Shrewsbury rejects this methodology, and I couldn't be happier. Data and meeting goals are important, but at Shrewsbury, we can naturally attain the milestones required with the Forest School and other open-ended resources available to us. We ensure that every child learns and develops to their fullest potential and importantly develops a love of learning with positive attitudes towards school."

The planning that goes on behind the scenes is a day-to-day activity for Shrewsbury's Early Years teachers. Adapting to specific scenarios allows them the flexibility to facilitate new opportunities for students, so the environment stays fresh and exciting.

"No two days are ever the same! I love being amazed by my students' achievements as they are always different. Considering many of our students are not native speakers, their development is phenomenal. My experiences so far lead me to believe that the combination of excellent teachers, an environment that is conducive to learning naturally, and children encouraged to be imaginative and explorative is what makes the school so special."

The school constantly makes sure that parents are involved in their child's learning journey and that they understand the direction of the school and maximise learning and development potential. 'Parents in Partnership' is a Shrewsbury initiative that encourages families to ask questions and learn more about the curriculum, so they understand the value of a Shrewsbury education. It is a partnership that works both ways – sharing children's unique experiences from home and celebrating them with everyone. Speaking with parents allows us to get to know the unique child.

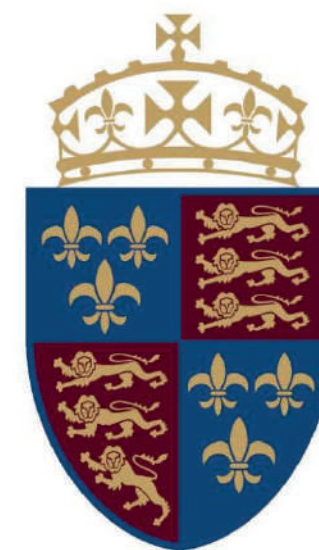
"If a parent does have concerns, our doors are always open before and after the school day. We are all patient listeners, and we encourage parents to speak to us if they are unsure. The communication with parents is fantastic, and when their child starts to exhibit and recreate what they learn at school – they let us know immediately. It is very gratifying."

On a personal level, Ms Owen is delighted with her decision to move continents and try something new. Her experience personally and professionally has been hugely positive.

"I wish that no matter where I teach after this, I could pick Shrewsbury up and take it around the world with me. I do not, in any way, consider this to be a 'job' – it is a passion. My colleagues, who are pure professionals and my students, make every day special."

To learn more about Early Years at Shrewsbury; you can book a meeting with the Admissions Team by emailing admissions@shrewsbury.ac.th.










































































website <https://bit.ly/2RG2RCW>



SHREWSBURY INTERNATIONAL SCHOOL

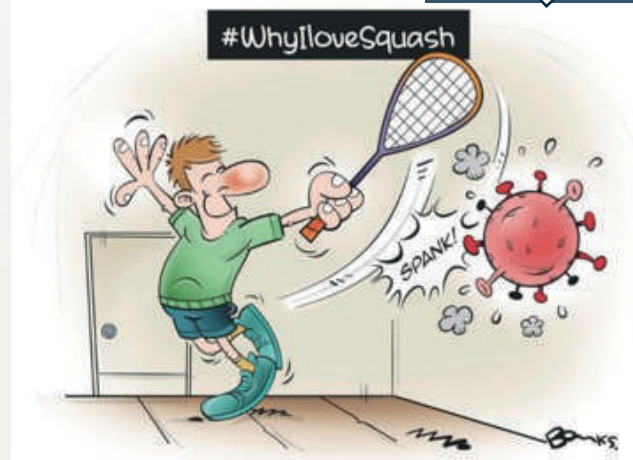
BANGKOK • RIVERSIDE

AUGUST 2021

	SUN	MON	TUE	WED	THU	FRI	SAT
 1903 THE BRITISH CLUB BANGKOK	<div>1</div> <div> Swimming Coaching</div> <div> Tennis Men Doubles Team practice 9.00am - 1.00pm</div> <div> Sunday Brunch 9.30am - 3.00pm</div> <div> Tennis Mix-in 4.00pm - 7.00pm</div>	<div>2</div> <div> Tennis Mixed Doubles Team practice 7.00pm - 10.00pm</div>	<div>3</div> <div> Football 7.00pm - 9.00pm</div>	<div>4</div> <div> Squash Mix-in 4.30pm - 8.15pm</div> <div> Balut 6.00pm - 8.00pm</div> <div> Tennis mixed-In 6.00pm - 10.00pm</div>	<div>5</div> <div> Swimming Lesson Tony 7.00am - 8.00am</div> <div> Cricket team practice 6.30pm - 8.30pm</div>	<div>6</div> <div> Tennis Ladies mixed-in 8.00am - 11.00am</div> <div> Senior Cricket 5.15pm - 6.30pm</div> <div> Tennis mixed-in 6.00pm - 10.00pm</div>	<div>7</div> <div> Junior Squash coaching 10.30am - 12.00pm</div> <div> Junior Cricket 11.00am - 12.00am</div> <div> Squash Mixed-in 1.30pm - 6.45pm</div>
 BRITISH CLUB HOME DELIVERY	<div>8</div> <div> Swimming Coaching</div> <div> Tennis Men Doubles Team practice 9.00am - 1.00pm</div> <div> Sunday Brunch 9.30am - 3.00pm</div> <div> Tennis Mix-in 4.00pm - 7.00pm</div>	<div>9</div> <div> Tennis Mixed Doubles Team practice 7.00pm - 10.00pm</div>	<div>10</div> <div> Football 7.00pm - 9.00pm</div>	<div>11</div> <div> Squash Mix-in 4.30pm - 8.15pm</div> <div> Balut 6.00pm - 8.00pm</div> <div> Tennis mixed-In 6.00pm - 10.00pm</div>	<div>12</div> <div> Swimming Lesson Tony 7.00am - 8.00am</div> <div> Cricket team practice 6.30pm - 8.30pm</div>	<div>13</div> <div> Tennis Ladies mixed-in 8.00am - 11.00am</div> <div> Senior Cricket 5.15pm - 6.30pm</div> <div> Tennis mixed-in 6.00pm - 10.00pm</div>	<div>14</div> <div> Junior Squash coaching 10.30am - 12.00pm</div> <div> Junior Cricket 11.00am - 12.00am</div> <div> Squash Mixed-in 1.30pm - 6.45pm</div>
 1903 THE BRITISH CLUB BANGKOK GOLF SECTION	<div>15</div> <div> Swimming Coaching</div> <div> Tennis Men Doubles Team practice 9.00am - 1.00pm</div> <div> Sunday Brunch 9.30am - 3.00pm</div> <div> Tennis Mix-in 4.00pm - 7.00pm</div>	<div>16</div> <div> Tennis Mixed Doubles Team practice 7.00pm - 10.00pm</div>	<div>17</div> <div> Football 7.00pm - 9.00pm</div>	<div>18</div> <div> Squash Mix-in 4.30pm - 8.15pm</div> <div> Balut 6.00pm - 8.00pm</div> <div> Tennis mixed-In 6.00pm - 10.00pm</div>	<div>19</div> <div> Swimming Lesson Tony 7.00am - 8.00am</div> <div> Cricket team practice 6.30pm - 8.30pm</div>	<div>20</div> <div> Tennis Ladies mixed-in 8.00am - 11.00am</div> <div> Junior Tennis 4.15pm - 6.00pm</div> <div> Senior Cricket 5.15pm - 6.30pm</div> <div> Tennis mixed-in 6.00pm - 10.00pm</div>	<div>21</div> <div> Junior Squash coaching 10.30am - 12.00pm</div> <div> Junior Cricket 11.00am - 12.00am</div> <div> Squash Mixed-in 1.30pm - 6.45pm</div>
 1903 THE BRITISH CLUB BANGKOK CRICKET SECTION	<div>22</div> <div> Swimming Coaching</div> <div> Tennis Men Doubles Team practice 9.00am - 1.00pm</div> <div> Sunday Brunch 9.30am - 3.00pm</div> <div> Tennis Mix-in 4.00pm - 7.00pm</div>	<div>23</div> <div> Tennis Mixed Doubles Team practice 7.00pm - 10.00pm</div>	<div>24</div> <div> Football 7.00pm - 9.00pm</div>	<div>25</div> <div> Squash Mix-in 4.30pm - 8.15pm</div> <div> Balut 6.00pm - 8.00pm</div> <div> Tennis mixed-In 6.00pm - 10.00pm</div>	<div>26</div> <div> Swimming Lesson Tony 7.00am - 8.00am</div> <div> Cricket team practice 6.30pm - 8.30pm</div>	<div>27</div> <div> Tennis Ladies mixed-in 8.00am - 11.00am</div> <div> Junior Tennis 4.15pm - 6.00pm</div> <div> Senior Cricket 5.15pm - 6.30pm</div> <div> Tennis mixed-in 6.00pm - 10.00pm</div>	<div>28</div> <div> Junior Squash coaching 10.30am - 12.00pm</div> <div> Junior Cricket 11.00am - 12.00am</div> <div> Squash Mixed-in 1.30pm - 6.45pm</div>
 BRITISH CLUB RUNNING TEAM	<div>29</div> <div> Swimming Coaching</div> <div> Tennis Men Doubles Team practice 9.00am - 1.00pm</div> <div> Sunday Brunch 9.30am - 3.00pm</div> <div> Tennis Mix-in 4.00pm - 7.00pm</div>	<div>30</div> <div> Tennis Mixed Doubles Team practice 7.00pm - 10.00pm</div>	<div>31</div> <div> Football 7.00pm - 9.00pm</div>				

SQUASHY BITS

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As the lockdown measures continue, there has been little action on the BCB squash courts. Let's take this opportunity to remember some of the good times over the past year and think about the good times yet to come....



▲ Back to the 80's Tournament



▲ BCB vs. Chiang Mai



▲ Dawee Cup



▲ Mad-Hatter Ball



▲ Santas vs. Elves



▲ Phuket Tour



▲ Nick's B-Day



SPORTS



HARD BALLS

BC on Tour

As the situation in Thailand worsens, any slim hopes of getting some cricket in have been well and truly dashed with the inevitable cancellation of the Koh Chang Beach Cricket Tournament in August driving the final nail in the coffin. Last month covered the player stats resulting from a well fought campaign in the Bangkok League B Division, where the British Club's cricket section finished in a provisional 8th position, bringing up the rear of a congested mid-table battle separating 5 teams by just 5 points. The 2021/22 league season will likely start again around November, when hopefully everything is under control and we can continue to enjoy the magic of sport again.

This month we look back over the stats for BC's 'other' fixtures. Though this has only resulted in 5 games in the second successive COVID affected season, this category usually includes all friendlies, tours, and cup matches which typically make up over half of the overall match days. The BC cricket family enjoys long standing tours to Chiang Mai, Phuket, and more recently Koh Chang. Plus some overseas action in Vietnam and Malaysia, and regularly welcoming traveling teams from all over the world. The Marshall Trophy, which represents over 50 years of cricket between RBSC and the British Club is yet to be contested for this season, similarly with the Dunford Philbrook Cup which remains with Pattaya after a 2-0 series defeat last year.

A win in Phuket 2017



The first Koh Chang Tour in 2015



Saigon Tour 2019



Dick Wood victory and Chairmans cup Chiang Mai 2021

#	Player	Team	Matches	Batting	Bowling	Fielding	Other	MOM #	Total
1	Pramodh Kamalakannan	British Club c.c. (other)	5	398	200	60	100	2	758
2	Denzyl Allwright	British Club c.c. (other)	5	105	300	10	0	0	415
3	Rahul Gupte	British Club c.c. (other)	2	263	110	10	0	0	383
4	Ben Eastwell	British Club c.c. (other)	5	198	20	60	0	0	278
5	James Moss	British Club c.c. (other)	5	215	0	10	0	0	225
6	Manish Bagaria	British Club c.c. (other)	5	25	110	10	0	0	145
7	Dilip Mishra	British Club c.c. (other)	5	3	120	20	0	0	143
8	Yousaff Nadeem	British Club c.c. (other)	3	14	50	10	0	0	74
9	Dale Lamb	British Club c.c. (other)	5	18	20	30	0	0	68
10	Rohit Mohan	British Club c.c. (other)	2	61	0	0	0	0	61
11	Chan Chhabra	British Club c.c. (other)	3	28	-20	40	0	0	48
12	Ed Khan	British Club c.c. (other)	1	0	40	0	0	0	40
13	Ian B Brewis	British Club c.c. (other)	4	14	10	0	0	0	24
14	James Crossley Smith	British Club c.c. (other)	1	6	0	10	0	0	16
15	Mak Khan	British Club c.c. (other)	1	1	0	0	0	0	1
16	Jonathan Fudge	British Club c.c. (other)	1	1	0	0	0	0	1
17	Harshit Bc	British Club c.c. (other)	1	0	0	0	0	0	0
18	Vaughan Mc Clear	British Club c.c. (other)	3	-19	0	10	0	0	-9

MVP - Tours & Friendlies 2020/21

#	Player	Team	Mat	Inns	NO	Runs	Balls	Ave	SR	HS	100's	75's	50's	25's	0's	4's	6's
1	Pramodh Kamalakannan	British Club c.c. (other)	5	4	3	131	99	131.00	132.32	50	0	0	1	2	0	11	3
2	Ben Eastwell	British Club c.c. (other)	5	4	0	98	119	24.50	82.35	42	0	0	0	1	0	10	0
3	Rahul Gupte	British Club c.c. (other)	2	2	1	91	82	91.00	110.98	50	0	0	1	1	0	10	1
4	James Moss	British Club c.c. (other)	5	5	2	91	88	30.33	103.41	31	0	0	0	1	0	10	2
5	Denzyl Allwright	British Club c.c. (other)	5	4	0	47	56	11.75	83.93	17	0	0	0	0	0	4	2
6	Rohit Mohan	British Club c.c. (other)	2	1	1	27	23	--	117.39	27	0	0	0	1	0	4	0
7	Chan Chhabra	British Club c.c. (other)	3	2	1	18	23	18.00	78.26	10	0	0	0	0	0	0	0
8	Dale Lamb	British Club c.c. (other)	5	4	1	16	29	5.33	55.17	14	0	0	0	0	1	2	0
9	Manish Bagaria	British Club c.c. (other)	5	2	2	15	21	--	71.43	15	0	0	0	0	0	0	0
10	Ian B Brewis	British Club c.c. (other)	4	2	0	14	21	7.00	66.67	8	0	0	0	0	0	0	0

Batting - Tours & Friendlies 2020/21

#	Player	Team	Mat	Inns	Overs	Runs	Wkts	Ave	Econ	SR	Hat-trick	4W	5W	Wides	Nb
1	Denzyl Allwright	British Club c.c. (other)	5	5	20.0	106	10	10.60	5.30	12.0	0	1	0	8	1
2	Pramodh Kamalakannan	British Club c.c. (other)	5	5	19.2	89	6	14.83	4.60	19.3	0	0	0	28	0
3	Dilip Mishra	British Club c.c. (other)	5	5	15.0	86	4	21.50	5.73	22.5	0	0	0	4	4
4	Manish Bagaria	British Club c.c. (other)	5	5	15.0	91	4	22.75	6.07	22.5	0	0	0	6	0
5	Rahul Gupte	British Club c.c. (other)	2	2	7.0	48	3	16.00	6.86	14.0	0	0	0	4	0
6	Yousaff Nadeem	British Club c.c. (other)	3	3	7.0	62	3	20.67	8.86	14.0	0	0	0	2	0
7	Ed Khan	British Club c.c. (other)	1	1	2.0	19	2	9.50	9.50	6.0	0	0	0	1	0
8	Dale Lamb	British Club c.c. (other)	5	2	3.0	18	1	18.00	6.00	18.0	0	0	0	1	2
9	Ben Eastwell	British Club c.c. (other)	5	5	10.0	81	1	81.00	8.10	60.0	0	0	0	4	1
10	Ian B Brewis	British Club c.c. (other)	4	2	3.0	15	0	0	5.00	0.0	0	0	0	4	0

Bowling - Tours & Friendlies 2020/21

SPORTS

BRITISH CLUB GOLF



SPORTS



▲ Frank Fawkes, winner of Flight A



▲ Gareth Knight, Winner of Flight B

Fortunately, during the lock-down amidst the increasing levels of Covid infection in the Bangkok area, golf courses have generally remained open. This has contributed to preserving such sanity as the members of the golf group possess. Even in the absence of events organized by the club, members have continued to play in small groups on an informal basis.

On the last day of June, the day before restaurants in Bangkok were closed for everything except deliveries and take-outs, what would have been the June medal took place at the usual Royal venue. To assist with distancing, no technical prizes were on offer and no contribution money was taken from participants. There was no prize giving and hence there are no photos. Tee times were circulated by email.

This did not prevent 19 players having a good day out in hot conditions, on a Royal course in much better shape than recently. There was some good scoring and some unaccountably bad scoring, which shall remain unattributable. The winner of Flight A was Frank Fawkes, with a net 73, some way ahead of Terry Davies in second with a net 77 and Graham Johnston third with a net 78 and the lowest gross of the day of 83.

Flight B was closer-run, with Gareth Knight the winner with a net 77, followed by Martin Finn one shot behind with a net 78, and former captain Neil Davis third with a net 82.

PILATES AND WELL-BEING



Karen Dawber

Counter lockdown lethargy with these simple movements.

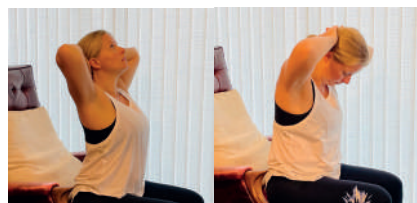
It is hard to stay motivated and keep moving when in order to keep safe we keep being restricted on what we can do. The pandemic lockdowns have resulted in an abundance of time indoors which inevitably results in more time sitting at our desks, dining tables and sofas. Whilst sitting itself is not dangerous, excessive sitting can have seriously negative effects on our well being. Sadly, even in pre pandemic times approximately 4 in 10 British adults were so immobile they risked their health from diseases associated with inactivity, such as heart disease, type 2 diabetes and various cancers. So inactivity could even be considered an ongoing pandemic!

Our bodies are designed to move and staying still halts many inherent processes which maintain our bodies in good health. If we sit still for long periods of time our blood flow gets slower, the natural flow of nutrients within our fascial system gets impeded and joints can stiffen. However even small amounts of movement can have a hugely positive impact on naturally maintaining the many healthy balances within our bodies. Just a few minutes scattered throughout your day can have a big impact on your well being.

Take five minutes now to move where you are. Moving doesn't need to be complicated, you just need to move. I like to work from head to toe gently moving and mobilising every joint especially taking my spine in all the directions it is capable of going.

Try these 10 movements from your chair now:

Upper body:



1. Interlock your fingers behind your head with your elbows wide in your peripheral vision, gently resist the back of your head into your hands and reach the crown of your head towards the ceiling. Take a big breath in and lift your eyesight towards the ceiling in front of you extending your upper spine, allowing your chest to fill with air and broaden across your collar bones. Now exhale and nod your chin towards your chest lowering your eyesight to look down at your lap gently flexing/rounding your upper spine forwards. Do not pull on your head. Repeat for 6 breaths, reaching the top of your head towards the ceiling as you cycle between the extension and flexion positions.



PITSTOP for BALANCE



2. Place your hands on your shoulders, draw circles with your elbows, try to make the circles as big as possible, try to touch your elbows in front of your chest and then take them far apart as you circle them around. Do 10 circles then change direction and repeat for 10 more circles.
3. Seated side bend. Reach one arm overhead and lean to the side reaching up and over. Imagine you are trying to reach up and pick an apple from a tree. Try not to lean forwards or backwards as you reach to the side. Repeat to each side 3 times.
4. Seated Spinal rotation. Reach your arms up overhead like a number 11, inhale creating length in your spine then rotate to the right, exhale lower your right hand onto the chair back behind you and your left hand onto your right thigh. Hold this position for a breath, think about keeping your shoulders level and

Lower body.

your hips facing forwards so the twist comes from your thoracic upper/mid spine. Release from the twist and repeat to the left. Repeat both sides 3 times.



5. Wrist stretch. Turn your palms up then place your fingers against the edge of your desk and push your palm away from you, creating a stretch across the hand and the inside of your forearm. Great for counteracting so much time typing at the keyboard or scrolling on your phone. Hold for 6 breaths.



Sit towards the front edge of your chair with your spine as tall and upright as possible, hold onto the chair with your hands for support, if required, whilst doing the following exercises:



1. Hug one knee up to your chest and feel a nice stretch. Repeat with each leg 3 times.
2. Lift your right leg out straight in front of you at the height of your chair, engage your quadriceps to keep your leg as straight as possible as you do little circles with your ankle 10x in one direction and then 10x in the opposite direction.
3. Straighten your right leg in front of you, again engage your quadriceps to keep your leg as straight as possible, flex your foot and push your heel away from you making your leg as long as possible. Now keeping your leg at the height of the chair slowly move your leg out to the right, creating a small arc. Draw the leg back in towards your mid line then repeat 10x. The slower you move the harder it is.
4. Point your toes away from you, imagine your big toe has been dipped in paint, now draw a circle with your big toe, make the circle as big as you comfortably can. Repeat 10x in one direction and then 10x in the opposite direction.

Now repeat exercises 2-4 with your left leg. They can also be done with your leg bent if

space is lacking or you find it challenging to keep your leg straight (however keeping the leg straight is also great for strengthening your knees).



5. Finally, take a moment to get up from the chair and do a whole body movement of a Pilates roll down. Stand tall, feet hip distance apart. Nod your chin towards your chest and then keep rolling down towards the floor, allow your arms to fall towards the floor and bend your knees a little to relieve any strain on your lower back. Take a big inhale, feel the air expand the back of your ribs then as you exhale start to roll back up from the base of your spine to the crown of your head. Draw in on your abdominals as you roll back up to an upright standing position. Repeat 3 times.

Sprinkle these few movements into your day and feel the difference even a little extra movement can make on how alert and energised you are. At the very least get up from your chair at least once an hour to do a circuit of the room gently resetting your body and triggering some positive metabolic feedback loops.

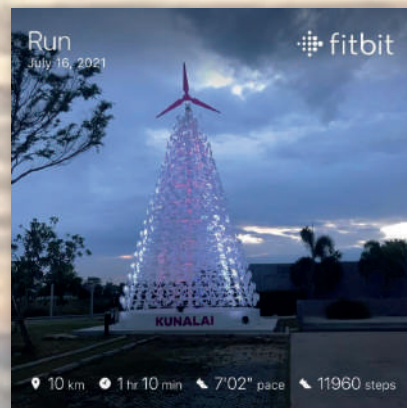


BRITISH CLUB

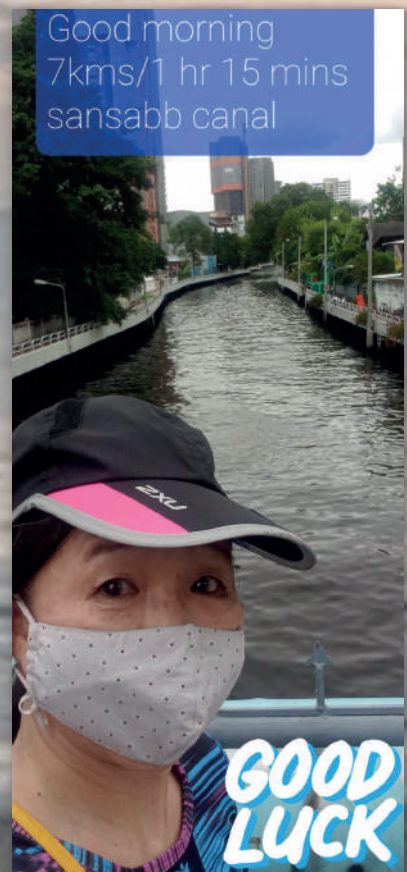
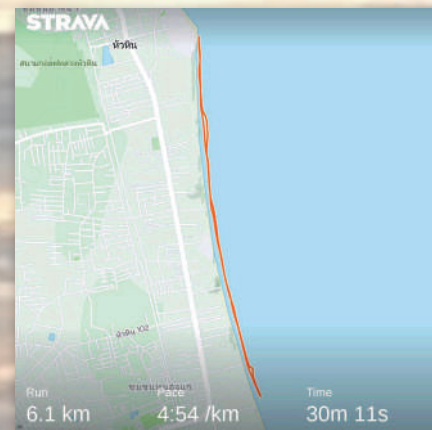
RUNNING TEAM



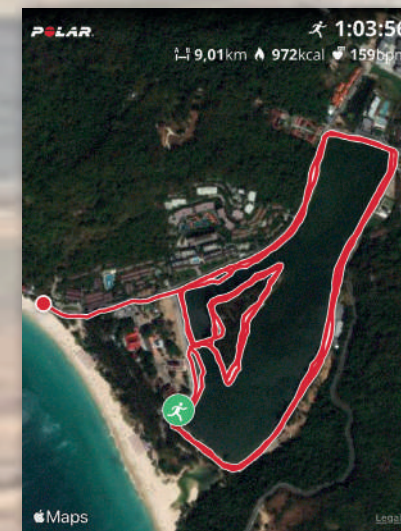
Tee Bale



Finally, the Running section has formed, and everyone has got their running shoes on! With a total of 40 members currently involved the section is sharing their daily walks, jogs, runs in the British Club Running Line group. Everyone is welcome to join whatever your standard pace or distance.



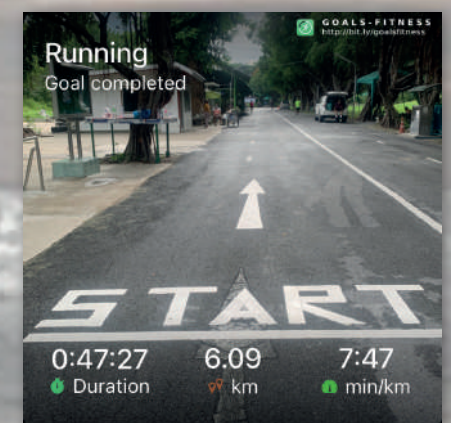
Currently we have members doing their activities across Thailand, in Phuket, Hua Hin, Bangkok, Chonburi and more, our aim is to give each other motivation each day to remain healthy positive and support our British Club community by way of exercise.



We have designed our Running section logo and new Team shirt which will be available to purchase very soon.

We look forward to happier times in the very near future where we can all come together as one Team and attend the Fun Runs across Thailand.

So come on, get you your shoes on and join the group and be part of the motivation everyday!



MEMBERSHIP DEPARTMENT

CLUB PARTNERS

GET MORE INFORMATIONS SCAN HERE:



Ammy Aphinya

Hello Members!

Hello Members, The third wave of the Covid pandemic has been making life difficult for us for four months now, since April. With most things locked down and dine-ins not allowed we have been so grateful to Members who have still supported the Club, ordering takeaways and still coming in for a game of tennis or a swim.

I am very pleased that even during all of this, we have welcomed 7 new Members this month and I am really happy to introduce them to you. Please don't forget we offer a very nice discount of 5% if you introduce a friend in our Member get Member programme.

I hope we all will be able to get together again soon.



▲ Geoffrey Wild

Member Review:

I am really excited to join the British Club. It was recommended by a good friend, and we discovered a true oasis hidden away as a well-kept secret! Unfortunately, coronavirus restrictions started days after I joined, and then I had to leave the country for a few months on a business trip, but I look forward to spending time at the club – meeting new friends, playing tennis, and eating and drinking – from September onwards!



▲ Edwin Jr, Edwin III, Eunju Sagurton

Member Review:

We are sport centric family Tennis, Swimming & Gym etc.

Not only sport but also we'd like to get to know people from other countries as background is social settings. The club has all that we are looking forward we are excited to be part of the community.



- Additional 10% discount off room rates
- 10% discount for F&B



- Additional 10% discount off room rates
- 10% discount from food menu of babble & rum restaurant.
- 20% discount off Afternoon Tea.



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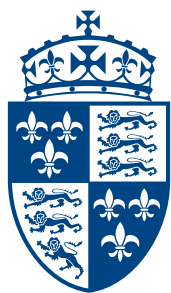


- 25% discount off treatments



- 20% Exclusive Discount

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