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FEBRUARY 2021



THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

# OUTPOST

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*just a little club romance*





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BANGKOK



# 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



▲ David and Natchana Skry and Harry



▲ Peter and Amanda Van Den Dool,  
Luke and Helena



▲ Claude and Eni Seigne,  
Leo, Arnaud and Lucas



▲ Anthony and Min Liddiard



▲ Craig and Mio Parkinson and  
Jade



▲ Giovanni Poggiani and Giulia  
Barbieri



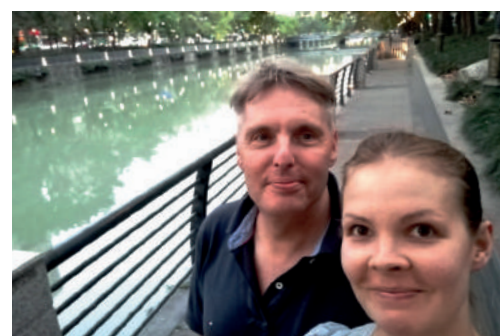
▲ Alice Nan and Markson Tang



▲ Nisshen and Veejay Madhavan  
and Elina



▲ Saro and Talar Artinian, Gaia, Areg and Sera



▲ Simon Poulsen and Triin Udris





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## OUTPOST

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#### Vice Chairman

Geoff Banks  
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#### Honorary Secretary

Brian Brook  
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#### Honorary Treasurer

James Crossley-Smith  
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#### General Committee

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# Contents



## Front Cover

Enjoy one of the Club's special treats for Valentine's Day.

## This Month

Outpost is thin this month because Covid-19 regulations have curtailed many activities. But the Phase 2 works have started and the Club looks great. Some restrictions have been lifted and we are cautiously planning events again in February. Come along!



THE FRY  
GROUP  
ESTD 1898

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

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

Outpost welcomes contributions from Members, email [outpost@britishclubbangkok.org](mailto:outpost@britishclubbangkok.org)

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





*Jack Dunford*

## Chairman's Message

As last year during lockdown, staff are taking advantage of this relative slack period. Some are taking a well-earned break after an event-packed Festive Season whilst others have been able to focus on time-consuming tasks such as refining the new membership database, finalising the new menus which are due to be launched in all outlets this month, and preparing for construction to start on Phase 2 of the Poolside Redevelopment Project.

**Covid-19:** A new wave of Covid-19 cases has led the Government to re-impose restrictions on restaurants and entertainment establishments. Effective 30th December the Club reinstated a 'no guest' policy and within a few days had to close the fitness centre, massage, snooker and kiddies playground and suspend the serving of alcohol. All events and functions were postponed or cancelled and all F&B outlets forced to close at 9.00pm. Currently the whole Club closes at 10.15pm.

However, all other operations continued as normal and although the Club was much quieter than usual a lot of Members enjoyed some wonderful cool season weather taking the opportunity to enjoy pleasant outdoor eating, a healthy swim, a game of tennis or squash, cricket practice or table tennis. As Outpost goes to press, Covid-19 cases are already falling; from 22nd January some restrictions have been lifted allowing the fitness centre and Massage room to reopen. Hopefully full operations will resume shortly.

**Phase 2:** There was a huge amount of preparatory work to be done before the workers arrived on 6th January to start on Phase 2. A lot of equipment and furniture had to be relocated from the Splash Café, the kitchen and the Surawongse Sala and it was a major task to redirect electrical supplies from the tennis courts and poolside buildings. This is all done now, the hoardings are up and demolition of the old buildings is underway. Demolition will take until mid February and then piles will be driven so that construction can begin on the new buildings by early April. The noisiest phase of the project will then be over ... just like that!

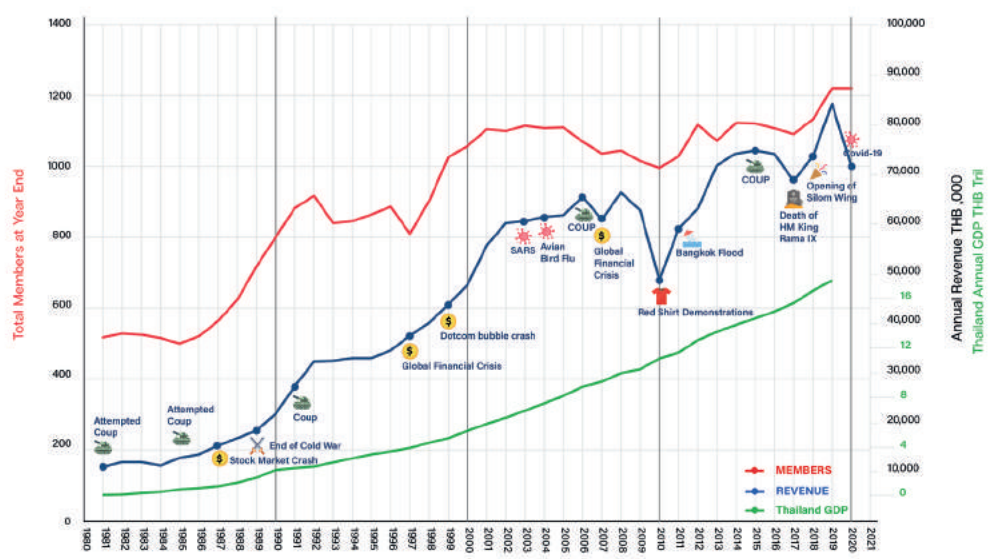
The Club actually looks nice with the hoardings up and full service is available throughout the poolside. The Kids Stop now has a fashionable coffee shop and temporary spectating facilities alongside the tennis courts are already proving popular. Come down and enjoy the new look!





## REPORTINGS

BCB Membership, Revenue and Thailand GDP Trends 1980 to 2020



**Club Fortunes:** The end of financial year accounts (November) have been audited, showing a surplus of very nearly THB 5 million for the year. With membership close to a record high, this represents an extraordinarily good performance in what has been a very challenging year.

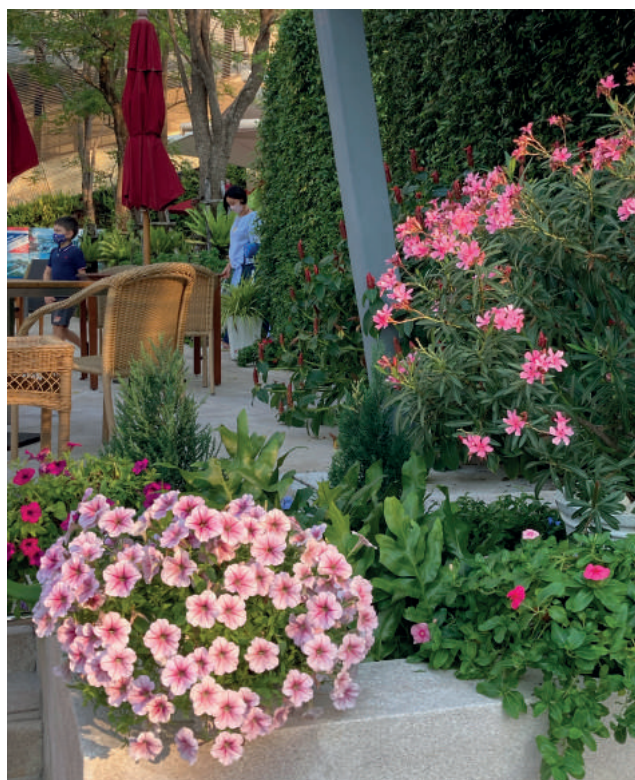
ter lockdown, a period when very few new foreigners have arrived to live in Thailand. Most of them have lived here for years, even decades, suggesting that the Club is throwing off its dated image and now offering something truly special, especially when people are looking for safe havens to spend their leisure time.

As the graph shows, this is not the first time Thailand has been through serious emergencies. Over the last 40 years these have been numerous, ranging from international financial and other health crises, to coup d'états, other political strife and severe floods at home. But the British Club has always survived, setbacks have been short lived and not only has it muddled through it has managed to stay relevant and keep growing.

It has perhaps become a cliché, but the British Club truly is an oasis in a bustling city. Phase 2 will further enhance its attraction.

Even if the Covid-19 emergency is prolonged there is cause for optimism about the future once life returns to normal. The Silom Wing boosted the Club's fortunes when it opened in 2018 and when Phase 2 is completed at the end of the year the whole front half of the Club will have been refurbished and rebuilt, creating unrivalled modern attractive family and sports facilities. These changes are attracting a new generation of Members.

There are a number of social and demographic factors also working in the Club's favour. After years when the Silom Road/Surawongse Road area was in decline, there are now many new residential developments opening within convenient reach of the Club, especially along the Chao Phraya River. And perhaps one of the most encouraging signs is that over 100 new members have joined the Club in 7 months since it reopened af-





# UK Inheritance Tax

By Martin Wright, The Fry Group

My article in last month's Outpost detailed what having a British Domicile means and the direct link to UK Inheritance Tax (IHT).

Although there may be some changes to how UK IHT could look in the future (due to recent UK Government driven reviews by the Office of Tax Simplification) this article outlines the current IHT system along with some basic mitigation techniques. This will be explored further in our 25th February Webinar (details on the opposite page).

## UNDER CURRENT UK IHT LEGISLATION TAX IS PRESENTLY CHARGED:

- On your estate following your death
- On any gifts you make to individuals in the last 7 years of your lifetime
- On any gifts to some types of trusts and companies through your lifetime

Generally everyone is entitled to a tax-free amount of £325,000, called the Nil Rate Band, above which IHT is charged at a flat rate of 40%.

There is also a Main Residence Nil Rate Band, which is an extra allowance per spouse up to £175,000 (both allowances are those for the current 2020/2021 tax year).

From next year this allowance will increase in line with Consumer Prices Index (CPI). As with the main Nil Rate Band any unused Main Residence nil-rate band can be transferred to a surviving spouse or civil partner.

## SOME UK IHT MITIGATION TECHNIQUES

### Gifting

Some small gifts are automatically free of IHT (there is an annual allowance of GBP3,000, individual gifts of up to GBP250 and some gifts on marriage may be exempt), and others free of IHT if they are part of regular spending from income. It is also possible to make gifts during lifetime free of UK IHT as long as you survive for at least 7 years, which are called "Potentially Exempt Transfers" (PETs).



### Gifting capital to certain Trusts

Gift & Loan Trust (IHT-free future Investment Growth)  
Discounted Gift Trust (an immediate partial IHT liability reduction)  
Excluded Property Trust (for non-Domiciled individuals going to live in the UK)

### Short-term (2 year) IHT planning method examples:

Furnished Holiday Lettings (strict criteria to qualify for Business Property Relief – BPR)  
Woodlands/Farmland Investments (Agricultural Property Relief – APR)  
AIM structured portfolios (Business Property Relief – BPR)  
Alternative investments which also achieve BPR/APR

The complexity around how the tax is levied, and the reliefs available can lead to confusion, The Office for Tax Simplification reviews include possible plans to 'increase fairness, cut complexity and reduce avoidance', according to the All-Party Parliamentary Group (APPG) for Inheritance & Intergenerational Fairness, led by Tory John Stevenson who represents Carlisle.

As this is a detailed, changing landscape you should seek professional tax and financial planning advice to ensure your plans are in the best shape they can be. And preferably from a company whose knowledge and experience extends to British subjects overseas as well as those who live in the UK.



**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.

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## Webinar:

# Domicile, UK Inheritance Tax and Market Updates

### SPEAKERS

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

Max White  
Director, Schroders Wealth Management

### DATE

Thursday, 25th February 2021  
6.30pm – 7.30pm

### RSVP

[events@thefrygroup.sg](mailto:events@thefrygroup.sg)

Join us for a 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:

- Domicile
- UK Inheritance Tax
- Investment market update

#### What you can expect to learn from this Webinar:

- What is Domicile and how it may affect you
- How UK Inheritance Tax can affect those overseas and some mitigation techniques
- What is happening in the investment markets and what 2021 may hold

There will be plenty of opportunities for Q&A. RSVP to [events@thefrygroup.sg](mailto:events@thefrygroup.sg) to receive the link to join the webinar.





Premrudee Tanyaluck

## Letter From The General Manager

In December, the Club did very well with operations in our outlets, functions and events, our results were in line with our budget. We had a few functions booked in January but as we had to close some areas and cannot serve alcohol as per the announcement from BMA, it made us very slow in operation and our functions had to postpone. We hope we can open our normal operations in February.

The Club is allowed only Members to enter our premise or outlets to avoid any risk from Covid 19, once the BMA relax the rules, we will update mem-

bers again by email and website. We have now updated our club rules for wearing facemasks, it is compulsory to wear a face mask when entering and moving around the club at all time, it can be removed when dining and playing sport.

The Food and Beverage team has re-started the 'Home Delivery service', we have started marketing this in our social media and emails and have received a good response from our members especially on week-end. During slow operation our back of house staff have kept the Club maintenance in a very good condition. In the same time, our F&B and Kitchens team have created our new menu which features many different new dishes and healthy options.

As you may already have seen we have started the Phase 2 project – for the Poolside area at beginning of January 2021 and we expect to finish within this year. For our service area, we had extended the new awning and seating area along with the tennis courts, also the additional tables on the pool deck and Silom Wing area. Our new coffee stop has installed next to kid stop area. We have relocated our bakery kitchen to the storeroom next to the car park and our service staff can serve you around the tennis court area.

We have plans for Clubhouse renovation with a renovation of The Verandah and the Alcove. We are on the process of a new design and any update we will inform our members again.

We had sent an email to all members for our new membership cards, please contact our membership services and take a new picture then you can receive the new cards from our services desk. Moreover, we will plan to prepare our annual report which it will include the member list so any members that would like to update their profile please login to the system and you can update from there. In case you cannot login to the system please contact our membership services or email to [membershipservices@britishclubbangkok.org](mailto:membershipservices@britishclubbangkok.org)

For Members who would like to visit reciprocal club, please check with that Club is open and accepting reciprocal members, before you ask for the letter for visiting them.

*Looking forward to see you all.*







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# Chinese New Year Year of the Cow

Sunday 14<sup>th</sup> February 11:00am – 3:00pm

*Join our authentic Chinese Dim Sum buffet lunch in Verandah*

*Dim Sum Station, Roast Duck, Fish Maw, Seafood Phad Pongkraree,  
Khao hor bai bua, Tao Hoo Namdang, Plakapong Namdang, Hoy Jor*



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## REPORTINGS

# Membership Department



Ammy Aphinya

**H**ello Members, Last month we had a difficult time with COVID 19. We need to cancel all the events and function as following the BMA's Rule and now we are starting to upgrade the facilities for Phase 2 as well.

We also have 10 new members. Thank you for supporting us even with how hard the situation it is. So It's time to welcome two of our new members.



▲ Khun Peter, Khun Amanda, Luke and Helena

## Member Review:

We are really excited to join the British Club family. We first visited with friends who were members, and really enjoyed all the amenities, the restaurant, and the great outdoor atmosphere. The kids club and pool have been a real hit with our children, and we have been impressed with the restaurant service team, who are so kind and attentive. We recently had a wonderful time at the Christmas brunch, which was so festive and fun. We really look forward to getting to know more of the club members over the next year!



▲ Khun Daniel and Khun Anita

## Member Review:

We were invited by existing members here to join this club. It is impressive from the layout especially the main building of the club. We love the food and all kinds of events here. The sports activities including tennis and racket ball are amazing with nice people and staff. Thank you for K Ammy's prompt support at all times including membership enrollment and events registration. We look forward to attending more special events.

# Valentine Specials

Available from the 1<sup>st</sup> - 14<sup>th</sup> February

*Try them all to find your favourite food romance*

## Starters

Rock Lobster Caesar salad  
Heartbeet Soup  
Parma Ham, Mozzarella cheese and tomato salad  
Asparagus wrapped in bacon

## Mains

Love Heart Pizza  
Tenderloin Steak  
Seafood Ravioli  
Cod with Parsley Sauce

## Desserts

Strawberry Lava Cake with ice cream  
Strawberry Cheesecake  
Strawberry Eton Mess  
Goodness Cup



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# Wellington College Bangkok Scholarships

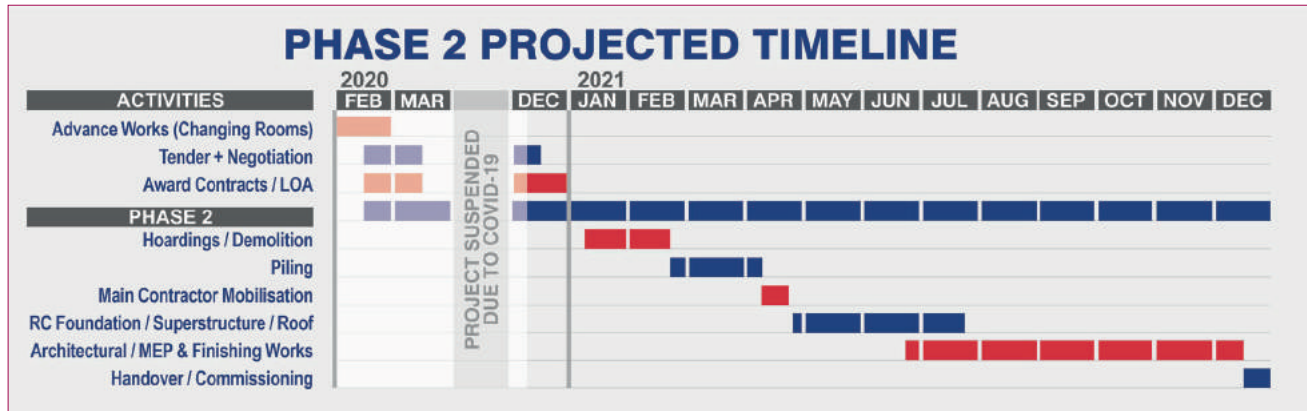
Available for Year 9 entry (age 13 on 31/08/2021)  
to students of extraordinary ability and  
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# Phase 2: Poolside Redevelopment Project Update



## ▲ P2 Timeline

### At an Extraordinary General Meeting on 14th January 2020,

Members approved Phase 2 of the Poolside Redevelopment Project within a budget of 48 million baht, conditional on raising 30 million baht through a Members Loan Scheme (MLS). Within two weeks the necessary funds had been raised from 36 Members, repayable over five and a half years and preparatory work began.

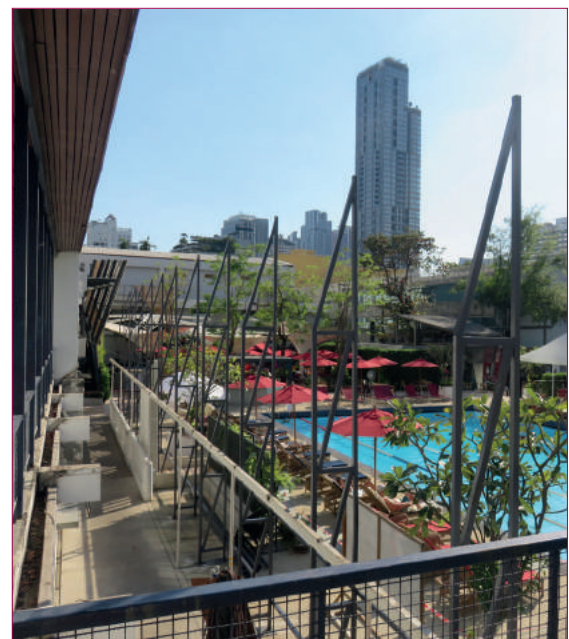
Just before demolition was due to begin in March 2020 the project was suspended due to Covid-19 emergency. However, installation of the temporary facilities for use during construction went ahead including changing rooms and twin fitness centres in the Silom Wing, a temporary kitchen in the Surawongse Road car park and an awning over the Pool deck. The first tranche of 4 million baht was repaid to lenders, as it was no longer required.



▲ Work begins



▲ Demolition about to start



▲ Hoarding stantions



Everything was ready for work to begin once the green light was given later in the year. Demolition and Piling contracts were signed on 21st December with demolition scheduled to begin on January 7th and piling as soon as the site is cleared in February. Final negotiations for the Main Construction are underway with shortlisted companies selected from the tendering process.

The project is overseen by the P2 Sub Committee comprising Club Members Neil Evans as Chair, John Vivian and Ian Brewis which reports directly to the General Committee. Member Chris Watt has been contracted as Project Manager and Khun Kanit, employed as the full-time Assistant Construction Manager

There will be monthly updates in Outpost but for Members wanting to follow more closely there is much more information in the Members' Section of the Club Website Club under Club Development/ Poolside Redevelopment Phase 2/2020 including extracts from the weekly Project Manager's Reports and monthly financial updates.

There is a time-lapse camera on top of the Narai Hotel and progress can be viewed at Club Development/ Phase 2 Camera on the Website homepage.

As a good omen, after Club staff had removed all the furniture and equipment from the old buildings, the contractors arrived a day early on 6th January. Work so far has involved redirecting the tennis and poolside buildings electrical supplies and erecting a hoarding around the site. The contractor is removing salvageable materials and demolition is about to begin.



▲ Hoardings complete



▲ The first panels



▲ Behind the scenes



▲ Back of house

# Valentine's day:

*"Just a little club romance in Verandah"*

*Sunday 14<sup>th</sup> February 2021 6:00pm – 10:30pm*

*Candle lit tables with roses and a three course set dinner*

*Enjoy your Valentine's Day evening with a divine meal and  
a complimentary glass of bubbly*



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SUN

MON

TUE

**7** Junior Cricket  
8.45am - 10.00am  
 Tennis Men Doubles  
Team practice  
9.00am - 1.00pm  
 Sunday Brunch  
9.30am - 3.00pm  
 Squash Mix-in  
10.30am - 12.00pm  
 Tennis Mix-in  
4.00pm - 7.00pm

**14** Junior Cricket  
8.45am - 10.00am  
 Tennis Men Doubles  
Team practice  
9.00am - 1.00pm  
 Sunday Brunch  
9.30am - 3.00pm  
 Squash Mix-in  
10.30am - 12.00pm  
 Tennis Mix-in  
4.00pm - 7.00pm

**21** Junior Cricket  
8.45am - 10.00am  
 Tennis Men Doubles  
Team practice  
9.00am - 1.00pm  
 Sunday Brunch  
9.30am - 3.00pm  
 Squash Mix-in  
10.30am - 12.00pm  
 Tennis Mix-in  
4.00pm - 7.00pm

**28** Junior Cricket  
8.45am - 10.00am  
 Tennis Men Doubles  
Team practice  
9.00am - 1.00pm  
 Sunday Brunch  
9.30am - 3.00pm  
 Squash Mix-in  
10.30am - 12.00pm  
 Tennis Mix-in  
4.00pm - 7.00pm

**1** Tennis Men Doubles  
Team practice  
9.00am - 1.00pm

**8** Tennis Men Doubles  
Team practice  
9.00am - 1.00pm

**15** Tennis Men Doubles  
Team practice  
9.00am - 1.00pm

**22** Tennis Men Doubles  
Team practice  
9.00am - 1.00pm

**2** Yoga  
10.00pm-11.00pm  
 Football  
7.00pm - 9.00pm





**9** Yoga  
10.00pm-11.00pm  
 Football  
7.00pm - 9.00pm

**16** Yoga  
10.00pm-11.00pm  
 Football  
7.00pm - 9.00pm





**23** Yoga  
10.00pm-11.00pm  
 Football  
7.00pm - 9.00pm



## WED



 **Pilates Classes**  
11.00am - 12.00pm  
 **Balut**  
6.00pm - 8.00pm  
 **Tennis mixed-In**  
6.00pm - 10.00pm  
 **Squash 57 Mix-in**

 **Pilates Classes**  
11.00am - 12.00pm  
 **Balut**  
6.00pm - 8.00pm  
 **Tennis mixed-In**  
6.00pm - 10.00pm  
 **Squash 57 Mix-in**

 **Pilates Classes**  
11.00am - 12.00pm  
 **Balut**  
6.00pm - 8.00pm  
 **Tennis mixed-In**  
6.00pm - 10.00pm  
 **Squash 57 Mix-in**



 **Balut**  
6.00pm - 8.00pm  
 **Tennis mixed-In**  
6.00pm - 10.00pm  
 **Squash 57 Mix-in**

## THU

**4**  **Swimming Lesson**  
**Tony**  
7.00am - 8.00am  
 **Cricket team practice**  
6.30pm - 8.30pm

**11**  **Swimming Lesson**  
**Tony**  
7.00am - 8.00am  
 **Cricket team practice**  
6.30pm - 8.30pm

**18**  **Swimming Lesson**  
**Tony**  
7.00am - 8.00am  
 **Cricket team practice**  
6.30pm - 8.30pm





**25**  **Swimming Lesson**  
**Tony**  
7.00am - 8.00am  
 **Cricket team practice**  
6.30pm - 8.30pm

## FRI





**5**  **Junior tennis**  
4.15pm - 6.00pm  
 **Yoga**  
5.00pm - 6.00pm  
 **Senior Cricket**  
5.15pm - 6.30pm  
 **Tennis mixed-in**  
6.00pm - 10.00pm  
 **Kid's movie**  
6.00pm - 7.00pm





**12**  **Junior tennis**  
4.15pm - 6.00pm  
 **Yoga**  
5.00pm - 6.00pm  
 **Senior Cricket**  
5.15pm - 6.30pm  
 **Tennis mixed-in**  
6.00pm - 10.00pm  
 **Kid's movie**  
6.00pm - 7.00pm




**19**  **Junior tennis**  
4.15pm - 6.00pm  
 **Yoga**  
5.00pm - 6.00pm  
 **Senior Cricket**  
5.15pm - 6.30pm  
 **Tennis mixed-in**  
6.00pm - 10.00pm  
 **Kid's movie**  
6.00pm - 7.00pm





**26**  **Junior tennis**  
4.15pm - 6.00pm  
 **Yoga**  
5.00pm - 6.00pm  
 **Senior Cricket**  
5.15pm - 6.30pm  
 **Tennis mixed-in**  
6.00pm - 10.00pm  
 **Kid's movie**  
6.00pm - 7.00pm

## SAT

**6**  **Yoga**  
10.00am - 11.00am  
 **Junior Squash**  
**coaching**  
10.30am - 12.00pm  
 **Cricket team practice**  
2.00pm - 5.00pm  
 **Squash Mixed-in**  
2.15pm - 6.45pm

**13**  **Yoga**  
10.00am - 11.00am  
 **Junior Squash**  
**coaching**  
10.30am - 12.00pm  
 **Cricket team practice**  
2.00pm - 5.00pm  
 **Squash Mixed-in**  
2.15pm - 6.45pm

**20**  **Yoga**  
10.00am - 11.00am  
 **Junior Squash**  
**coaching**  
10.30am - 12.00pm  
 **Cricket team practice**  
2.00pm - 5.00pm  
 **Squash Mixed-in**  
2.15pm - 6.45pm

**27**  **Yoga**  
10.00am - 11.00am  
 **Junior Squash**  
**coaching**  
10.30am - 12.00pm  
 **Cricket team practice**  
2.00pm - 5.00pm  
 **Squash Mixed-in**  
2.15pm - 6.45pm



Graham Johnston

# Tennis

## Dear Acers and Faulters

Let me first wish you a 'Happy Healthy, Happy Lucky' 2021 🍀.

In this month's edition we look back on our final event of 2020 which saw 32 players compete in the annual Bruce Gordon Cup whilst also raising money for our in-house charity.

The Bruce Gordon Cup was played on Sunday 13th December before the current restrictions on gatherings and consumption of fizzy refreshments. This year it was great to see so many of our new club and section members competing (Veronica, Chine, Maude, Philippe, Justin, Victoria, Austin, Eric, Leen & Saro welcome to competition tennis at the club!) and especially nice as the format of the event allows all levels to play on an even field. This is possible due to the allocation of 'bisques' in the form of balloons which can be played or 'burst' at opportune moments to take a free point – confused? You aren't the only one!

### 1st Round

Harold	Veronica	v	Dmitry	Raymonde
Alain	Chine	v	Corinne	Maude
Anje	Marcel D	v	Raquel	Philippe
Pui	Eric	v	Stefan	Cristina
Mooky	Victoria	v	Andrey	Chris
Austin	Justin	v	Willem	Matthew
Nick L	Pin	v	Sasaluck	Mikola
Marcel	Leen	v	Saro	Nattaya

Picks of the 1st Round saw the all-family affair of Alain & Chine Vs Corinne & Maude with dad and daughter sensibly allowing mum and other daughter to progress to the QF. Another tie of note was that involving twice past champ Raquel with new boy Philippe who needed a tie-break to see off Anje & Marcel D. The tie of the



### ▲ Bruce Gordon Plate Final

round though was the much-fancied Nick & Pin versus Sasaluck & Mikola. Nick & Pin had raced into an early lead but with Mikola making liberal use of the 'buy a bisque for charity' rule, he and Sasluck were able to fight back and eventually take the win in another tie-break.



### ▲ Raquels Threepeat hopes dashed

### QF

Dmitry	Raymonde	v	Corinne	Maude
Raquel	Phillipe	v	Stefan	Cristina
Willem	Matthew	v	Mooky	Victoria
Marcel	Leen	v	Sasaluck	Mikola

The top half of the draw cruised into the semi while the drama took place in the bottom half. Both matches went the distance with Willem & Matthew edging out Mooky & Victoria after a tense tie-break while Marcel & Leen also squeezing through at the expense of Sasaluck and bisque-man Mikola.



## SPORTS



▲ Tough SF



▲ Tough QF



▲ Plate battles

SF

Raquel	Phillipe	v	Dmitry	Raymonde
Willem	Matthew	v	Marcel	Leen

And then the SFs. They say all empires eventually fall, and this was the year Queen Raq-a-ttack with Philippe at her side, finally met her match losing in another tie-break match to Dmitry & Raymonde. In the other semi, Willem and Matthew proved just too steady for Marcel P and Leen in yet another tie-break shootout!

Plate Final

Anje	Marcel D	V	Andrey	Chris
------	----------	---	--------	-------

While this was all going on, the first-round losers had been competing in the plate competition that culminated in Andrey K and Chris W taking down Anjelica and Marcel D to take the plate honors. Fresh from his cataract op, many people think this is a new start for Chris and a flood of titles will follow.



▲ 2020 Bruce Gordon Cup Champs

Cup Final

Willem	Matthew	v	Dmitry	Raymonde
--------	---------	---	--------	----------

And so to the final, Europe Vs Canada/Russia and a guarantee of new names on the trophy. Young Matthew was chasing his second piece of silverware on the day, having already triumphed in a rugby tournament that morning. Early on it was an even contest as the first 4 games were shared, but that earlier exertion from Matthew was to come back to haunt him and the magic sprayed was called for to helping with the dreaded cramping. Dmitry and Raymonde took full advantage to force a break and then serve out the match and take the title. Well played guys!

Most importantly the section, through entry fees, bisques, auction, and donation raised a total of 46300 THB for the Pisamai Fund. Excellent work y'all.

For those who don't know, the Pisamai Fund is an in-house club fund that offers grants to the children of club staff to help with their education.



▲ Balloon Boy

Enjoy your tennis

Graham

# SQUASHY BITS

With Covid lockdown part deux, there was a high degree of anxiety over whether our precious squash courts were allowed to open. We were given confirmation that all was well and after some mixed signals, people just turned up and played.

All was well in the BC squash world up until our second biggest issue arose it's ugly head, namely pollution. Grumpy Marvyn piped up on the whatsapp thread sending purple images all over Bangkok, and no follow up. Maybe Marv had just worked out how to screenshot, which is likely, but I presume his point was that the air quality is very bad, and he wants something done about it. He hadn't complained about something for at least a week, so I decided to give him the time of day:



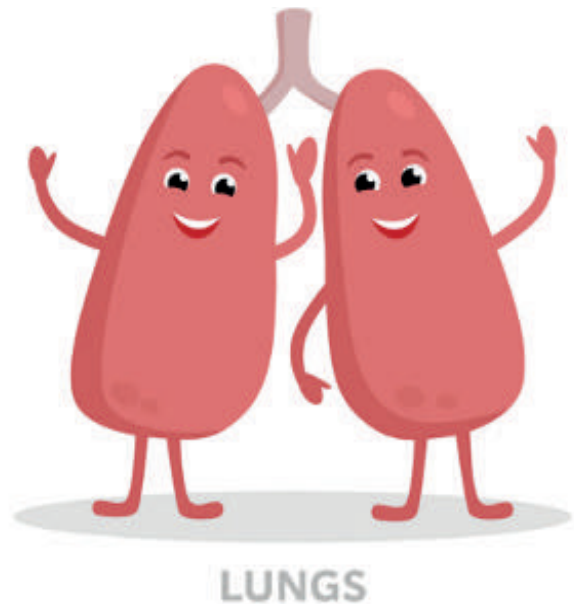
▲ *Pollution*

"Don't worry Marv, all has been taken care of. Chang beers current World Champion, and general squash assassin, Mr Wayne Skeen, has taken measures into his own hands, and purchased six of the best air purifiers the world has seen. The air is as clean as the Pembrokeshire coast Marv, you may play away at your leisure - you're welcome"

After no response from anyone on the group whatsapp, not even from Marv, I believe Wayne got a verbal acknowledgement to his efforts at mix in from the Skipper. "I see your point Wayne" was about as far as it went. Marvyn had the pleasure of playing me this week, and still no acknowledgement was given. He actually moaned

that the Thai Japanese club didn't even have AC units, and he preferred it as it was never cold! His mood is highly related to Welsh Rugby's fortunes - no comment.

I feel Wayne at least needs a thank you, so on behalf of the section and the club "THANK YOU Wayne" for buying the filters and allowing the section to play even on the worse of pollution days. I will personally make it my mission to get you refunded by 2024!



▲ *Thank You Wayne!!!*

In actual squash related news, Rob has been angered into actually trying, and has beaten and bullied Brad all the way back to 4th in the club's rankings. I don't think Rob has actually ever been angered, but I do feel he had to actually try for the first time in a while. Pity there are no leagues at the moment, so Brad is still champ. Unfortunately for all concerned, our latest member, Nanu, is a level above everyone, so Rob, Brad, Keilic and Stephen can fight it out over who's second best.

For anyone doubting their athletic ability in prohibiting trying squash, I can assure you the squash section contains zero athletes (maybe one). It is a sport where



## SPORTS

Shall we play a friendly game of Squash? Just to let you know I don't handle losing well.



a 70 year old can routinely beat a twenty year old. The top players routinely hit with rank beginners, which is quite unique in sport. Rock up on a Saturday afternoon or Wednesday evening, and introduce yourself - anyone more than welcome. I've written some basic tips on how to play squash for those of you thinking of giving it a try.

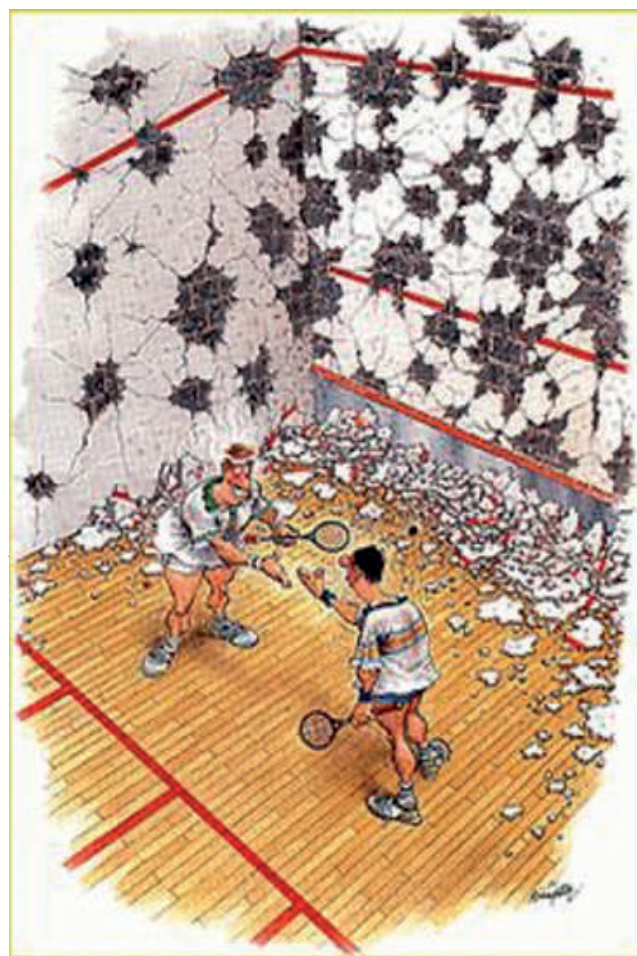


### ▲ 70-year old

Monthly Squash Tip (For beginners). This month's squash tips are provided by Nick R.

Hit the ball as hard as you can: Smack the ball as hard as you physically can, every shot. Reduces the reaction time of your opponent for one, and if they are over 60, generally can't even see the ball. Reduces the need for any technical ability, which is a bonus.

Rotate your let and stroke calls: I've been playing 18 months and have still no idea what constitutes a let or a stroke. Several elder members tend to call them every 3 points, every 2 if you play Marc S. Apparently when



### ▲ Smack the ball

you call a let, you get to play the point again, always a laugh. A stroke, apparently, gives you the point! Senior members (Ranjan) tend to run into the back of you, 4 minutes after the point has finished, shake his head, then call a let. My advice is to call either a let or stroke every time your opponent wins a point.

Mind games: The psychological side of sport can never be underestimated. Switch A/C vents off to mimic sauna conditions, or wack them as cold as you can. I know players (Marvyn) who will literally ask you your preference, then turn up next game and make sure the opposite conditions prevail.

Leg it: If you have the ability to run fast, it vastly improves your chances of competing with anyone good. The good player, moves from the T (centre of court) with subtle lunges, generally two strides. I myself, find the tactic of 'make as many steps as possible, as fast as possible,' makes for more interesting viewing. If you chase a few points, when the better player is literally running you around, it improves your cardio. Win win.



Ben Eastwell

# Cricket Hardballs



▲ RBSC Polo Club

## Festive Fixtures

A relatively quiet January replaced what would usually be a busy period in the BC cricketing calendar. Whilst a welcomed return to playing cricket in Bangkok at the Polo Club closed out the 2020 fixtures list, the reappearance of the virus has postponed all cricket until further notice. Fortunately players have still been able to get down to the club nets for practice and were able to enjoy festivities at the club christmas party and lunch, but a return to normality is eagerly anticipated.

## BC V Siam Parrots BCL B Division 19th December 2020

A crisp morning, manicured wicket and the backdrop of downtown Bangkok set the scene for the last game of the year as BC were treated to the RBSC Polo Club venue against Siam Parrots for the 3rd league game of the season. The beautiful ground spoken in high regard from most of the more senior players who enjoyed cricket there 'back in the day', was appreciated by players and supporters alike, and within walking distance from the club there was no excuse even for the chairman not to attend.

A strong opposition which was heavily seasoned with their premierships regulars won the toss and elected to bowl first, setting BC the challenge of acclimatising to an unfamiliarly slow pitch in the 25-over B division clash. Jon (16) and Mak (41) got BC off to the perfect start with a 61 partnership before Jon succumbed to the barrage of sledging from his former side. A shift to some slow bowling helped the parrots get the game back under control as Mossy (2) lost his stumps without troubling the



▲ Christmas ball 2020



▲ Four for Fudgy



▲ Swinging into 2021



## SPORTS

▲ *56 Not Out for Rahul*▲ *Mak Attack*▲ *Denz gets airborne*

scorers and Mak's attacking innings (41) came to an end shortly after. BC's 4th wicket fell on the stroke of drinks – Denzyl (5) victim to a touch of scoreboard pressure and some painfully slow lollies as he and Rahul were restricted to just 20 from their 5 over partnership to take the total to 91 at the interval. A quick cameo from Dale (7) preceded a partnership of 47 between Ben (17) and Rahul (57\*) as the Chef put his foot on the gas – timing a well-earned half-century perfectly for the last over and creaming a maximum to finish.

With Siam facing a target of 177 to win, Denzyl (5 overs, 0-22), and Dilip (3 overs, 0-26) got to work with the new ball but it wasn't until a bowling change in the 6th that BC were rewarded with their first wicket after Mak cleaned up a batting mix up with a comfortable run out. A loose over from Talal which

added 20 to the Parrot's chase was well recovered with a maiden and dismissal of the set batsman by Pramodh (5 overs, 1-17), and a turn to spin looked to be effective until Chan successfully 1-upped Talal in another expensive over to put Siam in the driving seat before the drinks break.

Defending a slim 6 an over from the last 10 – odds were against BC looking to secure their first league win of the season but a heroic effort from Denz and Pramodh who conceded just 16 runs from their 4 over spell kept the game alive. However, as is cricket – all hope was slashed after a couple of costly overs from BC's dad-to-be unraveled the magic. With just 6 needed from 2 overs, Dale offered up a few leg breaks and was rewarded with a wicket which imparted some short-lived pressure, quickly overcome

by Jeffels who hit the winning runs from the first ball of the last over and picked up man of the match for a 62 not-out in Siam's 6 wicket victory. The game was thoroughly discussed over lunch and into the night as most wandered over to BC for the christmas ball. Here's to hoping we have some more match reports in next month's edition!

▲ *Talal looking for breakthrough*▲ *Scorers staying hydrated*▲ *Until next time...*





# British Club Golf

## The British Club Bangkok, Golf Section Championship

### Captain Neil wins first event of 2021

On Sunday 10th January the Golf Society started their season with the traditional 3 clubs and a putter event at Subhapruek Golf Club. This is a fun event but makes players manufacture different types of shot as necessitated by the absence of their full range of clubs.

23 golfers signed up for the challenge and were rewarded by a beautiful course in excellent condition and pleasant temperate weather conditions.

Much of the discussion before the start was about the choice of clubs, especially what to use off the tee. Several members chose their driver, but most took smaller woods and hybrid clubs and some bold players chose an iron.

In the end it was the 4-wood, 7-iron and pitching wedge chosen by club captain, Neil Davis, that won the day with a 1 over his handicap score of 35 points. This included a remarkable first 9 of 23 points.

Second and Third were Daniel Bean (31 points) and Randall Coleman (29 points). The unlucky golfer of the day award must go to Paul Carnell, who not only managed to lose 12 balls in the lakes around the course but broke 1 of his 3 clubs.





### And Mark wins the final event of 2020

On Thursday 14th January Mark Adderley and Chris Brader returned to Subhapruek GC to contest the final of the annual Match Play tournament. In a tight game played in excellent spirit Mark ran out on top despite giving away 12 shots to Chris on handicap, to win the competition for the first time.

Congratulations Mark! And commiserations to Chris for making it to the final, but not the top slot.

The golf society holds events on the 2nd and 4th Sundays of each month and a number of weekend events throughout the year.

Why not come and join us? We welcome players of all abilities, full enthusiastic hackers to semi pros. If you are interested visit our website <http://www.bcgsthailand.org> or email us on [bcgs.bangkok@gmail.com](mailto:bcgs.bangkok@gmail.com)



# Pilates



Karen Dawber

## "2021, A first Step to a new you?"

Exercising our bodies is hugely important especially as we are still in the midst of a global pandemic, our greatest defence against Covid19 is to maintain our health, giving ourselves the best possible chance of fighting the virus should we catch it. However, we humans in today's world are living as if we are captive animals, such is the deprivation of movement in our modern lives. We have outsourced so many of our ancestors hunter gather ways to innovative machines that almost every physical task in life has been reduced to the pressing of a button or the flicking of a switch. Washing machines, cars, food processors, lawn mowers, on-line deliveries, remote controls and mobile phones are just some of the inventions which have all, arguably added huge benefits to our lives, but have equally reduced our need to move significantly.

We are also bombarded by a sensory overload in our supposedly developed world, so whilst our physical bodies are deprived of movements our eyes and ears especially are constantly hit by tidal waves of information. Our continuous scrolling of

screens (deliberately lacking of any stopping cues), digital advertisements on public transport, huge bill boards everywhere, and many hours working at computer screens all saturate our eyes with lights and sights. Whilst the constant traffic, building works and even the air conditioning units in our homes all contribute to the endless sounds of the city, a constant hum our ears sense. So, again like caged animals with the jeering of onlookers and the tapping of glass cages by inquisitive observers our lives have developed a constant backdrop of noise. We can be hard pressed in a big metropolis like Bangkok to find a place of quiet solace to allow our senses a rest.

But all is not doom and gloom because we really can make a significant impact on our health and well being simply by making a few mindful choices. For example, opting to switch off notifications on our phone or programming the nighttime routine to shut out any messages when we want to be winding down and heading to bed. Such choices help remove the temptation to instantaneously respond, blocking the slippery



PITSTOP for BALANCE



## SPORTS

slope to endless digital stimuli. Creating your own stopping cues can be really effective. If this feels like inflicting a lot of rules on yourself, how about reframing it to be about making promises to yourself, to protect both your mind and health.

Of course going to the gym, taking up a new sport or attending exercise classes is one way to increase your movement but a bit like New Year's Resolutions such great gestures can quickly get side lined (still maintaining any you made a month ago?). Instead I would argue that it can be so much simpler than that. Simply think about how you can add some more movement into your daily routine, can you walk to the shops instead of taking the car, or can you take that item upstairs straight away instead of forming in a pile at the bottom of the stairs, or can you test your balance by standing on one leg as you clean your teeth? Any extra little bit of movement or stretching is of benefit to your body, even for those who already have an established exercise regime, how much more could you sneak in today? Think of movement as nourishing your body just like food nourishes us. We also need a variety of movements to maintain our health just like we need to eat a varied diet.

Many physical activities can benefit the mind as much as the body. The feel good hormones triggered through movement and deeper breaths lift our mood, but additionally the repetitive action of any repeated movement can become a version of a moving meditation. This can be particularly helpful if you have that 'monkey mind' which quickly jumps from thought to thought, that can be challenging to calm with more traditional styles of meditation. Finding an activity that moves your body, but also forces you to focus and zone out from the business

of modern life can be hugely beneficial. Pilates is famous for this and why it is known for its mind-body connection.

Many may be put off Pilates, thinking it is not for them because they are not flexible or they don't really know what Pilates is, and for those starting out it can feel full of jargon with the nuances of an imprinted or neutral spine, pointed or flexed toes, retracted or protracted shoulder blades. However at it's core Pilates is really just about moving your body in a controlled way, it is about regaining control of all your muscles, even the smallest ones so that you are able to control your body, rather than your body's aches, pains, weaknesses and imbalances controlling you. That control comes by focusing your mind on the exercises you are doing, thus strengthening and rewriting your proprioceptor pathways between your brain and parts of your body.

The thing about Pilates is that like many things, once we break them down, it's actually quite simple, and honestly the more you do it and the more you practise the better you will get at it. What once may have seemed almost impossible really

does start to become possible and you will most likely find that you do actually enjoy it because it not only makes you feel better during the class but more importantly as you go about your day or week after a class. (However, I would hesitate to say the more you do it the easier it gets because you will just get better at refining your moves and thus increasing your work and benefits of the continued practise.)

Every mindful action you take to protect or promote your health adds up, five minutes to take the stairs rather than the elevator, 10 minutes extra walking, 20 mins less scrolling, it will all add up. It is like putting money in the bank, slowly it builds and over time you will see the benefit. Of course you can always do more but how about lowering the bar so low that you cannot fail to take that first step over it, and then over time you can raise that bar. But first and foremost just move more and remember no effort is ever wasted!

***"The journey of a 1000 miles  
begins with one step"***  
**Lao Tzu**



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Any questions please ask at the sports desk or  
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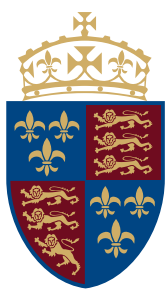
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