

MARCH 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 Club.
These are some of the Members who joined during the last few months



▲ Rohit Mohan and Luisa Casas



▲ Stewart Raeside and Natalie Strongman, Tessa and Hamish



▲ Anihoodh and Chantelle Devalia, Dhilan



▲ Arman and Shamama Haque, Aydin and Eatan



▲ Oliver Müller and Marcela Chacon Ramos



▲ Zeynep and Alessandro Escalona, Alya



▲ Martin and Ann Fordham



▲ Augustin and Cecile Flory, Gaia, Gabriel and Maxime



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OUTPOST

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Vice Chairman

Geoff Banks

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Front Cover

History and Style. We hope Members will enjoy the newly refurbished Snooker Room!

This Month

January was another quiet month because of the Covid-19 regulations, but the first big events of 2020 were all squeezed into 14th February, Chinese New Year, and Pancake Day both being celebrated the same day as Valentine's Day! Meanwhile Phase 2 of the Poolside Redevelopment got off to a smashing start with the old buildings demolished a week ahead of schedule.



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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"



Jack Dunford

Chairman's Message



▲ *Glorious cool season weather*

Covid-19: January was a very quiet month at the British Club with all functions and events postponed or cancelled due to the latest government Covid-19 restrictions. Many Members decided to lie low as the latest wave of the pandemic passed by, but the weather was beautiful and many others came along anyway to enjoy some sport or outdoor eating

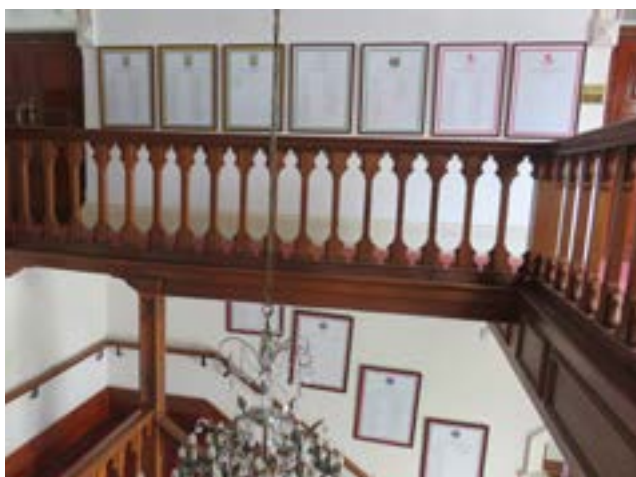
Wonderful cool season weather has extended well into February and business is picking up as restrictions have been lifted in stages. All facilities are now open and it is expected that the most significant ban, that on serving alcohol, will be lifted in the middle the month. There was a modest operating deficit in January but this should be turned around quickly as life gets back to 'normal'.

22 Members left the Club in January, which is a little higher than usual, but the good news is that even with Covid restrictions in place 16 new members joined and there have already been another 11 new Members join-

ing in the first two weeks of February. This bodes well for when full operations are resumed. Fears that the Phase 2 construction would drive people away seem to have been unfounded; to the contrary there seems to considerable interest and excitement about what is to come.

Phase 2: Phase 2 of the Poolside Redevelopment Project got off to a terrific start with demolition of the old buildings completed a week ahead of schedule. The Piling Contractors are already on site and negotiations have been successfully concluded with the main construction Contractor and the contract will be signed shortly. At this early stage there is still every reason to expect that the Project will be completed on budget and maybe even ahead of schedule before the high season. There is a separate report on Phase 2 in this magazine and there is a lot more information in the Members section of the website. Check out also the time-lapse camera footage under the Club Development tab at the top of the home page.

REPORTINGS



▲ *Honours Boards*



▲ *Lush greenery*

House and Grounds: Although Phase 2 is the 'big' project for this year the House & Grounds and Security subcommittee is working on several other small and medium-sized projects for General Committee consideration:

- Lighting is inexpensive these days and plans are to replace the random, ineffective old car park lighting to better compliment the new Club House and Front Lawn illuminations
- Details are being finalised for a complete refresh of the Verandah and re-launching it as the Club's premier F&B outlet
- Similarly plans are being costed for replacing the hideous and inefficient air conditioners in the Surawongse Room

The long neglected snooker room has already been completely refurbished and restored it to its stylish former glory as described later in this edition of Outpost.

Other projects under purview of the Sub Committee include extending and repositioning the CCTV and PA systems in anticipation of Phase 2, possibly upgrading of the turf on both the Front and Back lawns and completing improved drainage and flood prevention measures in the car parks. The Honours Boards are also still being updated with missing names, especially first names, and historical notes on the Loyal Society Boards.

Food and Beverage: The F&B Subcommittee has its own report this month. It has been working closely with management on the new menus and these will be launched shortly with many new dishes and particularly more healthy food items.

Annual General Meeting: The AGM this year will be held on Tuesday 23rd March and all voting members are encouraged to attend. The deadline has passed for proposing formal Motions but this is an opportunity for Members to discuss the General Committee's plans and raise any concerns.

The AGM also elects the General Committee and from 1st March nominations received so far for 2021/22 will be displayed on the Club noticeboards. Any Ordinary or Country Member wishing to stand should submit a nomination form, which will be added to the noticeboards. Nominations remain open until the start of the AGM and there will be at least two new GC Members this year since both Geoff Banks and myself will stand down after serving the maximum of 5 years.

The 2021 Yearbook and Directory will be available at the AGM. The Directory, and listing of Reciprocal Clubs have been downloaded from the Comanche software Membership module. If you have not already done so please remember to collect get your new-style Membership card by visiting Reception and having your photograph taken.



THE FRY
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Returning to the UK?

By Martin Wright, The Fry Group

Increasing healthcare costs, changes to personal circumstances, redundancy and last year's emergence of COVID-19 are some of the reasons that more people seem to be considering a move to the UK.

For whatever reason you're considering a move, it's crucial to plan ahead and understand the key financial considerations which may affect you. This can seem less important when you're dealing with the practicalities of moving but returning to the UK can expose you to a significant, and perhaps unnecessary, amount of tax.

PLANNING YOUR RETURN TO THE UK

Because of the complex and largely onerous UK tax system, relocating after time overseas is a significant step and careful planning can help to prevent the loss of wealth through unnecessarily taxation.

In general the more notice the better, but 6-12 months is normally a sensible period to begin planning (if possible of course). Whilst in some cases there may be no option, for those that do have a choice you need to understand and be sure of the consequences of a return when planning; it's a considerable step and one that needs to be right for your personal circumstances in the future.

WHEN TO RETURN

There's no ideal time to return, but understanding UK statutory residency laws is a good start. This will ensure you know when you're likely to become UK tax resident (for income and capital gains tax purposes) as sometimes it's not as straightforward as it may seem. If your return is going to be in the middle of the UK tax year (which runs from 6 April to 5 April) and you've been receiving overseas income, obtaining split tax year treatment is probably essential. This allows you to split the tax year into two parts; one when you're UK resident, and one when you're non-resident. This is a helpful exercise - otherwise HMRC may try to tax any overseas income for the whole UK tax year in which you return. It's a complex piece of legislation, and although not automatically granted, can be easily realised. Do note that it was introduced by HMRC to assist rather than penalise.

DO I NEED TO TELL HMRC WHEN I RETURN?

Informing HMRC that you are returning to the UK is very important. It can be done personally, or by a tax representative/adviser as part of an overall UK return and ongoing tax reporting package. As mentioned earlier, understanding when one becomes UK resident is highly important, and it may not be the date of when you actually land on UK soil. Because of this, it's recommended that pre-return tax advice is sought, which could be part of an overall package of a pre-and post UK tax return service.

You also need to ensure that you meet your ongoing obligations for UK tax return filing if you receive any income, perhaps from property, savings and investments, or even foreign income. This is complicated and the link below shows what levels you must report on a self-assessment tax return for UK property income: www.gov.uk/renting-out-a-property/paying-tax

CONSIDERATIONS OF A UK RETURN

There are many considerations to bear in mind but here are some of the main ones:

UK bank account

You may have retained a UK bank account if your overseas stay was relatively short. If not it may be worth speaking to your previous bank to see if you can set up a current account before you return. This may help with your credit rating, which is always useful for any every day financial matters.

Seek UK tax advice

Ideally advice should be sought pre-return to understand when you would become UK resident, and post return/ongoing to ensure compliance with the UK tax system.

Understand foreign pension provision

In your time overseas you may have accrued foreign pension entitlement. This can be complex and there may be decisions that should be made before a return.



Review currency exchange rates

If you are transferring significant amounts of money, such as for a UK property purchase or transferring cash deposits, it's important to research an economical way to transfer funds to maximise exchange rates and save time on transactions.

Review investment funds

If you've acquired investments overseas, they should be reviewed to understand if they are Reporting or Non-Reporting Funds (as well as for general suitability purposes) because they are taxed differently in the UK. Reporting funds would be liable to the (current) lower UK capital gains tax rates, versus the higher UK income tax rates for Non-Reporting Funds.

UK property

If your property is let and you intend to return to it, you will need to give notice to tenants. Likewise if you are moving to a new area and buying a home, you'll need to consider the area and whether to buy immediately or wait before committing to a new location. Renting locally, and speaking to other residents and estate agents is a good idea.

Healthcare in the UK

NHS hospital treatment is free of charge for those ordinarily resident in the UK, and does not depend on nationality, payment of UK taxes, National Insurance contributions, being registered with a GP, having an NHS number, or owning a UK property*. To be considered ordinarily resident, you must be living in the UK on a lawful and properly settled basis. This would apply immediately for someone returning back to the UK on a permanent basis.

Schools

For those with family, it's a good idea to look at what schools are available and investigate the best place to educate your child. You should note that children must be physically in the UK to enroll for a school place.

Insurance

Consider all your insurance, both general (motor and home) and personal (private medical insurance, life assurance and critical illness). Personal insurance is normally cheaper in the UK.

Driving eligibility

With many changes over the years, you should check whether your current UK driver licence is still valid, and if not contact DVLA for a new one.

Returning to the UK is a big step so it's beneficial to plan ahead both personally and financially. A good advisory company is invaluable to help place you in the most favorable position for the best possible personal outcome. The Fry Group has helped thousands of individuals relocate to the UK so please contact us if you would like to discuss your own position.



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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Tee Bale

" Tee Talk "

It's been a challenging start to the year with restrictions, lockdowns and an alcohol ban, however, the club would like to thank all its Members for their continued support and participation in the activities we have been able to run. In February we were able to host three events on the same day, Sunday 14th: the Chinese New Year Dim Sum buffet was very well attended with all the members celebrating the year of the OX; directly followed by our annual Pancake races on the back lawn, both kids and parents took to the lanes to battle it out whilst tossing their pancakes; and the day concluded with a special candle lit Valentine's Day dinner in The Verandah.



The brand new BC BEE'S kids club has now launched for the second through to the last Sunday each month ... parents can bring their children to the Silom Wing to enjoy arts & crafts, games, cooking, painting, sports and much more, all organised by Khun Nadia and the BC Team, whilst the first Sunday of every month is for the Shrewsbury Stars Kids Club, the new format will see different heads of department coming to the Club and running specialised sessions in their respective fields, registration is essential each month as limited places are available and highly sought after.

Those that love their art will be pleased to learn that we are forming a working relationship with Aurum Art Gallery, the gallery's owner Goldie visited the Club last month and we are in the process of arranging a series of joint events that will showcase some of the best UK and European art available in Thailand, look out for the announcements that will be coming soon.



March sees the return of some of our regular and featured events such as the Monthly Quiz, time to get your thinking caps back to answer quiz master David's questions and win the prizes, in its new location the Churchill Bar; "Movies Under The Stars" returns with three weekend dates and six classic movies not to be missed; Finally our monthly wine tasting return's on the front lawn to allow you to top up your wine racks and taste some amazing new wines.

We look forward to seeing you in the Club over March and the coming months in 2021.





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REPORTINGS

Membership Department



Ammy Aphinya

Hello Members, Non-members were not allowed to visit the club in January due the Covid-19 situation, but now guests of Members, Associated Groups and Reciprocal Club Members are welcome again. Please be sure to sign your guest names at the gate before entry. We hope to bring the regular events and functions back soon such as wine tasting, quiz night, etc. Last month 17 new members joined the Club and I would like to introduce two of these to you now.



▲ Dominique Lam

Member Review:

I joined the British Club last October and have enjoyed being a member. I love the big trees, green space and friendly atmosphere. So far, I've mostly been enjoying taking tennis lessons and having meals at the club. I also tried out the snooker table before the latest lockdown, which was great fun! I found it deceptively difficult, so I'll probably stick with tennis for now, otherwise I'll find myself taking snooker lessons too. I'm looking forward to joining the social tennis sessions, once my game is good enough, and meeting other members!



▲ Markson Tang and Alice Nan

Member Review:

It was a pleasure for us to be part of the British Club Bangkok. As we have just moved to Bangkok late last year, we wanted to find a venue for sporting activities as well as to socialise. In our search, we found that the British Club was within 1km from where stay. An internet request was swiftly responded with Khun Ammy, the membership manager, attending to us within 24 hours. We had a swell time at the Christmas party.



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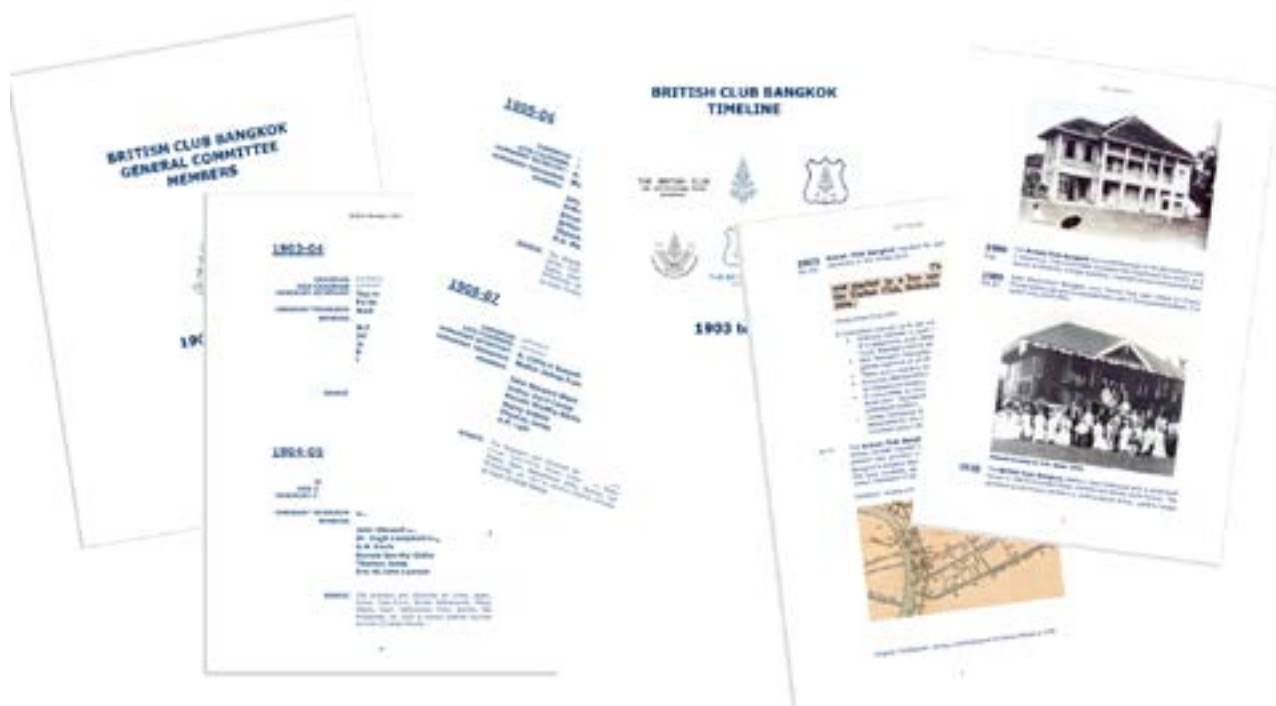
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Historia est vitae magistra

Project Six Month Update ...



▲ *A taste of things past*

General Committees

We have now on record the names of every single committee member 1903 to 2020 (except for the years 1934-35 and 1939-40) and now know all but one of the Honorary Secretaries during that period. Sadly, official records do not show the names of our Chairmen before 1911 or between 1915 to 1919.

Digital Timeline

For the pre-WWII period, our history has been traced from newspapers, historical websites, and other sources. However from 1946, we have nearly complete records thus, at time of press, we have the years 1903 to 1999 complete in first draft format. That is 777 'entries' for the timeline, or 30,300 words, across some 78 pages.

- A.M. Fletcher (Honorary Treasurer 1970-1972)
- C.M. Harding (Honorary Treasurer 1968-1969)
- G.D. Carpenter (Honorary Secretary 1967-1968)
- H.A. Traugott (Club Manager 1968-1976)
- H.B. Littlejohn (Honorary Treasurer 1972-1973)
- M.G. Rudder (Honorary Secretary 1972-1973)
- M.H. Pratt (Honorary Secretary 1968-1969)
- M.P. Cadiz (Honorary Secretary 1971-1972)
- R.H. Hickling (Chairman 1950-1951)

Calling all Senior Members ...

As we come to the sixth month of the Club History project, various "first names of the past" elude us ... do you know the first names of ...

Paul Cheesman

Club Historian

Email: ClubHistorian@britishclubbangkok.org

Phase 2: Poolside Redevelopment Project Update



▲ *Sqaush Court*



▲ *Salvaged timber*



▲ *Asbestos bagged for disposal*

Excellent progress was made on Phase 2 this month. There was a slight hiccup when the hoarding along the tennis courts lurched over, but this was quickly fixed and demolition work began. 1960s asbestos tiles were carefully removed for disposal, ancient timbers were stripped from the roof and every scrap of aluminium, iron and steel were ripped out of the buildings, bundled up and trucked off for scrap.



▲ *Roof removed*



▲ *Original teak pile*

Once everything of value had been removed, a backhoe with crushing jaws was brought on site and it took just a couple of days to take out the old poolside and sala buildings; the crusher claws quickly separating the steel rebar from the concrete debris. The concrete slabs were then broken up and the original pile-heads removed. The original buildings had been built on clusters of teak piles topped with concrete caps.

There were not many Members around due to Covid restrictions but actually noise and inconvenience was minimal ... other than for a zillion cockroaches rudely displaced from the old septic tank! The contract was finished well ahead of schedule enabling the piling contractor to move on to a pristine cleared site a week early on 15th February.

This is a great start. Final details are being negotiated with the main contractor to start work on 1st April. The current target completion date is 1st December, just in time for the 2021 festive season.



▲ *Original pilehead*



▲ *Easy work for the backhoe*



▲ *10. Rebar for recycling*



▲ *All gone*

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3rd APRIL

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RAIDERS OF THE LOST ARK

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Main movie starts at 8.00pm



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British Club Snooker

By Jack Dunford



Snooker has long been played at the British Club. Although the Club lost all its own records during WW2 the Chiang Mai Gymkhana Club has a meeting minute that suggests they purchased a snooker table from the British Club in 1937. The price offered was the princely sum of 600 Ticals (Baht), without accessories, and presumably means that snooker was being played at the British Club at that time and probably much earlier.

What we do know is that two tables were lost or destroyed during the Japanese Army occupation of the Clubhouse and under the terms of war reparations the Thai authorities were obliged to replace them. Two new tables made by Messrs W. Jelks & Son of Holloway, London were imported in 1947 at a cost of £528 5s 6d.

These two tables were once upstairs in the original Silom Room, which was partitioned, in the early 1980s to form the present day much smaller Silom Room and the Club Offices. The tables were then moved downstairs to where the current snooker room and membership office are located.

Snooker was very popular into the 1990s as all the trophies and honours boards attest, the oldest being for the Mabbatt Cup by donated by Charles Mabbatt in his first year as Club Chairman in April 1949. Charles Mabbatt was Chairman for a record 12 years altogether over three terms until 1961.

Probably the most famous player to visit the Club was Steve Davis in February 1982 whilst playing in a tournament in Bangkok after winning the World Championship for the first time the previous year. He actually played cricket for the Bangkok Post team against the British Club



and was a bit grumpy when given out by the British Club umpire. However he gracefully came back to the Club to play some exhibition snooker.

Interest declined in the 1990s. One table was sold in 2007 and the room divided as currently set up. The room has not had much loving care since then and although a few enthusiasts still enjoy a game, it had of late become rather run down, partly being used as a storeroom.

But now the Snooker Room has been refurnished and is open for use again. New felt, cushions, pockets, cue tips, balls and lighting have been installed and the original scoreboard, cue racks and ball box all dating from the same time as the table have been lovingly restored. The paintwork and floor have been re-done, old pictures re-hung and a felt iron and a ball cleaner purchased to keep everything in good shape going forward.

Members may now enjoy a game of Snooker or Billiards in style, surrounded by history and with service from the Churchill Bar available at the press of bell.

Balls can be signed out at Reception at 100 baht for one hour.



Food & Beverage Sub Committee

Hello everyone,

Here is an update for you following our earlier report in the December "Outpost". Under the theme "Back to the Club", our focus has been in the following areas:

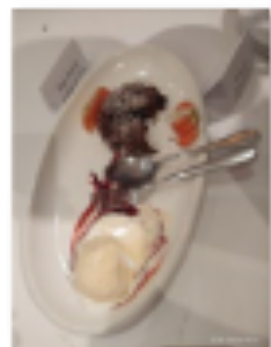
1. To progress the introduction of the promised new menus

Originally the new menus were promised for December but were delayed. We have met several times to exchange and challenge ideas and to inspire the F&B team to deliver new menus to satisfy our extensive and diverse membership. The following points were agreed:

- To offer members more concise menus
- A new/revise menu every 3 months
- The addition of new, largely fresh and healthy dishes, with plant-based options
- A new stand-alone Breakfast menu served between 06.00am to 10.30am
- Introduction of a Late-Night Snack menu offered between 10pm – Midnight.

2. "Too many chefs spoil the Broth", versus "Many hands make light work"?

Wanting to better understand the concept of grain bowls, sometimes referred to as Buddha bowls, the kitchen and service leadership teams welcomed an opportunity to train with Chef David from Honey Bear Bistro. A subsequent food tasting delighted us with exciting, vibrant, and nourishing dishes.



We are confident that members will be delighted with these outcomes, which are planned to commence just as soon as the Club is able to revert to full operations.

3. Challenging Management: significantly increase F&B variety and promotions at the Club

We are delighted with the Club's F&B Team who have risen to this challenge:

- The dazzling Valentine Specials, Pancake Day, Chinese New Year F&B promotions
- The rebranding of the "Happy Hour" promotion including the addition of red and white wines, with table top promotional material to be displayed throughout all Club outlets
- The introduction of "Wines of the Month" promotions
- The continuation of the existing "Specials" such as Business Lunches, Bad Boy Burgers, Flame Fridays, and of course the ever-popular Sunday Roasts
- With more to come each month, commencing with a Chiang Mai Foods promotion.



4. Solve current member complaints:

Following several serious discussions on issues emanating from the kitchen of more than occasional too long food service times and the very occasional instances of cold food being served, Management have recently put the following in place that will, we all hope and believe, completely eliminate these issues:

- Activated an expanded "Live Cooking Station" at Poolside
- Activated an "Alert" process when kitchen delays are advised so that Service Teams can advise members of delay times
- Promoted and empowered two key chefs to deputise for Chef Laak and to oversee food cooking, presentation, quality, temperature, and delivery timeliness
- Continually reinforce the importance of delivery times at all F&B staff meetings
- Importantly, Management to train and encourage service staff to interact more with members in English, actively look to participate in members deliberations on their orders, advise where selected dishes may take additional time to prepare and cook.

Finally, one important way that members can help speed up the Club's recovery from COVID-19, is by holding at the Club any meetings, parties, and events that you may be planning. Anything that you can do to bring functions or events to the Club would be most welcome and appreciated. Please contact Khun Tee or Khun Somboon (somboon@britishclubbangkok.org) to discuss.

As my waistline tells me: Keep eating and drinking – at the Club of course!

Terry Adams

Chair, F&B Sub Committee



1903

THE BRITISH CLUB
BANGKOK

M
A
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2
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2
1

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
7.00am - 10.00am

8

Tennis Men Doubles
Team practice
7.00am - 10.00am

15

Tennis Men Doubles
Team practice
7.00am - 10.00am

22

Tennis Men Doubles
Team practice
7.00am - 10.00pm

29

Tennis Men Doubles
Team practice
7.00am - 10.00pm

2

Yoga
8.30am-9.30am
 Football
7.00pm - 9.00pm

9

Yoga
8.30am-9.30am
 Football
7.00pm - 9.00pm

16

Yoga
8.30am-9.30am
 Football
7.00pm - 9.00pm

23

Yoga
8.30am-9.30am
 Football
7.00pm - 9.00pm


30





Yoga
8.30am-9.30am
 Football
7.00pm - 9.00pm



WED

 **Pilates Classes**
10.30am - 11.30pm
 **Balut**
6.00pm - 8.00pm
 **Tennis mixed-In**
6.00pm - 10.00pm
 **Squash 57 Mix-in**




 **Pilates Classes**
10.30am - 11.30pm
 **Balut**
6.00pm - 8.00pm
 **Tennis mixed-In**
6.00pm - 10.00pm
 **Squash 57 Mix-in**




 **Pilates Classes**
10.30am - 11.30pm
 **Balut**
6.00pm - 8.00pm
 **Tennis mixed-In**
6.00pm - 10.00pm
 **Squash 57 Mix-in**




 **Pilates Classes**
10.30am - 11.30pm
 **Balut**
6.00pm - 8.00pm
 **Tennis mixed-In**
6.00pm - 10.00pm
 **Squash 57 Mix-in**




 **Pilates Classes**
10.30am - 11.30pm
 **Balut**
6.00pm - 8.00pm
 **Tennis mixed-In**
6.00pm - 10.00pm
 **Squash 57 Mix-in**

THU

4  **Yoga**
8.30am - 9.30am
 **Swimming Lesson**
Tony
7.00am - 8.00am
 **Cricket team practice**
6.30pm - 8.30pm



11  **Yoga**
8.30am - 9.30am
 **Swimming Lesson**
Tony
7.00am - 8.00am
 **Cricket team practice**
6.30pm - 8.30pm

18  **Yoga**
8.30am - 9.30am
 **Swimming Lesson**
Tony
7.00am - 8.00am
 **Cricket team practice**
6.30pm - 8.30pm

25  **Yoga**
8.30am - 9.30am
 **Swimming Lesson**
Tony
7.00am - 8.00am
 **Cricket team practice**
6.30pm - 8.30pm

FRI

5  **Tennis Ladies mixed-in**
8.00am - 11.00am
 **Junior tennis**
4.15pm - 6.00pm
 **Senior Cricket**
5.15pm - 6.30pm
 **Tennis mixed-in**
6.00pm - 10.00pm

12  **Tennis Ladies mixed-in**
8.00am - 11.00am
 **Junior tennis**
4.15pm - 6.00pm
 **Senior Cricket**
5.15pm - 6.30pm
 **Tennis mixed-in**
6.00pm - 10.00pm

19  **Tennis Ladies mixed-in**
8.00am - 11.00am
 **Junior tennis**
4.15pm - 6.00pm
 **Senior Cricket**
5.15pm - 6.30pm
 **Tennis mixed-in**
6.00pm - 10.00pm

26  **Tennis Ladies mixed-in**
8.00am - 11.00am
 **Junior tennis**
4.15pm - 6.00pm
 **Senior Cricket**
5.15pm - 6.30pm
 **Tennis mixed-in**
6.00pm - 10.00pm

SAT

6  **Swimming Coaching**
8.00am - 11.00am
 **Yoga**
8.30am - 9.30am
 **Junior Squash coaching**
10.30am - 12.00pm
 **Cricket team practice**
2.00pm - 5.00pm
 **Squash Mixed-in**
2.15pm - 6.45pm

13  **Swimming Coaching**
8.00am - 11.00am
 **Yoga**
8.30am - 9.30am
 **Junior Squash coaching**
10.30am - 12.00pm
 **Cricket team practice**
2.00pm - 5.00pm
 **Squash Mixed-in**
2.15pm - 6.45pm

20  **Swimming Coaching**
8.00am - 11.00am
 **Yoga**
8.30am - 9.30am
 **Junior Squash coaching**
10.30am - 12.00pm
 **Cricket team practice**
2.00pm - 5.00pm
 **Squash Mixed-in**
2.15pm - 6.45pm

27  **Swimming Coaching**
8.00am - 11.00am
 **Yoga**
8.30am - 9.30am
 **Junior Squash coaching**
10.30am - 12.00pm
 **Cricket team practice**
2.00pm - 5.00pm
 **Squash Mixed-in**
2.15pm - 6.45pm

Tennis



Graham Johnston



▲ Andrei - Div 1 Champ



▲ Dan - Div 2 Champ



▲ Andrey - Div 3 Champ



▲ Anjelica - Div 4 Champ



▲ Arkady Div 5 Champ



▲ Koji Div 6 Champ



▲ Leen - Div 7 Champ

Dear Ralliers & Volleyers

Let me first wish you a 'Happy Healthy, Happy Lucky Lunar New Year'. 🍀

In this month's edition we congratulate our 2020 League Series 3 winners, preview our 2021 British Club Bangkok Tennis Section Championships Singles events, and wish 'farewell but not goodbye' to one of our tennis section stalwarts of recent years.

The Head-to-Toe League Series 3 was completed at the turn of the year but the paperwork may have been destroyed in an alleged fire. From memory the winners were Div 1 Andrei, Div 2 Dan, Div 3 Andrey, Div 4 Anjelica, Div 5 Arkady, Div 6 Koji, Div 7 Leen. Well done all and thanks to Raquel at Head-to-Toe salon for her continued support!

February 5th, a little later than usual, saw the opening match of the 2021 British Club Bangkok Tennis Section Championships with Karoline

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▲ Karoline Kreyberg & Raquel Opening the Championships



▲ The other Dominic Tem-1

Kreyberg and Raq-a-ttack Evans cutting the ribbon to officially get the Championships rolling. Despite giving away the height advantage, Raquel squeezed into the next round where she will face the ever-improving Nat 'the jackal' Theangtrong in a potential banana skin QF. Book your tickets early! Mooky of course remains the favourite for this event but no one should write off Rhea from giving her a run for her money should both make it through to finals day on April 3rd.

that match will be rewarded with a likely QF encounter with this year's No.2 Seed Christian 'the professor' Roland. With last year's finalists Pierre and Cheer taking a break from singles this year due to domestic and professional commitments, the door has opened for a new name to be engraved on the trophy with Andrei Ivanov and Christian the leading contenders for the crown. It should make for interesting viewing though we will look forward to Pierre and Cheer returning to the fray in 2022!

Just as the Championships got underway we had to say 'farewell but not goodbye' to Mr. Nick Lyon who repatriated himself back to blighty for winter ... Nick has been a vital cog in the tennis section engine over the last few years and will be greatly missed until he returns to write another chapter and to share the rules of the midweek American Doubles Tournament!! 😊

Tennis Section members are invited and encouraged to follow the Club Championships match previews and results at our 'private' facebook group at 'British Club Bangkok Tennis Section'. Search for the group and send a request to join.



▲ Dominic Tem

The following morning the first of the Men's Singles matches was played with James '4-ever' Young facing 'Dominique' Tem in a match where James informed me that he was giving away more years than I had experienced on earth. Despite heavy support from the grandstand youth gave way to experience but not before Tem had served an ace to hold serve and smashed a few power returns past the Young(ish) net rusher. James will face Philip Mock in R2 which I am somewhat reliably informed will be played on the 20th anniversary of their first Club Championships encounter! The winner of



▲ 'farewell but not goodbye'

Enjoy your tennis

Graham



SQUASHY BITS

Don Johnson 2021 (Club Championships)

Big news in the squash section this month is the imminent start of the Don Johnson Cup. For anyone outside the squash committee, it's the name given for the annual in-house squash competition.



▲ Cup, Plate, and Bowl!

I might as well call the winners of each of the three segregated competitions now and save everyone the hassle of playing at times convenient to their opponents. We have the Cup, Plate and Bowl. The difference in quality in the top ten players and the rest, means the squash committee don't even have to try to rig the rankings or format, but alas, we have.

Original formats of the competition saw me seeded against Nanu, which would have meant me going out in the first round, and dropping out into the mediocre world of the plate. Quite simply, this couldn't be allowed to happen so the guy organising the whole thing, is a close mate, so he's changed the format of the competition. I will now have to play three games before dropping out of the proper competition, and into mediocre land of the Plate. Sad to say I might not even win that, so I will be looking for ways through the committee, so the title of best mediocre squash player 2021, comes right into my hands. If the Plate is mediocre, don't get me started on how embarrassing it will be for Henry or Robin to win the bowl.



▲ Squash minion hotline

Speaking of Robin, there needs to be some public shaming. Robin is a very charismatic, CEO of a well-known insurance company in Bangkok. Unfortunately for him, it's been let slip that in order to arrange a game of squash, you cannot possibly do it like everyone else does. No no no... Robin has a Personal Assistant (PA). Robin's PA tells the average squash minion at what time and what day her master is available, whether pollution levels are to his liking, and how sore his hamstring is. Fortunately, I'm miles better than him and would never have to go through this procedure, which is pretty fortunate. I'm thinking we all club together and do an inverse wall street bets, shorting said company's stock for our pleasure. In retrospect, this would work against me as a shareholder of said company, so I'm thinking I donate one share to each member of the section so we can all turn up at his annual meetings and make it very awkward! All tongue in cheek, Robin's a top lad, and a bang average squash player; congrats on your Bowl title 2021 in a gripping final against Marv. Side point he did agree through Evans to sponsor the advertising which has yet to materialise??

I'm looking forward to the excuses and tantrums in this year's festivities. I honestly don't know why we are bothering. Nanu doesn't drop a point in the whole competition, the drawer will be rigged so it's a Rob/Nanu final, Sayer will drop out after the Cup competition, Rit will win the Plate if I don't intervene and put him against Wayne in the semis. Bowl... literally no one cares, and it's twenty minutes of awkward silence, watching the worst squash known to mankind, to sit through.

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▲ *Good Aussie Bloke*

Some days I dream what it would be like to be crowned BC best squash player. Every month that goes by, there seems to be another ridiculously good player join our ranks. This month, we welcome Luke to our weird little world. I've yet to meet him, but have been informed he's a nice guy, all be it, he's Aussie. I think I need to put in motion a cap on our Australian friends within the section. They have infiltrated their way all the way to Chairman and now one of the best players. Ashes are coming up and we need to control things.

By time of publication, the competition will be well under way. Everyone will have to wait to next month's edition to see who wins what, but in fairness, we already know! Nick. R

▲ *The bigger the better!*▲ *Shattering glass*

Monthly Squash Tip (Body Slamming).

This month's squash tip is provided by Robin S.

"Slamming your body against a glass wall may seem dangerous, reckless, irresponsible, and prone to insurance claims for bodily injury and property damage. I however don't see any issue. From a young age I developed certain skills from playing rugby where I would slam my body against anything that moved. Later in years I would apply these skills that I learned on the rugby pitch to the squash court. When you are caught off guard and the ball is placed deep into the back of the court, I recommend you chase the ball by sprinting as fast as you can until you reach the back-wall. Then lift your feet off the ground with a single giant leap and with full thrust and force throw your weight against the glass back-wall while rotating your body and aimlessly and desperately swinging your racket in a single motion. If you experience trembling walls, loosening of the wall fastening bolts, hear gasps and shrills from spectators, or the glass wall shatters into a million pieces, then you know you are doing the technique correctly. I especially recommend this squash tip for players with a larger body mass index. You won't see this technique in the professional world of squash. Typically players are taught to keep a distance from the back-wall, prepare their racket, point their feet to the side-wall, and patiently let the ball bounce off the wall before taking a controlled swing. This is certainly a more practical and efficient approach, but is not necessary if you have unlimited liability insurance coverage with a reputable insurance company. If you have any questions or require insurance, please contact my personal assistant who will be happy to schedule a meeting at my convenience to explain this squash tip in more detail."



Ben Eastwell

Back to Business

This edition of outpost would usually be reserved for the Chiang Mai tour, undoubtedly reporting on BC retaining the Dick Wood Trophy after an epic win in the 2020 encounter after a decade of waiting. But, due to ongoing travel restrictions and what-not, the club was forced to postpone the event until what will hopefully be in March. The league's continuation has been announced and BC can look forward to a busy cricketing calendar over the next few months.

After a frustrating few weeks of being restricted to nets training and watching cricket on TV, the section managed to pull together another fireball doubles competition on the multi-purpose court at BC - an indoor rules style showdown where plenty of competitive spirit was on display between club members.

Hardballs

BC V BCC friendly @ Boweja 6th Feb

A friendly match against BCC came at a good time before the league continued, with a return to the 'theatre of dreams' that is Boweja cricket ground. A good opportunity to familiarise with match conditions again, BC were put into bowl first in the 25-over match.

Mo (2 overs, 0-14) on debut took the new ball alongside BC veteran, Dilip (2 overs, 0-15), faced with an attacking pair who capitalised on an early drop in the first over. A wicketless spell preceded an expensive over from the skipper as BCC were looking in good touch with 48 on the board after just 5 overs. Then a spell from BC's seasoned seaming duo pulled the run rate down to the tune of 1 wicket, Denz

and Pramodh both seeing results from their weight loss campaigns before a calamitous over from Ed (2 overs, 2-19) produced 2 in 2 and Ben redeemed himself with a catch off Rahul's bowling (3 overs, 1-13) on the stroke of drinks - BCC 110-4 at the interval.

Tasked with further stemming the flow of runs after the break, Denzyl took his turn to try out for a hat-trick on his way to season best figures (5 overs, 4-24) as BC piled on the pressure to the lower order. Dale (2 overs, 1-13) produced the 8th wicket aided by the safe hands of Pramodh (4.2 overs, 2-24), who picked up his 4th grab of the match before making a mess of the stumps in ripping through the tail to leave BCC all out for 161.



▲ This time last year



▲ Doubles 30Jan

SPORTS



▲ Jon on his way to 58



▲ 173 runs in 1 picture



▲ Pitch invasions

With the top order making just 13 between them, Rahul (41) and Ben (42) steadied the ship with a 71 partnership, before Pramodh finished the job with a quick 33* to secure the 6-wicket win, with 10 balls to spare. A healthy fines session followed as cricket was very much welcomed back – spirits high going into the league fixture the following week.

BC V Superboys BCL B Division @ Boweja 14th Feb

In the 4th game of BC's league campaign against Superboys, the real highs and lows of cricket were on display as the spirited side failed to defend a big total to get their first points on the board.

After electing to bat first on the fast outfield for the early morning session, Mak (6) fell early after picking out the fielder in the deep in the second over. Jon (58) found

some form to produce a sublime knock alongside Denzyl who contributed to a solid 79 partnership which ended when he was stumped mowing one across the line, but not before he entertained the crowd with 4 consecutive boundaries. Dale (40) entered the crease with a healthy foundation set and a license to accelerate – not disappointing with an aggressive 40 in just 27 balls, featuring 3 trademark sixes before another useful contribution from Rahul (35) closed the innings out on 217-6 – BC's highest total for the season.

Tasked with defending an above par score, Denzyl's maiden in the first and a lively fielding performance set the tone for the session. But the openers pitched tents and capitalised on a few costly drops from positions which should have been snapped up. Wicketless at the drinks break, BC came back out motivated to get back on top of

the opposition, who still needed 9+ runs per over. Back into the attack, Denzyl (5 overs, 2-37) produced a magical over with 2 in 2, before Jon took advantage of a wandering batsman to sneak a stumping. Despite the excitement – the opposition opener was very much in and keeping the game alive for his team. Taking advantage of some wayward bowling and a tiring field, he eventually completed the epic chase for his team with 5 balls to spare, finishing on an impressive 130* and leaving BC with plenty to think about going into the next game.



▲ That catch that nearly wasn't



▲ Oops



▲ Pramodh's innings



British Club Golf

January Golf

Having five weekends in January allowed us to fit in three games this month; our three clubs and a putter event on the 10th (see last month's magazine for the match report) a Stableford event on the 24th, and the monthly Medal on the 31st.



Our first Stableford of 2021 was played at Royal Lakeside, for which we had a good field of 23. With its wide fairways one would think it one of the easier courses we play, but as the name indicates there is plenty of water, and as all golfers know golf balls have a magnetic affinity to water. Still, some fine golf was played, not least by our winner, Martin Weber, with an excellent total of 42 points. No problems with the water for Martin. Runners up were Nina Jaruthavee with 39 points and Ian Brewis on 35, both of who's scores have been good enough to



win in previous Stablefords. Hard luck to both to have come up against a really on form Martin.



We also welcomed three new members to the BCGS – Andy Stray, Peter Lucas and Gareth Knight.

The medal, first round of our annual eclectic, was as always played at Royal Golf & Country Club Lat Krabang. Flight A winner with a nett 71 was Karen Holloway



and flight B winner Deepa Nightingale on nett 72. That's a win for Deepa on her first time out since getting her BCGS handicap. Congratulations to both!

As seen at Royal Lakeside



Many of us have trouble playing out of bunkers, but setting up camp in one seems a bit extreme

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February's stableford took place at Krung Kavee, a course we seldom visit more than once a year. Most holes seem to have water running down the side of the fairway somewhere, which puts a premium on hitting the ball straight. If you do hit the ball straight though, you can score well, as the course is not so long (particularly off the yellow tees which is where we were playing from). We had a high turnout, 30 players in all, with an encouraging six new members of the golf group, and this prompted the committee to divide the competition into two flights, unusual for our Stableford competitions. A pleasant day saw some good scoring.



▲ *Peter Lucas winner of Group A*

In flight A, three players were tied on 38 points, Randall Coleman, John Bell, and Peter Lucas. Peter won on countback. Congratulations to Peter and hard luck to the others.

In flight B, David Burton came third on 35 points, a recently-escaped-from-quarantine James Lawden second on 40 points, but he was pipped by Neil Davis, the captain himself, on 41 points.



▲ *Neil Davis, winner of Group B receiving his bottle of wine from the Treasurer, David Burton*

With the end of his captaincy in sight, the captain took the opportunity of Valentine's Day to present the lady players with small boxes of chocolate; This prompted the treasurer to ponder (not very loudly) whether (1) such an extravagant use of club funds had been properly authorized by the committee and (2) this was discriminatory and therefore illegal. We think a case of the captain becoming demob happy.



▲ *Five of our six new members with the Captain. Chutikan Butme, Becky Adderley, David Marsh, Olivier Tuech and Charles Marques.*

The missing new member was Bally Gudail



Karen Dawber

Pilates

- Breathing through the mouth.
- Inhaling more forcefully than we exhale.
- Shallow breathing only into the upper rib cage.
- Reciprocal inhibited breathing, where our diaphragm rises up on an inhale instead of falling on the inhale.
- Holding our breath.

“Breathing is the first act of life, and the last. Our very life depends on it...Therefore above all, learn how to breathe correctly.”
Joseph Pilates

We rarely pause to consider the way we are breathing. Without thinking the average person takes 17,000 breaths per day, drawing in 13 pints of air every minute and exhaling roughly 420ml of water a day. Our lungs are a complex network of tubes leading to tiny sacs called alveoli, across the surface of which essential gas exchange occurs. Hugely intricate, the lungs have the surface area of alveoli to cover approximately the size of a tennis court and they are the biggest waste removal engine of the body.

We have been breathing since the moment we were born so we might all reasonably think we are pros at it. However there are a number of common breathing habits that many of us may have and not even realise:



So what can be the triggers of these bad habits and how can we overcome them?

Well, breathing is primarily a function of the autonomic nervous system and does not require conscious thought, the same as digesting food or blinking. (However, it is possible for us to also consciously control it through the central nervous system, making it a pretty unique function of the body). The autonomic nervous system which is responsible for controlling our passive breathing is made up of the enteric (digestive), the sympathetic and the parasympathetic systems.

The sympathetic nervous system is our fight or flight response system; it activates our 'superhero' powers that prepare the body to avoid conflict or danger, helping us cope with and rise to many challenges. As part of this response it speeds up our heart rate and breathing, making it become shallower. Whilst the parasympathetic nervous system is like a parachute which gently lowers us to the ground, it stimulates the rest and digest functions. It slows our breathing and heart rate. Ordinarily these

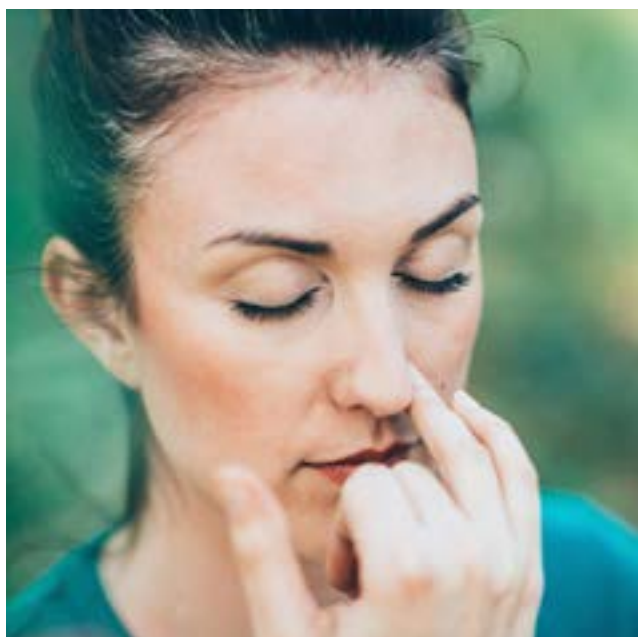
SPORTS

systems work together (sympathovagal balance) we should alternate between the sympathetic (stress response) and the parasympathetic (relaxation response) nervous systems every 1-4 hours.

But problems occur because we can often get jammed in our sympathetic nervous system and its stress response due to the continuous demands of modern life such as money problems, traffic jams, relationship problems, work issues and of course the current pandemic. This causes a spike in cortisol and other stress hormones which when stimulated too frequently can raise blood pressure, accelerate the onset of heart disease, cause chronic fatigue, depression and the suppression of the immune system thus increasing our susceptibility to other illnesses. Additionally when we are stuck in the sympathetic nervous system even reactions to small stimuli may also become exaggerated, small stresses become anxiety and little allergic reactions may become hives or rashes. Our breathing habits can be an indicator of this over stimulation.

We cannot avoid all stress in our lives and nor do we want to, some stress is positive, but we do need to learn to develop healthier ways to respond to stress and to stimulate our parasympathetic nervous system response more frequently. One way is to use the power of our breath.

Our breath is an indicator of our mood and our mood is an indicator of our breath. Or put another way our mood influences our breathing and conversely our breathing can influence our mood. So consciously using our breath, slowing it down and breathing more deeply into the abdomen is one way to deliberately stimulate our autonomic nervous system to activate the parasympathetic relaxation responses slowing the heartbeat and stabilising blood pressure.



There are many ways to do this in fact every relaxation, calming or meditation technique uses the common denominator of breathwork. One of the 8 ancient limbs of yoga is pranayama (breathwork) and moderate mindful exercises like Tai Chi or Pilates can help reduce stress and train the sympathetic nervous system not to become overactive.

Start practising breathwork today so that you may reap its benefits of hacking into the relaxation responses of the parasympathetic nervous system and decreasing the negative influences of an overactive sympathetic nervous system. The benefits are both physical and mental for both adults and children.

The simplest first step is to find a quiet corner, sit comfortably or lie down and just take note of how you breathe. Then try to inhale fully through your nose drawing the air all the way down into your abdomen, feeling the chest and belly rise, then exhale slowly through your mouth. Try to count and make your exhale longer than your inhale. Inhaling to a count of 4 and exhaling to a count of 6. Once you have mastered this you can explore the many other breathwork techniques such as alternate nostril breathing, box breathing and breath of fire.

Pause today, breath for enjoyment, to calm down and most importantly for your health.

"When the breath becomes agitated, the mind follows. When we regulate the breath, the mind will become more clear and calm" Inside the Yoga Sutras

365 : The name given to a common technique recommended by therapists to counter accumulated stress: at least three times a day, breathe six times per minute (inhaling for five seconds and exhaling for five seconds each time) for five minutes. Repeat all 365 days of the year.



PITSTOP *for* **BALANCE**



Three in One

The British Club celebrated three special events on Sunday 14th . Chinese New Year lunch with Dim Sum in the Verandah , Pancake Day on the Back Lawn and Valentine's Day dinner again in the Verandah. These were the first events since the second Covid-19 outbreak, the Dim Sum and Pancake Day events proving very popular although but Romance must wait it seems until the alcohol ban is lifted!







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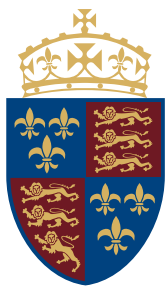
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