

MAY 2021



THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

OUTPOST

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Front Cover

The skyline of Bangkok as the city continues to stay strong and tackle the current outbreak of covid-19

This Month

Phase 2 still going on schedule, the tennis championship impress, easter day and wine tasting events sell out, the clubs 118th birthday rescheduled, a new GC take control with a new chairman

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OUTPOST is the monthly magazine of **THE BRITISH CLUB BANGKOK**, the social sports and cultural centre for the English-speaking community in Bangkok. A full version of the magazine is also available online at www.britishclubbangkok.org **Design & Published - The British Club Bangkok**
Opinions expressed do not necessarily represent those of the Club. All events, dates and times are correct at the time of press.
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Chairman's Message



James Crossley-Smith

I begin by saying how pleased and honoured I am to be the Chairman of the British Club Bangkok. A wonderful Club! Thank you to all those who have supported my appointment and taken time to welcome me as Chairman and offered their congratulations. I am very appreciative. I was voted in at the AGM on the 23rd March and I thank all those who attended the meeting. I also thank Jack Dunford for his best wishes and the considerable work he has done for the Club over the last 5 years. Looking to the year ahead we have a great team of competent officers and committee members and I look forward to working with them.

The Club is in a good place. Thanks to you the Members but also the efforts over the years to preserve and invest in what is a bit of history in the heart of the City. Even though we are sadly saying good bye to Members whose livelihoods are affected by Covid-19, others are joining because of what the Club can offer, even in these restricted times, and because the Club is more visible in the digital age. The Membership numbers continue at record highs.

We are all looking forward to the completion of Phase 2 (P2) of the poolside redevelopment. P2 completion will be a step change in the Club facilities with a fitness centre, massage rooms, sports bar, a new Surawong sala and new changing rooms. Currently the building program is slightly ahead of schedule

and we hope that can continue through the wet season. Please see the update in the P2 pages further into the magazine.

I spent a very happy Christmas in the UK with my daughters and my parents. We had a fantastic snowy New Year but as we all know the price of venturing outside Thailand is 2 weeks in quarantine on your return. Although the process of returning is quite stressful, quarantine itself is nothing to be scared of. With some positive thinking there are many things you can do. It is a matter of changing your approach and thinking. The analogy for the Club is that even when there are restrictions there are always different ways you can use the Club and it is just a matter of a little research and your approach. I hope we can broaden the reporting in this magazine to make that a little easier.



▲ Taxi driver PPE – The stressful return to Thailand

As I write this in early April, it seems inevitable that the uptick in Covid-19 cases will bring a return to these restrictions and I expect this is to be a continuous theme of 2021 until a vaccination program is well under way. It is obvious that businesses and especially schools have to be cautious to safeguard against outbreaks. This is also true for the Club. We prioritise the staff and Members safety as well as a desire to minimize interruptions to the Members enjoyment of the Club. This is a balancing act and I apologise if you feel we have not hit the right balance. We have to make decisions and we appreciate your understanding, patience and support.

I am aware that service levels have not met expectations recently. The variations between weekend business and weekday business is difficult to manage in itself but added to this we have seen surges in demand when opening up after restrictions. The surge subsides in the ensuing weeks but the operational issues this creates have caught the team out. Added to this, the P2 construction has reduced the operational flexibility. The team have responded well and I hope that through the next rounds of stop and start we have built our experience in dealing better with the demand.

My involvement with the general committee and now as Chairman has brought me back into sport at the Club. I have had some quiet years on the sporting front although I have been socially involved with rugby union outside the Club for the last 10 years or more. The last time the Club put a team together was

in 2011 when entered a British Club team in the Bangkok International Rugby Tens. Recently it was heartening to see a specially formed "BCB Legends" team having a run out as a great collection of rugby old boys from the pink and black days, but unfortunately there has not been a Rugby Section at the Club since mid 2000's. Similarly we are without a football team although our Deputy GM, Tee, is trying to put some football teams together this year. If anyone would like to lead or form a football or rugby team or any other sports team, currently without a section at the Club, please contact Tee or myself. It was great to see that Volley Ball has recently been played at the Club.

In the next pages there are reports from the Tennis, Squash, Golf and Cricket Sections. These are all great sports sections and I encourage you to join in, if you are not already involved. The benefit of the heat we endure daily in Thailand is that it is sympathetic on our joints and bones and even with all my injuries I can still participate. This would not be without a lot of pain if I was in the cold and damp of the UK. Please make the most of the opportunities the Club offers.

The origins of the Cups and Trophies



▲ Verandah – The Verandah as it is

that the sport and social sections have competed for at the Club is an important part of the Club's history. Paul Cheesman has done a magnificent job of building the Club Timeline – a History of the British Club Bangkok from 1903 to 2020 and is looking for information on many of the Cups and Trophies. Please see Paul's article in the following pages. Our thanks and appreciation go to Paul for his incredible research and compilation of the Timeline which can be found on the Clubs website. It is a very interesting read.

We are very keen to redecorate / rebuild / relaunch the Verandah.

Plans are in place and around the time this is published we will be ready to start. The renovation will take about 6 weeks so we expect the Verandah to be out of action for May and the first half of June. Apologies for the inconvenience. The refit is long overdue and will give the Club impetus and opportunities to step up the restaurant experience. I am sure this work will be the spur for some long overdue TLC for the Clubhouse interior.

Thank you for the exciting opportunity to be Chairman and I very much look forward to seeing you at the Club.



▲ Cups and trophies cabinet – Cups and Trophies



▲ Clubhouse – TLC on the way



Investment Holding Methods

By Martin Wright, The Fry Group

In what can be a confusing (and sometimes treacherous) landscape, Martin Wright, Senior Financial Planner at The Fry Group outlines investment options for British expats looking outside cash.

STOCKBROKING ACCOUNT

Stockbroking is typically offered by well-established companies advertising their services in print and online. Most countries have options although there are some major global providers who allow accounts to be opened without some of the frequent country-specific problems.

This option is a cost-efficient approach to investment, usually allowing access to any listed investment instruments on the main exchanges worldwide. The standard service provides accounts on an execution only basis, so no advice is offered, and you only have access to an account to purchase investments through.

GENERAL INVESTMENT ACCOUNT

A general investment account offers access to investment funds, and some direct securities (this is company specific). Typically, this is a common method of individual investing in the UK.

Some international providers allow accounts to be established by Thailand residents (on a case-by-case basis). A limited number of UK account providers also allow this. It's a competitive marketplace currently, so these accounts are generally cost efficient with the standard annual product charge typically less than 0.5% per annum.

As they are mostly used by advisory companies general investment accounts aren't frequently employed for execution only investment.

OFFSHORE LIFE ASSURANCE INVESTMENT BOND

This method is used regularly by "offshore" advisers, normally allowing investment in the main currencies and listed investments through most dealing exchanges.

For non-UK residents the more complicated taxation structure isn't applicable. However, for UK residents they are a tax deferral vehicle, but may have a tax liability after a certain period of time of withdrawing value, or at specific events.

Whilst this approach can offer flexibility, the range of charges can be prohibitive, with significant surrender penalties if you choose to close early.

They can be useful for estate planning as a few providers have their own trust companies providing off-the-shelf arrangements with little or no cost. As corporate trustees there's also a higher likelihood they'll remain in place for the life of the arrangement.

DISCRETIONARY PORTFOLIO MANAGEMENT

Historically these options are used by institutional investors, high-net worth individuals or charities. Whilst most larger global asset management companies still have high minimum investment levels (\$1 million typically) there are some that offer lower levels, from \$500,000.

Discretionary management means the portfolio is controlled without consulting you on investment decisions, with changes based on factors agreed with you at the outset. They're usually cost efficient and available in most of the main currencies, although some have country specific criteria.

Choosing the right investment approach is important in what can be a confusing landscape. Seeking professional advice is vital to help ensure that you make the right choice for your personal circumstances.



Martin Wright
Senior Financial Planner
The Fry Group (Singapore)

Webinar:

Retirement Planning/Pension Income, Investment Holding Methods, and Market Update

SPEAKERS

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

Max White
Director, Schroders Wealth Management

DATE

Thursday, 27th May 2021
6.30pm – 7.30pm

RSVP

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- Investment market update

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- The main differences and features of the numerous investment accounts available on the market
- What is happening in the investment markets and what the 2nd half of 2021 may look like

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

The Fry Group (Singapore)
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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 "

The Club has just turned 118-year-old, unfortunately we were unable to host our celebrations last month due to the covid-19 restrictions, however we will be celebrating on Saturday 29th May with a joint event the Clubs Birthday and wine tasting. The week running up the event will see a series of special food and beverage menus all priced at 118-baht, Club signature food dishes and British ales all included, along with a free raffle ticket for the lucky draw on the 29th when buying any items from the special birthday menus, so lots to look forward to in the coming weeks.

Our BC BEE's kids club had grown from strength to strength prior to the recent restrictions at the end of last month, a big thank you to Nadia and Pique who have organized some great sessions for the little ones, we have seen the attendee numbers going up each week and the last



weekend was totally full, we look forward to re-launching these in May and suggest that you do sign your children up either in the morning or in the week days so that they don't miss out when the sessions are full. The Shrewsbury Stars kids club will now take place once a month, this will normally be the first Sunday of each month, the new format will have a different head of department teacher run the kids club on alternative months and feature session from their specialized subjects. We will announce the full schedule soon, but I can tell you it includes Arts, Science, Music, PE and many more, this is a very special and exclusive chance for your little ones to take part in a member's free experience with some of the best heads of department international teachers in Thailand don't miss out.

We have recently started a running section to the Club, the signup has been steady, and we are gaining numbers now, the plan is to attend local domestic fun run meets for

5km 10km and 21km, we attend as a club team and take part in our respective distances with our club running shirts. We train individually but share our runs and workouts both on Strava and the British Club Line Running Group. If you enjoy walking jogging or running and would like to join, please contact Khun Amant at the sports desk amnat@britishclub-bangkok.org

We are happy to have introduced a new IPA to the club draught beer selection, for those that like a great IPA beer please give Chatri a try, its locally brewed from Phuket from our friend in Brewhouse and we are sure you will enjoy.

Covid-19 will certainly be playing a part in our life for the coming months, and we really need your cooperation in staying safe around the club, please wear your mask when moving around the Club and remember to sanitize your hands after touching surfaces, this is for your safety as much as it is for others.

Have a great month of May and I look forward to seeing you at the Club






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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



▲ Donato Colucci



▲ Michael and Clare, Marcus, Patrick and Alexander



▲ Anita and Luke, Frankie and Vivienne



▲ Rishu and Preeti, Meera and Mishka



▲ Hanisha and Saurabh, Kavish and Kavin



▲ John and Hein, Tor and Imogen



▲ Matthew, Orawee and Hadrian

REPORTINGS

Membership Department



Ammy Aphinya

Dear Members, we were pleased to welcome 19 new memberships last month. A big thank you to all the members that introduced me to your friends on our easter day event, we now have many new potential members and once they join the member get member deal will be coming your way. The membership team is happy to announce once again we have partnered up with Ramayana Water Park to give all our members a 50% discount when they visit, this is an exclusive deal only for our British Club Members, simply scan the QR code on the advert. It's my pleasure to now introduce below two new families to the club.



▲ Paul and Connie



▲ Carl and Kathryn, Eleanor and Annabelle

Member Review:

It has been only one month since we joined The British Club, we truly have found our home away from home!

We do enjoy the comfort of playing tennis at the club as well as getting to know more people with same interests.

This is definitely a place to engage, get energized and create friendships!

Member Review:

We joined the British Club at the end of March and have very much enjoyed our time spent at the club so far. Thanks to Ammy, we were well informed about the sports and social events on offer and we look forward to meeting other members at upcoming sporting and social events. Carl looks forward to getting involved with the Cricket club and Kathryn has already been warmly welcomed to the Tennis club. Both are also interested in playing golf and perhaps some squash. Eleanor and Annabelle are also excited to be members and are keen to make new friends and get involved in kids sports, especially cricket, squash and tennis, as well as visiting the Nelson Hays Library.

Phase 2: Poolside Redevelopment Project Update

: by Jack Dunford



▲ Excavation of pile caps begins

As expected the P2 piling was very noisy but mercifully it took only just over 4 weeks and the last pile was driven well ahead of schedule on 19th March. Weapons Decoration Co Ltd signed a contract for the main construction the same day and set up their works office in the Surawongse Road driveway.

Since then it has been mostly a story about holes in the ground. Work began cleaning up the site on 22nd March, and then excavation began to cut off the tops of the piles prior to building the pile caps. According to the Project Manger's Weekly Report these were then seismically tested to verify that they had been constructed to the required standard and happily those members of the Sub-committee who said they understood what this was all about confirmed that all was well.

The task then was to build the pile caps, big blocks of concrete that sit on top of the piles, the foundation for

the building columns, and the base for the beams and concrete slabs that make the floors.

Reinforcing cages and steel plates were delivered to site and work commenced building steel formwork around the pile caps. The geometry of the site necessitated this being done in two stages, the long leg of the L shape along the AIA building first, the shorter leg along the tennis courts to be completed after the first leg is finished.

Formwork for the 16 pile caps along the AIA boundary was complete by 11th April and the next day a convoy of about 40 concrete trucks delivered a constant supply of concrete, which was pumped, into the site from the driveway.

The whole operation took about half a day and the workers left for a well-earned Songkran break. After



▲ Site surveying



▲ Concrete Convoy



▲ Pumping concrete to pile caps



▲ Pile caps waiting to be broken out



▲ During concrete pouring

three days they will return to finish the shorter second leg. There have already been some heavy storms that have not affected progress and hopefully all the essential below-groundwork will be complete before the serious stuff arrives, which usually happens at the beginning of May.

As always please remember there is a time lapse camera on site which you can view on the home page of the Club website under Club Development and there are detailed Project Manager weekly and monthly reports in the Members Section with many more pictures and detailed information.



▲ Reinforcing and formwork for pile caps



▲ Completed pile cap

Sixty minutes & fifty-two seconds



▲ Registration



▲ The AGM in full swing.

COVID-19 RESTRICTIONS meant that for the second year running the Annual General Meeting was held in a marquee on the All-Weather Court and luckily, we did not have to test if it was waterproof.

SIXTY members attended the meeting including eight of the General Committee – one was stuck at work and the other stuck in Australia. Our Scrutineers for the evening were ‘five-time Club Cricket Captain and twice Honorary Treasurer’ Dale Lamb and a new Member (welcome) Gareth Winters. Dr. Christian Reeve, a past Scrutineer, was in the wings on stand-by but in the end not a single card vote was taken!

As the quorum was announced, the Chairman, Jack Dunford MBE, sought nominations from the floor for the General Committee. There were already ten proposed and seconded candidates and their being no-one standing from the floor, these were, at the appropriate agenda item, formally elected uncontested.

As the Chairman opened the meeting with “AGMs are not everyone's cup of tea” let us say that this AGM was more like a tea bag ... all wrapped up and quickly disposed of. There was the usual statutory business, the election of the General Committee as mentioned and then Any Other Business ... lots of thanks, another

question on the accounts, a mention of the hope of an out-of-town cricket ground in the future and the aspiration of accommodation on-site.

The meeting ended with a series of ‘thanks’ from the Chairman, who having served five consecutive years in the role must stand down under Article 7 (a) of the Constitution. The Transcript and the Draft Minutes of the AGM are available from the General Manager but for the record the shortest AGM known was in 2002 being 32 minutes in length.

After the meeting, the newly elected General Committee elected its officers and those serving this year are:



▲ the after-party



▲ General Committee 2021-2022 (save David Bell and James Short ... both of whom apologized for absence.

General Committee 2021-2022:

CHAIRMAN: James Crossley-Smith

VICE CHAIRMAN: Mark Buchanan

HONORARY SECRETARY: Paul Cheesman

HONORARY TREASURER: Brian Brook

MEMBERS:

Terry Adams, David Bell, Robert Lockhart, James Short, Nathan Thomas and David Viccars

Paul Cheesman
Honorary Secretary



▲ The Scrutineers ... Mr. Lamb and Mr. Winters.



▲ the after-party



▲ the after-party



▲ the after-party



TIME IS ON THE MOVE ...

On 2nd April 2021, Club Chairman, James Crossley-Smith, launched the Club's Digital Timeline on the Club's website so that Members can begin to appreciate our 118-year tale and it does not stop there!

As well as some solid feedback a tonne of new material has been 'remembered' by Members and Club Sections, so the Timeline continues to grow. At the time of launch there were about 1405 entries – as this article goes to bed it has reached 1450 ... and still climbing.

Some Snippets ...

The plan for the rest of 2021 is to continue to research, follow-up Sections and add a revised edition on the website each last day of each month. In addition, this edition of Outpost contains a short "sideways look" at our Club's history as teaser for a new series of 'Past Participle' which is planned to start in June 2021.

CAN YOU HELP?

We are looking for the history or first time played of these trophies, some of which are missing from the cupboards ...

Golf

- The Astral Cup
- Grand Slammer
- *Bernie's Bowl
- *Patrick Wyndaler Trophy

Tennis

- The Bobbee Cup

HAVE A STORY?

If you have an interesting short tale or picture, please send to the Honorary Secretary with the date of incident and any relevant evidence.

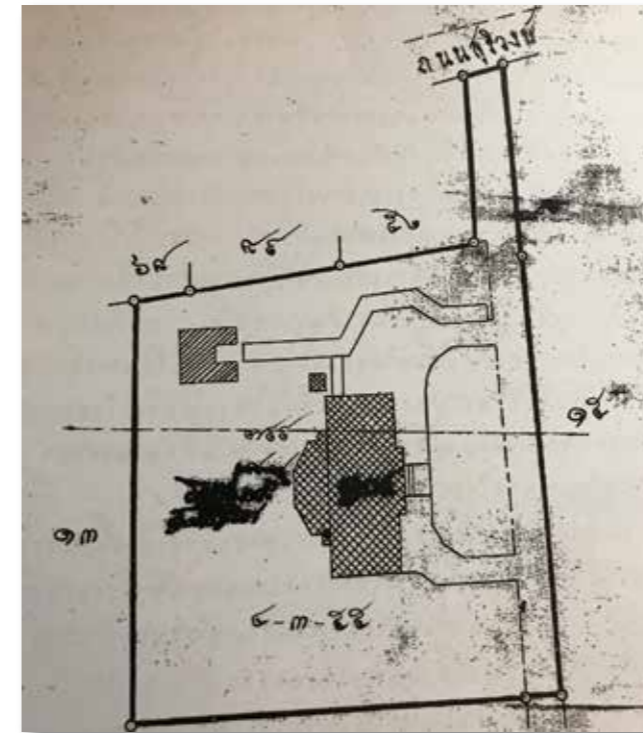
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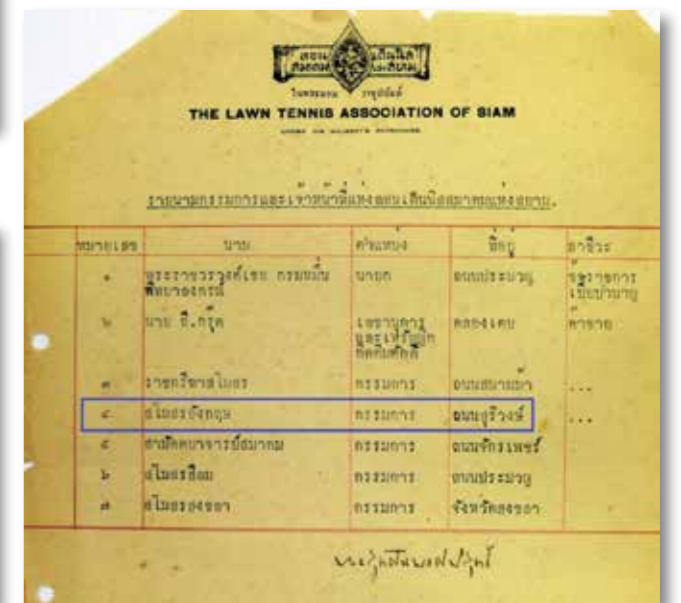
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▲ "The original Club plan, with Servants quarters and external toilets"



▲ "And its goodbye from him ... the original club home of the Europeans closed in 1931"



▲ "The Club was a founder member of the Lawn Tennis Association of Siam under His Majesty's Patronage."

Club Historian

The British Club Bangkok a short history in four Acts

(or Are the British ever happy?)

The Prologue

The Europeans were happy in Siam but not the British. No, certainly not the British. Are they happy anywhere one asks? We do not know but they were not happy in Siam. Do we know why they were not happy? Sadly not, but we do know that whilst all the Europeans were happy being present at The United Club, a spacious, elegant mansion on the riverfront, the British were not happy.

And so, for reasons lost in time, the British left The United Club.

The British Club was started by a few senior members of the United Club, following a certain dispute.

▲ *Straits Times*

Act 1

The British made themselves incredibly happy by forming a Committee. Yes, they like that sort of thing. Lots of meetings, lots of bits of paper and a man with a gavel shouting 'Order! Order! ... the British like order. It was 24th April 1903, he wrote at the top of the sheet - a young man of some aristocratic refinement - the Honourable Robert Abercrombie Forbes-Sempill by name. He was to be the first Honorary Secretary of what was soon to be known as 'The British Club', with and without the suffix of Bangkok added to the end, as it progressed.

On 6th July, a suitable house was found on the relatively new Suriwongse Road, a stern walk from "the other place" where the Europeans gathered, but still close to Chareon Krung Road ... the main throughfare of this fine city. Membership was to be exclusive ... no riff-raff here ... only senior executives of British companies, together with diplomats from the British Legation, who sweltered in the pungent heat by the river and a few learned gentlemen who had made their way up the ladder of the Siamese Government, together with an Australian who had done the same. The British liked the Australians. The Clubhouse was small but comfortable for 1903 with a tennis court at the front and two lawns to relax. Unfortunately, it became popular, too popular

... within five years there were eighty members, with wives ... oh dear.



▲ *Anyone for tennis?*

So, again, the British were not happy - as Arnold Wright wrote in 'Twentieth Century Impressions of Siam' the Club was "now scarcely adequate to the requirements" and people started looking at expansion or alternative premises.

Act 2

We shall not call the British lazy, but they did not look very far. There was a lovely site next to Bangkok Lawn Tennis Club, about 600 yards up the street. Both sites were leased by the Siam Electricity Company, of which a very affable Mr. William Lennart Hansen Grut was Manager. Now the British liked Mr. Grut and he liked the British, so a deal was made, and new Clubhouse was built. Now the British are not happy to give credit to anyone who is not British, so the architects name was not recorded ... rumours have it that he was a European, so the British would not have been happy about that.

Two members of The British Club became trustees of the land, a William Nunn, a diplomat who would chair the Club post WWI, and Josiah Crosby, another diplomat who would rise to fame as the British Minister when WWII was declared. The land was gifted to the Club by King Rama VI in 1914 (and the British were very happy about that) and in 1919 the Club took over the Bangkok Lawn Tennis Club (and the British were exceeding happy about that!). The Club would grow as Bangkok grew. Prime time was Saturday's 'tiffin' as everyone had a half-day and vehicles would roll into the Club for Members to enjoy lunch. The British were happy,



▲ *All Mod Cons*

Then Mr. Hitler invaded Poland and the British were unhappy about that. Then Japan invaded Pearl Harbour and Siam, and the Club was no longer British - the British were very unhappy about that.

Act 3

1945 - Peace had come and everyone in Siam was happy - except the British. Their Club was in the hands of the YMCA and the Army ... so the British formed a Committee. That made them happier, with Brigadier Victor H. Jacques CBE DSO MC & Bar in charge. In a year, the Club re-opened, it was refurbished, a new rule book written (that made the British incredibly happy as well) and life continued as if nothing had happened - stiff, upper lip and drink lots of Chloroquine.

But the younger British were not happy!

Act 4

Swimming Pools and Air-Conditioning they asked for, these young British upstarts, and Squash Courts, and Air-Conditioned Squash Courts at that. So by the time man was landing on the moon for the last time, the Club had two pools (one for kids), two squash courts, a dining room, and a poolside bar but at least the Brit-



▲ *In at the deep end*

ish were happy. Of course, it was soon found out that there were not enough British to make ends meet so as Britain voted on the Common Market, non-British were allowed to join the Club (and the British said they were happy).

But the British wives were not happy!

They wanted the vote! So as expatriates gained the right to vote in the UK, Ladies could become members of the Club ... one even became Chairman. The Club grew and soon there were 500 Members, then 1,000 and then then we became 100 years old and the British were happy about that!



▲ *and to the next 100...*

Who was it who said "change is the only constant"? I know he was not British, but the British took it to heart. They built a Multiple Purpose Court, developed the Si-lom Wing, took over the British War Memorial, redid the Cricket Nets, dug a bigger turtle pond, opened the 1910 balcony, repainted the Clubhouse, built hard tennis courts, revamped the Churchill Bar, and even opened glass-backed, Air-Conditioned Squash Courts ... but guess what ... the British were not happy ... they wanted more.

The Epilogue

As Brexit happened, and Covid struck, a first-floor fitness centre, deluxe massage rooms and a sports bar overlooking tennis and the pool are being built. And so the key question is this ... will the British be happy?

Paul Cheesman
Club Historian 2020-2021

From 2009 to 2015, a monthly series of articles in Outpost entitled "Past Participle" gave a glimpse into each decade until WWII then each year thereafter of our Club's history. From June 2021, the series will start again, with all the newly researched data, to explore the last 118 years."



Birthday Celebration **118** & Wine Tasting *Years*

Join us to celebrate the Club's 118th birthday on 29th May as we cut the birthday cake during this evening's wine tasting!

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New Member Night

19/03/21



We were pleased to welcome a total of 46 new members to the Club in March, some great new personalities and characters joining our expat community. The GC were introduced to them all at the new members night and they look forward to meeting you our other members around the club in the coming weeks and months

Movies under the Stars

20/03/21



Another amazing movie night took place on the back lawn with over 186 people attending, classic movies watched on our fashionable deckchairs and beanbags. The BBQ certainly didn't disappoint with everyone enjoying our Bad Boy Burger range and New York Hot Dogs. The movie nights have now stop for the summer months but will hopefully return in October depending on the status with Covid-19.





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Wine Tasting

27/03/21



Five great wines suppliers and one local IPA craft beer supplier setup a delightful evening on the front lawn with the backdrop of the Club House, the night started as usual at 6pm and ran through to 9pm with nearly everyone staying till the end. Music on the night was from Khun Napak (Tiny Moon) who is now creating a following for her lovely solo sets. April's wine tasting was postponed due to the Covid-19 restrictions, but we look forward to the next one as soon as we can at the end of May





Easter Day

04/04/21



The day started with a good crowd of 287 members, first off was the egg hunt, this was the hardest ever year to find the 3 magic eggs, The green silver and gold eggs were hidden so well by the easter bunny (AKA Khun Rit) that no one could find them after nearly 30 minutes, all the regular eggs had been found by this time so for the first time ever hints and clues were given, straight away this gave the kids the right places to look and all three eggs were found. Well done to Nathan, Kevin, and little Max the winners of the top 3 prizes. The day moved on with all the activities one of which being Tug of War, Khun Amnats team took on Khun Rits team and struggled in the first two rounds losing both but with increased numbers they tried very hard in the final round and nearly won, but finally Khun Rits team were too strong and won again to make it 3-0 this year, everyone got involved on the final round both parents and kid to make it a very special finish, we hope next year Khun Amnat loses a little weight and can get his team to complete better



Quiz Night

06/04/21



The second of this year's Quiz nights took place again in Churchill Bar, 6 teams took part in a very challenging contest. 1st place went to Scumbag College, and 2nd place to The Spoofers well done to all who took part, the jackpot wasn't won so it now rolls over to 8,500 for the next quiz. The good news in case you don't know, is that every Tuesday we now have happy hour all day, so when entering the quiz drinks are even cheaper. We look forward to seeing you at the next one this month in May





1903
THE BRITISH CLUB
BANGKOK

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SUN	MON	TUE	WED	THU	FRI	SAT
						<p>1 Yoga 9.00am - 10.00am Junior Squash coaching 10.30am - 12.00pm Squash Mixed-in 1.30pm - 6.45pm Cricket team practice 2.00pm - 5.00pm</p>
<p>2 Junior Cricket 8.45am - 10.00am Swimming Coaching 9.00am - 12.00pm Tennis Men Doubles Team practice 9.00am - 1.00pm Sunday Brunch 9.30am - 3.00pm Tennis Mix-in 4.00pm - 7.00pm</p>	<p>3 Tennis Mixed Doubles Team practice 7.00pm - 10.00pm</p>	<p>4 Yoga 8.30am-9.30am Football 7.00pm - 9.00pm</p>	<p>5 Pilates Classes 10.30am - 11.30pm Squash Mix-in 4.30pm - 8.15pm Balut 6.00pm - 8.00pm Tennis mixed-In 6.00pm - 10.00pm</p>	<p>6 Swimming Lesson Tony 7.00am - 8.00am Cricket team practice 6.30pm - 8.30pm</p>	<p>7 Junior Tennis* 4.15pm - 6.00pm Senior Cricket 5.30pm - 7.00pm Tennis mixed-in 6.00pm - 10.00pm</p>	<p>8 Yoga 9.00am - 10.00am Junior Squash coaching 10.30am - 12.00pm Squash Mixed-in 1.30pm - 6.45pm Cricket team practice 2.00pm - 5.00pm</p>
<p>9 Junior Cricket 8.45am - 10.00am Swimming Coaching 9.00am - 12.00pm Tennis Men Doubles Team practice 9.00am - 1.00pm Sunday Brunch 9.30am - 3.00pm Tennis Mix-in 4.00pm - 7.00pm</p>	<p>10 Tennis Mixed Doubles Team practice 7.00pm - 10.00pm</p>	<p>11 Yoga 8.30am-9.30am Football 7.00pm - 9.00pm</p>	<p>12 Pilates Classes 10.30am - 11.30pm Squash Mix-in 4.30pm - 8.15pm Balut 6.00pm - 8.00pm Tennis mixed-In 6.00pm - 10.00pm</p>	<p>13 Swimming Lesson Tony 7.00am - 8.00am Cricket team practice 6.30pm - 8.30pm</p>	<p>14 Junior Tennis* 4.15pm - 6.00pm Senior Cricket 5.30pm - 7.00pm Tennis mixed-in 6.00pm - 10.00pm</p>	<p>15 Yoga 9.00am - 10.00am Junior Squash coaching 10.30am - 12.00pm Squash Mixed-in 1.30pm - 6.45pm Cricket team practice 2.00pm - 5.00pm</p>
<p>16 Junior Cricket 8.45am - 10.00am Swimming Coaching 9.00am - 12.00pm Tennis Men Doubles Team practice 9.00am - 1.00pm Sunday Brunch 9.30am - 3.00pm Tennis Mix-in 4.00pm - 7.00pm</p>	<p>17 Tennis Mixed Doubles Team practice 7.00pm - 10.00pm</p>	<p>18 Yoga 8.30am-9.30am Football 7.00pm - 9.00pm</p>	<p>19 Pilates Classes 10.30am - 11.30pm Squash Mix-in 4.30pm - 8.15pm Balut 6.00pm - 8.00pm Tennis mixed-In 6.00pm - 10.00pm</p>	<p>20 Swimming Lesson Tony 7.00am - 8.00am Cricket team practice 6.30pm - 8.30pm</p>	<p>21 Junior Tennis* 4.15pm - 6.00pm Senior Cricket 5.30pm - 7.00pm Tennis mixed-in 6.00pm - 10.00pm</p>	<p>22 Yoga 9.00am - 10.00am Junior Squash coaching 10.30am - 12.00pm Squash Mixed-in 1.30pm - 6.45pm Cricket team practice 2.00pm - 5.00pm</p>
<p>23 Junior Cricket 8.45am - 10.00am Swimming Coaching 9.00am - 12.00pm Tennis Men Doubles Team practice 9.00am - 1.00pm Sunday Brunch 9.30am - 3.00pm Tennis Mix-in 4.00pm - 7.00pm</p>	<p>24 Tennis Mixed Doubles Team practice 7.00pm - 10.00pm</p>	<p>25 Yoga 8.30am-9.30am Football 7.00pm - 9.00pm</p>	<p>26 Squash Mix-in 4.30pm - 8.15pm Balut 6.00pm - 8.00pm Tennis mixed-In 6.00pm - 10.00pm</p>	<p>27 Swimming Lesson Tony 7.00am - 8.00am Cricket team practice 6.30pm - 8.30pm</p>	<p>28 Junior Tennis* 4.15pm - 6.00pm Senior Cricket 5.30pm - 7.00pm Tennis mixed-in 6.00pm - 10.00pm</p>	<p>29 Yoga 9.00am - 10.00am Junior Squash coaching 10.30am - 12.00pm Squash Mixed-in 1.30pm - 6.45pm Cricket team practice 2.00pm - 5.00pm</p>
<p>30 Junior Cricket 8.45am - 10.00am Swimming Coaching 9.00am - 12.00pm Tennis Men Doubles Team practice 9.00am - 1.00pm Sunday Brunch 9.30am - 3.00pm Tennis Mix-in 4.00pm - 7.00pm</p>	<p>31 Tennis Mixed Doubles Team practice 7.00pm - 10.00pm</p>					

Junior Tennis*
4.15pm-5.00pm 5yrs-8yrs
5.00 pm-6.00 pm 8yrs-12yrs

SPORTS

TENNIS



Graham Johnston

Dear Slammers and Jammers

In this edition we reflect on a wonderfully exciting British Club Bangkok Tennis Section Championship Finals Day and provide snippets of the stories told by its heroes and the nearly men/women.



▲ Kristina - Ladies Singles Plate Champion



▲ Mooky - Ladies Singles Champion



▲ Senior Ladies Doubles Finalists



▲ Cristina's Crickets

Finals Day was played on April 3rd and as usual we kicked things off at 08:00 with the Ladies Singles Final or the 'the Contender V Mooky Challenge' as it is known these days. This year it was Rhea's turn to face the challenge and though she pushed hard, especially in the 2nd set, Mooky proved her class once again to take the title for the 4th Year in a row.

In the Ladies Single Plate final newcomer Karoline overcame Cristina (and her band of loyal supports 'Cristina's Crickets?') to win her first ever tennis event. Well done ladies.

Also, batting at 08:00 were Sasaluck & Raymond Vs Nu & Jeab in the Senior Ladies Doubles Final. Lots of long rallies ensued with lobs and volleys exchanged before Nu & Jeab emerged victorious.



▲ Frank G - Senior Men's Singles Champion



▲ Great Sporting Moments - Men's Singles Finalists



▲ Luc & Harold - Men's Doubles Plate Champions



▲ Nick - Men's Singles Plate Champion

At 10:00 it was the turn of the Men's Singles Finals with Andrei Ivanov taking on Christian Roland and both men trying to put their name on the trophy for the first time. The 1st set was a story of big baseline hits with Christian making the vital break and taking the set 6-3. But just as he had done in his semi-final, Andrei stayed calm and fought back to take the 2nd set to take the match to a deciding 3rd. Both players were feeling the heat, but Andrei stuck to his plan of elongating the exchanges with his deep backhand slice and then pouncing on the forehand when he got his chance. A series of delicate backhand drop shots eventually proved decisive in breaking Christian and keeping ahead to get to 5-4 with his serve to come. Both players are very popular members of our club, but I think everyone was delighted that Andrei, after so many runner-up finishes, was able to serve out and take the title. Well done BIG MAN!

The Senior Men's Singles final saw the in-form and defending champion Frank Gluck take on ever-competitive James Young. Frank got off to a great start to take the first set comfortably prompting a complete change of tactics by James which made the 2nd set a much closer affair. Ultimately Frank had enough to take a close 2nd set and retain his title.

The Men's Singles Plate was played in fine sporting spirits with lengthy sit downs enjoyed after each game resulting in a titanic 2 and half hour match, but an emphatic 2 set victory for Nick Annets over Koji.

The Men's Doubles Plate was also played

SPORTS

at 10:00 with the father and son team Ton & Pornchai putting in an excellent performance to take the match to a 3rd Set. Harold and Luc though claimed victory in a nail-biting 7-5 final set.



▲ Mookster & Raq-a-attack - Ladies Doubles Champions

At 12:00 noon 4 brave ladies took to a sun-baked Centre Court to battle for the Ladies Doubles title. Anjelica & Nat had the tough task of taking on Mooky & Raquel and got off to a flying start to open up a 2-0 lead. The next 12 games proved much tougher, and Mooky & Raquel romped their way to another title (their 10th each!) and both could now start prepping for the Mixed Doubles final.



▲ Todd & Frank - Senior Men's Doubles Champions



▲ Nueng & Cheer - Men's Doubles Champions



▲ Todd & Frank - Senior Men's Doubles Champions

14:00 was Men's Doubles time and a repeat of last year's final of Andrey & Pam Vs Nueng & Cheer. As with last year, there was lost of fine doubles tennis on display to keep the crowd entertained. Nueng & Cheer were just able to sneak ahead by minimizing mistakes

and taking advantage of openings in the vital moments to retain their title in fine style. Well done boys.

In the Senior Men's Doubles was also a repeat of last year's final of James & Harold Vs Frank & Todd. With James and Frank having already battled in the singles final and Harold having played a 3 hour doubles match that morning, Todd was the freshest man on the court and made it count as he and Frank took the first set at a canter. The 2nd was more closely contested but eventually Frank & Todd got over the line to take the title and revenge for last year.

Also in this timeslot was the Ladies Doubles Plate with Raymonde and Marcela facing up Veronica & Suzy. It was great to see 3 ladies on their first appearance on finals day (2 of them in their first year at the club) but Raymond's greater big match experience was the key deciding factor as she led Marcela and her to victory.



▲ Suang & Sasaluck - Senior Mixed Doubles Champions.JPG



▲ Joe & Ticha - Mixed Doubles Plate Champions



▲ Done & Dusted



▲ Cheer & Mooky - Mixed Doubles Champions

At 16:00 it was the match up we had been waiting for in the Mixed Doubles Final. On one side stood Mooky & Cheer, who have looked pretty much unbeatable since teaming up, but if anyone was going to give them a run for their money it might just be doubles phenomenon Pam ably assisted by the crafty queen Raq-a-ttack. Raquel & Pam got off to a fast start going 3-0 up in the first set but M&C gradually started to find their range and take control of the net and the set. Pam & Raquel refused to back down and forced the score to 5-5 but Mooky & Cheer again responded to take the set 7-5. The 2nd set was nip & tuck throughout and there was some fantastic tennis played by all competitors before Mooky & Cheer once more edged clear at the decisive moment to take the set and the title.

The Mixed Doubles Seniors final featured two former men's doubles partners of exquisite vintage battling across the net with partners of the fairer sex in tow. Suang & Sasaluck won the battle against Phairoj and Wandee with some classic doubles play on show from these accomplished performers.

The Mixed Doubles Plate event featured several experienced /new player teams competing with a few more balanced line-ups which made for some fascinating matches in the earlier rounds. Rafa & Nu had done fantastically well to put out two more fancied opponents in the QF and SF and reach the final against Ticha (who was playing in her first ever tennis tournament) and her partner Joe (who certainly wasn't!) Coach Joe is a class act on a double court, while Ticha held her own to ensure her first tournament ended in victory.

PARTY TIME

And then ... we got the party started .. this year on the front lawn which was fab. The usual suspects kept the fizzy stuff flowing, Phairoj bust out some serious moves on the dance-floor, and Andrei sported the kind of contented smile that it may take an operation to remove.

Thanks

Another Club Championships successfully wrapped up then and these events don't happen by accident. With that in mind, I'd like to take the opportunity to thank once again ...

- All the players
- All the supporters
- All our generous sponsors
- My fellow committee members
- The Tournament consultants
- The Fitness Centre Staff
- British Club Staff
- The Tournament referee & cameraman
- Same again next year, only bigger and better!

Regards

Graham

SQUASHY BITS

Chiang Mai tour – 12-14th March 2021

As a new contributor to the Outpost for Squashy bits I took advice from those who went before. I asked Brucey a long serving and experienced author of award winning literary Squashy Bits pieces. His sage advice was to make it all up, go for the gossip, scandals, and smut.

So, from now on don't believe a word of what I am writing – literary accuracy is out of the window.

Anyway, to cut to the chase – a load of squashy people headed north to Chiang Mai to take on the might of the Gymkhana squash team. The word 'might' is of course a euphemism because they are completely rubbish and we normally thrash them as we did this time apart from Bart who was a complete disgrace to himself, the section, the club, and France. More on that later.

Marc Sayer pulled out at the last minute – oh what a surprise went everyone in the southern hemisphere. But he did book the hotel so that was good and me and Marv got suites so all good on that front. I think Ronnie's PA Thida might have got me upgraded – I think she is after me and she is a bit of a sort but I'm not that easy. Which reminds me to tell you that Bruce is on Tinder and



▲ 90% O'Malleys

going on dates with car mechanics and rough looking chicks with tattoos and piercings in odd places.



▲ Yours truly

Anyway, basically the tour consisted of 90% in O'Malley's Irish bar and 10% squash. The main competition was really the pool game – interestingly the standard of pool seems to correlate exactly with the quality of squash playing – Robin was quick around the table but rubbish overall and Ranjan's only tactic is to drop slowly in the corners, Brad hit it extremely hard the rough tough 'merican', Steve Bussey had style and panache, and Bart seemed to enjoy the feel of the long hard wood rubbing along his fingers. Anyway, I won the first competition which is the only reason I mentioned it.

So, in terms of the actual squash, which Bruce tells me no one will be interested in, so please skip this part if you... oh you already did!

Marv's opponent didn't even turn up, much to our little Welsh maestro's annoyance having made the long journey up with his missus Aey and son Matthew in support, although frankly they also weren't bothered either and went to the zoo rather than come and watch his game. "Watching a sloth in a cage is more interesting than watching Marvyn on court these days" said Khun Aey in the post-game interview. Everyone nodded agreement.



▲ Thai women encounter

Robin ran around like a lunatic as normal which completely confused his opponent and also made his normally serene and austere wife Victoria dizzy which wasn't good because she was completely queasy after getting completely tipsy in O'Malleys the night before (remember Brucey's advice!). Anyway, he won 3-0.



▲ Willie and Bart

Now Bart's opponent went on court forlornly saying, "I haven't won a game in the last 15 years, in fact I rarely get a point". All looked odds on for another thrashing when someone blurted out "Good luck Bart you are on court with the big Willie with quite a girth around the middle, enjoy yourself!" (incidentally, that is gospel truth) – however it may have been misinterpreted by Bart and his brain went into a fog and he lost 3-2 much to Willie's amazement and Bart's eternal shame.

There were less exciting 3-0 wins for yours truly, Rob, and the ever-potty mouthed Ronnie (good point you #@f&%), and a 3-1 victory for swash buckling Brad who played a strangely named bloke called Dujean which I think is a popular brand of mustard available at all good Tops supermarkets. Da had an exciting Thai woman on woman encounter without the baby oil and came out 3-1 victor also.



▲ Baseball cap hero



▲ Champions!

Which left the number ones to battle it out and frankly was the only competitive match of them all. Mitch was Steve's opponent and he seemed to have the measure of our baseball cap wearing hero for a while. The game momentum swung around to keep the crowd on their feet (mostly going to the free beers and back) and when it went to a 5th the suspense level was almost just above apathy given we were winning 8-1 at that stage. Nevertheless, Steve saw it out so it was a resounding 9-1 win and only Bart was left sullen, shaking his head in wonderment about that strange willie encounter which could leave him traumatized for years to come.

It was then onto a wonderful BBQ under the magnificent century old



▲ If that tree could talk!

tree in the Gymkhana Club grounds which has probably seen many a memorable sporting occasion down the years! If only that tree could talk! (It would probably say "in all my hundred plus years I've never seen anyone play as \$#! as Bart just then").

Jack Dunford made a speech on behalf of the British Club and squash/cricket sections. He was 100 yards away and with an amplifier that actually makes your voice softer not louder, but the crowd nodded politely and a few of the visiting team were overheard explaining to their Gymkhana counterparts "don't worry Jack normally talks a load of old #@f&% anyway so you aren't missing anything, he'll be replaced by Crossly Smith soon and it'll be even worse then". Everyone nodded back in knowing recognition.

So, it all ended cordially, and it was back to O'Malley's for more pool, rugby, and revelry (Victoria behaved herself this time frankly).

As we all boarded the people carriers to depart the ancient tree was left swaying in the breeze, another year gone by, wisely surveying all before it thinking 'really how DID Bart lose that 5th game??' The mystery prevails into eternity.

--Dean T.

CRICKET HARDBALLS



Ben Eastwell



▲ Chiang Mai Gymkhana 2021

The 39th Chiang Mai Dick Wood Cup 14th March 2021

Slightly later than originally planned, travel restrictions eventually allowed the annual Chiang Mai tour to go ahead, as the cricket and squash sections all enjoyed a sporting weekend out of Bangkok - even though the pollution levels in the city were pushing the limit. Friday afternoon, most of the BC cricket party checked into the hotel they had exclusively for the weekend and wasted no time to settle in with some afternoon hydration before the traditional rendezvous at O'Malleys, but not before the argument had been settled as to whether the new tour mascot, 'Coco', was a duck or a chicken.

The hazy Chiang Mai Gymkhana Club ground was host for the cricket over the 2 days of play, with Saturday reserved for a warm up social match between the tourists, supported by some of the local community and the Chiang Mai Youth Academy. Dilip and Manish took charge of their respective teams as in previous years, where some interclub scores were settled and everybody got a fair slice of the action ahead of the cup game the next day.

The Gymkhana club hosted all British Club tourists under 'the tree'

for a buffet dinner and 70s disco on Saturday evening - but it was a touch of Bollywood magic and some questionable dance moves which really set the stage on fire. Luckily the lights had to be switched off to protect everyone from the incoming swarm of cicadas. A quiet evening followed as all got some rest in anticipation of retaining the Dick Wood Cup which was valiantly won the year before, after 10 years of successive defeats.

Mouse enjoyed a chorus of Happy Birthday the next morning, while the team polished off another tasty breakfast before heading down to Gymkhana again to get set for the main event. Treated to a freshly rolled grass wicket for the 30 over affair, British Club won the toss and decided to bat first - exercising a strong batting attack that had traveled up for the occasion.

Denzyl (8) cautiously saw off the first over before he and Rahul (50*) opened the tap for BC on a lightning fast outfield. Mossy (14) replaced Denz at the crease after he was dismissed LBW but neither he or Ben (23) could convert good starts into meaningful scores. The tourists still stood comfortably with 102/3 at the halfway stage as Rahul reached



▲ Dick Wood Cup 2021



▲ Winners



▲ Happy birthday Mouse



▲ Getting acquainted with Coco

his well deserved 50 retirement, allowing Dale (14) and Pramodh (50*) to push on with an aggressive partnership - Bacon reaching his maiden half century from just 33 balls. Dilip was left spellbound after being bowled on his first ball to become the new proud owner of 'Coco' but the lower order proved BC's batting strength as JCS (6) and Ian (7) contributed valuable runs to the total, alongside Mo (27*) who was hobbling along with an injury after over stretching for a second. BC eventually posted 232-7 after 30 overs.

As an injured Mo watched on from outside the boundary, Denzyl (6 overs, 2-34) picked up the first wicket early during the opening spell in which he and Dilip (6 overs, 2-37) kept the hosts relatively quiet. But Gymkhana dug in and with 95/1 after 15 overs, they had BC on the back foot and in need of a breakthrough which was eventually struck with a quick 4 during a Dilip/Manish (6 overs, 2-39) spell which swung the game back towards the touring team thanks to a diving catch from JCS and some handy glovework from Dale. With 100+ required from the last 10 - the sole threat of Jon Scales (51*) was looking to be Chiang Mai's only hope, and when Rahul (4 overs, 2-35) went for 30 runs either side of a wicket maiden Gymkhana stayed in with a shout - quickly extinguished by Pramodh (6 overs, 1-35) and Denzyl who managed to put any chance of a comeback out of reach, as BC closed out a 21 run win over Chiang Mai Gymkhana to retain the Dick Wood Cup. One last fine session rounded off another memorable tour, where both participating sections were awarded with the freshly minted 'Chairman's Cup' for winning their respective events for the club, going into the 40th anniversary of the event next year. Thanks again to Ian for organising another top weekend and everyone else who made it.



▲ Mossy 4 again



▲ Dilip gone first ball



▲ Cocos first innings



▲ Good bounce from Denz



▲ Pramodh on his way to 50



▲ Rahul on form

SPORTS

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BRITISH CLUB GOLF



▲ Graham, winner of Flight A

The monthly medal was played at Royal Lad Krabang as usual. The turn-out of 24 was respectable, if not up to the standards of previous events. Maybe something to do with the noticeably warmer temperature as Songkran approaches.



▲ Winners: John (Seniors) and Varghese (Juniors)

The first weekend in April saw the Seniors/Juniors competition, held at the Sir James Resort in Khao Yai/Saraburi. The course is an old favourite and still enjoyable even though the fairways have bare patches and the greens can be described as rustic, and when not rustic are much slower than those at our usual haunts like Royal.

The leading Seniors could do no better than a zero, with Randall Coleman, Neil Davis, and James Lawden in equal first and John Bell just one back on -1.

As some of Saturday's leaders fell by the wayside, the Sunday saw John Bell storm back to take the Seniors with an overall 36 points, over Chris Brader in second whose magnificent Sunday score could not quite overcome the deficit from the Saturday. Varghese opened the door to the Junior title with a slow start on his front 9, before finding form again to hold off Charles Marques in second.

There were a number of fine individual performances, including a 5-pointer from Nina on Sunday, with a chip in birdie on the par three eleventh hole.

The competition is played over two days, the first day a matchplay against the course, with the score being carried forward into a Stableford on the Sunday.

The first day saw eight players within a span of four shots, with the Juniors leading the way.

Varghese Rose (Junior) in the lead at +3, with Charles Marques (Junior) second on +2 and Kaew Khongyoo (Junior) third on +1, the fourth place Junior after day 1 was Gordon Milne on 0.



▲ Runners-up: Charles (Juniors) and Chris (Seniors)



▲ Gareth, winner of Flight B



▲ Ian, runner-up in Flight A

Flight B was won by Gareth Knight, with a net 74, with former captain Neil Davis second with a net 77 and Deepa Nightingale third with a net 81. Flight A was won by Graham Johnston with a blistering 68 (equating to a gross score of two over par), too good on the day for Ian Brewis with a net 71 and Mark Adderley's net 72. Well done Graham!

SPORTS

PILATES AND WELL-BEING



Karen Dawber



Is sleep really that important?

I read Matthew Walker's book entitled "Why we sleep" shortly after having moved to Bangkok two years ago. At that time, my children's school (Patana) was wholeheartedly trying to impress upon the parents the importance of adequate sleep for their students. Systematically the school was educating the parents and the students on the discoveries outlined by Professor Matthew Walker in the book because "sleep is infinitely more complex, profoundly more interesting and alarmingly more health relevant" than most of us realise. My curiosity was captured so I bought a copy of the book, and the importance of a good night's sleep and even a well timed afternoon nap has remained with me ever since. It is impossible to capture everything in the book but here I share a few highlights with you.

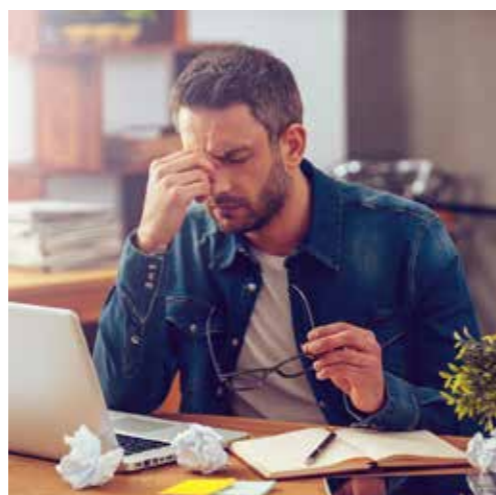
Why is sleep so important?

Sleep is not the absence of wakefulness, it is far more than that. Sleep affects so many of our biological rhythms, that there is not one aspect of our health or happiness not influenced by the quality of our sleep.

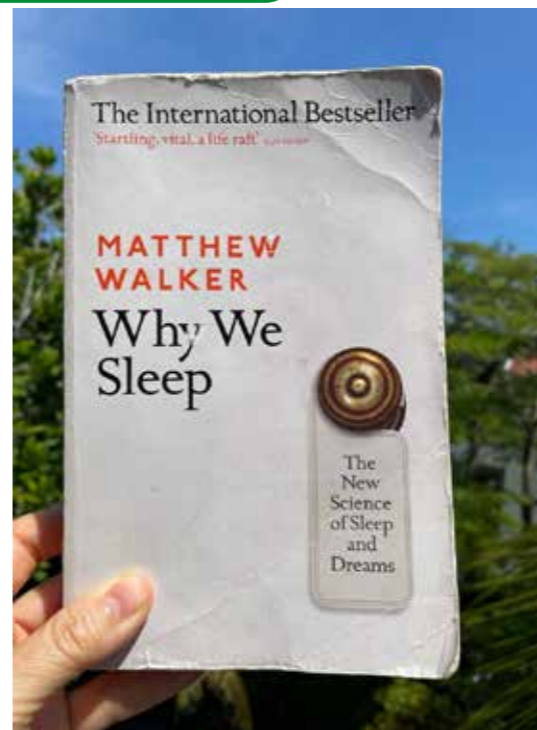
Adequate sleep is imperative for restoring the brain's capacity for learning and making room for new memories. It's a time when our brains actively sort through and digest the information we have absorbed during the day. We have different stages of sleep throughout the night, light NREM (non rapid eye movement) sleep, deep NREM sleep and REM sleep which all offer different benefits at different times during the night. If you have less than 6 hours sleep a night, you are short changing the brain of it's learning and restoration capacity. Sleep allows our brains to effectively process information moving it from our short term memory system to our long term memory system or to delete information entirely. The

book explains it is not just practise that makes perfect but it is practise followed by a night of sleep that leads to perfection, because our brains need the delayed 'offline' learning that occurs exclusively during sleep to function optimally.

It is not only academic learning that benefits from sleep, motor skills are also boosted by sleep. Muscle memory is a phrase that many of us are familiar with, however it is in fact brain memory we are truly referring to. A muscle not connected to the brain cannot perform any skilled actions or store skilled routines or movements, so it is our brain memory that stores this information. Thus athletic performance is also greatly enhanced by sufficient sleep to cement these desired neural pathways in our brain. Obtaining less than 8 hours of sleep a night and especially less than 6 hours of sleep also causes an individual's time to physical exhaustion to drop by 10-30%, simply put the body's ability to maintain the metabolic outputs required for peak performance drop with lack of sleep. Post performance sleep is equally important as it accelerates the physical recovery of the body repairing muscles, replenishing energy stores and reducing any inflammation. So if you want to be a top athlete you not only need to train, but you also need to sleep.



SPORTS



12 hours per 24 hours clear of ingesting any calories (so also resist the sugary, milky and alcoholic drinks during this period) to allow our bodies to reset hunger signals, to effectively digest all we have consumed for that day and allow our body's full fat burning mode to kick in.

In addition to the benefits of sleep I have briefly mentioned here the book discusses the impact of chronic sleep deprivation (experienced by more of us than we may think) on a vast array of topics like driving, work-place productivity, education, reproduction and various diseases like heart disease, diabetes, depression and Alzheimers. The impact of stimulants like caffeine and the true validity of some treatments to aid sleeping such as sleeping pills is also discussed along with the varying sleep requirements humans have during their lifespan. I highly recommend reading the book to more fully understand just how important sleep is to all of us.

But for now how can we improve our sleep?

These simple points will help improve your sleep patterns, boost your body's natural circadian rhythm and optimise the benefits you get from your time of slumber....

- Get exposure to natural daylight in the morning, just 20 mins drinking your morning coffee outside will benefit you, even on a cloudy day.
- Darken your nights, turn off electronic devices at least 60mins before bedtime.
- Keep the same routine, including on weekdays and weekends.
- Don't use the snooze button which creates undue stress on your system with repeated forced awakening.
- Reduce caffeine intake especially after lunchtime and reduce your alcohol intake. Alcohol sedates us but does not promote the healthy functions of sleep we discuss here.
- Eat 2-3 hours before going to bed allowing your body to digest food before you sleep and giving yourself ideally at least a full 12 hours without taking in calories.

The book also discusses the almost magical REM stage of sleep, which due to the astonishing change in the active chemicals present in the brain at this time offers us the additional benefits of dreaming and a pathway to creativity. (REM sleep occurs predominantly in the second half of a night's sleep). Dreaming provides us with a form of overnight therapy and can take the sting out of painful, even traumatic, emotional episodes you may have experienced during the day facilitating some emotional resolutions by the morning. Creativity is enhanced specifically during the REM stage when an informational alchemy occurs which seemingly far outstrips our wakeful thinking ability. This "offline" time provides a nighttime theatre in which our brain tests out and builds connections between vast stores of information. It enables us to work through problems and process sticking points in our learning, there really is truth to the old adage "let's sleep on it".

For those chasing what may feel like the ever elusive goal of weight loss, focusing on the quality of sleep should be the first priority. Simply being tired makes everything much tougher, making it harder to resist tempting foods and oiling the path to react more emotionally towards eating. Tiredness also wreaks havoc with your hormonal signals. "One study showed if you get only 5 hours sleep a night your fullness hormone plummets 18% and the hormone that makes you feel hungry soars by 28%... meaning that after a bad night's sleep you are likely to consume 22% more calories than you otherwise would". Not to mention just the fact of being awake longer opens more opportunities for eating or grazing on food when actually we should aim to have a period of at least a full



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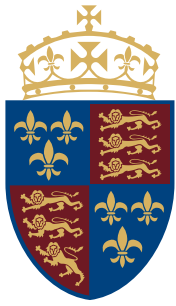
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Shrewsbury Invests in Excellence: ฿1.1bn Project Nears Completion

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

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

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



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

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

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



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

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

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

To find out more and to apply, please visit www.shrewsbury.ac.th/riverside



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