

JUNE 2021



THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

# OUTPOST

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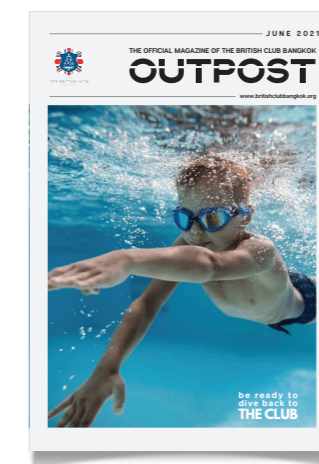
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## Front Cover

We are preparing all our facilities and areas ready for our members to return, we can't wait to tell you when our pool is finally open, so your weekends arrive with a splash.

## This Month

The Verandah refit gets underway, delivery service returns to action, Shrewsbury announces a new headmaster, covid 19 vaccines explained, new member highlight and words from our chairman.



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

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James Crossley-Smith

## Chairman's Message

**Covid-2019!** and we are now half way through 2021! I cannot see Thailand being ahead of the current threat until a lot later in 2021 but hopefully before 2022. But life must go on.

I write this in early May. Outdoor sport is mostly allowed but parks continue to be shut – however the Club's grounds are open. It is great to see people using the facilities, which includes the simplicity of sitting under the trees reading a book. Why not? It is very peaceful and a world away from the stresses of the virus. Please make the most of the outdoor spaces and the beauty of the Club.

We are very happy for you the Members to lead the ideas and work with management to make the most of the Club. I am looking at some roll out badminton courts. I am sure there would be a demand, especially when the squash courts are shut.

It was great to see table tennis set up in the cricket nets! Well done to those that enjoyed some outdoor indoor sport. May be a different type of "Crown green" bowling is next for the "nets". Oh dear! I hear the cricketer's cry.

Returning to the virus and in early May we had our first "risk" to the Club. These risks are called "cases" and represent a situation when a Member was very likely to be positive for Covid-19 when visiting the Club. I thank the Member very much

for informing the Club in good time. In that way we could be proactive with the authorities and seriously mitigate the consequences for the Club, the staff and other members. We have also heard from Members who have had remoter cases where no actions may be required. Working together has never been more important.

When we are informed of a "case" we also look at the Members "timeline", which is the timeline of the Members visits to the Club in the previous 14 days. We will then publish the timeline in the Member section of the Club website.

We have developed our Covid processes and later in the magazine the responses to the Covid cases and approach to Covid timelines is explained. The updated Club rules



covering Covid cases are published. Please have a quick read. The full policy is on the Clubs website and navigation to the policy is shown in that article.

In the last Outpost I mentioned another Timeline and the fact that we have two reasons for the timelines on the website is unfortunate. I introduced the Club timeline – a history of the Club from 1903 to 2020. This is a far more interesting read and if you did not get to it from the prompts in the last edition, the link is on the Clubs website and information and stories always welcome. Please contact Paul Cheesman, the Club's Honorary Secretary, if you have a possible contribution.

The timing of the Verandah refit could not have been better whilst indoor dining is banned. As I write the spaces have been cleared and the rebuild is underway. We believe the design will truly match the name and fit very well into the historic clubhouse. We plan to open the new restaurant towards the end of June and management looks forward to the re-launch. During P2 disruptions we do not plan to be too adventurous with the dining experience and initially, except for certain themed nights, there may be little change to the usage. Over time we will ensure a superior dining experience with a dedicated menu.

P2 is moving forward very well. We managed to finish the piling and pile caps without much interruption from the rain and currently the beams are being installed. Soon after that the development will be above ground and progress will be more visible. We are busy planning the finishes, fixtures and fittings and



the operational aspects of the new facilities. There is a lot of detailed work to do, with the opening expected in December this year. In future magazines we will publish the facility descriptions and give you an idea of what you can expect.

It seems hard to think of parties, gatherings and events and the calendar is looking quite bare. As I write even outdoor dining would be a blessing or just a swim in the outdoor pool. I hope when you read this those simple pleasures will be allowed.

An event we were pleased to host on the 15th of May was the wreath laying at the Cenotaph to commemorate the 100th anniversary of the formation of the Royal British Legion. In these times the event was only attended by the British Defence Attache, Colonel Tony

Stern. The British Legion was an amalgamation of four veterans organisations which worked independently for demobilized and injured soldiers and sailors after the First World War. As Big Ben struck 9am on 15th May 1921, representatives of the four organisations laid wreaths together at the cenotaph in London. The following day these organisations came together under one constitution as the British Legion. Congratulations to what is now the Royal British Legion for their 100 years of support for veterans.

The Club is slightly older than the British Legion and is still waiting to properly celebrate its 118th birthday.

Hopefully we will be catching up on events during June and I look forward to seeing you, but if not please stay healthy for when we can, and of course stay safe.



# Retirement planning / UK pension income

By Martin Wright, The Fry Group

Many Brits retiring overseas have acquired UK pensions during their lives, through an employee benefit package (company pensions) or by way of personal pension contributions. In addition, it's also common to have UK basic State Pension entitlement through National Insurance history/payments.

The UK tax liability can be quite complicated and confusing and is summarised below.

## THAILAND PROVIDENT FUNDS (FOR LOCAL EMPLOYEES)

The Thailand Provident fund is an investment related long-term savings arrangement voluntarily established by employers and employees (normally consisting of contributions from both parties).

Employees with a monthly salary below 10,000 THB are not liable to make contributions, but employers are required to contribute. The law would require those aged between 15 and 60 who are not Provident Fund members to become members of the main mandatory Provident Fund.

For an employee there are tax benefits for regular contributions. Currently, up to 500,000 THB per year is tax deductible. The first part of an employee's contribution can be used within the local tax allowances up to 10,000 THB, the remaining amount above 10,000 THB (but below 490,000 THB) would be tax exempt.

## UK STATE PENSION

The current full State Pension is £179.60 pw (£9,339.20 pa) and the Basic State Pension for pre-April 2016 retirees is £137.60 pw (£7,155.20 pa).

You pay UK Income Tax if your total taxable UK income (for example - UK rent, private/company pension plus UK State Pension) is more than the tax-free UK Personal Allowance (£12,570 for 2021/2022). The State Pension is the first thing applied against the Personal Allowance.

As there is no Social Security agreement between the UK and Thailand, UK State Pension in payment remains level, whether this stays the case will be



based on decisions the UK government make (along with continued pressure from Brits in-country).

## UK COMPANY SCHEMES AND PERSONAL PENSION PLANS

UK pension income can normally be paid anywhere in the world, and usually after the deduction of 20% UK Income Tax at source. The final tax liability is based on Self-Assessment Tax Returns and UK tax rates/allowances.

### Double Taxation Agreements

Double Taxation Agreements (DTAs) between the UK and the country of residence mean that pension income may be paid gross from the UK to be taxed locally instead, but only if HMRC have proof that local tax is being deducted or specific criteria is being met. In many countries including most of Asia, this can be problematic.

The UK/Thailand Double Taxation Treaty (DTT) does not include an article to cover any UK pensions other than UK Government (Civil Service) Pensions, and I quote from the Digest of Double Taxation Treaties: "Treaty does not include an article dealing with Non-Government pensions".

Also Article 19 of the UK/Thai DTT covering UK government or local authority pensions states "such pension shall be taxable only in the other contracting State if the recipient is a national of and a resident of that State". Therefore, a Brit in Thailand would need to have a UK Civil Service Pension and become a Thai citizen!

**UK pensions paid for service outside the UK**  
HMRC ruling ITEPA03 charges all UK occupational pensions to UK Income Tax. However, the PAYE

regulations set out special provisions that exempt the pension from PAYE where the pension arises from employment carried out abroad (only for non-UK residents).

The criteria is non-residence for a certain number of (complete) tax years and the pension is then exempt from the operation of PAYE. An employment is regarded as having been carried on abroad if:

- 1.1 the last ten years' service in respect of which the pension is paid was abroad; or
- 1.2 the service that was carried out abroad amounted to half of the total service in respect of which the pension is paid; and
- 1.3 covered at least ten of the last 20 years.

If the above criteria are met, there is one application to HMRC only, simpler than a double taxation agreement which requires local and HMRC tax compliance. Only then will HMRC allow the pension income to be paid from the UK gross, as long as they are satisfied it meets the country of residence tax requirements.

The actual local tax liability in Thailand may be determined by the nature of one's Visa, but commonly "income" is liable to local taxation if it is remitted into the country during the Thai tax year (calendar year).

### Qualifying Recognised Overseas Pension Schemes (QROPS)

Between April 2006 and April 2017 many Brits living overseas transferred their UK pensions to QROPS and Guernsey, and then Gibraltar were popular because they generally offered favourable Income Tax treatment compared to the UK.

We have seen Malta used for Thailand residents, concerning as there is no DTA between Thailand and Malta and no sign to the contrary. At present, Maltese (QROPS) pension income would probably be taxed at 35% at source, meaning in many cases more tax than would have applied had the UK pension not been transferred.

QROPS is not a viable option for those resident in Thailand now, as with the rule change in April 2017, a transfer charge of 25% would apply.

## CURRENCY POSITION

For those long-term retirees in Thailand the effect of a weakening Pound and strong THB is evident. And whilst the Brexit referendum result in June 2016 compounded matters, a downward trend started as far back as 2005.

There were lows in exchange rates (in the 37's) in August 2019 and although the position has improved (at the date of writing) to 44, the heady days rates in the 70s seem to be a thing of the past.

The effects on GBP based pensions can be quite harsh as a result. With a long-term reduction in the value therefore of 40%+.

UK basic State Pension cannot be changed into any other currency at source. The same can be said for UK final salary/defined benefit guarantee pensions.

It is only investment-related UK pensions such as a UK Self-Invested Personal Pension plan (SIPP), or offshore QROPS that allow a change in currency to perhaps be more aligned with THB. However, one could argue that changing from GBP to a strong global currency such as USD may not be the best timing given GBP's remaining weakness to date.

UK pension arrangements can be complicated, particularly for a "global" individual, therefore it is sensible to seek professional advice from a company with the relevant experience and knowledge.



**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.

## REPORTINGS



Premrudee Tanyaluck

## Letter From The General Manager

**During** May the Club had to reduce its sports facilities and dining due to the Covid announcement from the BMA. However the staff during this time worked extremely hard to deep clean all areas for members safety and wellbeing. Member's safety is our priority and we have created a detailed and regular cleaning schedule for all facilities and areas to make sure that we remain 100% Covid-19 free allowing us to be ready to welcome all our members back soon.

A selection of outdoor sports facilities was able to remain open such as our tennis courts, multi purpose court, and cricket nets. The management and sports department would like to thank the sections and members that continued to support and use the sports areas through these difficult times. We look forward to all the usual sporting events at the Club and



those arranged from the sections in the coming months as the situation improves.

While our food and beverage outlets were unable to operate, we reactivated our delivery service, and launched a brand-new set of promotions. These have been very successful and enabled us to build up a regular clientele who we happily deliver to daily. It has been great to still be able to be in contact with so many members and bring the Club experience to their homes.

Phase 2 construction work continues and the main constructor 'Weapons' are working everyday to ensure the work remains on schedule.

The Verandah restaurant is now under renovation works which started on 26th April. This is scheduled for completion in the middle of June. As we get closer to the reopening date, we will be sending out the relaunch invitations and start to give you a sneak peek at what you can expect when dining in the all-new Verandah.

The events team are now looking towards June to restart their calendar of events. Tuesday 8th June the quiz night will take place in the Churchill Bar. The quiz has grown in teams, and we look forward to seeing them



all again along with the quiz master, David, who will put them through their paces. Please make your booking with our reception or event team. On Saturday 12th June, we will show live of opening ceremony of EURO 2021 at Coffee Stop and in the Churchill Bar, next day Sunday 13th June please come and join our UK Queen's Birthday Sunday brunch and Sunday 20th June for UK Father's Day Sunday brunch. Wine tasting that takes place on last Saturday of each month will be held on Saturday 26th June & combine it with our Club Birthday which was postponed from April.

Tennis coaching has been increased, the Club now has five official qualify tennis coaches and three knockers, squash also has an official coach and all members who are interesting in either sport is able to book their own coach of choice via fitness center reception.

We are pleased to announce three new staff team members, Khun Narudol and Khun Chaleerat in the kitchen department and Khun Puk who joins our house keeping team, please welcome them to our Club.

*I look forward to seeing you at the club soon.*



▲ Khun Top



▲ Khun Lee



▲ Khun Puk



## Ramayana Water Park is hosting the World's Largest Swimming Lesson event.



**Did you know** that 54% of kids can't perform the basic water safety skills needed to save their own life? To build awareness about the importance of teaching children to swim, Ramayana Water Park is hosting the World's Largest Swimming Lesson on June 17th.

The WLSL event serves as a crucial platform to help the aquatics industry fight childhood drowning by building awareness about the fundamental importance of teaching children to swim.

What is exciting about the WLSL event is that so many organizations and individual aquatic facilities are coming together to make it happen. The WLSL helps capture all the passion for this critical issue as individuals and focuses all that energy on one message for one day.

Ramayana is well known for its high international safety standards and always took the safety of its visitors very seriously. That is why Ramayana would like to help to build awareness about the importance of teaching children how to swim.

The WLSL event brings together tens of thousands of individuals from hundreds of communities around the globe that are committed to saving lives by teaching kids how to be safe in and around the water. People from many countries – all coming together on the same day to tell the world how vital it is that every child learns how to swim.

Ramayana invites everyone to participate in this beautiful event on 17 of June, by taking a free 30 minute swimming lesson at the park. The swimming lesson will be taught by Ramayana's professional swimming instructors and the safety of the event will be guaranteed by experienced lifeguards.

Moreover, all the event participants will be offered a discount price for the entry tickets to the park, if they would like to enjoy the slides on the same day.

Learn more information about the event on the official Ramayana Water Park Facebook page.

**Let's save lives together!**



# 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



▲ Henry and Naphaporn



▲ Dick Karlsson



▲ Lyvia and Gilles



▲ Trang and Benjaporn, Lalana and Lalita



▲ Tim and Annabel, Krijn, Kiet and Birk



▲ Tamer and Safinaz, Ziad and Nour



▲ Paul and Connie



▲ Arunsakh and Anna

## REPORTINGS

### Membership Department



Ammy Aphinya

Hello Members!

The membership team were extremely happy to welcome 12 new members to the club last month, even in these challenging times the club continues to attract new people to join its community, a big part of this is you! Our current member who supports and helps create a friendly community environment that leads to a healthy safe lifestyle before during and after the pandemic. We are happy to have extended several of our membership partners such as Santafe Relocation and Vanbelle Resort Koh Samui till end of this year. All our team look forward to the situation improving soon and getting back to seeing all our members at the club enjoying our facilities and food and beverage.

**Stay safe.**



▲ Tamer and Safy, Ziad and Nour

#### Member Review:

We have been to the British Club several times before, we enjoyed the grounds, the food and the company. We joined officially in March when we were invited to dinner by other members and then we realised that we must do this! A lot of Patana Community are members too and we thought it might be a great chance for the kids to socialise with their friends outside school. The kids play Tennis frequently and we found it very convenient to drop them to their practice on Friday and enjoy the pool/gym until they finish. We love the club - it has all what you need under one roof:)



▲ John and Elisa, Dominic and Benjamin

#### Member Review:

Since we joined, and the kids have really enjoyed the new pool / play area activities on weekends as well as getting into various sports.

The facilities are well maintained and Ammy is always around managing everything so well at the British Club.



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# Phase 2: Poolside Redevelopment Project Update

by Jack Dunford



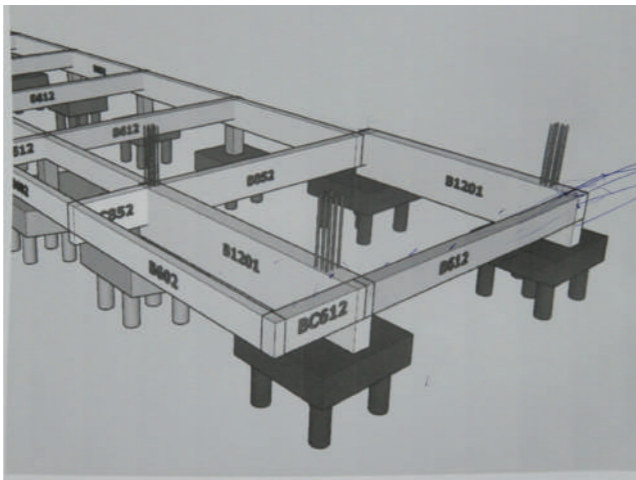
▲ Concrete being poured to Ground Beams

Although the Club is closed for most activities due to a third wave of Covid-19, luckily construction of Phase 2 has been unaffected and work is cracking on. The project is still a little ahead of schedule four months in.

16 pile caps had been built along the AIA boundary of the site before Songkran and, after just a 3-day break, the workers were back chopping out all the remaining pile heads along the shorter tennis court leg.

Working space is tight in this area and a lot of excavated soil is being kept for fill after the ground beams are in place. The logistics of moving this stuff around to ensure access to the next bit of digging was quite challenging, somewhat akin to one of those little plastic sliding puzzles we all had as kids where you have one space to shuffle the pieces around to get them in the right order. This was further complicated by sev-

eral heavy storms, which required water to be pumped out of the excavation holes before work could recommence.



▲ Ground Beams sitting on Pile Caps



▲ Pile cap concrete pouring



▲ Tennis court leg pile caps

All went to plan however under Project Manager Chis Watts' beady eye. Seismic tests were carried out on the newly chopped piles, formwork and reinforcing cages installed, and concrete poured to complete all the pile caps before the end of April.

Focus was then able to shift back to the AIA boundary leg where work started on preparing steel reinforcing for the ground beams. As illustrated in the diagram, these are substantial structures that will form the base for floors of the new building. Concrete was poured for the beams on this section on 11th May and by the end of the month all the ground beams for the whole building should be finished ready for the floor slabs to be poured. From then on all work will be above ground.



▲ Tight Working Space

Excavations are also being carried out at the back corner of the site for a large septic tank and the kitchen grease trap ... best kept out of sight and out of mind for most of us, but necessities requiring careful planning and attention. More detailed information and pictures can be found in the Members Section of the Club Website.



▲ Project Manager Chris Watt



▲ Chris digs the septic tanks



Paul Cheesman

## ~~~PAST PARTICIPLE~~~ *Auspicious Melioris Ævi*

From 2009 to 2015, a series of monthly Outpost articles plotted the history of our Club – since then we have found out so much – so now we start a new series – from St. George's Day 1903 ... the day BEFORE our Club was founded.

**There** were some 500 British in Bangkok at the turn of last century and by 23rd April 1903, life was quite well organised with facilities and services for all. Of course then all the British had to speak the local language, which was Siamese, as the name of the country was Siam, and, of course, Bangkok was only the English name of the capital which was properly called *Krungthep Mahanakhon Amonrattanakosin Mahinthalayutthaya Mahadilokphop Noppharat Ratchathaniburirom Udomratchaniwet Mahasathan Amonphimana Watansathit Sakkathattiya Witsanukamprasit*.



▲ "J. Antonio's map of Bangkok"

### Bangkok

The city was very small, about 25km<sup>2</sup>, consisting only of Rattanakosin Island (where the Grand Palace is located), Dusit (the area north of the Grand Palace), and a sway of development lining both sides of the Chao Phraya river such that places well known today like the Victory Monument, Sukhumvit, Khlong Toey and Don Mueang were just distant rice fields. The settlement in Thonburi, on the north banks of the river was accessible only by ferry as there were no bridges until 1932. Bangkok was administered by a government department, the Ministry of the Capital, and had only six years previously been divided into 16 small local Government districts called Amphurs.

### Transport

The main thoroughfare from the City along the southern bank of the Chao Phraya river was Chareon Krung Road, with only three roads – Lo-Pom-Yome [Sathorn], Windmill [Silom], and Suriwongse – branching off to Throng [Rama IV] and only the newly opened Ratchadamri going beyond.

There were khlongs (canals) with ferryboats and two single-track railway lines from an older station close to Hua Lampong – one to Korat [Nakhon Ratchasima], and another to Paknam [Samut Prakan] and two tram lines, one which ran from the Grand Palace along Chareon Krung and the other to the railway station. There were no buses until the next

decade but there were thousands of Rickshaws (samlores).

### Diplomatic & Legal

Thanks to the Bowring treaty, British subjects were under British consular jurisdiction, with a British Court, which in turn meant Siam remained an independent country and did not become a vassal of the British Empire or the Second French Colonial Empire which bordered it on all sides. The British Legation, as it was legally termed, was on the river [adjacent to the Portuguese Legation] with a long driveway to Chareon Krung, where had been located, a month before, the Queen Victoria statue. As *The Times* reported ... "at 5.15pm on 23 March 1903, H.R.H. Crown Prince Vajiravudh then drew the cord, everyone rose, the officers present in uniform saluted, the civilians uncovered, and the flag slipped aside, revealing the bronze statue of the Queen, represented as seated upon a throne, crowned, bearing



▲ "In position one month before the club was founded"

*sceptre and orb, and arrayed in the robes of State"*

### Health

A lack of clean water, malaria and cholera probably did not help the British to acclimatise to Siam, but by 23rd April 1903 there were two 'western' hospitals ... The Bangkok Nursing Home, which had just relocated to its new home on Convent Road [now St. Andrews School] and the five year old Saint Louis Hospital on Lo-Pom-Yome [Sathorn]. There was even a British Dispensary, in Chareon Krung with a pharmacist to ease your ailments, founded by Dr. Haywood Hays, later of Neilson Hays Library fame.

### Worship

There was a choice of Christian worship in 1903 ... for the large Roman Catholic populace were the Assumption Cathedral, the Holy Rosary Church, the St Francis Xavier Church, the Church of Immaculate Conception, and the original building of the Santa Cruz Church. For the smaller group of Protestants, there was the Protestant Union Chapel, often called the English Church, on Chareon Krung, the newly opened Sueb Sampanthawong Church in Bangrak, and the original First Presbyterian Church on the Thonburi side.

### Shopping

Chareon Krung was a thoroughfare of shophouses with everything locally made available to buy. In 'town' there was the newly opened John Sampson department store on its original site plus Harry Badman & Co who were tailors, dressmakers, and drapers. In addition, Bangkok was awash with numerous European,

Siamese, and Chinese outlets ... J.R. André (a French jewellery), Societa Italo-Siamese (an Italian hardware store), Société Anonyme Belge (a Belgium fancy store), Siddhibhand (regarded as the premier Siamese store), Kee Ciang & Sons (a Siamese grocer), The Monopole Stores (a chain of Chinese general stores) and Thye Guan Eng Kee stores (Chinese wine and liquor merchants).



▲ "A 15s (75p) note"

### Social Life

There were Clubs and societies for the British ... the home of many was The United Club on Khlong Phadung Krung Kasem, founded around 1886 and the newly chartered Royal Bangkok Sports Club founded "for the purpose of improving the standard of horse breeding and various other field sports".



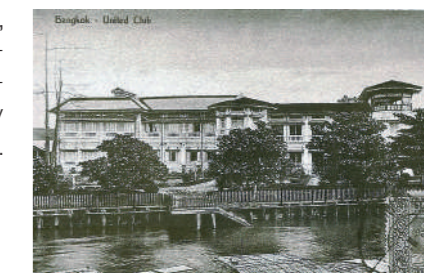
▲ "Chareon Krung complete with tram"

### Communications

Amongst the numerous foreign newspapers was the main English language newspaper of the day – the Bangkok Times. All post services and telegrams within Bangkok by April 1903 were under the Department of Mail and Telegraph, Siam having joined the Universal Postal Union 18 years earlier – most international mail still went by Steamer via the Straits Settlements.

### Banking

On 23rd April 1903, there were no Siamese banks ... two more years would have to pass first ... but trade was conducted through 'foreign banks' with the Hongkong and Shanghai Banking Corporation and the Chartered Bank of India, Australia and China being dominant. The Siamese currency was the Tical – with 13 Ticals to £1!



▲ "The United Club, from the Khlong"

**BUT ... there was no British Club!**

Paul Cheesman  
Honorary Secretary



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\*Source: St Andrews International School Bangkok IB Results  
for the 2019-20 academic year.

## Call for old photos : by Jack Dunford



▲ The Silom Sala c1980

A few years ago I wrote a series of Articles in Outpost featuring pictures I took at the British Club, around Bangkok and Thailand in the 1970s and 80's. I plan to write more and would love to feature other Members' pictures.

I have actually made this request many times without much success but I was encouraged to receive these three pictures from Natalie Strongman, who joined the Club with her family in November. The photos were sent to her by her Mum and Dad, Gill and Tony Strongman who were Members from 1977 to 1981, before Nathalie was born. Tony was a civil engineer working for the UN (ICAO) assisting the Department of Civil Aviation initially with a Master Plan for approximately 34 domestic airports and then development of Don Muang airport in the pre Suvarnabhumi era.

Thank you so much for these Gill, Tony and Natalie.

The Silom Sala was opened in 1980 and this lovely picture features the original 1960s high diving board, springboard and starting boards. The Clubhouse picture shows the original 'municipal' swimming pool railings and a glimpse of the original wooden Surawongse Sala. And I think the little group of three sitting at the table might be me and my two kids George and Sally! Finally the Verandah picture was taken before the external open verandah was enclosed as part of the original Churchill Bar. Interesting to note that there were two side entrances rather than one in the centre as it is today

If you enjoy these please let me know at [jack@dunford.info](mailto:jack@dunford.info) if you have any old pictures in a shoe box somewhere ... even if they are just family snaps. It doesn't matter how good they are, what state they are in or whether they are prints or slides, I will be happy to make copies and return the originals.



▲ The Verandah c1980



▲ The Pool and Clubhouse c1980

# The new Verandah restaurant

: by James Crossley-Smith



Open up door way to terrace and install arch



The newly redesigned and refurbished Verandah will open towards the end of June. As I wrote in my opening message the new design of the Verandah matches the name, sits better with the history of the Clubhouse and will provide a restaurant that is in keeping with the idea of the more formal atmosphere of the building.

The main room of the Verandah is an interesting octagonal shape which originally had doors directly to the back garden. As far as we know it was always a bar with a high ceiling reaching up to the wooden floorboards of what is now the Sports Bar or Wordsworth Room. The 'dog leg', or alcove, used to be the Club office with a door directly into the corridor. We do not know the origins of the layout for an octagon but it works well for connections to different spaces and side walls for seating.

In the Sixties the bar was first air conditioned.

In the seventies the offices were moved and the space vacated was merged into the bar, presumably as demand required.

In the Eighties the bar was renamed the Churchill Bar with the entrance door holding a similar etching of Sir Winston Churchill to the one now just inside the entrance to the current Churchill Bar.

The Churchill Bar was in much demand during the Nineties not least because of the great success and support for the Club's Rugby team. The outer terrace bar that was under the first-floor balcony was enclosed to expand the air-conditioned space.

In February 2007 the original Churchill Bar was closed and in October 2007 was reopened as the Verandah, primarily for dining, even though a bar was built into the design (there is no bar in the new design). The Churchill Bar was moved to the current location replacing what was then called the Lords Restaurant. In this move the restaurant and bar changed locations with the bar now at the front of the Clubhouse looking out to the front lawn.

In 2014 the alcove room was separated as a private dining area.

The Verandah as designed in 2007 was closed on the 23rd April 2021 when, at the time of writing, the current Covid-19 related restrictions were introduced. These restrictions stopped indoor dining.

The General Committee approved the budget for the refurbishment work in their meeting of 19th April and work officially started on its renovations on the 1st May. The closure on the 23rd April



▲ "Outside the Verandah 1980"



meant we could clear the room well ahead of the start of reconstruction.

The newly designed Verandah, as I say, is due to open towards the end of June.

The new design retains the alcove as a potential private dining area where there will also be a wine display so that patrons can better see the wines on offer. As we develop the dining experience, I expect there will be opportunities to taste the wine before purchase and that is one intention of the display area.

The octagonal shape of the main dining room will be far more noticeable as all the old paneling, bar and side service cabinets are removed to provide an open dining space. The symmetry of the room includes two windows on either side of the door to the balcony area to bring in more natural light. In this way the design evokes the traditional ideas of a verandah making the most of the outlook to the back lawn.

Fans, plants and black and white checkered floor tiles will add to the atmosphere. The central dome in the octagon is retained and will include one of the fans. Fans will also help to move the air in the balcony areas either side of the door to the back lawn.

We will plan something special for the opening but otherwise will not be too adventurous until later in the year when the phase 2 poolside kitchen can take more of the food demand. The Verandah will provide a very smart space and will build an atmosphere of its own when the themed food and wine nights and dedicated menus are introduced. Please look out for launch details. I hope you will book your seats.....restrictions permitting!



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## Covid-19 Policy Rules Update

: by James Crossley-Smith

As you will be aware the Club Constitution, Bylaws and Rules are published on the Club's website.

The location is at the website [britishclubbangkok.org](http://britishclubbangkok.org) under "About us" > "Constitution, Bylaws & Rules"

<https://www.britishclubbangkok.org/site/en/about/rules-constitution/>

On the right hand side of the screen Constitution Bylaws & Rules, the policy for the "Covid-19 Policy & Rules" can be found by clicking on "Download PDF".

The latest update (at the time of writing) was dated 1st May 2021 and the latest significant addition, referring to cases and timelines is copied below for your information :

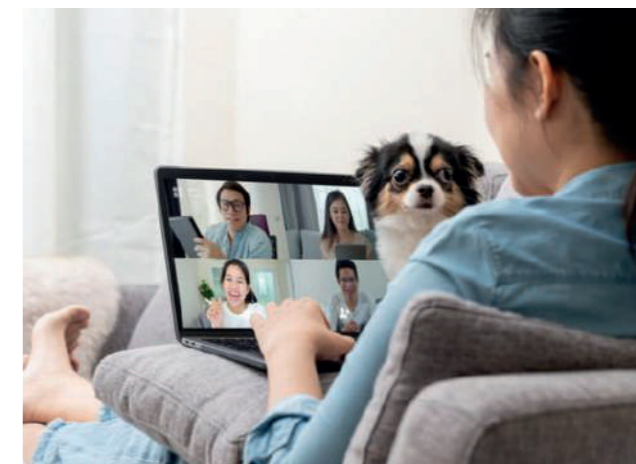
### 9. Club Covid cases

(a) A Member is required to notify the club if they, their spouse, their children, or any member of their household staff contact Covid. They are requested, also to provide a list of the Club usage of the Club by the infected person over the previous 14 days.

(b) If any person connected to the Club is found to be infected with Covid-19 Coronavirus the Club will inform the Khet Bangrak Medical Officer for advice on the actions for the Club to take. The Club will seek to create a timeline for Khet purposes.

- For Members, in addition to data from clause (a) a readout will be taken from Comanche and Risk Protection as to their usage within the Club.
- For Staff members their work locations are known and will be cross referenced against member timeline.

(c) All affected outlets will be immediately scheduled for deep-cleaning and disinfection. The whole Club may



close should the Khet require this.

(d) Staff members at risk will be sent home on paid leave for 14 days to self-quarantine and monitor their health.

(e) The Khet Office is, under Centre for Covid-19 Situation Administration (CCSA) regulations, responsible for tracing all those who may be at risk and providing them with advice on 'what they must do next.' The Club will, however, as a precautionary additional measure, publish the timeline of Club usage of any infected person during the past 14 days on the Members' Secure section of the Club website.

(f) The Club may provide personal details of infected individuals to the Khet Office as required by CCSA regulations, but no such details will be published on the Club website or given out by Club staff.

(i) The Club may take additional action as prescribed by the Khet Office.

Comments from the Chairman's email to Members on April 29th:

The Club will not publish the name of the individuals that are reported as cases. The Club will inform Members of new cases and will then publish the timelines on the website. Those with Covid-19 positive tests are required to give the names of those that are perceived to be at risk through contact or close association (to the authorities). The authorities will contact those named, who they may deem to be at risk, in line with their policies, and this includes the Club. However we urge Members who test positive and who have visited the Club in the previous 14 days to inform the Club so that the Club can proactively work with the authorities in responding to the case.



# Member focus



## Luciano Paolo Nesi

Sommelier, AIS-WSA

### WSET Educator

- Founder & Owner: L'Opera Holdings
- Has opened and operated over 30 restaurants in Asia Pacific

## Ten Questions for Outpost

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

I came to Thailand my first time in 1987, I had a Qantas ticket to Sydney with a stopover of 5 days in Bangkok, after the five days I threw away my ticket and never made it to Sydney. My friend maybe still waiting for me at the airport

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

It must be when I was awarded the Knighthood by the Italian government as a recognition for what I have done for Italy and the Italian people professionally and as a philanthropist

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

I have been known the British Club for many years but I was always living far from it. Now that I am at a reasonable driving distance I jumped at the opportunity. I like very much the mix of the old building, the green spaces and the sport facilities as well as the "country club" feeling right downtown Bangkok

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

I would probably still choose what I did but I will take it at a much lower speed

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

Back in 1987 in my small town in Tuscany, people were fascinated by Thailand, the orient, golden pagodas, friendly people and so on but not so many would have been here so I guess the only warnings were about water and food sanitation, mosquito and some health warnings for which you needed to get vaccinated

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

I would listen to Perfect by Ed Sheeran in the morning, Gloria Gaynor "I will survive" in the afternoon and probably end the day with Leoncavallo's "Pagliacci" sang by Luciano Pavarotti.

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

I totally enjoy visiting temples and heritage sites in Thailand as well as wet markets but the thing that I always look forward to it is to rent a motorbike and drive the Mae Hong Son loop with my wife the scenery is fantastic and the winding road with constant uphill and downhill is the dream come true of any biker. Along the route are waterfalls, national parks, beautiful rolling plains and thick forests, rivers, beautiful cities such as Pai and Mae sarong but also fantastic ethnic villages where you can stay the night and enjoy the local culture and cuisine.

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

This is hard to tell because I was 21 years old when I first came to Thailand, but for sure I changed because in Italy they call me the Thai guy!

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

As a restaurateur I have seen a lot of changes in the last 35 years, people have changed and restaurants need to adapt. While my mother only needed to make sure her food was good and then profit would follow, nowadays is not that simple, more and more people look for fun dining rather than fine dining, places where to entertain and be entertained so it is important that your menu, uniforms, walls and decoration, flatware, food plating etc., represent that image. I believe the old style restaurant business is pretty much dead (with few exceptions), now the restaurants have to be more engaging and send a clear and unique message to the market.

The wine business is offering an incredible array of new wine styles from so many different countries and is quite exciting, fortunately the race to whom can make the most wooded Chardonnay or the more alcoholic wine is over and now, balance and harmony seems to prevail. As an educator I have experience a lot of interest in the general public to know more about wines and spirits exactly because there are more and more products in the market and to make an educated decision at the restaurant or at the bottle shop became more and more difficult. I expect to see the wine education courses keep growing, I believe that a bit of knowledge about wine is becoming a social thing, like it was golf at my time.

Wineries will become more ecologically sustainable and more organic and biodynamic wines will be on the shelves. In fact a lot of them are already but the producer may omit saying that in the label because of poor quality organic or biodynamic wines now in the market.

### 10. You are just about to run a series of event with the club for our members, what can they expect from these events?

Fun! That is always the first thing you should look for, we are talking about wines and wine appreciation is not a science but rather an hedonistic pleasure so I want people that come to my courses to get to know about wines and or spirits but in a fun way. I dedicated all my life to the restaurant and wine business and never stop studying and learning about it but you never know enough, you could study all your life about the Bordeaux region and still not knowing enough!

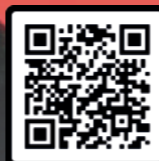
*"Interesting, I didn't know that", "That was fun!" If I get this comments at the end of the presentations I have done my job!*

Jimmy Chiu's 12 years at Bangkok Patana led him to Aeronautics and Astronautics Engineering at Purdue University, then to prototype projects for Honda Research Institute, USA and AI. For fun he still races cars and works on pit crews. From the Design+Technology rooms at Bangkok Patana to the excitement of the race track, Jimmy embodies our definition of a life long learner.



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## *Obituary* **David and Lek Bryant**

We were saddened to learn of the passing of both David and Lek Bryant, former British Club Members, who both died of Covid-19 in January.

David was 74 and grew up in Camberley, Surrey. He joined the airforce where he served as a navigator and flying officer and then worked for a number of airlines working his way up to Captain, including flying 747s with Thai Airways and Singapore Airlines.

David joined the British Club in 1993, and continued to visit the Club after moving back to live in England with Lek before going on the Absent List in 2014. Lek grew up in Gnob, Nan Province. David and Lek had a son Alex who lives in England and David had two sons, Mike and Ross, from a former marriage.

David lived for his squash and was a very enthusiastic Member of the Squash section winning the Club Championship on at least one occasion. He was very proud of his grandchildren Jonah and Anje Bryant, who are some of the top squash juniors in England. Jonah was named after Jonah Barrington.

Our condolences go to their family and friends.

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## Dr. Erik Explains the Covid-19 Vaccines

### Dr. Erik Fleischman



#### BAAC Bangkok Anti-Aging Center Executive Medical Director

The number one question I get these days is, "which vaccine should I be taking"? This is a very specific question for Thailand right now because the resources for vaccines are limited. I have been an Infectious Disease specialist for 30 years working with HIV, Ebola, H1N1, SARS, etc. What you need to understand about any vaccine is that what you're looking for is an antibody response that will kill the virus once it enters the body. Vaccines do one thing, and one thing only, they produce a specific antibody to kill a specific virus. That is the goal of every vaccine.

What's not so simple is that every Covid vaccine is different. Some are given 3 weeks apart, some are 1 shot vaccines, some are 2 shot vaccines, some from China, some from America and so on. It is understandably confusing.

These are the facts now: the most effective vaccines

at the moment, are the ones coming from Pfizer and Moderna. These are 2 shot vaccines. The Sputnik vaccine from Russia is also on the same level of effectiveness as the ones just mentioned. Johnson & Johnson is a little bit behind them in effectiveness and is a 1 shot vaccine. The Chinese vaccine, Sinovac, is behind all of them with a possible effectiveness of 50% - 60%.

#### What does effectiveness mean?

These vaccines present an antibody response to kill a virus. The most important people to get the most effective response are the people that are older, in their 70's and up and people with risk factors (diabetes, high blood pressure, obesity, lung problems, etc.). For these people, that antibody response is super important because they need the absolute best, strongest defense against Covid-19 since Covid is probably going to make them sicker than it would healthier people.

For the rest of us, if you are healthy or if you are young and if you are supporting your immune system, the important thing is to get a vaccine, if you are so inclined. Even a partial antibody response will make a bad infection into a small infection. This is much the same as when people take the flu vaccine, where they perhaps don't get a severe flu, but instead get the flu for just one or two days.

My advice to people is that if you're young and healthy get a vaccine. For the older people and people "at risk", it's important to get the best antibody producing vaccine as possible. At this point, the most effective vaccines are the Pfizer vaccine, Moderna vaccine, Johnson & Johnson and, where available, the Sputnik vaccine.

Remember that this is an ongoing, flexible changing arena since the vaccines have not yet arrived in Thailand as early as the rest of the world. If you have more questions about this, feel free to contact me. This is something I am passionate about, and I want us all to get back to our normal lives.




**Dr. Erik H. Fleischman**  
BAAC Executive Medical Director

- Former international medical director of Bumrungrad International Hospital
- Former senior advisor for President William J. Clinton's Health Foundation
- Former senior advisor for International SOS
- Former senior advisor for U.S. State Department
- Former Hollywood doctor to the stars

\*For appointments please Email:  
info@bangkok-antiaging.com

# SHREWSBURY APPOINTS NEW PRINCIPAL FOR 2022

**With Mr Rob Millar's appointment** to the position of Principal at Shrewsbury International School Bangkok, Riverside starting in 2022, we thought it would be interesting to find a little more about the man who will be taking the top job. Mr Millar's experience both in and out of the classroom puts him in the ideal position to move Shrewsbury Riverside forward, especially as the school continues to evolve over the next few years; not just with exciting new facilities opening this August, but with a whole campus redevelopment to 2025. Mr Millar's appointment is a testament to a career based on hard work and dedication at several schools in many different roles – Read on and get to know Mr Rob Millar a little better.

Born in Wimbledon, London, Mr Millar attended an all-boys comprehensive school, Rutlish High School, where he was well-known for giving everything a go. Aside from excellent GCSE and A level results, he was a keen singer, basketballer and even attempted fencing as a hobby, although by his own admission, he wasn't very good!

From Rutlish, he was accepted into Fitzwilliam College at the University of Cambridge, a place he describes as warm and welcoming from the moment he attended his first interview. He met the Master of the College at interview, who was a biologist, and was persuaded to study biological sciences even though he had last studied it in Year 9.

"I was fortunate to be able to study a whole range of subjects from cell biology to pathology with some incredible people, many of whom are still close friends today. Over 3 brilliant years I went from colouring in GCSE level pictures of the heart with my friends in the college library to running a Neuroscience research project on colour vision in my final year. It was a rapid learning curve but I really enjoyed every moment"

Upon graduating from Cambridge with First Class Honours in 1995, Mr Millar spotted an advertisement for a postgraduate Masters degree in Neuroscience at Oxford University. He promptly jumped at the opportunity to apply.

"I didn't want to be a doctor, even though my mum wanted me to give it a shot! I am not very good with blood or needles, so it just wouldn't have been the right fit. I wanted to study the brain, though, and this course was so in-depth, it used all my scientific knowledge and gave me the opportunity to work with some world-class researchers. It was truly fascinating."

As described, the areas Mr Millar studied were complex and intriguing. From delving into what is known as 'Mach



Bands' – which look at how the brain processes visual contrast – to discovering whether dyslexia is related to the way that your eyes move, Mr Millar was able to form a love for the sciences, and a deep understanding which would be an asset in the classroom.

After completing his Masters degree, he discovered that his true passion was in the love of learning and imparting knowledge to others. The ideal profession for him was most appropriately teaching. Mr Millar enrolled at New College at Oxford University and proceeded to take his PGCE in teaching Secondary Science. He remembers this time fondly, not least because this is where he met his future wife, Ms Emma Noake, herself a History teacher at Shrewsbury.

"I was fortunate to have not only been on the same course as her, but we also got to go to the same placement school as well. A while later, we got married, so retrospectively, I feel I have made some pretty good decisions!"

Rob recalls one particular placement for work experience at a specialist unit attached to Lord Williams School

in Oxfordshire which worked with students who had autistic spectrum disorder.

"The techniques and skills I learnt there were based on positive psychology and underpinned a lot of how I would teach afterwards. I think it is important to have an understanding of how all students are able to achieve amazing things given the right support, opportunity and guidance as you can bring that experience to your classes."

After graduating from Oxford a second time in 1997, Mr Millar got a teaching job in Croydon, South London, but only worked there for two years as he wanted to be closer to Emma, who was working near Oxford at the time. Mr Millar ended up getting a job as a science teacher back at Lord Williams School where he had trained. After 4 years living in Oxford the pair then travelled to Portsmouth in the South of England where he worked as the Head of Social Sciences in a comprehensive school called Bayhouse, which used to be the house Queen Victoria would stay in before she went on holiday to the Isle of Wight!

"I broadened my teaching experience way outside the sciences at Bayhouse School. I taught a new range of subjects, from Philosophy to Sociology, and was able to develop my understanding of the whole curriculum and what was required to be successful at a high level. However, after 7 years in Portsmouth both our boys had been born, and Emma and I both harboured a desire to head abroad to teach – it was then or never."

After seeing a position vacant for a Senior Academic Coordinator at Shrewsbury International School Bangkok, Riverside in 2010 – Rob caught a train to meet former Principal, Mr Stephen Holyroyd at Shrewsbury, UK. He was successful, and the Millars were heading to Thailand.

"I had travelled to Southeast Asia before, but not Thailand, so everything was brand new to us. It was the job that piqued my interest, but we have all come to love Bangkok, and it is our second home – we have already been here over ten years."

From here, Mr Millar's rise to the role of Principal has been more steady than meteoric. He has gained the necessary skills to move from Senior Academic Coordinator to Assistant Principal and then to Vice Principal in 2018. By August 2022 he will be Principal of the Riverside campus. His dedication, attention to detail and ability to bring the best out of staff members is a key reason why the Board of Governors encouraged Mr Millar to apply.

"I was pleasantly surprised. It wasn't something I was planning for at this point and time. I feel humbled and flattered that the Governors approached and then appointed me. Leading a school was something I considered but perhaps not so suddenly! From here, I want to continue the success of the school. I want a continuation of the last four years – especially with respect to the new

developments and facilities in the Senior School."

Mr Millar speaks glowingly of current Principal, Mr Chris Seal for his leadership over the last four years and is very pleased that he has an extended handover period so he can learn as much as possible before he takes over the role in earnest.

"Mr Seal is passionate about what makes a great school, and he sets the bar high and expects his staff to be equally aspirational. His pastoral knowledge is absolutely brilliant. He is honest, upfront and supportive of your ideas. I have learnt an enormous amount from him during our time together. I know this will be the same next year and I hope this theme will continue when he moves on to Tanglin Trust in Singapore."

Mr Seal is reciprocal in his praise for his successor, and is confident that Mr Millar is the right person for the job, given his understanding of the school's inner workings and his relationship with staff, students, and their families.

"Rob has been a quite superb Head of Senior School over the last three years. Humane and child-centred, he has stepped into all the student matters that come with that job with aplomb. His traditional strengths in the teaching and learning space align closely with the history and direction of the school and his leadership in this area provides huge reassurance to our aspirational community. I have come to rely on Rob's towering intellect across a range of situations and his capacity to think differently from others will be an asset in his tenure as Principal. Determined, resilient and affable – I am proud of all he has developed into in our work together."

In the meantime, Mr Millar will continue to support the Senior Leadership Team and students in his role as Head of the Senior School. He is intent on continuing the theme of evaluation and improvement as the school moves towards the future.

"Shrewsbury, Riverside and indeed the world is constantly changing – you only need to look at the last couple of years to see proof of that. Therefore we must adapt in order for our students to flourish, and give them the skills to be adaptable too. I want students to be hopeful about the future – I think this is what our role as educators should be."

**To find out more about Shrewsbury Riverside and to apply, please visit <https://bit.ly/3h5LUwk> or contact our admissions team today [admissions@shrewsbury.ac.th](mailto:admissions@shrewsbury.ac.th)**





JUNE 2021

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Yoga 8.30am-9.30am Football 7.00pm - 9.00pm	2 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	3 Swimming Lesson Tony 7.00am - 8.00am Cricket team practice 6.30pm - 8.30pm	4 Junior Tennis* 4.15pm - 6.00pm Senior Cricket 5.30pm - 7.00pm Tennis mixed-in 6.00pm - 10.00pm	5 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
6 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	7 Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	8 Yoga 8.30am-9.30am Football 7.00pm - 9.00pm	9 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	10 Swimming Lesson Tony 7.00am - 8.00am Cricket team practice 6.30pm - 8.30pm	11 Junior Tennis* 4.15pm - 6.00pm Senior Cricket 5.30pm - 7.00pm Tennis mixed-in 6.00pm - 10.00pm	12 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
13 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	14 Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	15 Yoga 8.30am-9.30am Football 7.00pm - 9.00pm	16 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	17 Swimming Lesson Tony 7.00am - 8.00am Cricket team practice 6.30pm - 8.30pm	18 Junior Tennis* 4.15pm - 6.00pm Senior Cricket 5.30pm - 7.00pm Tennis mixed-in 6.00pm - 10.00pm	19 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
20 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	21 Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	22 Yoga 8.30am-9.30am Football 7.00pm - 9.00pm	23 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	24 Swimming Lesson Tony 7.00am - 8.00am Cricket team practice 6.30pm - 8.30pm	25 Junior Tennis* 4.15pm - 6.00pm Senior Cricket 5.30pm - 7.00pm Tennis mixed-in 6.00pm - 10.00pm	26 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
27 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	28 Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	29 Yoga 8.30am-9.30am Football 7.00pm - 9.00pm	30 Squash Mix-in 4.30pm - 8.15pm Balut 6.00pm - 8.00pm Tennis mixed-In 6.00pm - 10.00pm			

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



Graham Johnston

TENNIS

2021 British Club Bangkok Tennis Section Championships		
Event	Open Championship Winner	Open Championship Runner-Up
Men's Singles	Andrei Ivanov	Christian Roland
Ladies Singles	Mooky Thumrongluck	Rhea Pbonevala
Men's Doubles	Chanon Varapongsittikul & Srimongkol Kedbhata	Akkasit Tepkasikul & Andrei Kornalov
Ladies Doubles	Raquel Evans & Mooky Thumrongluck	Anjelica Manalo & Nattaya Theangtrong
Mixed Doubles	Chanon Varapongsittikul & Mooky Sriprapai	Raquel Evans & Akkasit Tepkasikul
Event	Plate Winner	Plate Runner-Up
Men's Singles	Nick Annets	Koji Takagi
Ladies Singles	Karoline Kreyberg	Cristina Allwright
Men's Doubles	Harold Mollin & Luc Charrier	Ton Mingmankong & Pornchai Ton Mingmankong
Ladies Doubles	Raymode Lemieux & Marcela Chacon	Suzy Nam & Veronica Favoroso
Mixed Doubles	Joe Drew & Ticha Tunsamai	Rafa Chung & Renuka Elliot
Event	Senior Championship Winner	Senior Championship Runner-Up
Men's Singles	Frank Gluck	James Young
Men's Doubles	Frank Gluck & Todd Petrychanko	James Young & Harold Mollin
Ladies Doubles	Maleerat Skolthanasarat & Renuka Elliot	Sasaluck Choekheabulkit & Raymode Lemieux
Mixed Doubles	Sasaluck Choekheabulkit & Suang Chartra-Urai	Phairoj Chansevikul & Wandee Flychatsawan



Men's Single Champ



Mooky - Ladies Singles Champ



Men's Doubles Champs



Ladies douts winner



Mixed Doubles Champs



Thumbs Up for Christain - Men's Single RU



Mixed Doubles RU



Men's Douts RU



Medals for Smiles - Ladies Doubles RU



Ladies Singles RU

Dear Rogers & Rafas of the British Club

I hope everyone is staying safe and enjoying the clay court swing that is currently being beamed into our living rooms from Europe.

Without too much competitive action on court at the moment, let's take the opportunity to look back once again to last month's Club Championships Finals Day and enjoy some more snaps of the action and prizegiving.

Thanks again to all who took part and supported!

All the best

Graham



Men's Singles Plate Champion



Men's Douts Plate RU with the Chairman



Senior Mixed Doubles Champs



Mixed Doubles Plate Champ



Koji - Men's Singles Plate RU



Senior Mixed Doubles RU



Use the Force Luc - Men's Doubles Plate Champ



Mixed Doubles Plate RU Rafa with the Chairman



Senior Men's Single & Doubles RU with the Chairman



Ladies Doubles Plate Champs



Frank G & Toddy Senior Men's Doubles Champs



Purple Power - Senior Ladies Doubles Champs

# 2021 BRITISH CLUB Bangkok

## Tennis Section CHAMPIONSHIPS

Saturday 03 April Starting 8:00 am

Follow the matches British Club Bangkok Tennis Section



Ben Eastwell

### End of the season?

The club nets have remained mostly vacant through April and May as we continue to battle with the uncertainty of COVID-19 which made its first appearance in 'Hard Balls' over a year ago now. Though BC did manage to complete their remaining games before the Songkran holiday, the Bangkok league has been suspended, along with any chance of commencing the new competition which was scheduled through the remainder of the season. This report looks back over the last 3 games of the league where BC continued the winning streak from the Chiang Mai tour in March. Wishing everyone good health and fortune as we all look forward to putting these difficult times behind us.



▲ Mak man of the match v Chicha

### BC V Chicha CC Sunday 21st March @ Pattana

After electing to bat first, an excitable throng of Chicha supporters were quickly stunned into silence as Dilip (5 overs, 2-21) took 2 early wickets in his opening overs at the PSR ground, and Talal (5 overs, 2-22), who didn't take long to zone back in after a lengthy paternity leave, took a commanding brace of wickets in his second over to set the tone for the match. From 11-4, Chicha fought back with a steady partnership which was eventually halted by Ed (5 overs, 2-30) aided by Jon behind the stumps in the 20th over as Chicha approached 3 figures. Some 11th hour hitting kept the opposition in the game as they pushed on to 142-6 after 25 overs in a commendable recovery, but turned out to be nowhere near enough to make a game of it as BC posted a crushing 9 wicket win.

Chicha appealing for everything that hit the pads or went through to the keeper didn't phase the opening pair who got to work in building BC's reply. Mak (60) wasted no time hitting their strike bowler out of the attack with 18 from the second over to put BC firmly on top of the run rate, while Jon (34\*) relished in the tempo and the attacking mood of his partner. Mak's man of the match performance came to an end shortly after a century opening stand but Jon and Ben (24\*) managed to steer the game home comfortably with 45 balls to spare.

### BC V Tamil Nadu CC 28th March @ Boweja

Back in Boweja on a Sunday afternoon, BC elected to bat first in their penultimate league clash



▲ Dilip zoning in on another one



▲ Talal traps his man



▲ Pramodh man of the match V TNCC



▲ Rahul man of the match V Indorama



▲ 3 in a row

against TNCC and found themselves in early trouble after losing the top 3 for just 13 between them. But a rescue effort from Pramodh (24) and Dilip (24) in the middle order helped BC to a defendable total, and Ed (26\*) made up for running out a displeased Dilip by guiding the lower order through to the end as BC finished up on 154-9 with some work to do.

Another bowling masterclass saw BC rip through the TNCC batting order, who found themselves floundering on 25-6 inside 7 overs, courtesy of another vicious opening spell from Talal (5 overs, 3-34) and pinpoint accuracy from everyone's favourite vegetable (5 overs, 2-11). The game looked to be tied up when Pramodh (4.1 overs, 4-18) joined the party, as he picked off another 3 of the opposition, but somewhat against the odds - the 9th wicket held on through a dramatic phase of play which contributed a further 68 runs before a furious Pramodh left no doubt to the man of the match award, after featuring in the

run out and LBW which relieved the growing pressure to complete a 38 run victory.

### BC V Indorama 3rd April @ RBSC Polo

Out of contention for finals following a poor start to the year, BC faced up against Indorama in their final match of the competition at the RBSC Polo club. Put into bat first on the grass wicket for the 20-over contest, BC's opening pair made light work of the Indorama attack - posting 85 before Mak (48) fell just shy of his half-century in the 10th over. Though the run rate held steady, Denzyl (15) couldn't quite get going with his new bat, and a promoted Rohit (12) struggled to muscle any maximums on the slow wicket forcing an exhausted Rahul to hole out for an impressive 54 from 44. Mossy (12) then decided he was in for a good time and not a long time - hitting 3 boundaries in a row, and Pramodh (19\*) wasted no time in topping up BC's account to set a target of 169 to win.



▲ Crucial wicket



▲ Denzyl gets stuck in



▲ Mak another 6

A thrilling game was eventually concluded with BC on the right side of a nailbiter for a change - down to the last ball the teams were separated by just 3 runs and tidied up by a composed couple of overs from Rahul (2 overs, 1-12) who undoubtedly went on to take man of the match. A whole team effort couldn't have concluded the campaign better as 7 wickets came from 5 different bowlers and James grabbed 2 vital catches from behind the stumps on his debut as BC chairman.

Photo credit: Jack Dunford

SPORTS

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BRITISH CLUB GOLF



**The April medal** at Royal saw a decent turn-out of 18 players on what turned out to be a very hot day. The heat may have influenced some players who were seen to make some uncharacteristic mistakes. But it only served to induce some spectacular performances from others.

a net 69 and Andy Nightingale with a net 71 in third place.

Flight B was won by Penny Booth, with a net 75, some way ahead of David Burton second with a net 80 and ex-captain Neil Davis third on a countback over Andrew Stray with a net 81.



▲ Terry Davies, runner-up in Flight A



▲ Penny Booth, winner of Flight B



▲ Randall Coleman, Winner of Flight A

It took some time to learn the results of the day as the Treasurer struggled manfully with a recalcitrant computer and rebellious Cloud, but finally the following transpired.

Flight A was won by Randall Coleman with a brilliant display, with a gross 74 and a handicap of 8 giving a net 66. The handicap was immediately reduced to 6 by the handicapping committee. A little way behind in second place was Terry Davies with



SPORTS

SPORTS

PILATES AND WELL-BEING



Karen Dawber

Pandemic pandemonium and Pilates.

Currently as I write this we are in the third wave of the Covid pandemic in Bangkok and many of us are feeling a cocktail of emotions. Our offices are closed, our children are home learning and our summer travel plans to see family may well have been hampered for the second year in a row; potentially cancelled entirely or at the very least culminating in a period of quarantine in order to return.

As far as Pilates goes at the British Club we had had a good run of weekly classes which sadly have also had to be temporarily halted, at least in person. A silver lining has been holding zoom classes for those members keen to keep active during this period. However, zoom classes are not for everyone and not every sport we do translates well into the on-line setting. So, in the absence of our regular classes or our favorite activities the key piece of advice I offer to all of you is to keep active where you can. I try to add in some extra movement to my day as much as possible. As humans we are designed to move, we have not evolved to sit still and be focused on screens,

which is inevitably what we find ourselves spending so much time doing during these lock down conditions.

I like to think of any extra activity as a little "movement snack" for my body. Many of us crave eating a little snack to make us feel better, however in reality reaching to food to try and bolster our mood often leaves us even more deflated after the initial sugar rush (I say sugar rush because we will most likely snack on chocolate, desserts or a glass of wine rather than some carrot sticks or cucumbers). However, a movement snack genuinely triggers our natural feel good hormones to lift our mood. So here are a few ideas to get you moving more throughout your day, the more you move the more feel good endorphins you will benefit from and the stronger you will exit this period.

- Go up and down stairs. Especially when you have that item that needs to go upstairs instead of forming a pile on the bottom step to take up later, move and take it upstairs now. Try challenging yourself a little bit more and take two steps at a time as you go upstairs, really activate those glute muscles.
- Do some elevated push ups at the kitchen worktop whilst cooking dinner.
- Elevate and then lower your heels whenever you are standing waiting for something i.e. in the supermarket queue.

- Do a few squats whilst waiting for the kettle to boil, place your hands on the worktop as you do them to help challenge how low you can go whilst keeping your spine long.
- Lie on your stomach on the floor to watch TV, take a mini cobra pose and work your back/shoulder muscles (no slouching).
- Test your balance by standing on one leg as you clean your teeth.
- Stand up whilst chatting on the phone and take a walk around your home.
- Whilst sat at your desk take a break to do a few seated exercises like circling your arms round in big circles, twist rotating your upper body to the right and then to the left, add a side bend reaching one arm up and overhead as you reach the opposite arm down to the floor.
- Do some star jumps or try holding a plank whilst the adverts are on TV.
- Sit on the floor to read or scroll your phone rather than on the sofa, it will cause you to move about more than if you are slouched in a chair.
- Do some ankle rolls or massage your feet rolling them over a tennis ball as you sit at your desk.

- Go for a short walk outside, get some fresh air, some daylight and allow your eyes to take in some longer distances. Don't forget your mask!
- Simply take a few deep breaths, expanding the lungs fully.

There are so many ways to move when we just look for the opportunities. These movement snacks may not seem like much and you may think why bother but I like to think of each bit of movement I can do as a deposit going into the bank, eventually it does add up. So although I maybe can't take a whole Pilates class right now in person, go to the gym for an hour or swim in the pool each little bit of extra movement I make does add up, it will leave me in a better mood and in better shape than if I just sit still.

Hopefully by the time you are reading this we will be waving goodbye to this wave 3 of Covid and Pilates classes will have resumed. However, please still keep snacking on movement. It will always benefit you. Be inspired to move if you have to quarantine post some travel. And if we are still in the midst of lockdowns and pandemic pandemonium take a break to join me on zoom for a live streamed Pilates session to really get those endorphins going and lungs breathing deeply.



PITSTOP for BALANCE

**The Brand New BCB Football Section**

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

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

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

THE BRITISH CLUB

**The BCB Running Section**

"Do you enjoy socially jogging or running, staying fit and healthy?, then it's time to join the new running section"

"We will be having weekly run meets and social drinks after, plus entering teams into various monthly running events around Thailand for 5km, 10km and 21km"

Register now with the sports reception at the poolside, all levels and ages welcome

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**THE BRITISH CLUB CARWASH**

Members can enjoy using club while their car is being cleaned (Outside only)

08.00 AM - 5.00 PM

Motorcycle	Small Car	Medium Car	Large Car
100 THB	100 THB	200 THB	300 THB

Please book at reception

THE BRITISH CLUB

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# How to Motivate your Child to Learn

## At Shrewsbury City Campus,

we are in regular communication with our parent community because we believe a successful parent partnership is vital to a successful school. During our conversations, a frequent topic centres around the theme of motivation. Lots of our parents share ideas or ask us about the best ways to keep children inspired and engaged. So, we took it to the experts. Our Year Team Leaders are not only highly experienced in educational theory but they've also spent years putting pedagogy into practice...

...We asked them *"How do you keep children motivated to learn in your classroom?"*

### Here are their thoughts:

#### Hayley Gilliam

Early Years 1 Team Leader

##### Make Learning Fun.

Through play, many ideas can be learned and practiced. In our Early Years programme the whole curriculum is designed around this concept and we call it *'Learning through Play'*. We encourage children to engage with what comes naturally, yet we do so by bringing learning to games and play activities. Directing children to learn through mechanical repetition and rote methods is a quick way to demotivate and nurture a negative relationship to education. We do the opposite: we make learning fun and something children want more of.



#### Elysia Madge

Early Years 2 Team Leader

##### Keep Learning Meaningful; Give it a Purpose.

Children show high levels of engagement in their learning when they are doing something that is meaningful and really interests them. This is particularly beneficial in allowing children to practice core skills such as mathematics and writing. For example, counting out and sharing fruit at snack time; voting for a story at story time and using **mathematical language** to compare more and fewer. We also use **writing skills** for Christmas and birthday cards for friends and family, which children can directly relate to and therefore love.



#### Olivia Matthews

Year 1 Team Leader

##### Encourage Children to be Autonomous Learners.

It is important that children are encouraged to make their own choices and develop a sense of control and autonomy. This helps learners master **a sense of responsibility** and is an important foundation in **self-motivation**. If you see a child making choices that may not be the quickest or fastest route toward an end goal: allow that process to happen naturally without feeling the need to step in. Through their own mistakes, children are empowered to refine their process the next time.



#### Jessica Bell

Year 2 Team Leader

##### Use a Range of Different Learning Spaces.

Using a variety of environments for exploration will keep children engaged and motivated. At Shrewsbury, **learning happens everywhere**. From our black box drama room and dance studio to our technology and engineering spaces – and it's not just specialist rooms: our communal base areas and outdoor spaces allow opportunities for learning on any occasion. Learning doesn't need to be a formal activity at a desk. It's everywhere!



#### Hannah Straw

Years 4-6 Team Leader

##### Promote a Mind-Set of Growth.

This mind-set is underpinned by the belief that human qualities – like intelligence and creativity – are developed through effort and practice. This, in turn, leads to a motivation to learn and a tendency to **embrace challenges**; effort is seen as the pathway to mastery and making mistakes a key component of learning. At Shrewsbury, we provide children with learning opportunities to push them; allowing them to embrace challenges against a strong backdrop of support and encouragement. Our students learn from mistakes and understand that to succeed requires effort, practice and stepping out of comfort zones.



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INTERNATIONAL  
SCHOOL**

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Shrewsbury International School Bangkok City Campus is a purpose-built international day school for children aged 3-11 years.  
**We are currently accepting applications for August 2021.**

