

JULY 2021



1903  
THE BRITISH CLUB  
BANGKOK

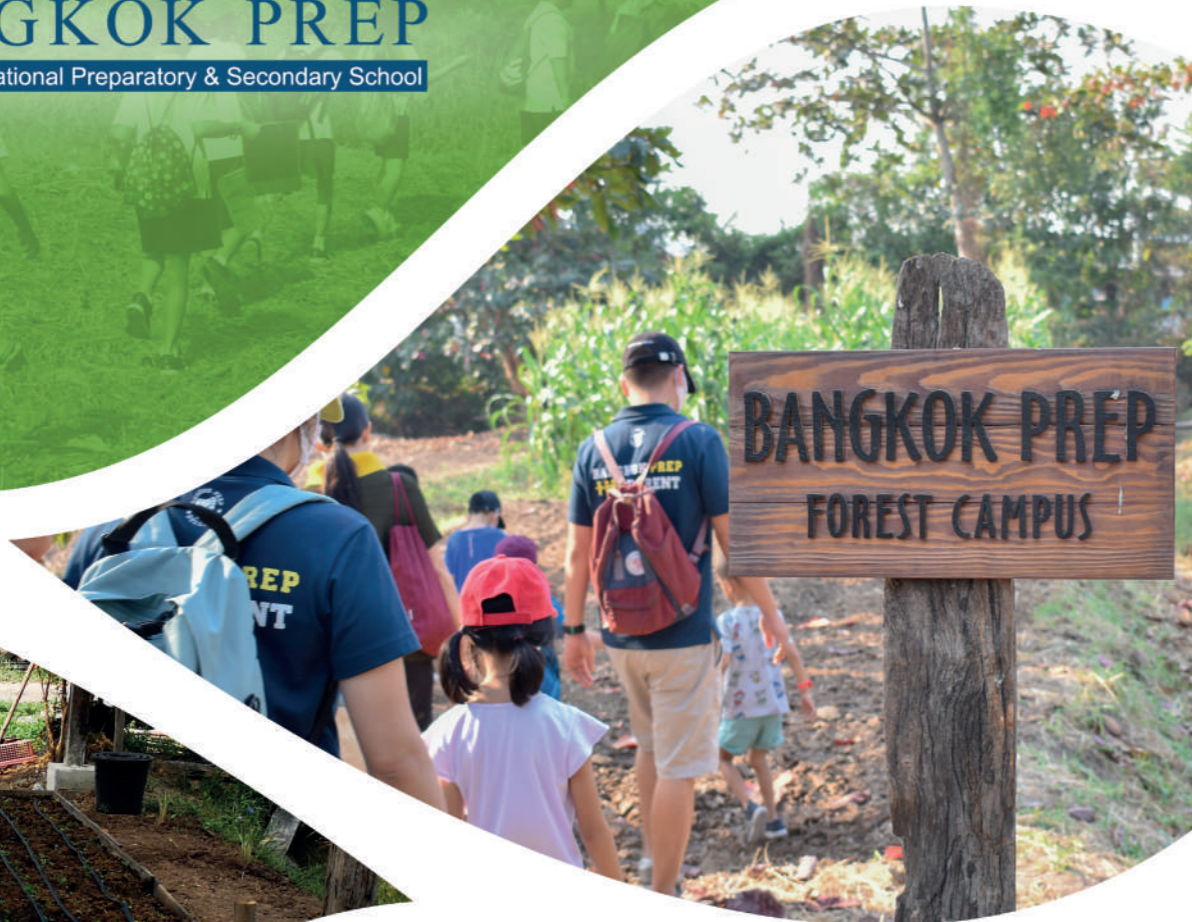
THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

# OUTPOST

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## OUTPOST

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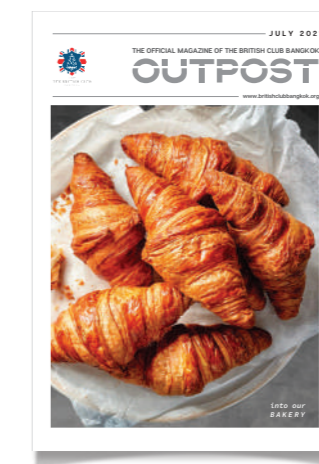
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### Front Cover

Getting to know our new baker "Chef Sanong" and understanding how his talent and vision will transform the club's cake and pastries

### This Month

From food to construction and relaunches, this month gives the members a first look at the new Vernadah, an update on Phase 2, clubhouse renovations, plus meet our new baker

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James Crossley-Smith

# Chairman's Message



I have just spent a very pleasant Saturday morning. I cycled to the Club. I sat down to a hearty breakfast with lovely bakery items, fresh fruit and a nice coffee. I had my tablet with me, caught up on emails and read the newspapers and walked round the grounds of the Club. I watched a bit of tennis and caught up with the management. Very relaxing and at the same time productive and healthy.

As I said in my first Outpost in May we are also gradually rolling out some TLC to the Clubhouse. This is not a rebuild, it is little more than redecoration to fit into the other cash demands, but it should upgrade the Clubhouse so that it fits better into our strategy of having a relaxed and casual poolside and more traditional Clubhouse.

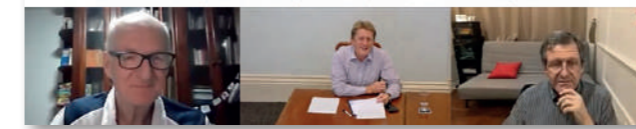
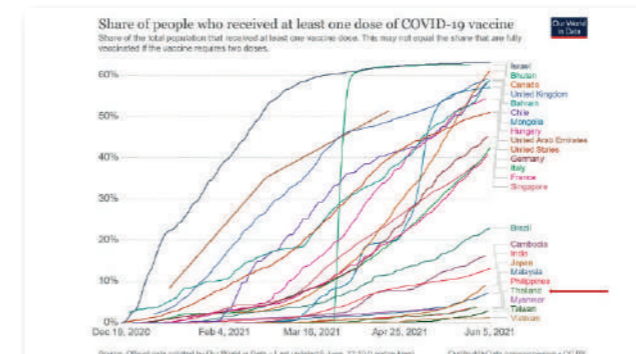
The Club is open and the staff are ready to welcome you.

We also welcome the new Verandah restaurant. A beautiful space lovingly designed and renovated. Look out for the pictures on the website and further information about menus and booking. We are very lucky to have such a space in the middle of Bangkok with a great outlook to the back lawn. To support the opening we are recruiting an Executive Chef and F&B Manager, suitably qualified to step up the menus the and service standards.



We are making good progress on Phase 2 of the pool-side facilities. A big thank you to all those giving their time and attention to this project and especially to those doing so at the same time as their attention to the Verandah refit.

A lot of their free time is being put into ensuring the Club and Members will receive the best possible facilities and all within the budget agreed. There is an absolute commitment to staying within the budget. If there is any likelihood of overrun the requirement will be put to the Members. The flip side of that I can also say that we will NOT be reducing the budget because of the Covid related downturn in revenue. The reduced revenue is temporary and we still feel we can achieve what was a very conservative forecast for this year. Once our facilities are majority opened we will see our revenue increase and once we can serve alcohol we will easily be back to budget and better, of course! Watching the Edgbaston cricket test against New Zealand seems to tell us that comment will come true.



A big thank you on behalf of the Club and all the Members who signed into the Covid-19 Update webinar on the 8th June, to Professors Nick Day and Nick White for their expertise, advice and time. The webinar was very informative and plenty of time was spent answering Members questions, both submitted and live on the night. The presentation was interesting and the insights informative and there was a pleasant informal atmosphere. The webinar worked very well and not without a lot of effort and nerves and organization. For this I

thank Tee and his team of Khun Nat and Khun O. A recording of the webinar is available on the Members section of the Club's website.

<https://apps.britishclubbangkok.org/Membership/Document?arid=MV8xMDAy>



Khun Prem in for an op. Go easy on her on her return !

I am sure our General Manager, Khun Prem, will not mind me telling you that she has been in hospital for an operation on her lower back. She has been suffering not inconsiderable pain and the recommendation was to operate. She had the operation in mid-June and, after convalescing at home, will be back at work around the time this is published. Please offer her your best wishes when you see her and go easy on her please !

# Domicile and UK Inheritance Tax

By Martin Wright, The Fry Group



**In this article we discuss what domicile is and its effects in relation to UK Inheritance Tax (IHT).**

## DOMICILE

When it comes to working with British expatriate clients, the largest challenge is their domicile status, since it drives the extent of their UK IHT liabilities. Determining this and developing advice around this is hugely important.

A ‘domicile of origin’ is acquired at birth and is that of the child’s father (where the parents were married), and of the child’s mother (where the parents were not married). At the age of 16 in England and Wales, a child can then choose another domicile if they wish, and provided the conditions to acquire a domicile of choice to displace their domicile of origin are met.

For non-British nationals, it was not always that simple. For women born before 1 January 1974 they generally took a domicile of their husband, whatever country that was, after that date they kept their own domicile.

Many people are unsure if UK Inheritance Tax rules apply to them. The key to understanding whether you are liable to IHT is the concept of domicile. If you are domiciled in England, Wales, Scotland, or Northern Ireland, UK IHT applies to your global assets. If you are domiciled elsewhere UK IHT is only charged on assets held in the UK.

It is important to note that long term UK absence does not mean a domicile of choice has been acquired somewhere else (i.e. other than the UK). This is a common misconception as establishing a permanent home where one is expecting to remain for the rest of one’s days, severing connections with the UK, and making it clear there are no circumstances at all where you would consider returning to live in the UK are more important and is what HMRC will be looking to see.

There is no distinct timeline of how long one must be in a location where they wish to remain permanently, to determine whether a domicile of choice has been

acquired. It is more how serious the intent is and what steps have been taken to show that. This may be a relatively short period of time if all significant, viable, and logical steps have been taken.

It is no longer possible to make an application to HMRC to obtain a ruling on your UK domicile status. The way to determine your UK domicile status is to have a professional review carried out by a sufficiently experienced individual. This will only provide an opinion and whilst it is not to be relied upon may strengthen the case of an individual on death when it most matters.

With IHT death charged at 40% over the current Nil Rate Band (£325,000) it is important to understand the position for the next generation as there could be an unpleasant tax bill on the estate of the individual who passes away.

For a British couple transferring assets on death any amount is free from UK IHT. For a married couple with different domiciles (UK to a non-UK domiciled spouse) the amount is restricted to the normal £325,000 Nil Rate Band, plus a further £325,000, therefore a maximum of £650,000 could be passed UK IHT free. A professional adviser can explain the steps that can be taken to ensure that a non-UK domicile can receive all assets from a UK domicile spouse without any IHT being paid.

Although there may be some changes to how UK IHT could look in the future (due to recent UK Government driven reviews by the Office of Tax Simplification) below we outline the current IHT system along with some basic mitigation techniques.

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

- On your estate following your death
- On any gifts you make to individuals in the last 7 years of your lifetime
- On any gifts to some types of Trust throughout your lifetime

In addition to the main Nil Rate Band above, there is also a Main Residence Nil Rate Band, which is an extra allowance per spouse of £175,000 (which is frozen at this level until the 2025/2026 tax year).

As with the main Nil Rate Band any unused Main Residence Nil Rate Band can be transferred to a surviving spouse or civil partner.

## SOME UK IHT MITIGATION TECHNIQUES

### Gifting

Some small gifts are automatically free of IHT (an annual £3,000, gifts of up to £250 per person per tax year and certain gifts on marriage), and others free of IHT if they are part of regular spending from income. It is also possible to make gifts during lifetime free of UK IHT as long as you survive for at least 7 years, which are called “Potentially Exempt Transfers” (PETs).

### Gifting capital to certain Trusts

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

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

- Furnished Holiday Lettings (strict criteria to qualify for Business Property Relief – BPR)
- Woodlands/Farmland Investments (Agricultural Property Relief – APR)

- AIM structured portfolios (Business Property Relief – BPR)
- Alternative investments which also achieve BPR/APR

## UK INHERITANCE TAX CHANGES?

Following requests from the previous Chancellor and Financial Secretary to HM Treasury, Phillip Hammond, the Office of Tax Simplification carried out 2 reports over the last few years on the UK’s Inheritance Tax system, on the assumption it is too complex and outdated.

The latest plan for a shake-up would ‘increase fairness, cut complexity and reduce avoidance’, according to the All-Party Parliamentary Group (APPG) for Inheritance & Intergenerational Fairness, led by Tory John Stevenson who represents Carlisle.

The APPG compiled report indications that most households would remain unaffected and smaller estates would pay nothing, undoubtedly some people will be worse off as is often the case. However, no proposals have made it to legislation just yet, but could this be a time to increase the revenue for HMRC from IHT to deal with the COVID-19 stimulus package costs.

Whether changes are afoot, or the system will remain as it stands, it is sensible to review your circumstances and plan-ahead as best you can, whilst understanding tax legislation, rates & allowances can change swiftly and sometimes retrospectively.



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#### 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.



" Tee Talk "

Tee Bale

As we move into July the Club remains positive that restrictions are easing and we are starting to see light at the end of the tunnel, the vaccination program continues daily across Bangkok and the rest of Thailand. One of the top priorities has been to make sure all our staff get vaccinated to safeguard them and our members, I'm happy to report all the British Club Staff all have their appointments confirmed and many have already had their first vaccination, we are on target to be fully vaccinated by the end of July.



The Club turned 118 years old last month but due to the Covid-19 restrictions we were unable to celebrate, however we will be planning a delayed birthday celebration as soon as we are able to, thoughts are that it will take place in the new Verandah that is set to launch sometime in July.

With all four tennis courts open and our tennis section has remained as active as ever and the club would like to say thank you for the continued support, it's been great seeing all of you improving your game during these restrictions and we as a Club look forward to the next tournament especially after the success of the Championships recently held at the start of the year.

An abundance of work has been taking place at the Club while many have been away, this includes the full refurbishment of the main dining room The Verandah, the Phase 2 project poolside, refurbishment of the club's main restrooms, reception, corridors, plus the development of a brand-new website and booking App. The website is set to bring us up to date with interactive functionalities, current Club news, events, and member section. The booking App will allow British Club members the ability to book sports facilities, events, and make restaurant reservations in real time.



Many of you may already have read about our new baker or even tried his cakes, pastries, or amazing croissants, but you might not know that we are running a Croissant Box promotion on our delivery service, choose any 3 croissants for only 199 THB and have them delivered directly to your door.



Wishing you a safe a healthy July.



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



# Obituary

**JAMES NAPIER 1938-2021 RIP**

Jim, as he was always known, and his wife Ann, moved from their native Scotland in 1992 to continue his work with Carlsberg but in a joint venture in Thailand, the Carlsberg Asia Company. They joined the Club at the same time. Carlsberg Asia's partnership with Beer Thai (1991) Company dissolved in 2003 which led to the formation of the Thai Beverage Public Company.

Jim and Ann always enjoyed the old ('original') Churchill Bar, and for many years the bar had Carlsberg as its main sponsor and sole draught lager. Jim became the chieftain of the Bangkok St. Andrew's Society in 2001-02 and was a great supporter of all things Scottish. Whilst he never stood for club committee, his arithmetic skills were always to hand when a scrutineer was needed at Club General Meetings. Jim and Anne retired in 2003, and moved to a condominium in Cha-Am, from where they were frequent visitors to the Club. A while after retirement they moved back to Scotland to live close to their five children and numerous grandchildren.

Jim developed cancer earlier this year, and passed away on 12th June at St Columba's Hospice in Edinburgh. A private family funeral was held on Friday 25th June due to Covid-19 restrictions. In memory of Jim, donations may be sent to St Columba's Hospice at <https://stcolumbashospice.org.uk/donate/>.

*The Club sends its condolences to Ann, Mark, Andy, Michael, Katie and Mary, his 14 grandchildren and his 4 great-grandchildren, and to all others in the Napier clan.*

REPORTINGS

## Membership Department



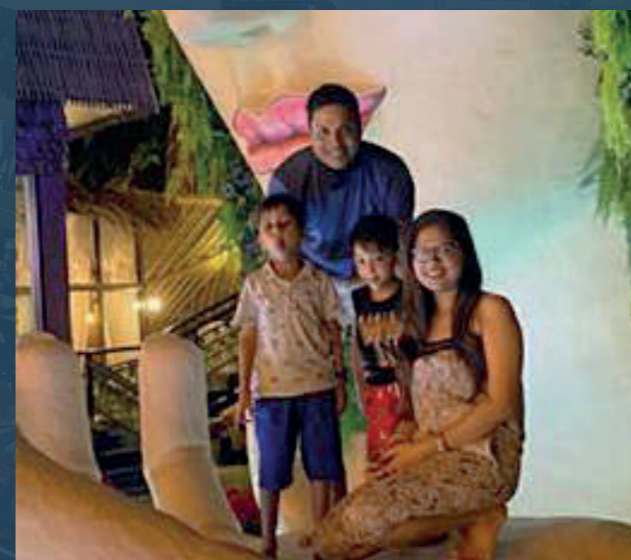
Ammy Aphinya

Hello Members!

This month we are very happy to welcome 21 new members. This includes a new annual intake of teachers from Shrewsbury International School which is one of our greatest supporters. We are still waiting for the covid restrictions to be lifted but I hope we will soon be able to offer all our regular events again like Wine Tasting, Quiz night and Kids Activities. Don't forget that if you have friends who would like to join our 'OASIS in the heart of Bangkok' please tell them to book a tour and explore around.

Our team looking forward to welcoming you all back soon.

Stay safe.



▲ Hanisha and Saurabh, Kavish and Kavin

Member Review:

We joined British club in Feb as a family but Saurabh has been a member from the past 15 plus years. And it's been lovely. As a family we love the pool time and the kids club on Sundays. Saurabh enjoys his cricket while the kids love the outdoor space.

We are looking forward to make new friends and new memories here.



▲ Rishu and Preeti, Meera and Mishka

Member Review:

"We joined the club in January after Ammy showed us around and so far, we absolutely love it. My daughter took up swimming and tennis lessons at the club, and it's a great place to socialize with friends or just relax over weekends.

I am hoping for the situation to improve so that we can resume and spend more time at the club, take care and stay safe!"



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# WELCOME NEW MEMBERS

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



▲ Sven, Zara and George, Emillie



▲ Carl, Kathryn and Joy, Grace



▲ Martin Hall



▲ Alex, Kala and Abir, Amal and Ariana



▲ Sakhi Agarwal



1903 THE BRITISH CLUB BANGKOK



# Phase 2: Poolside Redevelopment Project Update

by Jack Dunford



▲ Out of the ground. Up and Away!

Sadly much of the Club is still closed due to the Covid-19 emergency, but happily work on Phase 2 continues unaffected. After five months the project is still ahead of schedule and the two biggest threats to progress are safely behind us. As the project management team confidently predicted, the piling does not appear to have disturbed our elderly swimming pool and the rains did not interrupt the work under ground. We are now above ground. Hurrah!

As the parable about the wise man building his house on rock tells us, its pretty important getting that stuff under ground right before starting building. And so this month's report is all about that.

The rest of the ground beams described last month were completed by the end of May and the septic tank and grease trap were crane-lifted into place. Work could then begin threading the drains through the beams, blue PVC pipes taking waste water from the toilets, showers and sinks to the septic tank, cast iron piping for kitchen waste to the grease trap. Yet more PVC pipes were installed to take storm water from the roofs and walkways off the premises.

We have all experienced smelly drains, so it's all about making sure that the pipes are in the right place, big enough, their joints are sealed and they all slope in the right direc-

tion. Especially so, because when tons of reinforced steel and concrete are poured on top there is no second chance. They are where they are, and they are there going to be there for ever! Needless to say Project Manager Chris and his Working Group, Neil, John and Ian have been kept fully engaged.

Once the drains were in place, steel reinforcing bars were prepared for the ground slabs on the AIA leg of the site and concrete was poured at the beginning of June. The tennis court leg slabs will be finished before the end of the month.

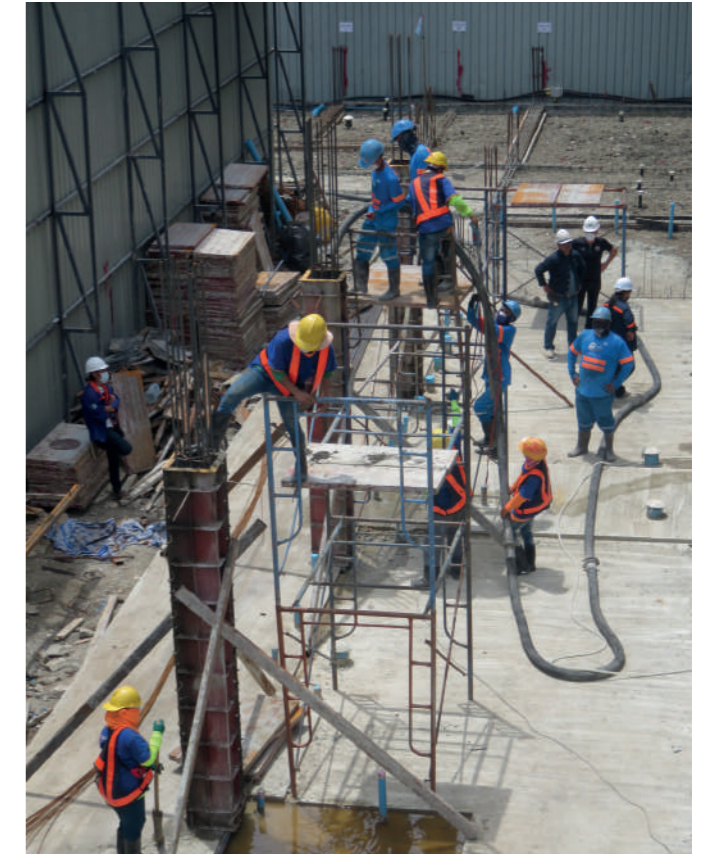
The first building columns to the first floor have already been erected



▲ Sewage Tank and Grease trap



▲ Ground slabs await concrete



▲ First concrete columns being poured

and things will now start to happen quickly. The lift and dumb waiter have been ordered, the choice of sanitary ware is being finalised and details for fitting out the kitchen, fitness centre, massage rooms, bars, and seating areas are all being finalised.

Onwards and up!



▲ Kitchen drains



▲ Changing Room Drains



▲ Ground beams complete



Paul Cheesman

## ~ ~ ~ PAST PARTICIPLE ~ ~ ~ *Auspiciam Melioris Ævi*

*We start the story of the British Club Bangkok with 1903.*

### We Quit!

The 23rd of April 1903, Saint George's Day, was a definitive day in the founding of the British Club Bangkok but we do not really know why ... maybe the 'Baron of Beef' was cold, maybe the beer was warm, but something happened and that caused a number of senior British Members of the United Club, Bangkok, to desert their palatial surroundings and decide to meet the next day to found their own club. History waits until the publication of the Straits Times, in Singapore, on 17.10.1931 to reveal this.

*But times changed. The British Club was started by a few senior members of the United Club, following a certain dispute. Then the Sports Club came with*

▲ "Straits Times, 17.10.1931"

### We are Committee'd

April 24th, 1903, ... a Friday ... a group of British businessmen and diplomats met to establish the British Club Bangkok. The meeting agreed a draft constitution and the first constitutional act was to elect a committee of nine men, eight British and one Australian.

The name of the first Chairman was not recorded – in fact, no Bangkok directory listed a chairman until 1910 – but the first Honorary Secretary was recorded as the Hon. Robert Abercromby Forbes-Sempill, aged 33, fourth son of The Rt. Hon. William Forbes-Sempill, 17th Baron Sempill and Frances Emily Aber-

cromby. He worked for the Bombay Burmah Trading Corporation and gained the rank of Lieutenant in the 5th Battalion, Gordon Highlanders in The Great War. Sadly, he was killed in action on 2nd June 1915, and was buried at Le Touret Military Cemetery in France. He is commemorated on the British War Memorial, now in the Club grounds.

### Diplomatic

Four of the first Committee were diplomats:

**John Stewart Black**, aged 38, was a barrister and a Fellow of the Royal Geographical Society. He moved to Siam in 1888 as an interpreter, then became British Vice-Consul and after a spell as Judge of the Consular Court at the British Legation, he became a Judicial Adviser to the Ministry of Justice in Siam. He served seven terms on the committee.

The sole Australian on the committee was **Ronald Worthy Giblin**, aged 40, a surveyor and historian, born in Tasmania. In 1894 he was one of two Australian surveyors to be engaged to work for the Royal Survey Department of Siam, taking over as its director in 1901. He served six terms on the committee.

**Walter Armstrong Graham**, aged 35, a Scotsman, writer, and historian, was Director of the Land Records Department when he joined the committee. He was awarded the rank of Commander of the Most Exalted Order of the Order of the White El-

ephant by H.M. King Chulalongkorn and became His Siamese Majesty's Resident Commissioner for the Siamese Malay State of Kelantan in the July of 1903. He returned to Bangkok in 1907 and served six more terms on the committee.

**Walter James Franklin Williamson**, aged 36, had been born in Calcutta, and prior to moving to Siam was a British officer of the Indian Ministry of Finance. He moved to Bangkok in 1900 and was serving as Financial Adviser to the Siamese Government. He became the Club's Honorary Treasurer and served 17 terms on the committee.



▲ "Ronald Worthy Giblin"

The final four of the first Committee were British businessmen, all of whom we know very little about:

**W.E. Adam**, we know was Scottish by the fact he became Chieftain of the St. Andrew's Society in 1918. He came to work for F. S. Clarke & Co in

Siam in 1895 and moved to the Borneo Company in 1898. He served on the committee eight times and in 1912-13 served as Chairman.

**James Walker Edie**, had just been



▲ "James Walker Edie"

appointed Manager of the Borneo Company, having sailed from Colombo, in the British Colony of Ceylon on P&O's steamship Valetta, in the February of 1903. In 1906 he was made Consul-General for Norway following the separation of the crown, and country, of Norway from the United Kingdoms of Sweden and Norway the year before. He served three terms on the committee over the next ten years.

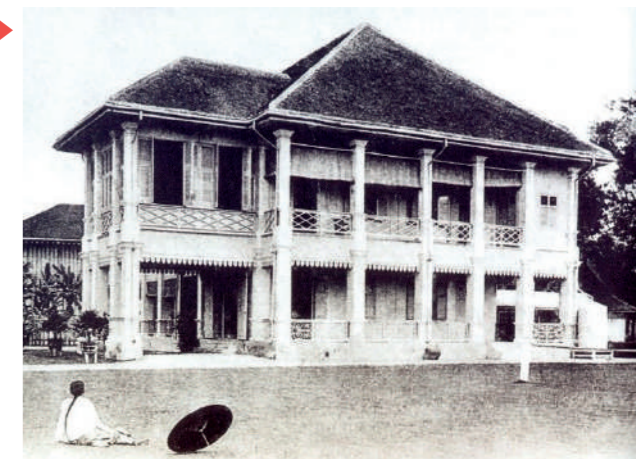
**Thomas Jones**, aged 43, was an accountant with the Chartered Bank of India, Australia, and China, initially in Penang, one of the Straits Settlements, and had been appointed their Siam Agent in 1901. He served four terms on the committee.

**Herbert George Maud**, aged 34, worked for the Bombay Burmah Trading Corporation, having moved from Burma, where he had also acted as Consul for Siam at Rangoon. He became country manager of BBTC in 1904. The year 1903-04 was his only service on the committee.

### Constitution

Although the actual document has been lost to time, the 1908 book 'Twentieth Century Impressions

"The British Club" ▶



of Siam' (Arnold Wright & Oliver T. Breakspear) gave us its details...

- The British Club, Bangkok was a debenture club open only to male British citizens resident in Siam.
- The Club's liability rested entirely with the debenture holders.
- Each debenture cost 100 Ticals (there were 13 Ticals to one pound sterling at the time).
- New Members, having gained approval of all other debenture holders, could buy a new debenture.
- There was a monthly subscription of 15 Ticals.
- Honorary Membership was open to other residents of Siam, elected by debenture holders, who paid only the subscription.

- A Committee of nine men would be elected annually.
- Ladies belonging to the families of members were entitled "to the use of such rooms in the club as the committee may, from time to time, declare open to ladies".

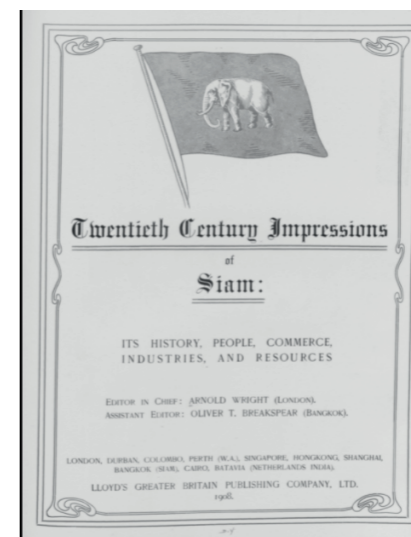
### The First Clubhouse

The Committee quickly found a suitable property to serve a Clubhouse – nothing as expansive as The United Club – a modest two-storey wooden house at approximately 396 Suriwongse Road (at the present-day junction of Suriwongse Road with Mahaset Road). There was a portico above the main door, with a semi-circular drive to Suriwongse Road; a side cloister had an upper balcony with first floor rooms shaded by thick blinds; and the Club at least one tennis court on the right hand lawn. It opened on 6th July 1903.

### The British Club was born!

Paul Cheesman  
Honorary Secretary

*For Members interested in our Club's history, the timeline has been extended to over 1,500 entries and can be found on the Website under 'About Us'.*



▲ "Twentieth Century Impressions – an invaluable guide"

# Member focus

**Henry Gray**  
**Spirits Director**  
**Italasia Trading (Thailand) Co., LTD.**

## Ten Questions for Outpost

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

I was backpacking in 2001 and my travel plans changed somewhat after the incidents in USA, so I ended up using Bangkok as a base to travel everywhere around Asia. As I travelled more it became more like a second home and so a couple of years later I decided to make the move here. It felt different enough that it was an adventure without some of the challenges that I had experienced in less developed countries in the region. The food was also a big draw!

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

I lived and worked on Koh Kood for three years whilst working for Six Senses. The villa owners asked me to source a speedboat for us to jet around the island in the quest for the best martini whilst dressed in terry towelling (think Sean Connery in Dr. No). Whilst I was unable to source the playsuit from Goldfinger, it was the ultimate combination of guest satisfaction and enjoying every moment of my job.

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

James Haste and the complimentary snack with your first drink at the Churchill bar.

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

I have always wanted to work with horses. Or financial services.

**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?**

Best advice – avoid the cheap tuk tuk rides, friendly strangers masquerading as professionals at tourist sites and all of the bargain precious stones etc.

Worst advice – struggling to think of anything that is suitable for a family publication.

**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?**

Nirvana – Come As You Are

Leftfield – Open Up

Bob Marley & The Wailers – Could You Be Loved

**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**

We have chosen to settle in Loei which I love. The cool season provides three to four months of the best weather Thailand has to offer; an enjoyable warmth through the day and no need to turn on the air-conditioning. Furthermore the people are extremely friendly; it is a wonderful antidote to Bangkok.

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

I cook much less due to all of the fantastic food available.

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

The alcohol industry has had a rough ride over the past 12 months. As people are drinking at home more, they are trying new wines and spirits and premiumizing – as they are not paying restaurant prices, they might spend a little more on a bottle of wine to drink at home.

With more and more specialist cocktail bars springing up over town and an influx of new drinks to the market, people are keen to try something new. Whisky is still the most popular spirit for Thai consumers, so there are many more single malts available and as gin is so quick to produce there are many new brands from every corner of the planet.

**10. What is your top 3 bucket list of things to do in Thailand to do while you live in Thailand.**

1. Unwind on Railay Beach
2. Go on a culinary trip of southern Thai provinces
3. Trekking in Nan province



### 532 University Offers from 170 Selective Universities

#### Offers from Top 50 Times Higher Education World University Rankings: 119

- Carnegie Mellon University
- Harvard University
- Imperial College London (4)
- Katholieke Universiteit KU Leuven
- King's College London (20)
- London School of Economics and Political Science (3)
- McGill University (3)
- University College London (11)
- University of British Columbia (18)
- University of California, Berkeley (2)
- University of California, Los Angeles (5)
- University of California, San Diego (9)
- University of Edinburgh (10)
- University of Illinois-Urbana Champaign (3)
- University of Michigan
- University of Oxford
- University of Toronto (23)
- University of Wisconsin, Madison (2)
- Yale University

#### Offers from Oxbridge/Ivy League Schools

- University of Oxford
- Brown University
- Dartmouth College
- Harvard University
- Yale University

#### Offers from Specialised Colleges and Programmes

- Catalyst Institute for Creative Arts and Technology, Berlin - Film Production
- Chulabhorn International College of Medicine
- Thammasat University
- HRH Princess Chulabhorn College of Medical Science
- Royal College of Surgeons Ireland - Medicine
- Srinakharinwirot University - Medicine
- University of the Arts London - Illustration
- University of the Arts London - Fashion Management
- University of Leeds - Aeronautical and Aerospace Engineering
- University of Nottingham - Veterinary Medicine

#### Offers from Top US Liberal Arts Colleges

Babson College  
Bowdoin College

Claremont McKenna (2)  
Middlebury College

Smith College  
Wellesley College



SCAN ME

View the complete list of offers to the Class of 2021 and read the stories behind them.

## Chef Sanong



**Chef Sanong** started his baker journey as casual staff at Swissotel in the pastry kitchen; He assisted Chef Willment Leong one of the judges from the TV series "Top Chef Thailand", he also trained with Chef Nanthawat the winner of IKA Culinary Olympic in 2012.

After spending years in the pastry and bakery industry Chef Sanong has fine-tuned his skills enabling him to create signature items such as, Layer cake, cheesecake, brownie, tiramisu, pannacotta, crème brûlée, macaroon, pie, danish, specialized breads, focaccia, and meringue to name but a few.

Chef Sanong's new passion has turned to specialized Croissants, his imagination and creative talents have led to a taste sensation which all our members are going to enjoy over the coming months ahead.

His goal since joining the club is to lift the standard and quality of all the bakery items served to our members and provide more delightful and delicious options.

We recommend you cancel all diets! simply order and enjoy the range of new bakery items available at **The British Club Bangkok**.



## From BAAC Executive Medical Director, Dr. Erik Fleischman

### The Beautiful Skin, Anti-Aging and Regeneration

In the past decade I've noticed more and more clinics opening up calling themselves "Anti-Aging Clinics" when in fact they really are skin and dermatology centers. To be honest and scientific, Anti-Aging and Regeneration goes far, far, far past merely focusing on the appearance of your face! I would go even further to suggest that if proper Anti-Aging and Regenerative treatments are done, the need to have many of the often painful and temporary procedures would no longer exist!

In 25 years of doing Regenerative and Anti-Aging treatments, I have never found the need to add Botox or skin fillers or Restalin or any of the popular Dermatology treatments to my treatments. The secret to keeping skin young, moist, glowing and beautiful is actually quite simple:

1. Assure proper hormone balance (your skin quality is a direct reflection of hormone balance)
2. Assure proper and consistent Collagen and Elastin production from your own body

When the body believes that it is functioning as if you are 20-30 years old, the collagen and skin production, regeneration and water content also can look like you are 20-30 years old.

As a doctor, my issues with many skin treatments and plastic surgery techniques is that they will look good for a few years and then will begin to shift and scar and can leave permanent changes, especially when they are not done by experts who know when to use them and – most importantly – when to stop doing them! I've

had many patients come to me unhappy with the results of previous fillers and plastic surgeries, but at that point there is little to do to remove the scarring and the shifting of the skin –especially on the face.

There are a number of treatments that every man or woman should try before they turn to fillers, botox and lasers. Firstly, especially in men and women over 40, the hormone levels should be analyzed and optimized. This is usually easily accomplished with supplements that can enhance a person's own production of hormone. This is not only reflected in the quality and shine of the face and the skin, but also in the rest of the body including muscle tone and fat reduction. The other treatments are specifically directed at enhancing a person's own collagen and collagen factor production.

Here is the course of testing and treatment that I have used for over 20 years to improve skin appearance from the inside out:

1. Check the hormone levels, especially in women over 40 years of age. A simple blood test can determine if imbalances of Estrogen, Progesterone and Testosterone are leaving the skin and the skin tone less healthy than they could be. If there are imbalances, we use supplements that will restore natural production of hormones. In older persons sometimes Bio-identical hormone creams are necessary to achieve the same effect.



2. Stimulate better internal collagen production. We use an Intravenous (IV) formula that gives healthy, safe mega-doses of supplements that have been proven to increase collagen and vascular health. Among these are Vitamin C (in doses that are too high to take by mouth), Glutathione, NAC and Placenta extract along with B vitamins. The treatment takes only an hour and the changes are seen rapidly in skin glow and moist, healthy appearance.

that the absorption from these pills and powders is enough to make a valid, visible effect. Like every other substance we put in the body, if it is not absorbed, it is not effective.

In my experience over 25+ years these are the treatments that have a reproducible, visible effect on the appearance, tone, firmness and glow of the skin. And as I explained before they also have a very positive and healthy effect on the rest of the body that nobody sees! They don't require surgery and will not have the potential for scarring and deformity in years to come.

3. Placenta and Placenta Growth Factor Treatments. You can find many products in the market that claim to include "placenta", but the type, the freshness and the concentration is most important to get proper effect. I have used both Fresh Frozen Placenta injections and Placenta Growth Factor injections (simple injection in the muscle weekly which takes about 5 minutes) effectively for many clients in the US and Asia over the last 20 years. This is one of the secrets to the "Hollywood Celebrity Glow." This type of concentrated Placenta injection works to increase the body's ability to produce natural collagen and there is also a mild "stem cell" effect for skin regeneration. When we study Placenta development and research over the past few decades we see that the great effect of Placenta is for healing. Proper healing, just like proper skin regeneration, requires healthy, strong, vigorous collagen production. Many people take oral collagen supplements, but quite honestly, I don't believe

There are many good and bad plastic surgeons and plastic surgery/Dermatology procedures. Their success comes from doing what is necessary and doing it at a place with experience. I believe that by enhancing your skin naturally, the need for plastic surgery can be pushed further and further away as we age.

If you have any questions about Skin Enhancement Treatments at BAAC, please call or write:

Phone: 02 048 7034

Email: [info@bangkok-antigaing.com](mailto:info@bangkok-antigaing.com)



# EARLY YEARS AT SHREWSBURY

## – A LEARNING EXPERIENCE LIKE NO OTHER



proach), the Forest School curriculum encourages children to be leaders in their own learning and to follow that which interests them, raises questions and captures their attention. This opens a world of opportunities for learning and development to take place. Forest School is a classroom without walls, where spontaneity is in abundance, and learning goals are achieved in an exciting, organic and holistic way.

Head of Early Years 1 at Riverside and an experienced Early Years practitioner, Ms Leanne Dix, says the Forest school theory and methodology aligns perfectly with the overall Early Years philosophy at Shrewsbury, which is that young children learn, develop and master skills best when they are in charge of their own learning.

A formative time in every child's life, the Early Years at Shrewsbury creates the building blocks for successful, life-long learning. But where does this passion for discovery and the enthusiasm to enquire come from? The answer lies in the environment that children learn. At Shrewsbury International School Bangkok, Riverside, the space to create, investigate, explore and enjoy is like no other. Pair this with a dedicated and carefully selected teaching staff who foster every child's learning type, and you have the ingredients for the best possible start to a journey of learning.



"Once children show initial interest in something, we use that information as a hook. Suppose a child likes climbing a tree, for example. In that case, we can encourage that activity to support the development of gross motor skills, language development and risk-taking. We can even use mathematics to talk about how tall or thick the tree is - the possibilities are endless," she explains.

Recently, Shrewsbury has supplemented and enhanced their curriculum further by incorporating Forest School education into their Early Years programme. Forest School education, which is highly popular in the UK and across Europe, encourages children to learn through nature across the curriculum. In line with our child-centred method to learning (inspired by leading Early Years practices such as the Reggio Emilia and HighScope ap-

Bangkok is a thriving metropolis and may not initially seem compatible with 'Forest Learning'. However, this is one of the areas where Shrewsbury sets itself apart from other schools in the city. A brand new 2,063 sqm Early Years garden, also known as the Orchard and Forest School Learning Base, was opened in August 2020 and is like an oasis in the city. It provides all of the requirements to facilitate our students' initiative and curios-

ity. Here, classes look after the environment by feeding the birds, inspecting and interacting with insects, growing plants and building dens to shelter from the sun and rain, and laughing and playing within. The Shrewsbury gardening team also plays a vital role in the daily harvest of natural materials, such as leaves, flowers, twigs, and sticks from around the school's grounds. Doing this adds provision for the children to explore and play with. Right now, more trees are being planted for future classes to care for.

Forest School and its associated curriculum is backed by world-leading educational researchers and has become highly popular in schools across Europe and Australasia. 'Nature connection' has been linked to a range of wellbeing and pro-environmental outcomes. Shrewsbury Riverside recognised this at a very early stage. The ethos is that the youngest students' future emotional, social, physical and intellectual development is best served following the same methodology. A number of Early Years team members, including teaching assistants, have been trained in the Forest School approach and are now knowledge-sharing with their colleagues so that all the team can facilitate these unique learning experiences.

"The Forest School Learning Base in the EY garden and the curriculum we teach is loved by our children and welcomed by our parents. Our children love to spend time in the natural environment, engaging in the many unexpected learning opportunities that nature readily provides. Many of our parents comment on how much their child loves attending Forest School and are so happy that their children have the opportunity to connect with and play in nature regularly. Our prospective parents who visit the school also comment on our natural learning space and are keen to learn more about the Forest School curriculum." Ms Dix insists.



The Forest School sessions have carefully planned elements which include the regular teaching of how to stay safe in nature. The children practise the Forest School rules, such as staying within a boundary, carrying long sticks carefully, avoiding putting things in their mouths, and reporting any concerns to a teacher. Many of the things that catch the children's attention and wonder also get brought back into the classroom for further exploration and discussion.

"Children communicate what they learn in hundreds of ways, so it is our job to create hundreds of different opportunities for young children to express their ideas, understanding and interests. We may follow the British curriculum and the goals, but we move way beyond that curriculum and how we get there is not dictated to us. If we feel that students will learn best in a certain way - we will do that." Ms Dix explains.

The skills learnt at Early Years at Shrewsbury, Riverside are wide-ranging and are intended to start a journey that incorporates the natural world and its wonders. The aim is to do more than support the next generation to become environmentally aware and responsible. It is to instill a deep love and connection for the outdoors and the natural world and an unwavering determination to preserve it for their own children and generations after that. That is one of the reasons why Early Years at Shrewsbury is a learning experience like no other.

To learn more about Early Years at Shrewsbury; you can book a meeting with the Admissions Team by emailing [admissions@shrewsbury.ac.th](mailto:admissions@shrewsbury.ac.th) or visit the

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





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

SPORTS

SPORTS



Graham Johnston

TENNIS



▲ RG Champions



▲ Wimbledon Swan Song or

Dear Holders & Breakers

As we await the resumption of competitive sports in Thailand, our appetite has been whetted by the fantastic action at Roland Garros and the anticipation of the upcoming excitement from SW19 ...

This month we congratulate the winners of our BCTS Annual awards ....

British Club Tennis Section Annual Awards 2021		
Most Improved Players 2021	Rafa Chung	Leen D'hondt
Best Newcomers 2021	Matthew Wilkins	Veronica Favoroso
Dare to Dream 2021	Mooky Thomrongluck	
Still Going Strong 2021	Frank Gluck	Renuka Elliot
Rising Stars 2021	Karoline Kreyberg	Ticha Tunsamai
Most Improved Performance in Club Champs 2021	Magnus Müller	

British Club Tennis Section 10 x Champions

Men's Singles	Pierre Sequier
Ladies Doubles	Raquel Evans
Ladies Doubles	Mooky Thomrongluck

Excellent work everyone!

Note that our weekly 'Mix Ins' continue every Wednesday & Friday evening 6pm - 9pm and on Sunday afternoons 4pm - 7pm.

See you on court soon.

Graham

And .... Recognize the amazing achievements of Pierre, Mooky, and Raquel in each winning a Club Championship event 10 times ...



▲ MIP 2021 Rafa



▲ SGS 2021 Frank Gluck



▲ RS Karoline & Most Improved Performance Magnus



▲ RS 2021 Ticha



▲ MIP 2021 Leen



▲ BN 2021 Matt with his tennis idol



▲ RS Karoline & BN Veronica



▲ Ladies Doubles 10 Times Winner Each



▲ SGS 2021 Super Nu(ddle)



▲ Pierre - 10 Times Men's Singles Champs with his 4 cherished prizes



▲ Rising Star 2021 Oh Karoline



▲ D2D 2021 Mooky



# SQUASHY BITS



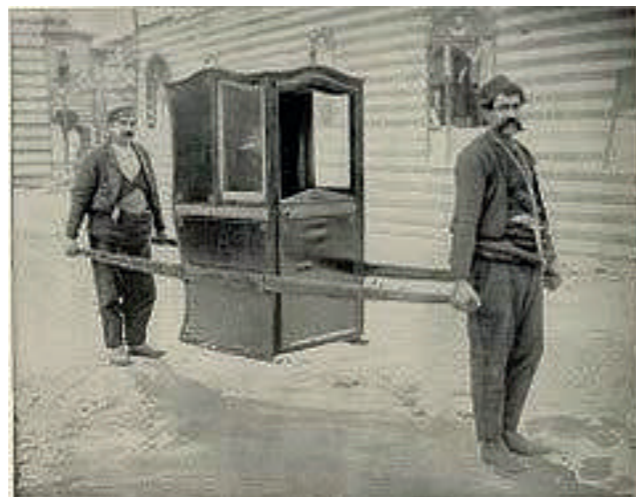
After 2 and a half months layoff the squash session finally got out of their slumber to actually do some and bac exercise and get back on court, the lads were so desperate to play squash with the Bangkok courts closed we headed down to the beaches of Hua Hin! It was intended to be as emotional and historic as D- Day on the beaches of Normandy – but turned out more like a dirty weekend away in Blackpool!!

Needless to say our fearless leader Evans has been mysteriously absconding for the last few months in phuket and disowned us. Our canadian brethren sourced the best deal going in hua hin at the Hilton where he has been having some dirty weekends away with Jo recently! The major issue was because he was focused on bedroom activities he forgot to check out the squash courts which were more like skating rinks and hopeless to play on.

The weekend started off with a big bang of course at the the squash courts where Dean, Ronnie and septic tank Brad were tied in a 3 way speed skating final with Torvill and Dean of course taking the lead with those one hit no bounce shots, didn't even seem rusty at all after 2 months away.

We were later joined by sir Robert of Calgary and his fair maiden Joana of locksley who was walking funny – he was in prime form however and ready to hit the ground running. Of course to make things interesting they had competition from the king of the north with Robin and Queen Victoria coming down from their Bangkok palace carried in the Prudential sedan chair !

Day 1 was an amazing seafood feast at chey keow where seafood was plentiful and although beers were not. However, if you know the squash section well enough



▲ "Robin and Queen Victoria arriving in Hua Hin"

, we always find a way to open the backroom and of course find a place we did for a second dinner and more booze - we had a guest appearance as well which was a pleasant surprise from nick and this time he did not abandon us in the middle of the night.

Day 2 someone had the great idea of shifting from the skating ring to the slightly firmer ground of Palm Hills the exclusive golf course setting which hosts two glass backed courts. The squash was as you would expect rubbish after such a long lay off – but some things stayed as before – Robin ran round like a mad man bouncing off the walls and generally causing chaos, and Nick Rotherham's unfeasibly short boxer shorts which he wears which such aplomb – (and sometimes with this 'aplomb sticking out the bottom of the shorts).

Of course no squash tour is complete without the obligatory beer session although Ronnie is now on the wagon for 6 months because he is focussing on becoming a multimillionaire and a physical adonis to charm the ladies like Rob. Drinks flowed at the club then at the hotel beach continuing into another session over dinner at the Italian restaurant opposite the hotel where the team put away one whole wheel of cheese force fed by the patron who clearly had over ordered and was trying to get rid of the stuff in any way he could. Finally drinks went into an after party at Dean's massive suite till the early hours and the only reason people left was because Robin threatened to sing and he put on some Dire Straits music.

The weekend was such a roaring success that I'm happy to report that the following weekend we have twice the numbers going once again down the Pekhasem road to HH for another round of squash and beer!! I certainly hope Robin's Sherpas have been properly fed and watered during the week!!

This time The Godfather Ranjan is making an appearance – what could possibly go wrong!?!? Read next months edition to find out!!



SPORTS

HARD BALLS



Ben Eastwell



▲ 1982 Squad



▲ BC nets 1983



▲ Chiang Mai 2002



▲ Mossy v RBSC 2012

Photo credit: Jack Dunford

Nothing Coming

As crowds were allowed to flock to recent fixtures for the start of the English cricketing summer last month, British Club Cricket action has stayed firmly offline aside from a few quiet nets and zoom sessions to break up the monotony. With the seasonal rains fast approaching, it does beg the question of whether the 20/21 season has been concluded and more to the interest of some members - can the annual stats be officially calculated?!

Only 14 fixtures have been completed in the second COVID affected season, 6 less than the 19/20 period. Apart from hoping the plug is not pulled on the blockbuster beach cricket tournament in Koh Chang in August, the calendar is looking depressingly scarce and will likely go down as the least busy cricketing year in recent times. That said, the section is very much alive and there will be plenty of opportunities to throw a friendly together as soon as the COVID gods allow it. Meanwhile, please enjoy some historic photos from simpler times and the player stats below for the completed 20/21 Bangkok Cricket League (BCL). Many thanks to those who help make this possible, in particular Sarg who has committed many hours to this self-avowed labour of love; and Cristina, Noon and Jack for scoring/auditing all the results.

#	Player	Team	Matches	Batting	Bowling	Fielding	Other	MOM #	Total
1	Pramodh Kamalakannan	British Club c.c. (divb)	9	216	450	60	100	2	826
2	Rahul Gupte	British Club c.c. (divb)	9	637	30	10	50	1	727
3	Mak Khan	British Club c.c. (divb)	10	621	0	40	50	1	711
4	Dilip Mishra	British Club c.c. (divb)	9	146	450	0	0	0	596
5	Jonathan Fudge	British Club c.c. (divb)	7	361	0	50	0	0	411
6	Ben Eastwell	British Club c.c. (divb)	10	263	60	70	0	0	393
7	Denzyl Allwright	British Club c.c. (divb)	6	209	130	20	0	0	359
8	Dale Lamb	British Club c.c. (divb)	9	278	20	0	0	0	298
9	Rohit Mohan	British Club c.c. (divb)	5	199	60	10	0	0	269
10	Ed Khan	British Club c.c. (divb)	9	100	130	10	0	0	240
11	James Moss	British Club c.c. (divb)	6	206	0	20	0	0	226
12	Talal Sanoon	British Club c.c. (divb)	6	1	150	0	0	0	151
13	James Crossley Smith	British Club c.c. (divb)	2	0	0	20	0	0	20
14	Paul H Hurring	British Club c.c. (divb)	1	0	0	10	0	0	10
15	Chan Chhabra	British Club c.c. (divb)	3	29	-30	10	0	0	9
16	Kaneev Kapoor	British Club c.c. (divb)	2	0	0	0	0	0	0
17	Manish Bagaria	British Club c.c. (divb)	2	7	-10	0	0	0	-3
18	Harshit Patni	British Club c.c. (divb)	2	-6	0	0	0	0	-6
19	Sunish Shah	British Club c.c. (divb)	3	5	-30	0	0	0	-25

▲ BCL League ranking 2021

#	Player	Team	Mat	Inns	NO	Runs	Balls	Ave	SR	HS	100's	75's	50's	25's	0's	4's	6's
1	Mak Khan	British Club c.c. (divb)	10	10	2	249	225	31.12	110.67	60	0	0	1	4	1	30	6
2	Rahul Gupte	British Club c.c. (divb)	9	9	3	237	213	39.50	111.27	57	0	0	2	3	2	20	4
3	Jonathan Fudge	British Club c.c. (divb)	7	7	1	152	199	25.33	76.38	58	0	0	1	1	0	13	0
4	Ben Eastwell	British Club c.c. (divb)	10	9	1	137	145	17.12	94.48	37	0	0	0	2	0	14	1
5	Dale Lamb	British Club c.c. (divb)	9	7	0	117	102	16.71	114.71	40	0	0	0	1	1	9	6
6	Pramodh Kamalakannan	British Club c.c. (divb)	9	7	2	97	101	19.40	96.04	24	0	0	0	0	1	5	2
7	Denzyl Allwright	British Club c.c. (divb)	6	6	0	85	75	14.17	113.33	40	0	0	0	1	1	14	0
8	James Moss	British Club c.c. (divb)	6	6	0	76	72	12.67	105.56	29	0	0	0	1	0	8	1
9	Rohit Mohan	British Club c.c. (divb)	5	4	2	68	44	34.00	154.55	43	0	0	0	1	0	5	3
10	Dilip Mishra	British Club c.c. (divb)	9	4	2	57	58	28.50	98.28	30	0	0	0	1	0	9	0

▲ BCL League Batting 2021

#	Player	Team	Mat	Inns	Overs	Runs	Wkts	Ave	Econ	SR	Hat-trick	4W	5W	Wides	Nb
1	Pramodh Kamalakannan	British Club c.c. (divb)	9	9	43.1	268	14	19.14	6.21	18.5	0	2	0	37	4
2	Dilip Mishra	British Club c.c. (divb)	9	9	42.0	192	12	16.00	4.57	21.0	0	0	0	10	3
3	Talal Sanoon	British Club c.c. (divb)	6	6	26.0	211	8	26.38	8.12	19.5	0	0	0	26	3
4	Ed Khan	British Club c.c. (divb)	9	8	24.3	189	7	27.00	7.71	21.0	0	0	0	27	0
5	Denzyl Allwright	British Club c.c. (divb)	6	6	25.0	169	4	42.25	6.76	37.5	0	0	0	16	2
6	Rohit Mohan	British Club c.c. (divb)	5	4	10.1	67	3	22.33	6.59	20.3	0	0	0	7	0
7	Ben Eastwell	British Club c.c. (divb)	10	9	25.0	169	3	56.33	6.76	50.0	0	0	0	12	1
8	Rahul Gupte	British Club c.c. (divb)	9	6	15.0	119	3	39.67	7.93	30.0	0	0	0	9	0
9	Dale Lamb	British Club c.c. (divb)	9	2	2.0	15	1	15.00	7.50	12.0	0	0	0	2	0
10	Sunish Shah	British Club c.c. (divb)	3	3	10.0	99	1	99.00	9.90	60.0	0	0	0	8	1

▲ BCL League Bowling 2021

SPORTS

PILATES AND WELL-BEING



Karen Dawber

Age, what does it matter?

Age matters to us as humans because we all know we only have a finite number of days to live on this planet, every one of us knows that we will not live forever. Science has advanced so much that many of us will be fortunate to live to a much older age than previous generations but none of us can dodge the bullet of death forever. But does that mean we have to fear getting older? The world and society would often have us thinking that we do.

We may notice more lines on our faces, more blemishes on our skin, changes in our joints, a changing metabolism that is harder to work with and altering hormone levels. Many of these things we have been conditioned to feel shame about, as if it is wrong for our bodies to evolve over time, it is not wrong but a part of being human. The media favours what is perceived as young and beautiful. Numerous apps and filters are applied to the images published on social media, so much so that our children no longer really know what a natural body looks like. We live in a consumer society and we have become conditioned to believe that we can buy our way out of anything. Advertisements proudly proclaim portraits of perfection that you too can achieve through purchasing certain products. There is a product offering a solution to every pain including the pains of growing older so we often try to anchor ourselves to being younger by buying into all the promises we are sold.

However, what if many of these solutions are really just like sticking plasters? Yes, they may



have a role and purpose, plasters cover up and stem the blood flow from a cut but they don't actually heal the cut. It is our own bodies that actually have to do the work to heal the cut. Sometimes we cannot simply buy a solution but we have to use our own bodies to work out the solutions. Sometimes we have to sit in the pain of what it means to be human and actually accept that it isn't always easy. But the miracle of being human is that we are a multidimensional being; we are mind, body and spirit and this is where the magic happens of being human. When we start to add movement to our bodies you start to see a shift in how your mind can function. You see **"The mind when housed within a healthful body possesses a glorious sense of power"** Joseph Pilates. A healthful body is not a certain shape, colour, size or age as society might have us believe but a body that has been nurtured, a body that has been accepted and a body that has been moved. Another quote from Joseph Pilates is that



PITSTOP for BALANCE

SPORTS

**"change happens through movement and movement heals"**, and it is true that moving our bodies can have a profound effect on us. This is the reason yoga developed (as one of it's 8 limbs) the physical asana/poses. It was not to create physically perfect humans but to allow humans to fully access and develop their minds, to move the body before being able to calmly sit in meditation and ultimately find enlightenment. This belief that moving our bodies also enriches our minds has stood the test of time over thousands of years. Perhaps our real defence against ageing and all the inevitable changes it brings to our lives is not purchasing a solution but sitting in our bodies, moving our bodies and then allowing that to impact where our mind goes and what it tells us to believe.

**"Every moment of our lives can be the beginnings of great things"** Joseph Pilates.

I believe, we really can have a beautiful and wonderful life at any stage of life. The key is to live in the here and now. We are all aging every day, and the point is that if we are always striving for something we can no longer have like youth or alternatively we are always living for what is coming next (like life after covid) we will miss out on so much of what is now. We can never take back time, not even one minute that has passed, and we cannot guarantee the amount of future we have; so to truly live a life full of satisfaction and brimming with joy we have to remember to be fully present in the here and now.

Ageing is a really complex subject to navigate with many avenues to explore. There are so many options open to us today to enhance our lives through modern medicine and aesthetic treatments which are to be welcomed and enjoyed by those that choose to opt for them, for



themselves. But, what is right for one person does not necessarily mean it is the best option for another; each individual must assess what is or is not for them. Then there is the universal power of moving our bodies on our mind's ability to keep us present, energised and content. Something that is so powerful but sadly often overlooked. Try a little experiment with this now by playing your favourite song, turn up the volume, sing along and maybe even dance, notice how it makes you feel. Music moves us at our very core, even if we only listen it's sound vibrations move our bodies at a cellular level, listening to music can give us a quick insight into the power of all movement.

Finally, remember that many of us are capable of far more than we think if we allow our minds to be open to ideas, we are never too old to try something new:

- **"To talk about old age as an impediment is an excuse to be lazy."** Vanda Scaravelli, famous yogi quoted at around age 83. Scaravelli started yoga in her 50's.
- Chronological age is just a number, how you feel is more important. **"If your spine is inflexibly stiff at 30 you are old, if it is completely flexible at 60 you are young"** Joseph Pilates.
- **"Just as the water reflects the stars and the moon the mind reflects the body and the soul."** Rumi.



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