

SEPTEMBER 2021



1903
THE BRITISH CLUB
BANGKOK

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WELCOME NEW MEMBERS

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



▲ Craig, Mio and Jade Parkinson



▲ John Sargison



▲ Rahul Bothra and Elizaveta Markovets



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Front Cover

The sun rises over Bangkok at the start of a new day with a fresh hope of businesses returning back to their normal operations

This Month

Phase 2 continues on schedule, we welcome a new membership partner with Nikanti Golf Club, Veranda is completed, and past particles remembers the years 1910-1913



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

Outpost welcomes contributions from Members, email outpost@britishclubbangkok.org

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

Chairman's Message



James Crossley-Smith



I think it fair to say that at the moment we are quite resigned to sitting out Thailand's latest wave of Covid infections. Most people understand the risk. Many do not have the recommended vaccinations and are feeling vulnerable. Thailand has made progress in rolling out a vaccination program and this may be quite advanced by the end of October. Second jabs are being confirmed before the October month end, but this is reported as subject to vaccine supply.

This latest wave of infections will probably not be the last but hopefully we are going through the last serious shutdown. We are waiting patiently to see a sustainable, albeit slow, return to active lives, but that seems only possible after the vaccination roll out reaches significant percentages of the population. I appreciate that pockets of the population may miss out on vaccinations and although improving, a number of those pockets are in the expat community. We have tried to be a good conduit for information but have been unsuccessful in arranging group vaccinations for Members. The British Chamber of Commerce are applauded for their work in this area and we hope Members have been able to find vaccinations. Please let us know if you continue to have problems securing appointments for first jabs.

As I write the Club is closed to Members and guests and the restrictions are as strong as they have been. We feel very sorry for those whose lives have been devastated by the pandemic.

We expect outdoor sports and exercise to return sometime in September. However my feeling is that with the vaccination program some time off it's second dose schedule, there will be limited activity until well into October. We do not know the priorities for the relaxation of restrictions but I am sure the ability to exercise outdoors will be one of the first.

Cash

So where does this closure leave the Club? Firstly, we are very committed to the welfare of our staff and ensuring they have the means to look after themselves and their families. For that

we are very grateful to the Members and their support for the Club through the subscriptions.

Our monthly accounts do not look attractive at the moment but if you were to look at them more closely, please remember that our monthly depreciation charge, which is not a cash outlay, runs at about Baht 630,000 per month. If that is added back to our net monthly performance, we are surviving, even when closed, without too much of an impact on our cash reserves. Those comments reveal that the Members support for the Club through the Monthly subscriptions is very important goes almost entirely to support the staff's income, as that is our main expense at the moment. The staff are very appreciative,



especially when they see hardships in other sectors of the economy.

Capital projects

Looking at Phase 2 of the Poolside Redevelopment, we have the cash to fully complete the project in this calendar year. The project team's main concern now is the supply chain and availability of the required fixtures and fittings. It makes sense to order "just in time", but we are having to consider availability in our purchasing and the possibility of long lead times if there is no stock. The supply chain issues can push up prices but in the scheme of the budget, this should not be significant. The project remains on target against the budget and we do not expect that to change. Progress against the timeframe has slipped, but is mostly recoverable and the facilities will open in December, as planned.

A topping off ceremony for P2 will be held in September when the contractor completes the roof slab.

It is good news that we have already completed refurbishing the Verandah restaurant and it sits unused, waiting for its opening. We are also chipping away at the redecoration of as many of the corridors and rooms in the Clubhouse as our cashflow allows. The results are making a big difference and I am sure you will be pleased to see this work when you can return to the Club.

The UK

My mood has been influenced by my recent trip to the UK. I was in the UK in late July and confess to attending the first major music festival since the Covid outbreak. This was not my reason to go to the UK! The festival was a government test event and all attendees had to show a negative Covid test to receive their passes to the festival. Unlike in the general population, where mask wearing and distancing is observed to a level that surprised me, there



was little regard for masks and distancing in the festival!

I was sure that the post event statistics on Covid infections would be terrible, with myself included as one of them. This has not been the case and I am sure it was helped by the fact that a good percentage of festival goers were double vaccinated, including, thanks to the NHS, myself. My feeling from the UK visit is that with a high level of vaccine cover, people now want to move on. The football season has just started and large crowds and mass socialising are back for the UK. The UK as a whole is somewhat of a test case and it seems to be showing that a reasonable way forward is possible after vaccinations. It does however show that Covid can still be contracted and spread even after full vaccination.

Let us hope that by November we will also be feeling confident to socialise. Financially it will be great to have a good couple of months before the calendar year end. We will not recover our shortfall this financial year but I expect we will catch up next year to put us back on the projected forecasts.

We will soon start to make our Christmas plans and I am sure the Club should expect to cater for great levels of demand.



Seeking Income?

By Martin Wright, The Fry Group

On top of highly valuable guaranteed income (pensions) or semi-guaranteed income (by example property rental) many retirees may need to generate income from their personal cash and investments.

Here we look at some of the available options and considerations.

CASH DEPOSITS

If we look at the pattern of UK/GBP interest rates over the last decade you will see a gradual decline in the level of interest income being available:

Name	09/08/2020 to 09/08/2021	09/08/2019 to 09/08/2020	09/08/2018 to 09/08/2019	09/08/2017 to 09/08/2018	09/08/2016 to 09/08/2017	09/08/2015 to 09/08/2016	09/08/2014 to 09/08/2015	09/08/2013 to 09/08/2014	09/08/2012 to 09/08/2013	09/08/2011 to 09/08/2012
Moneyfacts 90 Days Notice 10K in GB	0.40	0.93	0.96	0.67	0.55	0.76	0.74	0.73	1.03	1.27

Source – FE Analytics Research system

The Bank of England (BoE) is expected to keep its benchmark interest rate and its bond-buying programme unchanged for the immediate future but might move a step closer to tightening monetary policy amid signs that a split between the doves and hawks is beginning to emerge. Two policymakers have said last month that the bank could reverse monetary stimulus sooner than expected due to a strong economic recovery and a jump in inflation; while most of the BoE's other rate-setters have said the acceleration in price growth is likely to prove transitory. Nevertheless, officials had already announced they would publish "soon" new guidance on how they might sequence raising rates with reducing the bond stockpile.

5 to 10 years ago GBP (offshore) deposit accounts were providing annual interest in the region of 3%-5%. Which meant that it was possible to receive a reasonable income stream with little or no risk (other than deposit taker insolvency risk, which could be mitigated by holding several accounts with different banks/building societies).

However, political turmoil (such as UK Brexit) and the many global government stimulus packages in place for a variety of reasons have meant that interest rates have reduced to date. So much so that by example, one of the well-known suppliers of competitive interest rates offshore was Abbey International (now Santander International). With a sum between £25,000 and £999,999 they currently

offer a 1-year fixed rate deposit at only 0.2% AER. (<https://www.santanderinternational.co.uk/international/products/savings/fixed-deposit-contract/>)

FIXED INCOME SECURITIES (BONDS)

The capital value of Bonds will fluctuate more than cash deposits. Bonds are issued by companies, and governments, and are a method utilised to raise investment. Simply, they are a loan between the issuer and the individual.

Using a long-term corporate Bond index as an example, the current variable annual income yield would be 2.90%. (investor.vanguard.com/mutual-funds/profile/VLTCX)

High risker global bonds may produce higher income, by example a global high yield index would currently produce 4.24% variable annual income. (www.wsj.com/market-data/bonds/benchmarks)

Because one of the main risks of fixed income securities (bonds) is the default (the inability of the issuer to repay the loan) holding more than one fixed income security, preferably through a collective investment, would be sensible.

EQUITY (STOCKS & SHARES) DIVIDENDS

The capital value of stocks and shares will normally fluctuate more than bonds, but typically in return for greater total rewards over the medium to long term. Dividends from stocks and shares are the regular payments which are basically part of the investor's reward for holding the company stocks.

In the main, dividends have been reducing over the years particularly with the effect of the Covid-19 outbreak last year and its effect on businesses. And dividend payments are not guaranteed, this has been seen in the last year where some companies suspended dividends for a period, although most of these at time of writing have been restored.

Historically dividends in European and UK companies have been higher than those in the US, although total growth in the US has far exceeded that in Europe and the UK (over the short and medium term).

You will see from the following link the difference in UK and US dividends (3.77% versus 1.53% as at the end of 2020). (<https://siblisresearch.com/data/global-dividend-yields>)

Whilst this may be the case with dividends, the actual growth of the US and UK stock markets has been significantly different as you can see from the following 5 year charts of the US S&P 500, and the UK FTSE All Share Indices:

US Equity Index

Morningstar DirectSM | Print Date: 06/08/2021



Source – Morningstar Direct Research system

UK Equity Index

Morningstar DirectSM | Print Date: 06/08/2021



Source – Morningstar Direct Research system

DRAWDOWN

Those seeking income also have other options including taking value from a diversified portfolio of assets, either on a regular or ad hoc basis.

It may be surprising to learn that despite the volatility in 2018, and last year, a balanced portfolio including most asset classes could have provided returns of 7.2% per annum over 3 years, and 7.9% per annum over 5 years.

This information is taken from the FTSE UK Private Investor Balanced Index Series, which was previously known as the Association of Private client investment managers and stockbrokers – APCIMS.

(www.ftserussell.com/products/indices/private-investor)

Although this "drawdown" strategy provides flexibility, and can be rewarding, one of the main risks is maintaining high levels of withdrawal in times of prolonged investment market volatility. This could lead to a depletion of the invested value and a worse outcome than other income generating methods.

For more information 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.

" Tee Talk "



Tee Bale

During the month of August, the operations of the club were restricted under the latest lockdown, this enabled us to focus on several club projects. One of these was the new Veranda restaurant which I'm delighted to say it is nearly completed, and the grand opening plans have been made. The wine corner in the Veranda is one of many new features, this is designed to allow members the chance to browse a wide selection of wines with our trained staff. The team will assist with food pairings, talk you through the different regions, explain the tasting note, and ultimately make sure that you choose the perfect wine to compliment your dining experience. The Veranda will soon display a selection of artworks of the club and Bangkok from the early 1920s onwards, the captions placed inside the artwork give you an understanding of the picture's history and details. In the future

on your first visit when fully operational one of our team will invite you to tour the restaurant explaining the different montages of artwork, make sure you don't miss the selection of original British Club House portraits.

Another project that is about to be completed is the brand-new British Club website. The team has been working hard behind the scenes to create and build a new dynamic modern interactive website. The site will include all the Club's history and regular features along with the latest Club news, coming events, sport sections, activities, and a digital version of Outpost. The Club is also working on modernizing the way members can make reservations and bookings.

Our Delivery service has continued throughout the lockdown period and our team has been able to remain in contact with many of our Club members each day. The latest delivery promotion Super Sundays has enabled us to reward our regular delivery customers each week with a British Club Goodie Bag of merchandise and vouchers from some of our partners IWS, BAAC, Nelson Hays Library, and Head 2 Toe.

The team and I look forward to the restrictions finally lifting and once again welcoming our members back to the Club soon.



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Phase 2: Poolside Redevelopment Project Update

by Jack Dunford



▲ Preparing for the Roof Slab



▲ Concrete delivery for roof beams

With Outpost only being published digitally this month the submission date for this update is a week or two later, and so covers a slightly longer period than usual. Last month the floor slabs had been laid, columns were being constructed up to the first floor and first floor slab beams were under construction.

Work has progressed at a pace since then. All the first floor beams were finished and concrete for the first floor slabs poured across the whole site before the end of July.

Then during August columns have been built up to the roof, the roof beams constructed and supports are in place for concrete for the roof slabs to be poured on 1st September. This will be a major milestone. All the main infrastructure will be complete and still on schedule. Congratulations to everyone involved!

Clambering around with Chris is exciting. The view of the front lawn and Clubhouse from the 1st floor balcony is stunning and so too will be the views across the swimming pool and tennis courts from the upstairs bar and the gym.



▲ First Floor Beams complete



▲ 1st Floor Slab



▲ Constructing Roof Beams



▲ Roof Beams



▲ First floor wall blocks

Work has started on block work for the ground floor walls and electricians have also started on the wiring. This work is however a little being schedule. The infrastructure has been completed using the same team of 14 workers and it has been relatively easy to comply with Covid regulations. But now new teams are being brought in for the specialist trade and there have been some delays getting worker clearance etc. Weapons, our contractor is still confident that the project will be finished on time but fingers crossed that Covid regulations and labour supply do not become a problem. We have been incredibly lucky so far.



▲ Back of house



Paul Cheesman

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

We continue the story of the British Club Bangkok from 1910 to 1913.

The New Clubhouse

As recorded last month, the Club's original site at the upper end of Suriwongse Road was deemed too small, so the Club moved to be adjacent to the Bangkok Lawn Tennis Club, at 189 Suriwongse Road – a bespoke house built on rented land and opened in April 1910.

The Clubhouse land was rented from the Siam Electricity Company, who in turn leased it from the Siamese Crown. The 'new Clubhouse', as no doubt it was called – just as Chareon Krung was called 'the new road' – stood off a short lane which connected Suriwongse Road with Silom Road, which today is called Silom Soi 18. The New Clubhouse stood in what was originally 4 Rai, 3 Ngan and 35 Square Wah of land, some 0.774 hectares in modern parlance or, as they would probably have recorded then, 9,257 square yards.

From Suriwongse Road, a short stroll down, what would later be named 'Soi British Club', would have the grass tennis courts of the Bangkok Lawn Tennis Club to one's left and a private wooden residence to one's right. At the end of the short lane, the fine stone building of the British Club Bangkok was on display to one's right through the trees. To its immediate right was the 'toilet block' – a small building for gentlemen's convenience – and



▲ *New Clubhouse*

also to the right, a footpath leading to a single storey 'Servants Quarters' wherein the Club staff resided.

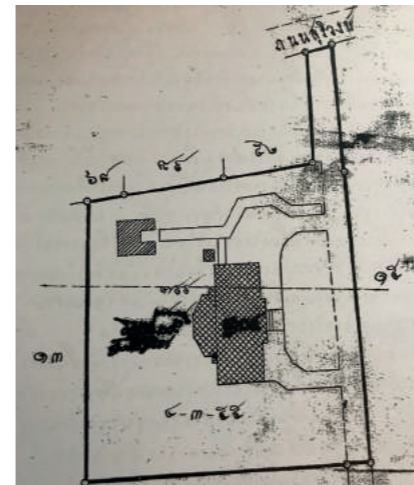
Well planned

The imposing view of the clubhouse has hardly changed in 111 years: the dominant front with shutters on all windows and a portico for 'emptying carriages' out of the heat and the rain. The most modern of gutters adorned the roof and gables with piping down to the main drain.

The rear had a balcony ran all the way round, the 'northern' end of which was enclosed in the late seventies but re-opened in 2013 as the '1910 Balcony', the 'southern' balcony was removed when the kitchen extension was opened in the early seventies. There was recorded that two teak staircases ran externally

from this balcony to the back lawn.

Internally, the 'front of house' had a central stairwell with two rooms of equal size on either side of the stairwell on each floor – in 2021 only the Churchill Bar and the Suriwongse Room retain their original sizes. The back of house ground floor had 'The Bar' with, on each side, a row of small offices or storerooms off a central corridor and above the Bar was the cards room directly behind the stairwell, and with a balcony or "veranda" which looped around it with teak stairs to the lawn. Of course, the internal usage by room is not exactly known but recorded by Richard Hampson OBE, Honorary Secretary of the Club 1938–1940, there was a room with "three billiards tables, a cards room and a men's bar to which ladies were not admitted".



▲ *New Club Grounds*

Committee Service

The four Club committees from 1910 to 1913 saw the service of nineteen different gentlemen, nine of whom had served before but a few of the 'new boys' ranked amongst the most distinguished:

Probably the most prominent player in the Club's early life was **Josiah Crosby**. Born in the Falmouth, Cornwall in 1880, he moved to Bangkok in 1904 as a Cadet in the British Legation, becoming a Vice-Consul in 1907 and the Vice-Consul for Bangkok 1911–1913. He served four terms on the Committee at this stage in his career and performed invaluable service in obtaining the Clubhouse land (see *Past Participle*, October 2021). He then moved up-country as Vice-Consul in Lampang and then in Senggora (Songkhla).

After a spell in Vietnam, he was awarded the rank of Officer of the Most Excellent Order of the British Empire and returned to Bangkok as Consul-General and stayed until 1926. He then moved to be Consul-General in Batavia (now Jakarta), the capital of the Dutch East Indies (now Indonesia), and then the Envoy to Panama & Costa Rica. During this period he was became both Knight of the Most Excellent

Order of the British Empire and Knight Commander of the Most Distinguished Order of St. Michael & St. George. In 1935, he became the Envoy Extraordinary and Minister Plenipotentiary to Siam at the British Legation, at its new Ploenchit Home. As well as his work on securing the Club's land, he is famous for being the British Minister when Siam entered the second World War but that, as they say, is another story (see *Past Participle*, February 2022).

John Bailey had moved to Bangkok in 1907 as a student interpreter, and by 1910 had become the Assistant Consul at the British Legation in Bangkok. After short spells as Vice Consuls in Sourabaya (East Java) and Senggora (Songkhla), and Consul in central Siam, he ended his service as Consul-General in Bangkok under Sir Josiah Crosby. He served the Committee five times in two runs, each time as Chairman, with a 19 year gap in between.



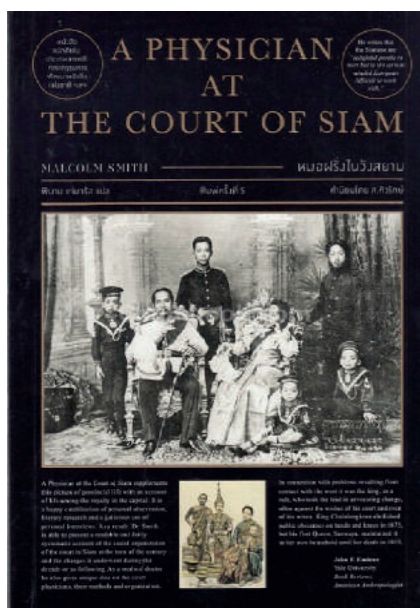
▲ *Mr. Justice Skinner Turner*

Service to the British and Siamese Courts

Mr. Justice **Skinner Turner**, later Sir Skinner Turner, was born to a Kent farmer, educated at King's College School (when it was in the Strand) and the University of London. He was called to the bar at the Middle Temple of the City Of London, was one of the prominent Judges in the Foreign Office's Judicial Service. After service in the East Africa Protectorate (Kenya), the Uganda Protectorate, and Zanzibar, he became one the first judges of the Court of Appeal for the East Africa Protectorates.

In 1905 he was appointed Judge of the British Court for Siam, serving until the signing of the Anglo-Siamese Treaty of 1909, which led to the Siamese provinces of Kedah, Kelantan, Perlis, and Terengganu becoming Unfederated Malay States. He then became a Legal Advisor in the Siamese Ministry of Justice for which H.M. King Vajiravudh granted him the Insignia of the Third Class of the Ratanabhorn Personal Order. In 1915 he moved to China where he ended his career as Chief Judge of the His Britannic Majesty's Supreme Court for China in Shanghai. He served four terms on the Club Committee.

Dr. **Malcolm Arthur Smith**, was a published herpetologist and physician. Born in Surrey in 1875 and educated at the University of London, he moved to Bangkok to replace Dr. Hugh Campbell Hight as physician at the British Legation (see *Past Participle*, August 2021). He then moved onto be a Physician in the Royal Court of Siam for over twenty years, before returning to the United Kingdom. As well as his book 'A Physician in the Royal Court of Siam', he has six species of reptile named after him. In later life he founded the British Herpetological Society. He served three terms on the Club Committee.



▲ A Physician in the Court of Siam

Service to the Club

Other Gentlemen who gave committee service in this period included **William Willoughby Wood**, one of the founders of the Chiang Mai Gymkhana Club, and a Bombay Burmah Trading Corporation employee; **John H. Heal** RSM FGS, who was Inspector General of the Royal Department of Mines & Geology and served three terms; and Mr. **D. Ross**, who was Honorary Secretary in 1912-13 and was working on the Southern Line of the Royal State Railways of Siam and served twice.

Mr. **Samuel H. Hendrick**, who served seven terms on the committee, was General Manager of the Siam Forest Company, and a director of the Siam Steam Navigation Company and of the Bangkok Manufacturing Company. He served also as Vice-Chairman then Chairman of the Bangkok Chamber of Commerce, and secretary of the Patriotic League of Britons Overseas (Siam).



▲ HMS Hampshire

A champion for all Siam

Mr. Norman Maxwell, a British Club Member and Chief of the Statistical Office at the Siamese Customs & Excise Department, became the Honorary Secretary & Treasurer of the Bangkok Lawn Tennis Club in 1911 and was succeeded, a few years later, by Mr. S.H. Cole, Assistant Legal Adviser at the Ministry of Justice. Sadly, further records of this institution are lost.

However, during their tenure the Bangkok Lawn Tennis Club created the 'Championship of Siam' tournament – to which H.M. King Vajiravudh became patron. In addition, they hosted also, and won, a tennis tournament between the Club and players from six cricket teams from Singapore and the Federated Malay States.

In a different tone, it is reported in the Straits Times, in June 1913, that

The Bangkok Lawn Tennis Club, of which the King of Siam is honorary president, has arranged to institute an annual championship to be called the Championship of Siam. This competition will be open to all-comers, whether resident in Siam or not. This year only a "singles" championship will be awarded, but it is hoped to arrange additional events in later years. Entries must be made to the hon. secretary by February 20, and the entrance fee is five ticals.

▲ The Straits Times, 26.01.1912

the caretaker of the Bangkok Lawn Tennis Club was sentenced to one year in prison, and fined 77 Ticals, for the theft of 21 dozen tennis balls, worth 77 Ticals. Game, Set and Match?

English Rugby

HMS Hampshire, a Devonshire-class armoured cruiser, visited Siam in November 1913 and, during its stay, donated the Hampshire Cup for an annual Rugby tournament in Siam of the 'English' versus the rest. Sadly, history will record that the ship, the famous 'Your Country Needs You' Lord Kitchener, who was on board, and all but 12 crew, perished in the Great War.

Next Month ...
The War to end all Wars

Paul Cheesman
Honorary Secretary

For Members interested in our Club's history, the timeline is updated each month end, and can be found on the Website under 'About Us'.

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Rowing, Australia

Luke Gebbie Grad'14
50m and 100m
Freestyle, Philippines



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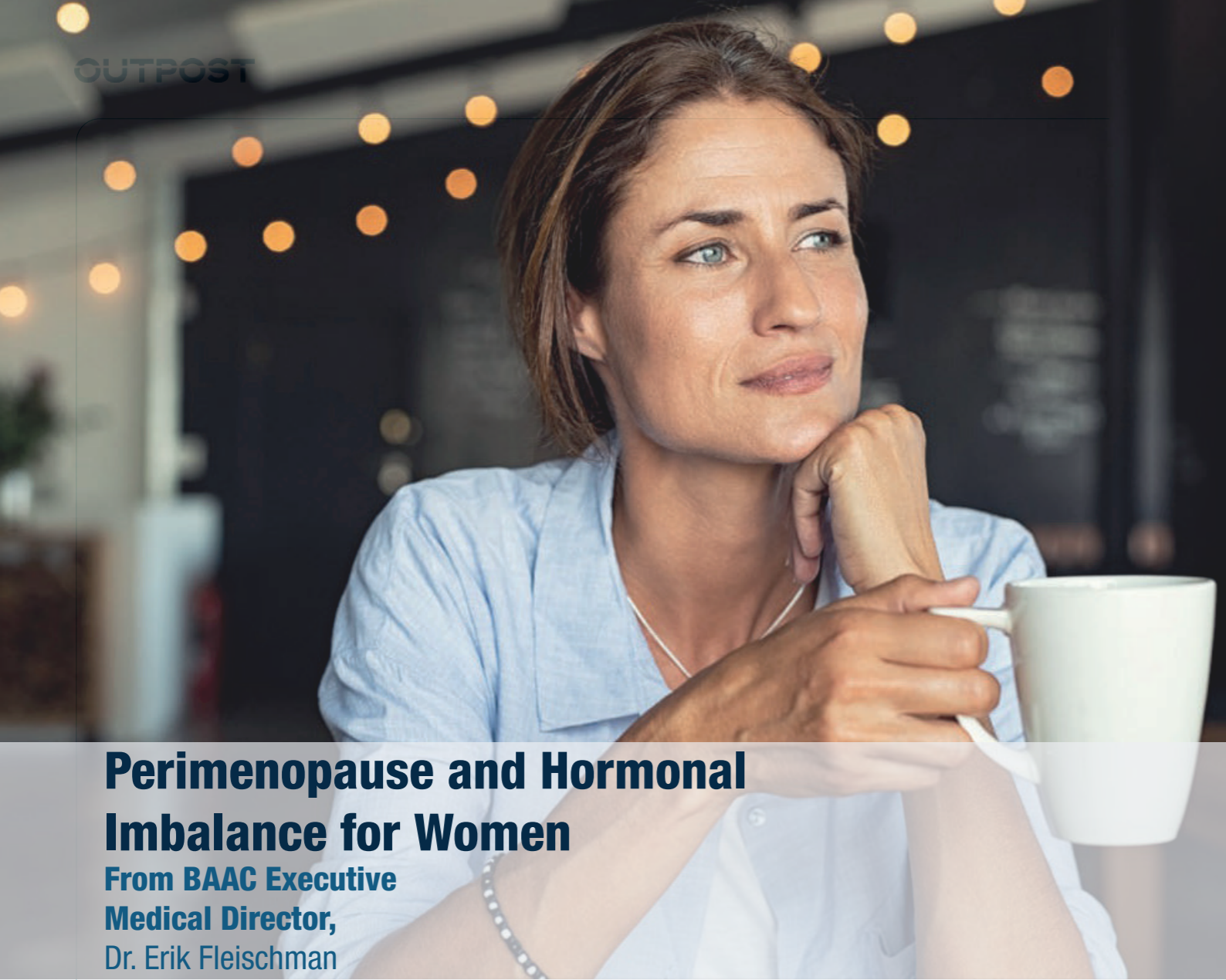
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Perimenopause and Hormonal Imbalance for Women

From BAAC Executive Medical Director,
Dr. Erik Fleischman

There is quite a bit of information available on **Meno-pause** and treatments to control symptoms, both hormonal, pharmaceutical and herbal have been used for hundreds of years.

The syndrome that precedes menopause, **Perimenopause**, has been given a lot of attention recently and medical attention to this syndrome is finally reaching a more proactive medical community, especially in doctors who practice anti-aging treatment.

Perimenopause : Facts and Issues

Perimenopause or menopause transition, begins several years before menopause.

It's the time when the ovaries gradually begin to make less estrogen. It usually starts in a woman's 40s, but can start in her 30s or even earlier. Perimenopause lasts up until menopause, the point when the ovaries stop releasing eggs. The length of time of perimenopause varies individually, but can be anywhere from 2 to 10 years.

The dominant symptoms are:

- Difficulty sleeping
- Change in the length of the menstrual cycle
- Emotional changes – depression or hyper-emotional behavior
- Loss of sex drive
- Vaginal and/or bladder issues
- Hot flashes, but usually not until just before true menopause

The majority of women suffer through these symptoms and really don't seek help from doctors until their true menopause arrives. In truth, most doctors won't offer much in the way of symptom relief until a woman is fairly along in menopause symptoms.

In my experience, I've found that most doctors start treatment too late and can only offer limited hormone replacement or a few well-known herbs.



There is so much more that can be done, especially if you start early in perimenopause.

I've consulted with so many women about perimenopause over the past decade and there seems to be a common theme of self-blame, shame and despair. So many women blame themselves and believe (and are often told) that "it is all in their mind." Nothing is further from the truth.

There is a clear, well-documented, well-studied hormonal shift during perimenopause with predictable physical results and symptoms.

Let me explain it very briefly and as simply as possible.

During perimenopause there is a drop in a woman's estrogen, progesterone and even testosterone. **Yes, women have and need testosterone to be hormonally balanced, just at a much lower level than men.**

Perimenopause symptoms occur in differing severity because progesterone drops much faster than estrogen. Progesterone essentially balances out the hormonal, emotional and physical effects of estrogen. When there is too much estrogen and too little progesterone some of the effects are:

- Insomnia
- Hyper-emotional feelings and depression
- Loss of sex drive
- Change in menstrual cycle length and bleeding

Does this sound familiar to the discussion above?

As the space between **estrogen** and **progesterone** gets larger, so do the symptoms. And they continue to do so until your ovaries can no longer produce either hormone and you enter menopause.

Also the increase in vaginal dryness is from the drop in estrogen and testosterone.

So, no, you are not losing your mind! Your hormones are profoundly affecting your daily normal activities, the same one's you've done your whole life without incident.

In the next blog I'll talk about the causes that may be bringing on your perimenopause and then menopause, faster than it should be – and more importantly what you can do about it.

To schedule an appointment at one of our Bangkok BAAC Clinics or speak to a specialist about the benefits of Safe Hormone Replacement therapy, please contact us.

<https://bangkok-antiaging-intl.com/>






Dr. Erik Fleischman

Phone: **02 048 7032**

Email: info@bangkok-antiaging.com



AUGUST 2021

	SUN	MON	TUE	WED	THU	FRI	SAT	
				1 <ul style="list-style-type: none"> 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 		2 <ul style="list-style-type: none"> Swimming Lesson Tony 7.00am - 8.00am Cricket team practice 6.30pm - 8.30pm 	3 <ul style="list-style-type: none"> Senior Cricket 5.00pm - 6.00pm Tennis mixed-in 6.00pm - 10.00pm 	4 <ul style="list-style-type: none"> Squash Mixed-in 1.30pm - 6.45pm Cricket Team Practice 2.00pm - 5.00pm
	5 <ul style="list-style-type: none"> Junior Cricket 9.00am - 10.00am Swimming Coaching 9.00am - 12.00pm Tennis Men Doubles Team practice 9.00am - 1.00pm Sunday Brunch 9.30am - 3.00pm Squash Mix-in 10.30am - 12.00pm Tennis Mix-in 4.00pm - 7.00pm 	6 <ul style="list-style-type: none"> Tennis Mixed Doubles Team practice 7.00pm - 10.00pm 	7 <ul style="list-style-type: none"> Football 7.00pm - 9.00pm 	8 <ul style="list-style-type: none"> 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 	9 <ul style="list-style-type: none"> Swimming Lesson Tony 7.00am - 8.00am Cricket team practice 6.30pm - 8.30pm 	10 <ul style="list-style-type: none"> Senior Cricket 5.00pm - 6.00pm Tennis mixed-in 6.00pm - 10.00pm 	11 <ul style="list-style-type: none"> Squash Mixed-in 1.30pm - 6.45pm Cricket Team Practice 2.00pm - 5.00pm 	
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SPORTS

HARD BALLS



Ben Eastwell

Looking Forward

Another month, another blank period in the realms of BC cricket. Though there has been plenty of action in the shape of some gripping test cricket and plenty to look forward to with the second half of the IPL and T20 World Cup in The UAE later this year before the Ashes down under - The British Club's cricketing calendar remains empty, except for a hopeful fixture down in Phuket early November for the annual tour which traditionally kicks off the season. Wishing everyone good health and very much looking forward to getting out on the field again. Until then, here are some match shots from the season we can probably assume has been concluded for now...



Pitch invasions



Boweja ground



Pramodh on his way to 50 in Chiang Mai



Rahul takes key wicket V Indorama



RBSC Polo Ground



Jon for the cameras



Mak carves one over the top



Dilip on his knees



Oops



Denz gets airborne



Pramodh takes out middle peg at PSR



Talal on the money at Thai Polo



Perfect afternoon at ACG Phuket



No.1 Fans

BC infiltrate Lords for second test V India. Photo Credit: David Barratt



BRITISH CLUB GOLF

Since mid-July no golf has been possible in Thailand, even on an informal basis.

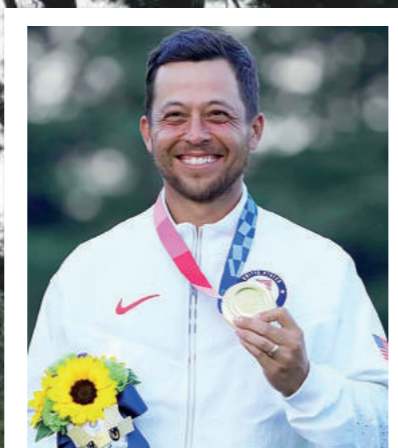
So the writer of an article for the golf section has to look elsewhere. The most significant golf event in the last month has been the Olympics and there are some take-away points from the Olympics and their aftermath, and comparisons to be made with BCGS golf.

As readers will know the men's gold was won by Xander Schauffele of the USA, the silver by Rory Sabatini, now of Slovakia, and the bronze, after a seven-way play-off, by C T Pan of Chinese Taipei. The women's gold was won by Nelly Korda of the USA, the silver by Mone Inami of the host nation Japan after a play-off with Lydia Ko of New Zealand, who won the bronze. No medals for GB (or Ireland) or Thailand though Paul Casey and Rory McIlroy were in the men's bronze play-off.

The Olympics and their aftermath prompted the following thoughts, some of them comforting:

Golf is a game of small margins: in a professional competition the winning score will be between 260 and 290 strokes. The difference between first and second is frequently one stroke, or may be decided by a play-off when scores are level. As a ratio of strokes played, one out of 260 to 290 is tiny. Inches can make such a difference: you could hear all of Japan groaning as Hideki Matsuyama's putt on the 12th in the last round lipped out of the hole. A feeling all too common in the BCGS, where count-backs replace play-offs. How comforting that even professionals can miss short putts (as we do only too often)!

THE OLYMPICS



▲ Xander Schauffele, winner of the men's gold medal

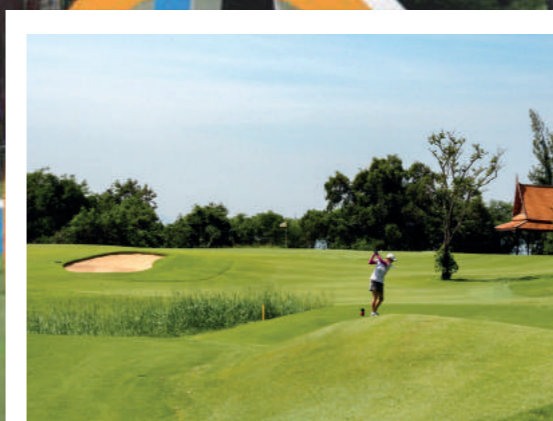


▲ Nelly Korda, winner of the women's gold medal

THE BCGS



▲ Jon Standen, the BCGS captain



▲ Karen Holloway in action

The heat: Kasumigaseki country club, where the Olympics were played, is nowhere near the real Kasumigaseki, which is in central Tokyo and the Japanese equivalent of Whitehall. It is over one hour inland, so is much hotter than Tokyo during the brutally hot Japanese summer, which differs from the optimistic, not to say downright false, description in the Japanese Olympic bid as pleasantly warm temperatures and cooling breezes from the sea. The 1964 Olympics in Tokyo were held in October for a reason! The heat resulted in Lexi Thompson's caddy collapsing. Thai caddies do not collapse but are more suited to hot conditions than beefy Americans. BCGS players do not collapse either, maybe due to the amount of beer (sorry, iced tea) consumed during the round.

Form can be inconsistent: one weekend Xander Schauffele was the winner of the Olympic gold medal, the next struggling to make the cut at the St. Jude's Invitational thousands of miles and over 12 time zones away. BCGS players can be inconsistent but generally do not have jet lag as the excuse!

13 on a par 3: the St. Jude's Invitational was also remarkable for Si Woo Kim of South Korea scoring 13 on a par 3. In this he was emulating the performance of a member of the BCGS committee earlier this year. Even professionals can blow up, though maybe less frequently than BCGS members!

Last year the Thai authorities closed the golf courses for less than two months. We are keeping fingers (and everything else) crossed that this time will not be much longer, and soon there will be a real BCGS event to write about!

SPORTS

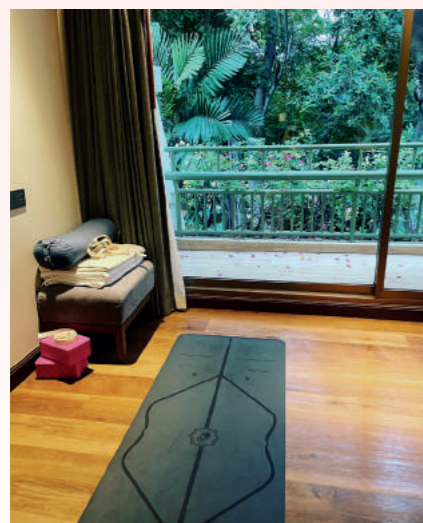
PILATES AND WELL-BEING



Karen Dawber

Quarantine, exercise, the brain and caged lions!

I recently completed the required 15 day hotel quarantine post returning to Bangkok from a trip to see family in the UK, after 2 years without visiting. It is strange how we have grown accustomed to the fact that you have to do such a quarantine to be able to travel back into Thailand, less than 2 years ago we never could have imagined such a thing to ever be necessary!



It was a daunting thought, 14 nights shut in a hotel room with my husband and two children, the only opportunity to leave the room being for the 3 required covid tests (which involved a 200m walk along the corridor and an elevator down to the ground floor

medical room). So, when planning the trip we thought carefully about where and what to book. One priority was to book somewhere with a balcony, fresh air and natural light being high on our list for surviving quarantine well. The ability to step outside for a few minutes of the day onto the balcony definitely added to our wellbeing, a breath of fresh air and sunlight really is a great natural pick me up, it helped fight our jet lag and our sense of confinement.

Secondly, we planned to do some exercise because exercise is as much for our minds as our bodies especially in times of stress. Movement was going to be key for all of us to keep our mood positive and our frame of mind healthy.

“Exercise is the equivalent to a low dose of antidepressants. I don’t think people recognise how exercise helps your mental health as much as your physical health”

Julia Samuel, Leading Psychotherapist and Sunday Times Bestselling author.

So, we hired a treadmill, which was great, but I also knew that I would need to motivate myself and the kids (who ordinarily would not be allowed on a treadmill, but these were extraordinary circumstances) to somehow get on the treadmill and use it every day. The quote of ‘A goal without a plan is just a wish.’ by Antoine de Saint-Exupéry came

to mind. So, I printed out an old colouring image I had of a running shoe divided into 100 parts to colour, each one representing one KM. I then planned to complete the colouring marking off each km as I completed them, with the goal of achieving the 100km during the 2 weeks. That goal with a concrete image attached to it was enough to motivate me to keep going. Some days I managed 10km+ interval running with some loud music playing, other days it was only a slow 3km walk whilst reading or watching TV, but each day I could colour in a bit more of that shoe. On the last full day of quarantine I hit my goal of 100km. The kids also ended quarantine with pretty colourful pictures (even if not completed). This simple plan led to me fulfilling my goal of moving on the treadmill everyday. A reminder that we don’t have to over complicate things but we do need to have our goals clearly defined so we can plan for them and know what it will look like to have achieved our goals.

I had also packed my Pilates mat and some yoga props with me to use. The hardest part of any workout is showing up in the first place, I often convince myself that I only have to get onto my mat for 5 mins for it to be worth it (this is true whether in quarantine or just at home.) So my quarantine goal was simply to step onto my mat for five minutes of Pilates and Yoga daily. Setting the barrier to getting started so low makes it feel achievable and it makes it easier to honour without feeling like a failure



PITSTOP for BALANCE

SPORTS

or defeated before even starting. The thing is I often did more than 5 mins simply because it felt good. Moving naturally creates positive feedback loops within our bodies and so once you get started you are more inclined to carry on for a bit longer than 5 minutes. Listening to Wendy Suzuki, Professor of Neuroscience and Psychology at New York University, talk about exercise and it’s brain changing effects explains why this is. Exercise has immediate transitory effects on our brains, even one single workout will:

1. Increase neurotransmitters such as dopamine, serotonin and nor-adrenaline, all of which positively impact your mood immediately.
2. Improve your ability to shift and focus attention, which will last for at least 2 hours post exercise.
3. Improve reaction times.

Importantly a sustained exercise routine has an even more protective effect on the brain.

“Think of your brain as a muscle,” Wendy Suzuki says, and goes on to explain that: “The more you’re working out, the bigger and stronger your hippocampus and prefrontal cortex gets. This is important because the prefrontal cortex and the hippocampus are the two areas that are most susceptible to neurodegenerative diseases and normal cognitive decline in aging.”

Regular exercise (30 minutes, 3-4x a week of aerobic exercise) increases the production of new brain cells in these areas improving our long term memory, and increasing our ability to focus and pay attention. This doesn’t have to be in a fancy gym with the latest equipment, it can simply be taking the stairs rather than the elevator, a power walk around the neighborhood, or dancing around



a quarantine hotel room! The huge positive to this is that whilst exercise won’t cure or prevent neurodegenerative disease like dementia and alzheimers it will protect the brain so it takes longer for such diseases to have an effect.

So any movement we could structure into our time in quarantine was of benefit both in the moment (especially true at times of high energy or stress) and for our longer term health.

Lastly, whilst in quarantine I also reflected on having read Caged Lion earlier this year which is a memoir about Joseph Pilates, written by John Howard Steel, who was both his friend and is the last Pilates student still alive taught by Joseph Pilates himself. John surmises in the book that a lot of Joseph Pilates’ elusive history was actually in part Joseph deliberately withholding certain information about himself, deliberately allowing others to fill in the gaps how they saw fit. Which is how we generally came to believe Joseph Pilates developed his exercises primarily to help wounded soldiers recuperate but in truth, initially it was probably to keep himself fit whilst detained in a prison cell as a World War II prisoner. Hence, Pilates exercises are conveniently perfect to perform in a small area like a hotel room (which is actually much larger than a pris-

on cell...I believe). What an inspiring thought if Pilates can create this legacy of what is now a world renowned exercise system from a prison cell, what can we potentially achieve in the circumstances we find ourselves in today. No wonder Joseph Pilates is quoted saying “Every moment of our lives can be the beginnings of great things”.

Another thing which came to my mind from this memoir whilst in quarantine was John’s reflections of trips with Joe to New York Zoo. As these were also a source of movement inspiration for Joe, watching how the animals naturally stretch and work their bodies, especially the caged lions.

So our time in quarantine passed some inevitable highs and lows, but we found our own rhythm of things to do reading, playing games, working, exercising, eating and overall it was not as bad as we anticipated, possibly because we added daily movement into our routine which provided that unique elixir of feel good neurotransmitters providing us with some naturally high moments to balance out and ultimately overshadow those low moments. However, I am very pleased to now be sitting at home writing this, able to enjoy a glass of wine (no alcohol allowed in quarantine) and truly appreciating my new found freedom within the current lockdown in Bangkok!



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Ammy Aphinya

Hello Members!

Most things locked down ,dine-ins, and sports not allowed we have been so grateful to Members who have still supported the Club. Our Staff still run operations to get the best benefit for members. We've got a new membership partner "Nikanti Golf Club" 15% Exclusive Discount for British Club Members. This benefit can use until December 2022. Once it re-open hope you guys enjoy this special benefit only British Club.

Stay safe!



▲ Khushroo, Pervin and Kaizad, Firuza, Firishta Wadia

Member Review:

"The British Club Gym, although small, became a part of my recent weight-loss journey as I lost 30 kilos last year. We all like the food at the Club, especially the Sunday Roast. The Thai Food is surprisingly very good too. Great place to entertain our friends as well, particularly when there is Cricket on TV."

Best Regards,



▲ Craig, Mio and Jade Parkinson

Member Review:

The first few things we were recommended by friends since we moved to Bangkok included The British Club, and that's the right decision to have joined!

It's a perfect club for families to relax on the weekend, our daughter enjoys the playground and pool so much while we can chill out and have a poolside drink as parents. There're also plenty of festive events which we enjoyed. Highly recommended in general!



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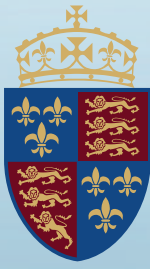
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