THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK





www.britishclubbangkok.org





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





James, Catriona and Ethan, Eloise Riddoch









FIBISIA



V

THE BRITISH CLUB

Fco-Schoo Green Flag Award Hol

st SCHOOL IN THAILAND

to be accredited with the highest Eco Schools Award for the 2nd year in a row, the Green Flag!

The leading British International School in Bangkok to utilise nature as a resource to develop a child's physical, emotional and social needs through outdoor learning in a natural environment.



Bangkok Prep is fully committed to **Environmental Education & Sustainability!**



Bangkok International Preparatory & Secondary School Primary Campus at Sukhumvit 53 23 Sukhumvit 53, Vadhana, Bangkok 10110 Secondary Campus at T77 On nut 77 Sukhumvit 77, Vadhana, Bangkok 10110

Phone: 02-700-5858 Email: admissions@bkkprep.ac.th Website: www.bangkokprep.ac.th foy bangkokprep

angkok International Preparatory & Secondary School

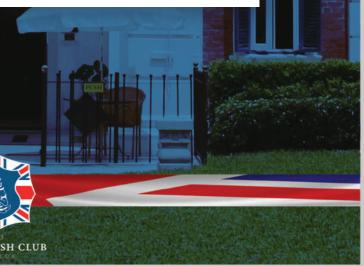
OXFORD INTERNATIONAL QA EXAMINATION



Antonio, Ting and Lumiere, Josephine Chan



Dan, Chalinee and Hanna , Emma Olsberg



REASONS TO JOIN US

THERE IS NO PLACE QUITE LIKE IT

Modern poolside and classic clubhouse set in spacious lawns.

RELAX OR EXERCISE IN A FAMILY FRIENDLY ENVIRONMENT.

- ★ Leave Bangkok behind and enjoy the heart of the city.
- ★ Enjoy swimming, tennis, squash, cricket hockey and snooker.
- ★ Best of British Thai and international cuisine.
- **★** Truly international community.

JOIN NOW!

Make friends and build business relationships















THE BRITISH CLUB



THE BRITISH CLUB

OUTPOST

GENERAL COMMITTEE

Chairman James Crossley-Smith chairman@britishclubbangkok.org

Vice Chairman Mark E Buchanan vicechairman@britishclubbangkok.org

Honorary Secretary Paul Cheesman honorary.secretary@britishclubbangkok.org

Honorary Treasurer Brian Brook honorary.treasurer@britishclubbangkok.org

General Committee David Bell, Robert Lockhart, James Short, Nathan Thomas gc@britishclubbangkok.org

SENIOR MANAGEMENT

General Manager Premrudee Tanyaluck gm@britishclubbangkok.org Deputy General Manager

Tee Bale tee@britishclubbangkok.org

Duty Manager Bhudhist Kongrattakul bcbhudhist@outlook.com

Membership Sales Manager Aphinya Toonim aphinya@britishclubbangkok.org

Service & Function Manager Somboon Chaiyapom somboon@britishclubbangkok.org

Executive Chef Kornnisara Nonku wilailuck@britishclubbangkok.org

Sports Manager Amnat Saklebpradu sport@britishclubbangkok.org

THE BRITISH CLUB BANGKOK

189 Suriwongse Road, Bangkok 10500 Entrance via Silom Soi 18 Tel: +66 (0) 2234 0247 Fax: +66 (0) 2235 1560





Front Cover

The month of October has arrived and with it Halloween 2021, trick or treat time for the children, as we hope to host the Kids annual Halloween Party

This Month

New members once again start to join, we welcome the new British Ambassador Mark for lunch, Phase 2 remains on track, an introduction to chef Pete our new executive chef, British Club members review a reciprocal club visit in London, new membership partners join our network, and our sports section all become active again.

THE FRV GROUP ESTP 1898

SHREWSBURY INTERNATIONAL SCHOOL BANGKOK . RIVERSIDE

facebook.com/thebritishclubbkk britishclub_bangkok

OUTPOST is the monthly magazine of THE BRITISH CLUB BANGKOK, the social sports and cultural centre for the English-speaking community in Bangkok A full version of the magazine is also available online at www.britishclubbangkok.org Design & Published - The British Club Bangkok Opinions expressed do not necessarily represent those of the Club. All events, dates and times are correct at the time of press. Outpost welcomes contributions from Members, email outpost@britishclubbangkok.org No part of this publication may be reproduced without the permission of the Publisher "The British Club Bangkok is a registered Association in accordance with the Thai Civil & Commercial Code"

Contents





- **04** CHAIRMAN'S MESSAGE
- 08 LETTER FROM GM
- 36 MEMBERSHIP DEPARTMENT

HAPPENINGS

- PHASE 2 10
- 12 ~~~PAST PARTICIPLE~~~
- 18 MEMBER FOCUS
- 20 THE ARMY AND NAVY CLUB
- EXAM RESULTS AND UNIVERSITY CHOICES
- 24 CALENDAR

SPORTS

- **26** TENNIS
- 28 HARD BALLS
- 30 GOLE CLUB
- 32 PII ATES
- **34** BUNNING TEAM



info@highgroveconsulting.com or Tel: 08 1833 7836



"HE British Ambassador's tour of the Club"

From the 1st of September we were allowed to open the Club to Members. The regulations for the opening allowed outdoor sports, including Tennis, Cricket (nets), the use of both swimming pools, the Silom Wing playground and the hard court. Dining is allowed indoors, and out, with limitations and distancing.

The numbers returning to the Club seem to indicate Members understandable hesitancy to socialize but may also be a factor of the continued restrictions, as well staycations near the beaches or on the islands. Vaccine status must also be a factor.

A slow return to activity eases the pressure on the Club after the closure. It will give Management time to rebuild staff numbers and processes and prepare the Phase 2 facilities.

It is surprising to me that already in early September the Cricketers have had a friendly game of cricket. We know Tennis, Golf, Jogging and Swimming (mostly) has been able to continue but it is great to hear team sports have started again. I know rugby and football training has also restarted around Bangkok.

With the 1st September easing of restrictions, we have

at last been able to open the doors of the new look Veranda restaurant. I recommend it to you as a very pleasant restaurant for lunch and dinner.

We were very pleased to welcome the British Ambassador, Mark Gooding OBE, to the Club in September. He was very interested in the illuminating tour hosted by our Honorary Secretary, Paul Cheesman and afterwards we enjoyed lunch in the Veranda. I am sure we will see the Ambassador re-visiting the Club in the near future.

Reciprocal Club Network

In line with many private Members Clubs around the world we have also reopened the reciprocal club benefits and again we are issuing introductory letters and accepting members from reciprocal clubs. The reciprocal club network is a valuable benefit for those Members who are overseas or who can travel. The latter is not easy at the moment but if you are making plans to travel, from experience, it is an interesting addition to your itinerary and enjoyable to see the locations, facilities and the individuality of these many and varied Clubs.

REPORTINGS



"Reciprocal Club Network"

A list of Reciprocal Clubs is available from the Club website and there is also a list on the notice boards in the Clubhouse. All you require is an introductory letter from the British Club Bangkok and to book your visit with the selected Reciprocal Club(s) that suits your travel plans.

Phase 2 Poolside Redevelopment

There is a longer update for the Phase 2 development further in the magazine, suffice to say we have not had any interruptions to progress and the project is doing well. The contractor slipped behind on the architectural work but has already started to catch up. By the time this is published we will have held the topping off ceremony to recognize the great work the contractor has done on the structural works. The roof top of Phase 2 similar perspective will be possible from the Phase 2 second floor bar, which looks out over the tennis courts, the Clubhouse and to the Silom Wing over the main pool. The second floor bar, between the pool and tennis courts, will have both open and enclosed areas. In the enclosed space there will be sliding glass doors to open on cooler days and the open space will look out towards the Clubhouse. The bar will be accessible by both stairs and lift. In the next two editions of Outpost we plan to publish more detail on the new Phase 2 facilities.

We hope the gradual reopening continues. The Management are very happy to discuss plans that may be possible in November, December, January and beyond. We like to think that as we move into the dry season we will be able to enjoy more fully the possibilities that the Club can accommodate so well, both outdoors and to the extent allowed, indoors. Even more so when the building work is behind us!







Redevelopment"



▲ "Architectural works have started at a pace"



Financial planning is not generally covered as part of any school curriculum and education. As a result, it's usually the responsibility of parents to teach and guide children about the importance of money.

Being confident about conversations and decisions regarding money, investments and financial planning is an important skill. And beginning the process of teaching and guiding young people about good financial decisions can't begin early enough; a study from Cambridge University and the Money Advice Service found that children's habits regarding money are usually formed by the age of seven. So, with this in mind, it's clear that it's never too early to start guiding children to develop good financial habits, which can then be used into adulthood.

Some of the best ways to begin include:

- 1. Making savings a habit as soon as possible and providing rewards for saving.
- 2. Keeping children involved and interested by showing them how their money grows.
- 3. Discussing the difference between short-term, medium-term and long-term goals and how saving can help.
- Explaining compound interest and how this can help accelerate the journey to reaching long-term goals.
- 5. Introducing the idea of risk and reward.

So where do you start? There are some useful online tools which you can tap into. Practical Money Skills by VISA is a website that aims to provide some first steps into financial education with information, games and guides aimed at children. It can be a great starting point and offers some good opportunities for children to play to reinforce their skills.

Of course, when looking online it's also worth the usual caveats. Many young people will see various pieces of 'advice' presented through social media including YouTube and TikTok. It almost goes without saying that there are inherent risks with this approach, so it's wise to not just educate them about the importance of good financial planning, but also where to turn to for that advice.

But if you are looking to share practical advice from outside the family circle, which can be dipped in and out of over the years, there are some helpful books available for older children including Happy Ever After: Financial Freedom Isn't A Fairy Tale. It might make a useful present, especially for older children taking some steps into independence and who may benefit from hearing sensible financial stories from people other than mum and dad!

It can also be valuable to tackle some of the more complex elements of financial planning including investing. Setting up an account with a small amount of money which you use to make minor investments with your children can be a great tool to help with introducing your child to the stock market. This can then provide scope to discuss why and how investment decisions are made.

www.thefrvgroup.sg

Letting children select their own investments may initially mean they choose for their own reasons such as liking a company name. Over time you can introduce more complicated concepts such as investigating the background of companies, their management approach and price to earnings. You can show how these steps can be used to analyse successful investments – which also keeps things interesting and practical!

Letting chosen investments play out, again with small amounts, will help your child learn from the mistakes and celebrate the wins. We all learn more from failure than success, and so taking these first steps together can help children build confidence and skills which they can rely on later. As they become more independent, they'll be much more able to manage their own money and investments on a larger scale.

It can also be worthwhile to involve your older children in pre-arranged meetings with your own financial planner. They will have the opportunity to better understand the assets you hold as a family, and ask questions in an open financial discussion, as well as see you asking questions of your own. This can help children become more aware of their own financial situation, particularly if they might be in a position to receive wealth in later life.

Distinct financial planning product options for children are available in the UK. Child Trust Funds (CTFs) were a long-term tax-free savings account just for children. New subscriptions are not allowed because the scheme is now closed, however Junior Individual Savings Accounts (ISAs) are available. For those who already have a CTF, they can remain open and for UK residents you can continue to add up to £9,000 a year to the CTF account. The money belongs to the child, and they can only take it out when they are 18 but can gain full control at the age of 16. There's no tax to pay on the CTF income or any

Disclaim

profit made, and it will not affect any UK benefits or tax credits received.

Junior ISAs are long-term, tax-free savings accounts for children. For the current UK tax year, the maximum investment is £9,000 and to have a junior ISA the child must be both under 18 and living in the UK. If your child lives outside the UK they can only qualify for a Junior ISA if you are a Crown servant (in the UK's armed forces, diplomatic service or overseas civil service), and they depend on you for care.

It is not possible to have a Junior ISA as well as a CTF. If you meet the application criteria and want to open a Junior ISA it's best to ask the existing provider to transfer the trust fund into it.

There are two types of Junior ISA, a cash Junior ISA, and a stocks and shares Junior ISA. Both are exempt from tax on gains or income. Children who meet the eligible criteria are allowed to have one or both types of Junior ISA. Parents or guardians with parental responsibility can open a Junior ISA and manage the account, but the money belongs to the child. The child can take control of the account when they are 16 but cannot withdraw the money until they turn 18.

There are little or no distinct tax advantaged options available for expat children in Thailand. However, the planning principles and ideas do not change despite the lack of actual products available. Therefore, it is sensible to seek professional advice from a company with the relevant experience and knowledge.



Martin Wright Senior Financial Planner The Fry Group (Singapore)



The Fry Group (Singapore) 6 Battery Road, #16-04/05 Singapore 049909

fessional advice nor ould be obtained. All ingapore) Pte Ltd is 057.

- T. (65) 6225 0825 E. advice@thefrygroup.
- W. thefrygroup.sg

are mornitation in this article annis to provide miormation. However, this is not intended to form would it be relied upon as such and before taking any particular action, specific and personal advice vels and basis of, and relief from taxation illustrated here are subject to change. The Fry Group inhorised to act as a financial adviser by the Monetary Authority of Singapore - licence number FA



Premrudee Tanyaluck

Letter From The General Manager

ing of alcohol onsite is still prohibit- to our Club. ed, as we go to press, although we are confident this is soon to return. The support for the Home Delivery Service continues to be strong with many of our members enjoying the service: we plan to continue the delivery service if possible and are also exploring ways the make it a permanent service for members.

An increased number of decoration has been added to the new Veran- A Chef Pete da restaurant to make it modern. but still hold to its original colonial concept. Please visit our restaurant next time when you are at the Club. The reception has moved into the ground floor membership office at the Clubhouse - you can contact membership, reception, and catering sales all in one place. The existing reception area has become a lounge waiting area for our members.

We have recruited new staff, one of which is the Executive Chef. Chef Pete will join the team and comes with over 20 years of experience in hospitality kitchens. He will start on 1st October, and head up and control all the kitchens, create the new menus, as well as setup the new kitchen in the poolside Phase 2 de-



The Club resumed both indoor and velopment. Our staff are looking forward to gain new skills and ideas from outdoor dining along with outdoor him, as well as our members to have new experience from the menus sport since 1st September, and we which he has created. Additionally, the Club has also employed two new have enjoyed seeing our members service staff, Khun Kwan, who will assist with service at the Poolside, and return to use the facilities. The serv- Khun Ball, who is serving in the Veranda restaurant. Please welcome them



🔺 Khun Ball

Our events team has created plans for Club events in October all being well to go ahead if BMA lifted the restriction: Quiz Night on Tuesday 12th October, Wine Tasting and Halloween Party on Saturday 30th October. You can bring your kids to the Suriwongse Room for the Halloween Children Party and Parents can attend and enjoy the night at our wine tasting event at the poolside area. Plans are also underway for November with events such as Guy Fawkes, the Remembrance Service, and the 'Annual Wine Tasting extravaganza'. We will confirm the dates in next issue or by email.

Our Phase 2 project constructor, Weapons, is continuing all the work needed to remain on schedule. The plan is to open some areas in December, and we will continue with other areas in the new year. You can read the update details on Phase 2 project page. We will continue to update our members monthly.

Some good news is that our Reciprocal Club Network has re-opened however, members must be aware that several clubs have ceased trading, and a number are not accepting Reciprocal members at this time: the situation is in constant change and whilst our staff will issue Introductory Letters. Some clubs might decline this due to local Covid-19 restrictions.

We are looking forward to seeing you at the Club soon.



The price depends on the seasonal please check before booking. If the price at the Golf club is cheaper than the price has given to members please refer the price at the Golf club.

CONTACT DETAIL: K. Sawinee Kaewbubpha (Meili) Tel: +66 34 965 666 , +66 88 1965 666 EMAIL: reservation@nikantigolfclub.com, salesco@nikantigolfclub.com **WEBSITE:** www.nikantigolfclub.com

TERM AND CONDITIONS.

1. "The British Club Members" must book directly with Nikanti Golf Club, and present the membership card both reservation and upon arrival and transfer payment 7 days in advance. 2. "The British Club Members" are entitled to a 15% discount on All-Inclusive Golf Package from the normal price only.

3. This privilege is for booking directly with Nikanti Golf Club only. Cannot be used in conjunction with bookings made through other channels such as Agency or Booking Online. 4. "The British Club Members" must present their The British Club membership card for verification upon check-in at the Pro Shop on the day of the round. 5. The British Club membership card 1 person per 1 package per day only 6. The privileges cannot be substituted for each other and cannot use this privilege in conjunction with other promotions or privileg



Phase 2: Poolside Redevelopment Project Update

by Jack Dunford MBE



▲ Topped off

Outpost is back in print this month with its usual deadline so it is only But this is a very busy phase of the activity.

The big event was pouring concrete for the roof at the beginning of September, completing the building infrastructure one month ahead of schedule. This is a fantastic achievement and from now on all work will be 'indoors' unaffected by whatevholds in store.

The interior work got off to a slow It's possible now to start getting a

huge progress in the last ten days. Most of the complicated work is three weeks since the last update. on the ground floor fitting out the kitchen, changing rooms and masproject and there has been a lot of sage rooms but already most of the block work walls are in place. The plumbers and electricians have already installed the water and wastage pipes and inserted ducting for most the electrical cables.

Within a week or two the plastering will be done and team can move upstairs. The staircase was under er the fag end of the rainy season construction when I was there yesterday.

start, but Weapons Decoration have feel for some of the new spaces. always insisted they will get the job One very nice new feature will be done on time and there has been the Poolside Reception. It is very A Staircase to 1st Floor





▲ Three months to go!

roomy and will be used for all sports and massage bookings as well as towel dispensing and merchandise sales. This will also be the entrance to the massage rooms.

The Subcommittee has been very busy finalising the specs for all remaining finishes including landscaping. This will mostly have to wait until construction is complete but another nice feature is a new planter along the along the poolside outside the new changing rooms. This will be planted as soon as we agree details.

There should be lots to report next month



▲ Locker Rooms



A New Kitchen.







A New Poolside Planter.

Poolside Reception



Paul Cheesman

~~~PAST PARTICIPLE~~~ Auspicium Melioris Évi

We continue the story of the British Club Bangkok from 1914 to 1918.

Land Matters

In January 1914, a Chanote (Land Title Deed) was created for the Club land and the ownership was transferred from Phra Bat Somdet Phra Jlao Pan Din Siam (H.M. King Rama VI) and gifted to Mr. Josiah Crosby (see Past Participle, September 2021) and Mr. William Nunn. These gentlemen were trustees of the British Club, although initial English translations read 'English Club'. The legal work was undertaken by Samuel Brighouse of Tilleke & Gibbon, who had been Honorary Secretary of the Club 1908-1909.

A year later, the land was transferred into the name of the British Club and a few months after that, the land plot was mortgaged to the Chartered Bank of India, Australia, and China. The Great War delayed loan repayments, but they were finally completed in 1927 (see Past Participle, December 2021).

Also in January 1914, a Chanote was issued to the Siam Electricity Company for their land adjacent to the Club, being used as the Bangkok Lawn Tennis Club.



[&]quot;Clubhouse Chanote"

Booked in.

In July 1914, the Club gained a new, permanent, neighbour. The Bangkok Ladies' Library Association purchased the plot of land at 195 Suriwongse Road adiacent to the British Club Servants Quarters. It erected a library building which became its first permanent home since leaving the Protestant Union Chapel in Chareon Krung Road in 1900. In 1922, a different building on that site would be renamed the Neilson Hays Library. (see Past Participle, November 2021)



"Bangkok Ladies' Library Association"

The Great War

On the evening of 4th August 1914, telegrams were sent from London reading "Owing to the summary rejection by the German Government of the request made by His Majesty's Government for assurances that the neutrality of Belgium will be respected. His Majesty's Ambassador to Berlin has received his passports, and His Majesty's Government declared to the German Government that a state of war exists between Great Britain and Germany as from 11 p.m. on August 4, 1914."

The Straits Times reports that the British Legation in Bangkok forwarded this telegram to the British Club, wherein those crowded in 'The Bar' starting to sing joyously the British National Anthem. Over the next weeks and months a number of members, and sons in their families, transported themselves before. The 'new' guys were ... back to England to report for service. One of the first was the Hon. Robert Abercromby Forbes-Sempill, the Club's first Honorary Secretary back in 1903, who became a Lieutenant in the 5th Battalion, Gordon Highlanders: sadly, he was killed action on 2nd June 1915 in France (See Past Participle, November 2021).



▲ "Lieutenant The Hon. Robert Abercromby Forbes-Sempill"

Those who remained in Siam, and especially the ladies, became heavily involved in fundraising for the war effort. By November 2015 over £700 had been raised for the Bangkok Aeroplane Fund, which held numerous events at the Club including an Auction Bridge Drive. The fund achieved its goal of £1,000 for one aircraft construction early in 1916. Club Members were also involved in the Patriotic League of Britons Overseas (Siam).

Life went on.

Whilst the Great War was fought, life in Siam continued, as did the British Club ... five committees spanned the period of the Great War and saw service by 23 Gentlemen. 14 of whom had done service

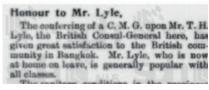
Marston F. Buszard, a lawyer, was born in Northampton in 1872, married Agnes Forster, and had one son, Marston F. F. Buszard, prior to coming to Siam in 1908. He was initially an advisory to the Siamese Service to the Club Justice Ministry and stayed in Siam for some 24 years before retiring in 1933 and returning to England with his wife. Also a squash player (he won the Chiengmai Cup in 1910), he served on the Committee 14 times, including all of the Great War and was the Chairman 1926-27, 1928-29, 1930-31 and finally in 1932-33.

Mr. William Nunn was deputy head of the Siamese Customs when the war broke out and served as a Club trustee during the land transfer. He served on the committee four times during the Great War, and twice thereafter and was Chairman directly after the war.

Upon his return to the UK he served twice as a Member of Parliament in the House of Commons, once for Whitehaven in Cumberland, and later for Newcastle-upon-Tyne West in Northumberland.

Other Gentlemen who gave committee service in this period included diplomat T.H. Lyle, who was made a Companion of The Most Distinguished Order of Saint Michael and Saint George in 1916; Albert Edward Stiven, born in 1866

in Scotland and died in Bangkok in 1925, being buried in the Protestant Cemetery in Chareon Krung Road; and Mr. P. Nesbitt, the local representative of Asiatic Petroleum, the forerunner of the Shell Company of Thailand, served two war years.



"Dulv Honoured"

The names of the Chairmen were not recorded during this period, but the Honorary Secretaries were, having changed each year: Alexander Frank Noel Thavenot, was serving when war was declared. He was born in Port of Spain, in the Colony of Trinidad in 1883. educated in England and called to the Bar in Gray's Inn, London in 1905. In 1909 he became an assistant Legal advisor to the Siam Ministry of Justice and served numerous Bangkok and provincial Courts and the Siamese Supreme Court until retiring to the UK in 1941. He received numerous honours, the highest of which were the ranks of Knight Commander of the Most Exalted Order of the Order of the White Elephant, and Commander of the Most Excellent Order of the British Empire.

Henry Fitzmaurice was a diplomat. and Honorary Secretary from 1915-1916, after which he served in diplomatic roles in Phuket and Chiang Mai. George Henry Ardron was a Londoner, born 1874, and educated at Cambridge, and after a spell in Japan became Manager of the Siam Commercial Bank, and was Honorary Secretary 1916-1917. He served again on the committee in 1925. The Great War's last Honorary

Siam enters the War

Secretary was James Wroughton Haffenden, who worked for Syme & Co, serving 1917-1919, and later was twice chairman of the Bangkok Chamber of Commerce.

Marriage made in Court

In 1915, prior to his departure to Shanghai (see Past Participle, September 2021), Mr. Justice Skinner Turner, and his wife Millicent, donated to the Bangkok Lawn Tennis Club, the 'Skinner Bowl' for "a tennis competition for married couples within the Club". There are no records of the play of this trophy until the 30th of May 1949 when the minutes record this trophy as being brought back to the Club. It was last recorded as played in November 1979 and photographed around 1990 before the trophy was mislaid.



▲ "The Turner Bowl"

The records of the Bangkok Lawn Tennis Club were lost but listed in a Bangkok Directory dated 1918 their last committee was Marston F. Buszard (see above); William Lennart Hansen Grut, Manager of the Siam Electricity Company; S.H. Hendrick, General Manager of Siam Forest Company; G.E. Hewitt, Assistant with the Bombay Burmah Trading Corporation: with A.R. Malcolm as Honorary Secretary & Treasurer. All, probably including Mr. Grut, were British Club members.

Siam joined the Great War on 22nd July 1917 and sent an Expeditionary Force (also known as Siamese Volunteer Corps) to Europe under the command of Maior General Phraya Pichai Charnyarit. Within Siam, most foreigners from Germany and other Central Powers were detained. In August, Siam commanded that all letters and telegrams to and from Foreign countries were subjected to an official censor.

In September 1918, HMS Whiting, a C-class destroyer, docked at the British Legation. A major football match, in aid of the Thai Red Cross, was held against the Royal Siamese Navy, played at Suan Kularb College. The match was a draw, and it was reported that 5,181 people attended the match raising 1,554.30 Ticals.

The Armistice

At the eleventh hour, on the eleventh day of the eleventh month of 1918, an Armistice came into force officially ending the Great War.

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'.



"The War to End all Wars Ends"



"Siam Observer, 22.07.1917"

Next Month ... Lest we forget

Paul Cheesman Honorary Secretary





AVAILABLE IN OCTOBER ASK OUR TEAM FOR DETAILS



LINE: BRITISHCLUBBKK THE BRITISH CLUB



Bangkok Patana School The British International School in Thailand Established 1957

Bangkok Patana is a not-for-profit, IB World School accredited by CIS

Ba As Du Sch of t Ba Co sel Sco Co

Aworld of Opportunity

Bangkok Patana Alum Named Arthur Ashe Winner

During his 15 years at Bangkok Patana School, Leo Vithoontien was an integral part of the school's Tennis Academy. Upon leaving Bangkok Patana, Leo matriculated at Carleton College in the US. We share his pride at being selected the 2021 MIAC Arthur Ashe winner. Scan the QR code below to read the full story. Congratulations Leo!





admimssions@patana.ac.th www.patana.ac.th Tel: (0) 2785 2200



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

My Thai family's businesses are based in Thailand and my grandmother still lives in Bangkok. I want to spend more time with her and care for her, so I came back to Bangkok from Melbourne for almost 3 years now.

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

Being a CEO and looking after the 54-year-old businesses for my family. We are a manufacturer and distributor of one of Thailand's top herbal skin care products with over 54 years of experience in Thai herbal skin care and oral care market, there are 3 main brands: SUPA-PORN, PATUMMAS, and ISIKA.

I've worked in this position for the companies for almost 2 years now. After 2 weeks of starting, the Covid-19 pandemic started. It has been very challenging for me to run the businesses during this pandemic that I can only do with my wonderful team. Last year was our

Kares Lord CEO/SUPAPORN GROUP (Siam Safeway Trading Co., Ltd.)

most profitable year since 1967 and we are also still doing well in 2021.

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

My close friend has mentioned about this club a few years ago when I was still living in Australia. British club reminds me so much about British and Australian cultures.

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

Oh Lord, I worked in so many industries since I was 13 years old. I think I would choose the same. My first job was a model for Nestle ice-cream. I also used to work as a barista at Hudsons coffee (Café) for years while I studied at Monash University, Australia. I remember getting up at 5 am for my 6 am shift and then back to class at 1 pm.

All of the jobs that I've done have shaped me who I am today.



From Melbourne to Bangkok, oh my. It's totally different. 5. Before most people arrive in Thailand for the first time, friends who live there or have been before al-I love the way public transportation works in Melbourne. I would either walk or take a tram to work in Melbourne. ways give advice, what was the best and worst advise In Bangkok, you need a car to take your everywhere. given to you before you arrived for the first time? Especially, when you live in suburbs. On the bright side, Well, I was born in Thailand. I thought I know almost I love the food in Thailand more than in Australia and everything about Thailand but I was wrong. My friends how I can get it anywhere I want - even while I wait in in Australia gave me a list of places I should visit and traffic. I cook less here.

what activities I should do in Phuket.

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

- Don't stop believing
- Summer nights
- Too Much in Heaven

7. Thai culture has many special things unique to the country including its food, temples, and different cit-10. Using the letter in order from your first name deies, what is the best attraction or city you have visited scribe what you like about The British Club? in Thailand so far

Right now. I would say Phuket. I was in Phuket for the first time in my life in September 2021. It was doing Phuket Sandbox there after my trip from overseas. It's so developed and has so many amazing beaches. Chasing sunsets, Island hopping and many more. I met R – Rich, happiness is the new rich. amazing, talented and open-minded people from all around the world there too.

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



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

Online marketing. Because of the pandemic, online marketing is a requirement right now. Now we even use Tik Tok as a tool for digital marketing and advertise our Thai herbal skin care products. One more thing, creativity is very important these days. We pay for the great ideas more than the quantity of work. If you don't adapt your company by starting from yourself, eventually you might fade away from the industry.

- K Kind, so many nice and kind members
- A Authentic, the club reminds me so much about the culture in England and Australia
- E Exemplary, being an exemplary person for society.
- S Sports, so many options for you.



The Army and Navy Club, St James, London Paul Doust



The Army and Navy Club, known informally as "The Rag", is a very recent addition to the British Club Bangkok's list of reciprocal clubs. The Rag was founded in 1837 but the clubhouse is relatively new, having been rebuilt around 60 years ago. On our visit we had a lovely dinner in their formal dining room which is called "The Coffee Room", but while the wine list was good value compared to nearby restaurants, I thought it was somewhat uninspiring. One advantage of this club is that, unlike a lot of the traditional private members clubs in London, it is open 7 days a week. The formal dining room is only open Monday to Friday, but the Ribbon Bar and Terrace on the 3rd floor is open 10am to 11pm every day. There's also another bar called The Smoking Room on the ground floor, but on our visit it was only open as a lounge without any service at the bar. Throughout the club the staff made us feel welcome, and the day after our visit one staff member sent me a list of all the upcoming events that the club was hosting. in case I wanted to attend any of them. The Ribbon Bar only requires a smart casual dress code, but in the formal dining room men are required to wear a jacket. Accommodation is available.

Brand new birthday packages are now available to make your children's birthdays super special. We tailor-make each party to your specific needs. Choose one of our themes and we will take care of the rest.



WATER SPLASH

- Mermaid & Pirate Costume
- Water Slider

- Water Valking Ball & Ballooons
 Floating bean bags
 Kid & Adult tailer made food & beverage options



FOR MORE INFORMATION YOU CAN CONTACT OUR TEAM TODAY VIA EMAIL EVENTS@BRITISHCLUBBANGKOK.ORG

KIDS BIRTHDAY PACKAGE



THE MAGIC GARDEN

- Magician show
 Magic Golden Egg Hunt
 Bouncy Castle
 Face Paint

- Kid & Adult tailer made food & beverage options



SUPERHERO VS PRINCESS

- Superhero costume
- Superhero relay race
- BC Dinosaur chase
- Face paint
- Kid & Adult tailer made food & beverage options



SHREWSBURY: EXAM RESULTS AND UNIVERSITY CHOICES:

A Parent's Perspective with Professor Thitinan Pongsudhirak



The decision for the Pongsudhirak family to place their daughter. Petra, in Shrewsbury International School Bangkok, Riverside at Year 7 has paid dividends. The school, which is celebrating 86% A*to A at A-Level has a long-standing reputation for academic success. After seven years in Senior School. Petra is now preparing for her most significant challenge yet - taking up a place at Oxford University to study Chemistry (one of five Shrewsbury Students heading to either Oxford or Cambridge from the class of 2021).

Describing Shrewsbury's approach as "holistic with academic rigour", Dr Thitinan Pongsudhirak, Professor and Director of the Institute of Security and International Studies at Chulalongkorn University's Faculty of Political Science, talks about Petra's journey - from his perspective.

After seven years at Shrewsbury, what are your reflections on the school, and how has it opened doors for Petra?

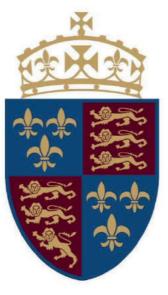
It began as a huge transition to take her out of a top Thai school. My wife and I are both academics, and I have studied abroad myself. We both felt that a bicultural, bilingual background would hold her in good stead for the future. We confirmed this instinct when in her Thai school in Year 5, Petra's homework was getting longer with more quantity rather than quality. My initial experiences and communication with former Principal Mr Stephen Holroyd were immensely positive, and it became clear that the school paid attention to the students as individuals, not as cohorts or connections, Initially, it was an adventure, but slowly she reached her true potential. Shrewsbury has stretched her and maximised potential - with her improved performance, year on year, being the key indicator. It was a fortuitous transition and immensely fulfilling for our family.

Why are so many Shrewsbury graduating students What was your experience with the university applicasuccessful in terms of exam results and university aption process? plications?

There are a couple of fundamental reasons that come to mind. The faculty is the most important. The Shrewsbury Principal's travel around the UK and search for the best teachers, and their recruitment is exceptional. Also, the curriculum is challenging and pushes students to reach their potential (1 in 9 head to the World's Top 20 Universities). You can be sure that I would notice if things were not going well - but my experience has been guite the opposite. The school encourages engagement with teachers and understands the need for parents to understand the requirements at each year level. The facilities are consistently getting better as well. Unfortunately, Petra will just miss the opening of the new Senior School, but I know it will be amazing.

Do you think the extracurricular activities at Shrewsbury help build character and extend students beyond their ability?

Initially. Petra was following in my footsteps by playing Tennis. However, she soon discovered volleyball and has next step in her life, and we are embracing both it and never looked back. Working hard on the court helped her Petra's success. apply the same effort to her school work. She made the Varsity squad in Year 10, and by Year 11, she was the captain. I think endeavour in sport or arts outside the cur-If you are interested in finding out more about Shrewsriculum is hugely important to provide a balance. Petra bury International School Bangkok, Riverside and their had a sisterhood in her volleyball team, and she was able continued exam success leading to the world's best unito bring that positive energy, collaborative mindset and versities, read more here. leadership skills into the classroom. Everyone can find their own fit at Shrewsbury. The Duke of Edinburgh Inhttps://www.shrewsbury.ac.th/riverside/academic/ ternational Award (DoEIA) is also vital to personal develresults?utm source=The+British+Club&utm mediopment. For Petra, the DoEIA was a completely foreign um=Advertorial&utm_campaign=Results21 undertaking as many people in the city do not participate emailing admissions@shrewsbury.ac.th. in outdoor, immersive opportunities, but it has proven imwebsite https://bit.ly/2RG2RCW measurably crucial to her character in the long term.



SCHOOL

Along with the school's Higher Education (HE) Team, we were grateful to have the help of Shrewsbury alumni to give us inside information about how Petra should write her personal statement. I think the school is unique in this way. They have a proven record in successfully getting students to Oxford, Cambridge and the prestigious US Ivy League universities. Therefore, Shrewsbury can draw on this experience and alumni to have continued success. Petra is already excited to speak about her experiences to the class of 2022 - this is what makes the community so connected.

How does it feel to say goodbye to your daughter?

Well, these kids at university have holidays often, and some come back three times a year! Staying in touch mitigates the distance, the longing and the yearning. This will be the first time she will have been away for longer than a month. I used to drive her to Shrewsbury every day, and we would talk about what is going on in our lives, so I will miss that connection. However, this is the

SHREWSBURY INTERNATIONAL

BANGKOK • **RIVERSIDE**

SUN MON TUE WED THU THE BRITISH CLUB Junior Cricket 戊 **Pilates Classes** Swimming Lesson **Tennis Mixed Doubles** Football 9.00am - 10.00am İ .26 5 8 3 10.30am - 11.30pm 4 . Team practice 6 **Swimming Coaching** 7.00pm - 9.00pm Tony 2 9.00am - 12.00pm 7.00pm - 10.00pm Squash Mix-in 7.00am - 8.00am Yoga -4 **Tennis Men Doubles** 4.30pm - 8.15pm Cricket team practice 6.30pm - 8.30pm 8.00pm - 9.00pm Team practice Balut Ð 9.00am - 1.00pm 6.00pm - 8.00pm Squash Mix-in 10.30am - 12.00pm Tennis mixed-In BRITISH CLUB HOME DELIVERY **Tennis Mix-in** 4.00pm - 7.00pm 6.00pm - 10.00pm 4 Swimming Lesson Junior Cricket <u>گر</u> **Pilates Classes Tennis Mixed Doubles** Football 9.00am - 10.00am Л 12 13 15 10 10.30am - 11.30pm Team practice Swimming Coaching 9.00am - 12.00pm 7.00pm - 9.00pm Tony Squash Mix-in 7.00pm - 10.00pm Ś 7.00am - 8.00am Yoga -20 **Tennis Men Doubles** 4.30pm - 8.15pm Cricket team practice 6.30pm - 8.30pm 8.00pm - 9.00pm Team practice Balut Ð 9.00am - 1.00pm Squash Mix-in 6.00pm - 8.00pm 10.30am - 12.00pm n Tennis mixed-In THE BRITISH CLUB Tennis Mix-in 4.00pm - 7.00pm GOLF SECTION 6.00pm - 10.00pm 21 Swimming Lesson Junior Cricket Ľ Pilates Classes **Tennis Mixed Doubles** 20.26 Football 9.00am - 10.00am 19 1 2 17 Swimming Coaching 18 10.30am - 11.30pm **Team practice** Tony Squash Mix-in 7.00pm - 9.00pm 7.00pm - 10.00pm 9.00am - 12.00pm 7.00am - 8.00am Yoga * Tennis Men Doubles Team practice 4.30pm - 8.15pm Cricket team practice 6.30pm - 8.30pm 8.00pm - 9.00pm 0 Balut 9.00am - 1.00pm Squash Mix-in 6.00pm - 8.00pm C Tennis mixed-In 10.30am - 12.00pm THE BRITISH CLUB BANGKOK CRICKET SECTION Tennis Mix-in 4.00pm - 7.00pm 6.00pm - 10.00pm 28 Swimming Lesson Junior Cricket Pilates Classes 9.00am - 10.00am **Tennis Mixed Doubles** Football 27 - 16 24 Swimming Coaching 9.00am - 12.00pm 26 2 25 Team practice 10.30am - 11.30pm 7.00pm - 9.00pm 7.00pm - 10.00pm 9.00am - 12.00pm Squash Mix-in 7.00am - 8.00am **ب**م Yoga -\$ Tennis Men Doubles Team practice 4.30pm - 8.15pm Cricket team practice 6.30pm - 8.30pm 8.00pm - 9.00pm Balut 9.00am - 1.00pm Squash Mix-in Ð 6.00pm - 8.00pm Tennis mixed-In BRITISH CLUB RUNNING TEAM 10.30am - 12.00pm **Tennis Mix-in** 4.00pm - 7.00pm 6.00pm - 10.00pm Junior Cricket 9.00am - 10.00am 31 Swimming Coaching 9.00am - 12.00pm 2. **Tennis Men Doubles** Team practice 9.00am - 1.00pm Squash Mix-in 10.30am - 12.00pm **Tennis Mix-in** 4.00pm - 7.00pm

	C	TOBE	R 2021
		FRI	SAT
	大や	Senior Cricket 5.00pm - 6.00pm Tennis mixed-in 6.00pm - 10.00pm	2 Squash Mixed-in 1.30pm - 6.45pm Cricket Team Pratice 2.00pm - 5.00pm
	えぐ	Senior Cricket 5.00pm - 6.00pm Tennis mixed-in 6.00pm - 10.00pm	9 Squash Mixed-in 1.30pm - 6.45pm Cricket Team Pratice 2.00pm - 5.00pm
5	スペ	Senior Cricket 5.00pm - 6.00pm Tennis mixed-in 6.00pm - 10.00pm	16 Squash Mixed-in 1.30pm - 6.45pm Cricket Team Pratice 2.00pm - 5.00pm
2	たや	Senior Cricket 5.00pm - 6.00pm Tennis mixed-in 6.00pm - 10.00pm	23 Squash Mixed-in 1.30pm - 6.45pm Cricket Team Pratice 2.00pm - 5.00pm
9	大や	Senior Cricket 5.00pm - 6.00pm Tennis mixed-in 6.00pm - 10.00pm	Squash Mixed-in 1.30pm - 6.45pm Cricket Team Pratice 2.00pm - 5.00pm





TENNIS





Disappointing scenes



▲ Back on court - Me & Puak The Magician - Our coaches are ready to help you work on your game!



(the other) Joe

Well folks we are back!

The courts are open and waiting for you 🙆

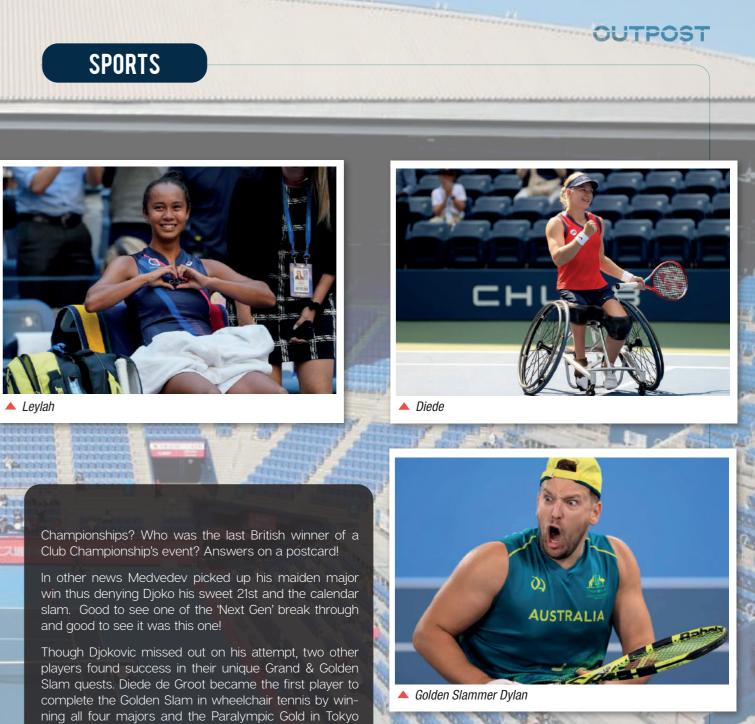
This month I've been working on my game with the help of some of our local coaches, whilst following the remarkable events at the U.S Open at Flushing Meadows unfold on the telly. This was certainly one of the most memorable tennis events of recent years with incredible matches and stories emerging on a daily basis.

Top story, certainly from a British perspective, was the remarkable victory in the Women's Singles by Emma Raducanu who was sitting her 'A' Levels only a few weeks previously, playing in only her second major, and had to come through the qualifying rounds just to get into the main draw - the first qualifier ever to win the main event. Just simply amazing! Almost as amazing was the fact that her opponent in the final was another teenager Leylah Fernandez who thrilled the crowds and TV viewers with her run to final, taking out seeds, major winners, and the defending champion along the way. The future of tennis is bright with these two new stars at the forefront.

Incredibly, Emma wasn't the only Brit picking up trophies as the doubles specialist Joe Salisbury took the title in both the Mixed and the Men's Doubles where he and his partner defeated yet another Brit in Jamie Murray.

My goodness what next? Maybe a Brit will win our Club





Olympics. While later that day Dylan Martin followed suit and celebrated his 20th win of his 21 matches this season, 15th singles grand slam, and Golden Slam victory by opening a can of beer, pouring it into his trophy, chugging it all down and then plonking the upside-down Cup on his head. This is a celebration we at the British Club Tennis Section can all get behind! Excellent stuff and we will all remember this event for a long, long time to come.

That's all for this month. I hope to see you at the club soon and please that socially distanced 'Mix-In' is back on Wednesday and Friday evening from 6pm and on Sundays from 4pm. If you are new to the club and interested in playing some tennis, get in touch with me at bcts.bangkok@gmail.com

Graham



Djoko & Med

HARD BALLS

BREAKING NEWS

Ben Eastwell



A Back in business

Manchester Test called off due to Covid-19 fears

SPORTS

"Due to fears of a further increase in the number of COVID cases inside the camp, India are regrettably unable to field a team," the ECB said

Disappointing scenes



SPORTS



Cricket is back at BC

In amongst the disappointing end to the England V India battle and a series of September birthdays - 5 months since BC's last match before Songkran, the eagerly anticipated re-opening of the club early in September allowed the nets sessions to resume and the sacred sound of leather on willow to be heard once again. This was promptly followed by a soggy friendly match down at BCA in Samut Sakhon and despite COVID precautions being followed, it did feel like a big step towards normality which will hopefully continue in the lead up to the 2021/22 season which traditionally begins in early November. The AGM will take place this month and the schedule will begin to shape up for what is in store for the next chapter in BC cricketing history, but one thing is for sure is that we can't wait to get back going again.

British Club V BCC Falcons 11th September 2021

A last minute friendly match was met with a great response from BC players, and the selection committee were forced out of hibernation with a queue of cricketers itching for a day out. Although downpours and grey skies threatened to dampen the mood - the fixture caught a lucky break and allowed for a game to go ahead, though not in the finest of conditions. The ground staff at the BCA complex had evidently been busy in the break; 2 new grounds had sprouted amongst other upgrades, but none were unaffected by the weather which had covered the outfield in puddles - nothing that a few sponges and a precarious "super sopper" couldn't rectify!

BC won the toss and elected to field first in the hope the sun would further dry out the swampy outfield by

the second innings in the 25-over white ball match. A An explosive start from Sunil (47*) in reply was wicketless but tidy start from veteran openers, Dilip (5 contrasted by Mak (10), who except for a huge six, was overs, 2-35) and Denzyl (2 overs, 0-10) set the tone for a struggling to get his eye in at the other end. Denzyl (8) low scoring match as the ball did not travel and fielders got things moving again before a downpour looked struggled to find their feet on a saturated surface. It was to call an early end to the match just as Sunil had up to Ed to make the breakthrough, and his short run bludgeoned 3 fours in a row, but it quickly blew over up proved well-suited to the conditions as he cleaned and allowed the game to proceed - albeit in much tougher conditions. After Sunil had retired himself from up the Falcon's captain's middle stump before assisting with 2 catches from Ben's 3 overs (3-20). The bowling over stretching at a wide delivery. Denz holed out to was shared around in the middle overs as everyone got deep mid-wicket - attributing the blame to his new bat the radar working again, Rahul and Sarg both picked which was still looking very new, before Rahul (24) and up a wicket each with the help of an uncharacteristic Talal (19) set to work in clawing BC back into the chase shortage of drop catches - Talal, Mak and Sunil also with a busy partnership. John (3) later earned himself a preliminary nickname of "full toss" after lobbing one up hanging on to chances, and Denz generating a round of applause from the clubhouse for a difficult grab at midin the air from a ball which should have been put away on. Despite a leaky set of middle overs which went at and the run rate eventually slipped out of reach as BC around 8-an-over - Dilip and Ed (4.5 overs, 3-12) finished finished up 25 runs short of the target. Great to be back their allotment in the last 5 clinically as BC bowled out nonetheless. Watch this space for more BC happenings the opposition with 1 ball to go and set themselves a in the next few months. target of 176 to win.



OUTPOST

Has anyone seen this guy

29



BRITISH CLUB GOLF



"new member Laurence Vines escapes from the sand"



which of course are not an eagle."



SPORTS

▲ "Martin Finn (L) Jon Standen and Randall Coleman (R)'



"Becky Adderley undistracted by water to the left and water to the right hits her approach to the green"

September saw the British Club return to the course and to competition for the first time since April. 18 members and one guest competed for the prizes in the September Stableford, held at Green Valley Country Club. The course was presented in very good condition, given the amount of rain we have had recently. The fairways were a little long, making the course play its full yardage, but the sand in the bunkers was soft, and the greens were quick and true. Members enjoyed our visit to Green Valley, it isn't a course which we have played at for some time, however I'm sure we will be back soon. Your truly managed a good back 9 to creep into third place and also somehow won the longest drive. There was some suspicion I chose the narrowest fairway on the course to disadvantage the big hitters, and whilst no doubt some will think this, I couldn't possibly comment. Randall Coleman took the runners up spot, and Martin Finn scored an excellent 37 points to record the victory.

Jon Standen British Club Golf Captain





PILATES AND WELL-BEING

Practice Makes Perfect, but Perfectionism can be Paralysing.

Pilates is a system of exercise and although most people know it for the Mat or Reformer work there actually are a number of other pieces of apparatus that Joseph Pilates designed for his exercises to be performed on. Other core equipment are the wunder chair, the cadillac and the ladder barrel. Many of these pieces of apparatus were designed not to just add variety but more importantly to provide assistance or add extra resistance to exercises to help build a person's strength and ability to perform all the mat exercises correctly.

The original series of mat exercises created by Joseph Pilates are actually the pinnacle of a practised Pilates workout. The classical 34 exercises flow in a logical order that firstly warm up the body, then work and stretch the body, using your own body weight initially to assist you and then using your own body weight to challenge you more. However, these 34 exercises are actually very chal-

lenging for most people. About his own Contrology (the original name of Pilates) exercises Joseph Pilates writes: "One of the major results of Contrology is gaining the mastery of your mind over the complete control of your body. How many beginners are amazed and chagrined (even trained athletes in the public eye) to discover how few (if any) Contrology exercises they are able to execute properly." In modern Pilates classes today you will rarely be taught the classical 34 mat exercises in all their fullness, but you will be led through a number of exercises that act as building blocks to ultimately achieve these 34 exercises, over time with regular practice.

SPORTS

No one can go into their first Pilates class and perform all the exercises perfectly because it takes practise to perfect the full repertoire. It is important to remember this because when we start anything new we may worry or even avoid trying it at all because we fear failure or ridicule. The need to be perfect can paralyze us from taking action which can mean we miss out entirely on something. It is part of the enjoyment of Pilates to

SPORTS

push ourselves to try, to grow and develop new skills and greater control of our bodies over time and that means we will fail sometimes. There may be a time when you can't balance and topple a little, or that you can't hold that V sit so long and need a breather, that's OK! It is all part of the journey of mastering something new and that journey is different for each of us. No two people are the same, no two bodies are the same and so no two Pilates workouts will be exactly the same. In mat based classes today we often use small props such as balls, flex bands and small weights to aid our development of the core exercises in ways similar to some of the other apparatus, enabling individuals to modify for their needs.

The 100's is the first exercise in the classical repertoire and is the ultimate full body warm up! In it's classical format it is very challenging. With legs and arms fully extended in a crunch position you are required to pump your arms up and down 100 times in synchronisation with 10 breaths.



However here are some examples how such an exercise may be modified to build strength gradually:

Bend the knees to a 90 degree angle (table top) to reduce the load.



• Keep your head, neck and shoulders on the mat and only raise the legs.





OUTPOST

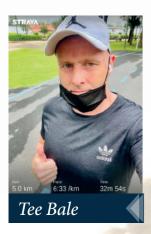


 Squeeze a Pilates circle or small ball between your knees to aid abdominal connection or between your ankles to add additional challenge.



Over time with consistent practise of Pilates you constantly refine your skills, building the levels of complexity as you develop additional control and strength. Pilates never gets easier, you just get better at it!

In his book Return to Life Joseph Pilates says: "Make up your mind that you will perform your contrology exercise 10 minutes a day without fail. Amazingly enough, once you travel on this Contrology "Road to Health" you will subconsciously lengthen your trips on it from 10 to 20 or more minutes before you even realise it. Why? The answer is simple: the exercises have stirred your sluggish circulation into action and to performing its duty more effectively in the matter of discharging through the blood stream accumulation of fatigue products created by muscular and mental activities. Your brain clears and your will power functions.". This was written back in 1945 but remains true to this day, that if we can create a daily habit of movement, we will feel the benefits and eventually that will self perpetuate us to continue. Of course I am a huge advocate of Pilates because it is highly effective and powerful but in truth what is most important is creating the habit of movement and finding something you enjoy so that you will consistently do it in order to reap the many rewards.





Finally, the Parks have once again opened and the section members have been able to get out and about and record their walks, jogs, and runs. We have featured a selection of them in our gallery here along with our first mini team photo whilst wearing our new Running Team shirts.

The section is growing and with over 40 members who share their runs daily and give motivation to others to get out and get active.

I am in the process of putting together an annual running event calendar, this will include Bangkok and other Thailand city's such as Chaing Mai, Hua Hin, Samui, Korat, and many more. The events are still subject to the covid 19 restrictions and can be postponed although we feel we will be able to attend our first team event sometime this year still.

With no events to review this month I have turned my eye to two popular subjects in the running world, the first being shoe selection and the second running with facemasks. I hope the information can be of some help.

ning shoe

There are three important categories that should help you find the best model for you:

Weight: Lighter shoes typically have less cushioning, which can make them feel faster. That said, if you're going long distances, the extra cushioning of a heavier shoe might be a better option.





Drop: A shoe's drop is the difference between the heel and forefoot measurements, or, in simple terms, how much your toes drop below your heel. A higher drop can lead to more heel striking. Most shoes have a drop between 8 and 12 millimetres, some have less than 6mm and a few minimalist designs have zero drop.

Cushioning: Cushioning provides impact absorption and is key to saving knees and ankles

How to choose your perfect run- Avoid Common Shoe-Buying Mistakes

Mistake 1 Buying for looks. Some runners are too concerned with fashion, and we try and steer people away from that. Often, when they get a shoe that looks cool, they end up coming back in a few months and saying, 'This shoe hurts me. I had a problem with it.' When you buy, think feel and fit, not fashion

Mistake 2 Buying shoes that are too small. Tight-fitting







shoes lead to blisters and black toenails and that kind of for a mask to wear while running: thing. The saying, 'Play the piano with your toes,' meaning the fit should be roomy enough in the forefoot-about half an inch-but not sloppy.

Mistake 3 Assuming your size. People assume that a size is a size-that an 8 in a Nike will be the same as an 8 in a New Balance. But sizes differ because of different foot forms, the different shape of the upper, and the way the shoe is stitched together. Have your feet measured every time you buy, and always try the shoes on for fit.

What type of mask should you use when running?

Ideally, you should toss your mask in the washing machine after each run. If your fitness routine includes several days of running each week, consider buying a few The disposable mask you bought supermarket can work, masks to keep in your rotation. Plus, having more than but if you're in this for the long haul, consider buying a one mask allows you to pack an extra one to change mask made for exercise. midway if you're going out on a long run.

Here are some important things to consider as you shop

fitbit 10.07 KM 1:22:24 O8'11" 🏶 fitbi 30m 54s 6:09 /km

OUTPOST

- The material should be lightweight and made from moisture-wicking fabric.
- The mask should fit snug around your face and cover your nose and chin.
- The material of the mask shouldn't be too thick or make the mask feel restrictive.
- Look for adjustable ear straps.
- Consider an adjustable nose strip that you can mold to the bridge of your nose.

35

MEMBERSHIP DEPARTMENT

MEMBERSHIP PARTNERS GET MORE INFORMATIONS SCAN HERE:



Ammy Aphinya

ello Members!

I am very happy that the British Club is open again and look forward to welcoming you back.Not everything is open but we were allowed to open the Verandah Restaurant this time. We still can't sell alcohol but please come down for a meal. It's really beautiful Hopefully the Gym, Snooker Room, Squash court will be reopening soon and we will be getting back to 'normal'.

Don't miss out on one of the British Club's greatest Member Privileges which is our Reciprocal Clubs. These were closed during COVID but many are reopening. If you are traveling please check them out on the website. We have recently added added 4 new prestigious reciprocal clubs to the list including 1. The Quorum Mumbai ,India 2. The Army & Navy Club ,United Kingdom 3. Arts Club of Washington ,United States and 4. The University Club of Toronto, Canada.

Now I would like to introduce you to two new 2 member families.



· Additional 10% discount off room rates · 10% discount for F&B



VANA BELLE RESORT KOH SAMUI

THE

LUXURY COLLECTION

- The Jungle One Bedroom Pool Suite for THB 7,999 net - Ocean view in Ocean Pool One Bedroom Suite at THB 9,999 net



15 % Exclusive Discount Golf Packages for British Club Member.





- USD 150 off minimum spend USD 5,000 - USD 80 off minimum spend USD 1,000



A Jiraporn , Korrapakc and Natapat and Jiratouch Wangtanaphat

Member Review:

After waiting patiently for full two years, finally we be- We have officially became a member in BC on April come members. We have been here at British Club for two years now. Our family absolutely enjoys this oa- with some great companies. Nice place to hang out sis in the middle of chaotic Bangkok. The staffs are so on a weekend where my wife and I get to relax while wonderful and friendly, and they have worked so hard watching over our kids who loves swimming. Great vato keep the place cleaned and safe for everyone. If we riety of delicious food. We find it a good place for our ran into issues, they would take care and help us right kids to get to mingle with the other kids of their same away. We love all the special events, and activities that age outside the school. Staffs are very friendly supthe club has been offering. The food here is also very portive all the time. Great place for expats to relax. delicious with a large selection menu. We are so grateful to find this place.



🔺 Alex , Kala and Abir, Amal, Ariana Arul

Member Review:

2021. So far we are enjoying the facilities and food here





RIVA SURYA

BANGKOK

- · Additional 10% discount off room rates
- · 10% discount from food menu of babble & rum restaurant.
- · 20% discount off Afternoon Tea.





· 25% discount off treatments



· 20% Exclusive Discount

EXCLUSIVE OFFERS FROM OUR PARTNERS



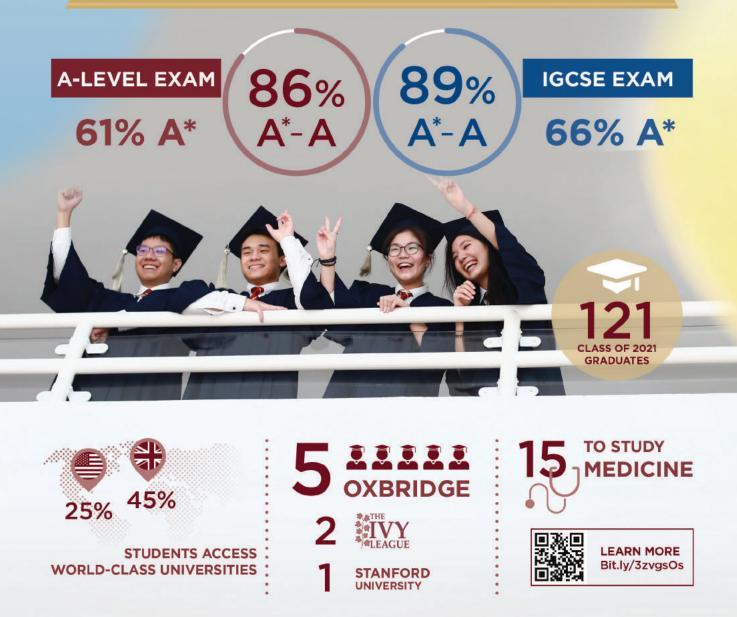
OF OPPORTUNITY

BANGKOK . RIVERSIDE

SCHOOL

SHREWSBURY INTERNATIONAL

SHREWSBURY EXAMINATION RESULTS 2021



(I)GCSE A*calculated as equivalent to 8/9 on UK numbered grading system. A+ equivalent to 7+ on numbered system

Now accepting applications

Contact admissions to book a school tour today admissions@shrewsbury.ac.th







www.shrewsbury.ac.th/riverside

Call us: 02 675 1888 Ext. 1110