

DECEMBER 2020



THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

OUTPOST

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WELCOME NEW MEMBERS

Each month we like to introduce some of the New Members who have recently joined the Club.
These are some of the great people who have joined us in the last few months



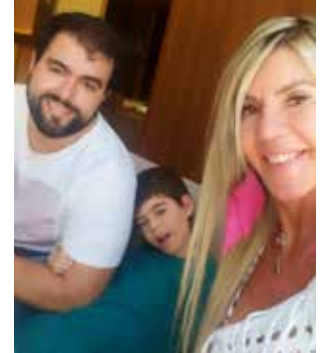
▲ Jeffrey, Charisa and Napat



▲ Philip



▲ Alice, Iain, Sarah and Penny



▲ Bruno, Arthur and Gisele



▲ Michael and Lena



▲ Richard and K'Lee



▲ Stephen and Romrawee



▲ Jorge



▲ Shrayans, Vivaan and Nidhi



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▲ Dominique



▲ Ganesh, Ngarmchit and Narendra

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OUTPOST

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Front Cover

Season Greetings to all our Members, Staff, Partners, Suppliers and Friends.

This Month

It's amazing how many events of all kinds are being held at the Club this time of year. There was no shortage of material for this month's magazine with so much to report and so much more to look forward to over the Festive Season. Enjoy!



HAPPENINGS

- 16** TRAFALGAR NIGHT
- 20** REMEMBRANCE DAY
- 27** QUIZ NIGHT
- 29** KIDS HALLOWEEN PARTY
- 30** WINE TASTING &
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OUTPOST is the monthly magazine of **THE BRITISH CLUB BANGKOK**, the social sports and cultural centre for the English-speaking community in Bangkok. A full version of the magazine is also available online at www.britishclubbangkok.org. **Design & Published - The British Club Bangkok**. Opinions expressed do not necessarily represent those of the Club. All events, dates and times are correct at the time of press.

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"



Jack Dunford

Chairman's Message

the pool, and playing squash on the original court. This year we are going to hold a family-friendly New Year Party around the poolside, which will be one of the last opportunities to farewell this familiar backdrop. Please join us to ring in the New Year and herald the start of a new era.

The Wedding: One of the happiest and perhaps most surprising events of the year took place on the Front Lawn on Friday November 6th with the celebration of the marriage of long time Club Member Colin Snow and the lovely Khun Off ... the Wedding of the Century!

Colin, as old as the hills and a long-time bachelor surprised all of his friends and especially his Hash House Harrier mates when his unlikely invitation plopped through their letterboxes. 'Gobsmacked' is how one of his friends put it! 'Never say Never' read the invitation, and there was hardly a dry eye in the place as Snowy reflected on a previous broken heart and how he had found new love more than half a lifetime later.

It was a magical, romantic evening with genuine love and good humour amongst friends and family. The setting was gorgeous and celebrations went on late into the night. Congratulations Khun Off and Colin ... may you enjoy every minute of your new life together.

Watched over by the Goddess of Water, the rains stopped in timely fashion for Loi Krathong on the evening of the 12th full moon of the traditional Thai lunar calendar kicking off the cool season. November is packed with events and the Club will be super-busy through December and into to the New Year.

Phase 2. As anticipated last month, the General Committee agreed to go ahead with construction of Phase 2 of the poolside redevelopment project in January. Despite the wet weather, there was another healthy operating surplus in October and the packed November calendar will ensure that we will end the Financial Year way ahead of budget. Although fewer new Members joined the Club in October than in the previous few months, more joined than left and we are expecting to end the year with Membership levels again approaching record levels.

The hoardings will go up at the poolside and demolition of the old buildings will begin on 7th January. There will of course be construction noise, particularly during demolition and piling in the first couple of months, but the tennis courts and swimming pool will be open as usual, full service will be maintained and every attempt will be made to minimise any inconvenience. Fingers crossed, construction will be done before the end of the year completing a modern family and sports facility to be truly proud of.

Most Members will not mourn the loss of the 1960s poolside buildings that served us well but have outlived their usefulness. But there will be many happy memories of 50 years swimming, playing, relaxing, eating and drinking in the Sala and around



◀ *The Happy Couple*

REPORTINGS



▲ Like a violin



▲ Bride and Groom

Busy Days: As you will see in these pages, Colin and Khun Off's wedding was one of three very different major outdoor events hosted by the Club in just four days with the BCCT Bangkok Patana Life and Style Party the night before and our second Remembrance Day Service two days later.

I have always marvelled at how brilliant Thais are at organising events. Although seeming to leave everything to the last minute, somehow things invariably come together just in time. Perfect settings with exquisite detail are created with great artistic skill and then the events are delivered with calm, gracious and unobtrusive service.

These three events in an already packed calendar required lots of coordination with outside organisations and suppliers and a huge amount of hard work moving furniture around, setting up displays, platforms, lights and sound systems. Flowers arrived and were lovingly displayed, special menus were created and delivered and as soon as one event was over it was on to the next.

The Club lawns make a wonderful venue for events of all kinds and feedback from the organisers and attendees were unanimous in their praise, especially for the quality of the food and the service. Well done Khun Prem, Tee and all the team for all the hard work and care that went into these and all our other events. In a troubled world we are incredibly lucky to be in Thailand and to be enjoying the Festive Season to the full in our own very special oasis.

Thank you everyone for your support and encouragement through another year.
Merry Christmas and a Better New Year.



Some UK Tax changes to watch for?

By Martin Wright, The Fry Group



With the US election now behind us, UK Brexit trade deal news may become centre of attention again. The continuing pressure of covid-19 on economies worldwide remains and here we look at some of the possible methods that the UK Government could use to try to recoup some of the unplanned expenditure.

The UK Government's post-Covid 19 stimulus package

The government has estimated that the policies included in the 'Plan for Jobs' could cost up to £30bn. This is significant, but smaller than the stimulus packages launched by some other advanced economies like Germany, for example. It brings total government spending to support the economy through the crisis to £190bn, or 9% of GDP.

The £30bn total includes £5.6bn of infrastructure spending brought forward from future years' budgets. The total figure also assumes 100% take-up of the £1000 job retention bonus (JRB) offered to companies who bring employees back from furlough – in other words, it assumes none will be made redundant and that no employers will refuse the hand-out. The overall cost is therefore likely to be less than £30bn as other schemes may not be fully subscribed.

Source: <https://www.instituteforgovernment.org.uk/explainers/governments-post-covid-19-stimulus-package>

UK Personal Allowance for non-residents

Recently HMRC answered some questions in an expatriate forum with regards to legislation changes after Brexit and the ability for non-resident individuals to claim the personal allowance.

Currently, EU nationals are able to claim the UK personal allowance as a non-tax resident of the UK by virtue of their nationality. HMRC confirmed that it is their intention to continue to allow EU nationals to receive the personal allowance when the UK leaves the EU and currently intends to pass legislation to ensure that non-resident UK nationals will continue to receive the Personal Allowance post Brexit.

Source: www.bdo.global/en-gb/microsites/tax-newsletters/ges-newsletter/october-2019-issue

In the Budget 2014 the government announced it would consult on whether entitlement to the UK Personal Allowance should be restricted for non-residents, although they decided against this change then. There have been numerous murmurs since then, and it remains on the minds of many Brits overseas as many have UK sourced income (pension, rental or investment income). This may be an "easy win" for the UK government although it is hard to know how valuable this may be for them.

Based on the current UK personal allowance and income tax rates, if it was removed for non-residents with UK income in excess of the allowance, this would be a tax coup of £2500 for HMRC. Source: www.gov.uk/income-tax-rates

There are no grounds to this or any factual confirmation from HMRC. However, it remains something that continues to get mentioned regularly and with such a stimulus package on the books the government may need to look at any feasible angle to increase revenue.

UK Inheritance Tax

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

It's clear that Inheritance Tax is a significant revenue generator for the UK tax authorities, with a total of £5.4 billion collected from bereaved families in 2018/19. With property prices rising, more and more estates are falling into the IHT net despite new tax breaks such as the Main Residence Nil Rate Band.

Source: www.thisismoney.co.uk/money/pensions/article-7943727/Should-inheritance-tax-replaced-10-gift-tax.htm

Inheritance Tax is presently charged on worldwide assets for those deemed to have a domicile of origin in the UK, and UK assets for those Brits who may have acquired a domicile of choice, in Thailand for instance.

The complexity around how the tax is levied, and the reliefs available leads to confusion, and can allow the super-rich to pay proportionally less – 10% on average for estates worth £10 million-plus - than the wealthy who pay 20% on estates of £2m to 9m (figures compiled by the OTS, an independent arm of the Treasury).

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

Some of proposals for a new UK Inheritance Tax Regime include a 10% tax on annual gifts in excess of £30,000, removing the 7-year PET survival period, and introducing a gift tax of 10% on annual gifts of £30,000 or more, rising to a maximum of 20% on estates of over £2million.

The APPG compiled its report on 24th February this year after hearing evidence from industry groups and suggests a complete overhaul of inheritance tax. They anticipate the reforms would mean most households remain unaffected, and smaller estates would pay nothing, although undoubtedly some people will be worse off as is often the case.

Again, no proposals have made it to legislation just yet, but could this be a time to increase the revenue for HMRC from inheritance tax to deal with the stimulus package costs?

UK Capital Gains Tax

In July this year there was an announcement of a review of CGT (again by the OTS). The OTS's brief included: identifying opportunities relating to administrative and technical issues as well as areas where the present rules can distort behaviour and do not meet their policy intent.

Currently UK residents and non-residents pay capital gains tax on the sale of UK property.

UK residents pay capital gains tax on investment gains above the annual allowance.

Source: <https://www.gov.uk/capital-gains-tax>

Non-residents do not pay UK capital gains tax on investment gains, no matter how large.

Assuming the UK government is looking at how to increase its tax take from CGT, there are three main options available – increase CGT rates possibly to align with income tax rates, reduce the allowances, or to tax things currently exempt such as private residences or cars, or introducing a different way of taxing, such as a wealth tax.

The number of people who pay CGT in the UK is relatively low and therefore, politically, increases to CGT only affect a small number of people, with whom most of the voting public have limited sympathy. Source: www.ifs.org.uk/publications/9178

It is possible that the OTS will look at other recent changes as a guide to recommendations. For example, non-resident CGT for property disposals is already raising revenue. Imposing CGT on non-resident holdings on for example shares in UK companies would potentially be a big revenue boost, but it also might turn people away from investing in the UK.

Whatever the exact motivation for the review, it cannot be ignored that increasing CGT is one option through which the chancellor can try to meet some of the huge unexpected spending related to covid-19.

Whenever changes are afoot it is sensible to review your circumstances and plan-ahead as best you can, whilst understanding tax legislation, rates & allowances can change swiftly and sometimes retrospectively.



Martin Wright
Senior Financial Planner
The Fry Group (Singapore)

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FOOD & BEVERAGE SUB COMMITTEE

Hello everyone,

Just wanting to let you know what your F&B Sub Committee has been doing to support and assist Khun Tee and his team since the Committee's formation in late July and following our first monthly meeting in August.

The start-point was in reviewing service performance since the phased re-opening of the Club after the COVID-19 enforced 6 weeks shutdown in April and May. We were delighted to learn that Khun Tee was already recruiting a number of highly experienced English-speaking service staff, available as a result of COVID-19 layoffs elsewhere, who immediately generated an ongoing and significant improvement in service levels at all the Club outlets through which they rotated. Feedback from Members has very much supported this claim.

Additionally, we felt it important that Members be given an opportunity to let Management know what they thought of the quality of F&B, service levels, and of the cleanliness and atmosphere whilst at the Club. The outcome was Khun Tee's introduction on 1st September of the "How was your day" questionnaire for Members to quickly complete whilst signing their bills. The September outcome was that 1,073 Questionnaires were completed, with a further 651 completed in October. Results speak for themselves:

For 'Service', a combined 97.5% of responses scored 'Excellent' or 'Good' – a truly exceptional result. The lowest 'Excellent' or 'Good' score was for Food Quality at a still very impressive 90.5%, so overall, a massive endorsement from Members. Of the 1,073 responses in September, only 3 scores of 'Poor' were recorded out of the overall 5 x 1,073 scores, with no 'Poor' scores found in October. In no way wishing to be complacent, Khun Tee intends to continue with the Questionnaire, and we would urge Members to continue to complete these whilst signing their bills.

	Sep-20		Oct-20	
Comment Cards	1,073		651	
% TOTAL	Good	Excellent	Good	Excellent
Service	19%	79%	17%	80%
Food	33%	54%	34%	60%
Drinks	31%	60%	25%	70%
Cleanliness	26%	71%	32%	63%
Atmosphere	30%	61%	28%	63%

One important issue identified was that some Members do suffer from too long food order to table delivery times during peak periods. We are working with Management to discover if a technology-driven solution to determine actual order to table delivery times can be obtained from the Club's back office system. This will support and quantify the results achieved from corrective actions currently being progressed.

A key contributory factor is the extra-ordinarily large range of dishes and drinks that members can order at any time throughout the day, and the resultant complexity that this brings in kitchen operations especially during peak times. To put this in perspective: in September, Members ordered varying quantities of 459 varieties of food and condiments, 209 varieties of beverages, and 41 different bottles of wine. Detailed analysis of order patterns in September (now available following full implementation of the Club's new integrated Point of Sale, Membership, and Access system) has identified numerous improvement opportunities to incorporate into the work ongoing on the development of new menus.

We have had an urgent focus on including "Healthy Food" and "Build your own" options in revitalized menus, along with the use of reinvigorated menu and F&B promotional materials. Jayne Mellor has been particularly active in identifying "Healthy Food" options, with Tee and his team following up regarding how these can be incorporated into future menus. These efforts will continue, with initial results being incorporated in new menus which it is hoped will be introduced in December.

Efforts are underway to introduce improved communications with Members on F&B matters, especially relating to promotions, 'Happy Hours', and new food and drink introductions. Additionally, we are challenging Management to provide much higher levels of variety in all of these areas throughout the year.

To satisfy ourselves that Members were receiving value-for-money on F&B orders, we undertook a survey of (as best as possible) like with like comparisons of food, beverage, and wine prices compared to the Royal Bangkok Sports Club and the Polo Club. For food and beverage, the Club was generally cheaper than the RBSC and significantly cheaper than the Polo Club. It was difficult to make many wines comparisons

REPORTINGS

owing to the RBSC having a very large wine list, and being able to offer three qualities of the various wine types: cheaper, medium and high priced. Where we could make a few like-with-like comparisons, the Club's prices were comparable to or slightly cheaper than the RBSC whilst always cheaper than the Polo Club.

Now that the Club has been able to recruit staff up to budgeted levels, never achieved in recent years, a key issue identified by the Sub Committee was the need for the implementation of staff retention measures. To this end Khun Tee has reintroduced an Employee of the Month award scheme for both service and back of house staff. Very pleasingly, the winners in September were all long-term staff members, evidence we hope that the newcomers' expertise in lifting service standards is resulting in a 'buy-in' from our existing loyal staff and contributing to a lasting improved service culture at the Club.

Training programmes have been re-introduced, not just specific to each function but also in first-aid and fire-fighting. In conjunction with the nearby Fire Station team, a joint fire drill was successfully practiced at the Club on the 27th October.

There are no immediate plans for any major overhaul of the Clubhouse kitchen premises as there is a new

kitchen included in the designs for the Poolside Phase 2 development that will be in operation by the end of 2021. This will then allow Khun Tee to implement his plan for separate and focused menus for Poolside outlets and for Clubhouse outlets.

Finally, one important way that Members can help speed up the Club's recovery from COVID-19, is by holding at the Club any meetings, parties, and events that you may be planning. With almost no public events taking place in Bangkok, where previously the Club organized trips for Members, this lack of activity is slowing the Club's financial recovery, so anything that you can do to bring functions or events to the Club would be most welcome and appreciated.

Please do contact Khun Tee or Khun Somboon (somboon@britishclubbangkok.org) to discuss.

As my waistline tells me: Keep eating and drinking – at the Club of course!

Terry Adams
Chair, F&B Sub Committee



▲ From left to right: Nimit W., Tee Bale, Jayne Mellor, Terry Adams, Pranee A., Rahul Gupte, Geoff Banks (with GC Chair Jack Dunford loitering behind in the bar area)



Premrudee Tanyaluck

LETTER FROM THE GENERAL MANAGER

the back lawn starting from 2pm. full of kids' activities and entertainment, games, food, and a special visit from Santa in his tuk-tuk with a big bag of presents (for those children who have been good).

In November we were honoured to host the annual Remembrance Service for the second year, with over 300 people attending. We have received a lot of compliments from many of those who attended. A big thank you to our friends at the British Embassy who worked with our team to make it such a success. We are planning now for next year.

November also had Guy Fawkes Night, again with over 300 attendees who enjoyed the live band, kids' activities and, of course, the fireworks. All our Club events in October and November were fully booked, so may I remind Members to book in advance for all events to avoid any disappointment.

The festive season is almost here, and our busiest month opens with the annual Christmas Carols Night on 9th December with six International Schools performing with free admission to all. Our Mad-Hatters Christmas Party will be held on 19th December starting on the Front Lawn with traditional drinks and canapes before moving to the Back Lawn for a buffet and traditional Christmas dinner. Free-flow beer and wines is included in the ticket price. You can enjoy the Jazz band during the meal and dance afterwards to the popular Boss Band. On the next day, 20th December we will have the Children's Christmas Party on

The next big day will be Christmas Lunch and Dinner and we expect 600 people this year given that people cannot easily go abroad. We also plan to organise a 'New Year's Eve Party' around the Poolside and, all details will be on the website and mailed later. On 1st January please come to join our annual Polar Swim ...with real icebergs, and hot drinks and ice cream.

All our Club events are proving very popular, especially this year, so please book with our reception to avoid any disappointment.

From 1st December we will start our Christmas Menu (both 'set' and 'a la carte'), Mince Pies and Mulled wine, in every outlet. To save your time cooking, we have prepared our usual 'take away' Christmas Order menu and, the order form can be obtained from reception or download from the website.

We had recruited a number of new staff including in our security team, our team now totalling 80 staff members. We have organised service training under our supervisor staff, fire training from Bangrak Fire Brigade for all departments, and security training from our Security Manager. We are receiving very good feedback and compliments on our services and are proud of our team front and back of house.

In October we re-started our 'Employee of the month' scheme Khun Sirinya (Pui) our captain was selected for front of house and Khun Chai our cleaner back of house. Congratulations to them both! We will continue this prize for our staff, and we thank IWS to sponsoring the prizes for their hard work.



Some members have informed us that they would like to visit our reciprocal clubs, please check first directly with the desired club as some of them still do not allow reciprocal members to visit them. If they are happy to receive you, please send an email to our reception to request the introduction letters. Our Club may also be visited by Members of Reciprocal Clubs from overseas who have passed through the Government quarantine procedures.

Looking forward to seeing you around and wishing you all a very Happy Christmas and a prosperous New Year.



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REPORTINGS

MEMBERSHIP DEPARTMENT



Ammy Aphinya

Hello Members! We are happy to inform you that we have added more 4 companies to our Member Partnership scheme ! DoubleTree by Hilton, KK Day, Expat Boat from Phuket and Aussie Divers. You can scan the QR code for more information on the Partnership Page near the end of this magazine. We also welcome 12 new members. We hope you have enjoyed all the events in November such as Guy Fawkes, Movies under the Stars, Remembrance Day, and the Annual Wine Tasting. We really appreciate your support! We hope you are ready for the Festive Season and enjoy our decorations for the Christmas events and through to New Year's Eve. Enjoy it all and let's countdown together. And now I would like to introduce two new member families.



▲ Khun Gonzalo, Khun Ilona, Rafael and Samuel

Member Review:

I Nadeem Yousuf and my family are the proud members of British Club. British Club has always been very close to our heart, I am very familiar with the club and most of its members who play cricket in a local cricket league. We are very delighted with our decision joining British Club, our membership got approved within no time and since then we are enjoying our time at the club. Food is great, sports facilities is for sports lovers and most importantly every staff at the club are well trained and very friendly. I like to take this opportunity to thank and appreciate Ammy (Membership Manager) for making our membership application so smooth, she is so well organized, it hardly took 5 minutes to get everything done. We received gift vouchers along with the souvenirs from Ammy. She has been very supportive and a good friend from day one till to date.



▲ Khun Nadeem, Khun Sarinthip and Hamza

Member Review:

"We first visited the club for a Squash game, and we immediately loved the idea of having a quiet/open space in the middle of bustling Bangkok, two weeks later we were members.

Now our family enjoys the many events for adults and children and the different sports clubs, specially squash is particularly fun! The idea of having reciprocal clubs worldwide is brilliant, as we normally travel often to Europe and South America we now have the chance to spend some time in top class clubs!

Thanks to all the friendly and professional staff of the club which puts all efforts to make every visit a memorable one.



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REPORTINGS

FIRE TRAINING

The Club organized an Annual Fire Drill And Evacuation Training for the staff on Tuesday, October 27, 2020, we had 40 of the British Club staff attend who came from all departments.

The instructors conducting the training were from Bangrak Fire Station, they conducted the first session in the morning which was theory with mostly the knowledge of fire and type of fire extinguishers plus included sharing the experiences of incidents & accidents. The second session which took place in the afternoon after lunch was practicing the simulation of the fire evacuation to the assembly point. This year we had the pleasure of an appearance of the fire engine which help demonstrate all the safety procedures. The final session of day was all staff using the fire extinguisher at the back-lawn car park to put out a man-made fire.



Many thanks to Bangrak Fire Station crews for this great valuable, fun and very enjoyable training.

TRAFALGAR'S HERO

A Naval Setting

Seventy-Nine persons of many ranks and none, gathered to celebrate of the 215th anniversary of the Battle of Trafalgar, and we reverted to the Naval Messroom format with three long tables, lit by candles to create a sense of a ship's messroom.

Our distinguished guest of honour was H.E. Allan McKinnon PSM, the Australian Ambassador to Thailand with Commander Paul Welch RAN, Australian Assistant Defence Attaché, acting as Mess President and Major Mark Hughes ADF as Mr. Vice. We were pleased to receive a heavy number of Australia Embassy staff together with their Defence Attaché, Colonel Stephen Fomiatti, a large contingent from the British Embassy with the British Defence Attaché, Colonel Roger Lewis, plus Club Members and members of the Royal British Legion, and officers from the Royal Thai Navy, the Royal Thai Army, US Navy, the Indonesian Navy and the Singapore Armed Forces.

Grace was said, although we found out later that Mr. Vice was unhappy with its brevity. Then, prior to eating, the Mess President read out a very moving letter written the day before the battle by a Midshipman Robert Smith, on HMS Victory, to his parents, concluding – **"As I expect to be in Action tomorrow morning ... in case I shall fall in the noble cause I have wrote these few last lines to assure you that I shall die with a clear conscience"**. Midshipman Smith was one of 57 to die on HMS Victory the next day.

Not Hardtack

A four course meal, prepared by the Club's Executive Chef, Khun Kornnisara Nongkoo (nickname Khun Laak), was served by the staff teams under Khun Somboon Chaiyaprom and Khun Somkiat Konglang (nickname Nueng),

Our Senior Service ...

Mess President:	Commander Paul Welch
RANMr Vice:	Major Mark Hughes AD
Guest Speaker:	H.E. Allan McKinnon PSM
Corporal of Stewards:	Tee Bale (Deputy GM)



all under the watchful eye of the Corporal of Stewards. As the meal was served and completed, and the port was passed (to the left without leaving the table), the aforementioned Corporal of Stewards, our Deputy General Manager, Tee Bale, was surprised by a rousing chorus of 'Happy Birthday' as he was indeed 21 or so on that day.

The Naval Toasts

The most important tradition for Trafalgar Dinners are the toasts, so the Mess President commanded Mr Vice to lead - the Royal Toast to H.M. King Maha Vajiralongkorn Bodindradebayavarangkun; the Loyal Toast to H.M. Queen Elizabeth II; a toast to all Foreign Heads of State represented at the dinner and then the Naval Saturday Toast of "to our wives and sweethearts ... and may they never meet".

The Real Horatio Nelson

Ambassador McKinnon then lead us on an inspiring journey from a rectory in Burnham Thorpe in Norfolk through joining the Navy as a Midshipman aged just 12 to becoming a Lieutenant and eventually having command of his own vessel despite being afflicted severely with seasickness and then malaria ... the story of the real Vice-Admiral Horatio Nelson, 1st Viscount Nelson, 1st Duke of Bronté, KB.

The story unfolded of a man who lead from the front, despite danger to life and limb ... both of which took their toll ... first the loss of an eye, then an arm and finally his life. Mr McKinnon spoke of his battles with England's enemies, and the battles with his superiors, the fight to get a peerage, twice overlooked, and then the eventual emotional battle of loving someone else's wife.



The Immortal Memory

We were reminded by Ambassador McKinnon that both his service and his personal life had led to his being England's hero ... his funeral unsurpassed today attended by 32 admirals, over a hundred captains, and an escort of 10,000 soldiers. With that we in mind, we toasted The Immortal Memory.

Our Thanks

The evening closed with a few chosen words from Mr. Vice on the conduct of the evening and those present descended to the Churchill Bar until, I am told, "Five Bells" were heard on the Middle Watch. Those gathered would not only like to record our thanks to all the 'senior service' but also to Khun Laak and her staff, Khun Somboon and Khun Neung and their staff who made this a fantastic night.

Paul Cheesman
Club Historian



NEW MEMBERS NIGHT

The New Members Night on 12th November was a little quieter than of late with 10 new Members present. However, held indoors and out of the Sports Bar on a beautiful cool evening it was an especially memorable occasion with several enthusiastic and talented New Members' children present including a piano recital!

Christmas Carols

9th December

6 INTERNATIONAL SCHOOLS



Join us on the Front Lawn for this seasonal highlight,
Enhanced by mince pies and mulled wine
** Free Admission **



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WE WILL REMEMBER THEM

Despite the Covid-19 restrictions placed on this annual event, over 300 people gathered at the Club on Sunday 8th November to remember the fallen from both World Wars, and other conflicts.

The service was led, for the first time, by the Reverend Andy Smith, the new Vicar of Christ Church, and as is becoming a tradition, the music was provided by the Shrewsbury School Choir and the British Club Pipe & Drum Band.

At 11am, the Last Post sounded, courtesy of two Royal Thai Army buglers, and after Reveille, members of the Royal British Legion, forty-one Ambassadors accompanied by fifteen Defence Attachés, four senior Thai Military Officers with the Ministry of Foreign Affairs, together with representatives from local Community Groups and schools laid scores of wreaths at the War Memorial.





Following the service, those attending enjoyed refreshments on the back lawn, courtesy of funding by the British Embassy, with supply and service from the Club.

Organisation of this event was jointly undertaken by the British Club and the British Embassy Defence Section: many thanks to Flight Sergeant Clare Mckune, RAF (Assistant Defence Attaché), Khun Suthathip Sararith (Executive & Research Assistant to the DA) and Tee Bale, our DGM, and, of course, to all the staff of the Club from engineering, kitchens, security and service.

The British War Memorial was erected in 1923 at the Wireless Road site of the then British Delegation and was moved to the British Club Bangkok in 2019. It was unveiled in August of that year by Admiral Anthony Radakin, CB, ADC, the First Sea Lord and Chief of Naval Staff.

**They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.**

Robert Laurence Binyon

Paul Cheesman
Club Historian



Dr. Erik Fleischman

Supplemental Vitamins: The Importance of Vitamin C and D

Vitamin sales worldwide were over 48.5 Billion US dollars just a few years ago and this is projected to increase twofold by year 2025. This is likely due to a few reasons including increased marketing of vitamin products around the world and a greater interest in Anti-Aging, Regenerative Medicine and personal health and wellness.

Vitamins have previously been used as a “one size fits all” type of product so there is little detail on what specific reasons specific vitamins should be used for specific diseases or health issues. **I will try to explain smart, targeted vitamin use in this blog based on current science, biology and physiology. We should also keep in mind that too much of anything (even vitamins) can cause a potentially bad response.**

There is too much information on vitamins to include in a single article so let's discuss the importance of Vitamin C and D:

Improved energy

Improved immune response to colds and infections

Improved heart health

Improved bone strength

Importance of Vitamin C

The most popular vitamin consumed in the world is likely Vitamin

C – also known as Ascorbic Acid. We know that the main natural source is fruits and vegetables. It is important for building Collagen which is part of all connective tissues in the body – skin, muscle, joints, and cartilage. We frequently read that Vitamin C is also important in promoting a strong immune system, but we rarely hear specifically why. Here is the theory.

There are 2 important parts to the immune system:

Innate Immunity – existing cells in your body that attack any foreign substance, virus or bacteria

Adaptive Immunity – cells called B cells and T cells that “read” a foreign invader, virus, bacteria or other infection and produce a specific immune response to destroy the invader

Vitamin C is a key element in both of these important immune responses. **This would relate to your body's ability to fight infections. This is the reason why large doses of intravenous Vitamin C were used to try to treat severe COVID-19 infections by doctors in both Asia and North America – with reported anecdotal success.**

Another important aspect of this type of immunity is the body's ability to recognize early forming Cancer cells and destroy them before they can develop into full Cancer disease and tumors. Vitamin C has been touted as

anti-Cancer, but let's see if there's a scientific basis for this claim. Cancer cells have low levels of an important enzyme called catalase. Catalase is key toward cancer cells DNA reproduction and growth. In theory, this low level of enzyme makes Cancer cells vulnerable to high doses of Vitamin C (there are many clinics around the world using high dose Vitamin C as supplemental and sole cancer therapy with limited definitive data). Another scientific theory is that Vitamin C breaks down to generate Hydrogen Peroxide which can directly kill tissue and DNA of Cancer tumors. To know if this is clinically significant we will need to see good studies and clinical trials in the future.

Another phrase we hear often is that Vitamin C is the “stress control” vitamin. This has a scientific basis as well. When your body is under stress it releases Stress Hormones that try to protect the body, but these hormones can also increase the tendency for Diabetes, Obesity and Anxiety. High doses of Vitamin C have been shown to limit the over-production of these Stress Hormones which maintains the normal body functions of natural hormone production. These normal functions are proper sugar metabolism, healthy sleep and normal sex hormone production.



Importance of Vitamin D

The recent findings regarding Vitamin D over the last decade have changed the approach to many chronic diseases – Including several cancers. We know that we get Vitamin D from the Sun, but that is only the first part of the process in its development. What actually occurs is that sunlight (morning sunlight) activates a sterol in your skin. This sterol then goes to the liver and is converted to the various Vitamin D forms which are actually hormones, not vitamins!

Most people know Vitamin D as being key to the formation of strong bones, but it is a vital part of many other major body and organ functions. In fact, one Biochemist in California found Vitamin D present in 36 organ tissues of the body.+

Important Functions of Vitamin D

Immune Function: Vitamin D is found in many of the cells of the innate immune system. Remember, these are the immune cells that are always working to fight infections. These are the first line of defense for your body while it develops specific defenses (antibodies) which kill viruses and bacteria more precisely. Equally important is Vitamin D's role in controlling autoimmune diseases such as Multiple Sclerosis (MS), Lupus and

Rheumatoid Arthritis. This vitamin helps to limit the inflammation caused by an overactive immune system and lessen symptoms and severity of these diseases.

Lung Function: Vitamin D deficiencies in humans results in lower air volumes of the lungs. Less volume results in less oxygen to your organs. Vitamin D also regulates the inflammatory reaction of the lungs. When the lungs become inflamed by bacteria and viruses, bronchitis and pneumonia can develop. Low Vitamin D levels have been found to be a major factor in patients with COVID-19 who require ventilators and who do not survive the Coronavirus. People who smoke or have asthma or who live with very polluted air should be especially concerned with keeping high levels of Vitamin D.

Heart Disease: One of the early researchers on Vitamin D (Fleck, et al.) found that people who lived further from the equator (and further from regular sunlight) had higher rates of heart disease including hypertension, heart attacks and congestive heart failure (CHF). This developed into prospective studies that showed higher rates of these cardiac diseases in patients with low Vitamin D levels. Though not all studies agree, there is a trend

toward showing that patients with higher, normal Vitamin D levels have less cardiac deaths than those with low levels.

In summary, the COVID-19 pandemic has brought out the importance of these two essential vitamins in the health, disease prevention and healing processes of the human body beyond surviving Coronavirus infection. We should take these lessons and see where they apply to the risks in our own lives depending on where we live, what environmental stresses we are exposed to and pertaining to our own concerns about longevity and good health.

I hope this article helps you understand the importance of Vitamin C and D for your continuing health and wellbeing.

If you would like more information or help with any of your health issues please go to the contact page and send us an email or call one of our three clinics, we will be happy to set up an appointment to discuss your personal needs.

Email: info@bangkok-antiaging.com
Phone : 02 048 7032



1903
THE BRITISH CLUB
BANGKOK

DECEMBER 2020

SUN

MON

TUE

1



Football
7.00pm-9.00pm

6



Junior Cricket
9.00am - 10.00am
Sunday Brunch
9.30am - 3.00pm
Squash Mix-in
10.30am - 12.00pm

7



BWG Majong
10.00am - 1.00pm
Tennis Mixed Double Team Practice
7.00pm - 10.00pm

8



Football
7.00pm-9.00pm
Quiz Night
7.15pm

13



Junior Cricket
9.00am - 10.00am
Sunday Brunch
9.30am - 3.00pm
Squash Mix-in
10.30am - 12.00pm

14



BWG Majong
10.00am - 1.00pm
Tennis Mixed Double Team Practice
7.00pm - 10.00pm

15



Football
7.00pm-9.00pm

20



Sunday Brunch
9.30am - 3.00pm
Squash Mix-in
10.30am - 12.00pm
Kid's Christmas
2.00pm - 6.00pm

21



Sport Camp
9.00am - 4.00pm
Mini Sport Camp
9.00am - 4.00pm
BWG Majong
10.00am - 1.00pm
Tennis Mixed Double Team Practice
7.00pm - 10.00pm

22



Sport Camp
9.00am - 4.00pm
Mini Sport Camp
9.00am - 4.00pm
Football
7.00pm-9.00pm

27



Sunday Brunch
9.30am - 3.00pm
Squash Mix-in
10.30am - 12.00pm

28



BWG Majong
10.00am - 1.00pm
Tennis Mixed Double Team Practice
7.00pm - 10.00pm

29



Tennis Mixed Double Team Practice
7.00pm - 10.00pm

WED

2

Pilates Classes

11.00am - 12.00pm



Squash Mix-in

4.30pm - 8.15.00pm



Balut

6.00pm - 8.00pm



Tennis Mix-in

6.00pm - 10.00pm

THU

3



Swimming Lesson

Tony

7.00am - 8.00am

Pilates Classes

7.00pm - 8.00pm

FRI

4



Junior tennis

4.15pm - 6.00pm



Kid's Movie

6.00pm - 7.30pm



Senior Cricket

6.00pm - 7.30pm



Tennis Mix-in

6.00pm - 10.00pm

SAT

5



Swimming Lesson

9.00am - 11.00am



Squash Mix-in

2.15pm - 6.30pm



Junior Squash

10.30am - 12.30pm



Squash Party

10.30am - 12.30pm

9

Pilates Classes

11.00am - 12.00pm



Balut

6.00pm - 8.00pm



Squash Mix-in

4.30pm - 8.15.00pm



Tennis Mix-in

6.00pm - 10.00pm



Christmas Carols

6.00pm

10



Swimming Lesson

Tony

7.00am - 8.00am

Pilates Classes

7.00pm - 8.00pm

11



Junior tennis

4.15pm - 6.00pm



Kid's Movie

6.00pm - 7.30pm



Senior Cricket

6.00pm - 7.30pm



Tennis Mix-in

6.00pm - 10.00pm

12



Swimming Lesson

9.00am - 11.00am



Squash Mix-in

2.15pm - 6.30pm



Junior Squash

10.30am - 12.30pm

16

Pilates Classes

11.00am - 12.00pm



Squash Mix-in

4.30pm - 8.15.00pm



Balut

6.00pm - 8.00pm



Tennis Mix-in

6.00pm - 10.00pm

17



Swimming Lesson

Tony

7.00am - 8.00am

Osteopath

11.00am - 6.00pm

18

Osteopath

11.00am - 6.00pm



Kid's Movie

6.00pm - 7.30pm



Senior Cricket

6.00pm - 7.30pm



Tennis Mix-in

6.00pm - 10.00pm

19



Swimming Lesson

9.00am - 11.00am



Squash Mix-in

2.15pm - 6.30pm



Junior Squash

10.30am - 12.30pm



Mad-Hatters

6.00pm

23



Sport Camp

9.00am - 4.00pm



Mini Sport Camp

9.00am - 4.00pm



Squash Mix-in

4.30pm - 8.15.00pm



Tennis Mix-in

6.00pm - 10.00pm

24



Sport Camp

9.00am - 4.00pm



Swimming Lesson

Tony

7.00am - 8.00am

Pilates Classes

7.00pm - 8.00pm

25



Kid's Movie

6.00pm - 7.30pm



Tennis Mix-in

6.00pm - 10.00pm



Christmas Lunch

11.00am

26



Swimming Lesson

9.00am - 11.00am



Squash Mix-in

2.15pm - 6.30pm



Junior Squash

10.30am - 12.30pm

30



Squash Mix-in

4.30pm - 8.15.00pm



Balut

6.00pm - 8.00pm



Tennis Mix-in

6.00pm - 10.00pm

31



New Year's Eve Party

10.00am - 1.00pm

Christmas Lunch & Dinner

— 25.12.2020 —

LUNCH 11.00AM-3.00PM
DINNER 5.00PM-9.00PM

Seating is limited, Book Now !



1,200 THB for members, 650 THB for children <12 YRS, 300 THB for TODDLERS < 3 YRS
1,400 THB for guests, 850 THB for children <12 YRS, 300 THB for TODDLERS < 3 YRS



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Quiz night

Thanks to some communication problems the Quiz night on 3rd November was a little depleted. But competition was intense with the brainbox Scumbag College pipping the eminent Doctors for top place whilst the GC put in their best performance to date only an agonising half a point behind the Ladies. We'll get em' next time! ■



CHILDREN'S *Christmas Party*

Sunday 20th December 2020
Back Lawn | 2.00 pm - 6.00 pm

A day of festive revels featuring
Bangkok's biggest bouncy castle,
arts and crafts game and
even a visit from SANTA!

Member: 2-12 YRS 500 THB | Kids < 2 YRS 50 THB | Adults 200 THB
Guest: 2-12 YRS 600 THB | Kids < 2 YRS 50 THB | Adults 250 THB



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KIDS HALLOWEEN PARTY

150 scary witches, ghoules, skeletons, aliens and other really weird creatures invaded the Club house for Halloween on 31st October. No adults were allowed in but blood curdling screams and screeches of laughter reassured everyone that a good time was being had by all. ■



Wine Tasting & Loy Krathong

The October Wine Tasting was combined with the Club's Loi Krathong Celebration on 31st October around the Poolside. The Pool deck proved an ideal location for the wine tasting and with dozens of colourful Krathongs lighting up the pool,

BC staff dressed up in traditional costume and serenaded by Naphak on the guitar, it was a magical occasion marking the end of the rainy season. ■







Graham Johnston

Dear Christmas Tree Bauble Bashers

Division 2

Gary 'G-Force' Sakuma sliced 'n' diced his way past the also-rans before edging out James '4ever' Young in the deciding match to take the crown in Division 2.



▲ G-Force Takes D2

This month we celebrate with the 2020 Head2Toe Tennis Section Singles League Series 2 winners, look forward to the 2020 Men's Interclub Doubles Tournament, and welcome longtime member and renowned coach / Professeur de Tennis Marcel Petit to the club as an official British Club Coach.

2020 Head2Toe Tennis Section Singles League Series 2 was played between downpours as Bangkok went through one of those umbrella spells when the heavens seem to open to the sound of the air being released from a can of balls.

Division 1

We welcomed **Christian Roland** back to leagues tennis for the first time I can remember and he took the opportunity to show the boys what they've been missing with a clean scoresheet to take the honours and vouchers.



▲ D1 Champ - Welcome back Christian

Division 3

Rhea Poonevala was another to return after far too long away from league tennis. She was too strong for the competition in D3. Watch out D2 ... then watch out D1!



▲ Rhea D3 Champ ... On the way up!

SPORTS

**Division 4**

Stefan Gorsler finally delivered the goods in D4 swatting that big forehand to great effect and edging out Nattaya via the Head-to-head rule.

◀ *D4 Champ Stefan*

**Division 5**

Steve Dietler emerged victorious in a tightly contested D5 with Corrine and Arkady wondering what might have been ...

◀ *Steve Dietler D5 Champ*

**Division 6**

D6 suffered from several delayed, rescheduled and finally cancelled matches leaving 3 players with 2 wins each. Parvis and Mikola were the unfortunate ones to finish behind Rafa Chung by virtue of him having completed all his matches.

◀ *D6 Champ Rafa with our Sponsor*

Series 3 is already up and running with a new D7 featuring some of our up and coming lady players. If you'd like to join the league, there is a division for you. Contact bcts.league.tennis@gmail.com if you are interested in taking part next time.

2020 Men's Interclub Doubles

Our gents have been practicing. The moment of truth has (almost) arrived. Can the British Club win the Men's Interclub Doubles Tournament for the first time in our history? Find out next month

Marcel Petit

A few months ago we were delighted to welcome former Men's Singles Champion Marcel Petit back to the club after several years coaching overseas. Marcel had spent time in high profile roles such as Head of Junior Development and later Technical Director at the Tennis Federation of Vietnam, and Head Coach at the renowned Hope Tennis Academy in Taiwan, where he coached, among others Tseng Chun-hsin a World Junior No. 1 who is now making his way up the ranking in the ATP. Marcel is fully trained via the French Tennis Federation as a 'Professeur de tennis' meaning that he is approved to coach all levels of junior and senior players from complete beginner to elite tour player, and also to train and mentor teams of coaches. It goes without saying that he is a great addition to our club and we can all benefit from his experience. He's also a super-friendly chap, so don't hesitate to introduce yourself if you see him in the Sala. He will be available

for lessons on Sunday afternoons plus all day Mondays, Tuesdays and Wednesdays and is offering a special price to members for their first lesson. Contact the Fitness Centre for details. Marcel has some really exciting ideas for coaching sessions at the British Club. Keep an eye out for his upcoming Tennis Skills Workshops ... coming soon!



▲ *Marcel Petit*

SQUASHY BITS

Squash 57

Come join the fastest growing sport in the British Club! Squash 57, formerly known as racketball, has been growing in popularity at the Club because it's an easy game to pick up, provides a good cardio workout, and is a lot of fun to play! The name comes from the bigger and bouncier 57mm diameter ball compared to the smaller 40mm squash ball. A bigger ball makes it easier to hit back and the bigger bounce gives more time to react and reach the ball in a rally. The ball also has a consistent bounce and there is no need to warm it up before normal play. Compared to squash, the rackets are shorter and have a bigger head, which requires less eye-hand coordination, and it's easy to learn for anyone who has not played a racket sport before. Players can enjoy longer rallies, more action on the court, and burn more calories! No matter if you are a beginner or experienced, young or old, fit or decrepit, the game is easy to play and a good way to socialize and meet new friends in the Club. Worried about those old injuries? With Squash 57 there is less emphasis on drop shots and explosive movements, which puts less strain on the knees and back. Squash 57 is also very accessible. It can be played indoors in one of the Club's airconditioned squash courts anytime, rain or shine. Members can book a court and borrow rackets and balls at the fitness center. There is also a weekly mix-in every Sunday morning starting at 10:30am, a Squash 57 ladder for men and ladies, and there are tournaments planned for 2021. Sign up today!



"When I turned 50 my body could no longer keep up with an intense game of squash. I like playing with the bigger and bouncier Squash 57 balls because I don't have to worry about gaining weight or being fast on the court" –Neil E.



▲ Different strokes for different folks



▲ Mix-in Sunday mornings!

SPORTS

Jingle Balls Party

The annual "Squash Jingle Balls Party" will be held on Saturday 5, December. Last year was a great event with over 25 members attending. The party will kick-off with a friendly team tournament at 12:30pm followed by buffet, drinks, and prizes to follow in the 1910 Sports Bar. Each participant will be assigned to a team: The Santas (wearing RED) vs. The Elfs (wearing GREEN). Come join the tournament, cheer on the participants, and/or join the social afterwards—this is an annual event you don't want to miss!

Monthly Squash Tip (Lets and Strokes)

This month's squash tip is provided by Marc S. "Lets and Strokes have clearly defined rules that are widely understood by players and have long been an important part of the squash game to regulate safe and fair play. But did you know there is ample room for



spontaneous reinterpretation of these rules in the middle of a game to get an advantage over your opponent? Exploiting these rules and taking advantage of less knowledgeable players has been a strategic part of my game for years! When a let or stroke is called against you, especially late in a match, I recommend you follow these simple steps: 1) look at your opponent in disdain then turn and walk away in a huff shaking your head repeatedly, 2) seek sympathy from the spectators by raising your arms in the air looking confused and wronged by the injustice brought against you, 3) escalate by pontificating around the court while spewing your loose interpretation of the rules as they work to your advantage, and finally, 4) remind your opponent of your age and the number of years you have been playing squash. By following these simple steps, you will gradually wear down your opponent's will to dispute the decision, clinch critical underserved points in a close scoring match, and gain the respect and admiration of your fellow squash players. And always remember (Brad)... there are NO strokes in 3-man squash!"





Ben Eastwell

Phuket Tour 2020

In the last edition of Hard Balls this year, we look back over the annual tour to Phuket, where the British Club were welcomed to the Alan Cooke Ground against familiar faces from PCG and The Village cricket teams. The fixtures list is slowly filling up for the 2020/21 season where we will be entering our 6th campaign into the Bangkok Cricket League - hunting down that long awaited promotion into the A division. Wishing everyone a great month as we close out a challenging year, I hope everyone finds some time to enjoy the holiday season.

Phuket Tour 31/10/2020 - 01/11/2020

For the 9th successive year, a burly BC squad flew South for what has now become the traditional opening game of the new cricketing year. Brandishing a clean slate and a fresh platform to implement all the promises made during the off-season, the visitors enjoyed an opportunity to get out of the city for a few days.



HARDBALLS

▲ *Phuket 2020*

A Friday afternoon arrival set up a few sundowners on Bang Tao beach as tourists prepared for the annual mini golf championship in town. 11 players & the chairman injected a bit of life into the strangely quiet locality beginning to show the impact of the global crisis, but 18 holes and a feast washed down with a few beers was the perfect start to the weekend, only briefly interrupted by a heavy downpour; a minor addition to the rainfall in recent weeks as was to be found out the following day in the opening match.

▲ *Getting the eye in*▲ *Friday sundowners*

SPORTS

Patong Penguins were the first opponents facing the visitors for a leisurely morning start. British club won the toss and elected to field first on a very moist outfield for the 25 over match. A couple of early catches saw off the opening batsmen who were trying to go over the top of a challengingly slow infield and BC maintained a healthy flow of wickets. 4 down for 46 after the 10th put BC firmly in control – Nadeem (4 overs, 2-44) picking up a couple on debut, supported by Denzyl (4 overs, 1-18), Dilip (3 overs, 1-18), and a wicketless Pramodh who conceded just 10 runs from his 5 overs. A six-laden 5th wicket partnership, rescued the Penguins in the second half of their innings which added 78 to their total of 163/5 – setting a tricky challenge for BC in the chase.



▲ *Openers*



▲ *5 drops*

Denzyl (11) looked in great touch after an exquisite upper cut for 6 until falling to some impressive fielding which also yielded a misfortunate duck at the expense of Uncle V. After Mossy's opening stint (22) came to an end, just the 1 run came from Dale, between Ben (19) and Pramodh (20) who took on the task to salvage the match. With 8 runs an over required from the last ten, their partnership was eventually broken as BC faced an uphill struggle. Eventually falling 29 runs short of the target, questions were left hanging over the visitors faced with defeat, not least the 5 drop catches exhibited from Bangkok's South African superstar. Finishing just in time for the rugby and Denzyl to be awarded MVP for the opposite team, there was plenty of opportunity to enjoy a few beers and a beach side dinner before some much needed rest ahead of the Sunday fixture.

The Village cricket team play just once a year against BC and always a highlight encounter of the season. A 2 x 15 over match gave the chance to mix the play around as British Club looked to retain the 'Ooh Aah' cup. Batting first, the tourists posted 86 with double-figure contributions from Dilip and Manish preceding a hasty 31* from Mossy. Defending a healthy scoreline, Phuket specialist, Manish (2 overs, 1-5), was the pick of BC's 9 man bowling attack backed by wickets from Denzyl and Pramodh, and a couple of run outs from Chandan which helped restrict the Villagers first innings to 79; 7 runs behind at the halfway stage.

Denzyl (17) headed up BC's second innings with the batting order reversed. Another useful contribution from Pramodh (28*) and a generous helping of wides from the



▲ *Victory*



▲ *Dress code disaster*

bowling side pushed BC on to a total of 184, closed by another useful cameo from Mossy who smashed 15 from 5 deliveries. Chasing 105 to win, BC capitalised on the pressure which resulted in 2 early wickets from Denzyl, and Dilip picking up the prize wicket of the home side's strike batsmen before posing for a photo with the uprooted middle stump. Pramodh (2 overs, 2-7) put the game beyond doubt as BC cruised to their first victory of the season by 29 runs ahead of a lengthy fines session which concluded another fantastic tour. Many thanks to Ian Brewis for organising a great weekend and everyone who made it.

Next stop – Chiang Mai 6s.



BRITISH CLUB GOLF

THE MAGPIE PUTTER

In golf, as in all things, what a difference the passing of a year makes, or more precisely (due to COVID) what a difference one year 5 months and 20 days makes.

The Magpie Putter is the annual match between the BCGS and the Bangkok Wanderers.

On 12th May last year we took back the Putter from the Wanderers in a hard fought but friendly competition, for the first time since 2015.

This year, on 1st November, the result

was not so good. At least not so good for the British Club Golf Section as we had to return the Putter to the Wanderers.

We lost. Big time.

All credit to their team, who were the better on the day and the fact that our best pair only managed a draw will give some indication of the result, but nevertheless all the games were hard fought, in good spirit.

As it says in the match day instructions, enjoy the day in the company of friends, play hard, win with grace

and lose with dignity, and that is what we did – just not the winning part.

Thanks to all who competed, and well done to David Burton and James Lawden our best pair.

At least with the delay to this year's match we held on to the Putter that bit longer and it will only be 6 months and 8 days until we take it back from the Wanderers again!



▲ *The Awesome Eight*



▲ *When greens were lakes*

SPORTS



▲ Giving back the putter



▲ James donating one of his many prizes this month to his co-winner Mark



▲ James Wins Again



▲ And again



▲ And the winner is... Frank, not James



▲ More enjoyable than a wet round of golf



Dr. Erik Fleischman

Shrewsbury International School Bangkok, Riverside has made giant leaps in their community engagement this year appointing a Head of Outreach. The newly created role underlines the school's commitment to positive and impactful engagement with charitable causes within the local community and beyond. Mr Greg Threlfall, who has already made huge strides, pulling all of the school's charitable committees, outreach and partnership programmes under one umbrella ensuring each charity partner is afforded equal attention.



▲ *Outreach Team at the Bang Na Slum in support of CWEFT*

Shrewsbury has a long and deep-rooted commitment to supporting worthwhile causes and has already enacted several charity initiatives, including a food drive for Thai SOS, and a substantial donation to Concordia Welfare and Education Foundation (CWEFT). In addition, Mr Threlfall and his team have taken the lead for a second year running on the Equity Partnership programme - a collaboration between private and public schools, JD Central and the government-run Equitable Education Fund.

The Equity Partnership develops new products suitable for sale via e-commerce. These products are sustainably created using resources provided by local



communities across Thailand. The first of four events for the 2020/21 season, hosted at Shrewsbury, Riverside aimed to develop the students' entrepreneurial intelligence and encourage them to be bold, creative and innovative.

Students, who have been chosen from various Thai provincial schools, are paired with peers from international schools to collaborate in developing a new product inspired by last years' Equity Partnership and current consumer needs. Mr Threlfall, who is also a British Club member, was excited to see the second iteration begin with such enthusiasm.



▲ *Design Thinking Workshop*

"We started with a collection of activities adapted from the work of some of the world's leading entrepreneurship scholars such as Professor Heidi Neck from Babson and Stanford's D-School. The student engagement was immediate. The barriers of culture and language melted away quickly as students set about the tasks at hand." said Mr Threlfall.



▲ *Mr Greg Threlfall and Mr Stuart Holes Judge some of the creations for da...*

An introduction to the Equity Partnership by Mr Threlfall and Ms Cindy Horng, another co-founder of the Equity Partnership and JD Central's Strategy, Analytics and Operations Manager and Shrewsbury Alumna, reminded students of the purpose and shared goals of the Equity Partnership.



▲ *Equity Partnership Founders_Group Shot*

The first workshop, 'Puzzles and Quilts', showed students the difference between entrepreneurial and managerial thinking and allowed students from different Thai schools and international schools to develop collaborative skills and build relationships. The teams created 'quilts' from strands of material with only minimal teacher guidance which required them to think creatively and communicate effectively.

Mr Stuart Holes, another British Club member and Teacher of Design Technology at Shrewsbury, Riverside, then led the teams in a 'redesigning the gift-giving experience' workshop which saw them create gifts from a variety of materials that were intended for one person in the group. The insightful lesson taught students how to have empathy with consumers and develop products which meet customer needs. The activities doubled as ice-breakers between the students and allowed them to start forming the relationships that would support them through the programme. Mr Threlfall praised the hard work of the many people who supported the smooth-running of the event.

"Many of our fantastic staff were instrumental in supporting this process with design experts, Mr Stuart Holes, Khun Pui and Khun Thanwa giving their time and skills to a great cause."

The Equitable Education Fund led the second day of workshops. This government-backed program works with the Equity Partnership to provide students from provincial schools with the resources necessary to be

successful in their education. The day started with a seminar on 'Digital Marketing for the New Normal' from Peerawat Uraepatanapong, Managing director of Kirata solutions. Exploring the foundations of marketing for e-commerce, this workshop gave teams the required knowledge to successfully market their future products on JD Central.

Thitirat Kaewphanukrungs, One Tambon One Product (OTOP) specialist, led a workshop on cost management - teaching students how to calculate the profit from their product and make the most of their 20,000 THB budget. These informative workshops were followed by an afternoon of product development guided by Prasit Klong-ngulerm, OTOP Project Manager. The days' activities continued the development of the students' entrepreneurial intelligence and provided a strong knowledge base which will help the teams throughout the programme.



"Outreach is a crucial tenet of a rounded education at Shrewsbury, Riverside and the Equity Partnership allows us to share knowledge and resources with provincial schools in a programme that is mutually beneficial as it develops our own students' entrepreneurial skills and their leadership and collaboration skills." Mr Threlfall explained.

The next step for the Equity Partnership is to plan the field trips to their partner Thai schools in November. Here, they will learn how their products are made and discover more about the provinces their team are from. We will share details of how British Club members can purchase Equity Partnership Products when they are ready for market.

If you wish to find out more information regarding the Equity Partnership or Shrewsbury's other outreach activities,

follow them on Twitter and Instagram @OutreachSHB or via email at greg.t@shrewsbury.ac.th.

Life Game or Mind Game?

LIVE OUR TRUTH | SPEAK OUR TRUTH

When was the last time you examined and challenged your own thoughts and beliefs?

Our thoughts and beliefs affect how we make decisions and therefore how we live our lives.

Clarity is paramount especially under the current global situations. If our minds are not serving us right, our lives can become a game; ***a game none of us can afford or want to lose.***

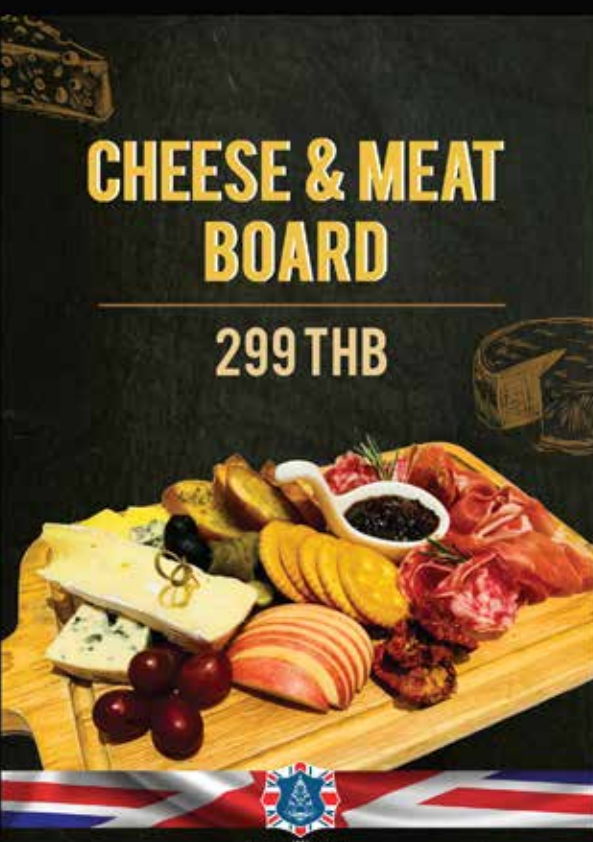
How clear are you with your thoughts and beliefs?
Do you know if they are serving you well?

Mind Game or Life Game is a workshop which is worth US\$300.00. It is now being offered as an introductory workshop at nominal fees for the members of The British Club (THB500) and friends (THB750). For further info of the workshop and ticket purchase, visit kittyjeungdowner.com

Monday, 14th Dec, 2020 6:30-8:30pm @ The British Club
Seats are limited. Reserve yours now.



Kitty Yeung Downer is an Int'l Speaker, Mentor & Published Author. She has been featured on TV, newspapers, journals and company's campaign. Kitty has worked with executives with multi-million dollar budgets with teams of over a thousand people. Her book, *THE CODE - transform your mind from the inside out* is available globally on Amazon. Originally from Hong Kong, Kitty has since lived and worked in the United States, the Middle East and S. E. Asia. Her services include individual mentoring sessions, group workshops & tailor-made seminars, event speaking and company identity. Currently, Kitty resides in Bangkok with her husband and 2 young children. Visit her website for further info www.kittyjeungdowner.com



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DECEMBER 2020

Sports Camp

TIME	890 - MONDAY	950 - TUESDAY	990 - WEDNESDAY	1,300 - THURSDAY
9.30 - 10.00	Admin			
10.00 - 11.00	Tennis	Tennis	Tennis	Ice skating
11.00 - 11.15	Snack	Snack	Snack	
11.15 - 12.15	Football	Football	Football	Bowling
12.15 - 1.00	Lunch			
1.00 - 2.30	Basketball	Squash/tennis	Basketball	Bowling
2.30 - 3.30	Swimming	Swimming	Swimming	

21, 22, 23 and 24 December 2020

For more information or booking please contact: sport@britishclubbangkok.org

THE BRITISH CLUB BANGKOK

MINI SPORTS CAMP

21, 22 and 23 December 2020

TIME	ACTIVITIES
10:00-10:15	Admin
10:15-11:00	Games
11:00-11:15	Snack
11:15-12:15	Mini Tennis
12:15-1:00	Lunch
1:00-1:45	Play time/ Cooking/ Art and Crafts
1:45-2:30	Water fun

650 BAHT PER DAY

Book at the Fitness Centre 02-234-0247 ext.26
sport@britishclubbangkok.org

Children must be between the ages of 4 and 8 yrs.
The children must be capable of feeding themselves, changing their clothes and using the bathroom unassisted.
A five child minimum is required to run each day so please sign up.
A no show booking will still be charged the full amount. Cancellations up to 24 hrs before will be charged 50%.
Whilst the British Club and its staff will provide the highest level of care possible for your children, sports/activity camp participants take part of their own risk and the Club accepts no liability for injuries caused during activities on or offsite or travel.

THE BRITISH CLUB BANGKOK



NEW YEAR'S EVE PARTY

Dance into the night of 2020
and count down into

2021

7.00 PM - 1.00 AM

31st December 2020

*Poolside Deck and Suriwongse Sala
With a DJ / International Buffet And Drinks*

Members 799

Non-members 999



BOOKINGS AT RECEPTION OR EMAIL: EVENTS@BRITISHCLUBBANGKOK.ORG
PLEASE MAKE A RESERVATION IN ADVANCE ONLY (NO WALK-IN)
*CLUB CANCELLATION POLICY APPLIES

MEMBERSHIP PARTNERS



GET MORE INFORMATIONS HERE:



EXCLUSIVE OFFERS FROM OUR PARTNERS



MAD-HATTERS CHRISTMAS PARTY

Saturday | 19th December | 6.00 PM

Venue: Front & Back Lawn | Dress code: smart, fun, festive and fancy hat

Front Lawn Cocktails | Signature Drinks & Canapes + Jazz Band

Back Lawn Lavish buffet and traditional Christmas dinner
with freeflow beverages

Music and dancing with The Boss Band & DJ Steve

Fantastic raffle draws with exciting prizes

Members THB 2,400 | Guests THB 2,600

Includes cocktails + freeflow red and white wines and beers + lavish gala dinner



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