

JANUARY 2014



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BANGKOK

OUTPOST

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THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

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Chairman

Phil Alexander
chairman@britishclubbangkok.org

Honorary Secretary

Paul Cheesman
honorary.secretary@britishclubbangkok.org

General Committee Members

Sulindy Collacott, Peter Corney,
Warwick Newton, David Quine, John
Stevens, Chris Watt,
Bill Wilcox (Honorary Treasurer)
gc@britishclubbangkok.org

SENIOR MANAGERS

General Manager

Premrudee Tanyaluck
gm@britishclubbangkok.org

Operations Manager

Michael Taylor
michael.t@britishclubbangkok.org

Services & Functions Manager

Somboon Chaiyaprom
somboon@britishclubbangkok.org

Sports & Recreation Manager

Michael Wagstaff
michael.w@britishclubbangkok.org

Events & Marketing Manager

Jeremy de Sausmarez
jeremy@britishclubbangkok.org

Membership Sales Manager

Thanyaphon Worapan
thanyaphon@britishclubbangkok.org

Executive Chef

Kornnisa Nongku

THE BRITISH CLUB BANGKOK

189 Surawongse Road,
Bangkok 10500

Entrance via Silom Soi 18

Tel: +66 (0) 2234 0247
Fax: +66 (0) 2235 1560
info@britishclubbangkok.org
www.britishclubbangkok.org



www.twitter.com
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FRONT COVER

Mulled wine, turkey, mince
pies, crackers, log fires,
stockings, warm family and
close friends. It's Christmas
once again and a time to
celebrate the joys of living
and to marvel at the wonder
in children's eyes. A Merry
Christmas and Happy New
Year to all our readers near
and far.



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213/2 Asoke Towers 3rd Fl.
Sukhumvit 21 (Asoke)
Wattana, Bangkok 10110
Tel: +66 (0)81 844 7015

Editor

Jeremy de Sausmarez
jeremy@britishclubbangkok.org

Publisher

Jim Fowler - jim@veritasgraphics.com

Designer

Vaughan Pope - vaughan.pope@gmail.com

PRINTING BY

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LETTER FROM THE GM



Dear Members,

On behalf of The British Club, I would like to wish all British Club Members and their families a very Happy New Year. I hope you enjoyed the Festive Season, whether you stayed here in Thailand or went back to your home countries.

The latest construction project at the Club was the refurbishment of the turtle pond and waterfall area. The children really like it and the turtles are much happier with the extra space! Our engineering team will paint some areas to make it look older and more natural. In 2014, we plan to continue with the maintenance and improvement of the Club's facilities and will also add new ones.

In December, 12 of our staff were given Long Service Awards: 2 for 20 years, 6 for 15 years and 4 for 10 years service. This is evidence of the loyalty of our staff here at the Club, who work very hard to make the Club a very enjoyable place to be. To reward our staff for all their hard work over the past year, on 27th January the Club will be closed for the Annual Staff Party. All F&B outlets will be closed, as well as the Fitness Centre and the main Clubhouse. However, the swimming pool, tennis courts and squash courts will remain open (but please note they will be unsupervised). Members can book tennis and squash in advance as usual. This year the Staff Party will be in Khao Yai for the first time. We usually go to the beach but this year we decided to have a change. There will be some pictures in the March issue of Outpost.

Recently we have made some changes to the birthday gifts for our Members. You can now choose between the usual birthday cake option OR a 500 baht F&B voucher. This voucher can be used in any of our outlets but is not valid for events, functions or take-away. We intend to introduce a less extensive, more streamlined menu for take-away food, which will be posted on the website for Members who want to take food home from the Club.

The weather has been excellent and we are making full use of this with plenty of sporting activities for our Members. The annual Tennis Championship will start on 11th January, with the finals at the end of March. Please sign up in the Fitness Centre. The postponed Netball tournament will take place in the third week of January. We currently have a decent group of players but more are always welcome. Tuesday night football is now up and running as well as the TNT cricket on Thursdays. If you are interested in any of the above, please contact our Sports Manager, Mike Wagstaff.

This January, we can look forward to a number of other events, such as the Car Boot Sale, Wine-Tasting, an outing to Jim Thomson's farm, and we will celebrate Chinese New Year with a special Chinese Buffet on 2nd February, complete with a Lion Dance as tried last year. Please come and celebrate the Year of the Horse with us at the Club.

I hope to see you around the Club very soon.

Gong Xi Fa Cai !

Premrudee Tanyaluck
General Manager

OFFICIAL OPENING TIMES

The Verandah	11am - 2pm, 5pm - 10pm (Mon-Thurs) 11am - 10pm (Fri-Sun and Public Holidays)		
Accounts Office	9am - 6pm (Mon-Fri), Closed (Sat-Sun)		
Neilson Hays Coffee Shop	9am - 6pm	Fitness Centre	6am - 10pm (Mon-Fri)
Churchill Bar	10am - 11pm	Fitness Centre	6am - 9pm (Sat-Sun)
Poolside Bar	6:15am - 11pm Last food orders 9:30pm	Thai Massage	9am - 5pm (Tues-Sun)

PART OF THE FABRIC

Long Service Awards



The Club is lucky to have many staff who have been employed for a significantly long time. Presented to those who have completed multiples of 5 years, on 17 December 2013 there were 12 recipients of the Long Service Awards, each of which comprises a certificate and a varying weight of gold. We extend them our thanks and congratulations!

One member of staff was not in the group photo, Khun Prawit (10 yrs), but the others are shown above left to right: Khun Amornmas (10 yrs), Khun Asadang (15 yrs), Khun Somboon (20 yrs), Khun Sakultala (15 yrs), Khun Kasem (15 yrs), Khun Anand (10 yrs), Khun Reungrit (15 yrs), Khun Pradub (20 yrs), Khun Sunanta (15 yrs), Khun Sangvon (15 yrs), Khun Kannikar (10 yrs).



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Deadline for applications: Friday 24th January 2014

≈ www.bkkprep.ac.th/scholarship ≈

*Successful Year 12 scholars must remain enrolled until Year 13 completion.

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HAPPENINGS



Dear Members

After a rather exhausting month, we are putting 2013 to bed and locking it away into the history vaults. And what a year it has been. The Club has felt vibrant, the quiet periods offset by the busy segments, but throughout the year the smiles, enjoyment, and good feedback have overshadowed everything. This is, of course, exactly how it should be, and I for one and happy that it has been such a varied and stimulating year. I hope you have all had a wonderful month and an even more wonderful Christmas, however you may have chosen to celebrate it, to cap off a splendid year of making the Club the good place it is to visit.

December started off with a busy weekend (which was actually the end of November) as the British Club Balut Section hosted the 33rd STC Interport, welcoming about 100 Singapore and Malaysian club members to a grand free-flow and food based tournament. The Club teams didn't quite win, but performed well enough that there is hope for next year. The first day of December saw the postponed Guy Fawkes Night go ahead despite the tumult of demonstrations in Bangkok, and there was a good turn-out for the evening which peaked under a magnificent fireworks display lighting the whole sky overhead like a sparkling umbrella. Sadly the demonstrations forced the cancellation of the Evening with Christmas Carols, but we had a fantastic Christmas Quiz Night with the "Clueless" team taking two of the three team prizes for the night. This year's Annual Ball was terrific - it was the first year that the Club had catered it in-house and both the kitchen and service staff excelled, so when the band got half the attendees onto the dance floor, it was sure to be a great evening. Wine with scrambled eggs at 2am provided confirmation that it had gone well! Christmas Day is virtually upon us and the Clubhouse is booked to capacity for the unbelievable lunch and dinner buffets which Khun Laak spirits up. We will round the year off with the New Year's Eve Dinner Cruise which is pretty fully booked as well.

January 2014 will start off in a crisp and chilly fashion as we get into Polar Swimming on New Year's Day with blocks of ice floating in the pool and a ravishing buffet lunch to accompany; this must be a unique hangover cure! We've got an outing to visit Jim Thompson's farm the day before it closes for the non-cool part of the year - originally started to provide the silkworm cycles necessary for silk manufacture, it blossomed into vegetables and flowers, becoming a great place for looking around and getting some super photos! On 19th January, we have the January Car Boot Sale, a perfect opportunity both to clear out your house of what has amassed over the festive season and to search for all those tokens and gifts which you had hoped to be given at Christmas! Or just to get rid of yet more stuff that you were hanging on to for some reason you have now forgotten. There's Quiz Night, of course, a huge function towards the end of the month, and a fantastic celebration planned for Australia Day on 26th January, the first of its kind here which as a celebration of all things Aussie should have a great party spirit as well as being fantastic fun with loads of amber nectar!

There are a couple of classical concerts scheduled for February, both of which portend to be well worth attending. We are also trying out a weekend trip to Ratchaburi to get your feet off the ground and observe sunset and sunrise from a hot air balloon, staying the night in a resort which looks a bit like Hobbiton! We are also planning a gourmet dinner in February to try and put smiles back on faces which have frowned from the alcohol tax hike.

Regrettably, Monday Night Club is taking a break in January as levels of interest do not justify the time needed to make it happen. However, now that we have a 3D TV and great home theatre system in the Wordsworth Lounge and the furniture is due for delivery mid month, we are looking at putting on weekly or bi-weekly movies if there is a response.

By the time everyone's head has cleared from New Year, the first version of the Club App should be available and we will continue to update and improve it as often as possible.

That only leaves me with enough space to wish you all the very best in 2014, good health, wealth, and all that stuff, but mainly that you have whatever type of happiness you hope for.

Best wishes

Jeremy de Sausmarez
Events & Marketing Manager

ANNUAL STAFF PARTY

Please note that all the Staff will be away on Monday 27 January for the Annual Staff Party, so the Club is effectively closed other than for Poolside use.

The sports areas will be available to Members, but will be unsupervised, and there will be no service at any outlet. We regret any inconvenience.

BUSINESS LUNCHEONS

6th January - 10th January 2014

Starters - 55 baht

Carrot, Raisin and Apple Coleslaw

or

Chef's Soup of the Day

Main Courses - 140 baht

Chicken Maryland with Pineapple, Banana, Sweet Corn, Bacon and Home-fried Potatoes

or

Pan-fried Dory Fish in Orange and Butter Sauce

Served with French Beans, Carrot and Mashed Potatoes

or

B.B.Q. Pork Neck

Served with Mixed Salad and Baked Potatoes

or

Tom Kha Gai

(A refreshing Coconut Milk Soup with Chicken and Herbs)

Phad Kraprao Moo Sab

(Stir-fried Minced Pork with Hot Basil and Chilli)

Phad Tua Ngok Tao Hoo

(Stir-fried Bean Sprouts with Bean Curd and Oyster Sauce)

13th January - 17th January 2014

Starters - 55 baht

Smoked Fish Salad with Lime and Chilli dressing

or

Chef's Soup of the Day

Main Courses - 140 baht

Mixed Sausage with Mashed Potatoes and Fried Onion

or

Turkey and Mushroom Pie with Mixed Vegetables and Home-fried Potatoes.

or

Grilled Sea Bass

Served with Spinach Risotto

or

Tom Yam Goong

(Spicy Lemon Grass Soup with Prawns and Mushrooms)

Gai Phad Khing

(Stir-fried Chicken with Ginger, Onion and Fungus Mushrooms)

Tod Mun Pla

(Deep-fried Fishcakes)

20th January - 24th January 2014

Starter - 55 baht

Chicken Cranberry Salad with Balsamic Dressing

or

Chef's Soup of the Day

Main Courses - 140 baht

Pan-fried Dory Fish with Caper Butter Sauce

Served with Broccoli, Carrot and Garlic Mashed Potatoes

or

B.B.Q. Ham

Served with Perfect Sautéed Cabbage,

Bacon and Potatoes Salad Parsley Cream Sauce

or

Baked Chicken Breast in Tomatoes and Cheese Sauce

Served with Roast Vegetables

or

Gaeng Kiew Wan Look Chin Pla

(Fish Balls in Green Curry Sauce)

Kai Jiew Moo Sub

(Thai Style Minced Pork Omelette)

Phad Kana Nam Man Hoy

(Stir-fried Kale with Oyster Sauce)

27th January - 31st January 2014

Starter - 55 baht

Tuna Salad

Tuna, Tomatoes, Lemon grass, lime and spicy dressing

or

Chef's Soup of the Day

Main Courses - 140 baht

Turkey Chilli Con Carne

Served with Rice

or

Fillet of Pork in Pepper Sauce

Served with Mixed Vegetables and Lyonnaise Potatoes

or

Pan-fried Dory Fish in Spicy Herbs

Served with Mixed Salad and Boiled Potatoes

or

Gaeng Som Goong Phak Ruam

(Sour Soup with Mixed Vegetables and Prawns)

Moo Tod Kratium Prik Thai

(Stir-fried Pork Fillet with Garlic and Pepper)

Tod Mun Pla

(Deep-fried Fishcakes)



Dessert of the Day - 55 baht
or
Choose from our à la carte Desserts with 10% off



THE BRITISH CLUB
BANGKOK

Ladies Corner

by Bumrungrad

A busy lifestyle is not an excuse to neglect your health. Regular health checkups are important and recommended for women of all ages.



◆ **Recommended health checkups for women aged 20 – 30 years old:**

- ✓ Pelvic Exam & Thin Prep Pap Test
- ✓ Blood Pressure Test

◆ **For women aged 30 - 40 years old, additional tests are recommended as follow:**

- ✓ Breast Self-Examination
- ✓ Blood Glucose Test

◆ **For women aged 40 - 50 years old, the following are the recommended additional tests:**

- ✓ Mammogram Test
- ✓ Cholesterol and Triglyceride Test

◆ **For women aged over 50 years old, the body needs even more tender care. The following are highly recommended for additional screening:**

- ✓ Colorectal Cancer Screening
- ✓ Bone Density Test

For appointments please contact the Women's Center at 02 667 1555.



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F&B MORSELS



Dear Members,

First of all, please accept all our very good wishes for the New Year. I hope you had a good Christmas time, at home or here at the Club. We were very busy through the whole month, with many functions, many meals, and of course Christmas Day lunch and dinner. My staff kept going at all hours, and I am happy that it seems to have worked out ok for everyone.

Now the New Year brings us back to our Saturday buffets in The Verandah. You will see from the calendar that this month we will have Tex-Mex, Italian, French and Curry Buffets at midday and in the evenings too. Late this month is Chinese New Year which we will celebrate on 2nd February with our Dim Sum Buffet - I will have bigger stocks as last year it was so very popular.

Every month the 1910 Balcony has a special Cocktail of the Month. The afternoon teas are becoming more popular, and the snacks too! We have Kilkeny beer in the Churchill Bar, as well as our regular beers.

Please don't hesitate to send me your feedback and let me know if there are any special dishes or types of cooking you would like us to feature.

Happy Eating!

Khun Laak
Executive Chef

GET IT STAMPED!

There will be a meeting of the Thailand Philatelic Society at The British Club on 26 January 2014. Starting with lunch at 12.00 noon, (people attending must pay for their own food), the meeting will begin at about 1 p.m. and last until about 3 p.m. British Club Members are warmly invited to join in this event. Further information can be obtained from agdelsmith@hotmail.com



THE BRITISH CLUB
BANGKOK

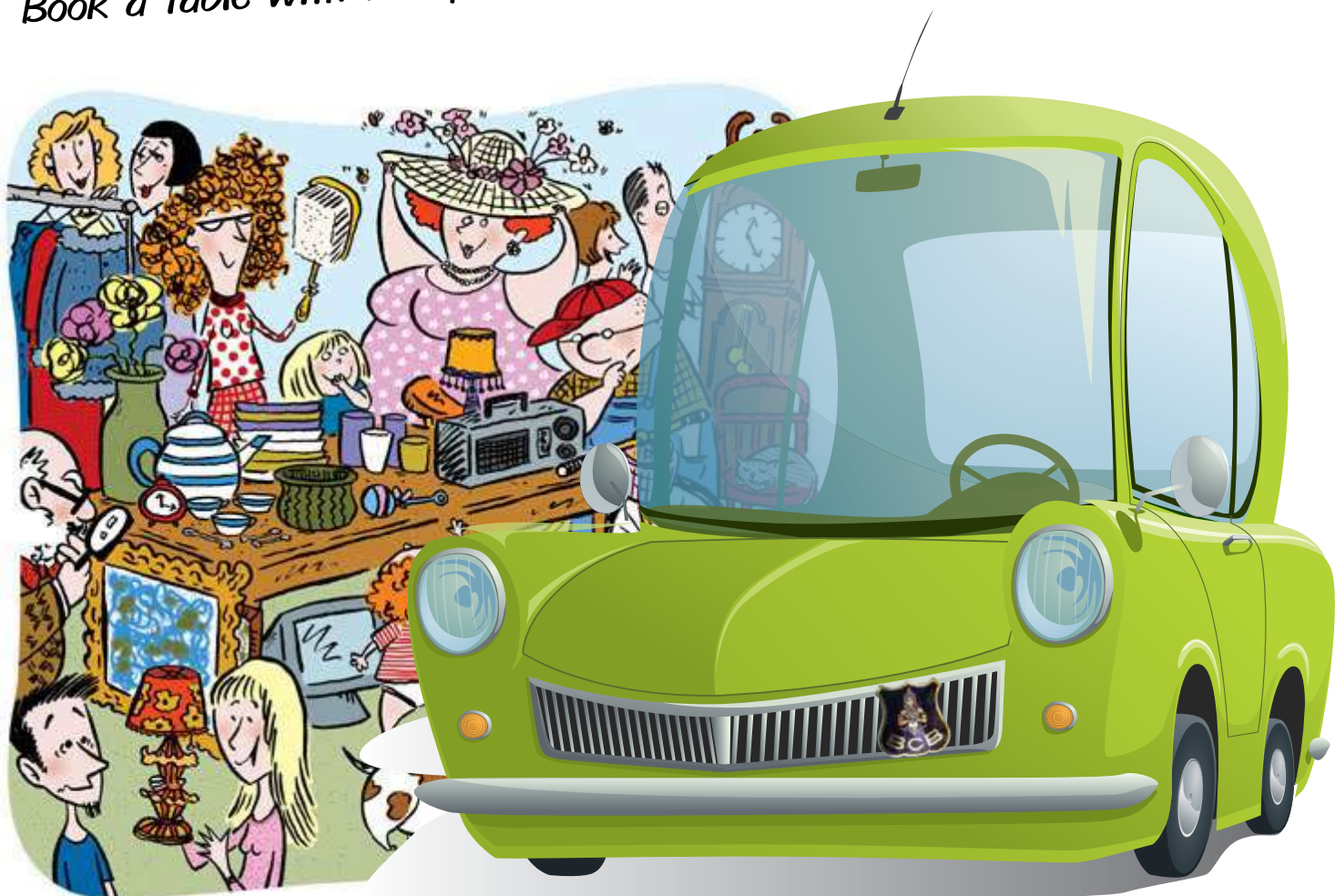
Sunday 19th January 2014.

Car Boot Sale.

2pm - 6pm, Back Lawn

*A chance to clear out the cobwebs in your home.
An excuse to get rid of all the clutter amassed over the last 6 months.
A time to turn unwanted items into cash.
AND...An opportunity to pick up a bargain or two in the process!*

*No entry charge for visitors. Bt 200 a table for vendors.
Book a table with Reception or email events@britishclubbangkok.org*



STARS BENEATH STARS

The 2013 Annual Christmas Ball



Over the last few years, as the Bangkok festive season's calendar has grown increasingly constricted, it has grown more difficult to provide a good menu with good service at a good ticket price. This year the Club took the Ball by the horns and decided to cater it in house. It proved to be a wise decision.

The front lawn reception was extended in duration to lessen the pressure on arrival time and ease the hurry through to dinner. Guests arrived and stretched their arms aside for copious raffle ticket purchases. The canapés slipped down with the wine, and the mood was welcoming and friendly. Flanked by sleek Etihad and crisp LG Electronics, the ice carving dripped as conversation flowed. Transferring to the back lawn was smooth, the tables and staff were ready, the MC's greeting was wordy but worthwhile, HE the British Ambassador handled the royal and loyal toasts after respective anthems, grace was said, and the dinner began. Over coffee and mince pies, raffle prizes were won and wine glasses were topped. At slightly after 10pm, the Boss Band took to the stage and within three numbers had got at least half of those attending to have had a dance, and many continued. They were a great sound, pitching their repertoire with dexterity and playing favourites with skill. And so the night wound on. Come 2am, there were lots of people having breakfast, I even saw one plate of scrambled eggs being accompanied by some warm red wine. And so it went, until the last of the crowd left after 3am.

Can't wait for next year!



"The setting was beautiful and to be wined and dined outdoors a real experience."



"It was the fourth Christmas meal I have had this year, the other three cooked by hotels in Singapore and Bangkok, and it was by far the tastiest."





"The dinner was superb - we always say the British Club does the best Christmas fayre in town by far and you really proved it right last night."



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celebrate

Australia Day

GAMES

@ The British Club

on Sunday 26th January

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FIREWORKS IN BANGKOK

Guy Fawkes Party 2013



Guido Fawkes could not have been Thai. Precision planning would not have suited him. He wanted London's Houses of Parliament to go up in smoke at the right moment, regardless.

The Club's original date for this year's Guy Fawkes Party had to be postponed a month due to the sad passing of Thailand's Supreme Patriarch. When the rescheduled date of 1st December came around, Bangkok was in a state of frenzy from anti-government demonstrations, with massive crowds on foot demonstrating around the capital. But we proceeded anyway and although there were cancellations, the Back Lawn was still well covered and we all had a lot of enjoyment, BBQ, drinks, and of course, the fireworks which were just as good as last year if not better. And right overhead, filling the sky.

The show was especially good for the group visiting from Singapore, where firework parties are controlled. And those who couldn't come in Bangkok later realised they could have done, had it not been for this mob or that.

Guido Fawkes would have blown all of them up.



WEIGHT MANAGEMENT

approach tackles obesity's heavy toll

As obesity rates continue rising, so does the number of people afflicted with obesity-related health problems – from painful bone and joint conditions to life-threatening diseases like diabetes, stroke and heart disease.



Asia's obesity problem is getting worse, and an increasing number of overweight people in Thailand and across Asia are suffering the damaging consequences in declining health and quality of life.

Obesity is no longer a problem confined to the West. The number of Thais who are overweight or obese is growing at an alarming rate. According to the latest available statistics from Thailand's Ministry of Public Health, in 2011, the obesity rate increased at the fastest annual pace in a decade.

Thailand's obesity rate (among those aged 15 and older) is now the fifth highest in the Asia Pacific region. At the current pace, the number of overweight and obese Thais, currently 17 million, will increase by an additional four million every year.

The challenge of losing excess weight and maintaining a healthy weight involves complex, interconnected health issues. Public confusion over conflicting information, aggressive marketing tactics, and the natural preference for solutions that are quick and painless simply add to the challenge.

The integrated approach

For an in-depth understanding of healthy weight loss and weight control, Bumrungrad's Weight Management Center to share their insights and expertise.

Dr. Nopawan Kittivat, a specialist in endocrinology, notes that both overweight and obesity are chronic medical conditions best treated through an integrated approach that emphasizes changes

to diet and exercise habits. "Successful lifestyle modification requires motivation and a strong will, but the payoff in long term, lasting effectiveness is significant," she says.

"In theory, fasting for a few days results in significant weight loss," Dr. Nopawan explains. "But the results will be fleeting, and the lost weight almost always comes back." That's because the initial weight loss comes mainly from water and muscle mass. "In the long run," says Dr. Nopawan, "losing weight is made even more difficult because the patient will have less muscle mass than before."

According to Dr. Chulaporn Roongpisuthipong, a US-board certified specialist in clinical nutrition, patients need to maintain control over not only the kinds of foods they eat, but also the size of por-

tions consumed. The most successful weight management programs are those that can be individually tailored for each patient's unique situation.

"We use body composition analysis to understand dietary habits and to identify whether the right foods are being consumed, and in the proper amounts," says Dr. Chulaporn, "At Bumrungrad, we incorporate the concept of food exchange into the patient's weight management plan. The variety offered through food exchange gives patients a better chance at long term success."

A patient's daily plan contains guidelines on portion size and classifies foods into six categories. "The food items in each category have roughly the same nutritional and caloric values," Dr. Chulaporn notes. "Patients have plenty of interchangeable choices – which research shows is an important factor for making sustainable changes to dietary habits."

Measuring fat

Obesity is the medical term for the excessive accumulation of fat sufficient to cause health problems. Body Mass Index (BMI) and waist circumference measurements are the most commonly used methods to measure body fat.

BMI is a useful tool, but it has limitations, too. BMI would classify bodybuilders, highly-fit athletes and well-muscled people as being obese, even though body composition testing would likely show they are not obese. Two people can weigh the same despite having very different body compositions – one may have high levels of body fat while the other has significantly more muscle mass.

The role of medication

Many obese patients also suffer from one or more co-existing metabolic conditions such as diabetes and hypertension. "When a patient's obesity leads to health complications, doctors often prescribe medication that promotes quick weight loss without harming overall health," explains Dr. Nopawan. "Lifestyle modification alone isn't always effective for these patients, and exercise

tends to be more difficult as obesity is a major cause of joint problems."

Patients taking medication must be closely monitored for potential complications or side effects. "When the weight loss goal is reached," notes Dr. Nopawan, "patients with high blood pressure, diabetes, joint problems or kidney ailments will usually see noticeable improvement."

Surgical treatments

For morbidly obese patients (defined as having a Body Mass Index over 40) – and for some patients classified as obese who have serious co-existing health problems – effective weight loss is often a necessity. When patients in these two BMI groups aren't able to reach the desired weight loss through the combination of lifestyle modifications and medication, doctors may then recommend bariatric surgery or another type of surgical treatment to achieve the necessary weight loss.

Bariatric surgery is a highly effective treatment that alleviates a number of potential health risks tied to morbid obesity. "In evaluating a patient's suitability for bariatric surgery, the doctor looks both at the patient's BMI and their overall health condition," notes Dr. Theerapol Angkoolpakdeekul, a specialist in laparoscopic surgery.

"Western patients classified as morbidly obese (i.e. BMI above 40) are likely to benefit the most from bariatric surgery," he says. "Surgery may be also be the best option for a patient with a BMI of around 35, especially if they have a co-existing chronic condition such as GERD, obstructive sleep apnea, diabetes or heart disease, or there's a family history of coronary artery disease."

Two surgery types

There are two main types of bariatric surgery. The first involves a surgical reduction in stomach size to restrict the amount of food the patient can consume. Stomach size reduction can be done through gastric banding or by the surgical removal of a portion of the stomach.

The second type of procedure involves surgically partitioning the upper part of the stomach together with a bypass technique that reduces the volume of food that can be digested.

"Years ago, bariatric surgery was a highly-invasive operation that resulted in significant changes to a patient's digestive system structure, and there were a number of potential complications," Dr. Theerapol explains. "The current generation incorporates less-invasive laparoscopic technology that causes much less physical trauma, and speeds recovery."

Lasting success

The rate of post-surgery complications is much lower now compared to the previous generation of surgeries. "Most patients need just a few days' stay in the hospital," notes Dr. Theerapol. "Studies have shown that obese patients who undergo the weight-loss surgery are more likely to have long term success controlling their weight."



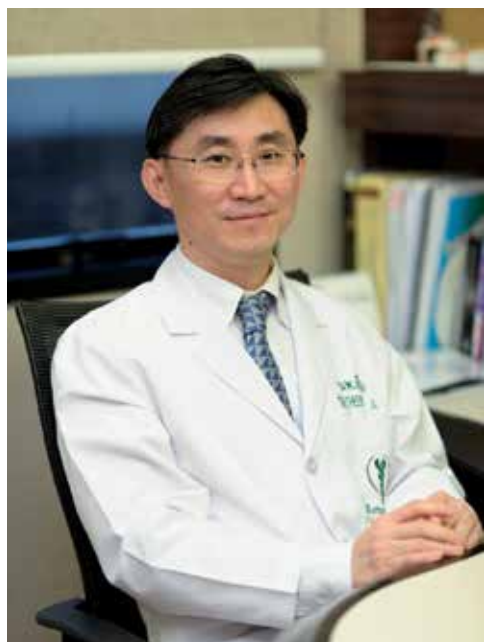
Obesity has nothing to do with aesthetics or physical appearance. It's a serious medical condition that's been described as a ticking time bomb, lurking quietly while the damage to health continues to worsen. Getting one's weight under control takes motivation and a long-term commitment. It also requires close professional supervision to make sure weight loss is accomplished in a healthy way, so patients get the best possible chance to achieve life-long success.

OBESITY, JOINT PAIN AND OSTEOARTHRITIS

Packing on those extra kilos puts an even greater strain on weight-bearing joints, especially knees and hips. Years of obesity raise the risk of a variety of painful joint conditions – inflammation, balance and mobility problems, and an eventual diagnosis of osteoarthritis.

A body in motion produces a multiplying effect on the weight being placed on joints. Walking causes a three-fold increase in pressure on weight-bearing joints, and a multiple of seven to ten times one's body weight during running or stair climbing. For example, if you weigh 50 kilograms, your knees must bear the equivalent of 150 kilograms when you're walking, and as much as 500 kilograms during running or stair climbing.

Premature joint degeneration is one of most common obesity-related health problems. Keeping your body weight under control is fundamental to the continued good health of your bones and joints, and to protecting your good quality of life for the long term.





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SUNRISE and SUNSET by BALLOON

TRIP SCHEDULE

SAT 8th February 2014

Bangkok to Ratchaburi by minibus, check-in to resort.

Up in a balloon to see the sunset.

Dinner (not included) at resort. Night (included) at resort.

SUN 9th February 2014

See the sunrise from the balloon and float over the countryside for 1 hour. Breakfast at resort.

Coach back to Bangkok at midday.

PAST PARTICIPLE

Auspicious Melioris Ævi

By Paul Cheesman



We look back twenty years to the history of our Club in 1994 ...

1

As mentioned both last month and last year, the Club was experiencing financial difficulties caused by a mixture of large debts (incurred through development work) and falling membership with consequential falling of Food & Beverage income and cash flow. The following was enacted...

- A huge clampdown on the large number of Members who took more than the allowed two weeks to pay their bills
- A sharp cut in staff overtime and increasing the charge for hiring staff for events
- A change in billing practice by giving Members their receipt upon signing for F&B at the outlet as opposed to the age old practice of posting out all receipts with the monthly bill!
- With AGM permission, an increased number of Associate Members from its 180 limit to 240
- Also with AGM permission, an automatic linking of the subscription rates to the Bank of Thailand's annual inflation rate.

2

Two other factors identified as damaging the Club's income were Absent Members and Guests – first it was found that a number of Members were 'going absent' when they still resided in Thailand – they would attend the Club when they wanted (Guy Fawkes, Christmas etc) paying only the day fee or sometimes just using coupons! Secondly it was found that Members were allowing in guests more than the three times a year limit by not signing them in and to add injury to insult, these guests were paying Members for their F&B so were not really guests but people cheating the Club by using it when they wanted without paying subscriptions. Management was instructed to clamp down on both practices so 'Card First' was introduced whereby you showed your membership card ahead of any order being taken. They say 'history repeats itself', well, both these factors still haunt us twenty years later!

3

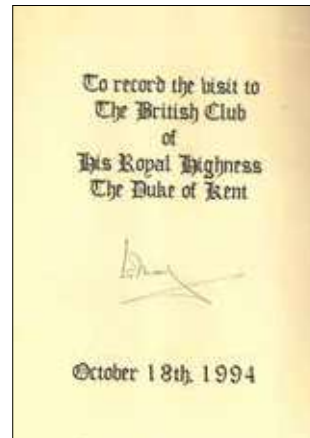
A highlight of the year was the 18th October when Field Marshall His Royal Highness Prince Edward, Duke of Kent KG GCMG GCVO ADC(P) visited the Club in his capacity as the United Kingdom's Special Representative for International Trade and Investment, to promote British business interests in Thailand. His fleeting visit of forty minutes was held in the Lords Dining Room and attended by both Club Members and members of the British Chamber - at the request of the Duke's office no wives or children were allowed.

4

Two personnel milestones came about from events in 1994: first on 17th May two staff members, Khun Chanupan and Khun Pradub (both Churchill Bar staff) got married in Supanburi and were joined by all their fellow bar staff – both are still Club staff and thus 2014 will be their twentieth wedding anniversary. The second milestone started on 1st November 1994 when a young Barry Osborne joined the Club as its F&B Manager – Barry went on to a number of roles including Operations Manager and General Manager, thus when he left in June 2010 he created the record of being the longest serving 'farang' staff member ever – 16 years!

5

The year-end saw a partial recovery in fortunes but membership was still dropping which, despite an increase of 60 Associate Members, at year-end stood at 870. This lacklustre performance was reflected in sales and cash flow. The General Committee thus formulated a number of policy changes in an effort to boost membership, hence sales and cash, so that we could start paying off the debts ... and next month we will look at the steps so taken.



The author is Honorary Secretary of the Club

BC CALENDAR - JANUARY 2014

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

BWG Mahjong
10am - 1pm



6

Tennis Mix-In
6pm - 10pm



BWG Mahjong
10am - 1pm



13

Tennis Mix-In
6pm - 10pm



BWG Mahjong
10am - 1pm



20

Tennis Mix-In
6pm - 10pm



**ANNUAL
STAFF PARTY**

Club closed all day.
No service at any outlet.

27

Morning Mix-In
8am - 11am



7

Squash Mix-In
5pm - 7pm



**Bangkok Gentlemen
Spoofers**
8:30 pm



Morning Mix-In
8am - 11am



14

Squash Mix-In
5pm - 7pm



Quiz Night
The Verandah, 7:15pm

**Bangkok Gentlemen
Spoofers**
8:30 pm



Morning Mix-In
8am - 11am



21

Squash Mix-In
5pm - 7pm



**Bangkok Gentlemen
Spoofers**
8:30 pm



Morning Mix-In
8am - 11am



28

Squash Mix-In
5pm - 7pm



**Bangkok Gentlemen
Spoofers**
8:30 pm



Artists @ British Club
9am-1pm



1

Ladies Tennis Coaching
9am - 10:30am



Polar Swim & Buffet
Poolside
12 noon



Tennis Mix-In
6pm-10pm



Artists @ British Club
9am-1pm



8

Ladies Tennis Coaching
9am - 10:30am



Tennis Mix-In
6pm-10pm



Balut
7pm, Silom Room



Artists @ British Club
9am-1pm



15

Ladies Tennis Coaching
9am - 10:30am



Tennis Mix-In
6pm-10pm



Balut
7pm, Silom Room



Artists @ British Club
9am-1pm



22

Ladies Tennis Coaching
9am - 10:30am



Tennis Mix-In
6pm-10pm



Artists @ British Club
9am-1pm



29

Ladies Tennis Coaching
9am - 10:30am



Tennis Mix-In
6pm-10pm



Ladies Mix-In
8 am



Squash Mix-In
5pm-7pm



Ladies Mix-In
8 am



Squash Mix-In
5pm-7pm



Ladies Mix-In
8 am



Squash Mix-In
5pm-7pm



Ladies Mix-In
8 am



Squash Mix-In
5pm-7pm



Ladies Mix-In
8 am



Squash Mix-In
5pm-7pm



THURSDAY

2

Tennis Mix-In
6pm - 10pm



Children's Cinema
6pm, Silom Sala
Madagascar 2

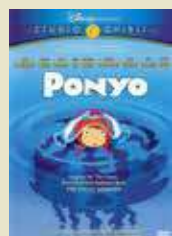


9

Tennis Mix-In
6pm - 10pm



Children's Cinema
6pm, Silom Sala
Ponyo



16

Tennis Mix-In
6pm - 10pm



Children's Cinema
6pm, Silom Sala
The Jungle Book



23

Wine Tasting
Silom Sala
6pm - 9pm



Tennis Mix-In
6pm - 10pm



Children's Cinema
6pm, Squash Court 3
Aladdin



30

Tennis Mix-In
6pm - 10pm



Children's Cinema
6pm, Silom Sala
Mulan



FRIDAY

3

Kids Cricket
8am - 11am



Special Tex-Mex Buffet Lunch & Dinner
The Verandah
11:30am - 3pm
5pm - 9pm

BBQ Buffet
Surawongse Sala
5pm - 9pm



10

Kids Cricket
8am - 11am



Special Italian Buffet Lunch & Dinner
The Verandah
11:30am - 3pm
5pm - 9pm

BBQ Buffet
5pm - 9pm

Jim Thompson Farm



18

Kids Cricket
8am - 11am



Special French Buffet Lunch & Dinner
The Verandah
11:30am - 3pm
5pm - 9pm

BBQ Buffet
5pm - 9pm



25

Kids Cricket
8am - 11am



Special Curry Buffet Lunch & Dinner
The Verandah
11:30am - 3pm
5pm - 9pm

BBQ Buffet
5pm - 9pm



SUNDAY

5

Swimming Lessons
9:30am - 10:30am



Kids Cricket
8am - 11am



Sunday Brunch
11:30am - 3pm

Open Pairs Bridge
Surawongse Room
2pm

Tennis Mix-In
4pm - 7pm



12

Swimming Lessons
9:30am - 10:30am



Kids Cricket
8am - 11am



Sunday Brunch
11:30am - 3pm

Open Pairs Bridge
Surawongse Room
2pm

Tennis Mix-In
4pm - 7pm



19

Swimming Lessons
9:30am - 10:30am



Kids Cricket
8am - 11am



Sunday Brunch
11:30am - 3pm

Open Pairs Bridge
Surawongse Room
2pm

Yoga
2:30pm - 3:30pm

Car Boot Sale
Back Lawn
2pm - 6pm



26

Swimming Lessons
9:30am - 10:30am



Kids Cricket
8am - 11am



Sunday Brunch
11:30am - 3pm

Tennis Mix-In
4pm - 7pm



Australia Day
Back Lawn
12pm onwards





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HEALTH & WELL-BEING

By Mike Wagstaff

The Importance of Physical Activity for the Elderly



You may remember from last month's outpost that we looked at the importance of physical activity for children. But how about the elderly, is it not equally as important, if not more so, that as you grow older you sustain a certain level of health by staying physically active? Throughout this article we will explore the importance of staying physically active as you grow older and how you can go about doing this without exercise dominating your life.

Moderate exercise and physical activity can improve the lives of those who are frail or who have diseases that accompany aging. Staying physically active helps you to stay strong and fit enough to keep doing the things you enjoy to do as you age. Making exercise a regular part of your life will not only improve your health but will help you to maintain independence as you get older. Physical activity does not have to be taxing or stressful and in fact will help relieve stress by burning away chemicals such as cortisol and norepinephrine which cause stress and simultaneously releases endorphins; morphine like hormones which are responsible for the feeling of elation. Other chemicals such as dopamine and serotonin are also released in the brain during exercise. Together, these give a feeling of safety and security that contributes to off-setting some of the "internal" causes of stress, such as uncertainty, pessimism and negative self-talk. So instead of working through lunch why not take a brisk walk. The exercise will reduce stress and in turn increase productivity.

So we've briefly mentioned how regular exercise may benefit us psychologically but how might it impact us physiologically? When I mention physical activity, this does not have to mean running on a treadmill as many of you may fear. Physical activity includes a range of things. For example; walking, running, cycling, gardening, shopping, cleaning, playing with grandchildren, swimming, sports and games or planned exercise. This can be done with family, friends or as an individual. Basically just moving for a prolonged period of time is considered physical activity. Pheww I'm sure that's a relief to many of you. Do I have your attention again now?

Physical activity can be separated into various categories, to make it simple we will call them moderate and vigorous. Older adults aged 65 and above should do 150 minutes of moderate intensity aerobic physical activity throughout the week or 75 minutes of vigorous intensity aerobic exercise throughout the week or an equivalent combination of both. Aerobic activity should be sustained for bouts of at least 10 minutes each time. Older adults should also focus on improving balance at least two days per week, this does not have to be for a great deal of time, maybe just 15 minutes twice a week, given that there is 10,080 minutes in a week what is 30 minutes really? Improving balance will reduce the risk of falling as you grow older and help to improve overall mobility.

Muscle strengthening activities involving major muscle groups should be done at least twice a week also. This can involve lifting weights but doesn't have to. There are plenty of exercises that can be done using only your own body weight. Assistance is recommended when doing certain exercises, this is where a personal trainer may come in handy, at least until you understand fully exactly how to execute certain movements. Strength training can be very useful in reducing the signs and symptoms of numerous diseases and chronic conditions, among them; arthritis, diabetes, osteoporosis, obesity, back pain and depression just to name a few. Often it is these conditions which seem to prevent people from exercising, when actually it is exercise which will relieve symptoms and in turn improve quality of life.

As well as helping to relieve the symptoms of existing conditions, exercise will help to delay the onset of other diseases and conditions associated with aging which I'm sure many of you are aware of. It is not an impossible task to remain fit and healthy as your age increases, as mentioned above simply staying active, walking, gardening, cleaning, shopping etc all contribute towards maintaining a good state of physical and psychological health.

No longer use an existing condition to justify physical inactivity. There is always something that you can do to improve a certain aspect of your fitness, be it balance, flexibility, endurance or strength. If you would like any guidance as to exactly how to go about doing this, do not hesitate to contact me either in person via email to michael.w@britishclubbangkok.org.

I hope you enjoyed this article and continue to read Health and Wellbeing each month. Any feedback is greatly appreciated.



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NIGHT BIKE RIDE

By Mike Wagstaff



Exploring Bangkok by night is a new experience for many of us, whilst others have done it before they still keep coming back for more. With so much to see and do, the Bangkok Night Ride is a popular one to say the least. Gone were the surging crowds and frenetic market activities which dominate the daytime hours. Instead, we discovered a festival of illumination within the relative tranquillity of the cool evening air. As motorized vehicles made way for street vendors, carts and evening diners and the sun set as the multi-coloured signs of 1000 shops shone bright, we weaved our way through the back streets of Chinatown and discovered just how much it had to offer. One particular highlight was an old Chinese house, hidden down a small ally the house has become somewhat a shrine to which local business men go to pray in the mornings and apparently is visited by cyclists from the British Club in the evenings.

Despite huge variety everywhere we turned there was no time to dwell. Next it was on to the 24 hour flower market. This place is huge! A short stop and 10 minutes to look around allowed us to explore maybe 5% of it. There was even space enough for a pilates class which we managed to stumble upon. The 24 hour flower market also sells fruit, lots of it! Selling mainly wholesale and packaging most for export the market seller was less than impressed when I attempted to buy 1 pineapple.

The next portion of the trip was truly breath taking. Right up to the moment we walked through the gate I was thinking to myself "surely they aren't going to let us go inside". I'm sure many of you have seen the popular tourist attraction Wat Pho also known as The Temple of The Reclining Buddha. The name Wat Pho is believed to come from a monastery in India where Buddha is believed to have lived. Housed within Wat Pho is a 15m high, 43m long reclining Buddha. Adjacent to the building housing the Reclining Buddha is a small raised garden, the centrepiece being a bodhi tree which is believed to be propagated from the original tree in India where Buddha sat whilst awaiting enlightenment. Within the grounds are 4 huge pagodas, the oldest of which was built by King Rama I to house the remains of Phra Si Snaphet Buddha Image. The one to the north of this was built by King Rama III to house the ashes of King Rama II and the one to the south to house his own. The purpose of the 4th pagoda built by King Rama IV is unknown. If you have some time, do some research on the 4th Pagoda, what you will read is very interesting. To be able to see this remarkable historical place by night, minus the crowds and sounds of the day was a bizarre yet wonderful experience for which I am extremely grateful.

Along the way we took two short boat trips over the river and observed the views of the city from the waters of the river. After 3 hours and 30km we arrived back at river city, a short taxi ride to the British Club and a quick shower later and it was time to watch Stoke beat Chelsea 3-2. What a fantastic end to an incredible evening.

Tour Rating 10/10. Highly recommended! Join us next time.



FLOW HOUSE

By Mike Wagstaff



On a quiet Sunday morning in December, a small group of British Club boys and girls traveled down to Sukhumvit soi 26 and went . . . surfing, yes you read it right, they went surfing. . . in Sukhumvit. The concept is that a high powered water jet shoots water up a spongy ramp which you are then able to surf on. Very Clever! The children were very brave and some even attempted to stand up with the encouragement of the Flowhouse staff whom I must say, were great!

Flowhouse is a spectacular place for children and adults alike and luckily for you, as you are a member of the British Club, you can enjoy the privilege of 20% discount thanks to our Membership Plus Scheme. Below are some of the pictures that were taken on the day. Enjoy.

This January, Sunday 12th we plan to go wakeboarding at Thai Wake Park. Again another great activity for children to get involved in. Email – michael.w@britishclubbangkok.org for more details.



NETBALL

By Mike Wagstaff

BREAKING NEWS: The British Club now has a Netball Team.

Self-named British Club Black Cats are taking the Netballing world by storm. Rumored to be 'the next big thing' netball teams around Bangkok are fearing their sheer existence. The girls have been seen training hard each Saturday often for periods of up to an hour and a half. Coach Maggie told local reporters that the team is gelling well and will soon be ready to take on the best of the best. The team manager, Mr Mike, as the girls like to call him gave us this statement "I can see great potential for the team and I predict a bright future for those involved, with the right balance of training, dedication and enjoyment I believe that this team can bring home the trophies they deserve".

The team is strong, fit and knows their stuff. With the best coach money can buy and extreme levels of support from their team manager and parents, who knows just how much these girls can achieve.

Representing the British Club Bangkok, may I present to you, British Club Black Cats!

If you are interested in coming down to the British Club at 3pm on Saturday afternoons to join this spectacular team then contact michael.w@britishclubbangkok.org for more information.



FANTASY FOOTBALL

By Mike Wagstaff

What a Month for Football



Chelsea lose to Stoke 3-2. Tottenham lose 5-0 at home to Liverpool. Man Utd lose to Newcastle and Everton at home, Man City vs. Arsenal finished 6-3 (in their past 6 meetings there has been only 7 goals – now 9 in 1 game). Liverpool score 14 goals in 3 games after losing 3-1 to Hull. AVB has been fired along with Steve Clarke.

The Premier League is shaping up to be more interesting than ever! I can see, Arsenal, Chelsea, Man City and even Liverpool having the potential to take the trophy at the end of the season. Notice I do not include Man Utd in that list, however nothing would surprise me!

The January transfer window will not only be an interesting time for the Premier League, but for our fantasy league also. Each one of us will be granted 1 more wild card. Will we use them wisely or will we try to reinvent the wheel?

In the fantasy league Peter Gale and David Brennan are still topping the table with Lawrence and myself trying to catch them. Not far behind are Paul Cantwell, Top Cat, father and son team Bob and James Darke, The Comrades managed by our very own Michael Taylor, FMGAN managed by some monkey and Neil & Can I Have Evans. With 494 points separating the top and bottom of the table it is safe to say that the table is clearly opening up a bit. Here's hoping that some people have stopped playing, as opposed to making horrendous decisions week in week out!

I can confirm that Mark Sayer who started in last month outpost has in fact now managed to climb a few places, well done Mark. Andrea however is still struggling nearer the bottom end of the table.

It will be very interesting to see what happens over the festive period, injuries, poor weather conditions, transfer speculation, with some teams scheduled to play twice within 4 days will players be rested etc. This time of year takes real dedication in order to do well in a fantasy league. Slack off from the latest sports news and you'll find yourself dropping further and further down the table.

Don't forget that the club shows Premier League games in the Churchill Bar!

Good luck!

#	TEAM	MANAGER	GW	TOT
1	Wanchai Warriors	Peter Gale	61	989
2	suckingflow	David Brennan	83	983
3	O'Reillys Manager	Lawrence Fay	93	941
4	Stroke Titty	Michael Wagstaff	82	938
5	Bangkok Flyers	paul cantwell	64	925
6	Olletram Dragons	top cat	74	914
7	Thai darkevaders	bob and james darke	80	913
8	The Comrades	michael taylor	79	911
9	FMGAN!	Monkey Madge	58	909
10	Team Hell No!	Neil&Ryan Evans	69	903
11	Norfolk"N"Good	Ricky Thompson	60	896
12	PimmelKoff FC	Debra Thompson	87	879
13	Bangkok Celts	RAYMOND MAGUIRE	54	877
14	Klongtoey United	Ali Adam	59	874
15	Spanish Armada	carlos the jackal	99	871
16	Artois5.2	haroon Rashid	61	863
17	Real One	Tim Real	50	862
18	BKKALLSTARTS	Dale Lamb	89	857
19	PUP	Kevin Carden	70	855
20	FC Thorny	Ian Thornhill	69	841
21	Boing	Gareth Sampson	75	837
22	Time to move up	Graham Murrell	72	823
23	Mahjong United	Sharon Moore	44	822
24	ICheckInn	Marc Sayer	78	822
25	Scunny Warriors	Neil Robertson	83	821
26	Pattaya Panthers	James Howard	55	819
27	Gingerdevils	Dave Mills	57	808
28	Baht'at	James Crossley-Smith	50	780
29	Bangkok Titans	Andrea Omar	76	771
30	El Salvador Thistle	Paul Williams	47	767
31	TeamAloha	Claus Petersen	39	748
32	Real Deal	Jonathon Real	55	584
33	Daggers	Ryan Oosthuysen	28	495



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FOOTBALL TOURNAMENT

By Mike Wagstaff



Once again the British Club Football Tournament took place this month. However it was a quiet one due to people traveling home for Christmas, people attending Christmas parties and a music festival in Khao Yai. Despite this the tournament went ahead and 4 teams attended. They were Big Chilli, Mix'n'Match, Sheraton and the BC Staff team.

The day started with a group stage whereby every team played each other. Mix'n'Match played probably their best football of the day when they drew with strong side Big Chilli 1-1 in the opening game of the tournament. The Sheraton, group winners and finalists from the last tournament started in style by beating the BC Staff team 4-0 in their opening game, really stating their claim for the cup.

Mix'n'Match grabbed a late goal to defeat the BC Staff team 1-0 who stayed resilient throughout the game keeping tight at the back however failing to convert shots into goals. Big Chilli played Sheraton which brought about a turn of events which surprised even them when they won 2-0 preventing Sheraton from scoring for the entire duration of the game.

Big Chilli in similar fashion went on to beat the BC staff team who again failed to score a goal, final score 3-0. A big score, but didn't match the joint biggest defeat of the tournament when Sheraton turned it on against tiring Mix'n'Match to win 4-0.

The Table finished as follows.

Team	P	W	D	L	GF	GA	GD	Pts
Big Chilli	3	2	1	0	6	1	+5	7
Sheraton	3	2	0	1	8	2	+6	6
Mix'n'Match	3	1	1	1	2	5	-3	4
Staff	3	0	0	3	0	8	-8	0

The Final would therefore be: Big Chilli vs Sheraton and the 3rd place playoff would be Mix'n'Match vs BC Staff.

The 3rd place play off game saw a very interesting turn of events when the Staff team scored their 1st goal of the tournament to take the lead. A while past and Mix'n'Match just could not score, that was of course until they banged 2 in in quick succession to take the lead 2-1. It was the dying minutes of the game when the staff team scored their second goal of the tournament which would take this game to penalties. After 4 penalties Mix'n'Match took the game 2-0 (pens).

The final played out to be a great game of football. Both teams fought for every ball and both keepers made a number "super saves" to keep their teams in the game. The Sheraton took an early lead with an unstoppable shot from one of their young powerhouses. It wasn't long until Big Chilli scored what would be the goal of the tournament when they rocketed one in from way out. In the dying minutes of the game in classic style The Sheraton did however score what would be the winning goal to take the game 2-1. Last times runners up are this times Champions!

Congratulations Sheraton!

Just a quick reminder that on Tuesday nights, The British Club plays host to aptly named Tuesday Night Football where a group of guys quite simply gather, split into teams and have a kick around, Members and guests of Members all welcome!

Get Involved!



SQUASHY BITS

By Bruce Madge

Visitors!

My sister and her ex-husband used to have a cat that liked visitors. It would nestle into your lap, kneading and purring in the general groin area. Such pleasure naturally brought about a lot of salivation. From the cat, that is, not you! Well, some may have salivated, and from more than one gland, I hear, but I never witnessed it. I wonder if she still has said cat. Doubt it as she's now divorced so it likely got cast aside during the court wranglings over who had claim to the bleedin' lawnmower or the sumptuous wedding gift of an engraved, silver cutlery set that Auntie Dilys had so proudly presented, barely a few years earlier, to the delightful, young couple as they gleefully embarked, hand in hand, on their journey of a lifetime towards the joys of parenthood, the uncertainties of middle age, the resignation of retirement, and finally, the finality of death. Lovely! If you get that far, but why bloody bother if it's only gonna last a few years and you're gonna toss aside a friendly moggy in the process? Poor thing!. Marriage can be so cruel and selfish, can't it?

Anyway, the BCB Squash Section is not at all cruel or selfish. To prove this, it/we entertained an overseas visiting team and dozens of other freeloaders during the month of November in the year of our Lord 2013. Yeah, I know it's January 2014 now, but December's Bits couldn't accommodate this nonsense as it was filled with other, far more urgent tripe, essential half-truths, blatant lies and intentional controversy.

So here we are in Jan 2014 and last Nov in they came: SICC first - the Singapore Island Country Club. They brought 14 and we had 13, which meant someone had to play twice. Guess who? Yeah, me! But I won my second match, so, along with Marv, was the only BCB winner which is why the SICC aren't coming ever again as they won't be invited! To be fair, they do have some good players, even some ringer from Malaysia with a world ranking of #80, or something, who thrashed Haroon until he died. However, we also have some world ranked players. Take Tom Godfrey, for example. He has a world ranking of #5,637,924. That's something to behold, surely. Well, the games were all very exciting, they were lovely guests, we took the usual post-match pics, we stuffed ourselves with F&B, swapped mementos and then said goodbye. See the photos.

Now we move to Cornflakes for a lovely piece on the November Rod Carter Open squash thingy that attracted yet more visitors. But a word of warning: Cornio is getting on a bit and has increasing Senior Moments. That is to say, he has trouble remembering details or facts, or how to perform basic routines such as eating, or even sleeping. Often he gets even the simplest of tasks muddled up such as attempting to put his trousers on over his head. Thus, as a consequence of his worsening dementia, the following report may not make any sense at all. Solly 'bout dat!



Cruely tossed aside!



It's mine!



Take it!



I am mental!



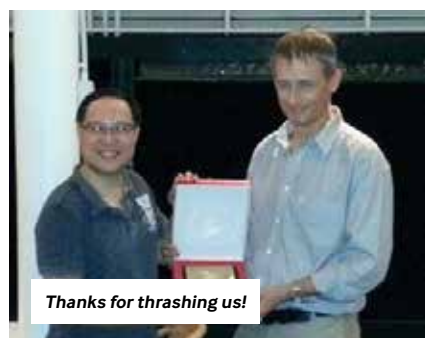
World ranked #5,637,924!



F&B with SICC!



SICC won't be returning!



Thanks for thrashing us!

"Dear,

On Friday Passawee denied Krit 3-2 in an absolving Plate juggling final. Passawee won the first game quite uncomfortably, then the 8th game was a not very close 13-11. Krit won the 6th and 12th games easily.

In the fifth game Krit was leading 4-1 then 6-3 then 10-5. It looked like he was going to be the definite loser but someone forget to tell him this and Passawee suddenly sprang into his life taking some shots and running everything over. Passawee miraculously scored 74 points in a row to win 12-10 in the third. A great effort by me as referee. Final score: unknown.

Then we had the main Rod Carter final between Chatchawin and Haroon. This was another ascorbic acid match with some great rally cars and extreme athletics playing. Haroon played very, but Win was so Ford Focused that he made only one hundred unforced errors the entire matchstick men and matchstick cats and dogs. Many times the spectators thought Haroon had won the point only to see me give it to Win. It was a great match for me to referee and Haroon gave his balls, but Win played as well as I used to so was the deserved loser 11-7, 11-4, 11-8. The spectators were treated badly.

There weren't very enjoyable eats and drinks beforehand and prize-giving by Dean Thompson from Boots Retail. Everyone will be devastated to know that Erik won the lucky draw of five baht from ACA Pacific Group.

There might have been a total of 4,200 entries and I have to criticise all players for their enthusiasm and reliability, also for those who helped to organise the marking pens.

Until last year.

Kindest retards.

Petra Cornby"

Well, if that doesn't prove that Cornflakes has finally gone completely mental, then I don't know what does.

Until he gets locked up



H and Ford Focus!



Passawee and Krit!



Organized marking pens!



Passawee wins a plate!

HARD BALLS

By Jack Dunford



With the festive season yet to get going, it always seems odd sending New Year greetings as we meet the mid-December Outpost copy deadline. But after losing all our matches in 2013 ... here's to a prosperous 2014!

Pattaya: We made the first of three planned visits this season to Pattaya on 1st December. It was a beautiful early cool season morning and there was a gentle breeze blowing across the verdant Thai Polo Cub grounds as we rolled up from Bangkok. For once it had been easy enough to get a team together and with Jack still nursing a dodgy leg and Adrian's mate Stan in the van, we even had the unusual luxury of a travelling scorer and umpire.

On such a lovely day it wasn't too much of a disappointment for BC to find themselves fielding first and there wasn't a lot of running around to do anyway as Speddo and Adrian bowled a tight opening spell. Speddo was at his best, quick and accurate, taking 3 wickets for a miserly 8 runs off his allotted 5 overs. At the drinks break after 13 overs the Thoroughbreds had only 55 runs on the board and some optimists were already talking of a BC victory.

But they then hit another 100 runs off the second 12 overs, severely punishing a few loose overs. Pattaya closed on 155 for 7, the other wicket takers being Dale (1 for 31), and the two squashies playing their first matches in months, Marc (2 for 7) and Haroon (1 for 8), both off only one over. For once BC bowled 'only' a modest 10 wides and in the end this was probably a par score.

16 wides and a no-ball were bowled in Pattaya's first 5 overs and with Dale smacking a quick 18 off 10 balls, BC got off to a flying start with 43 for 1 in just 5 overs, reducing the required scoring rate to under a run a ball. Speddo did exactly that, retiring on 30 off 33 balls, but Biren (10 off 24) and Dilip (11 off 21) could not maintain the pace. The required run rate crept up enough to make the lower order jittery although victory was always still on the cards as the Thoroughbreds continued to chip in with a few helpful wides. James had a merry, potentially match-winning, whack, scoring 17 off 10 balls, and Colin (7) and Adrian (11) both kept the score ticking over at a run a ball.



Verdant Thai Polo Club



Speddo 3 for 8



After 13 overs we were on top



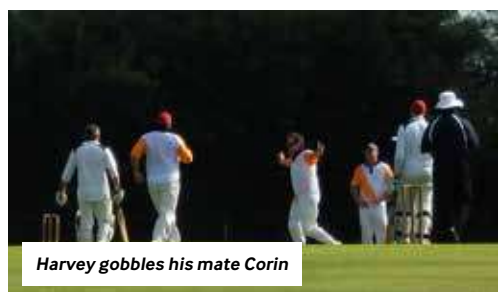
Speddo 30 not out



It all came down to the last over with a modest 8 runs to win. We were now 9 wickets down and Speddo returned to the crease to help finish things off. Unfortunately #11 Marc was facing. Rather than take all the glory himself, Marc charged gracelessly towards the other end off the first ball in an attempt to give Speddo the strike, running himself out by about 10 yards, conceding victory by 7 runs and ensuring BC's record run was unbroken ... 11 consecutive defeats!

The Thoroughbreds were a happy bunch and soon the beer was flowing. BC were left pondering the 'might have beens', chuckling about Haroon's hapless golden duck and Colin's pathetic surrender to the seductive guile of Harvey's pie throws, marvelling at Marc's latest body-job, and generally getting well-oiled for a raucous van ride home.

It would be amiss not to mention that in tidying up everyone else's mess after them and packing the team bag, I left my own behind, necessitating a return back to Pattaya when half way back to Bangkok! After an additional hour of bonding in the van it was a jolly if weary team that rolled up later in the Churchill Bar.



Thursday Night League: The trial Thursday night, 8-a-side floodlit League kicked off on 21st November with 5 teams participating in a short 4 week contest to be concluded on 19th December. The plan is to get feedback, make any necessary adjustments to the format/rules and host a full-blown League in the New Year.

The first two nights were a great success, everyone enjoying the unique facilities we have at the Club. The BC have won 3 out of 4 matches so far and should be lined up for the final, but RBSC are the outstanding team with 2 massive victories in 2 matches including complete annihilation of the BC boys. This is fun, fast-moving cricket which we hope will attract new players and even spectators! This is a great venue for a few beers.

We welcome cricketers of all standards. Just show up at nets or contact me or any other of the other Committee Members. For more details check out the Cricket Section Website www.britishclubcricket.com

BCGS GOLFING NEWS

By Peter Gale

As our golfing year comes to an end we have been enjoying the opportunity of playing courses in great condition and in weather that has been just that bit cooler.

Monthly Medal – 24th November

The November medal was contested keenly by 18 golfers on a lovely late November day. Flight A was won by Robert Gray with a net 68, 5 shots clear of David Humphreys, with Frank Fawkes 1 shot back in 3rd. As we have all now come to expect Flight B was won yet again by Captain Karen with a solid net 74. 2nd place went to Tony Moore with a net 78 beating Ian Thornhill into 3rd place on count-back.

SUAL Cup -7th December

The SUAL Cup (AKA – the Shut Up and Listen Cup), is our annual match against the Golfers Cocktail Lounge. As always the game is played on the long weekend in December in Hua Hin and this year it was played at the oldest course in Thailand, The Railway Course.

The turnout was relatively small on both sides but it was still a very competitive event with 3 games going the way of the British Club and the other 3 to the competition, leaving us with an honourable draw in our final competitive society match of the season.

The winners on the day for the British Club were Brian & Yurachatr, Karen and David & Lek Williamson, who were making a welcome return appearance.

Matchplay Final

After fighting their way through some tough matches in earlier rounds, Gordon Milne and Frank Fawkes faced off against each other in this year's match play final. In fact Gordon needed 36 holes in his first round match to beat David Humphreys and had to sink a good putt on the 18th hole in their first game to avoid losing early on.

The game was played on the day of the Kings Birthday at our regular medal course – Royal Golf and Country Club. It was a tight game from the start with Frank taking an early lead by sinking a good putt at the first but Gordon was soon back into the game and by the 14th had managed to established a 2 hole advantage.

Frank then came charging back with a par on the tough 15th followed by a birdie 3 on the 16th to make the game all square again. On the 17th though his tee shot came up short with a very tricky lie on the edge of the bunker which he then left in the sand with his 2nd shot. Gordon duly took the lead again and was 1 up heading down the 18th.

Frank was on the green in 3 while Gordon was just off for the same number of shots, his chip on was okay but left him a good 5ft from the hole. Frank putted first but his par putt to halve the match just missed the hole, leaving Gordon with a putt to win. After sizing it up he stepped up and slotted the putt right into the centre of the hole for a very hard fought victory – 1 up. It was a great game which was contested in the very best sporting spirit.

Congratulations to Gordon and commiserations to Frank, in the 3rd /4th play-off Karen Carter beat me 2 up in another excellent

**Bunters
Foods**
023287840

CROWN
RELOCATIONS



Robert - Medal Winner November



Matchplay Finalists



3 Clubs and a Putter Champion - Barry Ashman

match.

Three Clubs and a Putter

Our last but one event for the year is one of the more challenging but fun competitions, 3 clubs and a Putter. As the title suggests this event is played with only 4 clubs in the bag, much to the caddies delight, and one of the biggest challenges is trying to decide what those clubs will be.

Do you take your driver to get the distance off the tee but knowing it will only be useful on the tee or do you sacrifice the distance and take a 3 or 5 Wood instead. Most players opted for the driver to give themselves a better chance of getting on the green in regulation.

Despite the limited choice of clubs the scoring was very consistent with 3 players, Peter Skinner, Pete Gale and Rod McMillan all matching their handicaps and scoring 36 points, with Mr. Skinner taking 2nd place on count back. But no one was able to match Barry Ashman on the day and he won with a very creditable 37 points.

We have one more game before the close of the season with our Monthly Medal on 29th December at Royal Ladkrabang for all those who need a good walk down the fairways to ease off some of the Christmas fare.

For anyone interested in joining us for a very friendly and slightly competitive golf please send an email to: bcgs2002@yahoo.co.uk



Gordon Celebrates Victory



Pete Skinner



Matchplay Finalists Prepare for Battle

Save The Date

ST DAVID'S SOCIETY ANNUAL BALL

ON SATURDAY 8TH MARCH 2014



For reservations & menu details contact:

Heather Powell **0832932169**

Email: heather.wyn@gmail.com

Open: 6:30pm. Seating
in the ballroom: 7:30pm

Venue: Amari Watergate 847 Petchburi Road Bangkok 10400

QUIZ NIGHT

WITH THE MONTHLY JACKPOT!

THE VERANDAH, 7:15 pm

TUESDAY 14TH JANUARY 2014

TEAMS OF 6 OR LESS

MEMBERS Bt 100, GUESTS Bt 150

BOOK IN RECEPTION OR BY EMAIL TO :
EVENTS@BRITISHCLUBBANGKOK.ORG



THE BRITISH CLUB
BANGKOK

BALUT

By Sausage



The STC Interport Balut Competition has been played annually for 33 years, and this year it almost wasn't when the club scheduled to host it pulled out in August. Ever game for Balut, be it a monthly tournament or otherwise, the British Club jumped in and pledged to host it. And we did, as November turned into December, the Chivas Regal 33rd STC Interport was here.

Opening with a cocktail reception on Friday night, most players were from Singaporean and Malaysian clubs, the majority known to each other from previous Interports, and the Front Lawn was warm, welcoming, and jostling with joviality. Saturday morning saw the team photo sessions, and after a delicious buffet lunch, all 112 players (including 4 teams from the British Club Balut Section) assembled around the 28 tables which had miraculously been fitted into the Suriwongse Room. Shining and elegant in a quasi-Chinois tubular garment, our very own Bowling Ball was a strict and humourous Master of Ceremonies. And the play began. Eight rounds, each with a spot prize, much raucous acclamation, hoots of approval, wails of dismay, and still the free-flow Chivas flowed freely. Then there was a delicious dinner followed by the results and prizes were issued. This year the cup went to the Singapore Indian Association, just pipping the Singapore Cricket Club in the final tally.

The food was excellent, the drinks were invigorating, the Master of Ceremonies was masterful, the Chairman was in his chair, the scoring was **B.O.S.S.**, the camaraderie was effusive, the company was stimulating, the organisation was immaculate, the goody-bags were diverting, even the exquisite leaflet was worth leafing through - only the dice turned out to be mediocre, but it was hardly noticed in the overall enjoyment of the Interport. We thank all the Sponsors, especially Chivas Regal, and all the players for playing.



KIDS MOVIES

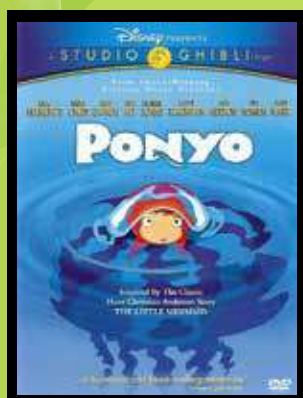
JANUARY

3rd Jan



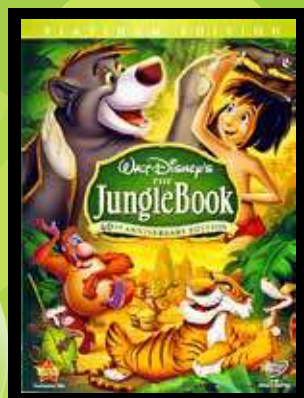
Madagascar 2

10th Jan



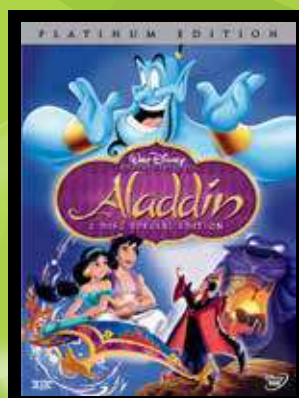
Ponyo

17th Jan



The Jungle Book

24th Jan



Aladdin

31st Jan



Mulan

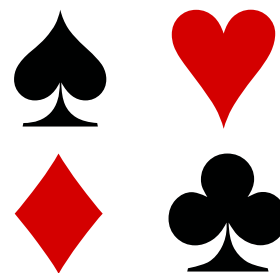


Fridays, Silom Sala, 6 pm



THE BRITISH CLUB
BANGKOK

BRIDGE



Bridge Results for October & November 2013

EVENT	RANK	NAME (PAIR)	SCORE%
Sunday 20th October (11 pairs)	1 st	Wako & Hanne	60.63%
	2 nd	Martin Carter & Jiemjai	58.78%
Sunday 10th November (10 pairs)	1 st	Surawit & Prarop	64.81%
	2 nd	Martin Carter & Geraldine	57.41%
Sunday 17th November (7 pairs)	1 st	Surawit & Prarop	64.58%
	2 nd	Aida & Jiemjai	61.46%



Bridge Humour

This young woman Bridge player is having an awful time with her life and especially with her Bridge. She decides to end it all and goes on this dock. As she is about to jump this young sailor yells "Don't! He tells her that he is about to get on this cruise ship that is going to Italy and he can sneak her into a cabin and bring her food and wine every evening. She has always wanted to see Italy so she agrees. And true to his word he brings her three sandwiches and wine each evening. Then after dinner each night, they make love. Finally, she decides to get out of her cabin and hope nobody asks her any questions. As luck would have it, the captain notices her and asks her what she is doing on the ship. She tells him about the sailor and his offer to see Italy, etc. "I see" says the captain. She begins to feel guilty and says "Oh yes, and he's screwing me every night! "He certainly is", says the captain, this is the Staten Island Ferry."

A married couple are not speaking to each other after a horrible game and are driving home from a distant Bridge tournament. They pass by a field where there are many donkeys. The husband breaks the silence by asking the wife: "Relations of yours"? "Yes" she says, "In-laws".



Jim Thompson's Farm

Sat 11th January 2014

One day outing to visit the farm founded for production of silkworms, only open during the cool season!

Tour the farm by tram and observe the silkworm lifecycle, silkworming process, tour the vegetable and plant nurseries, see the sunflowers, giant pumpkins, and traditional architecture too!

Coach leaves the Club at 8am and comes back late afternoon. Food available at the farm. Great photo opportunities. Fantastic fun!

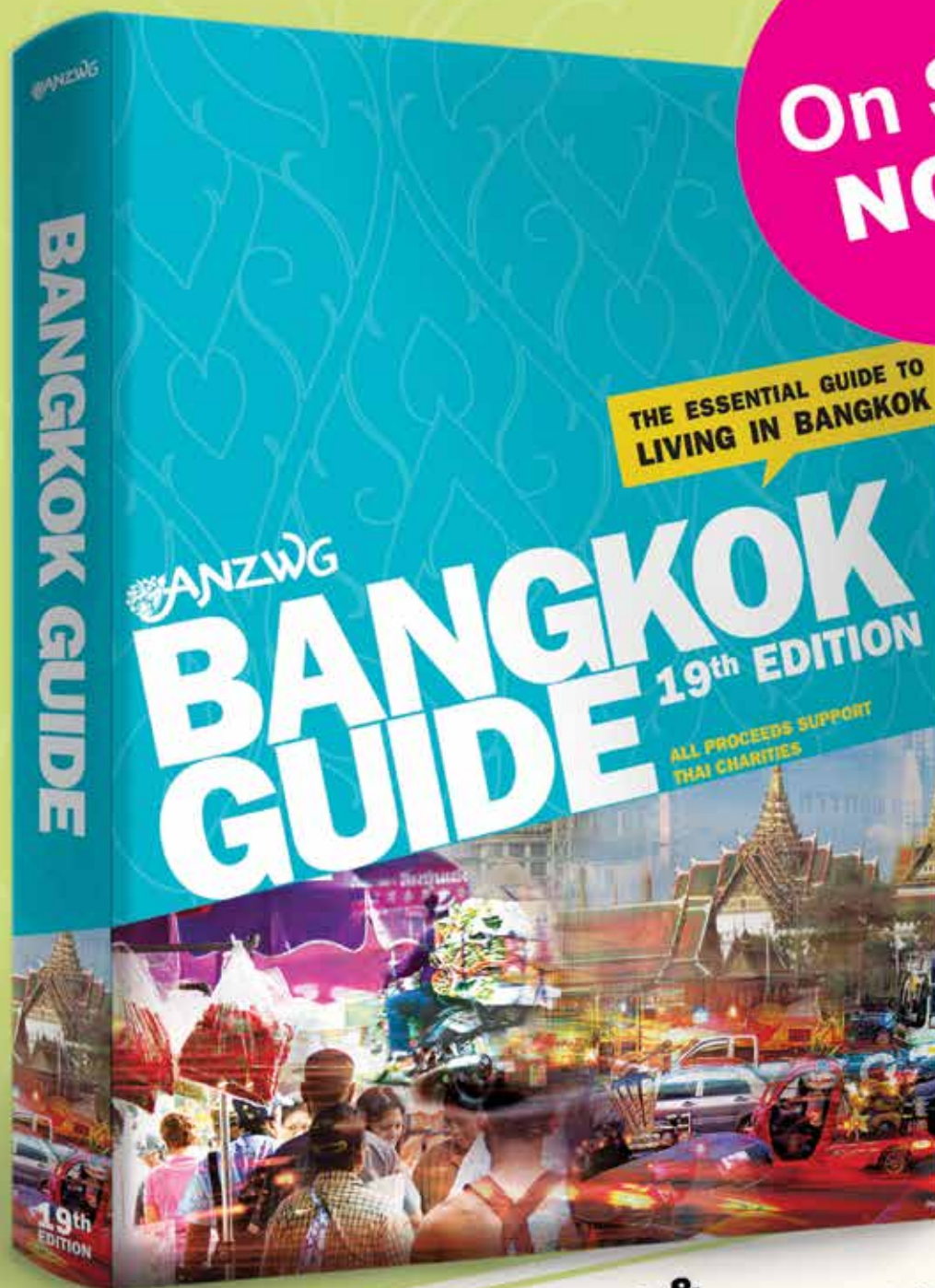
Adults Bt 950
Kids Bt 700



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invites you to our

Under the Sea Picnic

Saturday 1st February 2014

The fun starts at 9.30am and finishes at 12.30pm

Join us for a morning of delicious snacks, scavenger hunt, games and prizes and art & craft activities! Just Bt 200 per family and ideal for children aged 2-6. All are welcome!

Free Shuttle Bus to and from the MRT at the Thailand Cultural Centre, Exit 2.

Reserve your tickets today! Visit our KIS Facebook page for reservations and event schedule:

<http://www.facebook.com/kisinternationalschool>

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