



1903
THE BRITISH CLUB
BANGKOK

Outpost

THE OFFICIAL MAGAZINE

OF THE BRITISH CLUB BANGKOK

www.britishclubbangkok.org

January 2018

**Happy
New Year !!**

CAR BOOT SALE

SUNDAY
28TH
JANUARY
2PM-6PM
FRONT LAWN

No entry charge for visitors - everyone welcome !!



Book, toys, clothes, ornaments, gadgets and all sorts of unexpected items may be there to look through.
An opportunity to pick up a bargain or two !

The British Club Bangkok. Entry via Silom 18, adjacent to Narai Hotel
Book at Reception or email : events@britishclubbangkok.org

GENERAL COMMITTEE

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Honorary Treasurer - James Crossley-Smith

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Robert Brand, Jason Morris,
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FRONT COVER

After bidding farewell to 2017 and welcoming the early hours of 2018's arrival, some may feel in need of a little invigoration on New Year's Day - come and join the chilling Polar Swim at Poolside around midday, heralding a sparkling year ahead for all you brave bathers!

EDITOR'S GREETING

Much of this issue is given over to visual snippets of a couple of Christmas events which came through in time for the early deadline due to the New Year holiday. We also have the final page in looking back at Paddy Dickson's photos of the Club in the mid-60s.

Still hoping to receive your thoughts and contributions for Outpost 2018. Happy New Year!

Ed



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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

Opinions expressed do not necessarily represent those of the Club. All events, dates and times are correct at time of press. Outpost welcomes contributions from Members, email outpost@britishclubbangkok.org - No part of this publication may be reproduced without the written permission of the Publisher.

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MESSAGE FROM the Chairman

Happy New Year! It is always odd writing that in advance with Christmas celebrations still to come, but I trust everyone has had a great festive season and recharged their batteries.

Farewell 2017: 2017 was a challenging year for the British Club with all activities subdued during the mourning period. However, we closed the Financial Year on 30th November on a positive note, with 46.7 million baht still in the bank compared with 43 million a year ago, having already spent over THB 3 million on the Silom Wing.

Our bank balances will soon be heading south of course as construction gets underway, but it is encouraging that revenues and membership are on an upward trend; there was a net 1 million baht surplus in November, much higher not only than last year but also the year before, and Membership is close again to 1,100 having hit a low of 1,076 in July.



Jack Dunford

Chairman

So far we are having a wonderful cool season and we are in great shape to prosper in 2018. The rains have gone away (almost) and we have had beautiful weather for all of our big Christmas outdoor events. The special Wine Tasting, Carols Night, Christmas Ball and Children's Christmas Party were all very well attended and we again have well over three hundred booked for Christmas lunch. The Club lawns are a magical location for events this time of year ... if only it could be like this for more of the time!

Silom Wing: There is no separate Silom Wing Report this month as there is not a great deal to report. A total of 122 twenty-metre piles were finally driven into the muddy pudding on which Bangkok stands and the piling contractor moved off site on 23rd November, 10 days ahead of schedule.



Pile testing



Site office delivery



Capping the Piles



Foundation excavations

Tee Bale



Our main contractor J.K. Builders began mobilising immediately, placing an office container and toilets on site whilst detailed construction drawings and other documentation including notifications to BMA were completed. The site then soon resembled a lunar landscape as the piles were excavated for load testing, cutting and capping to form the foundations of the new buildings.

Lawyers are checking the contracts and construction will soon be underway. Viewing windows are being installed in the Works entrance for Members who would like a to take a peak at progress. June 6th is still the date for completion.

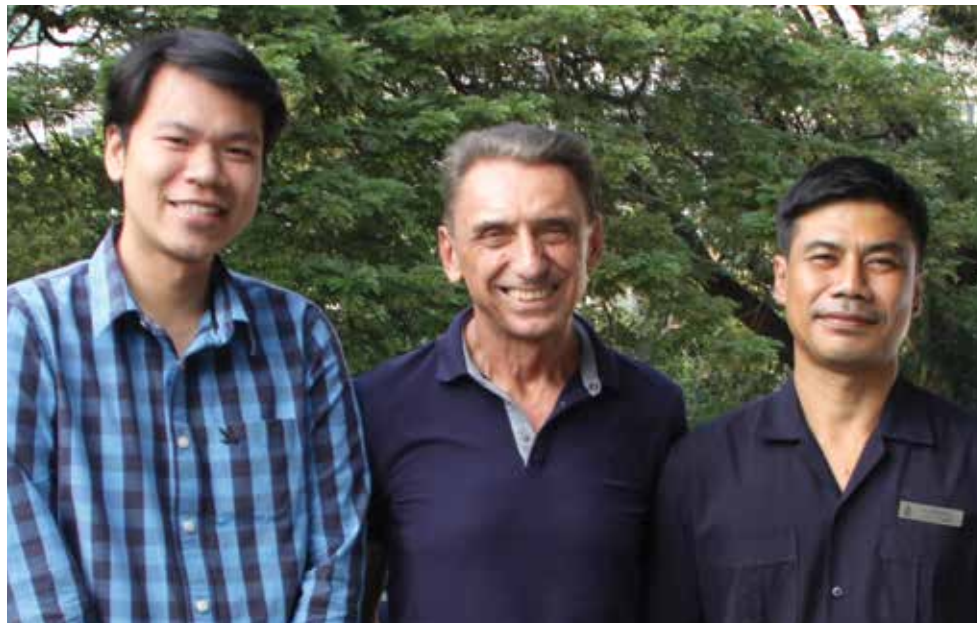
Staff Changes: Two important new staff members have joined us this month, Khun Jack who took over from Khun Aof as Duty Manager on 1st December, and Tee Bale who is replacing Matt Carley as Deputy General Manager and is due to start on Christmas Day.

Khun Jack (Nawat Nuchjaroen) is from Songkhla, graduated in Russian studies from Thammasat University and speaks excellent English. He has been working in customer relations and in hotels and restaurants, spending a year each in Australia and New Zealand. Khun Jack is a great addition to our staff and makes up an almost full suit of Jacks at the Club, joining Khun Jack (Songphol Kongkal) our Engineering Supervisor, and Yours Truly!

Tee Bale is British, a Londoner who has spent most of his working life overseas with jobs in several countries across Europe and the Middle East, the last ten years in Thailand. He is 42, currently single and has a son at school in England. Tee has a strong F&B background and balances "a deep passion for food" by being "a very active sporting fan" and playing a variety of sports including football, squash, cricket and rugby "to name a but a few".

We are expecting Tee to bring new energy and ideas to our F&B outlets, increase the number of events and activities for Members' enjoyment, as well as promoting the watching and playing of sports.

Three Jacks



Staff Long Service Awards: We have wonderful staff at the Club who serve us quietly and unobtrusively throughout the year. Many have been with us for a very long time, around half for at least 10 years, and it is seeing these familiar faces that helps makes the Club such a special place, a 'home from home'.

Some years ago an inspired GC introduced much-appreciated long service awards of half a Baht of gold for each five years of service (a Baht is the Thai gold weight measure of 16.16 grams, currently worth around THB 19,400). This year's awards were presented on 18th December with one staff, Khun Thin our Poolside Supervisor rewarded for 25 years service, 2 staff for 20 years, and 4 for 5 years of service.

Khun Prem, our General Manager is celebrating over 10 years of service and we are all indebted to her for her hard work, keeping everything going through changes in General Committees, the constant demands of maintaining old buildings and taking on new projects, and responding daily to the needs of Members and staff alike. A huge thank you Khun Prem!

British Embassy Artefacts: It is now official that the British Embassy will be moving its offices to Sathorn Road in 2019. It has two prominent historic artefacts in its grounds, the Statue of Queen Victoria donated by the British People in Siam in 1903, the year our Club was founded, and the War Memorial funded by public subscription in 1923 which is the centrepiece for Remembrance Day services each November. The GC believes that the Club would be a suitable location for either or both of these Memorials and after a meeting with the British Ambassador has officially confirmed our interest in having either or both relocated to the Club (although at the moment it is likely that Queen Victoria will remain as part of the new devolvement in the Embassy's grounds).

Sportsman's Dinner with

FRANK BRUNO

..... MBE

SUNDAY 21ST JANUARY 2018
SURAWONGSE ROOM, 7 : 30 PM

ARRIVAL DRINK | 4 COURSE DINNER
AFTER DINNER TALK AND Q & A FROM FRANK
SILENT AUCTION PROFITS TO CHARITY

V.I.P. TABLE

SIT WITH FRANK
FOR DINNER
ONLY
฿ 3,000



THE BRITISH CLUB
BANGKOK

MEMBERS THB 1,600 | NON-MEMBERS THB 2,000

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LETTER FROM the General Manager



Premrudee Tanyaluck

General Manager

Our December events began with the Christmas Carols Night. About 100 people joined us for the recital and also for turkey and other F&B. Many thanks to the staff and choir of St. Andrew's International School Sathorn and Sukhumvit 107 campuses.

This year's Annual Ball was a great success with more or less 200 people which provided a fantastic mood and much enjoyment. Thank you to H.E. Paul Robilliard, the Australian Ambassador, and his wife who joined us for the evening, and thanks also to Khun Rahul Gupte, who prepared the Indian buffet and also to Khun Jeremy de Sausmarez as our jovial MC. We've received excellent feedback from Members and guests, and everyone had fun and enjoyed the jazz band during dinner and later the Boss Band who got most people dancing.

Our Christmas Day Lunch and Dinner buffets this year have almost 500 people booked. Once again our Chef Khun Laak has done an excellent job with the food. We hope to see an even higher number on the day.

We begin 2018 with our Polar Swim on New Year's Day and look forward to dinner with Frank Bruno on 21st January. Frank Bruno is a British former professional boxer who won the WBC and European heavyweight titles and also faced Mike Tyson. Frank is one of the most well-loved and recognisable boxers in British history.

As usual in the New Year we will have a monks ceremony on 8th January in the Surawongse Room and then on 15th the whole Club will be closed for the annual staff party at the Royal Varuna Yacht Club. Poolside and the tennis courts will NOT be open either. We regret any inconvenience which this may cause.

At our year end in November we had 1,094 Members growing to 1,100 in December. Thanks to Khun Prang and her team for their hard work getting the numbers back up again.

By the time you read this, Khun Tee Bale will have joined as our Deputy General Manager, helping me in operations and with Food & Beverage, Sports, Events and Functions. We will see new ideas from him during the new year, so please welcome him on board.

I look forward to seeing you around the Club, and wish you all a happy and healthy 2018.

OFFICIAL OPENING TIMES

The Verandah	11am - 2pm, 5pm - 10pm (Mon-Thurs) 11am - 10pm (Fri-Sun and Public Holidays)		
1910 Balcony	3pm - midnight (Afternoon Tea 3pm - 5pm)		
Accounts Office	9am - 6pm (Mon-Fri), Closed (Sat-Sun)		
1910 Sports Bar	5pm - midnight	Fitness Centre	6am - 10pm (Mon-Fri)
Churchill Bar	10am - 12midnight	Fitness Centre	6am - 9pm (Sat-Sun)
Poolside Bar	6:15am - 11pm Last food orders 9:30pm	Thai Massage	10am - 5pm (Tues-Sun)

January Business Lunch

25th Dec- 29th Dec 2017

Starters: THB 65 (2 Options)

- Tuna salad.
- Chef's soup of the day.

Main Courses: THB 160 (4 Options)

- Creamy chicken breast with penne, peas and creamy white wine sauce
 - Fish and chips.
- Marinated pork fillet roast on rhubarb.
 - Tom Kha Gai, Tod Man Pla, Phad Tua Ngok Moo Krob.

1st Jan- 5th Jan 2018

Starters: THB 65 (2 Options)

- Smoked duck salad.
- Chef's soup of the day.

Main Courses: THB 160 (4 Options)

- Chicken and wild mushroom lasagna.
 - Pan-fried dory with caper meunire
 - Shepherd's pie
- Gaeng Jued Tao Hoo Moo Sab, Phad Kraprao Moo Sab, Kai Dao.

8th Jan- 12th Jan 2018

Starters: THB 65 (2 Options)

- Mozzarella, mango, tomatoes and rocket salad
 - Chef's soup of the day.

Main Courses: THB 160 (4 Options)

- Grilled chicken breast with tomato and bean sauce.
 - Grilled mixed sausage.
- Grilled seabass with coriander salsa.
 - Gaeng Kiew Wan Look Chin Pla, Moo Tod Kratium Prik Thai, Phad Phak Ruam Nam Man Hoy.

15th Jan- 19th Jan 2018

Starters: THB 65 (2 Options)

- Carrot, raison and apple coleslaw
 - Chef's soup of the day.

Main Courses: THB 160 (4 Options)

- Chicken chasseur.
- Grilled seabass with spinach risotto
 - Mini steak with gravy sauce..
- Pla Sam Rod, Phad Prik Khing Moo Krob, Kai Jiew

Dessert of the day : Choose from our a la carte menu and get a 10 %

F&B MORSELS

Thank you to all those who visited us on Thanksgiving Day and joined in the buffet. I had good feedback for the menu we had on offer for the special day so I'm happy people were pleased.

We have had a busy December which is good. The evening of Carols was well attended and many of the visiting families from St Andrews International School were pleased to have mulled wine, mince pies and turkey. Then the Annual Ball with its triple buffet was a wonderful evening with everyone eating a lot of what was on offer. I must thank Khun Rahul who spent a few days getting all the spices and ingredients ready for his delicious Indian dishes that evening, and I'm very



pleased that he taught some of our staff how to prepare the dishes. All month we've had Christmas set meals for eager Members. At the end of this week, it's Christmas Day and the bookings are very good again this year so the kitchen staff will be busy getting this ready too. Also this month there are many functions with set menus, so it has kept us occupied!

January will see some revisions in my recommended menu which is listed in all the outlets. There's the special meal with Frank Bruno which will be an interesting day, and there is also the staff party when we all have a day off and will be eating at the Varuna Yacht Club which will be fun!

Hoping you had a super Christmas, and our good wishes to all of you for the New Year - happy eating!



Khun Laak

Executive Chef

COCKTAIL OF THE MONTH

» JANUARY »

TEQUILA SUNRISE

ONLY THB 125

DON'T FORGET AFTERNOON TEA IS AVAILABLE FROM 3PM

THE BRITISH CLUB

PAELLA

WEDNESDAYS

DINNER ONLY

MINIMUM 2 PEOPLE,
YOUR CHOICE OF:

- MIXED SEAFOOD
THB 495
- CHICKEN
THB 470
- VEGETARIAN
THB 450



AVAILABLE FROM EVERY OUTLET
ORDER 30 MINUTES IN ADVANCE
TO ALLOW FOR COOKING.

WINE TASTING



FRIDAY 26 JANUARY, 6PM-9PM

THE SURAWONGSE ROOM

MEMBERS THB 150 | GUESTS THB 250

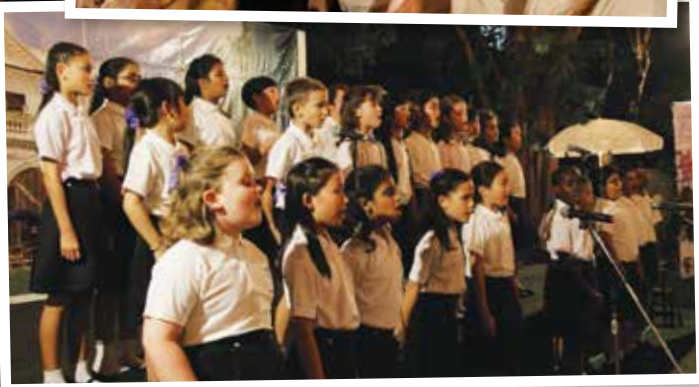


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TIDINGS OF GREAT JOY

Carols Night at the Club

This year, children's choirs from St Andrew's International School led our Christmas Carols Night, 30 from the Sathorn campus and 10 from Sukhumvit Soi 107. Lots of Mums and Dads joined Members and friends on a cold and frosty evening on the Back Lawn and were encouraged to sing along to 17 carols. Most were familiar old favourites but there were a few surprises such as the delightfully jaunty 'I Want a Hippopotamus for Christmas'. Lots stayed afterwards to enjoy Khun Laak's mince pies and mulled wine, and a huge thank-you goes to the teachers from both campuses for training the choirs and making it a most charming evening.



PLATE, GLASS & STAGE

Annual Ball 2017

Last year's redesign of the Annual Ball worked so well that there was warm anticipation of another great evening this year, and that was indeed the case. Despite the long weekend pinching some revellers, a hefty crowd were on hand with tables filling the Back Lawn, and exotic wafts of different cuisines probing the senses. The reception on the front lawn proved breaking the ice can leave the centrepiece carving intact, and an interesting selection of canapés left one rumbling for dinner. After a good welcome to all on the Back Lawn, the jazz band struck the right notes and the international Christmas, Indian, and Thai buffets were eagerly sampled. Sumptuous, all of it. A quick raffle draw showed hotel stays, restaurants, resorts, air tickets and more as the prizes, and an appropriate thank you from the Chairman to chefs Khun Laak and Rahul as well as to Khun Prem, her teams and the MC sealed the culinary segment of the evening. The dance floor was filled as soon as Boss Band started playing, and they held their audience for the next four hours with vocal contributions from David Grace, Gale Bailey, and others. It was terrific! Breakfast was available soon after 1am, and the glimmer of next year's Annual Ball was on the horizon of my mind for the rest of the weekend. Thanks to all those who attended for creating such great ambience, and especially to all the sponsors who helped add sparkle to what was unquestionably a bright and successful evening full of fun, friends and camaraderie.











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BANGKOK



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• pranburi •



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GOLF • RESORT • RESIDENCES



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BANGKOK
THE SURAWONGSE



Holiday Inn
AN IHG® HOTEL
BANGKOK SILOM



INTERCONTINENTAL®
BANGKOK



THE
SUKOSOL
BANGKOK



EASTIN
GRANDS HOTEL
SATTENBANGKOK



PULLMAN
HOTELS AND RESORTS
BANGKOK HOTEL G



THE WESTIN
GRANDE SUKHUMVIT
BANGKOK

Dusit Thani
PATTAYA



THE LEGEND - CHIANG RAI
BOUTIQUE RIVER RESORT & SPA

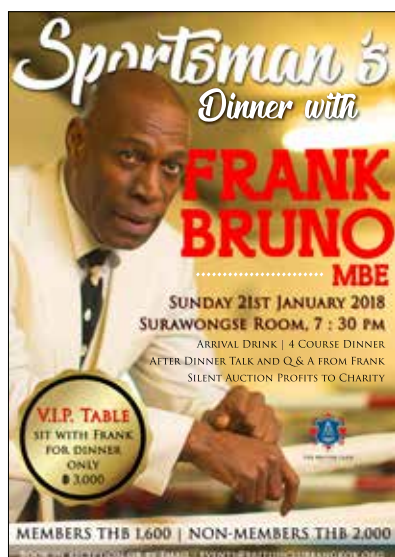


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HOTEL & TOWERS

A BIG THANK YOU

TO OUR SPONSORS WHO SUPPORTED THE ANNUAL BALL

BC Calendar January 2018



THE BRITISH CLUB
BANGKOK

Monday

1

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



Polar Swim
The Pool

8

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



15

**All the Club
CLOSED
for the Annual
Staff Party**

22

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



29

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



Tuesday

2

Squash Mix-In
5:15pm - 7:30pm



**Bangkok
Gentlemen
Spoofers** 8:30pm

Football
7pm - 9pm



9

Squash Mix-In
5:15pm - 7:30pm



**Bangkok
Gentlemen
Spoofers** 8:30pm

Football
7pm - 9pm



16

Squash Mix-In
5:15pm - 7:30pm



**Bangkok
Gentlemen
Spoofers** 8:30pm

Football
7pm - 9pm



23

Squash Mix-In
5:15pm - 7:30pm



**Bangkok
Gentlemen
Spoofers** 8:30pm

Football
7pm - 9pm

Quiz Night
7:15pm The Verandah



30

Squash Mix-In
5:15pm - 7:30pm



**Bangkok
Gentlemen
Spoofers** 8:30pm

Football
7pm - 9pm



Wednesday

3

Tennis Mix-In
6pm - 10pm

**Ladies Tennis
Coaching**
9.30 - 10.30pm

Paella
Dinner only!



10

Tennis Mix-In
6pm - 10pm

**Ladies Tennis
Coaching**
9.30 - 10.30pm

Paella
Dinner only!



17

Tennis Mix-In
6pm - 10pm

**Ladies Tennis
Coaching**
9.30 - 10.30pm

Paella
Dinner only!



24

Tennis Mix-In
6pm - 10pm

**Ladies Tennis
Coaching**
9.30 - 10.30pm

Paella
Dinner only!


















31

Tennis Mix-In
6pm - 10pm

**Ladies Tennis
Coaching**
9.30 - 10.30pm

Paella
Dinner only!



Thursday	Friday	Saturday	Sunday
4 Squash Mix-In 5:15 - 9:45pm 	5	6 Swimming Lessons 9 - 10:30am 	7 Swimming Lessons 9 - 10:30am Sunday Brunch 11:30 - 3pm Verandah Open Pairs Bridge 2pm Silom Room 
11 Squash Mix-In 5:15 - 9:45pm 	12 Junior Tennis 4 - 6pm 	13 Swimming Lessons 9 - 10:30am 	14 Swimming Lessons 9 - 10:30am Sunday Brunch 11:30 - 3pm Verandah Open Pairs Bridge 2pm Silom Room 
18 Squash Mix-In 5:15 - 9:45pm 	19 Junior Tennis 4 - 6pm 	20 Swimming Lessons 9 - 10:30am 	21 Swimming Lessons 9 - 10:30am Sunday Brunch 11:30 - 3pm Verandah Open Pairs Bridge 2pm Silom Room Dinner with Frank Bruno MBE 7:30pm Surawongse Room 
25 Squash Mix-In 5:15 - 9:45pm 	26 Junior Tennis 4 - 6pm Wine Tasting 6 - 9pm Surawongse Room 	27 Swimming Lessons 9 - 10:30am 	28 Swimming Lessons 9 - 10:30am Sunday Brunch 11:30 - 3pm Verandah Open Pairs Bridge 2pm Silom Room Car Boot Sale 2 - 6pm Front Lawn 



REMEMBRANCE SUNDAY

12th November 2017

By George Morgan

Photographs by Anchalee Fordsungnern

This year the British Club Pipe Band again had the great honour to play at the British Embassy's Remembrance Sunday service in front of the embassy's 1914-18 war memorial.

The band was well supported by visiting piper friends from Australia and Hong Kong and we would like to extend a warm vote of thanks to Eric Mitchell from Australia and Stuart Fung from Hong Kong, who also brought his young daughter, Rebecca, aged 11, and one of his student pipers, Aidan aged 12. Pipe Major Keith Walker asked Rebecca and Aidan to play a solo during the Flowers of the Forest lament and the two young pipers acquitted themselves admirably with a faultless rendition.

The service was made all the more poignant by the knowledge that this may well be the last Remembrance Sunday service to take place at the British Embassy's current Ploenchit site. Alas, the site has now been sold and I am told that the embassy will be moving to office type accommodation, possibly before the end of next year.



BACK IN '65

In September, October and November I shared some of Dr. Patrick (Paddy) Dickson's pictures taken around the Club in 1965/66. I have been pestering him for more and this month I have two to share.

Babu: According to Paddy, security at the Club was never better than in the 1960's thanks to the employment of Babus, gentlemen of Indian origin. Indians in general were never we really considered Thai and the commonly used and rather derogatory term, 'kaek' or 'guest', reflected their perceived 'temporary' status. In India though, the title Babu was one of respect for a father or older man and it seems they also commanded considerable admiration from Club Members for their skill as guards.

Apparently their effectiveness owed much to belonging to a 'secret' association, which ensured that reputations were preserved whenever anything went wrong. It would have been dishonourable for a robbery to occur when a Babu was asleep and so this close network ensured that wrong was righted as quickly as possible. Stolen goods were quickly traced to the pawnshops and others known to peddle in pilfered goods, and close relationships with the local police meant that a blind eye was turned as rough justice was meted out with beatings or worse. "Almost all stolen goods were returned!"

Paddy tells a nice story of one dutiful Babu who rushed to his rich owner's house at 3.00am to find that not only was he asleep but also probably heavily under the influence. Highly agitated, he gradually worked up through the family, waking them in seniority order until the owner was finally roused and prepared for an audience. "Your factory is on fire, Sir" was the message, but of course by now it had burnt to the ground!



Dr. Patrick Dickson



Jack Dunford

Party: Paddy wasn't quite sure what event the second picture was taken at but it would have been in 1965 whilst the AIA building was still under construction on Suriwongse Road. There used be events for children on the Front Lawn, with 'circus' acts, ferris wheels etc... and this was possibly a Christmas party. Recognise anyone?



#1 Babu 1965



Front Lawn 1965

HARD BALLS

FIREBALL 6S SERIES 10

The cricket section accomplished a significant milestone in the month of November 2017. We successfully organised our very own indoor cricket format Fireball Sixes Series 10 in less than 3 weeks! All matches were played on weekdays every Tuesdays and Thursdays commencing from 7:00PM onwards between the 9th and 28th last month.

A total of six teams comprising of team RBSC Polo, RBSC Jockey, Southerners, Siam Parrots, Best Friends and of course The British Club were battling it out over 5 rounds of qualifiers for the finals evening held on the 28th of November.

CRASH COURSE ON FIREBALL SIXES - HOW IS IT PLAYED?

Each team has 6 players. The team batting first would bat in pairs of 3, facing 3 overs each pair for a total of 9 overs per innings. Each batting pair's objective is to make as much runs and not give away wickets. Wickets result in minus 5 runs of the pair and overall total in favour of the bowling team. The objective of the chasing side is to outperform the scores of the batting pairs of the opposition to earn a skin points (1 point per batting pair) and total score for the win (3 points). So over 5



Ben Eastwell

rounds each team would have played each other once to accumulate as many points as possible to determine which finals they qualify for. There are 3 final matches namely Spoons, Plate and The Grande finale Cup.

At the end of all 5 qualifier rounds the standings were:

RANK	TEAMS	GAMES PLAYED	POINTS
1	BEST FRIENDS	5	26
2	RBSC POLO	5	25
3	SOUTHERNERS	5	12
4	RBSC JOCKEY	5	10.5
5	SIAM PARROTS	5	9
6	BRITISH CLUB	5	7.5



FIREBALL SERIES 10 FAST FACTS

2,195 RUNS OFF 1,620 DELIVERIES

TOTAL RUNS MADE BY BATSMEN

127 WICKETS - STRIKE RATE 12.76

635 RUNS DEDUCTION FROM SCORES

WINNERS

BEST FRIENDS – CUP

RBSC JOCKEY – PLATE

BRITISH CLUB – SPOON

MAN OF THE SERIES – MANISH AGRAWAL OF TEAM RBSC POLO

BEST BATSMAN – SARABJOT SINGH OF TEAM RBSC POLO

BEST BOWLER – YUVRAJ DAMIR OF TEAM BFF

“IN NEED OF HELP” AWARDS

NO WICKETS TAKEN IN THE ENTIRE SERIES – HANSIE RAWAAL OF TEAM BFF

LOWEST RUNS SCORED IN THE ENTIRE SERIES - CHANDAN CHHABRA OF TEAM BRITISH CLUB

The finals matches had brought out the best in all teams with close nail biting conclusions. Team British Club defeated Siam Parrots for the Spoon, team Jockey defeated The Southerners for the Plate and defending champs RBSC Polo with 4 previous cup titles were defeated by the outstanding series performers Team Best Friends Forever.

Our Series 10 awards sponsors Dusit Thani generously presented the man of the series Mr. Manish Agrawal with special prizes for a 2 night stay in the luxurious Dusit Thani Pattaya and for the Champions Team BFF a Dinner in their Square One Restaurant, Dusit Princess, Srinakarin. A big Thank You on behalf of The British Club to team Dusit Thani for being a part of the action and proud sponsors of our Fireball indoor cricket event. For those interested to catch the action live in our next series 11 contact the cricket section to stay tuned to news and fixture.



BC spoon winners



Fireball series 10 contenders



Chan facing up



Pretending to know whats going on

Quiz Night

Tues 23rd January

The Verandah, 7:15pm

Members THB 100 | Guests THB 150

Teams of 6 or less

WITH THE
MONTHLY
JACKPOT



BOOCS:

MINDFUL LIVING FOR THE 21ST CENTURY



With another year passing and the celebrations of New Year behind us, who amongst us hasn't made and already forgotten those resolutions to give up bad habits and live a healthier life? Our daily routine already makes so many demands on us that trying to introduce new habits is often more stressful and tiring than remaining with the status quo.

The mental exhaustion, or 'brain fatigue' that many of us suffer from on a daily basis need not be the result of crisis management or stressful situations, but an accumulation of stress over time. The more fatigued we become the more difficult it becomes to make healthy choices.



At present, it's estimated that more than half of people aged 60 have chronic age-related illnesses with much of this decline beginning in our 40's. The exact cause of this is unclear, but it is argued that the accumulated stress that we place on our minds and bodies in an effort to keep up with the taxing demands of daily life exceed our capacity to cope. The result is a breakdown of our physical and mental reserves. This can lead to 'brain fatigue' which in turn leads to the onset of chronic illnesses such as hypertension, high cholesterol, arthritis, heart disease, diabetes, depression and ultimately dementia. Rising obesity levels compound these issues and further impact our health.

BOOCS (Brain-Oriented Oneself-Control System) harnesses the power of the patient's own mind to recover from and ultimately overcome the brain fatigue that is so prevalent in today's society.

BOOCS does not initially prohibit any behavior regardless of whether it is considered healthy or not. The three guiding principles are: do not force yourself to do anything you don't enjoy; continue to do things you find pleasure in, and thirdly find alternative, healthy choices and try to do them as often as possible.

The method may appear counter intuitive, however studies undertaken in Japan over a period of some 15 years with more than 21,000 participants have shown a clear, unequivocal improvement in general health and quality of life. According to the founder of this unique approach, Dr. Takehiko Fujino, the key fundamentals are minimizing prohibition and maximizing freedom. His belief that forcing people to modify and change their behaviors by imposing stringent rules, results in a rebounding vicious cycle of unhealthy habits. Instead, he advocates guiding participants through the fundamentals of healthy, mindful living via the BOOCS program gradually modifying behavior, leading to better health and quality of life.

As a leading, cutting edge healthcare provider, BNH is proud to launch the first international BOOCS clinic in Thailand. If you have concerns regarding your levels of stress or lifestyle choices the BOOCS program can be tailored made to meet your needs.



SQUASHY BITS

Dear oh Dear!

With only one court available, squash at the BC has been rather dull of late. Can't do much about that, but there were some unconfirmed reports (probably lies) of a punch up during a match featuring Alex Mellor and some unfortunate soul who ended up in intensive care. Alex used to be an amateur boxer or Muay Thai champ/trainer/trainee or something like that. According to the falsehoods spread around anonymously surrounding this unlikely assault, Alex bashed whoever it was as



Bashed Mason!



whoever it was accidentally used his towel. Sounds a bit immature really and probably didn't happen, yet his dad, Nick, reckons it did. The victim? Poor old David Mason. Dear oh dear. What has the world come to when an old bloke like him, in his twilight years trying to enjoy his retirement, gets duffed up by a strapping young ex-MMA fighter over misuse of a free towel? Shameful and shocking if true. To that end, BITS visited Alex in prison in a bid to get his side of the story, but Thai prisons are notoriously harsh places with limited visitation so until he gets released on bail, which is uncertain as his dad



Bruce Madge

said he'd blown all his spare cash on Cadbury's Cream Eggs, a silver Christmas tree and some crackers, we may never know exactly what led up to Mason having his jaw broken by Alex's left elbow. Of course, we can't ask Mason as his jaw is wired shut and he's being fed liquid bananas through a tube. Sounds like he deserved it to be honest, but if anyone is interested in seeing how he is head to the geriatric ward of Bangkok Christian Hospital, Silom Road. Take some grapes if you wish, but you'll likely have to eat them yourself! Alex? Seems he'll be spending the first few months of 2018 behind bars. Dear oh dear.

Now to the BC Xmas Ball and the Squash Section's involvement in this usually joyful and delightful occasion. Twenty odd Squashies agreed to attend, but naturally the Mellors weren't there what with one of the sons in the nick and the parents scrambling around trying to sell assets/take out loans to raise bail money. Evans' was as the BC is quite near his home so he's allowed to go there without seeking prior permission from his WAG, Raquel, who declined to partake as last year she was left twiddling her thumbs after her husband fell asleep in the bogs. Dear oh dear. That's alcoholism for you. The Thompsons came along: Ricky, Debs and Luke with Debs' friend Meredith also joining in although she wasn't to last the evening. Poor girl. Mark Rayfield was there and John Vivian and Marv, all complete with beautiful WAGS, while the Saturday afternoon Squashies of Geoff, Ken, Malcolm, Dan, etc., also joined the evening complete with Jess, who, along with Dan, had a terrible evening. Haroon



Reason for assault!



Great place for a kip!





Violent dancer!



was in attendance and Peter and perhaps a few others we've overlooked as the BITS' photos of the evening were destroyed due to a computer virus spread by North Korea. Dear oh dear. What has the world come to when innocent, fun loving folk can't take a few party photos without having them wiped out by some fat communist creep? Anyway, everything started off as usual as we listened to Jeremy drone on and on; tedious, yet harmless and the evening looked like being such fun, yet for some things just didn't turn out that way as once the football kicked off some/lots of the Squashies sodded off to the Churchill Bar to catch West Ham against Chelsea and that's when the evening turned ugly for Chelsea fans Jess and Dan. WHU won 1-0 which led to chaos in the CB. Jess and Dan, both absolutely hammered on the free wine wolfed down during the champagne reception, went mental and threatened to smash the place up. Dear oh dear. What has the world come to when grown men and women react like that to a football result? Incredible scenes; totally chaotic, amazing, yet the anger and threats of violence proved silly, hollow and short lived as they both suddenly burst into tears and stormed back

to join the party. That's alcohol for you. And the party is where poor Meredith's evening also turned ugly and she ended up joining Mason in hospital. Getting on for 10pm by now with the band blasting out some lively numbers, many party goers deemed it a wise move to hit the dance floor and make fools of themselves. In other words, dancing to ABBA songs while drunk. Debs enjoys such an activity, especially after a dozen beers or so; twirling around left and right, flinging the arms up and down, full of energy, bouncing and jiving to Dancing Queen – Debs a dancing queen in her own right. Harmless fun, surely? Not so. Meredith, feeling pretty smashed herself and swaying merrily while trying to avoid Debs flying limbs, strayed too close and got walloped in the face knocking her clean out right there on the stage. Dear oh dear. What has the world come to when friends can't even have a dance without clobbering each other? Meredith? Intensive care at Bangkok Christian Hospital and a bed in the geriatric ward next to Mason!

Evans? Asleep in the bogs again!
Until next year's Ball.....



Fat communist creep!



Meredith's eye!



The BCB Squash Section would like to acknowledge Boots Retail Thailand as its sponsor for 2015. Boots Retail Thailand kindly sponsored the 2014 Rod Carter Open, the BCB Squash Section's open squash competition, and has agreed to support the section throughout 2015. Boots Retail Thailand has numerous branches throughout the country supplying high quality cosmetics and pharmaceuticals. Many thanks to Boots Retail Thailand.



TENNIS

Dear Members

Let me first take the opportunity to wish you all a Happy New Year and may your 2018 be full of aces and winners.

The big news to bring you is that the annual Tennis Club Championships are about to start and as entries close on January 6th, you might just still have time to get your entry form in. Please see Amnat in the fitness centre if you haven't entered yet!

December was another interesting month for the tennis section and saw our gentlemen players competing in the THAILAND SENIORS OPEN played at the FBT Sports Park in Bangkok between the 2nd – 8th December.

The usual suspects were in the prizes again but top of the class this time out was James Young who won both Singles and Doubles events in his age group. James was partnered in the doubles by the ever dependable Khun Phairoj who was also runner-up in the men's 55+. Harold Mollin had to settle for a whole set of runner-up prizes this time out with Andrei Ivanov also picking up a runners-up trophy in the 35+. Well done gentlemen on another excellent set of performances!

Closer to base, Series 6 of the British Club Tennis Leagues concluded towards the end of November with Faheem taking the Division 1 title, my good self emerging from a topsy turvy Division 2 and Khun Prasit outgunning the competition in Division 3. Division 4 was divided into two groups and featured two first time competitors in the much improved Mikola and Sala bar resident Alex Creese. Neither could upset the applecart though and Nick Lyons bounced back from his whitewash last time out to take the division 4b while Nattaya finally won division 4a! Congratulations all and spend those vouchers wisely! League tennis now takes a break until after the conclusion of the Club Championships.



Graham Johnston

Section Chairperson

Photo of the Year from November's ITF Seniors 60+ Doubles Final



Singles Champ James Young*Harold with one of his collection**Ivanov runner-up in the 35s*

*Unanswered questions from 2017 ...
Who won the American Tournament. And, what is an American tournament*

*Doubles Champs Phairoj and James*

On December 10th Nick Lyons held one of his crowd-favourite American tournaments which was well supported both during and after. I was on the links that afternoon but did pop down for the aftermath and hung around long enough to find out that Nat won the ladies tournament, that Mike was sporting a new 'American Gangster' baseball cap, and that Nick had gone home to watch Liverpool get outfoxed by Big Sam's SuperToffees. I'm still not sure who won the men's title only that it was a three-way tie. By a process of elimination I'm going to say it must have been a,b &c To be confirmed next month!

In summary, I think we can safely say that 2017 has been a successful year for the tennis section. Numbers in terms of membership and participation in 'mix ins' are up despite the best efforts of the rainy season to interrupt sessions starting a 18.00 😊.

Our players have been active with great success in competitions across Thailand and beyond, we have entertained visiting clubs from Bahrain, Singapore, Hong Kong (2) and Malaysia (3), staged two successful largish tournaments and three successful smaller social ones plus run a total of 6 leagues series.. Additionally, our men's and women's interclub teams battled hard in their Bangkok tournaments with the men re-establishing themselves as a force to be reckoned with in their 3rd place finish. Thanks to all who have contributed to the year and I look forward to seeing you all on court and courtside in 2018.



START 12 JANUARY
END 6 APRIL

HALF TERM BREAK 2 WEEKS
FRIDAY 23RD FEB AND 2ND MARCH.

FRIDAY JUNIOR TENNIS

11 LESSONS : THB 6,050

5-8 YEARS OLD | FRIDAY 4PM-5PM

8-12 YEARS OLD | FRIDAY 5PM-6PM

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START WEDNESDAY 10 JANUARY 2018

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BCGS GOLFING NEWS

November 2017



Club Championship

After two days play in testing conditions Gaew Khongyoo won the Ladies Club Championships at Springfield. Yurachatr Brook won the ladies Net with Val Ashman and Karen Carter also in the prizes.

Robert Elliot took the men's title with Varghese Rose picking up the net prize.



Ladies Finalists



Springfield



Club Champions



Mens Finalists

SUAL Cup

The annual matchplay competition against the Cocktail Lounge ended in defeat for the British Club in spite of being played at our home course at Royal. The final score was 3 ½ to 2 ½. Robert Elliot continued his good form and was the top points scorer on our side. Thanks to all who represented the club.



Robert Top Points Scorer



Ken rings the SUAL Cup for the win



Visualising the shot

November Medal

The swing lessons and new Calloway clubs are paying off for Randall Coleman who won the Flight A monthly medal at Royal on Sunday with a fine gross 76 - net 69. Robert Elliot had to settle for 2nd place this time out with my Graham Johnson a distant 3rd.

Welcome to the winners circle to Nick Lyon who took the Flight B honours with Pete Gale and Simon Fisher trailing in his wake.

Roy Barrett's swing – poetry in motion



Backswing



Follow Through

If you would like to join the golf society, we welcome players of all standards. We normally play on a Sunday and also have away weekends. For more information please contact us at bcs.bangkok@gmail.com



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