

FEBRUARY 2014



THE BRITISH CLUB
BANGKOK

OUTPOST

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THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK



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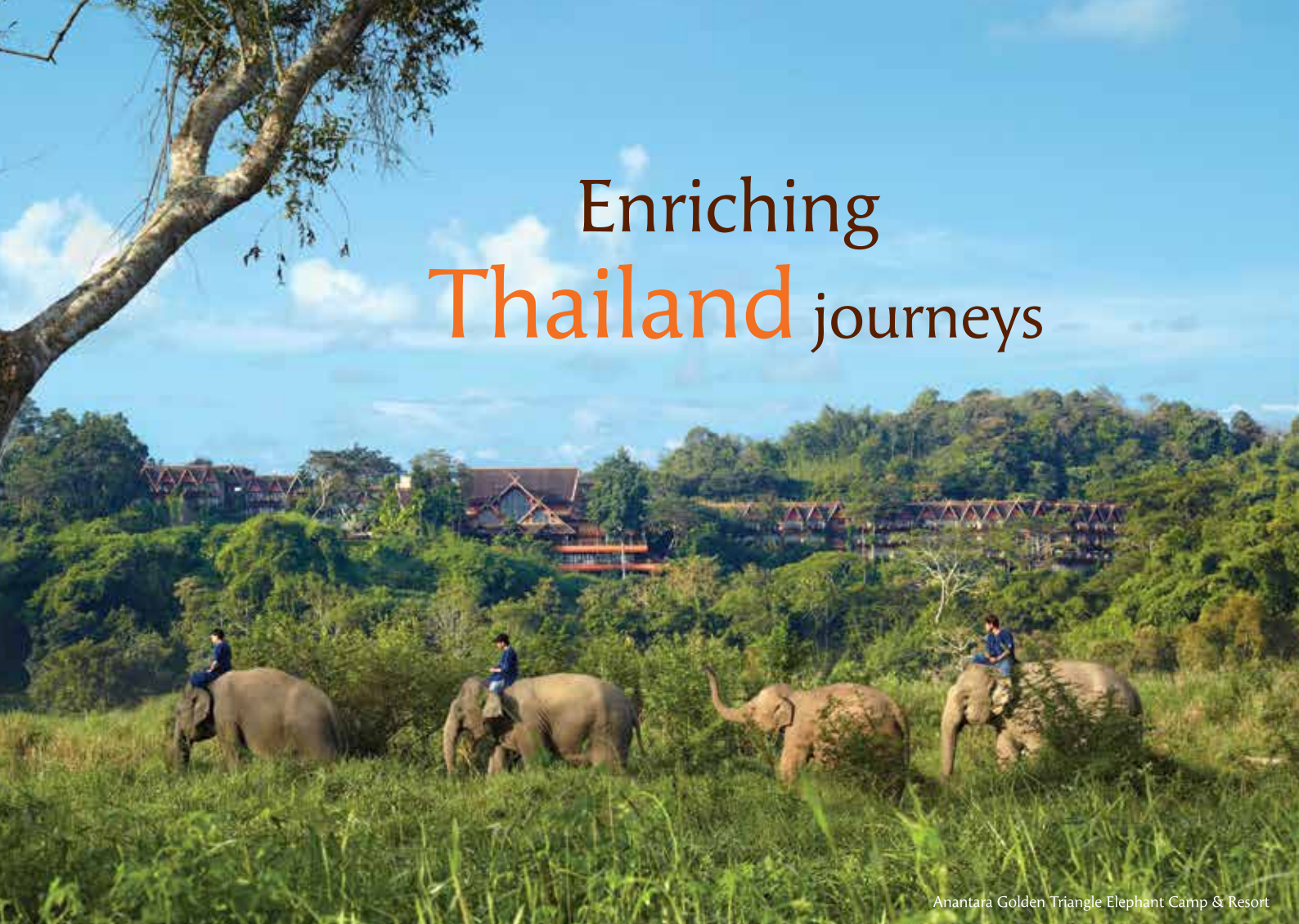
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BANGKOK

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FRONT COVER

The origin of Valentine's Day is arguable, first linked with romantic love by the Chaucerians, then evolving into expressions of love through gifts of confectionery, flowers, and greetings cards, using symbols of hearts, doves and Cupid, and often delivered anonymously to avoid embarrassing situations. Have a lovely day!



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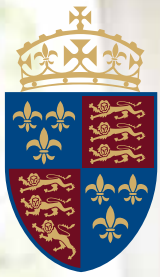
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LETTER FROM THE GM



Dear Members,

January has been a quiet month since the New Year fun, but it has grown even quieter since the 'Bangkok Shutdown'. The Club is open and running quite normally, with the staff getting to work without problem and road access being smooth except at peak hours. Please do not stay away thinking there are problems in Silom! At quieter times like this, the Club needs support from its Members so come along and enjoy the tranquility.

Our financial year ended on the 30th November 2013 and we finished with a net profit of more than six million baht and a total of 1,042 Members. I would like to take this opportunity to thank all the Club's staff and Members who made 2013 such an excellent one for us. We look forward to making 2014 an even better year, with lots of events and sporting activities for our Members.

The Annual General Meeting will be held on Tuesday 18th March in the Surawongse Room at 7.00pm. Members who are interested in serving on the General Committee should complete an application form before Tuesday 11th March and hand it in at Reception, marked for my attention, so that a list of candidates can be circulated prior to the AGM.

This February, we celebrate Chinese New Year and the Year of the Horse! We will have a Chinese Dim Sum Buffet for both lunch and dinner on 2nd February, with a Lion Dance at 2.30 pm. On Valentine's Day, we will offer a special Set Dinner Menu prepared by Khun Laak in The Verandah. Other events to look forward to include the Quiz Night and our monthly Wine-Tasting on Friday 28th.

By now the Annual Tennis Championships are well underway, with the finals being played towards the end of March. In addition, Mike Wagstaff will be running a full programme of events to keep you and your children occupied throughout this month. Please email him if you have any questions or suggestions.

Finally, I would like to remind you all that our 'member-get-member' promotion is still running. By introducing a friend to the Club, your BC account will be credited with 3% of the total joining fee that they pay. Please contact Khun Prang, our Membership Manager, for further details.

As always, I look forward to seeing you often at the Club.

Best regards,

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)



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HAPPENINGS



Dear Members

It is astounding that we are already a month past Christmas and that the cold spell and street ructions are still with us - whilst the latter must be driving many of you absolutely batty, it has meant that driving to work has been a dream, though that is rapidly wearing off now as Bangkokians lose their patience with the public transport systems. We've had a lot of functions cancelled or postponed as a result of the gridlock, and there's not much glimmer at the end of the tunnel as yet. There was a big celebration planned for Australia Day this month, and of course there was the massive John Walker & Sons function, but sadly both of these were postponed and are being rescheduled if possible.

January started out with the Polar Swim on New Year's Day; I don't think I've seen the Poolside as busy as that in the last four years, the pool was full of frolickers and the salas and surrounds were full too. We put the ice into the pool in two batches to make the experience last longer, and it paid off as kids had that much more time to manoeuvre their way through the bergs. Quiz Night was a good evening, as it always is these days, and then we had our new year Car Boot Sale which was well attended and saw quite a frenzy of buying for the initial couple of hours tapering off through the afternoon. This time we had an extra table selling items donated by Members, with all proceeds going to the Pisamai Fund, the Club's fund for assisting with the cost of education for staff's children. It was suggested and organised by a Member, and most of the stuff sold so the objective was met and we will do the same at our next Car Boot Sale if anything has been donated for that purpose. Before the end of the month we will be having a New/Old Members Night to blend the traditional with the contemporary, and the staff will also all be away for a day in Khao Yai for the annual party which is well-deserved and a great deal of fun for all.

Sunday 2nd February is the day we will be celebrating Chinese New Year (of the horse) here at the Club, with the annual Dim Sum buffet midday and in the evening, and booking is definitely recommended. There will also be a Lion Dance on the front lawn at 2:30pm that Sunday, and this year we have booked a better troupe than the ones we tried out last year. Later in the month is Valentine's Day, a day of multiple multi-directional arrows fired by the energetic Cupid, and this year we are either booking couples on to a splendid (and large) boat which will cruise up the Chaopraya, or booking them a table for two in The Verandah with a special menu and a free glass of sparkling wine for each person. Then there is the Phillips String Quartet on 26th February presenting an evening of virtuoso playing in the Suriwongse Room which is certainly worth attending, the monthly Quiz Night with an increased Jackpot, and the wine-tasting which hopefully will see a better turnout of wine companies if the social disquiet has abated and makes it worthwhile.

There's a flurry of concerts coming up in both February and March. The popular singer-songwriter Avril Lavigne is playing at Impact on Tuesday 11th February, and then in March we have the legendary Eric Clapton at Impact on Sunday 2nd followed by the excellent Bruno Mars on Thursday 20th. Please book soon or I will have to send the tickets back to the organisers, and then you'll be sorry!

The annual Disney on Ice has, as usual, only 1 performance in English on Saturday 29th March in the morning. Half our tickets have sold already, we have seats which give a view over the whole ice-rink as specifically requested by a Member family, so it will be a good outing. Please write down your names on the sign-up sheet in Reception or email me.

You will see from page 15 that you can now download the Club App for either iOS or Android, or even a version for Nokia and Blackberry phones, though I can't vouch for that version. The App has taken rather longer than I expected and will require a lot of work keeping it updated and useable, as well as developing extra features. It should help the overall communication between Members and the Club, and the other features will be icing on the cake. If there are areas which don't work, please use the feedback page and I'll sort it out as soon as there is time. I'm hoping the rewards scheme will go into operation during February so regular visits to the Club will earn you a reward from time to time!

Lastly, we will have to cancel the weekend of ballooning in Ratchaburi as there have been very few enquiries and we cannot keep the company on hold - a bit disappointing as I thought ballooning at sunrise and sunset sounded rather good.

Have a good month, and a cosy clutch and cuddle on the 14th!

Best wishes

Jeremy de Sausmarez
Events & Marketing Manager

Business Luncheons

3rd February - 7th February 2014

Starters - 55 baht

Grilled Chicken, Mango, Beetroot Salad
Served with Balsamic Dressing

or

Chef's Soup of the Day

Main Courses - 140 baht

Fish and Chips

Served with Garden Peas and Tartare Sauce

or

Turkey Lasagne

Served with Mixed Salad and Garlic Bread

or

Pork Schnitzel

Served with Apple Salad

or

Panaeng Gai

(Chicken Stir-fried with Red Curry Sauce
Topped with Slice Lime Leaves)

Kai Jiew Moo Sub

(Thai Style Omelette with Minced Pork)

Phad Phak Ruam Nam Man Hoy

(Stir-fried Mixed Vegetables with Oyster Sauce)

17th February - 21st February 2014

Starters - 55 baht

Mozzarella, Mango, Tomato and Rocket Salad

or

Chef's Soup of the Day

Main Courses - 140 baht

Salmon Fish Cakes

Served with Chips, Garden Peas and Tartare Sauce

or

Chicken Stew in Red Wine Sauce

French Onion, Peas, Carrot and Mashed Potato

or

Fillet of Pork in a Light Curry Sauce

Served with Grilled Zucchini and Coriander Rice

or

Gaeng Jued Phak Gard Khao

(Chinese Lettuce Soup with Minced Pork, Tofu
and Vermicelli)

Pla Sam Ros

(Deep-fried Dory Fish Topped with Sweet and
Sour Spiced Sauce)

Pad Phak Ruam Nam Man Hoy

(Stir-fried Mixed Vegetables with Oyster Sauce)

10th February - 14th February 2014

Starters - 55 baht

Waldorf Ham Salad

or

Chef's Soup of the Day

Main Courses - 140 baht

Mini Steak

Served with Mixed Vegetables, Roast Potatoes
and Gravy Sauce

or

Pan-fried Dory Fish with Mornay Sauce

Served with Broccoli and Mashed Potatoes

Grilled -Chicken Breast Tarragon Creame Sauce

Served with French Beans, Carrot and Sautéed 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)

24th February - 28th February 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)

Dessert of the Day - 55 baht

or

Choose from our à la carte Dessert with 10% off



THE BRITISH CLUB
BANGKOK

F&B MORSELS



Dear Members,

January has almost finished but people still seem very keen on turkey and ham so we will keep the specials going for a while longer. Next month we also carry on with the wide range of strawberry dishes as these are popular also and they will stay in season. I have been asked about mangoes but the best time for them is nearer Songkran.

February is the month of roses and Valentines and on Valentine's Day we will be doing a special dinner for couples who want to come and have a lovely dinner here, with a glass of sparkling wine for both included. We'll send out the menu quite soon so be ready to book!

Also this month we will change the selection of cakes which are on the cakes menu as there are other types which I think you will enjoy. I also want to start the Snack Menus on the tables again as some Members have asked me about Open Toasty sandwiches and Beef Tacos, so watch out for the menus as they're a good way to keep your hunger under control in between meals.

From now on it will be possible to get drinks at Happy Hour prices in the 1910 Balcony the same as in other outlets around the Club. I have been getting good feedback about the afternoon teas which are served from 3pm onwards in the 1910 but it seems most Members haven't come down to have a look at this new quiet and relaxing place to spend the afternoon and evenings. Come and try out the teas, they're as good as the view over the back lawn!

I hope we will have another Gourmet Dinner this month. More details in a mailing once it is arranged.

Happy Eating!

Khun Laak
Executive Chef



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Thursday 13th March 2014

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For further information please email: galaconcert@harrowschool.ac.th

ICY NEW YEAR!

Polar Swim 2014

The truck loaded with blocks of ice arrived at midday, by which time the Poolside was busy in and out of the water. The weather was chilly anyway, so everyone waited as the blocks were stacked up along the side. They were added to the water in two batches, so everyone had a bit to play with. Even a penguin was there! It was chilly, and so much fun for toddlers, kids and adults too! A delicious Thai buffet as well, and free ice creams for the kids. Happy New Year!





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Valentine's Day

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THE BRITISH CLUB APP

Now available!

Some of you may recall that the cover of Outpost in August 2010 featured the just-released iPad with a screen portraying a possible future interface for mobile gizmos (see inset). Three years on, tablets are everywhere, mobile phones barely make phone-calls but do everything else, desktop computer sales are shrinking year-on-year, notebooks are all but gone, and now even laptops are facing reduced sales as the tablet/phone capabilities expand.

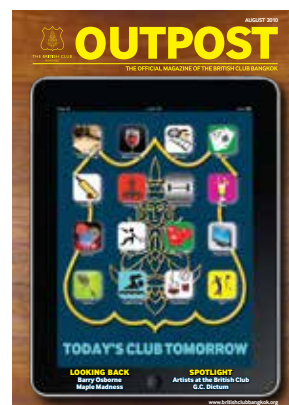
The portability of data is increasing immediacy. Making arrangements, exchanging information, scheduling work and play, answering questions, finding solutions, confirming possibilities, all these activities used to wait for us to get to work or get home before we had our personal planners to hand. We can now conduct such activities IN our hand.

As more organisations embrace the mobile platform to suit their businesses, it makes sense for the Club to anticipate the ways in which mobile phones can be used by Members to interact with the Club over matters which don't really need desktop power. So the Club App is the first step in that direction, an easy-to-use route for Members to have access to the Club for daily, and often spontaneous, matters of interest, enquiry or comment.

Of course, the App can be used for reference. It has a section about the Club itself, and a section with general and operational information covering all areas of the Club's operations. It will have listings for events, sports, F&B, and ad hoc listings. It will have a quick channel for booking sports, booking events, booking F&B and booking rooms. It will provide an easy format for enquiries and feedback. It will include a messaging function and directions for those who may be lost or unclear of where they are. It will have links to sponsors, online sites, and even a kids area with games.

In the next few weeks, we will be introducing a 'rewards' scheme on the App for regular patrons of the Club which will be controlled automatically by scanning QR Codes with the App. So visiting the Club often will earn you something, and that's the sort of welcome that is welcome!

There's still a long way to go, but visit your App store or scan the appropriate code at the bottom of this page and then download and play around with the Club App - watch it develop, and use it however you can.



Often described as "an oasis in the heart of Bangkok", the British Club Bangkok is the Social, Sports & Cultural Centre for the English-Speaking Community in Bangkok. The Club is centrally located between Silom and Suriwongse Roads in the heart of Bangkok's business, shopping and entertainment district, and close to both public transport (Skytrain, Underground and BRT) and to the Second Stage Expressway. The Club provides a relaxed and friendly atmosphere for a wide range of sporting and social activities for the whole family, while remaining a popular venue for a business lunch or convivial drink. The Club is also well-known for its high standard of catering for functions held both on and off the premises. Membership is open to all nationalities and there are currently over 1,000 Members from over 40 countries. The Club celebrated its centenary in 2003.



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



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HEALTHY TALKS

Decoding menopause: from stormy weather to sunny skies.

When we think of the word 'menopause,' many of us imagine a middle-aged woman who experiences regular – and violent – mood swings, which causes the people around her to become fed up. But very few of us understand what causes these shifts in a woman's mood and how best to manage it, and if it might even be preventable so it doesn't occur when we finally enter menopause.

Set aside your worries and take a look at the information provided by **Dr. Pansak Sugkraroek**, an obstetrician who specializes in reproductive endocrinology at Bumrungrad International Hospital. You'll realize that menopause really isn't the scary monster you think it is.

Menopause: the precipice of change

"Menopause basically refers to the time when a woman is no longer menstruating. This is caused by cessation of the function of the ovaries, which no longer produce eggs or the hormones estrogen and progesterone. Menopause is referred to as the 'age of change,' as women transition out of the reproductive phase of their lives. Menopause brings with it many changes. The average age that menopause begins in Thai women is between 45 and 50, with many symptoms preceding it. Sometimes a woman can enter menopause before 40 years of age; this is called premature menopause.

Symptoms of menopause

One of the most common symptoms of menopause, and the one that diminishes the quality of life of many women, is hot flashes. Other common symptoms include feeling easily frustrated, body aches, stress, insomnia, night sweats, urinary incontinence, painful sexual intercourse caused by vaginal dryness, and no sex drive. These symptoms are caused by the lack of the hormones estrogen and progesterone. They affect a woman physically, as well as emotionally, causing a loss of confidence. Eventually this can affect the functions of various organs in the body, which, in turn, can impact a woman's daily life.

A good start for a happy ending

The age of change brings many physical changes to a woman's body, and if not cared for properly, many problems may occur that can prevent a normal and happy life once a woman reaches 60. That is why it is important to start improving quality of life when menopause begins. This is especially true for women today whose lifestyles make them particularly prone to illness. Factors that affect health include improper food intake, lack of exercise, and avoiding exposure to sunlight, which leads to Vitamin D deficiency. Furthermore, many women smoke and drink alcohol regularly, which leads to osteoporosis and brain deterioration.

However none of these symptoms or conditions is life-threatening, especially if a woman sees a specialist or visits a menopause clinic as soon as symptoms occur. This increases the chances of recovery or improvement. It isn't about treatment, but about suggesting behavioral changes and lifestyle modifications, or 'life coaching,' according to the easy principles established by the Department of Health under the Ministry of Public Health. These include good food, good attitude, proper exercise, reproductive health, and environmental health.

These principles state that one should choose nutritious foods that are high in calcium and should reduce carbohydrates and sugars. Avoid fatty food, increase fiber in diet, and drink plenty of water. Also get plenty of rest and go to bed before midnight. Control emotions and develop a positive attitude. Be cheerful. Exercise at least 30 minutes a day, at least three times a week. Undergo annual physical check-ups and screening for cervical and breast cancers. Stay where the environment is clean and healthy.

Correcting imbalance with hormones

As a woman gets older, her metabolism naturally deteriorates. At the same time, the foods that we eat nowadays do not contain enough nutrients, impacting the organs of the body and causing hormonal deficiencies. Eventually, this leads to complete hormone depletion in women. Thus, these hormones must be replaced with Bioidentical Hormone Replacement Therapy or HRT.

Before receiving replacement hormones such as bioidentical hormones, which have the same structures as the sex hormones of a human being, a thorough examination should be carried out of the woman in menopause. She should be checked for hormone-related tumors, such as uterine and ovarian growths. She should also not have hormone-related cancers, such as endometrial cancer, some types of ovarian cancers, and breast cancer. If she is not at risk for any of these conditions, she may safely begin HRT.

There are many advantages to HRT in menopausal women, including reduction of hot flashes, depression, memory loss, problems of the urinary and reproductive systems, as well as increasing bone mass and preventing ischemic heart disease, if HRT is begun early, before symptoms occur. To ensure safety and effectiveness, HRT should be carefully observed and results monitored closely.

Love: the key to happiness

If you ask me how you can be happy during menopause, my answer is that you need to live your life with love as prescribed by the four principles of



Buddhism. When you love, you must have compassion and want happiness for the one you love. Be kind and keep the one you love from suffering. Furthermore, find pleasure in the happiness of those you love, and finally, learn to detach. All of this is to say that if you give good things to someone you love and they are not ready to accept them, don't get angry, don't sulk, and don't feel insecure. It is important that the care of a woman during menopause is carried out with her whole being in mind.

Menopause: a colorful season

Even though menopause brings with it many changes, but in my opinion, a woman going through menopause is just like autumn, when the leaves are most colorful. Overseas, this season is considered the most beautiful, and many tourists travel to observe this phenomenon. So I would like menopausal women – and society – to change their thinking. This is a wonderful time in a woman's life, when her children are grown and stable, finally allowing her time to herself. This is a time to care for her health and a perfect time to adjust her perspective and the way she lives her life. Add bright colors to your life, and your life will definitely shine more, and walk into the next stage of your life with joy.

Menopause is not an illness. It is a colorful season of life and shouldn't cause anxiety and be an obstacle in living life. If carefully managed, both physically and emotionally, and an understanding is reached between two people, a woman going through menopause can continue a high quality of life and can be happy.

CHECKLIST OF SYMPTOMS OF MENOPAUSE

Are you experiencing any of these?

- Irregular periods.
- Hot flashes throughout your body, night sweats, or chills.
- Body aches, including the muscles, joints, and bones.
- Urination problems, such as incontinence.
- Difficulty falling asleep or staying asleep.
- Normally healthy skin is dry, rough, and more wrinkled.

IN CONCERT

eric clapton

Live in Bangkok 2014

2 March 2014

Impact Arena, Muang Thong Thani



- We have tickets in :
zone A2 rows K, L, M, 33-42 at Bt 6,500
zone JJ rows C1-10, D1-15 at Bt 5,000
- Price includes coach from the Club to the venue and back, plus booking fee.
- Non-members surcharge as usual is Bt 200 per ticket.
- No cancellations, no refunds.
- Please book at Reception or by email to events@britishclubbangkok.org



PAST PARTICIPLE

Auspicious Melioris Ævi

By Paul Cheesman



We look back to the history of our Club in 1995 ...

1 The key message of the year was to increase membership and more importantly increase usage of the Club. At the AGM we took steps to reward older Members by creating a Senior Membership category whereby at the age of 60, and after 10 years of membership, one enjoyed half subscriptions and we also tidied up our temporary membership schemes and expanded the ordinary temporary membership from a maximum of one month to three.

2 The clampdown on 'guests' mentioned last month was continued in 1995 with positive results - the GM even found one non-member using the Club three times a week as he played cricket for the Club, was on the Rugby Section committee, spoofed on a Tuesday and served on the St. George's committee! A threatened ban on his being allowed in the Club finally got him to join. It is sad that nearly twenty years later we have near identical 'guests'!

3 A hiccup in our financial management had led to the Club being out of sync with the legal minimum wage which meant that by the June we had 19 staff (about a quarter of the establishment) being paid less than the Bangkok minimum of 4,050 baht per month. In order to correct this and maintain other staff members' salary differentials an emergency round of pay rises was undertaken.

4 For the past few years the committee had become very conscious of the fact that committee members were serving shorter terms than in the past and with the average three year span of a General Manager there was a danger of a lack of continuity. In order to relieve this the committee had started a series of papers called 'Policies & Procedures' (or P&Ps). These papers would outline GC policy on various matters not detailed in the rules or by-laws for the benefit of future committees and GMs. By 1995 the series was virtually complete with a full set of 62 documents. Although revised as a set in 2000 and 2002, they fell out of use and many were usurped by subsequent rule and by-law changes. In 2010 those remaining relevant P&Ps were merged into the by-laws.

5 The year ended on a high and a low. The membership measures enacted at the AGM were enhanced at an October Extraordinary General Meeting (EGM) which offered a 50% discount on joining for persons under 30 years of age as a means to entice younger Members and amended the Non-Voting (instalment payment) scheme adopted in 1993 (see Outpost December 2013) to have equal payments each month. These actions enabled membership to increase dramatically to 883 with the accompanying increase in F&B sales such that the Club ended the year with a cash surplus for the first time in half a decade. Sadly our General Manager took this as his cue to bow out with a job well done and so the search was on for a new General Manager as his replacement from April 1996.

MISCELLANEOUS

17. The GC should be aware of the activities of a non member Mr [REDACTED] who occasionally plays cricket for the Club, is on the rugby section Committee and plays for the section, is on the St George's Committee, is a spoofer and who comes to the Club often.

A non-member member!

The author is Honorary Secretary of the Club

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Kids Cricket
8am - 11am

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

BBQ Buffet
Surawongse Sala
5pm - 9pm



Kids Cricket
8am - 11am

Dim Sum Buffet
Lunch and Dinner
The Verandah

Open Pairs Bridge
Surawongse Room
2pm

Lion Dance
Front Lawn
2:30pm

Tennis Mix-In
4pm - 7pm



6

Tennis Mix-In
6pm - 10pm



7

Children's Cinema
6pm, Silom Sala
Monsters University



Kids Cricket
8am - 11am

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

BBQ Buffet
5pm - 9pm



8

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



13

VALENTINE'S DAY

14

Tennis Mix-In
6pm - 10pm



Children's Cinema
6pm, Silom Sala
The Lady and the Tramp

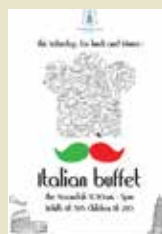


Valentine's Dinner
The Verandah
7:30pm - 9pm

Kids Cricket
8am - 11am

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

BBQ Buffet
5pm - 9pm



15

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



16

20

Tennis Mix-In
6pm - 10pm



Children's Cinema
6pm, Squash Court 3
Despicable Me 2



21

Kids Cricket
8am - 11am

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

BBQ Buffet
5pm - 9pm



22

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



23

27

Tennis Mix-In
6pm - 10pm



Children's Cinema
6pm, Silom Sala
Frozen



Wine Tasting
Silom Sala
6pm - 9pm



28



HEALTH & WELL-BEING

By Mike Wagstaff



6 Tasty Nutrition-Rich Smoothies!

There's no need to buy expensive juicing machines in order to enjoy the full benefits of this article; a standard household blender will suffice. Fruit and Veg contain varying amounts of fibre and therefore some combinations may make juice thick when blended together. This can be avoided by simply adding more water, by adding natural honey, garlic, salt and pepper you can be sure that the extra water will not make your smoothie taste weak. In actual fact research is now suggesting that juicing fruit is not all that good for you. The science is basic; fruit contains a lot of sugar, by taking the fibre out of the fruit you are highly concentrating the sugar contained within, hence drinking fruit which has been juiced causes a very sudden spike in blood sugar which if repeated consistently could lead to increased risk of developing diabetes. The fibre contained within the pulp of the fruit is essential in order to keep the digestive tract healthy and may reduce blood cholesterol levels as well as reducing the risk of developing heart disease.

Below are some simple recipes which you can personalize in order to suit your preferred taste.



POWER BURST

This delicious green healthy drink is full of iron which is key for healthy blood-cell and muscle function. Also high in vitamin K, another absolute must for healthy blood and bones.

- 1 cup sliced kale (from about 3 large leaves)
- 1 cup seedless green grapes (about 28)
- 1 English cucumber, thickly sliced
- 1 small Granny Smith apple (4–6 ounces), cored and cut into chunks
- 1/2 cup water

THE C BOMB

Boost your immune system with the C Bomb. Great for those for us who are travelling back to the UK/US this winter. This Vit C BOMB will help you to ward off all those nasty colds. The Kiwi's alone contain twice the recommended daily requirement of Vit C.

- 1 (14-ounce) grapefruit, peeled and cut into chunks
- 2 medium oranges (10 ounces total), peeled and cut into chunks
- 3 kiwis (preferably golden, about 12 ounces total), peeled and cut into chunks





ENERGY LIFT

The natural sugars found in these fruits will give you an energy lift and the electrolyte-loaded coconut water will maintain hydration; essential for the climate which we live in. Good alternative to coffee?

- 1 (20-ounce) can lychees in syrup, drained and rinsed (or 20 peeled and seeded lychees)
- 1 cup frozen and thawed sliced peaches (7 ounces)
- 3/4 cup coconut water (or water)

POST-WORKOUT REFUEL

Refuel your body with this fantastic concoction of ingredients. The almonds contain heaps of protein which will help to build and repair muscle. The potassium contained in this drink (the equivalent to 4 bananas) will help balance your electrolytes and fluids.

- 2 medium oranges (10 ounces total), peeled and cut into chunks
- 1/4 cup whole, raw almonds
- 1 small sweet potato (about 4 ounces), scrubbed and coarsely chopped
- 1 medium apple (8 ounces), cored and cubed
- 1/2 cup water



DETOX DELIGHT

Keep things moving and calm your stomach with this tasty detox drink. High Fibre root vegetables and fruit will keep things moving through the digestive tract, meanwhile the ginger will calm your stomach, making you feel clean and refreshed.

- 2 tablespoons peeled and chopped fresh ginger (1/2 ounce)
- 1 medium beet (8 ounces), scrubbed and coarsely chopped
- 4 medium carrots (8 ounces total), scrubbed and sliced
- 1 medium apple (8 ounces), cored and cubed
- 1 cup water

ABSOLUTE ANTIOXIDANT

The berries contained within this drink are packed with antioxidants which will help reduce aging. Anthocyanin contained in blueberries slows down the loss of mental function, even slowing down the cognitive deterioration associated with Alzheimer's disease.

- 1 cup fresh blueberries
- 1 cup (about 5) fresh strawberries, halved
- 2 cups peeled and coarsely chopped mango (from a 1-pound mango)
- 1/4 cup water



FANTASY FOOTBALL

By Mike Wagstaff



I write this midway through January, players are injured, the transfer window is open, some fantasy players have given up and meanwhile others are now more dedicated and motivated than ever, some people consistently do well and maintain their position in the table, others drop the ball by going on holiday and forgetting to change their team, everyone has a secret app, some have searched the internet for fantasyfootballcheats.com, over the next two weeks, anything could happen, anything could change but what we do know is this . . . There will be games, there will be goals, clean sheets and players sent for an early bath! What some of you struggle with is, who will play, score, keep a clean sheet, who will play fair, who will get bonus points. Do your secret apps helps with this? How about fantasyfootballcheats.com? No? So then it must be sheer luck? Can't be otherwise how would some people do consistently well? I know a guy who can answer all of these questions! No it's not last year's winner Top Cat despite what he might say. It's not Southampton die-hard Lawrence Fay, it's not father and son duo Neil and Ryan, nor is it FMGAN's controversial manager The Monkey. Judging by the current table it's definitely not The British Clubs Philip II of Spain and it's certainly not Michael Taylor. So who is it I hear you ask! Well I'm sorry I just cannot disclose that kind of information, not for free!

The F.F. Obsession

The game of Fantasy Football
Is played on-line
some go bonkers
And play it all the time

They play on a pad
And their smart phone
And later on, probably
On their computer at home

Choose a squad of 15
From your 100 mill
Chopping and changing
You'll make yourself ill

Select your team
Before the deadline
Mull it over and over
All the time, all the time

Four in the middle?
And three in attack?
One in goal
And who the hell at the back?

A few make changes
And suffer the points loss
But some don't because
They couldn't make their mind
up

Pick your captain
And then your vice
You're bound to balls it up
And that's not nice

Then the real games start
And the points come in
Or rather they don't
More Vodka or Gin

Some goals, an assist
A clean sheet there
An own goal, a red card
Worry and despair

Total them up
At the end of the week
Checking the leagues
Who's that sod at the peak?

But keep plugging away
Until the end of the season
Flamin' Fantasy Football
Can't see the reason

And then the champ is
crowned
While the losers frown
And mutter and curse
Sad and morose, really down

So toast the winner with a
glass of wine
The winner of Fantasy Football
The football game that we
seem
To play all the bleedin' time

#	TEAM	MANAGER	GW	TOT
1	Wanchai Warriors	Peter Gale	63	1,279
2	suckingflow	David Brennan	59	1,266
3	O'Reillys Manager	Lawrence Fay	75	1,244
4	Stroke Titty	Michael Wagstaff	82	1,232
5	Team Hell No!	Neil&Ryan Evans	64	1,198
6	Thai darkevaders	bob and james darke	68	1,195
7	Olletram Dragons	top cat	74	1,185
8	Norfolk"N"Good	Ricky Thompson	78	1,178
9	FMGAN!	Monkey Madge	78	1,171
10	Spanish Armada	carlos the jackal	73	1,159
11	PimmelKoff FC	Debra Thompson	76	1,157
12	Klongtoey United	Ali Adam	84	1,156
13	Real One	Tim Real	72	1,155
14	Bangkok Flyers	paul cantwell	78	1,153
15	The Comrades	michael taylor	61	1,145
16	Bangkok Celts	RAYMOND MAGUIRE	68	1,136
17	Time to move up	Graham Murrell	87	1,136
18	PUP	Kevin Carden	68	1,134
19	Artois5.2	haroon Rashid	81	1,132
20	Boing	Gareth Sampson	62	1,120
21	BKKALLSTARTS	Dale Lamb	64	1,117
22	FC Thorny	Ian Thornhill	86	1,116
23	ICheckInn	Marc Sayer	66	1,084
24	Gingerdevils	Dave Mills	57	1,069
25	Mahjong United	Sharon Moore	53	1,051
26	Scunny Warriors	Neil Robertson	55	1,047
27	Pattaya Panthers	James Howard	43	1,031
28	Bangkok Titans	Andrea Omar	67	1,028
29	El Salvador Thistle	Paul Williams	49	1,005
30	Baht'at	James Crossley-Smith	53	982
31	TeamAloha	Claus Petersen	73	971
32	Real Deal	Jonathon Real	19	754
33	Daggers	Ryan Oosthuysen	55	699

SPORTS CAMPS

By Mike Wagstaff



The festive season will have seen many of you over indulging on life's pleasures. It is unbelievable just how many of you have stormed the Fitness Centre throughout January to burn off those calories. Meanwhile the British Club Children have been exercising daily whilst learning a range of sports including Tennis, Squash, Football, Cricket, Badminton, Dodgeball, Basketball, Netball as well as spending hours playing on the trampoline, cooking and swimming!

Over the coming months we hope to offer an alternative to Sports Camps, COMING SOON; PERFORMING ARTS CAMP! Singing, Dancing, Arts and Crafts, Drama and learning to play musical instruments! We are looking to source teachers/volunteers who may be able to help us with this style of teaching. If you think that you or someone that you know may be able to help, please contact michael.w@britishclubbangkok.org.

If you would like any more information about Performing Arts Camp or Sports Camps, please also contact me via email.



TENNIS

By John Bleho



Mixed Inter-Club: a spirited BC takes 5th

The annual Mixed Inter-Club matches took place 14-15 Dec at Bangkok Pattana School in Bang Na. The British Club Bangkok, along with seven other Bangkok club teams, participated. Clubs were divided into two groups of four each. Each team fielded pairs with combined ages of 70, 80, 90, 100 and 110 and over.

Despite missing several of its best players, many of whom were competing in the Thailand Seniors Doubles that weekend, the British Club came fifth of the eight participating clubs, a much improved result from its recent past Mixed Inter-Club performances of last or near bottom. Overall, Polo took first, and Silom second, followed by RBSC Blue, BKK Pattana, the British Club, Thai Army, RBSC Gold, and Land Development Dept.

Captained by John Cork, the BC competed in its division against RBSC Gold, Polo Club and Bangkok Pattana.



The Saturday matches started well for the BC, which won 5-0 Sat morning against RBSC Gold. Tom Van and Renuka 'Nu' Phootha (90), John Cork and Glades Buliboli (80), Wandee Bruton and Prasit Yabmanboriboon (110+), Andrej Ivanov and Orathai Thampensri (70), and Tip and John Bleho (100) all won their matches by comfortable margins.

Things were more difficult Saturday afternoon against a strong Polo Club team. Wandee and JB (110+) went down 0-8 while Prasit and Tip (100) lost 1-8. Tom Van and Renuka 'Nu' (90) dropped 2-8, and Glades and John Cork fought to a spirited 4-8 loss that was closer than the score might indicate.

Andrej and Orathai saved the BC from a wipeout with a hard fought, thrilling 8-4 win in the 70 age group against strong Polo opponents. Andrej's whip-fast, low, hard returns kept Polo pinned deep throughout the match, while Orathai was a wall, repeatedly triumphing in multi-stroke exchanges with her trademark consistent returns.

On Sunday, Dmitry and Zdenek replaced the Johns (C and B), and Na Nussaume took Orathai's spot.

The day's first match, against Bangkok Pattana (BPN), concluded the first-round of games. The BC lost a couple of tight matches: Prasit and Wandee (110) led 4-0, then BPN mounted a spirited fight back to 7-all, and finally beat the BC 7-8, while Na and Dmitry (80) lost 6-8. Zdenek and Tip, and Tom and Nu dropped their matches also.

The BC's lone bright spot came when Glades and Andrej won 8-1 in the 70's group. This left the BC 1-4 losers, and in third place in their group, concluding the first round matches.

In the afternoon playoff round, the BC beat Thai Army 3-2, giving it 5th place overall.

Thai Army fielded a combined Police, Navy and Military team that included a very good ex Thai national woman player in the 70 group and strong players in the 80 age group.

Although Andrej and Na (70) lost 1-8 and Zdenek and Glades (80) went down 5-8, the other age groups came through extremely well with 8-3 wins for Prasit and Wandee (110) and Nu and Dmitry (100) and an exciting 8-4 win for Tom and Tip (90), with Tom Van playing his best tennis of the weekend, despite Achilles and knee injuries.

The BC Tennis Committee (BCTS) thanks all players for devoting their weekend and playing spirited matches with full determination and support for their teammates. A big thanks to Yupharet Visitsunthorn for helping organise the BC team – despite coming off a surgery – and to Nu who promises to return from the UK later in 2014 to help organise our participation in this year's tournament.

Seniors Thailand Open 2013, Pattaya

The Seniors Thailand Open 2013 was held at the Rama Gardens Hotel in two tranches, with Singles on 8-10 December, and Doubles 14-16 Dec.

BC Tennis Section was well represented with James Young, Harold Mollin, Phairoj Chansevikul, Andrej Ivanov, Zdenek Rylich, David Padgham and Philip Mock competing.

BC members did well overall.

Harold Mollin (pictured above) won the Men's Singles 60+ and the Mixed Doubles combined age 100+.

Phairoj Chansevikul lost in the semi-final of Men's Singles 55+, James Young-Phairoj in the Men's Doubles 55+ semi-final and David Padgham and Harold in the Men's Doubles 60+ quarter finals.

Though other BC members lost in the opening round of the tournament, everyone had a lot of fun and gained valuable tournament-playing experience. The BC Tennis Section thanks all who participated for doing us proud.



ITF Seniors Pattaya Open

Three BC players – Harold Mollin, Phairoj Chansevikul and James Young – joined the Seniors Pattaya Open 2013. Held at the Siam Bayshore Resort and Spa Hotel Pattaya in Chonburi 18-24 November 2013, the tournament was organized by the Lawn Tennis Association of Thailand and sanctioned by the International Tennis Federation (ITF). Although James and Phairoj lost their 2nd round Men's Singles 55+ matches, Harold won the Men's singles 60+ (left with Mr. Art Nana of the Thai Tennis Federation), and Harold and Phairoj were runners up in the Men's Doubles 55+. Well done, chaps!



Feb-March Tennis

BC Women vs. Bangkok Pattana, at the BC, 8-11am, Tues 25 Feb. Open to all BC women. Interested? Contact Team Captain Raquel Evans, 083.607.5990; 089.028.2626, salonhead2toe@yahoo.com.

4th International Senior Tennis Cup, Khon Kaen University Courts, 14-17 Feb. Round robin, men's or women's doubles, 50+. To join, contact chalathip.d@yahoo.com, 095.685.5569; 081.808.9881.

Mix-ins: Open to all, every Sun (4-7pm), Mon, Wed and Fri (6-10pm).

Ladies Morning Mix-ins: Every Tues and Thurs 8-11am. NEW MEMBERS WELCOME! This is social tennis, open to all. Contact Raquel Evans, 083.607.5990; 089.028.2626, salonhead2toe@yahoo.com.

BC Tennis Championship 2014, 11 Jan – 29 March

The BCTS Committee wishes to thank all the players who signed up for this year's Championships. We have a wonderful line-up of prizes this year, thanks to the generous sponsors shown below.

The draws are posted behind court 1. Tournament referee Chris Watt reminds entrants that all 1st round matches must be played by Fri 31 Jan. A coin toss will determine the winner for any matches not played by that date. Anyone giving a walkover in the first round is not eligible for the Championship's Plate Competition. The Plate draw will be held Sat 1 Feb.

Sat 22 March: Semi-finals

Sat 29 March: Finals

To join the BC Tennis Section, email John Bleho (john@bleho.com) or Michael Wagstaff (michael.w@britishclubbangkok.org).
Open to all BC members in good standing.



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HARD BALLS

By Jack Dunford



Southerners: Taking advantage of an unusually pleasant cool season the BC squeezed in a festive 20 over game against the Southerners at Harrow School on 21st December with both teams splendidly attired in Santa hats. And all looked good for a while, Speddo, Chris (1 for 10) and Adrian containing the Southerners to just 53 off the first 10 overs.

But things went downhill from there. Although debutants Ed Khan and son Raj (2 for 27 and 1 for 23), and Aseem (1 for 14) picked up wickets, the runs came fast. A few catches went down and, with a now only too familiar gift of 23 wides, the Southerners doubled their run-rate to notch up a hundred off their second ten overs and post an intimidating total of 155 for 6.



On 45 we were only 10 runs behind where the Southerners were after 10 overs, but unfortunately we were already 4 wickets down, with Adrian (24 off 26 balls) unlucky to be given out off a no ball. We also now needed 110 for victory at 11 an over! Vaughan maintained a glimmer of hope (30 retired off 23 balls) but when Speddo was caught on the boundary without scoring to the sort of catch BC would consider unsporting to hold, the game was up. Only Chris (19) was able to get into double figures and we finished on 112 for 8 ... defeat by 43 runs. Ozzies are such nice polite and sensitive people that no one even mentioned the Ashes.

So, played 11 and lost 11 in 2013 our record losing streak now extended to 13 matches. How sweet will be that first victory in 2014!

8-a-side League: The finals of our short trial floodlit 8-a-side League on the newly refurbished Back Lawn court were held on 19th December and hot favourites BC were surprisingly out-thought in the first semi-final by the Siam Parrots. This game is all about not losing wickets as each fall results in a 5 run penalty as the batsmen bat on for their allotted two overs. The BC declined to take any of least 5 catches offered by the Parrots (110) whilst the Parrots held on to all of the 10 catches sportingly offered by the BC batsmen (27). Nuff said!

The Southerners (84) were unable to topple the very strong, undefeated RBSC team (113) in the second semi-final and RBSC went on to beat the Parrots (77 against 40) in the Final.



The club provided grub, the entrance fees were blown on beer, trophies were given away, everyone had a good time and the trial deemed a great success.

2012/13 BBQ & Awards: Our Annual BBQ and Awards were held on the Back Lawn on 11th January following a now well-oiled tradition of family cricket first, with everyone on court, rules stacked against the cricketers and non-stop action. The undoubted star player this year was Da and the Squashies took the honours in a challenge match against the Cricketers. This was fun and we hope to organise more informal session like this in the future

Rahul's cooking was exquisite and lots of family members and visitors joined the BBQ to raucously celebrate a totally disastrous playing season.

Top of the 2012/13 Batting and bowling averages were:

Batted	Matches	Innings	Not Out	Runs	Average
Andrew Spedding	5	5	3	119	59.5
Nick White	5	6	3	119	39.7
Rahul Gupte	10	12	4	210	26.3
Anthony DuPont	4	6	3	76	25.3

Bowled	Overs	Runs	Wickets	Average	Economy
Nick White	22	141	7	20.1	6.4
Sailesh Damania	27	169	8	21.1	6.3
Jack Dunford	29	189	8	23.6	6.5
Rahul Gupte	44	269	10	26.9	6.1



Rahul, Cricketer of the Year



Nick, Bowler of the Year



Speddo, Batsman of the Year

Very special guests included Bruce's long suffering Mum, exiled Nick Mellor and John Coghill who played over 20 matches for the Club with Jack and Nick between 1981 and 1983. All visitors were included in the 'minor' awards and slammers session that followed and George celebrated his 40th birthday to round off a dazzling evening. Chris Watt was on hand to record it all in a bumper Hard Balls Page 3 that follows.

Although the wonderful cool season continues, political chaos is threatening the fixtures list as we move in to 2014. The Chiang Mai Tour has been put back a week and the T10 tournament postponed again for a month, but we plan to launch our very own Thursday Night League on 6th February. We have tweaked the rules a little and will play 6-a-side this time round and look forward to more BC cricketers getting involved.

Amazingly 25 different players have already turned out in the 5 matches we have played so far this season. We welcome cricketers of all standards. For more details check out the Cricket Section Website www.britishclubcricket.com

Finally, a big thank you to Adrian Salter of Aesop and Warsop this month for sponsoring our new shirts and floppy hats. At least we will look good this season!



Thanks Adrian



Ozzie, Ozzie, Ozzie



Thick edge_



Where ditgo_



John Coghill 1980-1983



Nut gets the hang of it



Howzat!



Bless you all



Squashies



Birthday Boy



Ishika bats like dad



Adrian takes it seriously



Dale doing his thing



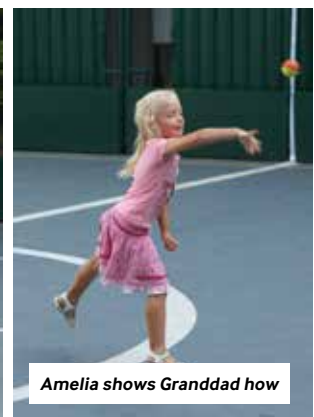
Time gentlemen please



Corin



Nice shoes Michael



Amelia shows Granddad how



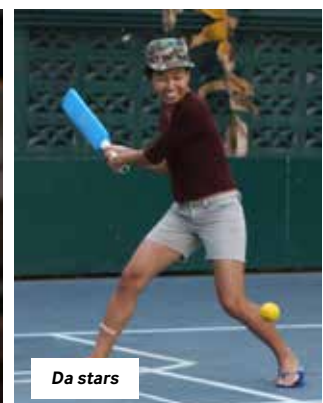
James on form



Sorry he was late



Sorry she was late



Da stars

SQUASHY BITS

By Bruce Madge

Repeat, Charity, Hong Kong

Repeat first please. Some have said that last month's Rod Carter Finals' report, written by Petra Cornby (Dame Peter Corney), was total tripe and unreadable, which indeed it was. Bits had warned Peter that her report was complete crap and that there would likely be a backlash, yet she insisted that events on that final's evening were exactly as she'd recorded them. However, Peter's mind sees things in strange ways since she became a raving lunatic and several sager squash section sods subsequently said she should sod off and script it again when not having one of her turns. She did and here it is:-

"Dear All,

On Friday Passawee defeated Krit 3-2 in an absorbing Plate final. Passawee won the first game quite comfortably then the second game was a very close 13-11. Krit won the third and fourth games easily. The fifth game saw Krit leading 4-1 then 6-3 then 10-5. It looked like he was going to be the definite winner, but someone had forgotten to tell Passawee who suddenly sprang into life taking some risky shots and running everything down. Passawee miraculously scored seven points in a row to win 12-10 in the fifth. A great effort. Final score: 11-5, 13-11, 6-11, 3-11, 12-10.

Then we had the final between Chatchawin and Haroon. This was an absorbing match with some great rallies and extremely athletic play. Haroon played very well, but Win was highly focused and only made one unforced error the whole match. Many times the spectators thought Haroon had won the point only to see Win run it down and hit it back with interest. It was a great match to watch and Haroon gave his all, but Win played as well as I have seen ever him and was the deserved winner 11-7, 11-4, 11-8. The spectators were treated to a great match.

There were very enjoyable eats and drinks afterwards and prize giving by Dean Thompson from Boots Retail. Everyone will be pleased to know that Erik won the lucky draw of 5,000 baht from ACA Pacific Group.

There were a total of 42 entries and I would like to commend all players for their enthusiasm and reliability and also those who helped with marking the matches.

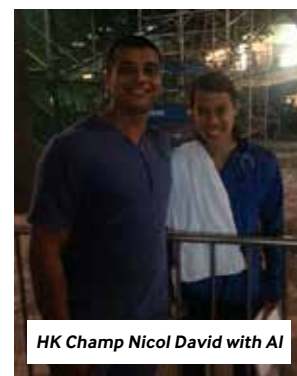
Until next year.

Warmest regards,
Dame Peter Corney"

Now the charity. Despite being virtually bankrupted by Phuea Thaksin's 'lovely, vote-buying, in order to dominate parliament, in order to rob Thailand and whitewash the crook in Dubai, rice-buying scam,' Varapong's rice oil company, Kamolkij Ltd, is very generous, just like he is with his insults towards this writer. Whatever! Anyway, he indulges in lots of CSR and so,



HK Runner-up Raneem El Weleily



HK Champ Nicol David with AI



Pong and his oil



I won 5K!



CSR!



Fank you felly much!



Evans' son hard at work!

along with Cornflakes, Pong, and hoards of his beautiful staff, he recently visited Wat Tepwanaram School in Chachoengsao Province for the weekend to dish out tons of goodies, such as heaps of donated clothes, wads of cash, and hours of free labour that helped construct a new library, a playground and other essential facilities and equipment that Pong's firm had very kindly funded, and, above all, to spread lots and lots of love to those that may have been lacking some which finally proves that he isn't a complete sod after all. Be that as it may, or may not, the staff and young students of this very fortunate school were overly overwhelmed over and over over the assistance that Pong, his firm, his staff, and Cornflakes, representing the BCB, selflessly gave. So much so that they said thank you, and to all those that helped with cash and give-aways, Pong and Cornflakes also express their thanks.

Hong Kong now: an exorbitantly expensive escape; a playground of the rich; only for those who are loaded or those who can get others to pay. Thus, it won't surprise you to learn that Al Haroon Shabab, Marc Spiv Sayer, Neil Wally Evans and Tom Teacher Kelly chartered a private jet to whisk them there just before Christmas to watch the Hong Kong Squash Open and to spend billions getting drunk on beer (Q 5000 baht/half pint. How did they afford it? Easy: Al is being funded by the Iranian regime and the Taliban-affiliated heroin drug barons of Afghanistan. Sayer is an Oriental version of Del Boy (Phil Alexander) and as such has deals going on in every industry in the universe making him even wealthier than that filthy-rich, fugitive Taksin Shitoneveryone. Wally, the project manager, is on a 500,000 quid a year tax-free, expat package and to increase his income has forced his long-suffering wife, Ratchet, into work opening two salons while sending his desperate, and protesting, three sprogs out to flog flowers at traffic light intersections during the day and to annoyingly vend gum and candy to restaurant diners of a night. The poor - as in having a crap life - kids' selling activities serving the dual purpose of bringing in another tanner a day to the Evans' portfolio while saving him a fortune on school fees and uniforms. Greed is good according to Neil. Tom the Teacher? Being such he is one of life's heroes. Sadly, heroes are rarely well compensated financially so Tom is skint. Yet, as he had the weekend off, there were spare flight and squash tickets going, and Al had just received five million bucks of laundered drug cash from Kabul. Tom was on for a free weekend in Hi-So Hong Kong. So off they went, watched the pros, drank that highly-priced beer, took a few photos with the female finalists, but took none with the male players which might at least indicate that neither of them are mincers. Who? AL, Spiv, Wally, the Teacher, or the players? Don't know. Don't care.

The end.

Until Valentine's Day



HK Champs Nick Matthew & Nicol David



Let's fly to HK!



Al's wallet!



Playground of the Rich!



I can afford this pint!



BCGS GOLFING NEWS

By Peter Gale

**Bunters
Foods**
023287840

CROWN 
RELOCATIONS

There are only two events to report on this month with everyone being too busy celebrating Christmas and New Year in various places around the globe to play a lot of golf.

Monthly Medal – 29th December

The final event of 2013 was the December medal at Royal, with many people away on holiday this gave some of us, well me actually, the opportunity to get an easy Flight B Medal win.

In fact it was my only victory of 2013 since the first BCGS event of the year back in January. For the record I scored a respectable Net 72 to win by a few shots from Karen, sweet revenge for what seems like the hundreds of times she has beaten us all this year! The only excuse for my abysmal golf this year is the fact I have been distracted by thinking about selections for my Fantasy Football team each week...

Flight A was won by our 2013 Club Champion, Randall Coleman, also with a score of Net 72 beating Peter Skinner into 2nd place by 4 shots.

The event also saw us bid farewell to Art Carlson who contributed significantly to the society over the last few years, serving as a committee member and also bringing his own inimitable style and the occasional hangover to our golf outings, he will be sadly missed.

Inaugural and Ambassador Trophies - 12th January

Our first event of the 2014 season was actually the last event of the 2013 season with us playing for the Inaugural and Ambassador Trophies, an event that was postponed from its normal date at the beginning of December. The event is a Stableford competition with the field split evenly into low handicappers and high handicappers. The event was played at Subraphruek, a very treacherous course located at Km 28 along the Bang Na Trade highway. This course is renowned for its numerous bunkers, tree's and water...other than these slight complications it is a very straightforward course.

While most of us struggled our way around the 18 holes there were 2 clear winners on the day. The Ambassadors trophy was won with a tremendous score of 40 points by Carole Ann Eastgate who has recently returned to Thailand and clearly bought her 'A' game with her, welcome back Carole Ann! In 2nd place was Peter Bond with a very good score of 35 points.

The winner of the Low Handicap competition, for the Inaugural Trophy, rounded out probably the best year of golf we have ever seen from a British Club golfer. Captain Karen Carter won the event with a score of 36 points beating Randall into 2nd place with his score of 33.



The burdens of Captaincy and all the organization that is involved on the day of an event can often have a detrimental effect on a golfer's performance during the year. In the case of Karen and her predecessor Frank, this was not the case. Karen won 4 Medal events in a row at one stage of the year as well as winning a number of Stableford events and the Dunlop Cup...

Well played Karen and a big thank-you from all of the Golf Society for your hard work as Captain – it has been much appreciated by us all!

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



Welcome Back Carole Ann



A Glorious Day to Play Golf



A final 2013 victory for Karen



Saying Goodbye to Art

Book in reception or
by e-mail to
events@britishclubbangkok.org

Teams ≤ 6

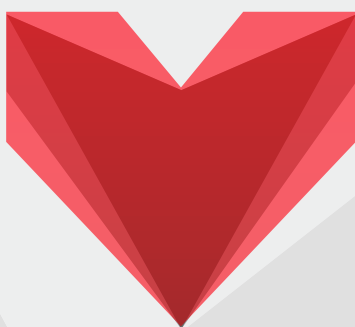
QUIZ NIGHT

The
Verandah,
7:15 pm

Members Bt 100,
Guests Bt 150

Tues 11th
February
2014

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JACKPOT**



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PRESENTS

'SUNRISE IN THE EAST'

Programme

- >> HENRY PURCELL: Chacony in g minor
- >> JOSEPH HAYDN: Quartet No. 63 in B flat Major Op 76, N0 4: 'Sunrise'
- >> PYOTR TCHAIKOVSKY: Andante Cantabile
- >> WOLFGANG AMADEUS MOZART: Quartet No. 17 in B flat K458: 'The Hunt'

Artists

Leo Phillips and Ruaychai Saengow, Violins,
Tasana Nagavajara, Viola,
Ruth Phillips, Violoncello.

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For tickets and reservations call The British Club: Telephone: 02 234 0247
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Juniors**

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Cup semi finals Sat 22 March

Plate semi finals Sun 23 March

Finals & Juniors Sat 29 March



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29 March 2014

11:00 am, Impact Arena

- We have tickets in zone DD (see map) rows A, B, C 1-10 at Bt 1,950 each
- Price includes coach from the Club to the venue and back plus booking fee.
- Non-members surcharge as usual is Bt 200 per ticket.
- No cancellations, no refunds.
- Please book at Reception or by email to events@britishclubbangkok.org



KIDS MOVIES

♥ FEBRUARY ♥

Fridays, Silom Sala, 6pm



7th Feb

Monsters
University

14th Feb

Lady and
the Tramp

21st Feb

Despicable
Me 2

28th Feb

Frozen

TAKE-AWAY



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