

MARCH 2014



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BANGKOK

OUTPOST

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THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK



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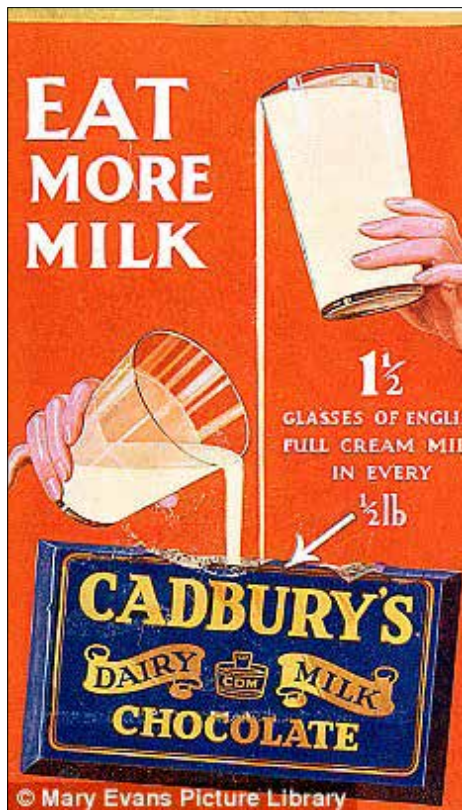
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FRONT COVER

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OUTPOST

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THE EYE OF THE CHAIR



Phil Alexander, Chairman of the General Committee, chats with the Outpost Editor

J: How did you come to be Chairman?

P: I started with a family membership back in 2003, and the more we came to the Club, the more we loved the facilities, the activities, children's areas, and F&B. I enjoyed the sports, helped found the Balut Section and organise the various Interports; the Club had so much to offer me and my family, so I felt the need to contribute to its well-being. I stood from the floor at the 2010 AGM and was elected to the Committee, serving as Treasurer for 2 years, and then in 2012 I was elected Chairman. The Club has become a major part of my life, and as the kids enjoy it so much, the whole family are here almost every week, and Jeremy, as you know, I am here nearly every day!

J: What sparked your interest and involvement with the General Committee?

P: As I said, our family enjoyed it so much that when the political turmoil grew more serious 4 or 5 years ago and the Club started to face challenging circumstances, I wanted to help. As I became more involved, I found out that there had been several years where revenue wasn't generated in sufficient quantities to meet development and maintenance needs, and the political turmoil was affecting profitability. On top of that, the Club seemed to be going through GMs like hot dinners! Membership was hovering and the Club's facilities were, in places, looking neglected. The figures weren't healthy and weren't going to be! Senior staff turnover had reached an unacceptable rate, and the circumstances were working against any potential turnaround. My concern made me realise that hard decisions were needed with the introduction of stringent policies and objectives if the Club was going to see out the crisis and survive into the future as an appealing and satisfying venue for existing, and new, Members and their families, along with some long overdue major developments but also with a healthy and sustainable bottom line. Of course this would mean a huge amount of work for the GC, but vital nonetheless. I joined the Committee under the Chairmanship of Jonathan Truslow and we did indeed make very difficult but necessary decisions to 'steady the ship'.

J: What were your initial objectives?

P: While I was Treasurer, we needed to cut our capital expenditure, stop the losses, reduce our operational costs where possible, and put a number of prudent policies into effect that would lead to recovery and a return to positive cash flow. In addition, we needed to look very closely at the operational side as well as the Club's membership, facilities and personnel. In some ways it was an overhaul, in other ways it was a reorganisation, plus a bit of a facelift. Overall we seriously needed to increase the cash reserves, create a healthy cash flow which could finance development, and institute tight financial policies which, with financial buffers in place, would help protect the Club in the future against any economic, political or social fluctuations that might arise in Thailand.

J: Did your objectives intensify after the important step up from Treasurer?

P: Definitely! Once I was elected Chairman in 2012, the GC Members spent an enormous amount of time considering all the options made possible by an improved financial foundation, but retaining the same cautious and stringent policies. We examined all the areas of the Club which needed attention, and considered possible short- and long-term plans which would address the areas of concern in a sequence which would be sustainable and best serve the Club as an entity and thus the membership. This went hand-in-hand with a concerted drive to improve membership numbers and to introduce improved revenue generators. When the then-GM decided to leave, we made the important decision to promote Khun Prem to the position of General Manager, as the combination of her familiarity with the Club, her exceptional financial management, her close relationship with the staff, and her extraordinary level of commitment would be invaluable in driving the Club forwards. This was a very important decision from which the Club has benefitted greatly. Indeed we managed to secure increases in the level of cash flow which were needed to finance the immediate and mid-term refurbishments to put the Club back on track.

I must add that all the staff, and the key members of the management team, worked so hard and with such dedication to meet the strict targets we had set, that the results became evident early on and enabled the Committee to continue building on what it had initiated.

J: So do you feel you have achieved those objectives?

P: That is an awkward question which cannot be answered with a simple yes or no! I can honestly say that the Club has had an exceptional couple of years (last year was the best year the Club has ever had) and is currently in a remarkably strong position, but this can easily be undone through complacency and/or ill-considered projects. Khun Prem and the staff have done a fantastic job in daily operations by reducing waste and increasing revenue to make the Club sufficiently profitable to finance all the upgrading and refurbishment works, and still leave a significantly healthier bank position at the end of each year.

Jeremy, it hasn't always been about new projects and upgrades, there is much more to Club life. We have strived to improve the overall appearance of the Club, to encourage the staff to take more 'ownership' of their areas of responsibility. In turn, our levels of service, our facilities, our functions, and our membership have all grown. Our Members and their families have supported the Club, have become more involved, and have seen the benefits. Of course, we are far from perfect and there are always mistakes or differences of opinion, one cannot please everyone all the time. But the feedback I have received personally, from emails and from your extensive questionnaire that was sent out, has indicated that people can see the changes and are generally very supportive of what we are doing. However, there are still various areas which must be upgraded, and while the Committee has put in an enormous amount of time on preliminary discussions, costings and preparations for these areas, there has not been enough time to move them forward. This is a serious worry for me, because any radical change in direction at this stage, when we are facing another round of social upheaval in Bangkok, could rapidly destroy the momentum and effects of the works done so far, which would be tragic. The Club has to move forward with its feet on the ground. We have to maintain the momentum gained over the past few years, but we must at all times maintain financially prudent policies and act in the best interests of the Members.

J: Which projects of your tenure have you found most challenging?

P: (laughs) All of them! No, honestly speaking? The Poolside renovations the year before last and the 1910 Balcony last summer, mainly due to the technical aspects. The swimming pool ran relatively smoothly (that's something of an overstatement) until some unexpected cracks (lots) were found which were serious and worrying, and threatened the project's timeline as we had three different contractors working together on the Sala roof, the Fitness Centre and the pool, with their schedules interwoven in order to complete on time. The 1910 Balcony was unbelievable, returning the Club to its original impressive stature some 60 years ago. Let's be honest, it really is a fantastic showpiece which is proving to be very successful in attracting new Members, and which our existing Members are starting to use more frequently. But it required the relocation of the whole Club's mains electricity supply from upstairs to the ground level without interrupting the supply to the Club for Members and functions, so the timing was vital and required synchronising with the Bangkok Electricity Authority who are dreadfully busy. Thankfully in both cases our exceptional contractor solved all the problems and all went smoothly and virtually on time, but only just.

Each of the other projects was challenging in its own way. The Clubhouse kitchen was a major refurbishment where minimising disruption was the priority, and the resilient staff carried on from a makeshift kitchen outside with very few complaints from Members! The Clubhouse rooms, the reception area, stairwell and landing, and now the offices and new upstairs toilets are a huge area to renovate without causing total chaos and inconvenience, and getting the rooms to look smart and attractively finished is difficult and time-consuming. Then there are the tennis court repairs, the multi-purpose court resurfacing and enclosure, the Back Lawn turf and landscaping, the expanded turtle pond; all these works needed to take place and be carried out during the Club's day-to-day operations. It is indisputable that they were all necessary and the Club looks and is a much better place from them, and the comfort value for Members and families is so important as seen with the 1910 Balcony and the other Clubhouse improvements.

The fact that all this happened in a relatively short space of time and that the financial results were still noticeably better than in the previous years highlights how strongly the staff, management and Members are working together and cooperating to everyone's advantage, for a Club that we can all be proud of and enjoy.

J: So is there much left to do?

P: Of course there will always be room for improvement, even though many Members and repeat visitors have commented on how noticeably the Club has improved in both appearance and operation over the last three years. This is very gratifying for everyone who has been involved in trying to make visiting the Club a more attractive proposition. It is important too for the Reciprocal Club visitors, as this scheme, which is of great value to Members who travel often, is a significant source of income for

the Club from visiting members of overseas clubs, and now that Paul Cheesman has refined the Reciprocal Club list to nearly 350 worldwide, we need to appear as attractive and welcoming as possible to those coming to Bangkok.

We have always sought to improve areas which will have direct and indirect benefits to the Club and its membership. The renovations to the kitchen were to maintain and improve the kitchen's already excellent output, but this will in turn add value to the functions and events at the Club. The improvements to the sports facilities and poolside lend value to those areas but also lead to an increase in attendance which helps with F&B. The refurbishment of the rooms in the Clubhouse modernises and uplifts them for Members, but also makes them more desirable for functions which will then spin off in a greater volume of catering. The upgrading of the lawns and ponds makes the grounds a nicer place to be for Members, but also enhances the Club as a location for weddings, parties, sports days and so on. This Committee strongly believes that any investment must, wherever possible, be considered along these lines, so that the primary reason for the works is not the sole beneficiary - adding value synergistically is! This also serves to make the return on investment less of a burden as expenditure will be recovered faster.

J: Do you have any major concerns for the Club's continued progress?

P: As the Club has performed so well, we are in a strong position for future works which must include, in no particular order, the membership office (off Reception), the redesign of The Verandah, the Club's antiquated computer system, the POS system, the rising damp throughout the Club, revised security, and even our own "new" coffee shop! Most importantly however, we must improve our facilities for Members' families and children, as they are a significant segment of our membership which has not always seen the attention it deserves. Many smaller groups of Members want investment in their areas, but the Committee believes, quite rightly I think, that the next major works must address the Members and children who spend so much time at the Club as well as other groups where possible.

The questionnaire responses identified that the Silom Sala areas including the children's pool, the children's play area, the basketball area, the massage room and the squash courts need to be finalised for the benefit of all, in a way which will incorporate the introduction of improved family activities requested by Members, such as places for dancing, yoga, table tennis, climbing and so on. We have already undertaken preparatory work on this project, which is both complicated and likely to be costly, and we have an excellent idea of what can be achieved with the quickest return on capital outlay. This is of paramount importance if the Club's current strong financial position is to be protected and maintained, and it is essential that there is Member input to, and full membership approval of, the project in order to maximise the benefit for both single and family Members. This will be discussed at the AGM as the outgoing GC believe this project could seriously disturb the financial stability if implemented without due attention to content and expected revenue, or without sufficient Member input and approval to ensure the result is of the greatest value to the most Members. As outlined in the new British Club Yearbook, these works are too large and costly to be completed in one year and must be phased over time.

J: So after two exceptional years, many Members must be wondering if you are planning to stand again at this year's AGM?

P: Jeremy, as you and many others know, I am totally passionate about the Club and I have really enjoyed my time on the Committee. Of course there have been moments which have tried and tested me personally, but I believe I have given my best, I have relished the challenges, and I can look back on some excellent times. We have managed to find some of the best Thai contractors who in turn have grown to love and cherish the British Club in an extraordinary fashion. No job too big, no problem too difficult!

From my life in the Netherlands and travelling the world for many years, I am strategic in my thinking and very direct in my approach, which may not be everybody's cup of tea but it has its advantages! We have Khun Prem, a General Manager who also relishes the challenges of every day life at the British Club, and clearly we work well together with the staff as a team. Every Member of this Club has the right to comment and input, and I have tried in every case to respond to all Members' comments and suggestions that were directed my way. Admittedly the hours I have put in have been tremendously long and that has caused me concern. That said, what a wonderful few years we have had.

I can stand down knowing that together with the General Committee we have raised the whole level of the Club. This is a real source of pride for us, and I can trust the next General Committee to continue this demanding work.

As to standing for one more year, whether or not I am chosen to stay and finish what we started is not actually my decision, but that of the Club's membership.

J: There are many other matters we could discuss, but sadly there is no more space. Thank you for speaking freely Phil, and for your committed and visionary leadership.



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LETTER FROM THE GM



Dear Members,

The celebrations for Chinese New Year were very successful. More than 100 Members came to the Dim Sum Buffet in The Verandah. We had a very good Lion Dance on the Front Lawn and parents and kids were very impressed with the show, so we look forward to a prosperous Year of the Horse.

In March we will celebrate Shrove Tuesday early on Sunday 2nd March with our usual Pancake Family Fun Day which will be on the front lawn and I hope parents and kids will come down and enjoy themselves. You can see other events on Khun Jeremy's page. Also this month is the AGM on Tuesday 18th; ordinary and country Members are encouraged to come along and any who would like to stand for the General Committee please fill in the form from Reception and send it back to me before 11th March.

We have carried out some maintenance around the Club: a carpet has been laid wall-to-wall in the Suriwongse Room, the iron fencing between the Front Lawn and the Clubhouse entrance, the upstairs renovations to the offices and the toilets installation. These last two works will finish towards the end of March.

The Fitness Centre has been renovated with a new counter, new cabinets and new equipment, with 3 more pieces being delivered in March. We would like to sell the old equipment, so anyone interested please contact Mike Wagstaff.

The car park area by the Back Lawn has been paved and is almost finished. Please park in a tidy way, as bad parking is unfair on everyone and limits the number of cars we can fit in the Club. Driving safety needs improving also. There was an accident this month caused by fast driving in the car park area. Please drive slowly in front of the Clubhouse as children sometimes do not look before running out. As mentioned before, Club stickers for car windscreens are available free from Reception. Members who drive regularly to the Club are politely requested to get a sticker and put it in the windscreen of their cars to help security.

We kick off our sports schedule this month with the popular Bangkok Bike Rides on 1st March. This month also sees the Tennis Championships which many Members are following, Sunday Funday, Flow House, Netball coaching and a twilight Pétanque Competition. Please join in and make the events more enjoyable.

Lastly, I would like to welcome Khun Kamon to our staff as Duty Manager, to ensure the Club runs smoothly in the late afternoon and evenings and to give us his experience of service and hospitality. There is a lot for him to learn about our Club, so please give him your support and encouragement.

See you around the Club soon.

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

Firstly, I need to apologise on behalf of our publisher for another issue of Outpost coming in late. Layout artists are in short supply, it seems, and in the month when there is the Club Yearbook as well as an issue of Outpost, this has resulted in serious problems getting the magazine ready to go to the printers. This issue will go on the website as soon as is possible, but it may come through your letterboxes rather late. We are trying to overcome this difficulty and get back on to a regular basis to get your hands on it before or at the end of the month.

This year's Dim Sum buffet at the weekend of Chinese New Year was bursting at the seams, and the Lion Dance in the afternoon was terrific, a real improvement on last year. There will be some photos squeezed in next month's issue. We had a tranquil but emotive Valentine's Day, another great Quiz Night, and yesterday was the Phillips String Quartet's evening concert which was absolutely packed, and judging by the attendees' comments, quite rightly so. There's another chance for some beautiful music later this month, as mentioned below.

Looking ahead into March, the month opens with Pancake Day and Eric Clapton's concert on Sunday 2nd, both of which will be a lot of fun. During the month we will have a buffet in honour of the UK's Mother's Day on Monday 10th, and mums who come along for that will get a free glass of sparkling wine, and there's a special rate for the buffet if ordered with a bottle of House Wine too. Treat your mum - you owe her your very existence! Then on Monday 17th March we will be celebrating St Patrick's Day with Khun Laak's famous green buffet, Irish music, and special prices on Guinness and Old Speckled Hen to keep you merry. There is also the Club's unusual green beer, a speciality prepared by Khun Kasem and surely worth trying as you may never find it anywhere else. The March Quiz Night with the rolled-over Jackpot is on Tuesday 11th and this month we need a big challenge to the team who won last month else they'll get a bit smug. We'll be having a Gourmet Dinner this month on Friday 21st, the menu will be sent out next week, I hope you will come along and have a good evening with us. On 25th March there will be another violin concert in the Suriwongse Room performed by our talented violinist Member Jonathon Glonek so book soon as his performances are always very well attended.

March has a couple of good outings, firstly for the Bruno Mars concert and then at the end of the month for the English-speaking performance of Disney on Ice. Both these shows are sold out, although had bookings come in a bit quicker, I could have got more tickets easily so in future please respond faster so as we can help out as many people as want to go along and attend. Sadly we cannot sell tickets for Taylor Swift as it's a different style promotion which would mean unacceptably high charges on top of the ticket prices. Best go straight to the online bookings for this one. On the subject of ticket bookings, we are having problems with cancellations and so far have always been fortunate being able to get rid of tickets which have been bought but then cancelled. Please bear in mind that if we cannot get rid of booked tickets, the charges will have to be passed on as once the tickets are delivered to us, we cannot get a refund on them.

Now you have your diaries in front of you, let's look ahead to other fixtures during the year. In April of course there is the fantastic Thai festival of Songkran, which we will celebrate as usual on Sunday 13th April and be a haven against indiscriminate watering for those wishing to stay dry though kids can have fun and get wet on the lawn. Then Sunday 20th April is Easter Sunday and we will have our Easter fun with the wonderful egg-hunt and kids entertainment. The Club's 111th birthday party this year will be held on the 11th May with car boot stalls and other diversions. Now may also be a good time to note down that this year's Trafalgar Dinner will be on 18th October, Guy Fawkes Night will be on 8th November, and the Annual Christmas Ball (with a difference) will be on 13th December. I know that's all way off, but better block the days now so you don't miss out.

I'm sorry to say that UK TV programmes don't seem to command much interest so Monday Night Club is being reconsidered after many years. One of our Members is planning to show classic vintage movies once a week so as soon as this is finalised, details will be sent out in a mailing.

Lastly, don't forget to download the Club App from the iOS or Android App Store and try it out. There is a feedback button on it and that definitely works! It's useful for booking sports or events, too, so have a look and see what you think.

Have a great month!

Best wishes

Jeremy de Sausmarez
Events & Marketing Manager

BUSINESS LUNCHEONS

3rd March - 7th March 2014

Starters - 55 baht

Smoked Fish Salad with Lime and Chilli dressing

or

Chef's Soup of the Day

Main Courses - 140 baht

Mixed Sausage with Mashed Potatoes and Fried Onion

or

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

or

Grilled Sea Bass

Served with Spinach Risotto

or

Tom Yam Goong

(Spicy Lemon Grass Soup with Prawns and Mushrooms)

Gai Phad Khing

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

Tod Mun Pla

(Deep-fried Fishcakes)

10th March - 14th March 2014

Starter - 55 baht

Chicken Cranberry Salad with Balsamic Dressing

or

Chef's Soup of the Day

Main Courses - 140 baht

Pan-fried Dory Fish with Caper Butter Sauce

Served with Broccoli, Carrot and Garlic Mashed Potatoes

or

B.B.Q. Ham

In Parsley Cream Sauce,

Served with Sautéed Cabbage+Bacon, and Potatoes Salad

or

Baked Chicken Breast in Tomato and Cheese Sauce

Served with Roast Vegetables

or

Gaeng Kiew Wan Look Chin Pla

(Fish Balls in Green Curry Sauce)

Kai Jiew Moo Sub

(Thai Style Minced Pork Omelette)

Phad Kana Nam Man Hoy

(Stir-fried Kale with Oyster Sauce)

17th March - 21st March 2014

Starter - 55 baht

Tuna Salad

Tuna, Tomatoes, Lemon grass, lime and spicy dressing

or

Chef's Soup of the Day

Main Courses - 140 baht

Turkey Chilli Con Carne

Served with Rice

or

Fillet of Pork in Pepper Sauce

Served with Mixed Vegetables and Lyonnaise Potatoes

or

Pan-fried Dory Fish in Spicy Herbs

Served with Mixed Salad and Boiled Potatoes

or

Gaeng Som Goong Phak Ruam

(Sour Soup with Mixed Vegetables and Prawns)

Moo Tod Kratium Prik Thai

(Stir-fried Pork Fillet with Garlic and Pepper)

Tod Mun Pla

(Deep-fried Fishcakes)

24th March - 28th March 2014

Starters - 55 baht

Warm Bread Salad of Crispy Bacon,

Parmesan and Poached Egg

or

Chef's Soup of the Day

Main Courses - 140 baht

Lamb, Beef and Eggplant Moussaka

Served with Mixed Salad and Garlic Bread

or

Grilled Chicken Breast with Chasseur Sauce

Served with Broccoli, Carrot and Roast Potatoes

or

Pan-fried Sea Bass with Pernod and Dill Sauce

or

Tom Yam Goong

(Spicy Lemon grass Soup with Prawns and Mushrooms)

Pad Khana Nam Man Hoy

(Stir-fried Kale Oyster Sauce)

Kraprao Kai

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

Dessert of the Day - 55 baht

or

Choose from our à la carte Desserts with 10% off



THE BRITISH CLUB
BANGKOK

F&B MORSELS



Dear Members,

I hope you all had a good Valentine's Day with your loved ones. February has been a good month for us and as the weather has got hotter, the poolside has got much busier, and Songkran is still nearly two months away!

As the season arrives, there will be more mango dishes appearing on the menus. The Healthy Menus are complete now and they will be changed every week on Mondays. Try them out and stay in shape! The Snack Menus are on the tables and the new Cakes Menu is almost ready to put out, but not quite! We want to get them just right for you.

March is Paella Promotion month! Available for dinner every Wednesday during March, for minimum 2 people, but allow half an hour for preparation. See the advert on the next page.

We will be doing a Gourmet Dinner this month on 21st March in The Verandah. I will be sending out the menu soon and hope you will come along and try out the dishes. Also this month we are doing one new Saturday Buffet which will be dishes from Bali in Indonesia. There will also be a Greek Buffet on one of the Saturdays this month as the last one was a while back.

The monthly wine-tastings will have a slightly different range of canapés which may bring out the wine flavours more. And don't forget there is Happy Hour on the 1910 Balcony. This month's special cocktail is Tequila Sunrise which is an old favourite. Just what you want in the evening after a delicious afternoon tea!

Happy Eating!

Khun Laak
Executive Chef

1910

THE BRITISH CLUB
BANGKOK

Cocktail of the month
March

Tequila Sunrise

Only BT 100

Don't forget ... Afternoon Tea is available from 3pm!



THE BRITISH CLUB
BANGKOK



GOURMET DINNER

21ST MARCH 2014

in The Verandah

-
- ❖ An opportunity to sample delectable dishes complemented by characteristic wines.
 - ❖ A special menu with specially chosen wines rounded off with fresh coffee, tea and Thai style petits fours.
 - ❖ Meeting at 7pm for crisp wines on the Back Lawn Patio, with the dinner starting at 7.30pm

SAMPLE THE SUCCULENCE. BT 1,950 PER PERSON

Book at Reception or by email: events@britishclubbangkok.org

INTRODUCING.....

Khun Kamon Sributkhote **Duty Manager**



Greetings to all Members -

It is my great pleasure to join the British Club as Duty Manager, and I would like to take this opportunity to introduce myself to all of you.

My name is Kamon and you can call me Mon for short. I gained a Bachelor's Degree from the Faculty of Public Health at Mahidol University here in Bangkok. After graduating, I worked in modern hotels of different styles and sizes in various jobs. I like working in the hospitality business in an international atmosphere as I have a friendly and outgoing personality and I believe good service is very important at places like this Club. In my own time, I like most kinds of music and when possible I enjoy table tennis, badminton, swimming and gym, and of course a social life too!

I hope to get to know many of you and I will work to improve the Club to be better and better! Please do not hesitate to approach me for any matter or for assistance. I will do my best to help you.



THE BRITISH CLUB
BANGKOK

PAELLA

Promotion March 2014

Minimum 2 people, your choice of :

- mixed seafood Bt 495**
- chicken Bt 470**
- vegetarian Bt 450**

Every Wednesday during March
Available for dinner from every outlet

***Order 30 minutes in advance to allow for cooking**



ANNUAL GENERAL MEETING

YOUR
CLUB



NEEDS
YOU!

ORDINARY & COUNTRY MEMBERS
ARE URGED TO ATTEND



THE BRITISH CLUB
BANGKOK

TUESDAY 18 MARCH 2014
7PM, SURIWONGSE ROOM

ANNUAL GENERAL MEETING

Tuesday 18th March 2014, 7pm

ATTENDANCE

The Annual General Meeting is open to Ordinary and Country members only. It is important that all eligible members try to attend in person to ensure the views of as many members as possible are taken into account in the key decisions to be made.

PROXY

If you are unavoidable out of country, or otherwise legitimately unable to attend, you are entitled to complete a proxy form: you may either pass a Discretionary Proxy signed to another Ordinary and Country member enabling them to vote on your behalf (remembering that they may only hold one proxy so ask their permission first) or vote as you wish on the Directed Proxy side of the form and your votes will be counted as directed.

SPOUSE

An alternative to proxy voting is that your spouse, if Australian, British, Canadian or New Zealander, may attend in your place. Please complete the 'Transfer to Spouse form' available at Reception.

2014/15 GENERAL COMMITTEE

Candidates for the next General Committee can complete a nomination form and pass this to our General Manager or you may stand from the floor of the AGM.

To be eligible to join the General Committee you must

- (a) Be an Ordinary member of the Club and have been so for at least six months.
- (b) Have a valid work permit and/or visa to reside in Thailand or be a permanent resident here.
- (c) Be able to obtain an affirmation letter from your Embassy in order to be registered with the Bangkok Metropolitan Administration.
- (d) Have sufficient time to attend the monthly GC meetings, sub-committee and Work Group meeting, membership interviews and New Members Nights.

Come and treat a mother on this Special Day!

UK MOTHER'S DAY



THE BRITISH CLUB
BANGKOK

Monday 10th March 2014

Special Brunch

The Verandah, 11am - 3pm

Adults Bt 495

Kids up to 12yrs Bt 250

Adults (plus bottle of Wine of the Month) Bt 1,100

Complimentary glass of sparkling wine
for Mothers with
brunch



PAST PARTICIPLE

Auspiciam Melioris Ævi

By Paul Chesman



We look back to the history of our Club in 1996 ...

1 Management handovers are usually uneventful but not in 1996 – David Viccars had to leave on April 5th to go to his new job and the incoming General Manager Tom Bain, then the GM of the Singapore Polo Club, could not start until 15th April. The Chairman said it was a quiet time at the Club so there would be no problems ... however one young Farang decided differently ... On holiday and having walked down Soi 18 he was annoyed that he could not cut through to Suriwongse Road and upset that the guard refused him entry. He thus punched the guard in the face and ran for the other gate. He got as far as the tennis courts before security from both gates and a member of poolside staff brought him to the ground, where upon he bit one of our staff. The Farang was 'escorted' to Bangrak Police station and the guard was taken to hospital for stitches to his face. Eventually the Farang agreed to apologise to the guard and pay 5,000 Baht compensation and the police let him go.

2 A review of staff procedures was forthcoming after a series of 'dismissals' which went to the Labour Court. The Club was found to have 'no case to answer' in individual cases but there were a number of minor recommendations. One was that our existing ceiling (of 10,000 Baht) after which a staff member received no service charge was deemed unlawful and another, and heavily endorsed by our outgoing General Manager, was that past staff members would not be allowed to re-join the Club without express permission from the General Committee.

3 The major controversy of the year was the attempt to abolish the Playing Field Fund. Founded in 1992 (see November 2013 Outpost) it had been mooted at the AGM that the fund was a waste of effort in that it would never grow large enough to acquire a playing field for our Field Sports sections (soccer, rugby & cricket). By October the General Committee was seeking to either close it and transfer the funds to the General Account for development work, or to allow the Club to "borrow" from it for development until a suitable total value would have been achieved. A reasonably well attended but quite rowdy Extraordinary General Meeting decided not to close the fund by a resounding 64 votes to 14 and although a few members were tempted to borrow from it, that still lost by 50 votes to 22. The Playing Field Fund was safe ...well for the time being.

4 The only serious development work conducted during the year was the building of new "Sala style" Silom Gate Guard House, Suriwongse Gate Guard House and the Drivers' Room – all of which are remain in use today. The project took six months to complete at a cost of 716,675 Baht however the swipe card car entry barrier then erected was still non-operational at the year end and had to wait until 1st March 1997 to be launched.

5 The year ended optimistically. Cash surpluses, low capital expenditure and a healthy number of new members had allowed a major part of our debts to be repaid. Overall membership was down year on year but only by a few and numbers were growing in the latter months. After a few wobbly years the Club seemed to be moving forward ... pity the next year would be 1997!

"Not the best way to apply to be a member!"

He was stopped by a security guard whom he immediately punched in the face. Ultimately, he was apprehended still on The Club premises and taken to the local police station. After he agreed to pay the guard, who required stitches to his face, B5000 compensation all charges were dropped.

The author is Honorary Secretary of the Club

BC CALENDAR - MARCH 2014

MONDAY

TUESDAY

WEDNESDAY

THURSDAY



EVERY SATURDAY
5pm - 9pm
Suriwongse Sala

BWG Mahjong 東 3
10am - 1pm

Tennis Mix-In 3
6pm - 10pm

Morning Mix-In 4
8am - 11am

Squash Mix-In 4
5pm - 7pm

Bangkok Gentlemen Spoofers 4
8:30pm

Scottish Dancing 4
Silom Sala
7pm

Ladies Tennis Coaching 5
9am - 10:30am

Tennis Mix-In 5
6pm-10pm

Balut 5
Silom Room, 7pm

Ladies Mix-In 5
8 am

Squash Mix-In 5
5pm-7pm

BWG Mahjong 東 10
10am - 1pm

Tennis Mix-In 10
6pm - 10pm

UK Mothers' Day Buffet 10
The Verandah,
11am - 3pm



Morning Mix-In 11
8am - 11am

Squash Mix-In 11
5pm - 7pm

Quiz Night 11
The Verandah,
7:15pm

Bangkok Gentlemen Spoofers 11
8:30 pm



Ladies Tennis Coaching 12
9am - 10:30am

Tennis Mix-In 12
6pm-10pm

Ladies Mix-In 12
8 am

Squash Mix-In 12
5pm-7pm

BWG Mahjong 東 17
10am - 1pm

Tennis Mix-In 17
6pm - 10pm

St. Patrick's Day Buffet 17
The Verandah,
11am - 3pm



Morning Mix-In 18
8am - 11am

Squash Mix-In 18
5pm - 7pm

Annual General Meeting 18
Suriwongse Room,
7pm

Bangkok Gentlemen Spoofers 18
8:30pm



Ladies Tennis Coaching 19
9am - 10:30am

Tennis Mix-In 19
6pm-10pm

Balut 19
Silom Room, 7pm

Ladies Mix-In 19
8 am

Squash Mix-In 19
5pm-7pm

Bruno Mars Concert 19
Impact Arena
Coach leaves at 6pm

BWG Mahjong 東 24
10am - 1pm

Tennis Mix-In 24
6pm - 10pm

Morning Mix-In 25
8am - 11am

Squash Mix-In 25
5pm - 7pm

Ladies Tennis Coaching 26
9am - 10:30am

Tennis Mix-In 26
6pm-10pm

Ladies Mix-In 26
8 am

Squash Mix-In 26
5pm-7pm

BWG Mahjong 東 31
10am - 1pm

Tennis Mix-In 31
6pm - 10pm

Bangkok Gentlemen Spoofers 31
8:30pm

WEDNESDAY

FRIDAY

SATURDAY

SUNDAY



GOURMET DINNER
14TH MARCH 2014
in The Verandah

- An opportunity to sample delectable dishes complemented by characteristic wines.
- A special menu with specially chosen wines rounded off with fresh coffee, tea and Thai style petit fours.
- Meeting at 7pm for crisp sates on the Back Lawn Patio, with the dinner starting at 7:30pm.

SAMPLE THE SUCCEULENCE. BT 1950 PER PERSON
Book at Reception or by email: events@britishclubbangkok.org

Kids Cricket
8am - 11am

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

BBQ Buffet
Surawongse Sala
5pm - 9pm



1

Kids Cricket
8am - 11am

Open Pairs Bridge
Surawongse Room
2pm

Tennis Mix-In
4pm - 7pm



2

6

Tennis Mix-In
6pm - 10pm

Children's Cinema
6pm, Silom Sala
Epic



7

Kids Cricket
8am - 11am

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

BBQ Buffet
Surawongse Sala
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



9

13

Tennis Mix-In
6pm - 10pm

Children's Cinema
6pm, Silom Sala
Ratatouille



14

Kids Cricket
8am - 11am

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

BBQ Buffet
Surawongse Sala
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



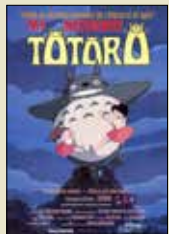
16

20

Tennis Mix-In
6pm - 10pm

Children's Cinema
6pm, Squash Court 3
Totoro

Gourmet Dinner
The Verandah
7:30pm



21

Kids Cricket
8am - 11am

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

BBQ Buffet
Surawongse Sala
5pm - 9pm



22

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



23

27

Tennis Mix-In
6pm - 10pm

Children's Cinema
6pm, Silom Sala
Megamind

Wine Tasting
Surawongse Room
6pm - 9pm



28

Kids Cricket
8am - 11am

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

BBQ Buffet
Surawongse Sala
5pm - 9pm



29

Swimming Lessons
9:30am - 10:30am

Kids Cricket
8am - 11am

Sunday Brunch
11:30am - 3pm

Tennis Mix-In
4pm - 7pm



30



THE BRITISH CLUB
BANGKOK

HAPPY
St.
Patrick's
DAY

17th March 2014

Unique Green Buffet

(Thai & International Dishes)

The Verandah, 11am - 3pm

Adults Bt 395

Children Bt 210

*Irish music

*Kids activities on the Back Lawn

TRY OUR GREEN BEER!!

Special St.Patrick's prices

for Guinness, and

Old Speckled Hen



Book in Reception or by email: events@britishclubbangkok.org

HEALTH & WELL-BEING

By Mike Wagstaff



As I'm sure many of you have now learnt this article is not about giving you some outrageous advice on how to completely change your life around and become the next guy/woman on the cover of men's health or vogue magazines. This article focuses on the things each of us can do on a daily basis that will in turn make us fitter, healthier and hopefully happier.

This month's article is the one you've all been waiting for, ALCOHOL, is it going to be what you want to hear? Maybe for some of you.

Knocking back a glass of wine each day has long been linked to living a healthier longer life, that is if it is just the glass, not the entire bottle. Wine can help protect against diseases of the heart and the brain, including coronary artery disease, strokes, Alzheimer's disease and other forms of dementia. Wine drinkers even have lower rates in certain types of cancers. So what is it about this magical drink which seems to have a major effect on our lives? Scientists have found that red wine is packed with antioxidants which have powerful health-protecting properties but don't stop reading just yet, it may not be as simple as it first seems. We cannot directly associate wine with living longer, we cannot accredit a simple cause and effect to wine and being healthy.

In other words perhaps drinking wine is a marker of a certain lifestyle as opposed to a magical healthy drink. Sorry to disappoint you if that's not what you wanted to hear.

A recent study which analysed over 3.5 million receipts found that those shoppers who purchased wine as their only form of alcohol, also purchased more fruit, veg and low fat meats and cheeses than other shoppers. Beer drinkers, on the other hand, filled their trolleys with ready meals, cold cuts, sausages, sugary items and sodas. Right away this suggests that there are major differences between the diets and lifestyle choices of wine and beer drinkers.

Two other studies have shown that wine drinkers are better educated, wealthier and in better physical shape. That's not to say that if you start drinking wine you will become suddenly rich. It seems that wine drinkers tend to conform to the Mediterranean diet – healthy fresh food, olive oil, fish, fruits and vegetables. The extent to which this varies, however, shows there is a clear difference in the lifestyles and diets of wine and beer drinkers.

Scientists have also found that wine usually accompanies a meal which means that the body is better able to cope with the stresses alcohol leaves on the body. In contrast, beer and other forms of alcohol tend to be consumed on a relatively empty stomach.

Ok so wine may not be a cure-all magic medicine but it certainly does contain some 6,000 antioxidants, especially those wines made with grape skins, which turn the wines red in colour. In general, foods that contain dark pigments are also packed with cell-protecting chemicals. These antioxidants work by disarming rogue molecules known as free radicals which damage cell membranes and oxidise bad cholesterol which leads to hardened arteries. It's also proven that a small amount of alcohol each day thins the blood slightly which in turn helps to prevent blood clots.

So there it is, it may not be what you were expecting to read and unfortunately wine is not the miracle cure which you may have previously believed, but it may certainly help. So go ahead and uncork that bottle and have a glass **I SAID A GLASS** (not a bottle).



BC FOOTBALL TOURNAMENT

By Mike Wagstaff



This month on Saturday 15th the British Club once again hosted its BC Football Tournament. Due to the long weekend, plus the addition of Valentine's Day it meant that generating interest from teams was difficult. Who knows who picked that weekend... (it might have been me... It defiantly was me! Ooops). Anyway thanks to help from Big Chilli FC we managed to get enough teams to make the event worthwhile, and worthwhile it was. Flann O'Briens kindly sponsored the competition with 3,000 baht in vouchers for food and drink (beer) for the winning team.

The tournament got off to a prompt 1pm start (1.30 ish), the teams were, Big Chilli, Armani, Sheraton and the famous BC Staff team with such stars as, Luc Charrier and John Drew.

The format for the tournament was a round robin, the top two teams at the end would then play for the cup, and the bottom two would play to avoid the embarrassment of finishing 4th.

1st Game Sheraton vs. Big Chilli – Arguably the two best teams in the competition, and certainly the teams with the most players, one spectator counted as many as 9 players for one of the teams (at this point we do not feel it is appropriate to name and shame said team), slight gamesmanship? Who knows? So who will win this contest which was set out from the start to be close, will it be the fresh legged Big Chilli 9 man team (ooops) or will Sheraton be able to overcome this huge army of oversized foreigners. The game got off the a good start, Sheraton banged one past Big Chilli after just 16 seconds, surely this record will not be broken

for the rest of the tournament (wait and see what happens in game 2). Not before long, Big Chilli had equalized and the game was looking good! Then Big Chilli fell asleep and conceded two goals in quick succession, but was the game over . . . yeh it was, it finished 3-1 to Sheraton!

Next up, 2nd game, Staff vs. Armani. The staff team determined to show the doubters, no longer will they concede 10 penalties per tournament, no longer will they be tormented by bigger teams, no longer will they be bullied off the ball by someone twice their size . . . They did this by conceding their first goal after 4 seconds and their second goal after less than 10 seconds, thanks to amazing goal keeping from John! Unfortunately this set the tone for what was to come for the Staff team. They lost 4-1, scoring their only goal of the tournament.



FITNESS CENTRE



Many of you may have noticed that the Fitness Centre has undergone a recent renovation, as I'm sure you'll agree it is a great improvement. Along with this we have added new pieces of equipment all of which is yet to arrive. The addition of a rowing machine is a personal highlight for me and something which I look forward to using. . . when I finally get round to it.

Coming in March will be new benches, a new smith machine and plates as well as a new leg extension/leg curl machine. When all is done the equipment will be fantastic and will hopefully encourage more and more of you to come and use the Fitness Centre.

Membership Fee's

Single Monthly: 600 baht

Family Monthly: 900 baht

Single 3-12 Month: 320 baht

Family 3-12 Months 470 baht

Single Day use: 155 baht

CHILDREN'S FOOTBALL TOURNAMENT

By Mike Wagstaff



On Saturday 22nd February 1000 children descended on the British Club (well there wasn't actually that many but it seemed like a lot at the time). After been asked a few times by various children to host a football tournament, we did! And what a success it was. All in all we had 5 teams play in a total 12 matches in a round robin style competition with 3rd and 4th place finishers playing for 3rd place and 1st and 2nd place finishers playing for the cup/vase.

- 1. ACC - 0 vs. 4 - FC Bangkok
- 2. BSS – 3 vs. 1 – Brothers of Destruction
- 3. SISB – 1 vs. 0 – ACC
- 4. FC Bangkok – 2 vs. 0 – BSS
- 5. Brothers of Destruction – 2 vs. 0 – SISB
- 6. ACC – 1 vs. 4 - Brtothers of Destruction
- 7. BSS – 3 vs. 2 – SISB
- 8. FC Bangkok – 2 vs. 0 – Brothers of Destruction
- 9. ACC – 1 vs. 4 – Brothers of Destruction
- 10. FC Bangkok – 4 vs. 0 – SISB

| # | Team | P | W | L | F | A | GD | Pts |
|---|----------|---|---|---|----|----|-----|-----|
| 1 | FC BKK | 4 | 4 | 0 | 12 | 0 | +12 | 12 |
| 2 | Brothers | 4 | 2 | 2 | 7 | 6 | +1 | 6 |
| 3 | BSS | 4 | 2 | 2 | 8 | 8 | 0 | 6 |
| 4 | SISB | 4 | 1 | 3 | 3 | 6 | -6 | 3 |
| 5 | ACC | 4 | 1 | 3 | 4 | 11 | -7 | 3 |

As you can see from the table above FC Bangkok managed to keep a clean sheet for the entire tournament and scored a massive 14 goals! It was a close call for second with just 1 goal separating Brothers of Destruction and BSS. It was also extremely close at the bottom of the table where SISB and ACC were also separated by just one goal after SISB beat BSS in an excellent performance in a game which produced no fewer than 5 goals.

3rd Place Play Off

BSS – 5 vs. 1 – SISB

FINAL

FC Bangkok – 1 vs. 0 – Brothers of Destruction

A very close game to finish what had been a very close tournament, with some fantastic football been played on the day.

WELL DONE LADS! Hope to see you all again next time!

FANTASY FOOTBALL

By Mike Wagstaff



Not a lot has changed since last month, there has been a few climbers, some fallers, most have maintained position in the table there or there about and more seem to have given up, can't blame them really. There was a brief moment and I mean brief, where top cat over took me, but his victory was short lived (plus it wasn't displayed in the Churchill bar for at least 3 days so it doesn't really count).

In all seriousness the gap is closing at the top, at this point anyone could take the cup. Rumor has it that The Comrades manager Michael Taylor has quit his job in order to focus on The Fantasy League, not that it seems to have worked!

To clear up some confusion, I have spoken to Marc and despite what some of you may think/say, he is still playing. On the other hand Haroon officially told me that he is far too busy at work and has therefore asked his pal the Monkey to manage his team, not to be confused with Monkey Madge, Haroon actually asked a monkey to manage his team, and hence he's moved up two places since last month.

Ryan Evans has recently informed me that he has been bogged down with homework and girlfriends recently and as a consequence traveled to the Philippines on a well-deserved managerial sabbatical, he left in charge his father Neil who to quote Ryan "he has destroyed all of my hard work and dedication over the past 7 months, he has single handedly ruined the team and any potential which it may have had, I was ready to make my move and take the top spot, then he went and ruined it! You should see the state of the team now, what an absolute joke!" Ryan then cried uncontrollably which was slightly awkward.

Anyway we are nearing closer to the end of the season, now is the time to make your move people, its make or break, you can't afford to wait any longer. Risk it all! You have nothing to lose!

| # | TEAM | MANAGER | GW | TOT |
|----|---------------------|----------------------|----|-------|
| 1 | Wanchai Warriors | Peter Gale | 50 | 1,590 |
| 2 | O'Reillys Manager | Lawrence Fay | 61 | 1,559 |
| 3 | suckingflow | David Brennan | 42 | 1,511 |
| 4 | Stroke Titty | Michael Wagstaff | 65 | 1,490 |
| 5 | FMGAN! | Monkey Madge | 61 | 1,485 |
| 6 | Olletram Dragons | top cat | 41 | 1,482 |
| 7 | Thai darkevaders | bob and james darke | 53 | 1,465 |
| 8 | Norfolk"N"Good | Ricky Thompson | 43 | 1,454 |
| 9 | Spanish Armada | carlos the jackal | 51 | 1,439 |
| 10 | Klongtoey United | Ali Adam | 53 | 1,436 |
| 11 | Team Hell No! | Neil&Ryan Evans | 44 | 1,434 |
| 12 | Bangkok Flyers | paul cantwell | 60 | 1,408 |
| 13 | Real One | Tim Real | 40 | 1,407 |
| 14 | The Comrades | michael taylor | 28 | 1,407 |
| 15 | Bangkok Celts | RAYMOND MAGUIRE | 72 | 1,406 |
| 16 | PimmelKoff FC | Debra Thompson | 49 | 1,399 |
| 17 | Artois5.2 | haroon Rashid | 69 | 1,399 |
| 18 | PUP | Kevin Carden | 41 | 1,395 |
| 19 | FC Thorny | Ian Thornhill | 36 | 1,370 |
| 20 | Time to move up | Graham Murrell | 39 | 1,357 |
| 21 | Scunny Warriors | Neil Robertson | 82 | 1,351 |
| 22 | Mahjong United | Sharon Moore | 64 | 1,341 |
| 23 | Boing | Gareth Sampson | 43 | 1,336 |
| 24 | BKKALLSTARS | Dale Lamb | 38 | 1,325 |
| 25 | Gingerdevils | Dave Mills | 43 | 1,323 |
| 26 | ICheckInn | Marc Sayer | 35 | 1,303 |
| 27 | Pattaya Panthers | James Howard | 38 | 1,261 |
| 28 | Baht'at | James Crossley-Smith | 75 | 1,255 |
| 29 | TeamAloha | Claus Petersen | 30 | 1,231 |
| 30 | Bangkok Titans | Andrea Omar | 24 | 1,222 |
| 31 | El Salvador Thistle | Paul Williams | 32 | 1,215 |
| 32 | Daggers | Ryan Oosthuysen | 29 | 920 |
| 33 | Real Deal | Jonathon Real | 19 | 905 |

TENNIS

By John Bleho



Sala folk

The Surawongse Sala, strategically located between the pool and Centre Court - Court One, is the social heart of BC Tennis. A place to watch or recover from games, or just hang with friends and family. It's busy from before 6am until after 10pm some nights. We caught some of the Sala faces and court action recently. Know any of these folk?





Junior coaching, anyone?

Pierre Sequier has done an excellent job maintaining the BC Tennis junior program. Several of our BC juniors have made great strides in improving their tennis and have become competitive on the Junior circuit in Thailand. The British Club is extremely thankful for Pierre for his dedication to improving the Junior Program at the Club. Anyone interested in joining Pierre's junior coaching program, kindly contact the Fitness Centre.

BC Tennis Championships 2014

This year's BC Championship is progressing well with good progress in all competitions. We've had a good field this year and wish to remind you that the Semi's will be played on 22-23 March with Finals day on Saturday 29 March. Please play your matches asap! Your public awaits!

A very special thanks to all our sponsors (this year and last) who make the annual Club championship an exciting event and provide great prizes:

- Amari Phuket
- Dahra Beauty and Spa
- Dunlop
- FBT (Khun Sasalak)
- Food by Phone
- Head2Toe Salon
- JW Marriott Khao Lak
- Sala Hospitality Group
- Samitivej Hospital
- Seara Fitness
- Shrewsbury International School
- Spice Roads Cycle Tours
- Tesco Lotus
- The Pizza Company
- Zeitmanufaktur
- Absolute Hotel Services (Eastin Grand Hotel & U Resort)



ITF Pattaya Veterans InterClub



BC Tennis Section players current and past did very well at the 3rd Pattaya Inter Club ITF Senior Open, a hard-court outdoor event for men and women held 8-13 Feb 2014. Harold Mollin (right), a winner the past three years at the event, won the Men's 60s Singles, and the ever-calm Phairoj Chansevikul (far left teamed up with Paul N. Smith of New Zealand to claim the 55s Men's Doubles. Harold and partner Daneil Ragsky had a great match before losing the 40s Men's Doubles 3-6, 6-7 to Chris O'Mara and Daniel Ahl. And was that on-again, off-again BC member Patrick Dyche winning the 35s Singles? Congratulations, gents, well done!



Knockers: the unsung heroes of BC Tennis



Want to improve your game? Or just get a good aerobic hour of movement and trading groundstrokes? Meet, from left, Tom, Kwan and Orathai, part of the BC's roster of talented, patient, high-level tennis knockers you can book by the hour to work on your game and conditioning. To arrange a booking, contact or drop by the Fitness Centre.

**COMING SOON!
New BC Tennis shirts**

Courtesy of Raquel Evans and Head2ToeSalon and with manufacturing support from Pattana Yo-thinuppamai, the new BC Tennis shirts were delivered just in time for the BC v Patana Ladies match on Tuesday 25 February, 8am at the Club.

Featuring a new logo design from Chris Watt, the BC Tennis shirts are available to anyone representing the Club at tennis events and are on-sale at the Fitness Centre.



Voulez-vous Mix-ins?

Participation in the BC Tennis mix-ins is open to players of all levels, every Sun (4-7pm), Mon, Wed and Fri (6-10pm), with Women's morning mix-ins available most Tuesdays and Thursdays from 9-11 am. Below, some recent-mix-in action. Don't be shy! Join a BC Tennis mix-in today!





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HARD BALLS

By Jack Dunford



Southerners 6's January 28/29th: For the uninitiated, 6-side cricket is played on a full sized ground with just 6 fielders bowling 5 overs. Dot balls are rare and boundaries plentiful, with many a match turned by a few wides that are heavily penalized by 4 runs. Once again the BC surprised everyone at this two-day tournament played Saturday at the TCG and Sunday at Harrow School

With 8 teams competing in the Saturday Round-Robins we heroically came second in our group of 4 to earn the dubious distinction of qualifying to play with the big boys in Sunday's playoffs. The highlight was a tremendous performance in the final game of the day when we beat a strong Pattaya CC. It was a story of two remarkable last overs. First Ed Khan took 2 for 6 in Pattaya's last over to restrict the Southerners to 55 for 3 and then Chris and Andy bludgeoned an amazing 18 off BC's last over to tie the game, including three runs off the last ball when really there should only have been two. With 55 for 2 BC took the honours due to fewer wickets down.

It was a tall order on Sunday against the 2 best teams but again BC rose to the occasion, scoring 53 for 2 and losing only off the penultimate ball against the eventual winners, Siam Parrots. They then scored 52 for 4 to lose literally off the last ball (a wide!) against the other finalist Southerners Blacks, who were supposed to be the Southerners second team but were actually better than their first team, Southerners Gold!

In our final match for the Shield the wheels came off against Southerners Gold who were trying to make some kind of point. Although we again scored 52 for 2, 6 wides made the chase easy and we ran out Shield Runners up, 4th out 8.

This was a splendid team performance. Scores of 42, 53, 55, 53, 52 and 52 were remarkably consistent and everyone contributed. Chris Fargus was the top run scorer and there were 5 individual scores over 20, Dale at last finding his mojo with 27 and 21, Duncan 24, Chris 21, and Christian 20.

6 aside cricket is stacked against the bowlers and Ed Khan was leading wicket taker with his match wining 2 for 6. Duncan McLeod had only 3



Shield finalists



6-a-side winners



Andy clobbers it



Duncan and Chris



Ed bowls at Harrow

runs scored off one of his overs and Chris managed two overs with only 6 runs scored. Duncan and Chris are BC members but normally play for the Southerners ... too bad!

This was a brilliant tournament organised by another of our very own, Vaughan McClear. Well done everyone.

Chiang Mai Tour February 8/9th: We had to push this tour back a week to avoid the General Election resulting in a number of players having to drop out and our smallest tour squad for many years. But in some ways this made it all the more enjoyable, everyone being dragged in to the action.

It was a weekend of records, undoubtedly the most impressive being a new BC Fizz Buzz record on Saturday night after the BBQ. As you all know, this is a drinking game for the intellectual, players sitting in a circle calling numbers in turn with 5 and multiples of 5 being Fizz and 7 or multiples of 7 being Buzz, which also changes the direction. Making a mistake of course necessitates a small drink and starting again. Gottit?

Normally the average tourist slips up on, say, 27 (Buzz) or 28 (also Buzz) and we rarely get into the 30s. But, wait for it, this time we soured into the 40s ... Fizz (45), 46, Buzz (47), 48, Buzz Buzz (49)... at which point Professor White got so excited that he celebrated with ... FIFTY !!! ... which should of course have been Fizz and we started all over again. To cut a long story short, we eventually made Fizz (54) Fizz Fizz (55), Fizz (56) before David Dance called foul to a correct call of Fizz Buzz on 57. So there we are ... a new British Club Fizz Buzz record of 56!!!

From this you will probably gather that the cricket didn't quite go our way!. On Saturday we played a T20 game against a team of local 14 to 18 year old Thai boys and girls and thought we had probably done enough when we posted 127 for 6. Speddo top scored with 33* off 18 balls, Adrian scored 29 off 36 and David Dance gave glimpses of his imperial past with 22 off 20 with a couple of 6s.

These Thai kids have been well coached. They bowled steadily and fielded enthusiastically catching everything offered including a couple in the deep. So no surprise that they then batted very correctly, looking confident against the cream of BC bowling. Speddo (1 for 13 off 4 overs) and Adrian (1 for 12 off 3) picked up wickets and if we had taken a couple more it would probably have been game over. However, the "retire on 30" did not apply to the Thai batsmen and 18 year old Bunchuay became increasingly fluent timing his innings of 87 not out with perfection to win the match by 8 wickets on 128 for 2 with 1 ball to spare. Well actually it wouldn't really have been cricket to break our run of defeats against a bunch of kids would it?

And so to the big one ... the Dick Wood Cup on Sunday. The Gymkhana Club batted first scoring 232 for 8 off their 30 overs and probably the least said the better. Speddo was again brilliant with 4 for 23 off 6 overs and although Nick (2 for 44), Haroon (1 for 21) and David (1 for 53) also got wickets we bowled 41 wides!!!! Jack Dunford only bowled one of these but bowled the worst two overs in his illustrious career and announced his retirement.

On a beautiful batting pitch Nick (20) and Speddo got things off to a good start but too many batsmen failed. On 129 for 9 special compensation was made for the late Jack (11*) to bat at #12 and with Colin (20) and Speddo (69) (returning after previously retiring on 50) helped BC to a slightly less embarrassing 170 all out, defeat by 62 runs.

Well, it may now be a record 15 consecutive defeats ... but we definitely won the vodka slammers session. And what a performance by Speddo ... 10 overs, 5 for 39 and 102 runs for once out over the weekend without ever getting to bed!



SQUASHY BITS

By Bruce Madge



Squash Psychology

BCB squash players regularly debate this: "What are the most effective ways of sizing up, psyching out and overcoming a new opponent before, during, and even after, a match?" Rather unsurprisingly, Bob Van Es came up with the following approaches which may go some way towards explaining why he often wears pink shirts. Take it away Bobby:-

"When arranging your match over the telephone, say how much you are looking forward to meeting your partner. Tell him this. Repeat it many times. Tell him you feel the encounter is going to be a great experience. If communicating by text message or email, send him a smiley or one of those cute stickers to show him your friendly side.

On the day of the match, try to catch your opponent in the changing room while he's stripping off and laying out his kit. This is where you can get a first glance at his equipment. Note its size, its shape, its composition. What colour is it? Don't be afraid to take this opportunity to show off your racket, too. You may also want to take note of his physique, particularly his arm, how big his forearm is should indicate how regularly he plays, either with others or by himself. In addition, get a good look at his legs - are they powerful, supple, lithe, impressive? Naturally, don't stare too hard or he might think you're 'one of those' unless of course you are 'one of those', but it's important to determine what sort of physical encounter you are going to be in for. Chat him up while you also strip down and don your kit so he can get a good look at what you've got, too. This is where you can impress him with tales of past physical battles with other males (squash players, we assume, Bob?), but don't come on too strong as he may feel intimidated which may be a turn off. To the court and the knock-up: this is where you can get a good look at how he uses his balls. Does he put them low or high? Are

they hard or soft? Compliment him on them. Tell him he that you are impressed with his balls. Take note of his length and in particular his width as his width may become crucial later; very good width could make this an uncomfortable experience for you. However, don't be at all shy in showing him your balls, your length and your width. Show him what you have, what you can offer, and what you are going to bring to this session. Check out his grip. Is it firm?

During the match, naturally, you'll want to stay on top so that means being in front with him behind you. Don't be afraid to always have him at your rear, but equally, don't be coy in getting behind him too when the need arises, such as when he has to reach forward for one of your short balls. Whenever possible, take his balls early and use your length and width to make things as uncomfortable for him as possible. The time for being a nice guy is over and now you need to come in hard and really give it to him to show him what you're made of. A bit of gamesmanship might be required so, even if it costs you a let or two, get very close to him on occasion and deliberately interfere with one or two of his better balls. This may cause him some discomfort so to dispel any ill feelings, praise those better balls warmly with a light tap on the buttocks, but use your racket and not your hand. After all, it's a game of squash and not a night out in Silom! When you feel the moment is right and things are swinging your way, try to go in deep, but then go in short and then deep again. Mixing up your length should get him moving around as much as possible. Have him stretching and reaching for your length wherever you want to put it. And if you find he can actually accommodate your length, then use your width. The key is to do him before he does you. Plenty of domination should mean you eventually come out on top.

After the match, offer him your hand, look him firmly in the eye and tell him how great it was. Thank him for the encounter. Explain that you'd love to do it again. Soon! Then offer him a drink at the bar. Over said drink, quiz him on his personal life



Interference!

Equipment!



Balls!



Grip!



- married, single, kids, work, interests. You never know, you may get lucky and find that you have something amazing in common. But, as he opens up to you, make sure that you open up to him, too. After all, he could be a hot new prospect, in terms of the game of squash, that is. If you haven't already, swap numbers; promise to keep in touch. The next day, send him a thank you message. Tell him how much you enjoyed meeting him and that you can't wait to see him again."

Sound advice there from BVE.

What more could one say?

Until the rice gets sold



Good length!



Coming from behind!



Width!



Stretching for a short ball!



Having him where you want him!



Show him what you've got!



BCGS GOLFING NEWS

By Peter Gale

Bunters
Foods
023287840

CROWN
RELOCATIONS



Brian Wins Flight!



Gaew a January Winner again



Gareth Walking on Water

Not much to report on this month with the Golf Society only playing one competition, the monthly medal. The next few month's things will start getting busy with our annual AGM coinciding with our February monthly medal on 23rd February.

Monthly Medal – 26th January

The first medal of the year was played in glorious conditions and on a course that was relatively free of golfers with less golfing tourists visiting Bangkok this year.

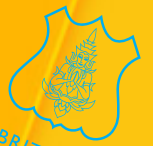
We were very happy to continue the trend of recent months and welcomed back a number of stalwart BC golfers of the past. This included ex-captain Gareth Sampson and two guests for the day Karen Holloway and Andy Flynn. While Gareth did not shoot his best round he did play one tremendous bunker/water shot where many a less intrepid golfer would have taken a penalty.

The course as always proved challenging despite the great conditions and with the slick greens making putting a tricky prospect no one in the field was able to break par.

We also had Gaew Khongyoo back playing a medal round for the first time in 12 months. Her previous medal had been the January event last year, which she won. Clearly she had been giving other Flight A golfers a chance as she managed to repeat the feat and won the Flight A medal with a net 72, two shots clear of Randall Coleman.

In Flight B there was a clear winner with Brian Brook also scoring net 72 and beating Rosemarie Milne by 4 shots, followed by Peter Bond in 3rd place with a net 76.

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



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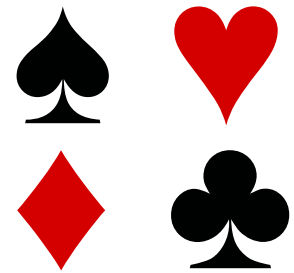
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BRIDGE

By Winlock Hsu



Bridge Results for December and January 2014

| EVENT | RANK | NAME (PAIR) | SCORE% |
|---------------------------------|---------|-------------------------------|--------|
| Sunday 8th December (11 pairs) | 1st | Judy Hunt & Bradley | 60.63% |
| | 2nd | Chalernpol & Sirada L. | 59.38% |
| Sunday 15th December (10 pairs) | 1st | Dr. Prasart & Prasert | 62.96% |
| | 2nd | Mike & Leo | 58.33% |
| Sunday 5th January (20 pairs) | N/S 1st | Chalernpol & Ariya | 57.41% |
| | E/W 1st | Christian & Daniel Thouvignon | 68.98% |
| Sunday 12th January (12 pairs) | 1st | Chalernpol & Narin | 58.64% |
| | 2nd | Surawit & Prarop | 58.18% |
| Sunday 19th January (12 pairs) | 1st | Kiyoko & Bradley | 63.50% |
| | 2nd | Kauko & Heiki | 60.48% |



Bridge Humour

Man and woman who have never played before get involved in a heart-spade war each trying to outbid the other. Finally the woman who has a terrific hand, bids 7H. Not enough, her partner bids 7S. When the dummy comes down he sees that 7H is cold and 7S doesn't have a prayer. He knows there is going to be trouble after the hand so he begins his apologies early by saying: "Sorry, I should have withdrawn." "You should have withdrawn?" says the lady, "Your father should have withdrawn!"

Man meets woman at bridge club and they decide to play in the evening duplicate. They play all the same conventions- Key-card, Transfers, Short Club, etc. so they really have nothing to go over. They have a big game and win. They go to have a cup of coffee at a restaurant and go over the hands which of course puts them in a good mood. She invites him to her apartment for a drink. They are sitting on the couch and one thing leads to another. Before you know it, clothes are flying around all over the place. In the midst of all this passion, he screams "Alert:" She says: "Yes, what" He says: "it could be short."



KIDS MOVIES MARCH

14th Mar



Ratatouille

21st Mar



Totoro

28th Mar



Megamind

7th Mar



Epic

FRIDAYS, SILOM SALA, 6PM



THE BRITISH CLUB BANGKOK

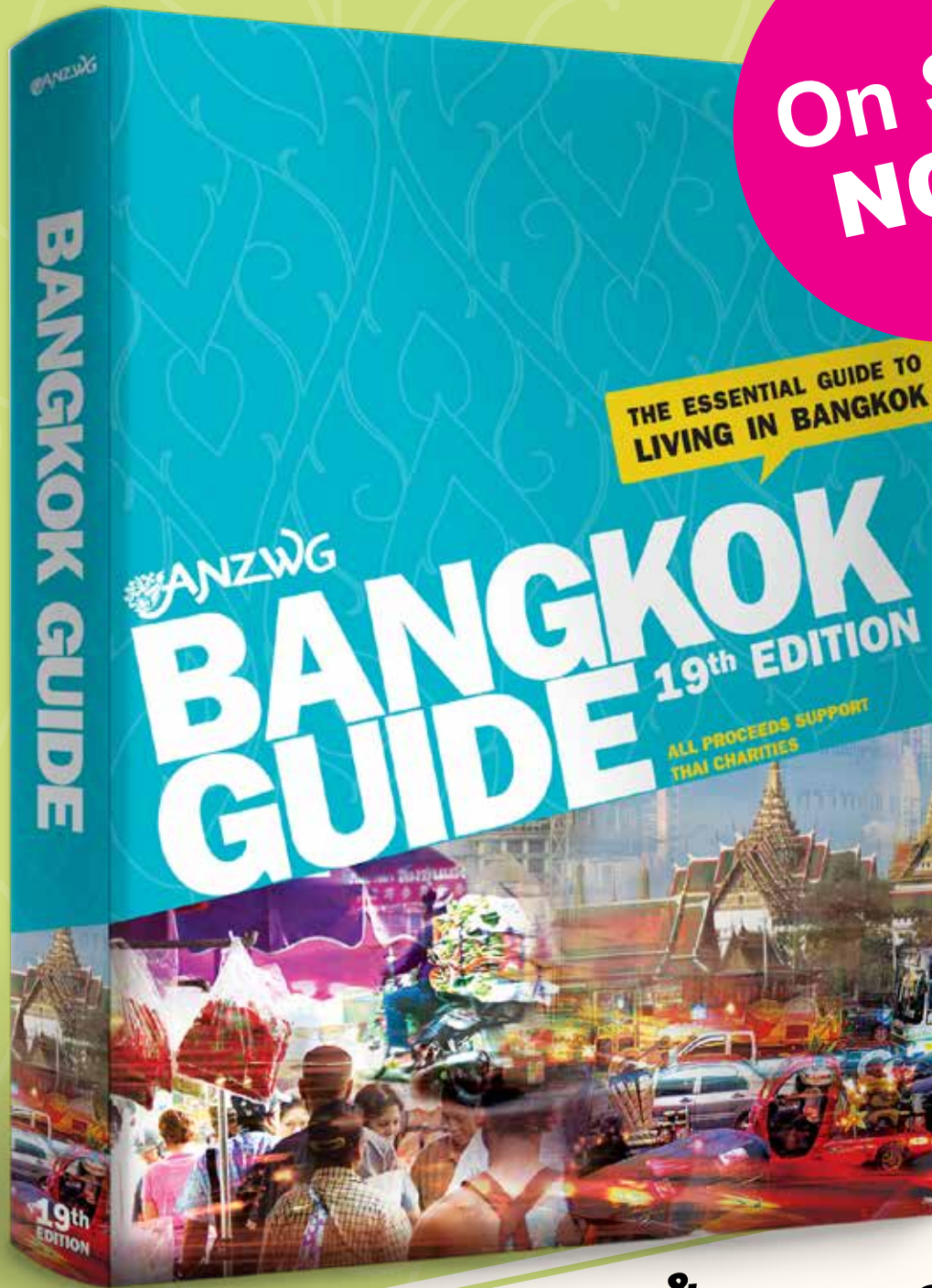
TAKE-AWAY



Did you know that most items on the Club's menus are available for take-away?

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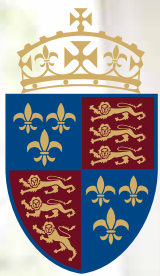
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