



THE BRITISH CLUB  
BANGKOK

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

# Outpost

[www.britishclubbangkok.org](http://www.britishclubbangkok.org)

March 2016



# International Auction

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*Pablo Picasso: "Tripode", 1951.  
Large vase in white terre de faïence.  
Sold for USD 210,000*



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**FRONT COVER**

Easter this year falls on the last Sunday of March. It's a great day for the children, with the Egg Hunt in the morning, and although the eggs are orange, they evoke happiness when found as our cover shows! There's a separate Easter Sunday Brunch too. Happy Easter to everyone!

**EDITOR'S GREETING**

This month there are full sports reports and highlights from February though not from the Bridge Section, who were out of action for a while after the Pattaya 'incident'.

There's a reminder from the British Embassy about how to avoid needing Emergency Travel Documents, and we continue our series of old photos of Bangkok, As It Was - we need more photos from Members! Please email them to me as they're proving popular.



**OUTPOST** is the monthly publication of **THE BRITISH CLUB BANGKOK**, the social sports and cultural centre for the English-speaking community in Bangkok. A full version of the magazine is also available online at [www.britishclubbangkok.org/outpost](http://www.britishclubbangkok.org/outpost) **Editor** - Jeremy de Sausmarez [jeremy@britishclubbangkok.org](mailto:jeremy@britishclubbangkok.org) Opinions expressed need not necessarily represent those of the Club. All events, dates and times are correct at time of press. Outpost welcomes contributions from Members, email [outpost@britishclubbangkok.org](mailto:outpost@britishclubbangkok.org) - No part of this publication may be reproduced without the written permission of the Publisher.

**'The British Club Bangkok is a registered Association in accordance with the Thai Civil & Commercial Code'**

2016



THE BRITISH CLUB  
BANGKOK

# ANNUAL GENERAL MEETING

Thursday 31 March 2016  
Surawongse Room 7pm

Ordinary and Country Members  
are urged to attend and vote



## MESSAGE FROM THE CHAIRMAN

The holiday period seems a distant memory now, and the temperatures are finally on the up and up. Our Annual Accounts for the period 1st December 2014 through 30th November 2015 have been finalised and the Auditors have signed off “in agreement”.....more about that in the following weeks. What I can say is that the British Club has had another excellent year and our Bank balances have never been higher. In the first two months of this new financial year (December and January), trends are on the up and the Club has yet again performed excellently with an **amazing net profit** of 3,816,062 baht being achieved in this period. The AGM will take place on Thursday 31st March.



Phil Alexander

**Chairman,  
General Committee**

### Some financial highlights from January to mid-February 2016

- British Club revenue in January was again strong and the Club's operations produced “another financial surplus” before depreciation of some 1,304,295 baht. For the ten months of this General Committee year, this brings us to a total surplus after investments and before depreciation of approximately 6,020,744 baht. These figures also exclude membership joining fees.
- The Club's total Cash in Bank position at the end of January was far in excess of our previous predictions and stood at some 36.3 million baht following a splendid holiday period. We are now predicting a total cash in bank position of approximately 37.5 million baht for the end of February 2016.
- On the membership front our net membership increased to 1119 Members. Membership is always a key focus of Management attention and our focused external recruitment activities will continue now that the holiday season is over.

### Ongoing improvements

- As part of the ongoing improvement of our House and Grounds, we have seen a continuation of small improvements being made around the Club in the past month. The back lawn has had a well needed total makeover following the culmination of the very busy function period. Work on cleaning up and repainting the interior walls of the downstairs outlets has been tackled. During the next few months, our staff will undertake a general clean-up of our grounds. Also the awnings leading to the changing rooms and alongside the gym and squash courts areas will be replaced. A new guard house will be installed outside the Silom end of the Club. Outside furniture will be fixed where necessary and generally spruced up.
- We are now nearly at a point where we can hopefully start to implement an online system where Members can review full details of their accounts at their will.

- The revamped Children's Playground has proved a great success with the younger members of our Club. As I mentioned recently, this is only a start of the “**much-needed**” improvements for our Members and their children. These activities must be dealt with as an ongoing priority and hopefully will be integrated into the Silom Sala Redevelopment programme. Our grounds staff will now start to spruce up the Silom Salas areas as these are run down and still awaiting a major overhaul sometime in the not too distant future. Unfortunately the GC's hands have been tied from progressing development in these areas.....

### Moving Forwards

As I have mentioned previously, the last few years have seen proactive General Committees creating a very solid financial base from which future Committees will benefit and we should see the Club strengthening **even more** under the professional guidance of our **excellent** Management Team and Staff. In this respect the recent increase of the financial buffer to a **minimum of 15 million baht** continues to be well received by many Members as it is seen as an important cornerstone of the Club's stability for the future.

Moving towards the AGM your current General Committee still remains very active in and around the Club. The CCTV cameras have been upgraded and David Vickers has written his second article about security at the Club. The Committee has also agreed investments for several upgrades which will be undertaken over the next few months.

As the AGM nears we will be very busy with the preparations for the meeting in the coming weeks. I am expecting a well attended meeting with some interesting twists and turns between now and then.

**Members' input is always welcome, so if you have any questions or ideas on any areas or aspects of our Club please feel free to send me an email.**



THE BRITISH CLUB  
BANGKOK



\*WITH THE

EGG HUNT

# EASTER FOR KIDS

**Sun 27th March 2016**

**Back Lawn**  **Start at 10am**

**Kids & Family Activities**

**Kids Bt 395**

**Adults Bt 250**

**Egg & Face painting . Puppet Show**

**Giant Bouncy Castle**

**Magic Show . Snack lunch**



**Book in Reception or by email : [events@britishclubbangkok.org](mailto:events@britishclubbangkok.org)**



## LETTER FROM THE GENERAL MANAGER



Premrudee Tanyaluck

**General Manager**

At the beginning of February we had a great day combining Chinese New Year with Shrove Tuesday. There was the Dim Sum Buffet both midday and evening, the same Lion Dance team as last year but with new attire, and Pancake FunDay with fresh fruit pancakes being made on the back lawn followed by races which were good fun! All of these were attended by many Members and children who enjoyed the celebrations and gave us good feedback. We are expecting a good turnout for our Old & New Members Night soon before the end of the month, so thank you for coming.

Easter Sunday is on 27th March which is an important day for the Club, with the egg hunt on the back lawn and brunch in The Verandah. We will start selling our homemade Hot Cross Buns from 1st March onwards, please check with our outlets. Members can enjoy them at the Club or you can order them to take home.

For maintenance, after all the big functions and the busy period over the turn of the year, we started with cleaning carpets and curtains in all the function rooms, the outlets and also in the Fitness Centre, with a deep clean for the Sala. We have also laid new turf on the back lawn which was looking very bare, put in new circuits for the cricket net lighting, repaired and painted the wall in the Churchill, and filled in the gap along the edge of tennis court 3.

The area around the Poolside and Fitness Centre will see a new awning soon, and some other temporary safety repairs as we are waiting for the new development plan for the Silom Sala Area this year. These will include netting around the perimeter of the kids pool, and a small gate between the kids pool and the playground area. The Sala will get some interim repainting too. I am keeping a record of any suggestions for inclusion when the new development plan comes up.

For sports, we will have junior squash coaching with Khun Rit this month, and a Bicycle and Boat Tour on Saturday 26th March, and there are yoga courses for adults and children scheduled at new times - further details are available from the Fitness Centre.

This year's AGM is on Thursday 31st at 7pm. As before, we will have a mini buffet that day starting at 5pm to help ease demands on the bar staff and make sure service is quick. I look forward to seeing many ordinary and country Members attending this important evening.

## OFFICIAL OPENING TIMES

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

# CAR BOOT SALE

SUN 13.MARCH.16

2pm - 6pm



Front Lawn



Books , DVD , toys , clothes , ornaments , pictures , gadgets ,  
and all sorts of unexpected Items may be there to look through  
An opportunity to pick up a bargain or two !

**NO ENTRY  
CHARGE FOR VISITORS  
EVERYONE WELCOME**

The British Club Bangkok . Entry via silom 18 , adjacent to Narai Hotel  
Book at Reception or email to : [events@britishclubbangkok.org](mailto:events@britishclubbangkok.org)



# HAPPENINGS

It was a fantastic way to slip into February. The traditional forerunner to the beginning of Lent, Pancake Day, falling on almost the same day as the first day of the oriental year of the monkey - combining the celebrations to the same day was stark in contrast but fun in outcome, and with the Lion Dance directly prior to the Pancake Races, it was ideal for the children, and some of the parents too! The Dim Sum Buffet was very well attended, a great range of Chinese food, with Chinese/Thai dishes as well, but you need to eat a lot of Dim Sum to be full! The Lion Dance was, as expected, very colourful and very noisy, but quite a laugh too. There were quite a few asides mentioning Health & Safety when the tiniest kid climbed up on the shoulders of the top of three others, and then (unlike last year) proceeded to climb up and stand on his head! The human totems were fantastic, all well in control too. Then we moved to the back lawn (lawn is rather a grand word for the few bedraggled blades of trampled grass left after December's pounding) and pancakes were consumed by many before the pancake races, organised by Khun Amnat, started off. There were kids races and adults races, there were doubles and cross court races. The pancakes lasted the course, as did the competitors. There seemed to be an awful lot of winners!

February included the Valentine's Day Dinner too. Khun Laak had come up with a great 4-course menu for the occasion at a very competitive price, and we had enough partakers to fill enough of the restaurant whilst leaving space around tables for privacy. I hope you all had a lovely day on 14th however and wherever you chose to celebrate.

I had to go back to the UK for family reasons so I missed the Quiz Night, and it was a good one too with 7 teams and a close call for the five rounds of questions. On top of that, the Jackpot was won by the "Clueless" team, which just goes to show you never back a horse by the colour of its jacket. My trip has also meant several days of delay to finishing off Outpost which will reach you a few days after the beginning of the month - my apologies.



We had the New and Established Members Gathering last night - it was a really enjoyable evening on the front lawn, with over 100 Members sipping drinks, nibbling canapés, chatting, and there were even a few unexpected prizes for the lucky people, and of course the inevitable photo sessions (see next issue).



Jeremy de Sausmarez

**Events & Marketing  
Manager**

Looking ahead, there's a **Car Boot Sale** on Sunday 13th March. Like last time, it will be held on the front lawn and we'd like lots of people to come and see what there is on offer. There are still tables which can be booked by emailing me, so get all your paraphernalia together and start boxing it up ready to unload onto someone else! There's no

entry fee, so get your friends to come along too - it'll be a good afternoon. We've also got a special brunch on UK Mother's Day, the 6th, and then on 31st there's the 2016 AGM which will be at the usual time of 7pm in the Surawongse Room. Come a bit early to avoid the traffic and have the mini-buffet - no queueing and seconds too!

Easter Sunday is a split event. There's a) the Kids fun on the Back Lawn, starting with the egg hunt in the bushes and plants around the lawn. There's also a magic show, and hopefully a puppet show too. It concludes after a snack lunch. Then there's b) the Easter Brunch in The Verandah. These are separate events and there's no walking between them or you'll get charged double!

**CANCELLATIONS / NO SHOWS :** We have a growing problem with bookings written down followed by no-shows on the day. This is not fair on other Members who get turned away when they try to book! So from now on, there will be a full charge for any no-shows on the day. If you can't honour a booking, email me!

Have a great month.

# BUSINESS LUNCHEONS

**7<sup>th</sup> March - 11<sup>th</sup> March 2016**

**Starters : 65 Baht**

Chicken and Cranberry Salad  
with Balsamic Dressing

**or**

Chef's Soup of the Day

**Main Courses : 160 Baht**

Beef and Mushroom Stroganoff  
Served with Yellow Rice

**or**

B.B.Q Ham

Served with Sautéed Cabbage, Bacon, Potatoes Salad  
and Parsley Cream Sauce

**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)

**14<sup>th</sup> March - 18<sup>th</sup> March 2016**

**Starters : 65 Baht**

Tuna Salad

Tuna, Tomatoes, Lemongrass, lime and spicy Dressing

**or**

Chef's Soup of the Day

**Main Courses : 160 Baht**

Turkey Chilli Con Carne  
Served with Rice

**or**

Fillet of Pork in Mushroom Sauce

Served with Mixed Vegetables and Lyonnaise Potatoes

**or**

Pan-fried Dory Fish in Spicy Herbs

Served with Mixed Salad and Boiled Potato

**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 Man Pla

(Deep-fried Fishcakes)

**21<sup>st</sup> March- 25<sup>th</sup> March 2016**

**Starter : 65 baht**

Potato Salad with Egg and  
Lemon Dressing

**or**

Chef's Soup of the Day

**Main Courses : 160 baht**

Lamb, Beef and Eggplant Moussaka  
Served with Mixed Salad and Garlic Bread

**or**

Chicken Kiev with peas and chips

Served with Broccoli, Carrots 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 with Oyster Sauce)

Kraprao Kai

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

**28<sup>th</sup> March - 1<sup>st</sup> April 2016**

**Starters : 65 baht**

Grilled Chicken, Mango, Beetroot Salad  
Served with Balsamic Dressing

**or**

Chef's Soup of the Day

**Main Courses : 160 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  
Sliced Lime Leaves)

Kai Jiew Moo Sub

(Thai Style Omelette with Miniced Pork)

Phad Phak Ruam Nam Man Hoy

(Stir-fried Mixed Vegetables with Oyster Sauce)



THE BRITISH CLUB

**\* Dessert of the Day : Choose from our à la carte Dessert with 10% off**



## F&B MORSELS

It was so good to see everyone coming to the Dim Sum Buffet, and plates were clean too! I'm glad Members enjoyed our Chinese New Year dishes, and the pancakes on that day as well. I am also pleased that this year we had a better turnout for our

Valentine's Dinner and I hope everyone enjoyed the special menu for that special evening!

In March, there's Easter Day to look forward to. The Brunch on Easter Day will have an egg station as well as other dishes. Chocolates for Easter, our selection of chocolate eggs, rabbits and so on, will be on display in the Suriwongse Sala. From the 1st March we will

be baking our Hot Cross Buns, original and chocolate versions, which you can have here or take away. I will also be preparing a new chocolate desserts menu for you to try out in March.

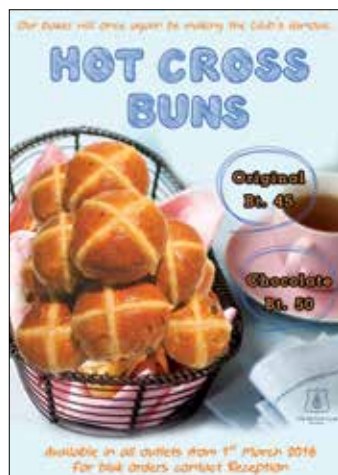
The strawberry promotion is very popular, and the strawberries are very good at the moment, so this will carry on next month. Mango month is April, not quite yet. And I'm hoping there may be a sausage promotion as well, so watch for any announcements in the mailings.

Happy Eating!



**Khun Laak**

**Executive Chef**



## Cocktail of the Month MARCH



Don't forget Afternoon Tea is available from 3pm



THE BRITISH CLUB  
BANGKOK

# Bangkok St. George's Society

## 54<sup>th</sup> Annual Ball



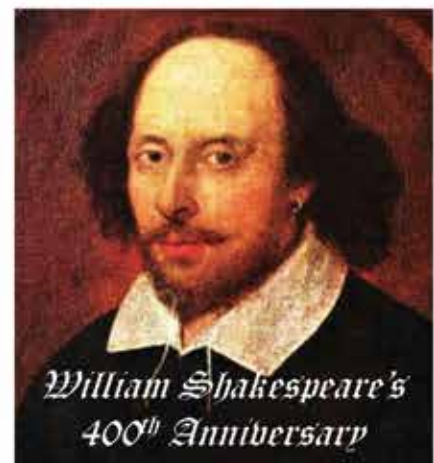
**On St George's Day, Saturday 23rd April, 2016**  
**Royal Orchid Sheraton Hotel**

Sparkling reception from 6.30pm

Gourmet 5-course dinner with  
Stilton, English Cheddar & Port  
Wines and a selection of English beers  
Hendrick's Gin Bar

Traditional flag-waving sing-a-long  
with the Royal Thai Army Band

Dancing 'til 2am  
with the Peter Driscoll Band  
& DJ Paul Jackson



*William Shakespeare's  
400<sup>th</sup> Anniversary*

**Tickets: THB 3,500 each, THB 32,000 for 10**

**Email: [STGBall@gmail.com](mailto:STGBall@gmail.com)**



*H.M. Queen Elizabeth II  
90<sup>th</sup> Birthday*

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# SECURITY IS EVERYBODY'S BUSINESS – II



David Viccars

General Committee

After the similarly titled article in the last edition of 'Outpost' the GC has asked me to write a follow up covering security issues which I hope the membership may find of interest. Firstly let me expand on some items mentioned in the previous article with a few updates about security at the Club.

**CCTV** – The upgrade as advised in my last article, has been completed.

**Security Management** – The GM has spoken with a number of potential candidates but the search for a suitable Club Security Supervisor/Manager goes on.

**Security and Emergency** – It is hoped that within the next months a formal Risk Assessment will be carried out – at no cost to the Club - then a revised security plan can be presented to the GC for consideration.

**Smart Card** – The GC has a plan to upgrade the POS (point of sale) system and membership cards. This project now includes looking at giving Members the ability to admit themselves at the gate by applying the membership card, using wireless technology, to a reader which will validate entry and at the same time could show the Member's ID details on a screen in the security box.

**Silom and Surawong Gates** – The barrier configuration at the Silom gate was designed with professional input many years ago. The GC is now considering what else can be done to improve secure access to the Club, bearing in mind that the Club does not own the Soi leading to the Silom gate.

Now some matters of more general relevance, based on the prudent principle that one's security posture should be adjusted and aligned to the environment and circumstances at any given time:

**Anonymity** – In security terms it's always a good thing to be inconspicuous, to 'fly under the radar' so to speak. As an example, commensurate with perceived threats, membership/access cards for some facilities/offices etc are anonymous in

that they do not state the facility to which entry is authorised by the holder of the card.

**Vehicles** – Anonymity is also applicable for vehicles. Vehicle stickers are now often anonymous and understood only by others similarly connected. Stickers which show allegiance to a group or facility etc could be kept in the glove box and only produced at the relevant facility – somewhat harder to do with badges on the radiator grills I understand! It's the people in the vehicle which are the concern on entry so even with a vehicle sticker membership cards please should still be produced on arrival. Once in the Club, displaying a Club sticker inside the windscreen of the parked, locked, vehicle is welcome so that management can control parking.

**Routines** – Of course there are certain fixed points in every one's life but it's never a bad thing to vary one's routine as much as is feasible.

**Behaviour** – Simple measures such as always leaving your car locked, reversing into parking spaces to facilitate speed of exit in the event of a required hasty departure, never leaving bags unattended and keeping an eye out for – and then reporting – any bags which are left unattended, recognising the location of all exits, wherever you are, picking out people in your vicinity acting in a manner with which you are uncomfortable, just simple prudent precautions ... in the vernacular doing an almost unconscious 'dynamic risk assessment' of your environment at all times ... just being aware ...

In conclusion, the serious incidents we see going on in the world now have been described as the 'new normal' and without allowing security concerns to dominate, I would suggest that we all need to understand the environment in which we live and allow security considerations to be factors in our daily lives.

# ROY VALENTINE FORDHAM

## 1927-2016



Roy Fordham, the British Club's longest serving member, passed away peacefully at home on Wednesday 27th January 2016. He would have turned 89 in February. Roy arrived in Bangkok in 1953 from London for a one-year public relations assignment for the Chao Phraya Dam in Chainat Province (about 200km north of Bangkok).

He fell in love with Thailand and decided to stay on, moving to Bangkok to help set up Thailand's first advertising and PR firm, Groake & Company Ltd. As general manager, he was responsible for creating a public relations division, an outdoor site contracting division, and a market research division. All three divisions later became separate successful companies.

He went on to work for Marklin Advertising in 1962, which led to a short stint in Hong Kong as Account Group Director, before returning to Bangkok in 1965 to head up Marklin's Bangkok Office. In 1968, he struck out on his own to set up Adplan Ltd which rapidly became one of Thailand's leading independent advertising agencies.

Adplan (which was later renamed Mayford) had many prominent clients over the years including Air France, Philippine Airlines, Foodland Supermarkets, Max Factor, Diethelm and Siemens. Roy prided himself on giving his clients very tailored and personal

attention. The agency finally closed in 1999 after the financial crisis in Asia.

Joining the Club in 1955, Roy was a keen tennis player and an active member of the Tennis Committee, holding the post of Chairman for a number of years. He particularly enjoyed playing on the grass courts and spent many evenings at the Club after work doing exactly that. He was friendly and outgoing and for many of his years as a member, he was on first name terms with almost everybody. When he started a family, the Club took on another dimension for Roy with his children enjoying the pool, the playground and spending time there with their friends.

Even after his tennis career ended he was still a regular figure at the Club, enjoying film evenings, quiz nights, wine tastings and other social gatherings. In his later years, as he became increasingly frail, he still loved to spend time at the Club, which he called his second home, up until his final days.

Roy is survived by his wife, Mayurin; his two children, Ann and Kit; and his granddaughter, Anya.



**Promotion 2016** Minimum 2 people, your choice of:

Mixed Seafood Bt 495, Chicken Bt 470, Vegetarian Bt 450

Every Wednesday. Available from every outlet

\*Order 30 minutes in advance to allow for cooking

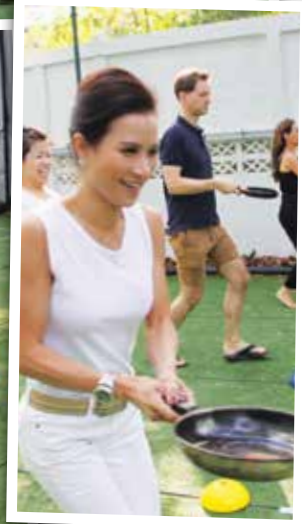


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BANGKOK



# FLIP FLOP RACING

Easter is early this year so Shrove Tuesday turned out to be the day after Chinese New Year, so Pancake Day was on the same Sunday as the Lion Dance. A keen group of kids and their families came along to the races on the Back Lawn, taking in a freshly-cooked fruit pancake beforehand. The races were fun and varied, with both children and parents (and staff) performing admirably.





# GONG XI FA CAI!

Sunday 7th February was the day the Club celebrated the Chinese New Year of the Monkey, without a simian but with a couple of lions! First of all was the Dim Sum Buffet, delicious dumplingettes and other chinese style dishes - The Verandah was full! Then on the front lawn, the drums and firecrackers announced the Lion Dance, a colourful parade watched by Members and their families from all sides of the lawn, culminating in a human totem pole, with the smallest kid standing on the top child's head! Amazing! Kung Hey Fat Choi!









# BC Calendar March 2016



Monday

Tuesday

Wednesday



1

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

**Bangkok Gentlemen  
Spoofers** 8:30pm

**Yoga**  
10am - 11:15am



2

**Ladies Tennis  
Coaching**  
9am - 10:30am

**Tennis Mix-In**  
6pm - 10pm



7

**BWG Mahjong**  
10am - 1pm

**Tennis Mix-In**  
6pm - 10pm



8

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

**Bangkok Gentlemen  
Spoofers** 8:30pm

**Yoga**  
10am - 11:15am



9

**Ladies Tennis  
Coaching**  
9am - 10:30am

**Tennis Mix-In**  
6pm - 10pm



14

**BWG Mahjong**  
10am - 1pm

**Tennis Mix-In**  
6pm - 10pm



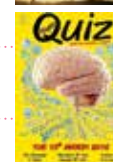
15

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

**Yoga**  
10am - 11:15am

**Bangkok  
Gentlemen  
Spoofers** 8:30pm

**Quiz Night**  
7:15pm The Verandah



16

**Ladies Tennis  
Coaching**  
9am - 10:30am

**Tennis Mix-In**  
6pm - 10pm



21

**BWG Mahjong**  
10am - 1pm

**Tennis Mix-In**  
6pm - 10pm



22

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

**Yoga**  
10am - 11:15am

**Bangkok  
Gentlemen  
Spoofers** 8:30pm



23

**Ladies Tennis  
Coaching**  
9am - 10:30am

**Tennis Mix-In**  
6pm - 10pm



28

**BWG Mahjong**  
10am - 1pm

**Tennis Mix-In**  
6pm - 10pm



29

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

**Yoga**  
10am - 11:15am

**Bangkok  
Gentlemen  
Spoofers** 8:30pm



30

**Ladies Tennis  
Coaching**  
9am - 10:30am

**Tennis Mix-In**  
6pm - 10pm





## Thursday

## Friday

## Saturday

## Sunday

# 3

**Squash Mix-In**  
5:15pm - 9:45pm



# 4

**Tennis Mix-In**  
6pm - 10pm



**Junior Tennis Coaching**  
4pm - 6pm

# 5

**Kids Cricket**  
Book first! 8am - 11am



**Swimming Lessons**  
9am - 12noon

# 6

**Kids Cricket**  
Book first!  
8am - 11am



**Yoga for Kids**  
2pm - 3pm

**Swimming Lessons**  
9am - 12noon



**UK Mother's Day Brunch**  
11:30 - 3pm Verandah

**Open Pairs Bridge**  
2pm Silom Room

# 10

**Squash Mix-In**  
5:15pm - 9:45pm



# 11

**Tennis Mix-In**  
6pm - 10pm



**Junior Tennis Coaching**  
4pm - 6pm



# 12

**Kids Cricket**  
Book first! 8am - 11am



**Swimming Lessons**  
9am - 12noon

# 13

**Kids Cricket**  
Book first!  
8am - 11am



**Yoga for Kids**  
2pm - 3pm

**Sunday Brunch**  
11:30 - 3pm Verandah

**Open Pairs Bridge**  
2pm Silom Room

**Car Boot Sale**  
2pm - 6pm Front Lawn



# 17

**Squash Mix-In**  
5:15pm - 9:45pm



**F & B Work Group**  
3pm, The Alcove

# 18

**Tennis Mix-In**  
6pm - 10pm



**Junior Tennis Coaching**  
4pm - 6pm



# 19

**Kids Cricket**  
Book first! 8am - 11am



**Swimming Lessons**  
9am - 12noon

# 20

**Kids Cricket**  
Book first!  
8am - 11am



**Swimming Lessons**  
9am - 12noon

**Sunday Brunch**  
11:30 - 3pm Verandah

**Open Pairs Bridge**  
2pm Silom Room

**Yoga for Kids**  
2pm - 3pm



# 24

**Squash Mix-In**  
5:15pm - 9:45pm



# 25

**Tennis Mix-In**  
6pm - 10pm



**Junior Tennis Coaching**  
4pm - 6pm

**Wine Tasting**  
6pm - 9pm

Surawongse Room



# 26

**Kids Cricket**  
Book first! 8am - 11am



**Swimming Lessons**  
9am - 12noon

**Bike Tour!**  
7am - 1pm



# 27

**Kids Cricket**  
Book first!  
8am - 11am

**Swimming Lessons**  
9am - 12noon

**Easter Brunch**  
11:30 - 3pm Verandah

**Yoga for Kids**  
2pm - 3pm

**Easter for Kids**  
Start at 10am Back Lawn



# 31

**Squash Mix-In**  
5:15pm - 9:45pm



**Annual General Meeting**  
7pm  
Surawongse Room



We can

# HELP

**British Nationals** who need to travel  
urgently from Thailand



The Consular team at the British Embassy Bangkok can issue  
**Emergency Travel Documents**  
for British Nationals if their passports are:



Damaged



Stolen



Lost



Full



Expired



6 months' validity

*Don't get caught out!*

## 40%

people we helped last year had insufficient validity or empty pages to travel.

**In this region, most immigration authorities require 4 empty pages and 6 months' validity on a passport to allow entry. [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice) for more information.**



For more information on the work of the consular section:

[www.gov.uk/world/Thailand](http://www.gov.uk/world/Thailand)

Email us : [Consularenquiriesbangkok@fco.gov.uk](mailto:Consularenquiriesbangkok@fco.gov.uk)

Call us on: +662 305 8333



# LOST PASSPORTS ABROAD COST BRITS MILLIONS A YEAR



## *THOUSANDS OF BRITISH NATIONALS PAY FOR EMERGENCY TRAVEL DOCUMENTS EVERY MONTH AS LAST-MINUTE PASSPORT REPLACEMENTS*

Using your passport as a beer mat, notebook or accidentally putting it in the laundry are just some of the reasons why British travellers are spending millions of pounds each year on Emergency Travel Documents (ETDs) - issued when passports are lost, stolen or damaged whilst abroad. In 2015, lost and stolen passports in the South East Asia region accounted for 44% of all ETDs issued.

The British Embassy in Bangkok issues the highest number of ETDs in South East Asia. On average that is 55 ETDs each month - nearly 700 per year. Over 70% are down to lost and stolen passports. Stolen passports remain an issue in big cities like Bangkok, mainly due to people's bags being stolen, distraction thefts and pick-pocketing.

The British Embassy in Bangkok is urging people to look after their passports whilst on holiday and save themselves the time, hassle and cost of buying an ETD. Obtaining an ETD can take several days depending on the circumstances. You may need to file a police report, get new passport photos, and of course, have to travel to the Embassy. You will also likely have to replace any visas you need for your onward journey. These expenses can spiral if you need to rearrange travel plans, so make sure you take out comprehensive travel insurance.

### **Key tips for keeping your passport safe abroad**

- Value your passport and look after it carefully
- Your passport is not always safer on you – lock it in a safe if you have access to one
- Make two photocopies of your passport – leave one with friends or family and take the second with you, or store it online using a secure data storage site
- Where possible, use this photocopy as alternative ID, for example when going out at night
- Make sure your passport is valid
- For certain countries your passport must be valid for 6 months after the date you travel – check the entry requirements before you go

- An Emergency Travel Document (ETD) can be issued abroad if your passport has been lost or stolen or is otherwise unavailable. Unlike your normal passport, which is valid for 10 years, an ETD is valid for a specific journey within a specified time. It can be issued quickly if you need to travel urgently at short notice when you are overseas.
- For further details see FCO publication: [HELPING BRITISH NATIONALS ABROAD 2014/15](#)

### **The FCO can:**

- Issue you with an emergency travel document
- Give you a list of local lawyers, interpreters, doctors or funeral directors
- Contact friends and family back home for you if necessary
- Provide information about transferring funds
- Visit you in hospital or if you have been arrested

### **The FCO can't:**

- Help you enter a country if you don't have a valid passport or necessary visas
- Give you legal advice
- Get you better treatment in hospital or prison than is given to local people
- Pay any bills or give you money
- Make travel arrangements for you

# AS IT WAS

When I came to Bangkok in 1978 there were only 3 bridges across the Chao Praya River in Central Bangkok: Memorial Bridge (1932), Krungthep Bridge (1959) and the recently built Phra Pin Klao Bridge (1973). Taksin Bridge, mentioned last month, opened in 1982 and then Rama IX, the first cable-stayed bridge in 1987. British Club Member Anthony Freeman was Chief Engineer and took mine and his families on a tour of the works in 1985 or 1986. We went back for the opening attended by thousands on H.M. King's Birthday December 1987.

There was very little development on the Thonburi side in those days and Bangkok's high-rises were only just popping up. In the photo "On the bridge" you might be able to pick out the Bangkok Bank on Silom Road and the Robot Building, the first tall building on Sathorn Road just left of the Thai flag. These were landmarks then, but are dwarfed now. The first Bangkok Marathon was held to commemorate the opening of the Rama IX Bridge. Sadly Anthony was killed in a construction accident a few years later but his wife Julia still visits the Club on occasion.



Jack Dunford



Looking towards Central Bangkok



1st Single-stay bridge in Thailand



Looking to the Thonburi side



Anthony Freeman left



*Rama IX Bridge**Opening day**On the Bridge*

# HARD BALLS

## Catches Win Matches

The cricket section has been busy since the last issue; playing 2 league games, appearing in the 6s tournament and gracing Chiang Mai with our presence for the annual tour amongst other social happenings. Membership and interest is continuing to rise, but the coveted hunt for the winning formula is still underway.



Ben Eastwell



Is it my turn yet

## Superboys BCLB 10th Jan 2016

The team had an early rise on 10th January as the British club proudly re-appeared in the Bangkok cricket league after some time out. BC set to the dew encrusted field first against Superboys, with H successfully adopting the role behind the stumps as the captain nominated his self in the field. The first half of the bowling efforts went in favour of BC as the run rate was restricted to 65 from 10 overs. Dilip (2-34) and Aseem (3-39) then contributed 5 wickets between them whilst a number of additional chances fell by the wayside due to the all too familiar BC butter fingers. Superboys took advantage, dug in and accelerated the run rate in the second half of the innings. BC, not accustomed to the 25 over format it seemed when 90 runs leaked out of the final 5 overs to set a tricky target of 237 to win.

The reply from BC was cautious and losing Ben and Dale within 4 overs did not help proceedings. However, Rahul stood his ground and crafted a helpful 20 from 35 balls - assisted partially by Mossy throughout their 45 run partnership. But even with the harmonic melody of the kiwi anthem being muttered between balls, Mossy eventually fell for 24 from 26 balls. Natchi (19), Ed (12), and Adrian (10) worked the ball around in the last period of the match but it was a near impossible battle in the end. BC lost by 95 runs and didn't open the league account with a few points as hoped but did manage to drink all the beer in the shop after the game!



V Superboys



Sarg on the front foot

## Awards/Fireball doubles 16 Jan 2016

It was Saturday afternoon and the stage was set for the eagerly anticipated second edition of the fireball doubles competition, preceding the annual awards BBQ. Sarg fixed presented a lucky draw to divide the 16 players into their respected pairs for the session, and the afternoon's proceedings were kindly adjudicated by BCs very own Aussie umpire, TC.

The banter was flying all afternoon, the beer was cracked open way too early and the cricket was as wild as ever. Meanwhile, the deliciously unmissable Indian aroma was wafting on to the court, courtesy of Rahul who was slaving away in the kitchen, preparing a lamb which had been



Dale - cricketer of the year



provided by Ed - BCs token farmer. Every angle was covered; Farmer, Chef... Just don't ask where Mossy and TC slotted into the production line.

Full results are online for those interested but the lucky winners who took home the cup as well as their optional haircuts were H and Shiv. Another noteworthy performance came from Dilip and Sunish who fearlessly managed to clock up a whopping -1 runs in one of their games - gripping stuff. Thanks to all involved especially Jack & Sarg for organising.

A few more familiar faces showed up before the formalities began whilst the cutlery was still clinking against plates in appreciation of the feast that had been laid out earlier. Jack and Nick led proceedings in their usual jovial manner - no leaf unturned, and no one was safe from humiliation as the year's cricket was recounted. The accustomed slammers were quickly depleted, just in time for Jack to round things off as his speech began to slur. The PA system turned into a karaoke soon after and the party looked on as England smashed South Africa in the test series. To top things off there was plenty of food left over to take home – Nice one Rahul.



*Dilip - bowler of the year*



*Game face*



*Double trouble*



*Rahul - batsman of the year*

### Southerners 6s 23-24 January 2016

Harrow and Vaughany played host to the Southerners social 6s tournament over the weekend during which temperatures had cooled down by around 15 degrees. 7 teams battled it out over the 2 days in the fast-paced 5 over, 6-a-side format. The short and snappy format was all about not wasting balls and scoring quickly - illustrated by BCs newest member; Denzyl, who topped the club weekend stats with a 290 strike rate with 64 from 22 balls, Ed (SR:219) was not far behind with 26 from 12 balls, followed by Ben (SR:160) with 48 from 30 balls. Only Dilip (1.67), Ben (1.79), and Ed (1.92) were able to concede less than 2 runs per ball on average. Although coming within 7 runs or less on 3 occasions, BC unfortunately didn't manage to seal any victories, not even when playing a friendly final amongst themselves – which ironically resulted in a draw! Needless to say, it was a good weekend out – spirit of the game most definitely alive throughout.



*The don mid flight*



*Ben throwing the arm over*



*6s Squad*



*Teapot smash*



### Chiang Mai 30-31 Jan

The end of January marked the eagerly anticipated and momentous Chiang Mai tour. Most had arrived by Friday evening before the BC squashies did their bit and came out victorious against Gymkhana, shortly followed by a team talk at O'Mally's and early night for everyone with the long weekend in mind. This decision was undeniably made instead of recklessly slamming jagerbombs and belting out cheesy pop songs late into the night. Due to the sensible decision-making the night before, everyone was up bright eyed and bushy tailed for the social BC Oxford XI V BC Cambridge XI, comprised exclusively of tour members and a few of the Chiang Mai youth to fill the gaps. Dr.Nick White and Dr.David Dance took on captaincy roles, steering their respective teams with surgical precision during the testing 2 innings, 15 over format.



BC v Gymkhana



BC Oxford V BC Cambridge





*Worlds dodgiest barman*



*Relax we know what we're doing*



*Heads or tails*

The ground was as picturesque as ever, not a cloud in site and the temperature was ideal to set the scene for a good traditional game. To keep things social, the retirement was set at 20 runs – being reached by Antoine and Ben in the first innings as BC Oxford set the pace with 110-2, Dr.Nick replied with a solid retirement score whilst the rest of his Cambridge XI chipped away around him to post 116-9 and a 6 run lead after their 15 overs. Sarg opened the Oxford response with a quick 20 from 12 balls, as David's team set a chase of 91 to win from 15 overs, limited by Duncan (0-18) and Patrick (0-9) who continued their tight line from the first innings – conceding only 27 runs from 6 overs between them. Despite Sarg (3-22) taking a couple of important wickets BC Cambridge quickly pinned the target with 15 balls to spare – assisted somewhat by an outrageous 5 ball retirement from Dale who was seeking revenge on Ben after being clean bowled in the previous innings. The BBQ and annual fuzzy duck under the big tree rounded off the day for most ahead of the big appointment with Gymkhana the following morning.

On Sunday, a squad was selected from the lively hopefuls to make the cut for the Dick Wood Trophy, 30 over, one day match. Dale, after responsibly taking an early shift the night before, energetically led the fired up BC team out to field in once again glorious conditions. Gymkhana opened steadily under the watchful scalpel of Nick (0-42) and Patrick (0-14), scoring 72 before losing their first wicket in the 12th over to David Dance (2-29), who in turn produced a wicket maiden and joined Ben (0-31) for a run-reducing 8 over spell conceding only 42 runs. 2 other wickets came from run outs which unfortunately wasn't a direct indication of fielding performance as a number of chances were squandered. On another day, and perhaps a bit of catching practise, Gymkhana would have scored considerably less than 230 – 4.

In reply, Nick injected 47 runs at number 1 before being very unfortunately run out on a direct hit, making way for Dale who creamed 6 6s on his way to 50 from 20 balls with help from Mossy (29), who once again played in a pivotal partnership of the match. After Mossy was dismissed in the 19th over, BC were left requiring a modest 69 runs to stitch things up, at around 6 an over with 7 wickets in hand. Unfortunately, a bottom order collapse left the visitors stranded in the waiting room on 198 all out after 27.2 overs in a game which was looking like it could have gone BCs way. The slammers went on long after sundown to finish off the weekend during which it was promised to Gymkhana that 'we'll have them next year'. Faultless organisation from Jack behind the scenes, keeping the Chiang Mai tour alive since 1853.



*Dale doing what he does best*







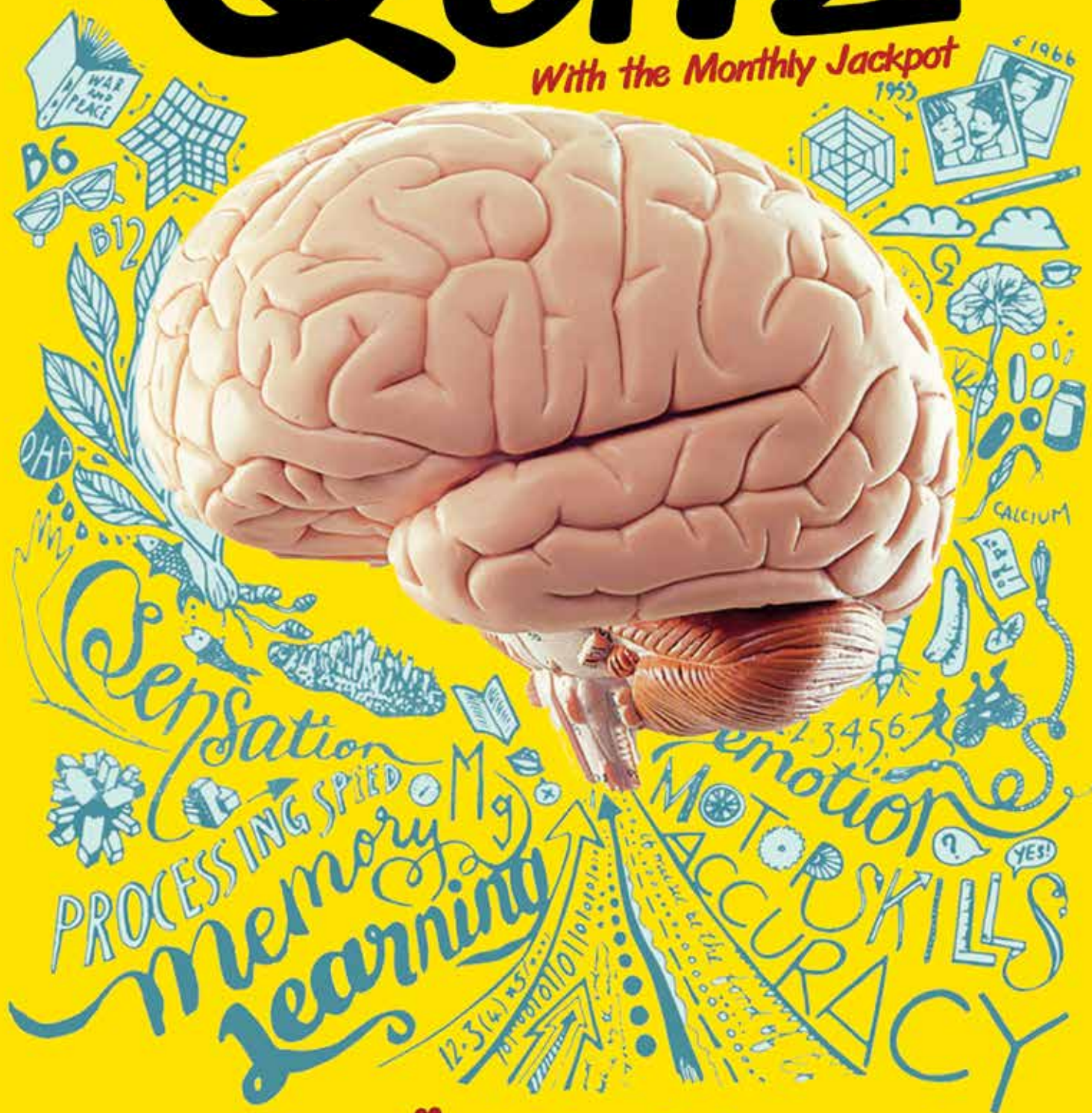
THE BRITISH CLUB  
SANDHOLM

# Quiz

Night

With the Monthly Jackpot

*With the Monthly Jackpot*



**TUE 15<sup>th</sup> MARCH 2016**

*The Verandah*  
7.15pm

Members Bt 100  
Guests Bt 150

Teams of  
6 or less

**Book in Reception or by email : [events@britishclubbangkok.org](mailto:events@britishclubbangkok.org)**





## BCB 1910 FANTASY FOOTBALL



**Bruce Magde**

### “Random Thoughts of Real EPL Managers”



*Don't let the soft voice fool you. I could rip your head off!*



*I can't take the pressure!*



*I fear I may never win the EPL again!*



*I look like a nerdy chav!*



*I look like a rabbit and he looks like Yoda!*



*I fancy myself!*



*I look remarkably like Hugh Laurie!*



*I'm a classically good looking Dutchman!*



*I'm a scary looking Dutchman!*



*My bonus will be 10 tons of spoiled rice!*



*NO! I look like Yoda!*



*Salute my hair!*



*One million a month!*



*I'm too young for this EPL S#%T!*



*If we go down, you're all dead!*



*Pep, you total T&%\$#R!*



*Scouse scan is shizal!*



*Scouse scan is sound!*



*Yeah, of course we can stay up!*

# TENNIS

## 2016 Club Championships

This year's Championship is well underway and building towards the climactic finals day on 26th March (see poster opposite). Many thanks to all of the sponsors who have provided prizes. With several new members joining in recent months this is one of the strongest fields for several years, with great tennis and competitive matches from round 1. All are welcome to come along and support the players whilst enjoying the opportunity to watch some top quality tennis.



Ian Thornhill



## 5th Pattaya Inter Club ITF Senior Open

From the 6th to 11th February, intrepid members from the British Club ventured to Pattaya to play in the latest ITF Seniors event. Reflecting the popularity of the event and the highly ranked players entering the tournament, it has risen to a Grade 3 tournament quickly in only its 5th year.

The international tournament attracted players from as far afield as USA, Japan, Australia, New Zealand, Spain, France, Netherlands, Hong Kong, Austria, India, Sweden, Poland Czech Republic, Italy, Ukraine, Belorussia, China, UK and naturally Thailand, to name a few!



The British Club Tennis Section enjoyed great success in the following categories, with both Chris and Harold securing three trophies:

- Chris O'Mara: Winner of the 45+ Singles and both the 35+ and 45+ Men's Doubles
- Andrei Ivanov: Semi-finals of the 40+ Singles and final of the 35+ Men's Doubles
- Harold Mollin: Winner of the 65+ Singles, 40+ and 60+ Men's Doubles
- James Young: Finalist in the 60+ Singles and winner of the 60+ Men's Doubles
- Phairoj Chansevikul: Finalist in the 55+ Men's Doubles
- Mukda (Nong) Sunantapan: Finalist in the +45 Ladies' Singles

An honourable mention also for Philip Mock who had a tough draw and early bath. Thanks to the ever-present David Padgham for his keen and enthusiastic support. Many new friends were made and old acquaintances rekindled. There was an extremely high level of tennis and the British Club can be proud to have so many world class players.

## Au revoir to Tony

Tony Moore, our English breakfast tea-sipping Chairman has now left Thailand having relocated to Paris. On behalf of the tennis section as a whole, we would like to thank him for his significant contributions and the *joie de vivre* he has brought to the courts over the last few years, and we hope to see him out here again soon!





**Amari**  
PHUKET



**SALA**  
HOSPITALITY GROUP

**ONYX**  
Hospitality Group

# 2016 CHAMPIONSHIP BRITISH CLUB tennis

 **สมิติเวช**  
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ORIENTAL RESIDENCE  
BANGKOK

  
**DUNLOP**

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CYCLE TOURS  
*See the World by Bicycle*

**Saturday  
26 March Starting 8am**

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FAST DELIVERY

**Cup semi finals Sat 19 March - Plate semi finals Sun 20 March**

**MAJOR SPONSOR**

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sala khaoyai



sala lanna



sala rattanakosin



sala ayutthaya



# 2016 TENNIS CHAMPIONSHIP

# SQUASHY BITS

## Chiang Mai

We went to there to play for the Peter Corney Chiang Mai Cup Challenge Championship against a team from there called Gymkhana. We went there on an airplane from Bangkok airport to the airport there. There we stayed in a hotel called People Place which has beds. There we travelled around by tuk tuk and we ate there in an American diner with butter in its name. We also drank beer there in Chiang Mai. And we won the squash there. We will go there again next year to do the same thing again next year there.

Until we go there again next year. ....



Bruce Madge



GYMKHANA v BRITISH CLUB			
1	WONG	v	HAROLD 0-3
2	NID	v	NICK 3-2
3	BOB	v	BRUCE 3-0
4	MICHAEL	v	MARVYN 0-3
5	MARK	v	JOHN 2-3
6	JOHN	v	PETER 3-1
11-12			
BRITISH CLUB WIN ON SETS COUNTBACK			







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



# BCGS GOLFING NEWS



The January Monthly Medal was the first under the new sponsorship of Worldwide relocations. The prizes would now include 500 baht vouchers for each of the flight winners, so the competition was expected to intensify. The game was played as usual at The Royal on the last Sunday of the month. The conditions, however, were unusual. We are used to capricious greens and blustery winds, but the course had been set up to test contestants in a morning competition, rather than its usual weekend configuration designed to speed play. Inaccessible pin positions and back tee boxes presented a rare challenge to the field of 20. In hindsight it was no surprise that Flight A was won by the accomplished Peter Clark (with a net 73) from the resolute Barry Ashman in second (with a net 77). Third place was shared by John Bell and Gordon Milne. In Flight B, Peter Bond put in a typical improved cool season performance to win with a net 73, from Carol Hampshire in second and Pete Gale and Varghese sharing third place.



*Gaew & Gordon with technical prizes*



*Goodbye Sharon and Tony*



*Nice swing Peter*



*Sharon Moore with her Matchplay Trophy*



*Medal winner Peter Clark*



*Gordon warms up for the Medal*



*John's warm up is more relaxed*

The final of the Matchplay Competition was also played in January. This major event is contested over the year, and by January the field of 26 had been whittled down to the two finalists. Sharon More, winner of two medals, runner-up in the Player of The Year, and playing off a handicap of just 26 compared to 32 at the start of the competition, was to fight it out with Steve Monical. Steve was also a 2015 Medal winner, and his handicap had been cut from 13 to 10 over the year. In the event, Steve's only slightly disappointing form was no match for Sharon, who strode to a 7 & 6 victory; a most appropriate finale for a doughty competitor who, along with Tony, will be missed.

We always welcome new members to this informal group. If you are interested, please email us at [bcgs2002@yahoo.co.uk](mailto:bcgs2002@yahoo.co.uk)

Fixtures for the next few months are published on our web site, [www.bcgsthailand.org](http://www.bcgsthailand.org)



# BIKE TOUR!

- > EXPERIENCED LOCAL GUIDES
- > MOUNTAIN BIKE OR STANDARD CITY BIKE
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- > FERRY RIVER CROSSING
- > LONG-TAIL BOAT RIDES
- > LOCAL STYLE LIGHT MEAL



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**SAT 26 MARCH 2016**

**FROM 7AM - 1PM**

**ADULTS BT 1,850**

**CHILDREN BT 1,450**



BOOK IN FITNESS CENTRE OR BY EMAIL : [SPORTS@BRITISHCLUBBANGKOK.ORG](mailto:SPORTS@BRITISHCLUBBANGKOK.ORG)



Come and treat a mother on this Special Day



**Sunday 6th March 2016**

**Special Brunch**  
The Verandah, 11am - 3pm

Complimentary glass of house wine  
for Mother having brunch

Adults BT 595

Kids up to  
12yrs BT 350

Adult + Bottle of  
Wine of the Month  
BT 1.150

Book in Reception or by email : [events@britishclubbangkok.org](mailto:events@britishclubbangkok.org)

## YOGA FOR KIDS

**SUNDAYS**

**2pm - 3pm**

**MIN : 3 KIDS**

**6-12 YEARS OLD MAX : 10 KIDS**

In the Yoga for Kids classes,  
traditional Hatha yoga is taught and practiced in a way  
that is fun and accessible  
Yoga for Kids

provides a learning adventure that helps youths de-stress and relax.  
Children will discover a sense of awareness and respect for  
themselves for others and the world around them.

Book at the Fitness Centre

02-234-0247 Ext. 26 or

by email: [sports@britishclubbangkok.org](mailto:sports@britishclubbangkok.org)

**Bt 350  
per  
lessons**



**IYENGAR**

**YOGA**

FOR SPORT

**Bt. 500 per class**

**TUESDAYS**

**10.00 - 11.15am**

**Please bring  
your own mat**

Book at The Fitness Centre 02-234-0247 Ext. 26 or by email: [sports@britishclubbangkok.org](mailto:sports@britishclubbangkok.org)

For students new to yoga or new to the Iyengar yoga method, this course introduces  
the basic poses, awareness of breathing movement, yoga principles of body and  
its movement and simple relaxation techniques.

You do not need to be flexible or young to start. The course will benefit you wherever  
you are in life. This is a cumulative experience with each class building on the one before it  
which is in accordance with the philosophy of teaching Iyengar yoga in a sequential  
progression of poses.

Iyengar Yoga is accessible to anyone. Regular practice increases suppleness, strength  
and stamina, improves posture and concentration and quiets the mind to promote well-being.





At KIS International School all students can shine. The midsize, caring community allows KIS students to be confident and to be appreciated as an individual, with unique dreams and strengths. The school is a full IB school, offering the International Baccalaureate Programmes for all age groups (IB Primary Years Programme, IB Middle Years Programme and IB Diploma), ensuring an academically rigorous curriculum that not only prepares students to be successful at university, but also teaches important life skills. KIS, it's all about Knowledge, Inspiration and Spirit.

Check out the students' videos to learn more about their passion [www.kis.ac.th](http://www.kis.ac.th)

"If you do things with passion,  
your audience can feel it"

Anthea, Grade 3.



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