



THE BRITISH CLUB
BANGKOK

THE OFFICIAL MAGAZINE
Outpost
OF THE BRITISH CLUB BANGKOK

www.britishclubbangkok.org

April 2016

ANZAC DAY
25th April



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chairman@britishclubbangkok.org

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REPORTINGS

03 CHAIRMAN'S MESSAGE
Summary

07 LETTER FROM THE GM
Khun Prem's message

09 HAPPENINGS
Quick overview

11 F & B MORSELS
Happy Eating!

12 NEW AND NOT NEW
Members Spring Gathering

CLUB FEATURES

18 AS IT WAS
Bangkok's Traffic

SPORTS

20 FITNESS
Life is for living!

22 HARD BALLS
Mastering the Masters

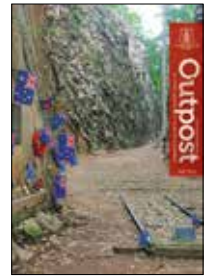
26 5-A-SIDE FOOTBALL
Visual review

27 FANTASY FOOTBALL
Tight!

28 TENNIS
Matches & Leagues

30 SQUASHY BITS
Squash AGM Minutes

32 GOLF
February's Results

**FRONT COVER**

Every year on the 25th April, there are ceremonies all over the world for ANZAC Day. In Thailand, a dawn service is held at Hellfire Pass near Kanchanaburi, site of the Thai-Burma railway, in memory of Australian and New Zealander prisoners of war, many of whom died building it.

EDITOR'S GREETING

April is going to be a busy, and hot, month including the Songkran festival which heralds the arrival of the Thai New Year.

Sports Camps are scheduled as it's the school holidays, and the month culminates with the Club's Birthday Party too.

We're still hoping that there are Members with old photos of Bangkok - please send them to me soon!

Queen Elizabeth II turns 90 on her real birthday, the 21st! Long may she live and reign!!

Ed

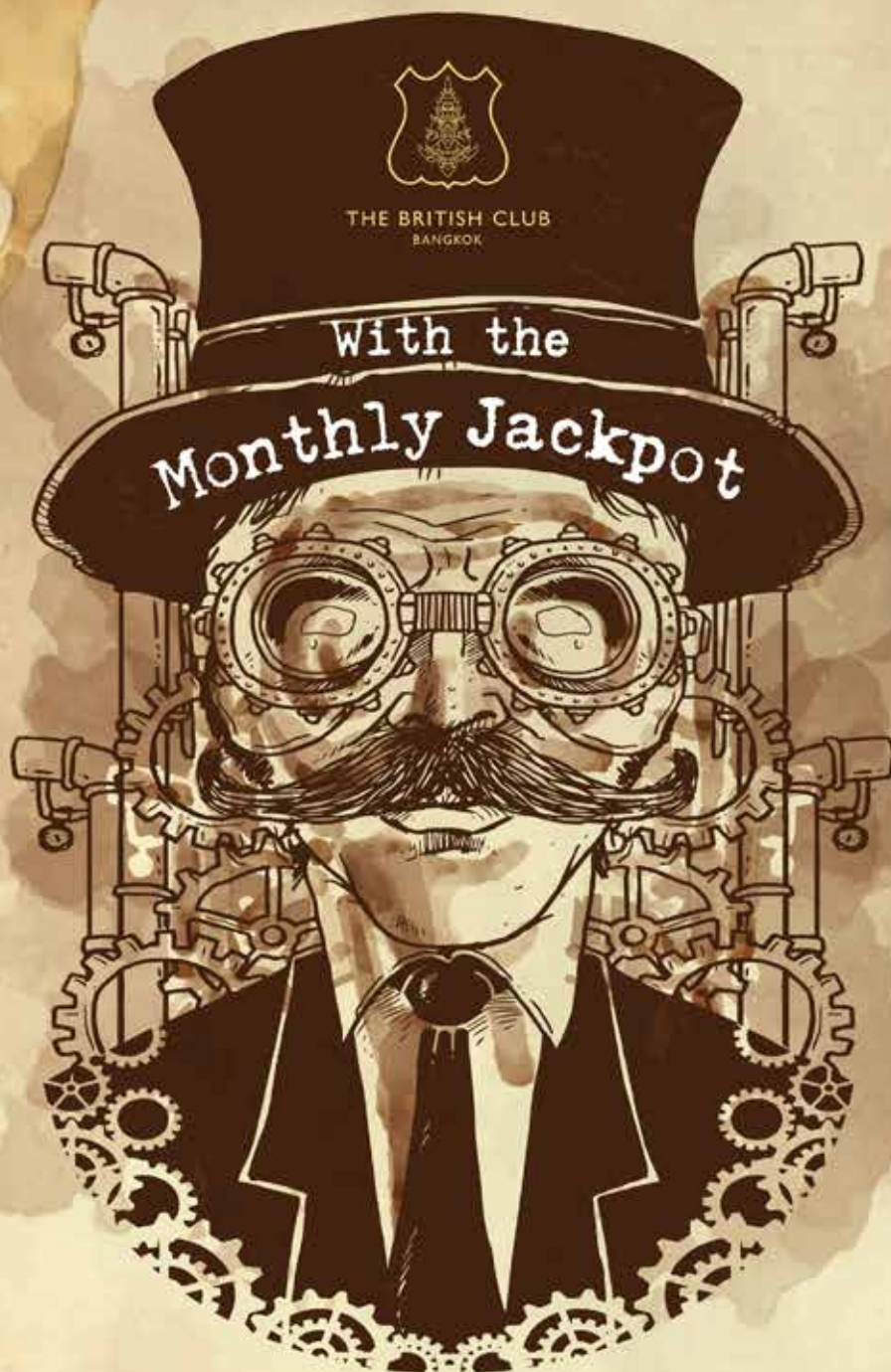


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Opinions expressed need not necessarily represent those of the Club. All events, dates and times are correct at time of press. Outpost welcomes contributions from Members, email outpost@britishclubbangkok.org - No part of this publication may be reproduced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

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

QUIZ NIGHT

Tuesday 19 April 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

MESSAGE FROM THE CHAIRMAN



Phil Alexander

**Chairman,
General Committee**

Dear Members,

I have now served six consecutive terms on the General Committee, two years as Treasurer and four years as Chairman of the General Committee. Clearly no records broken here as there is a current Member who surprisingly served over thirteen consecutive years on the General Committee!

A remarkable turnaround in the Management and Finances of our Club

As I look back over my six years on the General Committee, I do so with a sense of pride, realising that there has been a complete and positive turnaround both in financial and management terms as well as in the very fabric of our Club. Indeed, our Club has moved consistently and positively forwards on all fronts during this period. Thanks to the hard efforts of the various Committees and the revitalised Management Team, under the guidance of Khun Prem, during this period, the British Club Bangkok is now recognised as being one of the most prestigious Private Members Clubs in the Asia-Pacific region. This fact didn't escape the eyes of the world famous Oriental Club when they conducted their recent tour of Private Member Clubs in the region.

As we approach the AGM, I would like to highlight some important areas:

- We have a strong and stable Management Team supported by highly committed staff
- After years of improvement and strong profits we see a very strong cash position which enabled us to establish a financial cash buffer of some 15 million baht to protect the Club in any uncertain times ahead
- Vast improvements in our House, Grounds and Club facilities which have all been financed 100% from our cash flow
- A strong and growing Membership base
- Excellent sporting facilities which will be further improved when the Members' wishes, shown at previous EGMs and approved "in principle" as a preferred option, are enacted
- Broad variety of outlets
- An excellent flexible Annual Membership Programme

That said, there are areas where more work is needed to finalise this Committee's initiatives. The first is to

continue with recent steps to improve the family and children areas, the second is to finalise the overhaul of the Club's Constitution and Bylaws for the benefit of all Members regardless of membership category, and the third is to finalise the work already undertaken to specify, source and introduce an integrated POS and Membership system.

Without doubt another excellent year

The Club has produced not only another year of excellent financial results but we have also seen a host of improvements, all funded out of our own cash flow, around the Club and our Management Team continue to successfully manage a broad range of events and functions for the benefit of our Members.

Certainly much success has been achieved in many areas this year and it's once again very pleasing to see the comments of the British Ambassador H.E. Mark Kent in his message included in the Club's 2016 Yearbook which will be available later in March. We will miss the Ambassador and his charming wife, Martine, as they will soon leave Thailand for a new overseas posting and on behalf of the Club I would like to thank them for their regular support in using the Club.

The last year has again seen our Club advance positively and significantly from a cash perspective and in operational performance; also in the improvement, upgrading and uplifting of the Club's buildings and grounds, and in the continued growth of our exceptional reciprocal club network.

It should also be noted that the Club's cash position would have been much better had it not been for having to pay an extraordinary land tax demand from the Bangkok Metropolitan Authority backdated initially to 2002. We have now paid the additional amount of 2,849,648 Baht and launched a legal appeal for the same. Litigation has now started and there are high hopes of clawing some, if not all, of these monies back in the not too distant future.

The General Committees have continued their efforts aimed at improving the British Club experience for all our Members in general, not just satisfying the needs of a few, while building up essential financial buffers for the long term.

Without a doubt we have solid foundations and I fully expect future Committees to produce record figures year on year.

The British Club
Actual audited financial years 2011-2015 ending 30th November each year,
and actual management figures at end February 2016

	2011	2012	2013	2014	2015	End Feb 2016*
Cash	14,669,760	16,818,668	21,050,893	31,299,048	33,162,002	37,696,931
Capital Expenditure	1,638,964	6,569,964	5,961,914	5,920,915	7,476,471	344,675
Operating Income	792,854	4,851,077	5,851,906	6,765,935	5,933,049	3,691,865
Net Profit (Loss)	(1,845,789)	3,153,987	6,698,434	7,268,399	5,110,660	4,463,160
No. of Members	1,011	1,001	1,042	1,108	1,099	1,113

** Please note as we advance quickly towards the 40m Baht mark, we expect the cash position at the end of March to be around 38m Baht.*

In my opinion, the Club's future General Committees must maintain a prudent financial policy and improvements and other capital expenditure items must continue to be funded out of cash flows. The Club has gone through rocky times in the past and has been in precarious financial positions before, which cannot be allowed to happen again. Hence significant financial buffers must be maintained in the Club's Bank accounts at all times.

Club & Grounds - upgrading, uplifting, general maintenance

The improvement of the Club's facilities which have gained significant support and appreciation from the vast majority of our Members include:

- The elevator at the Surawongse end of the Clubhouse for Members with mobility problems has been welcomed and warmly appreciated.
- The completion of the toilet and changing room block carefully designed and constructed in a previously unused area of the back lawn. This was a specific request of Management to support the many functions and sporting activities on the back lawn. Also a tremendous success, relieving a huge burden on the Clubhouse toilet facilities and curtailing many Members' irritation.
- The completion of the Pavilion Café, another initiative from our Management Team, at the rear of the tennis courts. This wasted area in the past housed a few dilapidated shacks and is now well landscaped including a beautiful waterfall full of fish and a striking spirit house.

- The completion of the cricket nets, a major revamp with an increase in height and a brand new playing surface.
- The construction and the much-needed refurbishment of the Staff House, long overdue and for which the staff are extremely thankful.
- The finalisation of the major upgrade of the multi-purpose court on the back lawn
- The preparation and sourcing work for a much-needed and integrated POS and Membership system is well underway and this will be left for the incoming GC and our Management Team to finalise and implement.
- Upgraded children's area

A sense of pride

With a large number of Members from a wide variety of backgrounds, I recognise that we can never get it right for everybody, but we have all worked very hard to make the British Club a better place for us all. The Club and Grounds are in a phase of continual improvement as we continue to challenge ourselves and raise the bar in the quality of the overall environment of the Club.

We still have to agree on the way forwards for the redevelopment of the Silom Sala area in an integrated and phased fashion for the benefit of all the stakeholders using the sporting facilities, the children's pool, the children's playground and the family dining areas. The poolside areas are becoming stretched at weekends as many of our Members and in particular the families head on down to the Club to relax and enjoy.

The increased use of the poolside and the frenzy at weekends is testament to how much this redevelopment is needed, and how important it is to provide improved and extended facilities to our Members, their families and their guests. Some of these buildings are close to 60 years old and are in urgent need of attention. We have the opportunity to build for the long-term and to produce excellent facilities for all Members, their families and the Club's sporting community. We have a strong financial base so what we need now is for all voting Members to take important decisions for the well-being of the Club and all its Members and not to be divided by personal interests, personal grudges, fixations, or private agendas. ALL Members of the British Club deserve better.

Good Governance and Transparency

These buzz words have been bandied around the Club and often directed negatively and personally towards me and the GC. Indeed, a handful of Members have taken it upon themselves to regularly bombard the General Committee with often negative and highly critical emails which at times have bordered on what could be described as a personal vendetta. Sadly, the spreading of false, malicious and unsubstantiated rumours has become commonplace and I imagine that many Members have become disillusioned with this behaviour, as have I. This is not the place for me to counter such personal attacks nor to refute pernicious untruths, though I will address these issues at a later date. Without wanting to add fuel to the fire, the General Committee decided not to react but attempted to work positively to improve relationships with this group, but as time has shown this was too little avail.

However, I must categorically state once more that:

- All GC investment decisions were discussed and approved by the General Committee before being implemented, and were implemented in accordance with the rules and regulations laid down by the Club
- The Committees have worked diligently and professionally as the body elected by Members to run the Club and make decisions they believe best on behalf thereof
- All disciplinary matters have been enacted within the rules set down and discussed and approved by the General Committee before being implemented
- All major decisions have been communicated to the Membership in accordance with the Club's rules and regulations

Furthermore:

- The financial position of the Club has never been stronger

- The Membership levels have never been greater
- At long last we have a first-class stable Thai-led management team and we have not fallen into the trap of appointing any highly paid expatriates who are unable to cope with the cultural nuances of running a Private Members Club in Thailand
- The Club, its Management and staff, all recognise and respect its heritage whilst pursuing the needs of its Membership
- The Club adheres to the rules and regulations set down by the Thai Civil & Commercial Code

The outgoing General Committee leaves the Club's finances in a very strong position, but calls for a continuation of the existing prudent financial policies, and draws the Membership's attention to the necessity of maintaining strong financial buffers as bleak economic and social times may lie ahead.

My personal and sincere thanks

In conclusion, I feel a great sense of pride in what has been achieved over these years, and I thank all those Members who have supported me. My thanks also go to all those members of the Committee who have positively and constructively put the Club first and have worked hard to improve and enhance the Club's overall environment. We all realise that it is impossible to please all of our Members all of the time, but our Management and staff are doing their utmost to serve us the Members and fulfil our wishes. They are very proud to be part of this great establishment and that is evident from their enormous work efforts.

Those that know me well understand my passion, total commitment to, and love of, the British Club. The long hours that I have devoted are due to a belief that we are building a stronger and better Club for the enjoyment of all. The Club is in excellent hands with Khun Prem and her team, and I would like to say a special word of thanks to her and them for the continuous support they have given me and the other members of the Committee. Khun Prem's sharp initiative and continuous drive never cease to amaze me. Our staff are excellent, and I know that Khun Prem and her team will continue to focus on strengthening and improving the British Club in the future.

Finally I would like to say a very special thank you to my family and friends for the support they have given me during my tenure.

Phil Alexander
Chairman of the General Committee
The British Club Bangkok
21st March 2016

CLUB'S

113th



BIRTHDAY PARTY

Sun 24 April 2016

Games	Lucky Dip	BBQ	Chandon
Kids Activities	Sketch Artist	Vegetarian food	

Piñatas	Bouncy Castle	Draft Beer	Live Music
Trampoline	Huge Birthday cake	Club punch	Entertainer



LETTER FROM THE GENERAL MANAGER

By the time many of you read this, the AGM will have taken place and we will have a new General Committee in place. The staff and I would like to welcome them all, and I look forward to working with the new team to keep improving the Club for all the Members.

Last month was busy around the Club, and our maintenance staff were also busy on a number of items. We replaced the white awning that runs along in front of the changing rooms and the Fitness Centre. We also painted the balustrade around the children's pool and along some sides of the Sllom Sala. In addition, we installed a net over the balustrade around the children's pool to protect small children, and likewise a small gate between the pool area and the children's playground.

The temperature has been climbing the last couple of weeks, and the air-conditioner in The Verandah finally gave up and was too old to repair so we have installed a new system in there which is beautifully cool! To improve efficiency and minimise wasting electricity, we have had all the air-conditioners around the Club cleaned and maintained, and we hope you all feel the difference!

April is a great holiday month with many children on holiday and, of course Songkran, the long hol-iday for Thai New Year. This year it joins with a weekend so many people will go away, so take care on the roads! On Songkran Day itself, the 13th, we will have a special Thai Buffet in the Su-rawongse Sala as well as water fun on the front lawn for kids. Please remember



Premrudee Tanyaluck

General Manager

that the Club does not allow water guns as they can cause injury to small children, and no water games in the Clubhouse at all. Stay on the front lawn and have lots of fun!

It's the Club's 113th birthday this month, so we will be celebrating with a party on the Back Lawn on 24th April, and we hope lots of people come along and enjoy the day. There will be the usual children's activities, F&B and other entertainment which will be announced in the mailings quite soon. The April Wine-Tasting is early in April, on 22nd, as the big room is busy on the last Friday.

We now offer not only a choice of fresh coffee (Lavazza or Catunambu), but also a choice of teas (Twinings, Dilma or Lipton). We have a selection of Twinings, so please specify when you order coffee or tea which variety you would like.

As it is holiday month, we have Sports Camps between 4th and 8th April, and swimming lessons at weekends. Please contact the Fitness Centre for details or booking.

I wish you all a Happy Songkran and hope to see you around the Club soon.

OFFICIAL OPENING TIMES

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



THE BRITISH CLUB
BANGKOK



Songkran Festival

Wed 13 April 2016

*"A perfect chance for parents to enjoy staying dry
while kids enjoy getting wet"*

THAI BUFFET

11AM - 3PM, THE SURAWONGSE SALA

Adults Bt 395 Kids Bt 200

**Water Fun day
on the Front Lawn**

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



HAPPENINGS

One always thinks of Songkran month as being the stiflingly hot month of the year, but this year March seems to have reached that point and we haven't even had Easter yet. I noticed that today it's 37°C here in Bangkok, but in London it's still only 7°C. Phew! That's a bit of a difference that can be quite a shock whichever way you're flying for your holidays!

March started off with a busy UK Mother's Day buffet and a week later we had quite a good turnout for our Spring Car Boot Sale. It's good having it on the front lawn, but it would still benefit from more people coming and looking through what's on offer, as there were some remarkable items available. The next one will be in September, so make sure you're either a vendor or a buyer!

We joined the Embassy in presenting a seminar about the importance of being prepared for the day of the grim reaper. Almost a hundred Members came along, and many found it useful as a reminder of the complexity of validity of wills, inheritance taxation and so on. Of course every person has different circumstances but the underlying message is the same - make sure you are prepared and have your affairs in order, so as to minimise the difficulties and headaches that those who survive you may face. If anyone is interested in contacting any of the presenters direct, please let me know.

We still have Easter Day and the AGM to go this month, both of which are looking like being busy. The Club Yearbook for 2016 is at the printers, and I'm pleased to say this year we will be printing it on recycled paper. It will be available for collection from Reception as from the last day of the month, with the April issue of Outpost too, hopefully.

Looking ahead to April, it is of course Songkran month and this year it looks as if many Bangkokians will be taking a few days before or after (or both) and turning Songkran into a mega holiday. Great idea, makes driving to work such a delight! Songkran Day itself is on the 13th and is traditionally the start of the Thai New Year. There have been changes this year in what the general public can put in the water that they throw at each other (and anyone else passing) but I doubt this will affect the spirit or enjoyment of the holiday very much. As Khun Prem mentioned, the Club does



Jeremy de Sausmarez

**Events & Marketing
Manager**

not allow water guns to be used, but on Songkran Day there will be games and water on the front lawn in the afternoon, whilst the Clubhouse and Salas remain dry and tranquil - well that's the plan anyway. Khun Laak is doing a great Thai Buffet for lunch on Songkran Day so for those of you still in Bangkok, come along and have a good meal and then frolic all afternoon.

There's a couple of changes to regular dates in April. Firstly, because of the long Songkran holiday, our monthly Quiz Night will be a week later than usual and will take place on Tuesday 19th. In March we had two new teams who did quite well and contributed a lot of very good humour so we hope they come back again with some other new teams too! Secondly, the last Friday of the month has a function in the Surawongse Room so we have moved the April Wine-Tasting forward to Friday 22nd, as in April the weather is rather too warm to have tasting in the Silom Sala, I'm sure you agree.

On the last Sunday of April, 24th, we will be celebrating the Club's 113th birthday. In parts of Asia, 13 is an extremely lucky number so it'll be a great party! A family fun day when friends gather to enjoy a relaxing day of diversion. More details will go out at the beginning of the month, but put it in your diaries now!

As a parting thought, recently a Member asked me where the word 'Dutch' came from. Generally, the name of a language/people share a word, or part of a word, with the country where they exist or originate. Why does Holland/Netherlands have a language called 'Dutch' and people called 'Dutch'? It's interesting and I was going to put it in the magazine this month but there's no room so maybe next month after you've mailed in all your old photos of Bangkok yeah.

Have a great month!

BUSINESS LUNCHEONS



4th April - 8th April 2016

Starters : 65 baht

Waldolf Ham Salad or Chef's Soup of the Day

Main Courses : 160 baht

Mini Steak Served with Mixed Vegetables, Roasted Potatoes and Gravy Sauce

or Pan-fried Dory Fish with Mornay Sauce (Served with Broccoli and Mashed Potatoes)

or Creamy Chicken Penne and Peas (Served with French Beans, Carrots and Sauteed Potatoes)

or Tom Kha Gai (A Refreshing Coconut Milk Soup with Chicken and Herbs)

Phad Kraprao Moo Sab (Stir-fried Minced Pork with Hot Basil and Chilli)

Phad Tua Ngok Tao Hoo (Stir-fried Bean Sprouts with Curd and Oysters Sauce)



11th April - 15th April 2016

Starters - 65 baht

Mozzarella, Mango, Tomato and Rocket Salad

or Chef's Soup of the Day

Main Courses - 160 baht

Salmon Fish Cakes (Served with Chips, Garden Peas and Tartare Sauce)

or Chicken Stew in Red Wine Sauce, French Onion, Peas, Carrots and Mashed Potatoes

or Fillet of Pork in a Light Curry Sauce (Served with Grilled Zucchini and Coriander Rice)

or Gaeng Jued Phak Gard Khao (Chinese Lettuce Soup with Minced Pork, Tofu and Vermicelli)

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

Phad Phak Ruam Nam Man Hoy (Stir-fried Mixed Vegetables with Oyster Sauce)

18th April - 22nd April 2016

Starters : 65 Baht

Carrots, Raisin and Apple Coleslaw

or Chef's Soup of the Day

Main Courses :160 Baht

Chicken Maryland with pineapple, banana, sweet corn, bacon and home-fried potatoes

or Pan-fried Dory fish in orange and butter sauce

(Served with French beans, carrots and mashed potatoes)

or Sausage Stew with Green Beans, Carrots, Peas and New Potatoes

or Tom Kha Gai (A refreshing coconut milk soup with chicken and herb)

Phad Kraprao Moo Sab (Stir-fried minced pork with hot basil and chilli)

Phad Tua Ngok Tao Hoo (Stir-fried bean sprouts with beancurd and oyster sauce)



25th April - 29th April 2016

Starters : 65 Baht

Chicken and Papaya Salad (Grilled chicken, lemongrass, spring onion and lime dressing)

or Chef's Soup of the Day

Main Courses : 160 Baht

Mixed Sausages with Mashed Potatoes and Fried Onions

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

or Grilled Seabass (Served with Spinach Risotto)

or Tom Yam Kung (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)



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

F&B MORSELS

The Club has been busy this month, and we have had a few good functions and dinners to do as well. Hot Cross Buns have been a success again, and Easter is still a week away. I have just completed a new menu for different chocolate dishes including Chocolate Lava Cake which is delicious with ice cream, so please try it!

April is mango month so there will be a mango promotion available, they are lovely in hot weather! I will be carrying on with the strawberry menu as it is popular. We are also keeping the burger promotion going as all of them sell well now.

Every month I change the Khun Laak Recommends board, so I hope you check the dishes out as they offer you a variation on the standard menu. In April I am planning to do one or two dishes with rabbit, as I hear it is very popular back in England. These will appear on the Recommends Board as well, so check before ordering!



Khun Laak

Executive Chef

There's the Songkran holiday in the middle of the month, so on Songkran Day, 13th, we will do a special Thai Buffet in the Surawongse Sala at midday to welcome the Thai New Year. I hope that you will come and enjoy the day if you are not away with your families for the long holiday.

At the end of April we have the Club Birthday Party on the Back Lawn, so come and enjoy the day.

Happy Eating!

Cocktail of the Month "April"



THE BRITISH CLUB
BANGKOK



Club Connection

**Only
Bt 100**

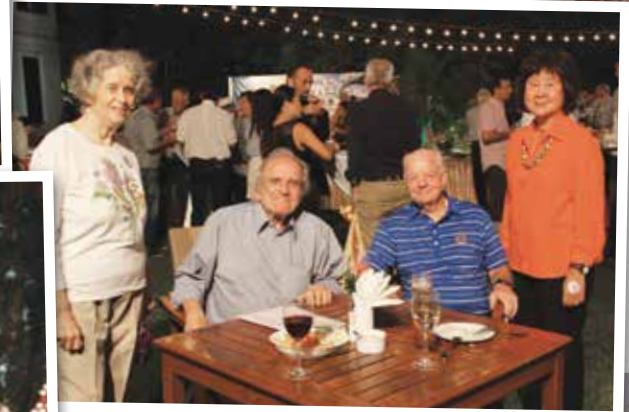
*Don't forget Afternoon Tea
is available from 3pm*



NEW AND NOT NEW

Members Spring Gathering

The Spring Members gathering was a huge success. Nearly 100 people gathered on the front lawn, a change from previous gatherings. Drinks and canapés were appreciated, seating provided, stickers to pronounce status. There was quite a buzz. There were some surprise prizes for the lucky few, and a photo session. It was wonderful to see so many Members together under the stars.





Bangkok St. George's Society

54th Annual Ball



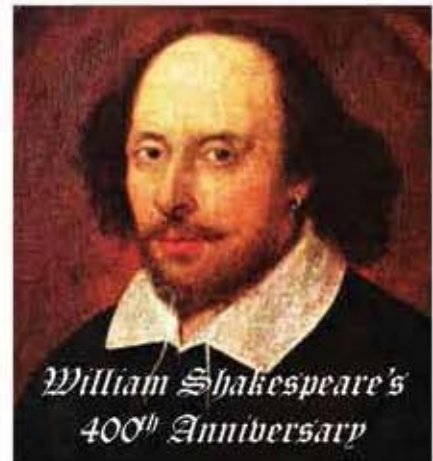
On St George's Day, Saturday 23rd April, 2016
Royal Orchid Sheraton Hotel

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
 400th Anniversary*

Tickets: THB 3,500 each, THB 32,000 for 10
Email: STGBall@gmail.com



*H.M. Queen Elizabeth II
 90th Birthday*

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How to benefit most from your appointment



Before visiting a doctor, we usually have a lot of questions running through our heads. But when we sit in front of the doctor, sometimes we have difficulty recalling those questions, especially when we are busy trying to comprehend what the doctor is telling us.

In order to make the most out of your consultation, we suggest writing down any questions you have in advance. The following are some examples and considerations you can use to prompt your own questions.

Questions you may wish to ask your doctor

- What is my condition called?
- How is my condition likely to develop?
- Can it be adequately treated and controlled?
- Are there any alternatives to the suggested treatment?
- What are the potential risks of the treatment?
- How will the condition affect/restrict my lifestyle?
- What can be done to minimise these effects?
- When will I be able to return to work?
- What is the estimated cost of treatment, including medication? (Your doctor may not be able to answer this question, but one of the clinic nurses can obtain this information for you)
- In case of any problem, who can I contact?

Surgery or investigation

If your doctor recommends surgery or an investigation, he/she will explain the procedure to you. Don't hesitate to ask more questions if you are unsure or concerned.

On the day of surgery, confirm that your surgeon will perform the same procedure your doctor originally explained to you.

The nurse will give you a consent form to sign. This form is the hospital's proof that you have received all

the information you need before surgery. If you are still not sure about anything, please say so.

Some questions to ask before surgery

- Could you explain the procedure of the surgery to me?
- How long do I need to fast before the surgery?
- Will I experience any pain after the surgery? If yes, can I receive painkillers?
- When will I receive the results of the investigation?
- Do I need a follow-up appointment?
- When can I go back home and/or back to work?
- What activities should I do to help my recovery?
- Are there any activities I should avoid?
- Will I need physiotherapy?

Please note that these are just suggestions; feel free to ask the doctor anything that you feel is important.

It is essential to inform your doctor about any allergies, as well treatments for either your condition or anything related. For women, please tell the doctor if you are pregnant or lactating. Don't hesitate to repeat this information to the nurses and pharmacists.

Asking the right questions helps you take charge of your health and make informed decisions. It can also give you peace of mind.

Monday

Tuesday

Wednesday



4

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



5

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



Bangkok Gentlemen Spoofers 8:30pm

Yoga
10am - 11:15am



6

Ladies Tennis Coaching
9am - 10:30am



Tennis Mix-In
6pm - 10pm



11

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



12

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



Bangkok Gentlemen Spoofers 8:30pm

Yoga
10am - 11:15am



13

Ladies Tennis Coaching
9am - 10:30am



Tennis Mix-In
6pm - 10pm

Songkran Festival
Thai Buffet 11am - 3pm
The Surawongse Sala



18

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



19

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



Yoga
10am - 11:15am

Bangkok Gentlemen Spoofers 8:30pm

Quiz Night
7:15pm The Verandah



20

Ladies Tennis Coaching
9am - 10:30am



Tennis Mix-In
6pm - 10pm



25

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



26

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



Yoga
10am - 11:15am

Bangkok Gentlemen Spoofers 8:30pm



27

Ladies Tennis Coaching
9am - 10:30am



Tennis Mix-In
6pm - 10pm



BC Calendar April 2016



THE BRITISH CLUB
BANGKOK

Thursday

Friday

Saturday

Sunday

	<p>1</p> <p>Tennis Mix-In 6pm - 10pm </p> <p>Junior Tennis Coaching 4pm - 6pm</p>	<p>2</p> <p>Kids Cricket Book first! 8am - 11am </p> <p>Swimming Lessons 9am - 12noon</p>	<p>3</p> <p>Kids Cricket Book first! 8am - 11am</p> <p>Yoga for Kids 2pm - 3pm</p> <p>Swimming Lessons 9am - 12noon</p> <p>Open Pairs Bridge 2pm Silom Room</p> 
<p>7</p> <p>Squash Mix-In 5:15pm - 9:45pm </p>	<p>8</p> <p>Tennis Mix-In 6pm - 10pm </p> <p>Junior Tennis Coaching 4pm - 6pm </p>	<p>9</p> <p>Kids Cricket Book first! 8am - 11am </p> <p>Swimming Lessons 9am - 12noon</p>	<p>10</p> <p>Kids Cricket Book first! 8am - 11am</p> <p>Yoga for Kids 2pm - 3pm</p> <p>Sunday Brunch 11:30 - 3pm Verandah</p> <p>Open Pairs Bridge 2pm Silom Room</p> 
<p>14</p> <p>Squash Mix-In 5:15pm - 9:45pm </p>	<p>15</p> <p>Tennis Mix-In 6pm - 10pm </p> <p>Junior Tennis Coaching 4pm - 6pm </p>	<p>16</p> <p>Kids Cricket Book first! 8am - 11am </p> <p>Swimming Lessons 9am - 12noon</p>	<p>17</p> <p>Kids Cricket Book first! 8am - 11am</p> <p>Swimming Lessons 9am - 12noon</p> <p>Sunday Brunch 11:30 - 3pm Verandah</p> <p>Open Pairs Bridge 2pm Silom Room</p> <p>Yoga for Kids 2pm - 3pm</p> 
<p>21</p> <p>Squash Mix-In 5:15pm - 9:45pm </p>	<p>22</p> <p>Tennis Mix-In 6pm - 10pm </p> <p>Junior Tennis Coaching 4pm - 6pm</p> <p>Wine Tasting 6 - 9pm Surawongse Room</p> 	<p>23</p> <p>Kids Cricket Book first! 8am - 11am </p> <p>Swimming Lessons 9am - 12noon</p>	<p>24</p> <p>Kids Cricket Book first! 8am - 11am</p> <p>Swimming Lessons 9am - 12noon</p> <p>Yoga for Kids 2pm - 3pm</p> <p>Club's Birthday Party</p> 
<p>28</p> <p>Squash Mix-In 5:15pm - 9:45pm </p>	<p>29</p> <p>Tennis Mix-In 6pm - 10pm </p> <p>Junior Tennis Coaching 4pm - 6pm </p>	<p>30</p> <p>Kids Cricket Book first! 8am - 11am </p> <p>Swimming Lessons 9am - 12noon</p>	 <p>CLUB'S BIRTHDAY PARTY Sun 24 April 2016</p>

AS IT WAS

I came to Thailand in 1978 on a World Bank project to “Solve Bangkok’s Traffic Problems”, supposedly the second worst in the world after Tehran.

Looking back at my pictures though it is difficult to find any that match the congested roads of today. Bangkok was a much smaller place then but its problems arose largely due to the fact that it had fewer roads than anywhere else and these were in very poor condition, with ancient vehicles trundling the streets ... fume-belching buses and lorries, and the infamous Bluebird taxis with no meters, no dials, often no door handles and even holes in the floor.



Jack Dunford



The first expressway was being built and a couple of pictures are from a Society of Professional Engineers site visit.

The two tallest building in Bangkok in 1978 were the Dusit Thani Hotel on Rama 4 and the Chok Chai Building on Sukhumvit Road, both featured in the expressway pictures.



Datsun Bluebird



First Stage Expressway



Rama 4: Soi 26



Songteow



Expressway at Rama 3

LIFE IS FOR LIVING

- not just surviving



Sandy Remiens

Do you have a problem with aging?

Apparently there's a clinic in Sathorn that has a 'cure' for aging. I pass the billboard with this advertisement on my run and it does make me think of how easy it is to feel negative about getting older. I see many clients every



year who are very unhappy with how let down they feel by their bodies. And yes injuries and illnesses happen to us all regardless of how fit and strong we are – but whatever should come our way – the fitter and stronger amongst us will handle it with so much more ease than those who are not.

When it comes to the machines we call our bodies, most of us feed and look after our cars better than we do the amazing machines we have been given to live in. Your body will serve you well if it is functioning as it should. It's never too late to get back on track and live an active, healthy and vibrant lifestyle. Your mental state depends on it. The biggest battle is knowing how to do that correctly ensuring we enjoy the process... after all – we all deserve that don't we!

There are a multitude of books/videos/courses etc on how to be successful. But the one common thing that all successful people do is develop a system of good habits. Everyone has different habits that help make them a success in their field – you need to find the habits that work for you – develop them and build a support system within your lifestyle that helps you manage your health and fitness and stay motivated and on track.

WHY DO I NEED PERSONAL TRAINING?

Because no two people are the same. Personal Training is called that because that's exactly what it is – personal!

so are their training needs and wants and approach to their goals.

Everyone's lifestyle is very individual and has unique stressors and needs. Everyone's body is unique and responds differently to different types of training. Personal Training is not just about the physical but also neurological adaptations that take place, the lifestyle changes that need to occur and development of good healthy habits. No one program, whether it be nutrition or exercise, however effective it once was, will suit everyone, or even just that one person for any length of time. Everyone is unique and

Most commercial fitness centres make their profit from absentee memberships. Most of these people will feel a degree of nobility in 'having' a gym membership – they are part of the huge number of people who join a gym with full gusto and new years resolutions and fill the treadmills and classes for the first few months of their newly signed two year gym contract. Around the 3 month mark is when their enthusiasm for these newfound goals starts to wane and they decide that this 'gym thing' just isn't for them.

I was nearly 65 when I was introduced to Sandy. I had been an active sportsman all my life, picking up many injuries along the way. Bits and pieces had started falling off but I was determined to keep going, pounding away in the gym whenever I could find time. But I was resigned to an inevitable downward path with one dodgy knee leading to the next, then the hips, then ... a sportsman's lot! Sandy took one look at me with my bandages and two collapsed biceps, and quietly told me to pull my chin in, hold my shoulders back and gave me my first lecture on the importance of posture and alignment. She pointed out how I had been subconsciously compensating for all my various injuries and if I didn't do some remedial work my prophesy would indeed come true ... the next knee would go, then the hips, and then it all made sense. My gym routine, which hadn't changed for 15 years, was not only boring, but was reinforcing my downward path! The last four years have

been amazing. I have come to understand that muscles actually don't have a brain and will always take the easiest path... but they can be re-trained.

Sandy is a great motivator, she understands the way people feel and has a wonderful gift for knowing just what they are capable of and how far she can push them. Starting from basics, she carefully explains the reason for every movement, makes sure her instructions are followed precisely ... and in no time progress is being made. There is no chance of getting bored as her routines constantly become more and more varied and challenging. Once the basics are sorted out, you move on ... and on.

Sandy has completely changed my outlook. I no longer believe that further deterioration is inevitable but expect to get stronger and more flexible. I'm now 67 and still get excited about what we are going to do next. I'm still working on that chin, but the shoulders are back and I am using muscles I never even knew I had. It improves my whole quality of life. I've recently even started sprinting and jumping ... well sort of!

JACK DUNFORD

HABIT OF SUCCESS

"What you do consistently and repeatedly grows stronger. And that provides you with nearly unlimited opportunity. Success is not a secret that is hidden from you. Success is a habit that is readily available to you.

Life is made up of moment after moment. Point all those moments in the same direction, and truly magnificent achievements will come about.

There are very few things of value that you can create instantly. Yet when you expand your horizon to a few weeks or months, the possibilities for achievement increase dramatically.

The hours and the days will pass whether you make use of them or not. Choose to focus your energy in a specific direction, again and again, and put the power of time to work for you.

Keep your thoughts, your words and your actions pointed in the direction you would most like to go. Develop the habit of success, and with it you can create whatever you choose".

-Ralph Marston

Part of the 'network' involved in my own support system is booking a massage weekly with our famous British Club Massage Therapists – Khun Champen and Khun Saiphon. This weekly visit is very important to me. Amongst other health challenges I have fractured my spine, had 4 knee operations, fallen off a balcony to injure my shoulder and have a spinal disc protrusion. I still train muay thai and run – because I enjoy doing these things but I do have to make sure that I keep my body in balance. Over the 20 or so years I have been a Personal Trainer and training and competing in muay thai I have always had sports massage in the mix.

Here in Bangkok I will always go and see Khun Champen and Khun Saiphon. They are both absolutely brilliant. Very experienced – always doing further training to expand their knowledge and skills and extremely proficient at dealing with any injuries or conditions presented to them.



Many people are not aware that the British Club has massage therapists – let alone that we have two of the best! For those of you who don't know, Khun Champen and Khun Saiphon are a husband and wife team – they are both blind. Currently they practicing their top notch Thai Massage out of a little room by the last squash court at the British Club until the coming renovations provide a more suitable location – their sessions can be booked at the Fitness Centre. Weekend days are often fully booked and they work Tuesday to Sunday. If you have not had a massage at the British Club yet I highly recommend these two lovely people. You will not be disappointed.

Good luck in your fitness journey and should you need any advice or have questions please come and talk to us at the Fitness Centre.



Dare to be better than yesterday!



Amnat Saklebpradu - Sports Manager and Personal Trainer
Sandy Remiens - Rehab Trainer/Personal Trainer
Ruengrit Turiwongse - Squash Coach/Swim Coach

HARD BALLS

Mastering the Masters

As the season has sailed on into the New Year there has been plenty of action. BC's campaign in the B league has continued, the old boys stepped out in their opening Masters League match, and the club hosted touring side and fellow countrymen 'Not the MCC'.



Ben Eastwell

One from the archives



Strikers man of the match

V BKK Strikers BCLB 7th Feb 2016

On the 7th February BC came up against league leaders 'Bangkok Strikers' at Harrow early doors, with some still recovering from Chiang Mai the previous weekend. BC kept in control of the top order after taking to the field first. Patrick shone with some zippy bowling, managing 32 - 1 from 5 overs including a golden maiden over. As Sarg will tell you - "it's all about the run economy. No-one cares about those ego-stroking, bragging rights, glory hunting wickets" (unless he gets them of course). Mr.economy himself managed 2.2 overs for 22 runs before hobbling off injured as Dale completed the over. The batting kept coming despite the early wickets, and the middle order put on a couple of handy partnerships. Venu's 88* helped the strikers into a favourable position to put up 231-6 after 25 overs.

The batting attack was under immediate pressure requiring 9+ an over which forced mistakes and early wickets from the top order. Dale caused a few opposition heads to drop and looked to swing things in BC's favour as he sent the ball over the rope 3 times before being inevitably caught on the heave. The captain's 30 runs from 15 balls put the run rate back on track alongside Mossy, who was ticking over sensibly to finish up with 31 from 26. H tanked a squash forehand smash for 6 just before BC got cleaned up for 105 in the 16th over, only narrowly avoiding rewarding Strikers with the bonus point.

BC v NTMCC Feb 17 2016 at TCG

The MCC was founded in 1787 and is regarded despite of (or maybe because of) a history of racism, classism and sexism, to be the established home of cricket.

"The Not MCC" are the antithesis of this.

Lead by British Club member Richard Harvey, they are committed to drinking as much as possible before, during and after a game while wearing outrageously coloured blazers and playing a bit of cricket where and whenever the sun shines. It is not surprising that The British Club should host TNMCC on their recent tour in a two innings limited over game.

Speddo, Steve Perry and Vaughany, Barratt and James all contributed with the bat and Ed, Sarg, Sunish and Patrick all bowled pretty tightly. NTMCC needed 83 to win with 10 overs remaining and they almost did it.

Pat bowled the last over with 8 needed to win. He made the breakthrough by clean bowling Farmer with his second ball and after much scampering, appealing and calculating the game finished as a very satisfying tie.

It is possible that beer may have been consumed after the game. *(credit:David Barratt)*

The excitement continued the following evening as BC gave MCC a sample of their 'fireball 6s' tournament on home turf. All the hard work with new training drills seemed to pay dividends as BC managed to secure wins in both games played, either that or the MCC boys were still a little inebriated from the first half of their Thailand tour. Nevertheless, spirits remained high as a mid-week slammers session, boat race (which BC turned into a hat-trick of wins for the night), and even a running between the wickets head to head polished off an enjoyable couple of days before NMCC continued onwards to their next destination.



Rod Stewart in for the entertainment



Leading the race

V Southerners BCLB 20th Feb

BC's third match in the BCLB drew the well-established Southerners side at Harrow for another early morning start. Dale won the toss for a change and took the opportunity to switch things up, putting BC in to bat first. The decision looked to fall on its head when batsmen 1,2 and 3 fell for an unhelpful 10 runs between them; cue captain Dale (27) in at number 4 to patch things up with some responsible placement strokes before perhaps getting tired of running, and making the ball do the work as the customary flurry of 6s rained in before one of the Southerners decided to catch it, the spoilsport. Mossy contributed 18 before the finger was raised on a dodgy LBW decision, and Abbas tickled a solid 14 from 107 balls on his debut. BC were eventually bowled out for a below-par 112 after only 21.2 overs.

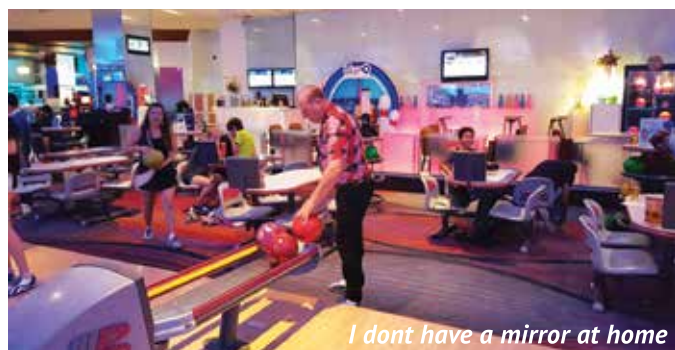


Knowing their chase wasn't too distant helped the Southerner's ease into the start of the match going along at a steady 6-an-over until Speddo fell victim to H's tight bowling (1-13 from 3 overs). Mossy (1-10, 2 overs) managed to pitch the ball on the track for a change and was rewarded with his maiden wicket for BC. Sarg proved his theory and stumped the run rate with a tricky variated maiden over, before Ben (2-32) took a couple of wickets. BC managed to keep the game alive until the 21st over until Abbas' first ball for BC went for 4 to win the match.

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V Southerners Masters 27th Feb

Jack commanded the side in the opening game of the Masters League against mastermind, Vaughany's team, both line-ups including some controversies with James 'Judas' Moss switching shirts for the fixture and BC fielding four under 45s in the squad. The Zimmer frames were left in the tent whilst BC fielded first, showing promising signs youth wasn't dead – Sarg run out a key batsman with a direct hit, Dilip won a bet and some beer money after taking Speddo's leg stump, and Pat upset the opposition with some bodyline bowling. Southerners closed on 163/6.



A sluggish reply saw BC at 50-1 at drinks, just before Natchi retired confidently at 33 from 40 balls. Aseem was then helped to 31 by Mossy who 'accidentally' turned a catching opportunity into 6 runs. Sunish stepped up at 5 and hit 18 from 12 balls, just before Ben made up the deficit with 16 from 9. One run was required from 3 balls to win, and Dilip patiently waited until the last ball to turn it through square leg to win a great match. Everyone contributed and was a great start to the new format. The team celebrated the win with a ten-pin bowling session long into the night.




MINI SPORTS CAMP

• 4th, 5th, 8th •
April 2016



TIME	ACTIVITIES
10:00 - 10:15	ADMIN
10:15 - 11:00	GAMES
11:00 - 11:15	SNACK
11:15 - 12:15	MINI TENNIS
12:15 - 1:00	LUNCH
1:00 - 1:45	PLAY TIME
1:45 - 2:30	WATER FUN

BT 650 PER DAY

- 
- Children must be between the ages of 4 and 6 yrs.
 - The children must be capable of feeding themselves, changing their clothes and using the bathroom unsupervised.
 - In the interests of safety and quality for your children there is a maximum number of 8 children per day so please sign up to avoid disappointment. A three child minimum is required to run each day.
 - A no show booking will still be charged at the full amount. Cancellations up to 24 hrs before will be charged 50%.
 - Whilst the British Club and its staff will provide the highest level of care possible for your children, sports/activity camp participants take part at their own risk and the Club accepts no liability for injuries caused during activities on or off site or travel to or from the Club.

SPORTS CAMP

4-8 April 2016

* No class 6 April 2016



DATE	Monday 4th April	Tuesday 5th April	Thursday 7th April	Friday 8th April
TIME	Bt 950	Bt 950	Bt 950	Bt 1200
9:30-10:00	ADMIN	ADMIN	ADMIN	ADMIN
10:00-11:00	TENNIS	TENNIS	TENNIS	Ice Skating
11:00-11:15	SNACK	SNACK	SNACK	
11:15-12:15	FOOTBALL	FOOTBALL	FOOTBALL	
12:15-1:00	LUNCH	LUNCH	LUNCH	LUNCH
1:00-2:30	SQUASH	SQUASH	SQUASH	Bowling
2:30-3:30	SWIMMING		SWIMMING	

- Children should be 7+.
- This is not an elitist camp, the emphasis is on joining in, trying out new sports, having fun and making friends.
- A five child minimum is required to run each day so please sign up.
- As travel arrangements need to be made for Tuesday & Thursday activities please sign up 48 hrs in advance.
- A no show booking will still be charged at the full amount. Cancellations up to 24 hrs before will be charged 50%.
- Whilst the British Club and its staff will provide the highest level of care possible for your children, sports/activities camp participants take part at their own risk and the Club accepts no liability for injuries caused during activities on or off site or travel to or from the Club.



5-a-side Football





BCB 1910 FANTASY FOOTBALL



Bruce Madge

Tight!

Well, well, well, it's tight at the top (and the bottom). Tight in the real EPL and equally so in our Fantasy Football version.

In the real game, Leicester look favourites, and it will be a fantastic achievement if they do indeed win it? They seem unstoppable at the moment and with such a cheaply assembled squad as well. However, Spurs are still in with a shout of their first EPL title, while Arsenal and Man City both look like they have blown it.

1	Sapphire	Jess Grimshaw	1,700
2	Norfolk n Good	Ricky Thompson	1,654
3	The Reverend Kev's	Kevin R	1,627
4	The Rooney Tunes	Jamorn Hoonsiri	1,624

As for relegation, Villa are certainly doomed and it's two from Newcastle, Norwich or Sunderland to join them.

Seems they don't like me!



If I were a Magpies fan, I wouldn't be feeling very confident despite the recent appointment of Benitez. Newcastle fans must be livid with the shambles that their club has become over the past few years. Perhaps relegation will shake Ashley up and make him realize it's actually a football club he owns, and an established cornerstone of the community with customers (fans) who have no other choice of product and not just a small business he can run as a billionaire's hobby at the weekends!

Anyway, in our British Club Fantasy Football league, Jess is still at the top and can she hang on as Ricky, Kevin and Jamorn catch up rapidly? Just like Leicester City's amazing season so far, Jess has been consistently scoring well each week and if she is crowned as the first female BCB FF Champion it will be very well deserved!

Time will tell!

ENOUGH SAID!



Don't look at me!



TENNIS



Ian Thornhill

28th Ladies' Interclub tournament

On 27th February the British Club was represented by a fine team in the Ladies Interclub tournament. The event was held at the Royal Bangkok Sports Club which did a fantastic job hosting the various teams from across Thailand, with great organisation, food and entertainment. A particular mention goes to the British Club's Pipe Band who entertained the players and spectators after the awards ceremony.

The competition was strong, with several teams displaying an impressive depth of quality throughout their teams. The British Club captain, Khun Yubharet, provided fearless leadership to the BCTS troops, who finished a very honourable 7th out of nine teams. There was a lot of enjoyable and good quality tennis on show, with the players particularly enjoying playing on the grass courts.

Special thanks go to Khun Yubharet for her organisation, and to the rest of the team: Orathai, Becs, Nong, Jeab, Sasaluck, Ramphai, Wandee, Raymonde, Hilde, Napa, Ann and Tip. Overall a very fun day, with an impressive variety of wardrobe changes as you can see from the photos!





Championships

As you read this the 2016 Championships will be over, and players will have retreated to their training camps in preparation for next year's tournament. There will be some photographs of the action from finals day in next month's Outpost.

A big thanks to our major sponsors: Sala Hospitality Group, Amari Hotels, Onyx Hospitality, Seara Sports, Foodpanda, Head2Toe Salon, Dunlop, SpiceRoads, Samitivej Hospital, Oriental Residence, RC Cola and The Pizza Company.

Special thanks also to Khun Amnat and the sports centre team for all of their help, and to Chris Watt and Jeremy for their invaluable assistance with the sponsors and marketing.

Leagues

The regular leagues continue and it is good to see an increase in participants following the Championships. If you are interested in joining the leagues please let myself or the sports center staff know and we will add you to the next one.

Congratulations to the following winners of the January / February leagues:

Division 1: Dawa Sherpa

Division 2: Dmitry Zyubenko



6th International Seniors' Tennis Friendship

This tournament was held at Hua Hin from the 5th to 7th March. The British Club was well represented with Khun Yubharet reaching the final of the over 65 Doubles, and Khun Nong a finalist in the over 45 Doubles.

SQUASHY BITS

Minutes of BCB Squash Section AGM, 06 March, 2016.
Meeting opened by Peter Corney (PC) at 13:22:43ish



Bruce Madge

Present: Peter Corney, Neil Evans, Bruce Madge, Marvyn Lewis, Marc Sayer, Shiraz (surname too difficult to spell), John Drew, Geoff Banks, Neil McArthur (arrived late), one or two BCB staff, some kids playing with a boomerang on the back lawn despite the “Keep off the Grass” warning signs, a couple of squirrels observing from a nearby tree and a dead mouse under the table!

Apologies: Jack Dunford (at the zoo), Haroon Rashid (playing cricket), John Vivian (doing his ironing), most of the other Squashies (unaware an AGM was being held), Robert Mugabe (too old), the Pope (couldn't get permission from the wife), Donald Trump (too stupid to understand that Thailand and other countries aside from the USA exist), the immature, fat leader of North Korea (not allowed out of his own country), Allah (see the Pope's excuse) and God (was watching from Heaven)!

1 Apologies → Peter Corney (PC)

Apologies were received via carrier pigeons from those named above for the various ridiculous reasons noted. None believed and police investigations into serious allegations of AWOL pending!

2 2015 AGM Minutes → Peter Corney (PC)

The minutes from the 2014 AGM were circulated. Yes, that's right, the **2014** minutes! Not the 2015 ones, but the minutes from the previous year. A colossal senior moment there from PC! The 2015 minutes were approved anyway as no one in attendance could remember, or care, what they were!



Fitness centre should vend these!

3 Chairman's Report → Peter Corney (PC)

- Peter circulated his usual riveting annual report, which he also read out while all those attending took this ideal moment to hit the bogs, have a fag, or take a short nap!

4 Captain's Report → Neil Evans (NE)

- The BCB Squashies hosted several teams over the previous 12 months with mixed results, but lashings of fun.

Fixtures included, but not limited to:

- Tanglin – drew 15-19 - SCC – lost 0-1 - SICC – lost 5-5
- Chiang Mai Gymkana Club – **Won the PC Trophy twice – home and away**

5 Treasurer's Report → Bruce Madge (BM)

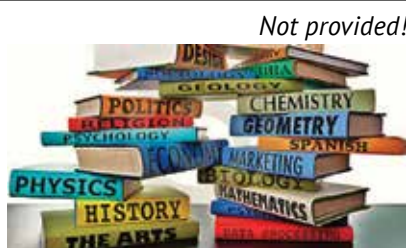
- Balance of 25,532,32 THB at end January 2016. Less than previous year as we'd spent some of it! Figure seemed rather low. Bruce to investigate this figure or be investigated for fraud if found to have embezzled any of the funds. As if!

6 Election of Officers → Peter Corney(PC)

- All committee members offered themselves for re-election (including those that weren't there) and were approved by the meeting attendees without hesitation.
- Neil McArthur bravely put himself forward as an additional committee member, and, again, without hesitation, was approved by the meeting attendees. Peter assigned him an immediate task of ordering the next round of drinks and advised him that his role on the committee would be to take charge of nothing!
- No other Squash Section members offered themselves as new committee members as hardly any were there!



Don't forget to vote!



Not provided!



Great for weight loss!



Shut it!

Get one with a screen!



FIRST TO 5 NET SCORE						
	S	P	M	B	M	N
Clayton	11	7	15	15	16	15 - 67
Peter	15	11	15	15	15	14 - 74
Mary	9	7	11	12	15	11 - 54
Bruce	120	100	150	11	150	170 ←
Marc	10	5	13	14	15	56
Neil	13	15	15	12	12	67

Bruce Wins!

Bruce clearly won!

7 Any Other Business (AOB)

- Bruce won the day's handicap mix-in. Noted!
 - It was noted that Bruce played way above his normal standard and didn't cheat on this occasion. Noted!
 - Peter challenged Bruce's claim of victory saying he'd won it. Noted!
 - Clear photographic evidence was clearly produced clearly confirming Bruce's clear victory. Noted!
 - Peter again made a challenge claiming that the scoreboard had been doctored by Bruce and that he was indeed a cheat. Noted!
 - Bruce quietly took Peter aside and handed him 2,000 baht and the matter was settled. This is Thailand, after all. Noted!
- Marc mentioned that he had lost 33kgs through the consumption of just prunes, boiled eggs, green tea and cigarettes. Noted!
- Marc and Shiraz, or Marvyn, suggested that the fitness centre start selling a greater range of equipment, such as squash rackets, underwear, car parts, stationary and cutlery. Noted!
- Neil complained that his kids' school doesn't provide any text books to the students and felt that he wasn't getting value for money for the millions of baht he pays annually in school fees. Noted!
- At that moment, Neil's son, Ryan, turned up with another horrible herbert and gave his dad some lip. PC suggested that all kids should be bashed regularly. A vote was taken and it was unanimously agreed that all kids should be bashed at least once a day irrespective of their behaviour. Noted!
- Bruce declared he was planning on buying a new notebook computer and PC recommended, for maximum efficiency, he get one with a screen (such sage advice from a man who owns a computer company). Noted!
- Geoff said he wouldn't mind joining the gadget shopping trip as he needed a new phone and that it should be an official Squash Section event. Noted!
- Neil McArthur said he was very happy to join the Squash Section Committee and that he would take great care of nothing. Noted!
- John Drew said he was leaving and he left. Noted!
- The squirrels asked if they could make a contribution and reminded the Squashies that it was important to attend the upcoming Club AGM and vote or provide a proxy if attendance wasn't possible. Noted!
- PC thanked all those in attendance for their attendance and he also thanked the Squash Section Committee Members for being Squash Section Committee Members. In turn, those Squash Section Committee Members in attendance and any others in attendance thanked Squash Section Chairman, PC, for being the Squash Section Chairman and he, in turn, thanked those that had thanked him, who returned the thanks again. Noted!
- The dead mouse piped up and told us all to shut it! It wasn't dead, but asleep under the table. Noted!



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



Peter Gale and Karen Carter admire the Trophy



Captain Pete receives the Trophy from Londoners captain



Roy Barrett and Yuruchatr at the Medal

Subhapruek Golf Course's name means "Beautiful Plants", and it is indeed apt. It is only slightly longer than our other venues, but the soft earth gives little fairway run and the sprinkling of challenging long holes can frustrate shorter hitters. At our Monthly Stableford it was no surprise that new member Todd Guest's energetic ball striking (and deft touch) proved too effective for his 15 fellow contestants. His winning score of 39 points held off Karen Carter and Frank Fawkes, who shared second place with 36 points each.

The Worldwide Relocation Monthly Medal, played as usual at The Royal, Lad Krabang, attracted a field of 18. Conditions were more than a little breezy, and it was no surprise that Flight A was convincingly won by another big hitter. Shane Torr seemed to benefit from a recent rest from the game, and posted a fine gross 77, net 67. The dependable Terry Davis was 5 shots back in second and Graham Johnston was third. In Flight B, Karen Carter also seemed to benefit from an enforced rest from golf and won with a net 72. Varghese Rose (net 74) took second place from Captain Pete in third.

We also played our first inter-society completion during the month. The annual game against The Londoners was held at Kiarti Thani. A brisk breeze added to the course's natural unfriendliness of intrusive and dense trees. The format was two-ball scramble, match play, which, although sometimes not to purist taste, is generally popular. Ten pairs contested for each side. For the BC, Andy Flynn (he of Worldwide Relocation fame) and Karen

Holloway played sublimely whilst Gareth Sampson and Mark Adderley recorded the most convincing win and Karen Carter grittily carried her wayward partner to a win. With one match still on the course, the score was level. That left BC's last pairing of Rod Macmillan and Mark Evans to cap a very businesslike performance by winning with the last stroke of the competition, in front of an appreciative gallery resting on the club-house balcony, for a satisfying overall BC victory. After the match we were well entertained by The Londoners at Bistro 33. Bistro 33 had sponsored the event and provided a fine buffet in pleasant surroundings, where prizes were awarded. The "coffee pot" trophy was duly presented to Captain Pete and will be returned to its rightful place in the British Club for at least one more year.

If you are interested in playing golf with this group, please email us at bcs2002@yahoo.co.uk



Karen Carter receives Worldwide Relocation Medal



Shane Torr, winner of Worldwide Relocation Medal flight A



The practice ground at Subhapruek

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