



1903
THE BRITISH CLUB
BANGKOK

THE OFFICIAL MAGAZINE
OF THE BRITISH CLUB BANGKOK

Outpost

www.britishclubbangkok.org

April 2018

*115th
Anniversary*





MEMBER-GET-MEMBERS

Do you have a friend or colleague that might like to join the British Club? By introducing them to the Club and them joining we will reward you with :

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CONSULAR PREVENTION FOR A SAFER BRITISH COMMUNITY



Approximately 1 million British people visit Thailand each year on holiday, with the majority of visits being trouble-free. Thailand is also home to over 50,000 British expatriates and their families.

The safety of the British people in Thailand is a priority for the British Embassy. As one of the busiest consular operations in the global network, our team in Thailand is committed to providing timely and professional services through frontline delivery, as well as our consular Prevention efforts that include projects and campaigns to raise awareness of risks, and the importance of staying safe.

Sadly, last year, road traffic accidents resulted in 71 consular cases, which amounted to 5% of total casework. Some accidents involved fatalities. From a survey conducted with customers who had experience of driving in Thailand, we found that better awareness and clearer information on road safety was needed.

In collaboration with the British Embassy Bangkok, the Thai Department of Land Transport is working to improve the process of obtaining a driving licence for foreign nationals across Thailand. These improvements contribute to a wider goal of tackling road safety in Thailand, with the aim to reduce the rising number of foreign nationals involved in road traffic accidents.

Improvements will focus on guidelines for obtaining

a driving licence; how to prepare for the driving test; raising awareness of specific risks on the road unique to Thailand; and recaps on internationally-recognised driving standards.

Deputy Head of Mission for the British Embassy Bangkok, Margaret Tongue, says:

“Reducing the number of road accidents involving British people in Thailand remains a key priority for the British Embassy. This important collaboration illustrates a shared aim of improving driving standards and raising awareness of specific risks on the roads, through developing engaging and accessible materials to aid the driving test process that not only British people will benefit from, but also any other foreigners residing in Thailand.”

The production of a 3-minute English language video explaining the process for renewing, transferring and applying for a driving licence as a foreign national was 1 of 3 initiatives launched in February 2018

(<https://www.youtube.com/watch?v=qzhuUQQbcXA&sns=em>)

The other initiatives include a remake of a 45-minute English language instructional video, covering road traffic laws, road usage, techniques for driving safely and driving etiquette, and the re-translation of the on-line driving test for English speaking applicants. This is a part of the Thai driving test for foreign nationals.



The British Embassy encourages British people in Thailand to follow our Travel Advice:

<https://www.gov.uk/foreign-travel-advice/thailand>

and our Facebook and Twitter:

www.facebook.com/ukinthailand/ and www.twitter.com/ukinthailand

**GENERAL COMMITTEE**

Chairman - Jack Dunford MBE
chairman@britishclubbangkok.org

Vice Chairman - Ali Adam
vicechair@britishclubbangkok.org

Honorary Secretary - Paul Cheesman
honorary.secretary@britishclubbangkok.org

Honorary Treasurer - James Crossley-Smith

General Committee Members

Nick Annets, Geoff Banks,
 Robert Brand, Brian Brook,
 Nathan Thomas, Chris Watt
gc@britishclubbangkok.org

SENIOR MANAGERS

General Manager
 Premrudee Tanyaluck
gm@britishclubbangkok.org

Deputy General Manager
 Tee Bale
tee@britishclubbangkok.org

Duty Manager
 Nawat Nuchjaroen
nawat@britishclubbangkok.org

Marketing & Communications Manager
 Michael Herrera
michael@britishclubbangkok.org

Services & Functions Manager
 Somboon Chaiyaprom
somboon@britishclubbangkok.org

Membership Sales Manager
 Thanyaphon Worapan
thanyaphon@britishclubbangkok.org

Executive Chef
 Kornnisa Nongku
wilailuck@britishclubbangkok.org

Sports Manager
 Amnat Saklepradu
amnat@britishclubbangkok.org

Outlets Manager
 Kasem Modphai
kasem@britishclubbangkok.org

THE BRITISH CLUB BANGKOK
 189 Surawongse Road, Bangkok 10500
 Entrance via Silom Soi 18
 Tel: +66 (0) 2234 0247
 Fax: +66 (0) 2235 1560
info@britishclubbangkok.org
www.britishclubbangkok.org

REPORTINGS

04 CHAIRMAN'S MESSAGE
 Monthly update

07 LETTER FROM THE GM
 Khun Prem's summary

09 TEE TALK
 Future events and pitbulls

11 F&B MORSELS
 Khun Laak's plans for April

12 TWO MANY MEETINGS
 EGM/AGM overview

13 DEVELOPMENT UPDATE
 Silom Wing

14 LIONS AND PANCAKES
 Chinese New Year 2018

CLUB FEATURES

20 CHANGING SKYLINES
 Part 2 of the 'then and now'

SPORTS

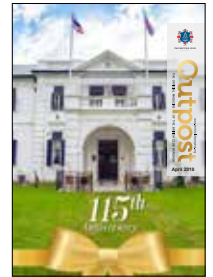
22 FITNESS
 Getting the right balance

26 TENNIS
 The Boss and the Usual Suspects

28 HARD BALLS
 The winning streak continues

30 SQUASHY BITS
 Meeting! (another)

32 GOLFING NEWS
 February results

**FRONT COVER**

The 115th Birthday of the Club is sure to be a cracker - it's a significant age, after all, and the Clubhouse will be sporting the façade which it supposedly had when built, and with a revised colour scheme as well. Come along and celebrate its continued longevity!

EDITOR'S GREETING

This issue heralds the Thai New Year, and the new GC year as the double meeting evening's review reveals. The colourful Chinese New Year Sunday which stood in for Pancake Day too is featured.

We continue with Jack Dunford's 'then and now' comparisons of the Bangkok Skyline, and there's a message from the British Embassy helping nationals get a Thai driving licence.

And exciting events ahead - see the posters throughout.



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OUTPOST is the monthly magazine of **THE BRITISH CLUB BANGKOK**, the social sports and cultural centre for the English-speaking community in Bangkok.

A full version of the magazine is also available online at www.britishclubbangkok.org

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

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

MESSAGE FROM the Chairman



Jack Dunford

Chairman

AGM: The AGM/ EGM was held last night and Jeremy extended my print deadline so that I could comment on the outcomes. Both meetings were fairly well attended and conducted in good humour. There was almost no controversy, a sign I hope that most Members are happy with the way things are going. Eight of the outgoing General Committee were re-elected from last year plus two experienced sub-committee Members, Brian Brook and Chris Watt. Sadly we again failed to attract any lady candidates, but this is a very strong GC. I would like to thank everyone who made the effort to come along or submitted proxy votes, and for this vote of confidence.

EGM: A second, mandatory EGM ratified the new Constitution, which had been approved at the first EGM on 19th February. It is a relief to finally have this task completed. The old Constitution was dated and cumbersome and we can now make a fresh start with a streamlined statute that reflects both current demographics and practices. It will come into effect as soon as it has been approved by the Thai Authorities and at the same time the GC will update the Bylaws to ensure compatibility. Many thanks again to everyone who helped get this done, the Sub-committee who did all the hard work, and especially Paul Cheesman who led the process and Hunt Talmage who provided pro bono legal and editing services.

Vision: Although it is something I never intended, I am happy to have been asked to serve as Chair again. The last two years were a bit of a slog at times with so many facets of the Club locked in the 20th Century. There was a lot of trial and error as we looked for ways forward, but now we have important building blocks in place and I believe this will be a very exciting year for the British Club.

The Silom Wing project is proving to be the visible catalyst for change, a daring stride into the 21st Century; modern architecture providing quality facilities for younger Members and their families. We need more, younger Members to keep the Club vibrant and ensure our future, but our Vision is much broader than that. We believe that with elegant development of the Clubhouse as well, we can become a niche centre for meetings and functions, offer a unique atmosphere for

eating and drinking and also an attractive venue for culture and entertainment. Our status could be even further strengthened with accommodation as well.

When our Club was founded in 1903, expatriate life must have been very simple and there can have been few other social and sporting alternatives. Whilst today's expats live in comparative luxury and have access to a myriad of modern amenities, Bangkok has become a mega-city and life for many is hectic and stressful. The British Club still offers an oasis of comfort away from the roar, a place to relax, make friends and be part of a community; for children, families and the younger generation, as well as us oldies who still make a up a large proportion of the current membership.



Excavation for kiddies pool

Considering how we should position ourselves in the marketplace today, the Club has a great international feel with Members from over 40 countries, but we believe it is our very British-ness that makes us special ... something we can celebrate and build on. The UK itself is a myriad of cultures and identities and through diversity has developed a unique sense of humour that shines through in so many aspects of our lives including eclectic designs and eccentric style.

This defines us and our Vision embraces it. When the Embassy goes high-rise next year, we will be the only remaining recognisably British establishment in town, and steeped in history; even more so when we give a home to the 1922 War Memorial and, hopefully, the 1903 Queen Victoria (have a chat with the Ambassador!).

Silom Wing: Building projects, big and small are notorious for delays and overspending so it was almost too good to be true to be reporting work as on schedule every month so far. It was almost inevitable, that we have now had our first major hiccup with the project falling about a month behind schedule in March due to labour shortages and sub-contractor problems. However, as Ali's report records, all seems to have been resolved. With full hands now back on deck our main contractor is confident that lost time can be made up.



Courts area

A nice tribute this month was the British Club receiving the **"Best Leisure Development in Thailand"** award at the 2018 Asia Pacific Property Awards, based on Chapman Taylor's stunning design for the Poolside. As the first stage of this, we are determined to make the Silom Wing a success and are engaged with potential sponsors to ensure that we have stylish furniture and fittings to match the modern design and maximise user experience for our Members when it opens.

The response so far has been very encouraging with several sponsors expressing enthusiasm to be associated with our Vision. There is always room for more and we would be happy to talk with any Member who would like to associate their business with us in this way.

Events: We have now recruited a Marketing/Communications Manager, Michael Herrera, to work with Tee Bale and the next few months will see further development of our website, much expanded social media activity, and many new activities and events. New weekend entertainment for children is already being rolled out; a big fun party is being planned for the Royal Wedding in May and a Giant Screen Poolside Football World Cup extravaganza in June.

Further recognition of our potential this month has been the Club winning a competition to host the annual **"Living in Bangkok"** fair going forward which has been held at Bumrungrad Hospital for the last 19 years. This fair is aimed at newcomers to Bangkok and dozens of companies attend to advertise their products. This will further enhance our position in the community.

Clubhouse Painting: Unusual rains delayed the repainting of the Clubhouse but by the time you receive this it should be finished. Feedback on the new colour scheme with exposed brickwork has been almost exclusively positive.

Neilson Hays Library: Although the Neilson Hays Library is now open after their renovations, work on their car park and landscaping is progressing very slowly. We are still waiting to know when we can re-open the café but it should be a very pleasant hangout when it is all ready and we expect business to be good.

There is so much to look forward to at the Club this year. Thank you everyone for your support and I look forward to seeing around.

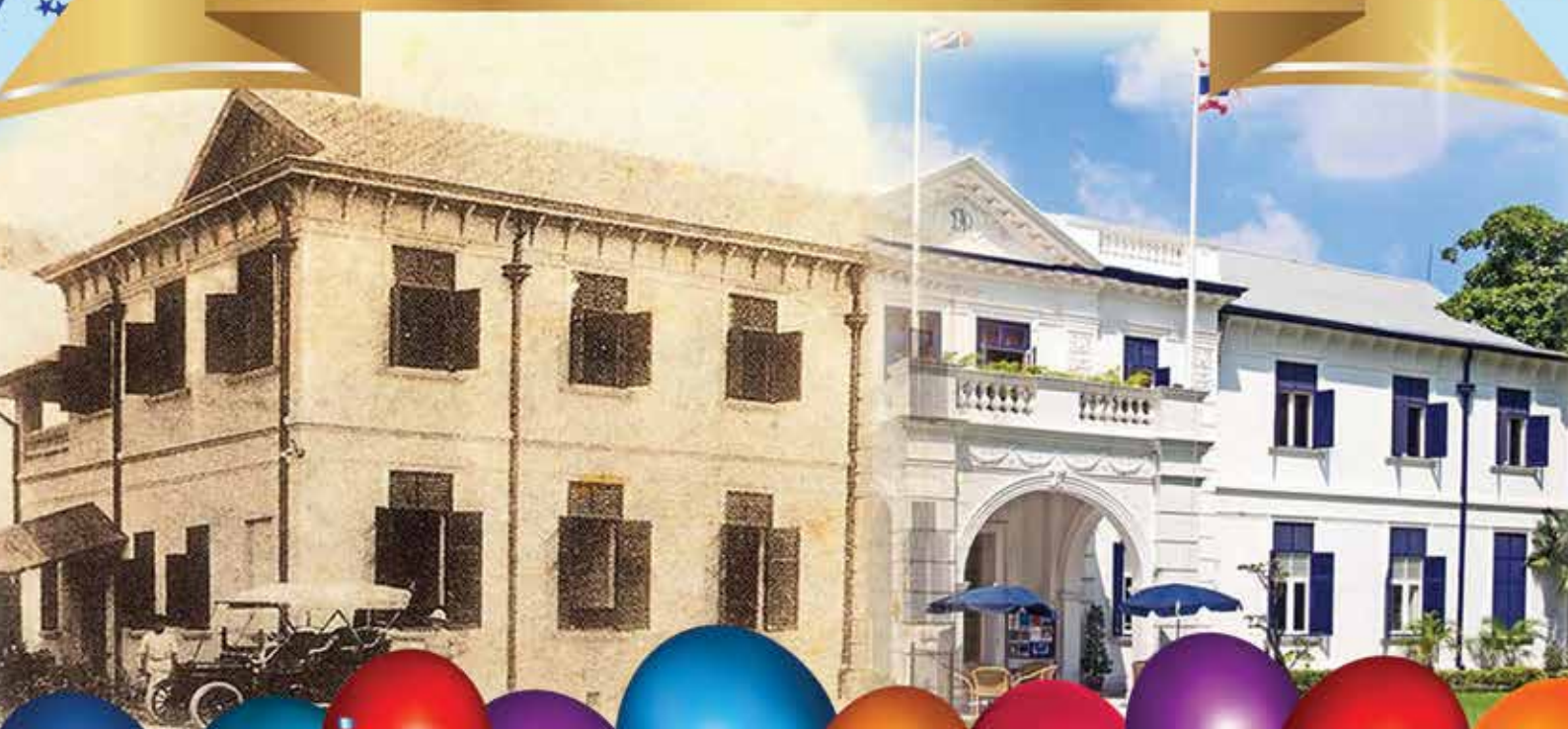


The incoming GC (8 of 10)

Club's Birthday Party



115th



Sunday 22nd April 2018
Front Lawn, 3pm onwards

Games and kids Activities | Piñata
Bouncy Castle | Huge birthday cake



LETTER FROM the General Manager



Premrudee Tanyaluck

General Manager

We had both an EGM and AGM on 20th March with over 50 Members attending. Thank you to all those who came along and congratulations to the new General Committee chaired by Khun Jack Dunford, and with the same Officers.

By the time you read this, the repainting of the Clubhouse should be completed. This time, the GC decided to adopt a new design of a new colour and exposed brickwork in the central section. It looks very nice and different from the past and many Member have commented favourably as the work was done.

We will celebrate the Club's 115th Birthday on 22nd April, and all Members are welcome, there will be kids activities too so please come to help us to cut the cake in evening on the front lawn. More details will be sent by emailing.

In maintenance, we have replace the ceiling in the disabled toilet, increased the lighting at the Cricket Nets and patched up the Multi-Purpose Court. There's a new design for the Silom Gate, and works have started already. Our security guards are walking around the Club with the supervisor staying under a small awning near the gate. Completion is scheduled for the same time as the Silom Wing project with a new entrance and a new fence.

I'm sad that in March we lost our long-term Member Khun Mike Smith who joined in April 1998 and had lunch and dinner almost everyday at the Club. He will missed by our staff and others Members.

We have a few new staff for in the kitchens and outlets, including a new Head Thai Chef and two cooks for the Thai kitchen who plan to make new dishes for the Club's new menu.

At the beginning of April a new Marketing and Communications Manager, Khun Mike, will join the staff to help us with the marketing of Membership, Events and Functions. As we will host "Living in Bangkok" at the British Club this year, he will be the main person running this event, so please welcome him to our Club.

We also have a new team for Sunday Activities by the kids pool. Please give us your comments about them so we can request new activities that your kids would love to see. At the Songkran Festival, there will be some activities for kids on the front lawn and we will serve a Thai buffet at Surawongse Sala. If you are in BKK, please come and enjoy with us.

I am looking forward to seeing you all around the Club. Happy Songkran Day!

OFFICAL OPENING TIMES

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



Wine Tasting

Friday | Suriwongse Room
27 April | 6pm – 9pm

Members 150 baht | Guests 250 baht

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

SMART CASUAL



TEE TALK



Tee Bale

Deputy General Manager

It's been another great month for us at the Club with some exciting activity's, events and fun-packed weekends.

By now you should all know of our Sunday kid's activities which kicked off Sunday 11th March with a magic show and glitter tattoo afternoon which was well supported and enjoyed, this will continue throughout the year with ever changing shows and activities to keep all ages of children smiling, laughing and having fun at the British Club.

Some of you may have heard that my passion for sports is matched only by my love of animals, specifically dogs, In fact I breed fully certificated Pure Pedigree American Pitbulls back in my house in Chon Buri. Needless to say when hearing the words American Pitbull certain people think of aggressive dogs, however they couldn't be further from the truth, I have 6 American Pitbulls and can honestly say they are the most loving caring funny characters you will ever meet, yes they are protective of the family and of the children they grow up around but with common sense in mind there is never an issue, you are more likely to have a problem meeting a soi dog.

All three of my female dogs became pregnant several months ago, two of them gave birth to a total of 22 amazing puppy's, sadly my third dog suffered complication while in labour and we lost her, Chucka (her name) will never be forgotten for all the fun happy and crazy times she game me and the whole family she was part of. If you are a dog lover, have time and the space for a loving puppy you can contact me for more details 0617340044 or by email, they are ready for sale and new homes end of April 2018, we are reserving dogs now.

April at the Club is fully packed with some great events and regular features, one to look out for will be the new wine dinner with TA wines, we are joining up with them to host a food and wine pairing night for an exclusive amount of people, this will be accompanied by a Sommelier Mr Ben, from Chile, who is direct from the Bodega Volcanes De Chile vineyard, one to attend for all wine and food lovers.

We are also happy to announce the British Club will be taking over the Living in Bangkok event this year and look forward to giving you all more details very soon.

Have a great April.



Business Luncheons

2-6 April

Starters: 65 Baht

- Pasta, chicken and pesto salad.
- Chef's soup of the day.

Main courses: 160 Baht

- Chicken breast stuffed with mozzarella & pesto.
 - BBQ pork spare ribs.
- Mushroom stroganoff with tagliatelle.
- Gaeng Pa Gai, Kai Jiew Moo Sub, Phad Khana Nam Man Hoy.

16-20 April

Starters: 65 Baht

- Mixed salad with smoked chicken breast, beetroots and mango.
 - Chef's soup of the day.

Main courses: 160 Baht

- Chicken stew in red wine.
- Dory fish with mangos salsa.
 - Roast pork neck.
- Tom Yum Gai, Phad Tua Ngok, Tao Hoo Pla Som Ros.

9-13 April

Starters: 65 Baht

- Chicken, apple salad.
- Chef's soup of the day

Main courses: 160 Baht

- Cajun chicken.
 - Fillet of pork with light curry sauce.
- Macaroni with white wine creamy sauce, baked with cheese
 - Panaeng Moo, Gai Phad Khing, Sod Phad Phak Ruam Nam Man Hoy.

23-27 April

Starters: 65 Baht

- Chicken and cranberry salad.
 - Chef's soup of the day.

Main courses: 160 Baht

- Chicken Tikka Masala.
- Pan-fried Dory fish with mornay sauce
- Fillet of pork wrapped in Parma ham grain mustard and honey sauce.
- Gaeng Kiew Wan Gai, Moo Tod Krathiem, Phad Phak Ruam Nam Man Hoy.

F&B MORSELS

A big thank you for your support with my team's food and beverage promotions throughout March, we had a lot of fun putting together all the buffets and activities and daily promotions for you to taste and enjoy.

April will be much of the same, Songkran being our Thai New Year will be a wet and wonderful time, however if you like to stay dry while the rest of the family is getting wet, you can join our special Thai Buffet in Verandah 13th April, this will feature four different provinces of Thailand, showcasing their best dishes for you try.

Mango is the flavour for the month as they are in season and tasting amazing, mango desserts, ice-cream and baked cakes all to make the mouth water.



Look out for our all new cakes and ice-cream counter that will be introduced at the poolside Sala each weekend, soft coned ice-creams, featured Danish, cakes, gourmet sandwiches and combo tea/coffee cake and sandwich offer, it won't help your diet, but it will taste delicious.

I am pleased to announce that we are currently working on creating a brand new and exciting food menu for the full Club, this is due to be launched in the next few months, we promise to create some interesting new items along with bringing you all your favourites.



Khun Laak

Executive Chef



Cocktail of the month

Singapore Sling



Gin

Cherry Heering

Lime juice

Grenadine

Only 125 Baht (per glass)

Shot of the month is

Blue Kamikaze



Only 125 Baht (per shot)

TWO MANY MEETINGS!

MARCH 20th was an important day in recent Club history ... the 2018 Annual General Meeting plus the final approval of the Club's Revised Constitution at the AGM plus the Extraordinary General Meeting held just before it ... two meetings in one evening but hopefully not two too many.

The ANNUAL GENERAL MEETING was all the usual business ... the Chairman's report, Treasurer's report, adoption of the accounts, appointment of the auditors ... plus approval of last year's minutes plus those of the two EGMs held this past twelve months and the election of a new General Committee for 2018/19



Paul Cheesman

Honorary Secretary



Outgoing GC

Chairman: Jack Dunford MBE
 Vice-Chairman: Ali Adam
 Honorary Secretary: Paul Cheesman
 Honorary Treasurer: James Crossley-Smith
 GC Members: Nicholas Annetts, Geoffrey Banks, Robert Bland, Brian Brook, Nathan Thomas & Chris Watt

The HIGHLIGHT of the evening was of course the Members' Feedback ... except there was none! Three souls ventured to the microphone and, after each managed to successfully turn it on, we had a few questions on the Silom Wing, a positive staff gesture and a self-congratulation to all Members for having a second year of no disciplinary suspensions. I mean where were the complaints about dogs not being allowed in the Club, or the Bridge Section making too much noise or people wearing flip-flops in the bar ... it was dismal. The now very boring minutes of the meetings will be available after the GC meeting on 24th April.

As mentioned in the prologue, the Club's REVISED CONSTITUTION was approved at the EGM ... all changes to



Rapt attention

the Fundamental Rules gaining the required two-thirds majority and final changes to some Articles made at the AGM. Now the newly elected General Committee can start the legal process of registration with the Ministry of the Interior whilst the Constitutional Review Sub-Committee (or whatever it gets called for this year) can move on with simplifying and updating the Bylaws. A detailed summary of changes will be published to all Members once Ministry approval is received.

DEVELOPMENT UPDATE

Silom Wing

Having completed all the demolition, piling and foundation works on time, we have suffered the first serious delays on the Silom Wing project this month. Unfortunately the project is now about a month behind the original schedule due mainly to poor performance by the subcontractor and a shortage in skilled labour. Unseasonal weather has also contributed to the problem reducing the entire site to a mud pit at times.

However, our main contractor, JK Builders are looking to recover at least some of the delay by taking on more direct work themselves. With increased site management and supervision, better project planning and scheduling, improved coordination between all parties should move things forward.

As preparations are being made to complete the main structures, other work has been brought forward. Work has just started driving hex piles for the kiddies pool and the Silom Road guardhouse and a new subcontractor will be used for building the new entrance facility.

We should be able to give a more detailed prospect next month and still hope to complete the project by around the end of June.



All Adam

Chair Silom Wing SC



Bending of the reinforcing steel



Demolition of old Guardhouse underway



30 strong new work force



Hex piles for the kiddies pool and site concrete completed



Preparation of reinforcing for first floor beams

LIONS AND PANCAKES

Chinese New Year

Pancake Day this year was just about to get underway when the heavens opened and flooded the front lawn, with a huge thunderstorm that lasted the whole afternoon put a stop to the planned activities. This wasn't going to stop us though, so we rescheduled to the following weekend teaming up together with Chinese New Year.

The afternoon started with a fantastic sell out Dim Sum Buffet spread across the back lawn, Chef Laak and her team put together a true taste of Chinese cuisine which everyone enjoyed. Next up was the Lion dance in front of the Clubhouse, everyone congregated around the lawn and the show began, smiles and amazement from all watching when show created a human pyramid and gave out good luck sweets for the new year. After the show finished it was finally time for the children to have their go at Pancake races, there were some great efforts and some poor ones to from the adults taking part, but fun was had by everyone with prizes going to the fastest finishers.

Don't forget you can find all the pictures, videos and future events all on our Facebook page.







Calendar April 2018

Monday

Tuesday

Wednesday

2

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



3

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



Bangkok Gentlemen Spoofers 8:30pm

Football
7pm - 9pm



4

Tennis Mix-In
6pm - 10pm

Ladies Tennis Coaching
9.30 - 10.30pm

Paella
Dinner only!



9

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



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

Bangkok Gentlemen Spoofers 8:30pm

Football
7pm - 9pm

Quiz Night
7:15pm The Verandah



11

Tennis Mix-In
6pm - 10pm

Ladies Tennis Coaching
9.30 - 10.30pm

Paella
Dinner only!



16

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



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

Sports Camp
9am - 4:30pm

Football
7pm - 9pm

Mini Sports Camp
10am - 3pm



18

Mini Sports Camp
10am - 3pm

Tennis Mix-In
6pm - 10pm

Ladies Tennis Coaching
9.30 - 10.30pm

Sports Camp
9am - 4:30pm



23

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



24

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



Bangkok Gentlemen Spoofers 8:30pm

Football
7pm - 9pm



25

Tennis Mix-In
6pm - 10pm

Ladies Tennis Coaching
9.30 - 10.30pm

Paella
Dinner only!



30

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



Wine Tasting
Friday | Suriwongse Room
27 April | 6pm - 9pm
Members 150 baht | Guests 250 baht
Book in Reception or by email: events@britishclubbangkok.org
SMART CASUAL

Sunday

Thursday

Friday

Saturday

1/8

5

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



6

Junior Tennis
4 - 6pm



7

Swimming Lessons
9 - 10:30am



Easter For Kids
From 10am, Back Lawn



Sunday Brunch
11:30 - 3pm Verandah

Open Pairs Bridge
2pm Silom Room



Swimming Lessons
9 - 10:30am

12

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



13

Junior Tennis
4 - 6pm



Songkran Buffet
11am - 3pm



14

Swimming Lessons
9 - 10:30am



15

Swimming Lessons
9 - 10:30am



Sunday Brunch
11:30 - 3pm Verandah

Open Pairs Bridge
2pm Silom Room



19

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



Sports Camp
9am - 4:30pm



20

Junior Tennis
4 - 6pm



Mini Sports Camp
10am - 3pm

Sports Camp
9am - 4:30pm



21

Swimming Lessons
9 - 10:30am



22

Club's Birthday
From 3pm, Front Lawn



Swimming Lessons
9 - 10:30am

Sunday Brunch
11:30 - 3pm Verandah



Open Pairs Bridge
2pm Silom Room

26

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



27

Junior Tennis
4 - 6pm



Wine Tasting
6 - 9pm

Surawongse Room



28

Swimming Lessons
9 - 10:30am



29

Swimming Lessons
9 - 10:30am



Sunday Brunch
11:30 - 3pm Verandah

Open Pairs Bridge
2pm Silom Room





FESTIVE

Songkran

THAI BUFFET

A PERFECT CHANCE TO STAY DRY
WHILE KIDS ENJOY GETTING WET

13 April 2018

Surawongse Sala, 11am to 3pm

Adults 359 Baht | Kids 200 Baht

**Water fun day on
the front lawn, 3.00pm - 3.30pm**

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



MEMBERSHIP PLUS

exclusive offers from our partners



- 10% discount on medication
- 15% discount on the ward room
- For more information :
Tel: 02-022-2700, ext. 1711
- Dental scaling clean 1,290 THB
- Skin check-up 3,200 THB
- Eye Glaucoma check-up 4,000 THB
- Flu vaccine 700 THB



40% Discounts on frames and Lenses for BCB Members
For more information : Tel: 02 635 6618
Location : Corner Silom/Dechol



ELEMIS Spa at the St. Regis Bangkok
Facial 60 min 2999++ from regular price 5200++
Massage 60 min 2999++ from regular price 4500++
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- For more information :
Tel: 02-261-0265, ext. 8



Kamala Beach Estate Phuket
British Club Members receive a 20% Discount off advertised rates, price includes ABF plus 15% discount on lunch.
For more information :
Tel: 076-279-756, ext. 9



20% Exclusive Discount for BCB members
At Chatrium Riverside Branch and Silom Branch
For more information :
Tel: 0 2235 3055

CHANGING SKYLINES

Part 2

Last month I started sharing some pictures I took in the 1980s/90s whilst playing cricket at the Royal Bangkok Sports Club (RBSC) and her sister, The Polo Club, and comparing these with some I took with Brian Brook in November checking out how the skylines have changed. The pictures this month are from The Polo Club. There are several mega projects underway in this area and this skyline will change dramatically in the next few years.

Matching views was a bit difficult because the jogging track was being rebuilt during our visit ... and sadly cricket is no longer played at the Polo Club having been one of the finest squares in Southeast Asia.



Jack Dunford

Chairman

Towards Poenchit 1980s



Towards Ploenchit 2017



Towards Rama 1 1990s



Towards Rama 1 2017



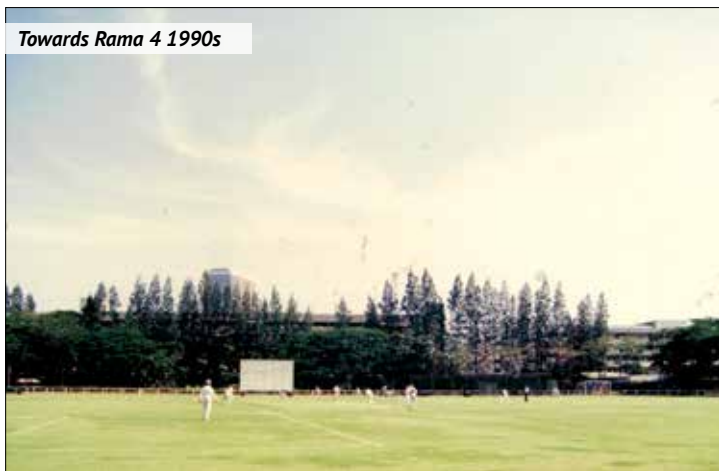
Towards Rama 1 1990s



Towards Rama 1 2017



Towards Rama 4 1990s



Towards Rama 4 2017



TAKE-AWAY



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

You can order in person from any outlet, straight from the menu.
Or order by telephone from the take-away menu on the website.

Bulk orders available from Khun Somboon.

FITNESS

Getting the right balance



David Fiala

Personal Trainer

I was having an interesting conversation with a client the other day who asked me if I thought it was realistic for her to weight as much today as she did 10 years ago, when she was at her lowest weight and looking fabulous on her wedding day. After a brief pause, I unfortunately said yes, and then started to rationalise the concept that we think or accept that we just get ‘bigger’ with age.

So let’s start with the most basic of health and fitness principles the energy balance equation.

So what is energy balance? “Energy balance is the relationship between, “energy in”, the calories taken into our body through consuming food and drink, and “energy out”, the calories burned by our body in our daily energy requirements”.

A simple equation which simply put says that as long as we eat as much food needed to sustain our bodies daily activity requirements we will not gain weight.



Much has been written to discount the simplicity of the energy balance equation but the reality is that over time as we overindulge with food and drink and start to move less on a day to day basis we start to slowly put on extra weight and then 10 years later when we look in the mirror we see a very different body to the ones we remember. The reverse can be said for contestants of survival programs such as ‘Naked and afraid’ who over a very short period lose a lot of weight due to the fact that they are unable to consume the amount of food to sustain their bodies energy requirements because food is just not as accessible in a jungle as it is in your town where there is a convenience store selling any food imaginable.

So if it is so simple why do most people get it wrong? Consistency, consistency consistency!!!! Almost anyone who has been on a diet and has applied the principle of reducing intake of calories has achieved success. Unfortunately once people achieve their required weight they then reverted back to the same overindulgent behaviour and poor dietary habits and slowly put back the weight again just like my client. The fact that this process is so slow is part of how we let ourselves morph almost unnoticeably until it is very noticeable, and conversely why it is so frustrating to reduce our weight as it requires constant monitoring over lengthy periods.

The average male and female daily energy requirement are about 2500 and 2000 calories respectively but it should be noted that these values can vary depending on age, metabolism and levels of physical activity and can be calculated more accurately by health professionals such as personal trainers, nutritional advisors and nutritionists.

A good sustainable recommendation to lose weight is reduce food intake by 500 calories daily, and if done correctly should equate to a slow weight loss of about 400 grams per week. When looking to cutting start with the refined foods such as sweets (snickers 266 calories, kit kat 518 calories), refined foods (bagel, 216 calories) and alcohol (pint of beer = 200 calories, glass of wine 120 calories) as they tend to be high in calories and tend to be low in vitamins and minerals which are essential to feeling energetic and healthy.

When starting a exercise program in conjunction with making dietary changes it is recommended that the caloric deficit remain at 500 daily but be split equally.



Activities with calories burned in 30 min.

Weight Lifting: vigorous	180 -	223
Aerobics, Step: low impact	210 -	260
Aerobics: high impact	210 -	260
Bicycling, Stationary: moderate	210 -	260

It is always recommended that prior to starting a exercise program you consult with a doctor or a fitness professional. Monitoring diet alone can give you the weightloss you need however adding fitness to your daily routine will also bring about all of the other health and fitness benefits, such as improvements to your cardiovascular and neuromuscular systems, improved stress management and improved mobility.

Using the energy balance equation will not give you the body you want in 21 days as the general advertisement goes but it will make you more aware of what you are putting in your body on a consistent basis and allow you to make smaller more sustainable and educated changes to your eating habits as well as highlight your levels of physical activity and allow you to work on the body you desire. A diet is not for a day or a set period a diet is for life so keep it at the balance that matches your needs.

Eat less, move more and do it consistently!

 The advertisement features a background image of a woman receiving a massage. In the top right, there is a logo for 'THE BRITISH CLUB BANGKOK' and the text 'MASSAGE Bt 250/HOUR'. At the bottom, it lists the days and times: 'TUESDAY - SUNDAY 10AM - 6PM'. Below that, it provides contact information: 'BOOK AT FITNESS CENTRE 02-234-0247 EXT. 26 OR BY EMAIL : SPORTS@BRITISHCLUBBANGKOK.ORG'. The background has a decorative, ornate pattern.

THE BRITISH CLUB
BANGKOK

MASSAGE
Bt 250/HOUR

TUESDAY - SUNDAY
10AM - 6PM

BOOK AT FITNESS CENTRE 02-234-0247 EXT. 26
OR BY EMAIL : SPORTS@BRITISHCLUBBANGKOK.ORG



MINI SPORTS CAMP

17, 18, 20 APRIL 2018

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	Cooking / Play time
1:45-2:30	Water fun


650 BAHT 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.
- A five child minimum is required to run each day so please sign up.
- A no show booking will still be charged 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.

Book at the Fitness Centre 02-234-0247 or sports@britishclubbangkok.org



Sports Camp for April

	Tue 17 th 950 baht	Wed 18 th 950 baht	Thu 19 th 1,200 baht	Fri 20 th 950 baht
9:00 - 10:00	Admin			
10:00 - 11:00	Tennis	Tennis	Ice skating	Tennis
11:00 - 11:15	Snacks	Snacks		Snacks
11:15 - 12:15	Football	Football		Football
12:15 - 1:00	Lunch time			
1:00 - 2:30	Squash	Squash / Cooking	Bowling	Squash
2:30 - 3:30	Swimming	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 some activities, please sign up 48hrs in advance.
- A no show booking will still be charged the full amount.
- Cancellations up to 24hrs 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.

Book at the Fitness Centre
02-234-0247 ext. 26 or sports@britishclubbangkok.org

TENNIS

Championship update

It's a bit of a tricky dispatch this month as the reader is at a distinct advantage. At the time of writing, we are reaching the business end of our Club Championships while at the time of your reading, finals day has already been played.

With that peculiarity in mind, I will steer clear of too much comment on the Championships except to say that they have been an overwhelming success to date, that it has been great to see supporters regularly turning up in numbers to spectate from the Surawong Sala, and that I personally I am very much looking forward to the tennis and fun on Finals Day. I trust you attended and had fun!



Graham Johnston

Section Chairperson

In the midst of our Club Championships, our Ladies Team were also competing in the 2018 Bangkok Ladies Doubles Invitational Interclub Team Tennis Tournament.

2018 Ladies Inter Club

The 31st Bangkok Ladies Doubles Invitational Interclub Team Tennis Tournament was held at Impact Academy on 10th March 2018 with eight teams participating. British Club were unfortunate to be drawn in the same group as the two strongest clubs – Polo and Rotfai who were also the hosts this year. This year featured a new team named Cozy Family, replacing Silom Club who had withdrawn at the last minute.

The results from our first two matches against Pattalung and Polo Club were both very close. The pairs of combined ages 90 and 80 featuring Raquel & Na and Nong & Nisa were impressively unbeaten but unfortunately we still went down 4-6 against Pattalung and 2-6 versus Polo. The Rotfai result was less close before we rallied to comfortably defeat the Cozy Family with the loss of just one match.

This years top winners were Rotfai followed by 2) Japanese and 3) Polo Club. The chasing pack contained BIG, RBSC, Pattalung, British Club, and Cozy Family.

Thank you to all the players who represented the British Club - Jill (making her debut), Raymonde, Raquel, Jeab, Noi, Na, Nong, Nisa, Natt, Ann & Pin - and to our loyal supporters who cheered us on from the side.



Who are we ... BCB



Annat failed a late eligibility test



Two of the usual suspects



Jill & Raymonde



THE BOSS

Speaking on behalf of the Tennis Section, I would like to add many thanks to 'THE BOSS' Khun Yubharet for once again taking care of all the arrangements and leading our ladies into competition.



The Winning Team



Can I get a word in Indy...



Altogether now

The Usual Suspects



Before the Club Championships got underway, we welcomed to the British Club a rather interesting band of tennis players who went by the name of 'The Guilt Club' and were associated with a reciprocal club in Shanghai. The Guilt Club won many admirers for their camaraderie and appetite for fun. They didn't win too many tennis matches though with The British Club enjoying a rare and sweet victory! We all celebrated together in style well into the night ... and there my report of the Match Vs the Guilt Club has to end. For the extended version see the usual suspects!

HARD BALLS

A busy period amongst the section has followed on from unsuccess in Chiang Mai, with the season in full flow, fresh new team kits, and a winning streak which is showing no signs of stopping. We've got weekly league games either side of the Songkran break and all the way up to the Kuala Lumpur tour mid-June. Good times.



Ben Eastwell



Dale - man of the match

After a flaky start and some quick wickets, Kerala quickly got on top of the game and knocked over a sorry looking side for 77, with Mak (18) and Ben (16) the only batsmen to make double figures in the collapse. There was a glimmer of hope in reply when Dilip picked up an early wicket courtesy of Ed's safe hands at square leg, but once the top order got their heads down the game was wrapped up early in the first ball of the 15th – the captain bowling a wide to conclude the defeat. Whilst the loss was a disappointment, it did mark a clear change in expectations and self-belief from a side who would probably have happily accepted that score in a league game not so long ago.

V Indorama BCLB 17 Feb

With matches coming thick and fast, there wasn't much time to dwell on the last games. The alarms were set early for the Saturday morning fixture at the new 'Bowe-ja' ground, located in Amphawa. Nestled in amongst an agricultural surrounding and home to a pack of stray dogs and their excrement was the venue you would least expect to find a cricket ground, even for Thailand!

V Kerala Strikers II BCLB 11th Feb

BC's second BCL match of the new season was played at Thailand's national cricket ground on a turf wicket as opposed to the usual artificial track. Rahul lost the toss and the Kerala Strikers captain fancied his team's chances bowling first on an unpredictable wicket in what had been a closely fought battle in past encounters between the 2 teams.

Indorama won the toss and opted to bat first on the new ground which was still in its early cricketing days. The varied bowling helped Indorama build on a strong start, not finding too much trouble with any one bowl-



Relaxing win



Winning chase



Van celebrations



Long day

er despite a couple of wickets from Ben and 1 each from Rahul and Dilip. Some heroic fielding efforts were overshadowed by a couple of drops in the field and some half-chances ended up going in the opposition's favour – Dale putting 2 tricky catches down before finally grabbing one with a dive for the cameras. The target eventually settled at 192 on the new track, which may have been a slightly lower total if Ed hadn't got launched for 26 from 1 over...

Goti's off stump being uprooted, unconvincingly marked the first ball of the innings in which BC were looking for around 8 an over to bring home their first league victory of the season. However, Dale came in

V Pattaya ESCL 25th Feb

The opening game of the newly formed Eastern Seaboard League took place in Pattaya at the end of February in which BC entered an experimental team. Rahul won the toss and went with what seemed to be the winning formula – bowling first. After a juicy start from Pattaya's point of view, Dilip (2-16, 5 overs) slipped in and quietened things down with some unplayable swing bowling, removing 2 of the danger batsmen early. Some tight bowling from Dash (2,25, 5 overs), and Ed's (2-15, 5 overs) spell with Ben (1-13,3 overs), coupled with converted catches from Rahul, Aseem, and Chan helped bring the run rate down to a very attainable 150 after 25 overs.



Zzz



Dont wake the chairman



Zzz



Zzz



Dreaming of wickets



Lucky new kits



BC V Pattaya

as his replacement, and pulled off a man of the match winning innings – outrageously racing to 50 in just 19 balls as Rahul (36) watched on from the non-strikers end and the heads of the opposition quickly dropped. After drinks, Mossy, who looked like going the distance was cut short for 19 runs, making way for Glenn (36) who held things together through some short but valuable partnerships – Dave B (9) and Ed (14) both hitting boundaries at crucial points in the chase. With only 2 wickets in hand, Pat embarked upon the crease and guided the side home after successfully finding the gap to manufacture 2 runs from the last ball. The Saturday afternoon was welcomed in with a few cold ones courtesy of Cristina, and the van was absolutely rocking on the way back into town.

All 11 batsmen were used in the chase, which once again came down to the wire; once again, Patrick kept his cool through the nail-biting moments; once again, Ed cleared the rope at just the right time; and, once again, Glenn (29) played an important middle order innings. After losing early wickets, the captains' partnership came to an abrupt end after Rahul (37) ran Ben (14) out to protect his season top-scorer spot. After Glenn's knock, Goti made up for a short performance in the previous game by hitting 2 4s and easing the pressure on Pat and himself in the death. By contrast to the last match, one ball was spared on this occasion – as BC just about managed to secure the win.

Unbelievable.

SQUASHY BITS

Meeting!



Bruce Madge

We had an AGM and a mix-in and this is what happened.

Mix-in: five participants, none with rackets or any squash-play abilities, but a pack of cards. The result – poker on court one with cockroaches as chips. John Drew walked away with 23 dead bugs from a starting position of just five. Well done John!

The AGM: Minutes of Squash Section AGM, 03 March, 2018. Meeting opened by Peter Corney at 17:13ish.

Present: Peter Corney, Neil Evans, Bruce Madge, Haroon Rashid, Marvyn Lewis, Marc Sayer, John Drew, John Vivian, Ricky Thompson, Robert Lockhart, Geoff Banks, a large and long wooden table, some uncomfortable chairs, a white table cloth complete with gravy stains, various items of cracked and/or dirty crockery, cutlery and glassware, some torn bits of paper, a stolen ball-point pen, Marv’s aging computer, a borrowed projector and a screen, some bubbly BCB service staff and a rotten smell of flatulence courtesy of PC!

Apologies: Theresa May for the Brexit mess, Jesus for looking like a weed-smoking hippy, and Evans for his overwhelming, sad and nerdish personality.

3. Chairman’s Report → Peter Corney

Peter didn’t pass out any copies of his annual report as he hadn’t printed any because he doesn’t know how to use electricity! So he read it out while Marvyn started up a mucky video from his wife’s collection. It featured an igloo full of naked Norwegian nurses and some ice pops. Far more interesting that the usual drivell PC was delivering about a good year, thanks to the committee members, appreciate the dedication and effort, redevelopment being redeveloped, squash section remained a friendly bunch, leagues, mix-ins, sponsorship, court maintenance, Jason Morris deported to Australia, John Vivian arrested for murdering a cat, global warming now a major environmental concern, cottage cheese on toast with some strawberries makes for a wholesome breakfast on Wednesdaysand on and on and on and on and on and on and on and on and on until some attendees began to snore!



1. Apologies → Peter Corney

Peter didn’t apologise for farting in the meeting room. Disgusting!

2. 2017 AGM Minutes → Peter Corney

The minutes from the 2017 AGM were circulated and ignored before being voted as passed. At this stage PC dropped another one and cleared the room!

4. Captain’s Report → Neil Evans

We played a few teams away, won some and lost some, said Neil. He went on: his son had moved to the UK to attend boarding school and wants to get a BMX, one of his daughters had drawn a nice picture of a black dog urinating against a brown tree. His wife had been shopping for a new husband and the price of beer Lao in 7-11 had gone up by three baht a bottle. He was think-

ing of giving up drinking to lose some weight and lower his blood pressure, but wasn't sure if he could do it. Work was getting him down but he had to keep going to support the family. His health was deteriorating due to his uncontrollable beer consumption, but he loved his beer as it drowned out the misery of his mundane life and on and on he went just like PC had!

5. Treasurer's Report → Bruce Madge

PC finally went to the bogs. 106K plus change at the end of Jan 2018. Loaded cos we hadn't spent none on no comps or visiting teams as we'd had none as we'd had no courts, had we? Let's spend it on some new squash section shirts someone said. Great idea agreed somebody else. Maybe the BCB can pay half. All agreed then. We'll sort it out later then. Yeah!



6. Election of Officers → Peter Corney

All existing committee members were forced into re-election by PC who had returned from the bogs trailing a putrid odour of stale Vegemite and grilled wallaby chops.

Desperate call by Peter for at least one further member to join the committee and do nothing like the other members do so well. Marc Sayer put himself forward – were we that desperate? Apparently so as MS was voted on. He'll be in charge of corrupt business deals and cheap accommodation. Anyone else? Robert Lockhart - a new squashie from Canada, nice bloke, very clean, good player, quite young, dark, tallish and attractive, if that's your type. Said he'd love to join the committee to drink beer with Neil and fall sleep in the club's toilets. He's in! RL can take over Haroon's role of monitoring the court maintenance as H is useless at even this simple task. Six squash committee members now and two or three under 40 years old! Or is 40 their IQ?

7. Any Other Business

- Ricky had brought in some old squash rackets from the 1980s and earlier. The kinds of rackets Haroon's father played with. Said we could frame them to be hung in our new squash arena. Many enquired when it would be ready. Around when Thailand has a general election. That is to say, about 2020 or beyond! Howls of laughter at that! PC laughed so hard he shat his pants!



- Some talk about cutting the Thursday mix-in time so league players could have more time to play with each other. Maybe/maybe not. Perhaps, could be, might be possible later if other things get sorted out whatever they are.

- Marvyn wanted a regular night out. John Drew said he likes Indian food. Neil said not enough people attend the mix-ins and socialize afterwards. Well, how about we all bloody well attend the bloody mix-in each bloody week and then once a bloody month go out afterwards for a bloody dinner? All probs solved right there. Shut up!

- Myanmar came up again as Ricky owns a squash club in Yangon. Have to get a team together for a tour. Didn't we mention this a year ago? A Whatsapp chat was set up featuring a picture of some persecuted Rohingya refugees being brutally beaten by some Burmese soldiers high on methamphetamines. July looks like being the month to hit Burma to rescue the refugees.

- More talk of activities for the opening of the new courts in 2022 just before the Qatar World Cup and just after Thailand's next coup. Joey Barrington, Paul Coll, some other expensive squash pros from Malaysia. All pointless talk as we've no idea when the courts are going to be ready. Latest update is 2025!

- At this point, upon hearing mention of a World Cup, Geoff Banks finally piped up and said he had a World Cup winner's medal from 1996! What?

- Then began a bizarre conversation on the topic of sand. Marvyn wondered what type of floor the new courts would have and someone mentioned sanded; a sanded floor is best. Sanded or sandy? Ricky said that the courts in his Yangon club have sanded sandy sand floors. Sandy floors on a bloody squash court? Beach squash in Yangon? What? We ain't going there then. Delete the Whatsapp chat. Sorry Rohingya refugees; we ain't coming to save you. Tough luck! Opinions back and forth: should have them sanded or sandy or sand papered or made of sand, made of sandwiches, made of sand sandwiches, sand sandwiches with extra sand or something like that. Sanded sandy sand floors are easier to clean, the ball doesn't slide on the sandy sand surface, sand is cheap, sand looks good, sand is brown and there's plenty of sand about. Let's have some sand floors. Sand castles, Mr. Sandman, Sandy from Grease. Oh Sandy! What the hell are they talking about? Sandy squash court floors? Drunken fools.

- PC called an urgent end to the meeting and ordered some sandwiches!

- At this moment the BCB Chairman, Jack Dunford, walked in and all present told him to Sod Off!

Meeting closed at 18:30ish!

Until next year.....



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

February Results



February Stableford

Congratulations to Captain Frank who won the February Stableford at Royal Lakewood in fine style with an impressive 40 points. In second place was bridesmaid re-visited Mark Coombes (38) with Todd Guest coming in 3rd (37). Good scoring chaps!

We also welcomed back Sharon and Tony Moore en route from Paris to Malmesbury. Wishing you both happy retirement.

February Medal

Having been threatening a win for months, congratulations to Todd Guest for breaking through and taking the A Flight February Medal in fine style with a tidy net 69. Todd edged out Ian Brewis who continued his good form from the matchplay and surprisingly hadn't forgotten how to play with a card and pencil.

Brian Brooke continued his recent revival to take the flight B top prize with a net 71 which kept Thorsten Leppek at bay in 2nd place.



Frank Stableford Winner



Gabby, Dawa and Carole Ann

2017 Matchplay Final

Ian Brewis had a convincing win over Pete Gale to clinch the match play trophy. Well played Ian.



2017 Matchplay Champion Ian Brewis



Flight A Medal Winner Todd Guest Flight B Medal Winner Brian Brook

AGM

The February Medal was followed by the AGM and dinner back at the British Club. This was the opportunity to thank Captain Frank and the Committee for their sterling work over the past year as well as our kind sponsors Dunlop Adhesives. No job is too sticky for David and Dale Lamb.

The committee also confirmed that red ants were not considered to be “wild animals” in spite of their ferocious bite and accordingly relief would not be given if your ball fell amongst them.

Captain Frank and the Committee graciously agreed to carry on for the 2018-19 season joined by Gordon Milne and Neil Davies.

Annual Prize Winners were as follows:

Golfer of the Year	Frank Fawkes
Best Net Average	Randall Coleman
Most Improved Player	Dawa Sherpa
Most Long Drives Men	Randall Coleman and John Siena
Most Long Drives Ladies	Karen Carter
Most Near the Pins	Graham Johnston
Most Long Putts	Pete Gale

Many thanks to the British Club catering team for a delicious buffet and great service.



Frank Fawkes Golfer of the Year



Best Putter with Junior Section Captain Matthew



Big Hitter John Siena



Dunlop Plate Winners Gaew and John



Eclectic Champion Dawa



Net Ladies Champion Yurachtr

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



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