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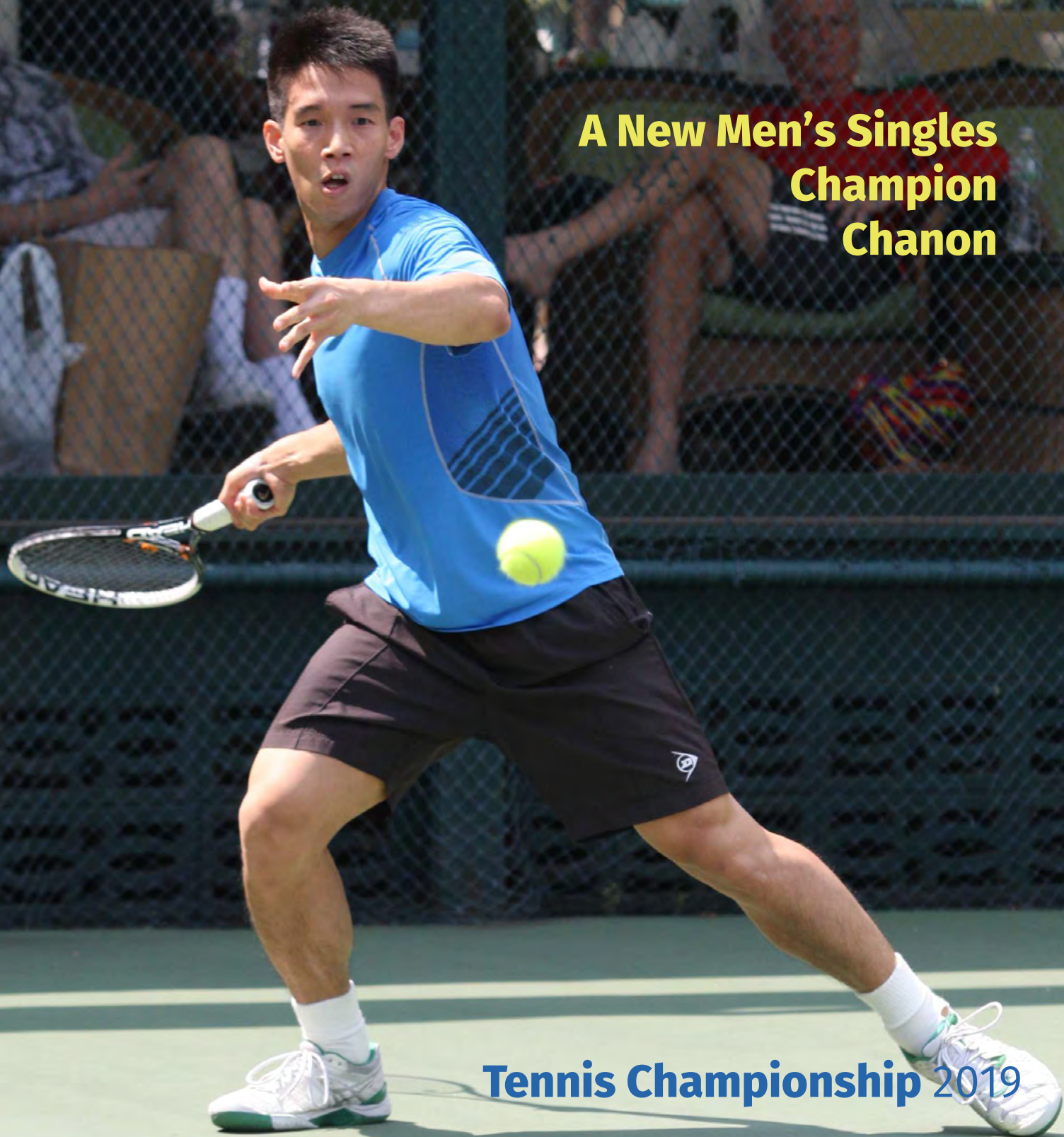
THE BRITISH CLUB
BANGKOK

www.britishclubbangkok.org

Outpost

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

**A New Men's Singles
Champion
Chanon**



Tennis Championship 2019

April 2019

BUSINESS LUNCHEONS

1st - 5th April

STARTERS: 65 BAHT

Tuna Salad.

Chef's Soup of The Day.

Main Courses: 160 Baht

Creamy Chicken Breast with Penne, Peas
and Creamy White Wine Sauce.

Fish and Chips.

Marinated Pork Fillet Roast on Rhubarb.

Tom Kha Gai, Tod Man Pla, Phad Tua Ngok Moo Krob.

8th - 12th April

STARTERS: 65 BAHT

Smoked Duck Salad.

Chef's Soup of The Day.

Main Courses: 160 Baht

Chicken and Wild Mushroom Lasagna.

Pan Fried Dory Fish with Caper Meunière.

Shepherd's Pie.

Gaeng Jued Tao Hoo Moo Sab,

Phad Kraprao Moo Sab Kai Dao.

15th - 19th April

STARTERS: 65 BAHT

Mozzarella, Mango, Tomatoes and Rocket Salad.

Chef's Soup of The Day.

Main Courses: 160 Baht

Grilled Chicken Breast with Tomato and Bean Sauce.

Grilled Mixed Sausage.

Grilled Seabass with Coriander Salsa.

Gaeng Kiew Wan Look Chin Pla, Moo Tod Kratium Prik Thai,

Phad Phak Ruam Nam Man Hoy.

22nd - 26th April

STARTERS: 65 BAHT

Carrots, Raisin and Apple Coleslaw.

Chef's Soup of The Day.

Main Courses: 160 Baht

Chicken Chasseur.

Grilled Seabass with Spinach Risotto.

Mini Steak with Gravy Sauce.

Pla Sam Rod, Phad Prik Khing Moo Krob Kai Jiew.



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BANGKOK



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WEEKEND RETREAT

BY **DIGITAL DETOX ASIA**
18 - 20 MAY 2019



DISCONNECT

SATURDAY, 18 MAY

- 05.00pm** Check in to Thanyapura
- 05.30pm** Everyone turns in their digital devices
- 06.00pm** Free time to explore the resort
- 07.00pm** Dinner
- 08.00pm** Meet & greet games, introductions and evening fun
- 10.00pm** Off to the rooms, bed time



RECONNECT

SUNDAY, 19 MAY

- 07.00am** Wake up
- 07.30am** Breathing exercises & meditation (45 mins)
- 08.15am** Breakfast
- 09.30am** Yoga & Core (75 mins)
- 11.00am** Team building workshop (1 hour)
- 12.00pm** Lunch (1 hour)
- 01.00pm** Art workshop (2 hours)
- 03.00pm** Writing workshop (1 hour)
- 04.00pm** Snack
- 04.00pm** Evening yoga, beach trip or relaxation time (3 hours)
- 07.00pm** Dinner (1 hour)
- 08.00pm** Campfire, documentaries, concert or games (2 hours)
- 10.00pm** Bedtime

MONDAY, 20 MAY

- 07.00am** Wake up
- 07.30am** Breathing exercises & Meditation (45 mins)
- 08.15am** Breakfast (1 hour)
- 09.30am** Yoga & Core (75 mins)
- 11.00am** Team building workshop (1 hour)
- 12.30pm** Checkout of rooms
- 01.00pm** Lunch (1 hour)
- 02.00pm** Free time & reflective thinking activity (2 hours)
- 04.00pm** Snack
- 04.30pm** Sharing new intentions & insights from the weekend
- 05.30pm** Digital devices returned, event officially ends

PACKAGE PRICE



SINGLE OCCUPANCY

THB 11,500.- / PERSON



DOUBLE OCCUPANCY

THB 9,500.- / PERSON

OPTIONAL:

Group Activities of your choice



Tennis



Project Xtreme



Swimming



Running



Gym Workout



Muaythai

THB 850.- / PERSON

*Minimum 3 persons / activity



Nutrition Talk + workshop

THB 1,000.- / PERSON

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THE BRITISH CLUB
BANGKOK

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Paul Cheesman
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Honorary Treasurer

James Crossley-Smith

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Alison Loftin, Nathan Thomas, Chris Watt
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Front Cover

Chanon the new men's single champion for 2019. Chanon also went on to win in both the men's doubles and mixed doubles.

From the Editor

The ever popular Pancake day will be held on Sunday the 3rd of March on the front with lots of activities for the kids.

Then on 9th of March, the Tennis Championship which was one of the best ever with new players coming through across the board. Great to see new faces.

Cheers

Chris

 **The Fry Group**
since 1898
Preferred Partner

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. **Design & Layout** - CJW Design Studio **Editor** - Chris Watt cjwatt@loxinfo.co.th. Opinions expressed do not necessarily represent those of the Club. All events, dates and times are correct at the time of press.

Outpost welcomes contributions from Members, email outpost@britishclubbangkok.org

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MESSAGE FROM THE CHAIRMAN



Jack Dunford

Annual General Meeting: The AGM was held last night and I am very pleased to record that all nine of last year's General Committee who stood for election were re-elected and Mark Buchanan replaced Ali Adam who stepped down. I thank Jeremy de Sausmarez for also standing, but narrowly being the unsuccessful candidate. The votes were: Nick Annetts (67), Geoff Banks (62), Brian Brook (65), Mark Buchanan (63), Paul Cheesman (84), James-Crossley Smith (85), Jack Dunford (60), Alison Loftin (88), Jeremy de Suasmarez (54), Nathan Thomas (72), Chris Watt (86).

The Officers of the Club for 2019/20 were appointed by the GC immediately after the AGM: Chair, Jack Dunford; Vice Chair, Geoff Banks; Hon Secretary, Paul Cheesman; and Honorary Treasurer, James Crossley-Smith.

The AGM was fairly well attended, lively, generally good-humoured and quite long by recent standards. All of the standing reports were adopted plus two minor constitutional changes, whilst three Member's motions

were defeated, not because they were inappropriate, but more because the GC was entrusted to take make the necessary provisions/ decisions.

I would like to thank everyone for this vote of confidence in the GC and add a special note of appreciation for Ali Adam's services over the last three years. Ali played an extremely important role in helping develop a long-term vision for the Club, commissioning the poolside redevelopment architectural design competition and then in leading the design and construction of the Silom Wing as chair of the Subcommittee. We hope to see you back Ali!

This promises to be a very exciting year for the Club and it is good to have continuity to see our plans through. There are already five major projects scheduled and a sixth under consideration:



Elected- plus Nick Annetts and Mark Buchanan

1) War Memorial: The Beaumont Partnership was appointed architects to oversee the integration of the War Memorial into the Front Lawn landscape. We have agreed the overall concept, placing the memorial in the NW corner of the lawn with a new turtle pond near its current location and some memorial trees also being moved from the Embassy.



Red Eared Slider

As some of you may know, we are proud owners of four Red-eared Slider Turtles (*Trachemys scripta*)

and two Yellow-headed Temple Turtles (*Hieremys annandalei*). Turtle lovers will be reassured to hear that we are consulting with herpetologists to ensure that the new home for our ancient friends will be safe, fun and friendly. We are negotiating a budget for the whole scheme with the Embassy and work should start some time after Songkran.

2) Poolside Phase 2: Construction drawings have now been prepared for Phase 2 of the Poolside redevelopment project and we are in discussion with



New Pizza_ BBQ station

potential project/ construction managers. We have been pushing back the potential start date partly because we have so many other things going on,

but mainly to make sure that we have accurate costs estimates and a realistic construction schedule. We now hope that details will be presented to the Membership for approval at an EGM around the middle of the year.

3) New Entrance: We had hoped to have the new Silom Road Reception / Entrance open by now but delivery of the electronic pedestrian gate has taken longer than expected. It should be ready or operation in April. The pedestrian gate will initially be opened by the Receptionist after checking membership cards, but will be automated when a new a software system is in place and new smart membership cards introduced.

4) Club Management software: Negotiations continue with two potential software providers and a decision on this will be a priority for the new GC. It will take several months to develop and implement the new system but will strengthen many aspects of Club management.

5) Poolside BBQ/Pizza station: A new purpose-built BBQ/Pizza station is under construction between the main pool and the Silom Wing. We expect this to be a popular new attraction that will provide a valuable extra outlet during the building of Phase 2 when the poolside kitchen will be closed.

6) Club Signage: Another new project this year will look at upgrading Club signage. We have all sorts of signs around the Club including room names, directions, instructions and warnings, in all sorts of sizes, styles and materials ... some that have been around 'for ever'. We have some that are unnecessary but we are missing others that might be useful especially as new facilities are added. The GC has therefore commissioned a review aimed at making our signage comprehensive and easy to follow, standardising fonts, sizes, colours

and materials to reduce clutter and enhance the appearance of the premises.

Finances: The Club financial year is out of sync with the committee year and we already have the financial results for the first quarter of FY 2018/19. These are very encouraging with revenues overall up 15% on this time last year and our operating surplus by 28%. Pleasingly revenues are up both sides of the Club indicating increased activity in all sectors. March is also looking great with revenues for the first 17 days already up almost a million baht on the same period last year.

Membership: A major contributor to this is of course a steady influx of new Members, especially younger families with the opening of the Silom Wing. For six months running we have hit new a Membership record, the total now standing at 1,162, which is 71 higher than this time last year.

Service Standards: All of this is great news for the bottom line but of course increased demand is also putting pressure on our service standards. We are still getting complaints about waiting times for orders and the consistency of some menu items. But we are increasing staffing levels, particularly with casual staff during busy weekends and we also get some great compliments. Please keep giving your feedback, this is always helpful.

Entertainment: I wrote this bit a few days ago whilst recovering from a rather heavy night at the Club's first excellent Comedy Night, dubiously complemented by



Comedy Night

Tee's (admittedly optional) but shamelessly carb-laden menu and some scrumptious new beers. Not for the faint-hearted, but the night was well attended and hopefully will be the

first of many as we seek to expand the variety of entertainment on offer to our Members.

Thank you again for your support over the last year. I look forward to seeing you around.



An Evening with The Fry Group

SPEAKERS

Martin Wright,
Senior Financial Planner

WHEN

Thursday, 9 May 2019
6.30pm Evening Session

WHERE

The British Club Bangkok
Suriwongse Room
189 Surawong Road
Bangrak Bangkok 1050

RSVP

events@thefrygroup.sg

Join us for an informative evening hosted by Martin Wright at The British Club.

This educational session will focus on:

- Planning for a UK Return
- UK Property Tax
- Medical Insurance and NHS
- Investment Market Update

This complimentary evening will be followed by an interactive Q&A session and an opportunity to chat informally with both speakers over a glass of wine and some finger food.

The Fry Group (Singapore)

6 Battery Road #16-04/05
Singapore 049909

For more information please
contact **(65) 6225 0825**
or advice@thefrygroup.sg



Make Sure You Have Your Medical Expenses Covered

By Martin Wright, The Fry Group

One of the most important long-term considerations for a Brit remaining overseas is covering your medical bills. Here are some considerations when thinking about how to manage the potential costs.

Insurance

Local cover normally provides cover only for medical care in Thailand. Depending on the company and plan selected, the choice of hospitals may be restricted, and cover may cease when you turn 65.

Thailand Example Cover	Age 60 Example costs per annum	Age 65 Example costs per annum	Age 70 Example costs per annum
Maximum cover of 5,000,000thb (\$157,280)	76,099thb (\$2,395 USD)	NA	NA

Source: www.misterprakan.com, www.nowcompare.com/thailand/en

International insurance is normally more costly but will cover medical care received in most medical facilities in most countries and is therefore worth considering if you travel frequently for work or on holiday. Normally cover is available up until the age of 70 – 75..

International Cover Example Cover	Age 60 Example costs per annum	Age 65 Example costs per annum	Age 70 Example costs per annum
Maximum cover of US\$1,000,000 = 31,780,000thb	\$2,317 USD (73,653thb)	\$3,080 USD (97,895thb)	\$3,897 USD (123,884thb)

Source: www.misterprakan.com, www.nowcompare.com/thailand/en

Self-Insure

This means simply having sufficient assets over and above those required for normal expenditure to cover any unexpected medical costs (whether small or large).

This is a risky strategy with nothing other than the good fortune of not becoming ill to support it (or having significant assets of course). For example the basic cost of a heart bypass in Thailand is in the region of \$15,000 (480,000thb) (www.medicaltourism.com/Forms/price-comparison.aspx) which does not include the cost of any ongoing supervision, accommodation or medication etc. Other conditions such as cancer (one in two UK people will be diagnosed with cancer in their lifetime according to Cancer Research UK) can result in even higher costs.

NHS

In April 2015, changes were made to the way the NHS charges overseas visitors for NHS hospital care. These changes also affect some former residents of the UK. The changes were primarily made so that the NHS does not lose out on income from migrants, visitors and former UK residents of the UK who may be required to pay for their hospital treatment costs while in the UK.

Within England, free NHS hospital treatment is provided on the basis of someone being 'ordinarily resident'. It is not dependent on nationality, payment of UK taxes, NI contributions, being registered with a GP, having an NHS number or owning property in the UK. The April 2015 changes affect visitors and former UK residents differently, depending on where they now live.

Treatment in A&E departments and at GP surgeries remains free for people classed as ordinarily resident in the UK.

To be considered ordinarily resident and entitled to free hospital treatment, you must be living in the UK on a "lawful and properly settled" basis, at least for the time being. This does not mean visits, and whilst there is no clear guidance on this, you may be asked to prove that you are resettled back in the UK.

Non-EEA nationals who are subject to immigration control are not classed as ordinarily resident unless they have indefinite leave to remain in the UK.

Those who live outside of UK/the EEA (including former UK residents) who visit the UK on a short-term basis with no intention to resettle should make sure they are covered by personal health insurance (unless an exemption applies such as overseas UK Crown Servants). Anyone without insurance could be charged at 150% of the NHS national tariff for any treatment they receive.



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contact **(65) 6225 0825**
or **advice@thefrygroup.sg**

TEE TALK WORDS FROM THE DGM



Tee Bale

It's been a very active month at the club with a host of events and happenings. We were pleased to be invited to cater for the Bangkok Rugby 10s for the first time this year, it was hosted at Bangkok Patana International School and saw its usual 5,000 supporters attended over the two day weekend, some good rugby and great to meet everyone from all over Thailand and let them experience some of our best dishes.

The Only Fools & Three Course comedy dinner sold out, and everyone that attended was treated to some classic Del-Boy and Rodney humour brining back some classic memories from the all-time famous TV show. Pancake day was as fun as always, with our pancake races on the front lawn, kids having fun and parents getting serious with race tactics, the best part of course was eating all the different flavours after the race. March also saw us launch the first of the Club House Comedy nights, three international stand up comedians took to the stand, much to the amusement of the near sell-out crowd, the second in the series of Club House Comedy nights is scheduled for May so put it in your dairy as seats sell fast.

Many of you will have seen the new construction between the new Silom Wing and main pool, when completed this will be our new BBQ and Pizza live cooking station, we will be launching themed BBQ nights and also having guest Chefs cooking live for you and showing off their Italian pizza making skills.

The 2019 tennis championship took place this month



and the club would like to thank the tennis section for doing such a great job in preparation and with some loving tennis being played, the finals were well attended, and the payers disappoint anyone as rally after rally was contested, well done to all the winners and we look forward to 2020.

The squash section also hosted the Don Johnston cup with a new format this year, this was very attended and also saw some great games, I also took part and was lucky enough to win in the final of the Para Plate against John Vivian that had me on the ropes for a while, well done to all that helped organise the tournament and all that played their matches.



We are working hard to as always to improve and better our service standards and we are happy to announce that we have some great new additions to the team, Florian Champion has joined us as our new events manager, Florian is French and has a degree in in event management and will be getting to know everyone over the coming weeks and months and also creating so exciting new events for all to enjoy.

I look forward to seeing you all in the club throughout April, and celebrating Songkran with you.

F&B MORSELS *by our* EXECUTIVE CHEF



Chef Laak

Welcome to Songkran Month. The unique and happiest festival is now here. we are planning to offer you Thai buffet on Songkran Day 13th April. You will enjoy with tasting food cover up the 4 regions- E-Saan, North, South and Central. This month will be included Easter Sunday Brunch at The Verandah. The Club will make fantastic Hot Cross Bun available for the whole month since 1st April. I recommended them toasted with butter and strawberry jam. That is so yummy!

As we are in mango season as well. Mango slide with sticky rice and a plus side with coconut ice cream is a great combination and highly recommended. You can also choose other mango menus in the mango promotion.

Happy Eating!



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FITNESS - WHAT IS STRENGTH?

Is It Important?



Sandy Remiens

Personal Trainer, Wellness Coach
Accredited Rehab Master Trainer

Strength and agility are things that we all need in daily life... correct? Do we all have it? Yes - in varying degrees and in different areas.

Throughout the course of this week I have been asking people randomly what "strength" means to them. Answers ranged from the mental and emotional aspect through to physical strength. The general consensus of most people is that they would like to be stronger. Many answers started with strength being an ability – a thing that enables a person to be able to do something...and many answers also suggested that to have strength meant less reliance on others and even being in a place to be able to be of help to others... so why is it so hard for us, especially as we get older, to stay strong and/or get stronger?



The answer to that is huge and encompasses mental as well as physical aspects. The aging process is a real thing, hormones play havoc with our emotional and mental states and many of us carry

injuries and/or medical conditions that have been limiting in the past and seem to 'play up' to the point where they almost become a part of us. But the biggest part of this answer lies in age old expectations of 'slowing down as you get older' which is one of the most destructive beliefs around and deadly to ones quality of life.

As human beings we were built to move. So once we start 'slowing down' our bodies shutting down process accelerates. We were not designed to slow down – we

were designed to get better, and faster and stronger and enjoy life to the fullest. How many people do you know who have spent their lives preparing for retirement only not to be able to enjoy it as they cannot move well enough to do so?

So where on earth do we start?

How often have you left the GP or Physios Clinic with a handful of pills and no real understanding of what action you really needed to take from that point on? And if by chance you did understand the exercises and actions you were required to do go and do on your own but you stopped doing them because you were never quite certain you were doing them correctly.

The huge gap in most people's recovery from injury is an understanding of the rehabilitation process required to regain strength and function – in fact oftentimes a lack of understanding of the necessity of the rehab process to start with.

Whenever you see a Fitness Professional, Physical Therapist or a Medical Professional your first session always starts with an assessment. Whether that be Fitness Testing, Injury assessment, Gait analysis etc. You need to know where you are starting from in order to know how to move on from that point. Part of that assessment is figuring out why you are doing this...why is getting stronger, fitter, more agile, decreasing pain levels, rehabbing injuries... why is this important to you. And then to start to formulate a plan to improve things. This often takes a team of professionals – most of you who have trained with me know that depending on your needs I may refer you to a GP, Physiotherapist or Specialist.

I would like to introduce you to one of these Team Members by asking you when was the last time you

saw your orthopedic surgeon lose their white coat and don fitness gear to leap around the hallways and treatment rooms demonstrating strength and agility exercises to their post op patients? Most hallways and rooms of orthopedic surgeons are somber places where one feels like you are bringing your joints in to be laid to rest! Let me introduce you to an orthopedic surgeon who does not fit into that mould.



Meet Dr Amy (Dr Alisara Arirachakaran) from Bumrungrad Hospital, Bangkok, an orthopedic surgeon and sub-board certified sports medicine specialist. Dr

Amy is not only a wealth of knowledge and experience but has a fierce passion for ensuring her patients optimal recovery, whether that involves surgery or non surgical options. Dr Amy and her Team are based at the Vitalife Sports and Lifestyle Centre launched by the Scientific Wellness Center at Bumrungrad International Hospital. The new center is Southeast Asia's first such center to offer specialized treatments, evaluations and personalized programs integrating Sports Science, Orthopedics and Regenerative Medicine.

There is in-depth research that has gone into the setup of Dr Amy's Sports and Lifestyle Centre. And the



assessment and training equipment used in the Rehab Programs is world class. One great example of this is the inclusion of evaluation of the patient's power generation and muscle balance – which is

rarely addressed in most of the Post (and Pre) Operative Rehab programs. I have had clients who can leg press far more than their body weight, (having been given this as their primary strengthening exercise post knee surgery), but cannot do a small single leg bend or even just stand well on one leg, let alone generate any power from one leg.

Why is being able to generate power important?

“While isometric strength is a reflection of the forces a muscle can produce, muscle power reflects the ability to generate muscle force over time, which is **imperative for completing activities of daily living, such as climbing stairs or rising from a chair.**”

After all – isn't it returning to full function that is the goal?

“The physiological mechanism most likely responsible for the reduced power of older adults was the reduction in contraction speed. This suggests that while the muscle may be capable of producing a given force, it is the ability to develop force quickly that may be impaired. Previous work has demonstrated that a training intervention for older, mobility limited individuals that focused on speed of movement led to improvements in functional ability.”



Motion is Lotion

Physical activity and movement used to prevent and relieve arthritis pain. The idea that exercise can be just as effective as all those pills, patches and cream for joint health.

The physical therapist suggested an exercise plan to help with my arthritis pain. He said motion is lotion. #arthritis #pain #pills #cream #physical #exercise

WATCH THIS SPACE as the next issue of the Outpost will cover my own experience with Dr Amy and her Team in a Sports Injury Assessment at the Bumrungrad Vitalife Sports and Lifestyle Centre.

And in May Dr Amy and her Team will be running a seminar at The British Club exclusively for our members. Come and meet the powerhouse Dr Amy and learn more about her pioneering approach to medical fitness assessment and training, sports injury evaluation, treatment and prevention, DNA sports performance screening, personalized exercise and nutrition guidance, non-operative/regenerative options for sports injuries and degenerative diseases, orthobiologic treatments, such as platelet-rich plasma (PRP) therapy, for musculoskeletal conditions and osteoporosis treatment and fracture prevention.

Reportings

BOOK REVIEW



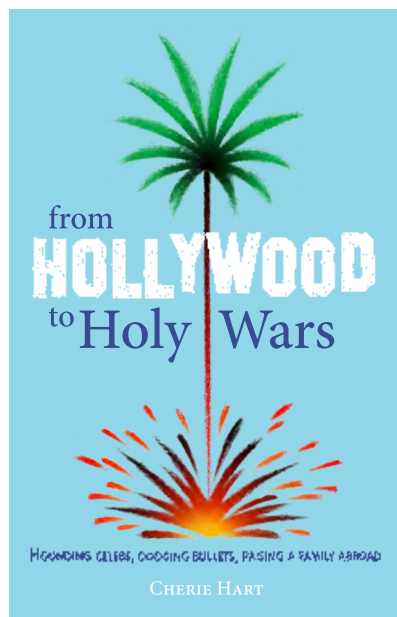
Cherie in Timor

Early in March, Cherie Hart and John Bleho returned to the club for a brief visit. It was great to catch up with them again. During their time in Bangkok, Cherie did a book launch of her new book at Open House bookshop at Central Embassy .

From Hollywood to Holy Wars: Hounding celebs, dodging bullets, raising a family abroad is a rollicking journey through the US tabloid scene and adventures in international trouble spots with the United Nations.

Cherie Hart recounts her poignant and often hilarious tale, including 15 years in Bangkok, chasing a globe-trotting career, while juggling life's absurdities and heartbreaks, with a husband, kids and two cats in tow.

Get your copy it's a great read.



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soft cover
and e-book
on Amazon.



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OFFICIAL OPENING TIMES

Accounts Office	9am - 6pm Mon-Fri. Closed Sat-Sun	
Poolside Bar	6:15am - 11pm Last food order 9:30pm	
Garden Bar	10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 8am - 11pm	
Family Room	10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 8am - 11pm	
Games Room	10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 8am - 11pm	
Interactive Room	10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 8am - 11pm	
The Verandah	11am - 2pm, 5pm - 10pm Mon-Thu, Fri-Sun and Public Holidays 11am - 10pm	
Churchill Bar	10am - Midnight Mon-Wed & Thu-Sun to 2am*	Fitness Centre 6am - 10pm Mon-Fri
1910 Balcony	3pm - Midnight. Afternoon Tea 3pm - 5pm	Fitness Centre 6am - 9pm Sat-Sun
1910 Sports Bar	5pm - 11pm Mon-Wed & Thu-Sun 5pm-2am*	Thai Massage 10am - 5pm Tue-Sun

* If members are present at 11.30pm, otherwise it will close at midnight

THEY'RE NAMING 'IM "RODNEY" AFTER DAVE!

ONLY FOOLS & THREE COURSES was a novel, semi-interactive theatre dinner whereby the actors performed whilst you ate ... a sort of Cordon Bennett ("Pardon my French"). One hundred members and their friends joined the cast of four for a ninety-minute-long set of quick sketches and one-liners featuring most of the main characters ... including Batman & Robin ... "It said 'Dress Fancy', not 'Fancy Dress!'".

"One of my most favouritist meals is Duck à l'Orange, but I don't know how to say that in French."

Compared for most of the time by Boycie, when he was not being Trigger, the first half flowed well with most of the well know quotes but began to peter out so only die-hard fans got the meaning, although it was still sort of funny. Del Boy, who also played Uncle Albert, was convincing but as Rodney changed height and manners, and gullibility throughout the series 22-year run, it was difficult to place from when he set.

"Well, my grandmother's brother was safety officer on the Titanic, but we never talk about it."

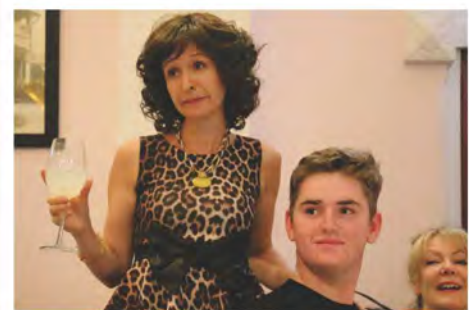
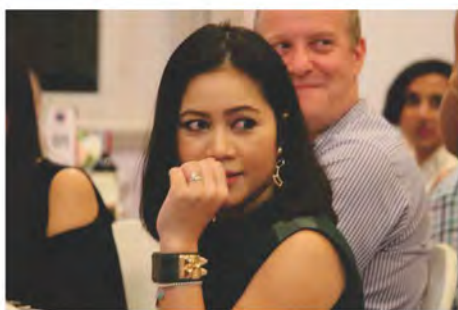
Of course, the Club does not have a chandelier to clean, well not in the Suriwongse Room, and the Reliant Regal was too large to drive up, some of the more well-known sketches were not possible ... as was not falling off the open bar... nor hiding the infamous "children's" dolls named Lusty Linda and Erotic Estelle!

"It's a well-known fact that 90% of all foreign tourists come from abroad"

All in all, good fun, amazing value with delicious food from our Executive Chef Khun Laak and great service from Khun Somboon and his team ...

all lovely jubbly!







SCOTT BERRY & ASSOCIATES



Professional Coaching & Psychotherapy (Bangkok)



Dr Scott Berry
Professional Coach &
Psychotherapist
PhD, MBA, DipCouns UK



Miss Intara Berry
Office Manager / Trainee Coach
Bachelor of International
Business, Bangkok University



Mr Nikorn Chimkong
Program Manager
MBA
Ramkamhaeng University



Mr Wichai Lahoi
Office Manager
Certificate of Hospitality

Scott Berry & Associates

281/19-23, 5th Floor, Room 509
Silom Rd, Silom, Bangrak Bangkok 10500
T: 02-0385098 or 064-939-0222
W: www.scottberryconsulting.com

We are a family run business in Bangkok - a short walk from the British Club. We serve expats in Thailand, individuals and companies across the Asia Pacific. Here are some of the services we provide:

Life Coaching and Counselling

Deepen your sense of happiness and self-confidence. Get practical help for depression and anxiety, anger, culture shock, addictions, life change and more.

Employee Assistance Programs

Online and face-to-face services to create and sustain health, wellness and effectiveness in your staff and teams.

Couples Coaching and Counselling

Rebuild and repair the love between you. Get tools to grow trust in each other, anticipate each other and talk through the hard stuff. We are LGBT friendly.

Leadership Coaching

Identify your gifts and deploy them more often. Identify the areas you need to strengthen in yourself and others, build the skills to anticipate yourself and others.

COMEDY NIGHT

NOT ONLY BUT ALSO

Okay it wasn't Peter Cook and Dudley Moore, but the first of our new regular CLUB HOUSE COMEDY evenings was a bit of laugh and great value at 400 Baht! As we waited, a nearly full Suriwongse Room dined on 'Bad Boy Burgers' and Fish 'n' Chips plus the infamous 'deep-fried Mars Bars'. I say nearly full as one Sports Section table failed to show ... guess they thought they could not squash in.

The evening was compared by Trevor Lock who acted as warm-up artist as well as a light introduction to the two main guests. Trevor managed to find a member who nearly had a birthday, so we nearly sung happy birthday to him. He had also a fascination with Northampton, a member who is a Swiss Chocolatier and the member's wife who was from Costa Rica and

spent part of the evening conversing in Spanish.

The first artiste was Imran Yusof whose style of humour was very much like Marmite ... you either loved it or hated it. The lack of real response from the audience seemed to drive him further into confrontational comedy with the occasion of a heckler who asked if he was doing to tell any jokes. In contrast, the second act was Irish born Kevin Gildea whose colour air-brushed photo made us immediately think he was an impostor; however, he was funny, a bit over the top and received a lot of applause. Certainly, with good service from Khun Somboon's team, it was a fun night and for some of us did not end until the wee hours.

CLUB HOUSE COMEDY RETURNS in May ...book early!!!



THE BRITISH CLUB PRESENTS



EASTER EGG HUNT &

LET'S CELEBRATE

CLUB 116TH BIRTHDAY

SUNDAY 21ST APRIL 2019

Back Lawn, 10am Onwards
Kids THB 395 / Adults THB 250

Many activities for kids | Snack buffet and huge birthday cake

BOOK AT RECEPTION OR BY EMAIL: EVENTS@BRITISHCLUBBANGKOK.ORG



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BOOK LAUNCH

TAKING IT UP THE BLINDSIDE

Thursday evening the 7th February, saw the launch of Jon Prichard's new book *Taking it up the Blindside*.

With a great turnout, Jon was there to sign copies of his book and give his spin on it over a few beers and judging by the photos a great night was had by all present.

Jon has said, there is a threat of Book #2 in the offing, providing yet more tales of foreign tours, annual Phuket challenges, Hong Kong 10's and 7's, huge mischief, drinking and merriment.

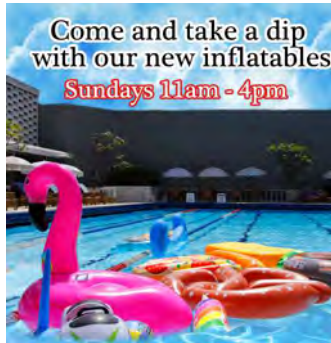
The cover of the book does advise you of the hazardous nature of the contents.





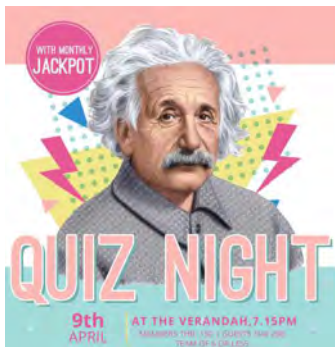
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SUN



MON

TUE



07 Kids Cricket 8am-11am Book first!
Swimming Lessons 9am-12pm
Sunday Brunch 11.30am-3pm
Open Bridge 2pm Silom Room

08 BWG Mahjong 10am-1pm
Tennis Mixed Doubles Team Practice 7pm-9pm

09 Bangkok Gentlemen Spoofers 8pm
Quiz Night 7.15pm The Verandah
Football 7pm-9pm



14 Kids Cricket 8am-11am Book first!
Swimming Lessons 9am-12pm
Sunday Brunch 11.30am-3pm
Open Bridge 2pm Silom Room
Tennis Mix-In 4pm-7pm

15 BWG Mahjong 10am-1pm
Tennis Mixed Doubles Team Practice 7pm-9pm

16 Bangkok Gentlemen Spoofers 8pm
Football 7pm-9pm



21 Kids Cricket 8am-11am Book first!
Swimming Lessons 9am-12pm
Sunday Brunch 11.30am-3pm
Open Bridge 2pm Silom Room
Tennis Mix-In 4pm - 7pm

22 BWG Mahjong 10am-1pm
Tennis Mixed Doubles Team Practice 7pm-9pm

23 Bangkok Gentlemen Spoofers 8pm
Football 7pm-9pm



28 Kids Cricket 8am-11am Book first!
Swimming Lessons 9am-12pm
Sunday Brunch 11.30am-3pm
Open Bridge 2pm Silom Room
Tennis Mix-In 4pm-7pm

29 BWG Mahjong 10am-1pm
Tennis Mixed Doubles Team Practice 7pm-9pm

30 Bangkok Gentlemen Spoofers 8pm
Football 7pm-9pm

HAPPENINGS

WED

03

Ladies Tennis Coaching 
9.30am-10.30am
Tennis Mix-In 
6pm-10pm
Balut 
7pm
Paella 
Dinner Only

10

Ladies Tennis Coaching 
9.30am-10.30am
Tennis Mix-In 
6pm-10pm
Balut 
7pm
Paella 
Dinner Only

17

Ladies Tennis Coaching 
9.30am-10.30am
Tennis Mix-In 
6pm-10pm
Balut 
6pm-8pm
Paella 
Dinner Only

24

Ladies Tennis Coaching 
9.30am-10.30am
Tennis Mix-In 
6pm-10pm
Balut 
6pm-8pm
Paella 
Dinner Only

THU

04

Squash Mix-In 
4.30pm-7.30pm

11

Squash Mix-In 
4.30pm-7.30pm

18

Squash Mix-In 
4.30pm-7.30pm

25

Squash Mix-In 
4.30pm-7.30pm

FRI

05

BAMBI
9.30-11.30am
Junior Tennis 
4pm-6pm
Kid's Movie Night 
6pm
Tennis Mix-In 
6pm-10pm

12

BAMBI
9.30-11.30am
Junior Tennis 
4pm-6pm
Kid's Movie Night 
6pm
Tennis Mix-In 
6pm-10pm

19

BAMBI
9.30-11.30am
Junior Tennis 
4pm-6pm
Kid's Movie Night 
6pm
Tennis Mix-In 
6pm-10pm

26

Junior Tennis 
4pm-6pm
Kid's Movie Night 
6pm
Tennis Mix-In 
6pm-10pm
Wine Tasting 
6pm-9pm
Friday Affair 
8pm-midnight

SAT

06

Swimming Lessons 
9am-12pm
Squash Mix-In 
2.15pm-6pm
Squash Coaching 
with K Ruegrit

13

Swimming Lessons 
9am-12pm
Squash Mix-In 
2.15pm-6pm
Squash Coaching 
with K Ruegrit

20

Swimming Lessons 
9am-12pm
Squash Mix-In 
2.15pm-6pm
Squash Coaching 
with K Ruegrit

27

Swimming Lessons 
9am-12pm
Squash Mix-In 
2.15pm-6pm
Squash Coaching 
with K Ruegrit



PANCAKE DAY





WITH MONTHLY
JACKPOT

QUIZ NIGHT

9th
APRIL


AT THE VERANDAH, 7.15PM

MEMBERS THB 150 | GUESTS THB 200
TEAM OF 6 OR LESS

BOOK AT RECEPTION OR BY EMAIL: EVENTS@BRITISHCLUBBANGKOK.ORG



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*A Taste of Wine
A Touch of Jazz*

Friday 26th April 2019
@ Front Lawn, 6pm till 9pm

Members: 200 Baht | Guests: 300 Baht

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



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Our baker will once again be making the Club's famous

HOT CROSS BUNS

Original 45 Baht Chocolate 50 Baht
(Per piece) (Per piece) by preorder



Available all outlets from 1st April 2019
For bulk orders contact at Reception



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SATURDAY
6, 20, 27 APRIL 2019

**JUNIOR SQUASH
COACHING WITH RUENGRIT**

3 LESSONS 800 BAHT | MIN 2 KIDS/CLASS

1.00 PM - 1.45 PM	AGE 5 YRS - 8 YRS
1.45 PM - 2.45 PM	AGE 8 YRS - 12 YRS

FOR MORE INFORMATION AND BOOKING PLEASE CONTACT AT FITNESS CENTRE
OR BY EMAIL: SPORT@BRITISHCLUBBANGKOK.ORG



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WINE TASTING *Ogier Cotes Rhone Gentilhomme Red*

“Patience, expertise, observation and intuition... these are the qualities required to create and age our wines.”



During an evening dining with friends in the Suriwong Sala, I was given the wine list and asked to select a red wine to go with our meal.

Browsing through it, I notice a French red that looked interesting. So I suggested we ordered the Ogier Cotes Rhone Gentilhomme which I duly ordered. Shortly after, the bottle was shown to my friend who gave it the nod.

A bit later, the bottle arrived in an ice bucket! Surprised at it be served chilled, I immediately pulled it out to find it was a white wine. In fact the label never said it was a red. Having given it the nod, we decided to drink it but it was not what we were expecting. As soon as we drank it I quickly ordered the red. Interestingly, and to our surprise the white was not even on the wine list!

Pouring out the red wine into the glasses you could see its Garnet colour and with a nose combining dark fruits of cherries, black grapes, vanilla and cinnamon spices we couldn't wait to taste it. We weren't disappointed. Taking a good mouthful you were aware of its silky tannins rolling it around in your mouth and it just slid down, a delicious wine. If we hadn't first had the bottle of white, we would have definitely ordered a second bottle of the red.

This wine would go great with a vegetable pie, beef stew, roast chicken and a mature cheeseboard.

Now for some Technical Info.

50% Grenache - 45% Syrah - 5% Mourvèdre

Fermentation at 22-23°C to reveal fruit and sweetness while limiting extraction. Final warm maceration (28-30°C) for 3 to 5 days. Then aged partly in wooden barrels and partly in vats. Mechanically harvested. Serving : Serve between 16 - 18°C.

Give it a try.

Cheers

Wine Tasting *the Event*



*A perfect chance to stay dry while kids enjoy getting wet
and make Flower necklaces*

Songkran

Festival 2019



THAI BUFFET



SATURDAY 13 APRIL 2019

SURAWONG SALA, 11AM TO 3PM

ADULTS THB 359 | CHILD THB 200

**Water fun day at
the Front Lawn, 3pm - 4pm**

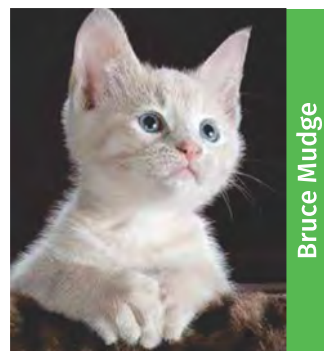
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SQUASHY BITS

Squash Section Annual Championships' Finals



Bruce Mudge

Sunday, 3rd March, a hot and polluted morning, and as the day's heat and greenhouse gases soared and became unbearable, the scene was set for our finals' day.

The previous weeks had seen 24 brave squashes battle the group stages of our 'new- format' annual championships for a place in one of the three finals and the day had come albeit scorching and smoggy.

Cornflakes Bowl Final: for those apparently 'weaker' players and it featured a new squashie of Nick Ghosh of the UK against Neil McArthur who, judging by his accent, is from somewhere down under like Fiji or Western Samoa or Antarctica; he could even be an Emperor penguin. This was the most exciting encounter of the afternoon and witnessed by the entire BCB cleaning staff. We offered them free glasses of pop and a few sausage rolls and in they gladly came. We had to otherwise the terraces would have been bare. Nick won 3-2 in an utterly thrilling match that featured so many amazing moments that to describe them all here would take up the entire magazine so we won't bother. The cleaners, having never seen anything like it in their life, well, they had never seen any squash before, went absolutely mental and demanded more pop and rolls and even French fries! They got the lot. Nick beamed with pleasure as Neil burst into tears. He'll get over it. Well done Nick.

Parra Handy Plate Final: stupid bloody name - who came up with that? Needs changing to 'Sausage Rolls on a Plate'. John Vivian of New Zealand and Tee Bale of England in this and John should have won if it hadn't been for the ridiculous and confusing advice offered by his fellow 'downundermen'. Tee began the first game sharp and went 7-1 up, but John came back with some amazing drop shots. Tee had no answer as

John took the first game 15-8 and looked set to dish out a thrashing, but this is where his down-under pals of Cornflakes and McArthur ruined his day. Having just found his rhythm, John did not now need any advice from anyone hailing from the bottom of the planet with brains and heads effectively upside down and back to front. However, he got it and it cost him. Between games one and two, Cornflakes advised John to cool down in the pool now that his match was over, while McArthur asked him what he was going to have for his pre-match meal! John came back on court slightly dazed and, despite still playing well, lost game two 16-14. More advice from the penguins: Cornflakes told John to start warming up for his match, while Neil suggested he go home to get a good night's sleep as he was playing in the plate final the following day! Poor John. Back on court for game three and he looked flummoxed and lost it 15-12. Still time for more farcical coaching: he was now advised by Dumb and Dumber to take a shower, have some dinner and go home! Dear oh dear. Tee was laughing his head off and ordered a beer - he knew he had this one sown up. It was no surprise then that John lost game four 15-1 and has vowed never to speak to Peter or Neil ever again! Well done Tee, but tragedy there for John.

Don Johnson Cup Final: Robert Lockhart of Canada vs Shiraz Pondwithavolvoinit - strange surname - of India. Some Tennis Tarts joined us for this 'first-class' encounter as the cleaners had by then outstayed their welcome. They were just as confused as John and, over-stuffed with sugar and cholesterol, had to get back to their duties. Thanks cleaners and do come again next year. Rob won 3-0 and was masterful. The first game ended 15-6 and Lobby knew he was in total control. A quick fag at the break and he took game two 15-10. Going easy or Shiraz upping the pressure?

Nobody could tell as most were consoling poor John while calling Peter and Neil idiots. Either that or they were chatting up the Tennis Tarts and ordering more beer. Whatever. Even after dropping a gear, Rob was too good for Shaza and won game three 16-14. A worthy Squash Section Champion and our best player by far at the moment. Well done Rob and unlucky Shiraz - you might want to change your surname to something slightly more normal.

Presentations and the usual drivel from our Chairwoman Petra Cornflakes on a great competition, excellent participation, hard-fought matches, tight games, excellent shots, great sportsmanship, thanks to all competitors, spectators, helpers, let's order some junk food, blah, blah, blah.

Trophies apparently sponsored by Marc Sayer and Aspira Hotels and Resorts/iCheck Inn - it's 'apparently' until we see the money. Thanks anyway, Marc. Two lucky draws of 2,000 baht for all those who had played their matches and attended the finals - less than ten there to choose from so all hopeful and Nick Mellor draws out first Rob and then Shiraz! A fix, surely? However, Shiraz graciously offered to donate his 2K back to the Squash Section while Rob stuffed his in his pocket mumbling something about buying all a beer later. A likely story the kind of which Sayer often spouts. Should have donated it to Squashy Bits!

A great championships again and thanks to all who made it great!

Until next year.....



MINI SPORTS CAMP

9, 10, 12 APRIL 2019

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

**Book at Fitness Centre 02-234-0247 or email :
sport@britishclubbangkok.oeg**

- 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 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 offside or travel



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THE BRITISH CLUB
BANGKOK

TENNIS *Unique Occasion*

On Saturday 9th March we held our annual British Club Bangkok Tennis Section Club Championships Finals Day at the club. On Saturday 9th March we held our annual British Club Bangkok Tennis Section Club Championships Finals Day at the club.

As always 5 Championships Cup Finals were played on Centre Court with 5 more Championships Plate Finals taking place simultaneously on Court 1. Interestingly and possibly uniquely, two players appeared in both a plate and a cup final which gives an indication of the high standard of play in the championships this year.

Match of the Championships

Those of us lucky enough to be present on the night that Cheer played Pierre in the Men's QF witnessed perhaps the finest match in the history of our Club Championships. It was a see-saw battle with Cheer getting off to a fast start to take the opening 3 games and then holding on to take the set 6-3 as Pierre began to ease his way into the match. The second set was quite amazing. It featured a series of tight games and point after point of ferocious hitting mixed up with biting slice play as Pierre probed for a weakness in the young pretender's game. Pierre took the set 6-1 (the longest, closest 6-1 you will ever see) but was now playing through the pain-barrier brought on by shoulder and calf niggles that even Harold's magic spray was struggling to counter. The first game of the 3rd set proved decisive as Cheer showed his mental toughness to break Pierre from 40-0 and get an early lead. Pierre was reeling but like a true champion he kept fighting and came close to breaking back on a couple of occasions. Throughout the championships Cheer has been able to soak up pressure and then hit the last killer shot and he finally broke Pierre's resolve and get some revenge for his doubles defeat with a 6-3 1-6 6-2 victory. Thanks to both players for the show of great play and great sportsmanship. We look forward to future battles!

Shot of the Championships

There were many great shots but only one contender who left his calling card which can still be admired at the club. Mixed Doubles SF, Faheem & Raquers Vs

Mookster & Cheer. Mooky hits one of her trademark angled forehands which looks all ends up like a winning shot, but Faheem isn't giving up and makes a dash towards the doubles alley in pursuit ... past the alley now and running out of court he makes a valiant stretch and somehow gets not only a racquet on the ball, but the ball back over the net and in play. Mooky shows no charity and smashes home the winner but now there is confusion Where is Faheem? Not on court. A few confusing moments pass and then slowly a figure emerges from the carpark and back on court via a freshly made 'entrance' in the side netting. Next time you are on Centre Court have a look for and pay your respects to 'Faheem's Hole'.

On the day

I'll let the pictures tell the story but on the day, the stars of the show were Mooky, who after a few unfamiliar shaky moments in these championships, emerged with a complete set of 3 wins from 3 events and Andrei Kornalov who along with his more established partner Pam, showed that club players can compete with the elite and gave us all hope to 'Dare to Dream'! MIX IN WON THE CUP!

Another Club Championships successfully wrapped up then but these events don't happen by accident and with that in mind, I'd like to take the opportunity to thank:

All our Generous Sponsors
My fellow Committee Members
The Tournament consultants
The Fitness Centre Staff
The Tournament Referee & Cameraman
All the Players
All the Supporters
Billy Jean King & the Flying Tennis Section Circus
Lonely Hearts Club Band



Graham Johnston

Cup Finals Singles

Photographics



Winner



Runner Up

Andrej



Winner



Runner Up

Zahra



Picks Below

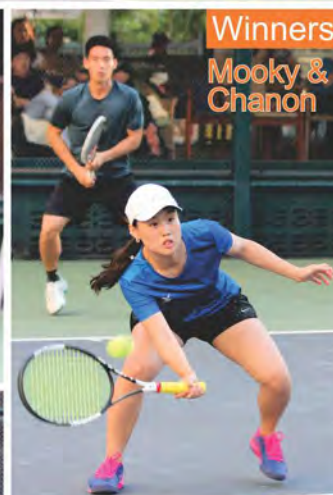
Winners Andrei & Akkasit



Runners Up Dawa & Taimur



Cup Finals Doubles



Sports

Follow us on  British Club Bangkok Tennis Section



Corinne & Tip **Winners**



Runners Up **Andrei**



Runners Up **Pin & Sasaluck**



Winner **Ukyo**



Plate Finals



Winners

Dawa & Pin



Winners

Phairoj & Ukyo



Runners Up

Ann & Graham



Runners Up

James & Suang



**RAMADA
PLAZA**

BY WYNDHAM
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KAYE 2004

Fight of the Gibbon
We share you with the world.



9, 10, 11, 12 April

Sports Camp

TIME	TUESDAY 9 Apr 950 THB	WEDNESDAY 10 Apr 950 THB	THURSDAY 11 Apr 1300 THB	FRIDAY 12 Apr 950 THB
9.30 - 10.00	Admin			
10.00 - 11.00	Tennis	Tennis	Ice skating	Tennis
11.00 - 11.15	Snack	Snack		Snack
11.15 - 12.15	Football	Football		Football
12.15 - 1.00	Lunch			
1.00 - 2.30	Basketball	Squash/cooking	Bowling	Basketball
2.30 - 3.30	Swimming	Swimming		Swimming

For more information or booking please contact:
Sport@britishclubbangkok.org

• 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 Thursday activities please sign up 48hrs in advance

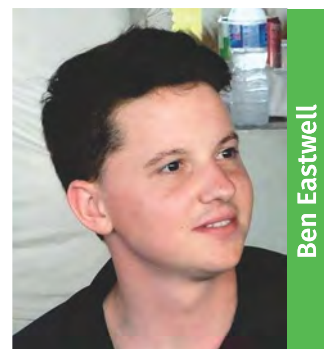
• A no show booking will still be charged the full amount. Cancellations up to 24hrs before will be charged 50%.
 • Whilst the British Club and its staff will provide the highest level of care possible for your children, sports/activities camp participants take part at their own risk and the Club accepts no liability for injuries caused during activities on or offsite or travel to or from the Club.



1903
THE BRITISH CLUB
 BANGKOK

HARDBALLS

League Update



Ben Eastwell

Since the last league victory report against Bangkok CC way back in January, and after a tormenting defeat shortly after which we won't discuss, British Club have completed 5 more of their 11 25-over fixtures in the Bangkok League and currently sitting in 9th place at the time of writing

after 4 wins and 4 losses in what is turning out to be a bit of a rollercoaster campaign. By the time this copy of outpost reaches your fingertips the last 3 games will have been completed – with BC still in with a shout of qualifying for a place in the finals.

Bangkok Cricket League - B Division

RANK	TEAM	P	W	L	D	WKTS LOST	RUNS FOR	WKTS TAKEN	RUNS AGST	Pts	%	OVERS BOWLED	OVERS FACED	
1	Kerala Strikers CC	9	6	3	0	56	983	64	971	118.63	0.61	199	179	A
2	Super Boys CC	8	6	2	0	53	1013	53	946	118.46	0.24	168	174	A
3	Royal Star CC	8	6	2	0	46	872	56	787	117.65	0.82	138	134	A
4	Bangkok Cricket Club	10	5	5	0	78	1218	65	1338	106.18	-0.46	232	230	A
5	Marina Cricket Club	9	5	4	0	42	1080	55	1070	105.80	0.92	185	161	A
6	Almas Cricket Club	7	5	2	0	43	817	52	655	103.30	1.03	137	141	A
7	Indorama	8	4	4	0	54	888	55	852	87.61	0.39	155	151	A
8	Chicha Cricket Club	9	4	5	0	67	1026	42	964	85.66	-0.38	158	180	A
9	British Club	8	4	4	0	60	1212	56	1297	85.32	-0.76	187	198	A
10	Bangkok Strikers CC	11	3	8	0	31	792	36	815	62.12	0.19	134	126	A
11	Tamil Nadu Cricket Club	7	2	5	0	55	681	47	764	46.21	-0.54	144	143	
12	Siam Cricket Club	8	1	7	0	53	1020	57	1143	36.60	-1.42	174	197	

Last re-calculated: Mar 14, 2019 11:39PM (local time)

Marshall Trophy 9th Feb

In amongst a busy league schedule – BC managed to slot in the rare opportunity to play in town during the historic annual-'ish' Marshall Trophy cup match V Royal Bangkok Sports Club which dates back to 1963.

Whether a result of burn out from tours, league cricket pressure or injuries, the match turned out to be a little one-sided. BC only managed to scrap together an unimpressive 63 runs in a chase for 211, after the hosts capitalised on a tiresome bowling innings – despite Sunish picking up player of the match for a focused spell which netted him 4 wickets.

V Bangkok Strikers 10th Feb

British Club	Bangkok Strikers
171 - 4	116 ALL OUT

The day after heavy defeat at RBSC and a week after failing to turn over Chiang Mai on tour – BC's determination at AIT fired up the spirit and got the momentum flowing again. After stylishly posting 200+ courtesy of solid early knocks from Sunil (37) and Denzyl (33), followed by fireworks from Shri who blasted 69 of 40-something balls, Dilip produced a five-for in amongst a polished team performance to skittle the Strikers for 116.

V Chicha 17th Feb

British Club	Chicha CC
171 - 4	140 ALL OUT

A return to form from Mossy (75*) with supporting roles from Dilip (24) and Pramodh (26), helped to

prop up a top order collapse in BC posting 171 – 4 in the first innings at BCG. Sunish spun his way to 4 wickets for the second week in a row, as did BC take all 10 from the opposition in a convincing 31 run win.

V Superboys 23rd Feb

British Club	Superboys CC
137 - 9	153 - 7

Superboys put a stop to the winning streak after defending their low score in the first innings. Denzyl, Pramodh and Aseem picked up a couple of wickets each which looked to be enough. But, aside from a supreme reply from Sunil who put on 73 at the top of the order after keeping wicket all morning, the highest score offered was 13 as BC fell 16 runs short of the target in a critical match of the league.

V Siam 2nd March

British Club	Siam Parrots
156 - 6	136 - 7

Batting first turned out to be a winning formula in the clash against Siam Parrots for BC's 7th game in the league. After the top order got tangled up with Siam's opening bowler who sent back two men in form for no score, Pramodh (38) patched up the innings after a steady start – not scoring until his 19th ball, alongside Dilip (35) who gave the selectors something to think about after carving out another important innings. Aside from a threatening 70 from Gary in reply, BC's extras were the second top scorer. Pramodh earning man of the match after taking 3-22 off his 5 overs, after Denzyl (2-15) pressurised the top order – although both would have looked even better without an overs worth of wides each!



BC left scratching their heads V Superboys



Openers not in the runs V Chicha



Dilip and Shri share award V BKK Strikers



Pramodh picks up player of the match V Siam



Mossy rewarded for stellar innings V Chicha



Marshall Trophy captains exchange prizes



Quick rest before the match V Siam

BCGS GOLFING NEWS

February Medal @Royal GCC & Annual General Meeting

Golf like buses?

In the sense that you wait and then 3 potential winners all come along at the same time.

That was the Flight A scenario at the February monthly medal where the winning score of net 71 was shot by 3 players; Gordon Milne, John Bell and Randall Coleman. Count back (where the tied players have their hole stroke totals counted back from the 18th hole to find that elusive best hole score) ultimately proved that consistency wins out and John Bell emerged victorious. Congratulations, John.

A rare double sandy par on the 1st hole set the scene for a memorable winning round of net 69 from Martin Weber in Flight B. Well played, Martin. Joining Martin on the Flight B podium were Peter Gale and Alan Ainsworth on net 73 and 74 respectively.

Annual General Meeting

After completing the February monthly medal section players, partners and family gathered at the British Club for the 2019 AGM and prize giving.

This a special evening where we celebrate the British Club golf section, award the 2018 major prize winners with their trophies and congratulate the 2018 Golfer of the Year. For everyone else there's the bonus of a fantastic Sunday roast to enjoy courtesy of the BC.

The AGM is also a good opportunity to thank Dunlop Adhesives (David and Dale Lamb) for their continued and long running sponsorship of the golf section.

Major Prize Winners

Varghese Rose is our Golfer of the Year 2018. In addition he's also our Match Play 2018 winner and Best Net Average winner! Quite the feat to bag three major awards in one season and testament to his great form. What an incredible golfing year for Varghese. Well played!

Congratulations to all our major event and annual prize winners from our 2018 season who we celebrate here:



The Committee & Captain in full flow
Captain-elect, Neil Davis (nearest camera) listens intently.



Ladies Lowest Gross Champion
Gaew Khongyoo



Men's Lowest Net Champion
Mark Aderley



Ladies Lowest Net Champion
Angkana Nilkkumnerd



Eclectic Cup
John Bell

TROPHY	EVENT	WINNER
Flight A Medal Eclectic Winner	Flight A Medal Winner	Frank Fawkes
Flight B Medal Eclectic Winner	Flight B Medal Winner	David Burton
Captain George Cup	Best Net Average	Varghese Rose
Norman Bond Memorial Cup	Best Handicap Improvement	Graham Johnston
The Grand Slammer	Most Long Drives (Men)	Graham Johnston
Amazon Trophy	Most Long Drives (Ladies)	Karen Carter
Bangkok Post Cup	Most Near Pins	Roy Barrett
Most Long Put Trophy	Most Long Puts	Karen Carter
Golfer of the Year	Golfer of the Year	Varghese Rose
Dunlop Cup Plate Shield	Dunlop Plate	Peter Gale/Frank Fawkes
Dunlop Cup	Dunlop Cup	James Lawton/David Burton
Eclectic Low Gross Winner	Lowest Gross Score	Brian Dodd
Inter-Dean Eclectic Shield	Eclectic Cup Winner	John Bell
Italian Thai	Ladies Lowest Net Champion	Angkana Nilkumnerd
Sam Boyd Cup	Mens Lowest Net Champion	Mark Adderley
Castrol Cup	Ladies Lowest Gross Champion	Gaew Khongyoo
Men's Club Champion Winner	Mens Lowest Gross Champion	Graham Johnston
Bad Bet Trophy	Matchplay Champion	Varghese Rose

The AGM is also an important opportunity for the section to thank our Captain and the wider BCGS Committee for all their behind the scenes work.

After 2 years of outstanding leadership our section Captain, Frank Fawkes, has stepped down. Thank you Frank for your commitment to the golf section and the marvelous manner in which you represent the best of the British Club.

Taking on the role of Captain for 2109 is Neil Davis. Congratulations, Neil.

Why not join us? We welcome players of all abilities, from enthusiastic hackers to semi-pros. If you're interested, do visit our website

<http://www.bcgsthailand.org/>

for details of upcoming events and the contact details of our Captain.





1903

THE BRITISH CLUB
BANGKOK

Outpost Classifieds

Classified is a way for members to move new and used merchandise and to advertise various services to other members. The cost is THB800 for 55x40cm, 9 lines, approx. 50 words. Text is required to be emailed by the 10th of the month for inclusion in the following month of Outpost. For further details contact Sales Manager kotchaphan@britishclubbangkok.org

Services

AUSTRALIAN MIGRATION ADVICE & ASSISTANCE

Philip Summerbell, Lawyer &
Registered Migration Agent (9896806).
20 years Migration Law experience.
British Club member.
T: 02 2385571
M: 08 7081 7888
E: ps@strategicmigration.com.au
W: www.strategicmigration.com.au



Tel: 02-235 3055

Membership Plus Partner - Refer to page 12



Membership Plus Partner - Refer to page 12

Services



Tel: 02-261 0265

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Kamala Beach Estate

Tel: 076-279 Ext: 9

Membership Plus Partner - Refer to page 12



Tel: 02-088 5666

Membership Plus Partner - Refer to page 12

For Sale

Peyloubet - A True Sanctuary
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www.peyloubet.com

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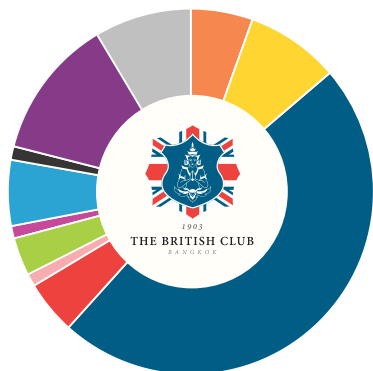
Special offer first month
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Tel: 02-207 7778-9

Membership Plus Partner - Refer to page 12

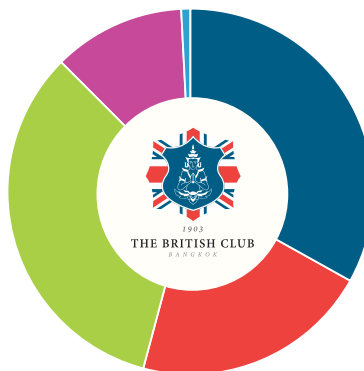
CLUB STATISTICS



NATIONALITIES

American	65
Australian	92
British	554
Canadian	55
Dutch	11
French	39
German	16
Indian	67
New Zealand	12
Thai	144
Others*	101
TOTAL	1156

* 36 Nationalities



CATEGORIES

Ordinary*	374
Country*	250
Associate	378
Annual	144
Honorary	10
TOTAL	1156

* Voting Members

As at 28 February 2019



ROYAL VARUNA YACHT CLUB
THAILAND'S PREMIER SAILING COMMUNITY



Running

Sailors' remark: 'Where's the damn breeze? Relax- put your drink down and go with the wind'.

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