



THE BRITISH CLUB
BANGKOK

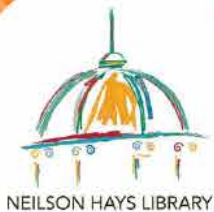
Outpost

THE OFFICIAL MAGAZINE

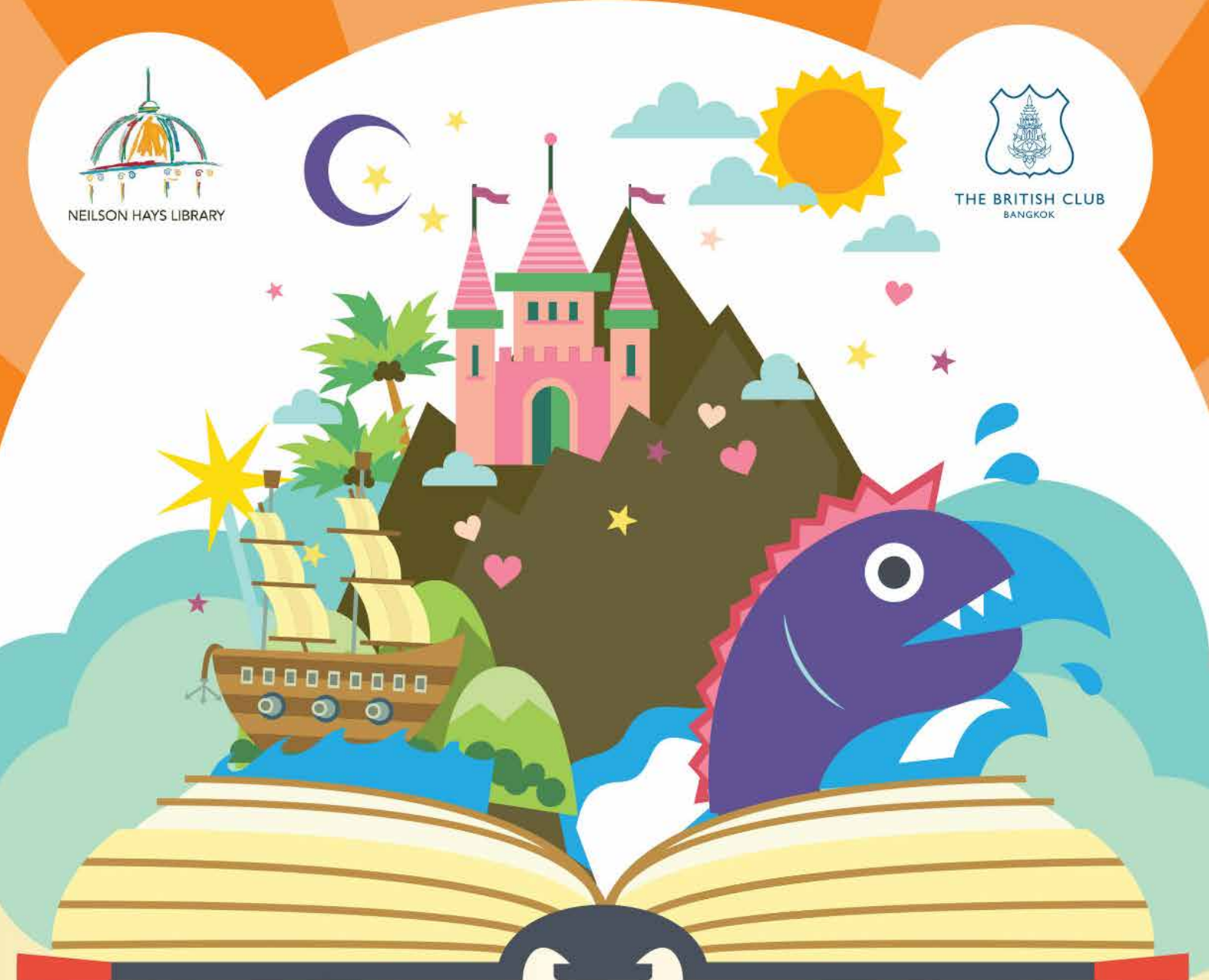
OF THE BRITISH CLUB BANGKOK

www.britishclubbangkok.org

April 2017



THE BRITISH CLUB
BANGKOK



SATURDAY STORYTIME

Stories, songs and crafts for 3–6 year olds
British Club Members welcome

10.30 AM @SILOM SALA
EVERY SATURDAY



**FREE
ADMISSION!**



THE BRITISH CLUB
BANGKOK

GENERAL COMMITTEE

Chairman - Jack Dunford
chairman@britishclubbangkok.org

Vice Chairman - Ali Adam
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FRONT COVER

Easter is a wonderful festival which is announced at the beginning of the month with the appearance of Hot Cross Buns, traditionally flavoured or chocolate by special order. Then there's the frenzy of the Easter Egg hunt on Easter Sunday with three prizes for lucky winners. Happy Easter to all!

EDITOR'S GREETING

Reviews this month include a black tie dinner and in stark contrast a ball hockey tournament, and we have the second in Jack Dunford's series on the refugee camps some years ago.

There's an extended squash report this month, and a special extra report on lifestyle and rehab which I had asked Sandy to submit before she moved back to Australia and which may be of particular interest to many Members.

It's a holiday month too with Songkran and Easter, so check out all the posters for Club happenings!

Ed



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

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MESSAGE FROM the Chairman

AGM: The Agenda for last night's Annual General Meeting was mostly routine and uncontroversial. 54 Members were in attendance holding 37 discretionary votes and 14 directed proxies were received in advance. Low turnouts at AGMs are usually a sign that all is well and indeed the meeting moved along quickly and with good humour. There were three items that have immediate impact:

Firstly, the way in which the 13th Month subscription is collected will change. This is used for the staff annual bonus and non-contract benefits and has traditionally been collected from Members annually in December. This has not really been fair because Members leaving before December do not make any contribution whilst Members joining towards the end of the year get hit with the full amount just after joining. Last night it was agreed instead to charge all Members for this on a monthly basis throughout the year so that everyone pays in proportion to the number of months they are members. Since we are already partly through the year, all Members will be charged 1/9th of one month's subscription from the next bill on 1st April through to the end of 2017, and then from 1st January next year, 1/12th of one month's subscription.

Secondly, a private Member's Motion to reopen the Surawongse Gate to vehicles, was defeated by 68 votes



Back row l-to-r: David Viccars, Andrew Spedding, Robert Brand, Nick Annetts, James McLeary, Adrian Salter

Front row l-to-r: Paul Cheesman (Hon Secretary), Ali Adam (Vice Chair), Jack Dunford (Chair), Geoff Banks (Hon Treasurer)



Jack Dunford

Chairman

to 29. We apologise for the inconvenience caused to some Members but the gate was closed on the advice of security experts including those of the UN and the British Embassy. It has been decided however that access will be permitted for bicycles and motorcycles.

Finally the new General Committee elected for 2017/18 includes six members from last year; Ali Adam, Geoffrey Banks, Robert Brand, Jack Dunford, Adrian Salter and Andrew Spedding, two former GC Members; David Viccars and Paul Cheesman, and two new members Nick Annetts and James McLeary. There were no other candidates and no ballot was necessary. The new GC elected as its officers for this year: **Chair: Jack Dunford, Vice Chair: Ali Adam, Treasurer: Geoff Banks, Honorary Secretary: Paul Cheesman.**

For those of us re-elected we thank everyone for this vote of confidence. Together with the new (and not so new) Members I believe that we have an excellent GC to carry forward the many initiatives started during the last year.

Silom Wing: A Silom Wing Sub-Committee has been established to take over from the Poolside Redevelopment Sub-Committee to deliver the project as approved at the EGM on 31st January. Preparatory work is well underway: requests for the necessary demolition/ building permits have been submitted, architect and quantity surveyor contracts drawn up, and Terms of Reference agreed for the appointment of a project manager. A contract for refurbishing the Pavilion Café as the new staff facility is being finalised and this outlet will close about 8 weeks before the Silom Wing construction starts so that it is ready for use before the existing staff building is knocked down. We are also finalising plans for temporary young family facilities on the Front Lawn during construction, which will include shaded seating, an inflatable pool and playground equipment. All being well, work on the Silom Wing will start on schedule in July.

Neilson Hays Library: We have reached agreement with the Neilson Hays Library to run their Café from around the beginning of October when their renovations are complete. We have a Memorandum

of Understanding and will sign a contract once a firm opening date is known.

Deputy General Manager: Jeremy de Sausmarez retired at the end of February but is back with us on a part-time temporary contract as we reorganise the management structure. The position of Deputy General Manger with direct responsibilities for F&B and Events was advertised in February and we received close to 150 applications. From an initial shortlist of ten candidates, three were interviewed and I am delighted to announce that Christopher Adams has accepted the job (no relation ... different spelling!).

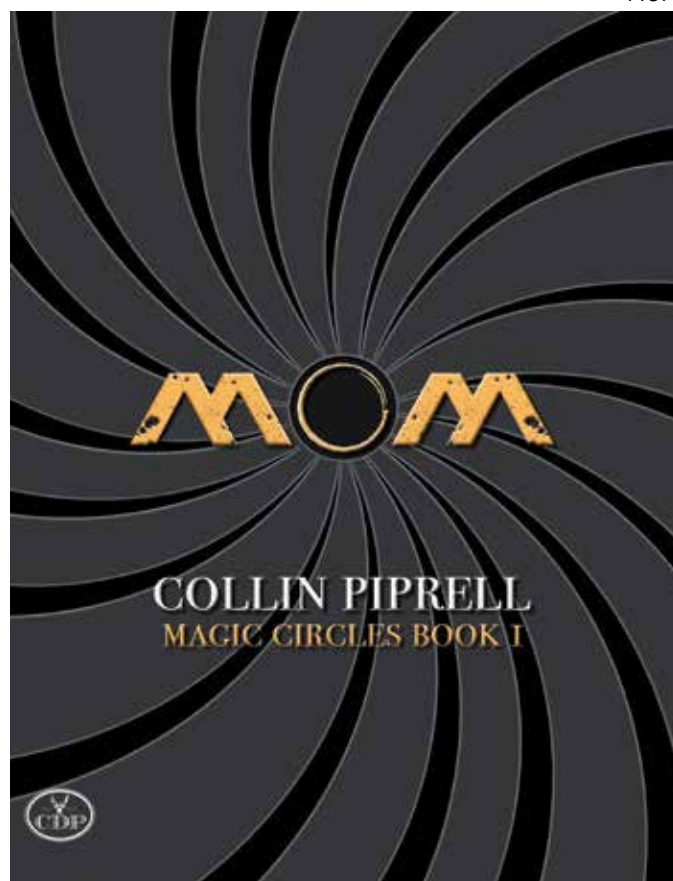


Christopher is from St. Vincent and the Grenadines, a tiny country in the West Indies, probably its first citizen ever to visit Thailand! He has a Thai wife, Khun Waree, two boys and lots of experience in the hospitality industry. We look forward to him joining us on 3rd April.

More honours: We were honoured at the beginning of the year when Sir Nick White received his Knighthood but now another Club Member, another cricketer, has won a prestigious Hollywood Annie Award (equivalent



Lord Harvey



to the Oscars but for animated movies). Richard Harvey (H389) co-wrote the music for 'The Little Prince,' the most successful French animated film abroad of all time. He also recently published a choral music album 'Kyrie' which was Classic FM album of the week in February. Richard is a regular performer himself, perhaps most notably touring with classic guitarist John Williams. He plays more than 30 instruments but is most loved for his occasional appearances on cricket tour leading the team in lusty renditions of such classics as the Wurzells' 'Combined Harvester'. Check him out on Facebook. Well-bowled Lord Harvey!

And more Talent: I have met a lot of Members over the years who appear to be doing nothing, but claim to be 'writing a book'! (I think I may have joined that group ... but at least I am not doing nothing!). Collin Piprell (P219) is certainly a master of appearing not be doing anything, but looks are deceiving. Somehow he has not only written books but has had them published. Never heard of him? Well watch this space! In April the first volume 'MOM' in his sci-fi trilogy, 'Magic Circles' will be published. One review says MOM is just 'plain fun, full of surprises, often hilarious', whilst another describes 'subtle and sahara dry' humour ... that's Collin! 'A brilliant novel that has all the components for a brilliant movie' says yet another. Not yet in Asia Books so get his autograph now before he become famous. He's the bloke at the poolside doing nothing.



Club's

114th

Birthday Party


THE BRITISH CLUB
BANGKOK

SUNDAY
23 APRIL 2017

BACK LAWN, 3PM ONWARDS

Games and Kids Activities ■ Piñatas

Bouncy Castle ■ Huge Birthday cake ■ Sketch Artist

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

LETTER FROM the General Manager



Premrudee Tanyaluck

General Manager

The AGM took place on Tuesday 21st night with over 50 Members in the Surawongse Room. A new General Committee was formed from the 10 nominations as detailed in Khun Jack's pages. We welcome them and look forward to working with them with the objective of improving the Club. Their main duty this coming year will be the success of the Silom Wing project which will start soon.

Khun Jeremy retired at the end of February but after a couple of weeks in the UK he has joined us again on a temporary contract to help us with a number of areas such as Outpost, website, mailings, events etc.

We have appointed a new Deputy General Manager who is coming to help me with operations and membership. Christopher Adams will start on 3rd April and will have much to learn, so please welcome him and give him every support while he settles in.

April brings us the traditional Thai New Year and the Songkran festival so we will have a special Thai Buffet in the Surawongse Sala on Thursday 13th April, there are more details on Khun Laak's page. Over Songkran please remember that water guns are not allowed to be used around the Club, and that children cannot play in the Clubhouse.

Hot Cross Buns go on sale from all outlets on 1st April, and Easter Sunday falls on Sunday 16th just after Songkran. It is an important day for families at the Club especially children as there is the Egg Hunt in the morning and kids activities and fun on the Back Lawn. See the posters in this issue. The following week is the Club's 114th Birthday Party and I hope to see many Members joining us on that day. We will be running Sports Camps for the week of the 18th April, so please contact the Fitness Centre for more details and booking.

Khun David Fiala is our new Personal Trainer who has taken over from Khun Sandy. He also does massage so please make an appointment or trial with him by checking at the Fitness Centre.

Bicycles and motorbikes can now enter the Club via the Surawongse Gate although the AGM confirmed that vehicles cannot. Please use the bike parking area by that gate, opposite the tennis courts, like the one by the Silom Gate entrance. We have our annual hygiene training session this week for kitchen and service staff which is part of a hygiene audit conducted by an external company to make sure our kitchens and outlets are maintained at the best levels of cleanliness and health.



Sawasdee Pi Mai to you all, and have a Happy Songkran too. See you around the Club.

OFFICIAL 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)		
The Pavilion Café	9am - 6pm	Fitness Centre	6am - 10pm (Mon-Fri)
Churchill Bar	10am - 12midnight	Fitness Centre	6am - 9pm (Sat-Sun)
Poolside Bar	6:15am - 11pm Last food orders 9:30pm	Thai Massage	10am - 5pm (Tues-Sun)
1910 Sports Bar	5pm - midnight		



THE BRITISH CLUB
BANGKOK

Songkran

FESTIVAL

THAI BUFFET

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

13th
APR

11am - 3pm

THE SURAWONGSE SALA

ADULTS Bt 359

KIDS Bt 200

WATER FUN DAY
ON THE FRONT LAWN

3pm - 3.30pm

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

HAPPENINGS

It was so cold in England. I flew there on the first day of my retirement and spent two weeks in almost freezing temperatures in Bristol and Oxford with a day at each end in London. But more of that later. March seems to have been a good month at the Club, although lack of bookings resulted in cancellation of the Bang Pa In Palace outing and a last minute cancellation foiled the Chokchai Farm outing, disappointing for the Members who were anticipating going on either or both.



Jeremy de Sausmarez

April is going to be a fun month for children, with that marvellous spectacle that is **Songkran** mid-month and then **Easter Sunday** a few days later and the **Club's Birthday Party** a week later with **Sports Camps** for a week too. There's the new **Storytime** as well, conducted by the Neilson Hays Library in the Silom Sala on Saturday every week, which is open to Club Members at no cost. Although water guns and water throwing are outlawed at the Club over **Songkran**, there's a spell on **Songkran Day** (13th) of **Water Fun** on the front lawn which takes place after the fabulous **Songkran Thai Buffet** which is at poolside. **Easter Day** will be a lot of fun too with the **Egg Hunt** on the Back Lawn followed by a **puppet show** and some **magic** too, as well as face or egg painting and lots of energy on the **Bouncy Castle** and **Trampoline** rounded off with a snack buffet. Fabulous! A week later there's the **Club's Birthday Party** on the Back Lawn, another day to spend with friends with lots of activities and of course the piñatas too which carry their own special rewards! Please sign up for these either by email or in the sign-up folder in Reception - the more people we know are coming, the better we can make the days activities.

Don't miss out on the week of **Sports Camps** which are always much enjoyed and are well worth attending. Further details and bookings can be sought from Khun Amnat or his colleagues in the Fitness Centre.

Quiz Night on 11th April will be a bit different as our regular quiz master Ieuan will be away so he has asked me to stand in for him if he prepares the questions (just as well). So it will be an amusing evening with no chance of any heckling and no doubt some curious questions about the Welsh all delivered in my most authentic accent. Get your teams ready and reserve a table!

Outpost this month has been rather a rush on part-time hours but it's full of details about all the coming events and there are great pages on health and fitness. Speaking of which, I got a dressing down in the UK from my family about my girth and they put me on a food programme that has lost me 3 kilos in as many weeks, so with personal training and a lifestyle change, I'm heading to become an elf

Getting a new **UK passport** is a nightmare if handled in Bangkok, but smooth as nacre at Glebe House next to Victoria Station (exit by platform 1). You must have an appointment, and same day service costs a bit more but it's well worth it as you collect 4 hours after your appointment. There's a Comfort Inn opposite, a Doubletree Hilton next door, and a pub diagonally across from Glebe House, and of course the train and coach stations 3 to 10 mins away respectively. Brilliant!

Getting a new **non-imm visa** from the Thai Embassy in Singapore has changed, and as from 1st April they will only accept applications booked online, no walk-ins. All the details are on their website, but I note this as many may go without checking the website first.

90-day reporting here in Thailand was possible online, but I heard yesterday that the site doesn't seem to work at the moment, either a temporary fault or the service may have been withdrawn. So if you usually do it this way, check first just to be sure.

Have a great month!



PUNJAB GRILL

GOURMET FINE DINING

INDIAN GOURMET FINE DINING IN BANGKOK
OPEN DAILY FROM 6 - 11.30PM
 SUNDAY BRUNCH FROM NOON - 3PM

DAILY LIVE MUSIC

AT RADISSON SUITES BANGKOK SUKHUMVIT (SUKHUMVIT SOI 13)
 BTS NANA STATION (EXIT 3)

RESERVATION: 02 645 4952, 091 818 5248
 OR VISIT WWW.PUNJABGRILLBANGKOK.COM



Business Luncheons

3rd April - 7th April

Starter : 65 Baht

Smoked Duck Salad with orange and honey dressing
OR Chef's soup of the day

Main Course : 160 Baht

Chicken and wild mushroom Lasagna served with garlic bread
OR Pan-fried Dory with caper Meunière served with broccoli,
carrots and mashed potato

OR Shepherd's pie

OR Gaeng Jued Tao Hoo Moo Sab (Chinese lettuce soup with minced pork and tofu)

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

Kai Dao (Fried egg)

10th April - 14th April

Starter : 65 Baht

Mozzarella, mango, tomato and rocket salad OR Chef's soup of the day

Main Course : 160 Baht

Grilled chicken breast with tomato and bean sauce served with peas, carrot
and home-fried potatoes

OR Grilled mixed sausage served with mashed potato and fried onion

OR Grilled Seabass with coriander salsa served with mixed salad
and boiled potatoes

OR Gaeng Kiew Wan Look Chin Pla (Fish balls in green curry sauce)

Moo Tod Kratium Prik Thai (Stir-fried pork fillet with garlic and pepper)

Phad Phak Ruam Nam Man Hoy (Stir-fried mixed vegetables with oyster sauce)

17th April - 21st April

Starter : 65 Baht

Carrot, Raisin and Apple coleslaw OR Chef's soup of the day

Main Course : 160 Baht

Chicken Chasseur served with carrots, green beans and new potatoes

OR Grilled Seabass with spinach risotto

OR Mini steak with gravy sauce served with mixed vegetables and roast potatoes

OR Pla Sam Rod (Deep-fried Dory topped with sweet and sour spiced sauce)

Phad Prik Khing Moo Krob (Stir-fried crispy pork with ginger)

Kai Jiew (Thai Style Omelette)

24th April - 28th April

Starters : 65 Baht

Pasta, Chicken and Pesto Salad OR Chef's soup of the day

Main Courses : 160 Baht

Chicken breast stuffed with Mozzarella & Pesto served with grilled tomatoes
and garlic roast potatoes

OR BBQ Pork Spare Ribs served with mixed salad and baked potato

OR Mushroom Stroganoff with tagliatelle

OR Gaeng Pa Gai (Thai Chicken Curry without coconut milk)

Kai Jiew Moo Sub (Thai Style Omelette with minced pork)

Phad Khana Nam Man Hoy (Stir-fried kale with oyster sauce)

Dessert of the Day :

Choose from our à la carte Dessert with 10% off



THE BRITISH CLUB
BANGKOK

F&B MORSELS

March has been a good month and it seems that the new menus are popular which pleases us in the kitchen! We have just had some training as part of the annual hygiene audit which keeps the food preparation as clean as possible.

April is Songkran month and on Songkran Day 13th April we will offer you a pan-Thailand Buffet, with dishes from all four parts of the country: Isaan, North, South and Central. It will be held poolside so please come and celebrate the Thai New Year by sampling our delicious range of foods.



There's Easter too soon afterwards, and the Easter Sunday Brunch will be a different collection of dishes to the usual Sunday selection. From 1st April the Club is making its fantastic Hot Cross Buns as you will see on this month's cover! I recommend them toasted with butter, very tasty!

The Khun Laak Recommends choice is changing and I hope to include the Smoked Fish and Leek Pie once again. I am also hoping to finish off a new range of Healthy Menu dishes for you to try.

It is mango season as well, so our mango promotion is underway, in particular we suggest mango with sticky rice and coconut ice cream. It's a great combination!

Sawasdee Pi Mai and Happy Eating!



Khun Laak

Executive Chef

Cocktail of the Month April



Blue Dorado

Only Bt 100



Don't forget Afternoon Tea is available from 3pm



EASTER FOR KIDS!



THE BRITISH CLUB
BANGKOK

SUN 16th
APRIL 2017

Back Lawn . Start at 10am

Kids Bt 395 . Adults Bt 250

Kids & Family Activities

Egg & Face Painting . Puppet Show

Giant Bouncy Castle . Magic Show . Snack Buffet Lunch

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

**EGG
HUNT!
AT 11AM**





THE BRITISH CLUB
BANGKOK



Easter Brunch

Sun 16th April 2017



The Verandah, 11.30am - 3pm

Adults Bt 595, Kids Bt 350

Book in Reception or by Email
events@britishclubbangkok.org

RETURNING TO ELEGANCE

THE BLACK TIE SUPPER CLUB

The Alcove, our Club's private dining room, was the setting for the second Black Tie Supper Club, and our first of 2017. Fourteen Members and guests elegantly adorned with the semi-formal style of dress code for this night of delicious food, good wine and great conversation. We say 'semi-formal' as one of our resident experts pointed out that proper full formal attire was in fact 'White Tie' ... complete with Top Hat & Tails!

The evening started with drinks in the Churchill Bar ... much to the amazement and probably amusement of several Members ... one even asked whose funeral it was! Dinner, which had been pre-ordered so not to reduce drinking time, was served a little late at 8pm but that was nothing to do with our excellent Executive Chef or her staff.



Khun Laak gave us a choice of starters and either a lovely steak or fresh bass and ended with a delightful selection of cheeses ... although the Danish Blue did a lot of plate hopping as a few found it too strong. The important 'drinking time' was mentioned earlier and this was done to excellence ... even with two non-drinkers at least ten bottles of El vino were finished off with the meal and two Black Labels appeared afterward and they soon ran dry.

Speeches were limited to the Royal and Loyal Toasts and to the congratulations of a newly engaged couple (we are all expecting wedding invitations to the Oriental!). The evening started at six and very soon it was 1am, so carriages were called, and the evening drew to its close ... with no pumpkins or mice visible.

Our thanks go to Khun Laak and her staff in the kitchen and Khun Kasem & Khun Nong and their staff in The Alcove and The Churchill Bar. Planning for the Third Black Tie Supper Club is in hand.



CANADIANS PERFORM HOCKEY DIPLOMACY ON BRITISH CLUB SOIL IN BANGKOK

By Rockefeller St. Bernard

When a Quebec Nordiques fan (and native Quebecer) stood in front of over a hundred (mostly) hockey players to auction off an Eric Lindros Philadelphia Flyers jersey, I knew the 23rd Annual Mekong Cup ball hockey tournament at the British Club had found its theme: samakee! (Thai for “unity.”) Some may not know the Nordiques nor Lindros. I won’t dwell too much on that story (a Google search will get you all you want) other than to say, there is lingering pain in that hockey past. Rejection and abandonment; anger and frustration; yes, that’s a part of sports. And when it comes to hockey (indeed, all sports), some things – controversial or not – just hang around for a while. Well, what was hovering over the British Club from dawn until way after dusk on February 18th, 2017 was not only hockey history, but hockey healing as well. Yves Gaboriault, a man of many talents – legendary French-Canadian goaltender, Bangkok based friend to all, highly experienced business consultant – put together a Mekong Cup that attendees will not soon forget.

Competition is a funny thing. It brings out the best and the not-so-best in us. But, ultimately, we hope there is camaraderie in competition. Canadians are of course proud of their hockey roots. Fortunately, we have plenty of camaraderie in our celebration – as the Americans, Brits, Finns, Russians, Czechs, Swedes, Australians, Singaporeans, Hong Kongers, Japanese, Bhutanese, Iranians, and Thais (to name a few) at this year’s Mekong Cup can attest. I have personally witnessed the growth of the Mekong Cup. Seen the nurturing of its humble beginnings. A tournament that started because a hockey-loving-homesick-for-the-Stanley-Cup-or-any-cup-expat named Richard Meiklejohn faxed (whatever that is), another Canadian in Kuala Lumpur and said, “No ice, let’s play

some street hockey in Phuket.” Three faxes (so, the paper comes out of a machine...or...?) and the Mekong Cup was born; every year since that day Phuket has played host – featuring teams from not only Asia, but occasionally Europe and the Canadian hinterland as well. When John Stevens, Bangkok hockey uber-legend, led the construction of Thailand’s first purpose-built ball hockey court at the British Club (making Bangkok the only British Club in the world with a true ball hockey court), the Mekong Cup had to eventually find its way to the Chaopraya. And so, 2017, the stage was set to make history, celebrate history, and prepare for future history: welcome to Bangkok. The stars had aligned...something unique was about to happen.

Hootsuite, the global social media powerhouse, a Canadian company that knows exactly how to assess a great story, came onboard as the Mekong Cup’s sponsor. The world is indeed round, and who best to be Hootsuite’s Asia ambassador than the Mekong Cup’s original founder. Yup, Richard Meiklejohn returned to lead both the Hootsuite Team and the free beer for all players (Canadians apparently love beer with their hockey). The man who once faxed (is that even a word?) people to play his favourite game, was now making magic with a smartphone; the results of which also included several other original Mekong Cuppers – including hall of famer, John Casella, the tournament’s head referee and keeper of general Bangkok hockey order.

The first ball dropped early on Saturday morning and the games were, as expected, intense. Six teams, two from Thailand (young players with smartphones and old guys with wood sticks), Hong Kong, Singapore, Chiang Mai and Hootsuite, a team so ahead of its time, some of their players actually weren’t even in Bangkok;

participating instead as Facebook holograms, an ingenious player strategy fitting of both the Mekong Cup’s emergence into the 21st Century and Hootsuite’s ability to make social media hockey magic happen. When the Hootsuite Owls defeated the Highlanders of Chiang Mai in one of the tournaments best games, we knew hockey was starting to enter into the truly transformational (cue Winnipeggers shouting, “See, we told you so!”). There it was, at the game’s



final buzzer, the first Eric Lindros jersey sighting: number 88 levitating in black, orange and white next to the paid-for-by-Hootsuite-thank-you-very-much free beer. With Hockey's mysticism growing in the back of the British Club, the crowd had gathered for the two semi-finals. The Thai Stix (a team as old as the tournament itself – except with players who were barely born when the first tournament fax (maybe it's two 'x's') was sent) vs. Singapore's feisty Chili Crabs. The young Stix came out victorious to face the winner of the Bangkok Wood Stix (captained by an older-than-Jaromir-Jagr-Kelly-Cailles) vs. the always hard charging Hong Kong Islanders, winner of several Mekong Cups. A physical battle ensued (all players comforted

by the fact that a professional Bangkok Nursing Hospital (BNH) nurse was in attendance throughout the day), the Islanders stood tall...the final was set. Skill, speed, intensity. Free beer flowing, crowd cheering, back and forth the score line, everything tied up until the tournament's MVP, Canadian Marcel Bouwens snuck one in from a sharp angle and the seconds wound tensely down until the very impressive Thai Stix came out deserving champions. Quoting captain fantastic, Devin Keer (standing next to a Scotty Murray hologram), "It wouldn't be right for us to lose the Mekong on the Chaopraya."

An exciting tournament's end, an evening's darkness, a big spread of

delicious British Club food...players, wives, girlfriends, boyfriends, children and the curious at their tables on a tropical club lawn. How would this tournament wrap-up? Samakee, of course! Eric Lindros, you are welcome to come to Bangkok to drop the opening ball next year (and please bring Rod Gilbert). The Land of Smiles is home to not only forgiving, kind Quebec Nordiques fans, but a whole bunch of others (including a very generous Thai-Canadian who successfully bid on your jersey at the charity auction), hockey loving faithful who, through a decades old tournament in Thailand, have managed to celebrate history, make peace with the past, and prepare us all for a great hockey future. Samakee!



23rd Mekong Cup - Thai Stix Champions

Monday

Tuesday

Wednesday



3

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



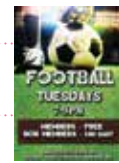
4

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



Bangkok Gentlemen Spoofers 8:30pm

Football
7pm - 9pm



5

Ladies Tennis Coaching
9am - 10:30am



Tennis Mix-In
6pm - 10pm



10

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



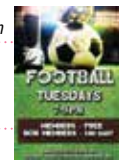
11

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

Bangkok Gentlemen Spoofers 8:30pm

Quiz Night
7:15pm The Verandah

Football
7pm - 9pm



12

Ladies Tennis Coaching
9am - 10:30am



Tennis Mix-In
6pm - 10pm



17

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



18

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



Mini Sports Camp Sports Camp

Bangkok Gentlemen Spoofers 8:30pm

Football
7pm - 9pm



19

Mini Sports Camp Sports Camp

Ladies Tennis Coaching
9am - 10:30am

Tennis Mix-In
6pm - 10pm



24

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



25

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



Bangkok Gentlemen Spoofers 8:30pm

Football
7pm - 9pm



26

Ladies Tennis Coaching
9am - 10:30am



Tennis Mix-In
6pm - 10pm



BC Calendar April 2017

1910 SPORTS BAR
OPEN NOW!!

From 5pm every day when Happy Hour starts, or even earlier

- Pool table
- Carrom board
- Bottled beers
- 25+ TV channels
- F&B service



THE BRITISH CLUB
BANGKOK

Thursday

Friday

Saturday

Sunday



1

Swimming for Competition

9am - 10:30am

Swimming Lessons

9am - 10:30am

Saturday Storytime

10:30am Silom Sala



2

Kids Cricket

Book first! 8am - 11am

Swimming Lessons

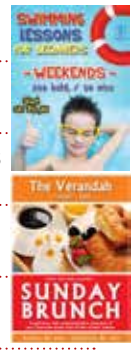
9am - 10:30am

Sunday Brunch

11:30 - 3pm Verandah

Open Pairs Bridge

2pm Silom Room



6

Squash Mix-In

5:15pm - 9:45pm



7

Tennis Mix-In

6pm - 10pm



Tennis Junior

4 - 5pm / 5 - 6pm



8

Swimming for Competition

9am - 10:30am

Swimming Lessons

9am - 10:30am

Saturday Storytime

10:30am Silom Sala



9

Kids Cricket

Book first! 8am - 11am

Swimming Lessons

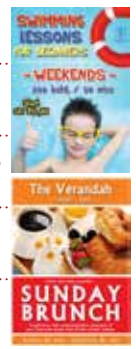
9am - 10:30am

Sunday Brunch

11:30 - 3pm Verandah

Open Pairs Bridge

2pm Silom Room



13

Squash Mix-In

5:15pm - 9:45pm

Songkran Buffet

11am - 3pm

The Surawongse Sala



14

Tennis Mix-In

6pm - 10pm



15

Swimming for Competition

9am - 10:30am

Swimming Lessons

9am - 10:30am

Saturday Storytime

10:30am Silom Sala



16

Kids Cricket

Book first!
8am - 11am

Easter for Kids

10am Back Lawn

Swimming Lessons

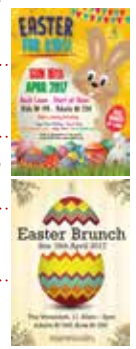
9am - 10:30am

Easter Brunch

11:30 - 3pm Verandah

Open Pairs Bridge

2pm Silom Room



20

Squash Mix-In

5:15pm - 9:45pm



Sports Camp



21

Tennis Mix-In

6pm - 10pm



Mini Sports Camp

Sports Camp



22

Swimming for Competition

9am - 10:30am

Swimming Lessons

9am - 10:30am

Saturday Storytime

10:30am Silom Sala



23

Kids Cricket

Book first! 8am - 11am

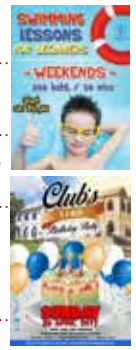
Swimming Lessons

9am - 10:30am

Club's Birthday Party

3pm Onwards

Back Lawn



27

Squash Mix-In

5:15pm - 9:45pm



28

Tennis Mix-In

6pm - 10pm



Wine Tasting

6pm - 9pm

Surawongse Room



29

Swimming for Competition

9am - 10:30am

Swimming Lessons

9am - 10:30am

Saturday Storytime

10:30am Silom Sala



30

Kids Cricket

Book first! 8am - 11am

Swimming Lessons

9am - 10:30am

Sunday Brunch

11:30 - 3pm Verandah



AS IT HAPPENED

Last month I shared pictures I took in the 1980s and early 90s in the Cambodian border camps where refugees were held after the Vietnamese Army invaded the country in 1989 to drive out the Khmer Rouge. These refugees were political 'pawns' held on the border as a buffer against further Vietnamese expansion.

Before these border camps were established however, UNHCR camps were set up some kilometres inside Thailand from where many hundreds of thousands were eventually resettled to 'third' countries, mainly to the USA. Many refugees died attempting to get from the dangerous border camps to the relative safety of these camps in Thailand.

Pictures this month were taken in Khao I Dang, about 20 kms north of Aranyaprathet. There were dozens of NGOs working in this camp which housed 160,000 refugees at one point. My pictures give just a glimpse of life in this bustling camp that closed in 1993.



Jack Dunford



Daily water ration 1985



Skillful carpentry 1985



One of thousands of landmine victims



Trucking in water 1985



1986. No paradise, but safer than the border



'Pol Pot' Sandals



Making sandals from old car tires



1981. Probably now in USA



1985 Life goes on



English lessons



Typical shelter 1986

MINI SPORTS CAMP

18, 19, 21 April 2017



THE BRITISH CLUB
BANGKOK

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

BT 650 PER DAY

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

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

SPORTS CAMP

18-21 APRIL



THE BRITISH CLUB
BANGKOK

DATE TIME	18 APRIL BT 950	19 APRIL BT 950	20 APRIL BT 1200	21 APRIL BT 950
9:30 - 10:00	Admin	Admin	Admin	Admin
10:00 - 11:00	Tennis	Tennis	Ice Skating	Tennis
11:00 - 11:15	Snack	Snack		Snack
11:15 - 12:15	Football	Football	Lunch	Football
12:15 - 1:00	Lunch	Lunch		Lunch
1:00 - 2:00	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 by email: sports@britishclubbangkok.org

LIFESTYLE & REHAB

Is it just age? Can I be fit again?



As we get older the human body does lose a certain percentage of muscle tone and bone density as the natural life cycle pre determines if we do not work to maintain ourselves. However, that does in no way mean that we cannot be fit and healthy and live active vibrant lifestyles no matter what our age is. Most people have 'conditions' and/or injuries that require management – but that is exactly the point. Many of these conditions and injuries are very manageable with the right guidance. Many people stop exercising, whether it be gym work, tramping, cycling – or just being outside and being active due to 'niggles' and ongoing pains and aches that they just put down to being older and therefore never do anything about. Then, a minor, but persistent niggle suddenly turns into an injury – and suddenly we are 'old'.

Human beings were not designed to be sedentary and the onset in the last few centuries of jobs that require



Sandy Remiens

sitting in front of a screen 80% of the day is actually killing us slowly from the inside! Many of the people I see, initially come to me with an array of conditions and diseases that they have just put up with over the years – blaming their condition (or lack of) on just getting older. Many of these conditions can be far better managed so as to not negatively affect their lifestyles. Disease is just that : **Dis-Ease**.

The majority of people spend their health working hard to get their wealth, only to discover that come the time to retire and use that wealth they are physically incapable of enjoying it. This does not need to be the case. I have seen many people in this position - depressed about their lack of mobility and limitations with ongoing persistent pain or physically limiting conditions – multiple sclerosis, polio, atrial fibrillation, disc bulges and ruptures, knee pain etc. There are always ways to manage these conditions and regain



your health and sanity again and live an active healthy lifestyle. This is Lifestyle Management – and we all need it.

Everyone is different, which is why personal training is ‘personal’!

Everyone’s lifestyle is individual and has unique stressors and needs. Personal Training is not just about the physical but also neurological adaptations and lifestyle changes - creating solutions that help you gain control of your life back.

Recently Amnat Saklepradu, our Sports Manager, understanding the importance of the need for improved Lifestyle Management skills undertook an introduction to the Rehab Trainer Courses to improve his understanding of bio-mechanics, posture and injury management and how they all fit into the necessary skill set of a personal trainer.

Here is what Khun Amnat had to say about the Rehab Trainer course:

“I have been a Personal Trainer for 11 years. I started with a Physical Science degree from University but discovered I wanted to learn more about health and fitness and how the right exercise and strength training can help prevent injury and sickness and also manage it. So I did some more study and became qualified as an ACE (US) Personal Trainer. In the first year I decided to test my theories out on myself and figured that if I could train myself to be able to run a 10km mini-marathon, I could train anyone to achieve anything! So I set my goals clearly – and succeeded.



REHAB TRAINER

BRITISH CLUB BANGKOK PERSONAL TRAINING

AMNAT SAKLEPRADU

REHAB FX
QUALIFIED TRAINER

+

Amnat Saklepradu
Fitness Manager/Personal Trainer

PERSONAL TRAINING INITIAL CONSULTATION/ASSESSMENT Free
PERSONAL TRAINING SINGLE SESSION 1800
PERSONAL TRAINING 10 SESSION PACKAGE 15000

Email amnat@britishclubbangkok.org
Mob +66 912273947

CONTINUING PROFESSIONAL DEVELOPMENT

WHATEVER YOUR FITNESS AND HEALTH NEEDS ARE WE CAN HELP YOU GET
THE RESULTS YOU DESERVE NOW.
ENQUIRE AT THE FITNESS CENTRE DESK.

This helped me believe that much is possible – for myself and my clients – with the correct guidance in consistent exercise.

With the Rehab Training, there are not many people, especially in Thailand, that specialise in this field. I felt I needed to improve my knowledge and skill set to be able to train clients with injuries and bio-mechanical deficiencies and help those people regain their strength and health again. The methods that a Rehab Trainer teaches focus on posture correction and better movement patterns to avoid injury. In-depth knowledge of our joints and posture and the way the body functions best is an integral part of this course. It has given me better vision in terms of the way the body moves, optimum body balance, and how injuries affect movement. It has also given me tools to use to help my clients manage their injuries better and train smarter - and avoid other injuries in the future.

I would like to make sure that I am one of the Personal Trainers in Thailand that stays at the front of the field in this industry and will be looking to further my studies to come a fully-qualified Rehab Trainer in the near future.

Thank you Rehab Trainer- my clients and myself are very grateful!”

If you have any queries or questions in regards to your health and fitness, injuries or conditions please contact the Fitness Centre.

FITNESS & HEALTH

To Brace or Not to Brace, That Is the Question



David Fiala

Everywhere I look around these days, I see an ever-increasing number of individuals playing sport or just walking around with passive support devices such as knee braces, ankle braces, elbow compression straps and various forms of taping and strapping to name a few.



These passive support devices are designed to assist recovery from injury by providing support, limiting pain, limiting and reducing swelling, and reducing mobility to prevent further damage to an injured area following the main components and principles of rehabilitation.

With a background in therapy and a clear understanding of the repair processes of the body, it is hard to argue against the use of such devices during the early stages of post-injury care to promote the most favourable conditions for tissues in the body to heal. Any advances in technology that help individuals regain their ability to return to the activities that they love so much should be welcomed.



Perhaps it is then necessary to consider why the injury or condition occurred in the first place to understand the impact of the long-term use of the support devices. Almost any of the factors suggested as being a causative factor leading to injury falls into one of two categories, either controllable or uncontrollable.

Injuries caused through external trauma such as the impact of a rugby tackle, a knockout punch and any sports which include sudden stops and twists such as netball, football and basketball are considered uncontrollable factors. After all, if a knockout punch was controllable, would the opponent not just step out of the way of the punch in the first place and save a lot of pain?

Suggested controllable factors include overuse, increased activity levels, improper technique, poor posture, fatigue and poor warm-up. When taking part in any level of activity, whether it be sitting at a desk all day, being an avid gym user or playing any level of a sport, it is important to consider all the controllable factors to minimise the risk of injury, and that is where I think the biggest disadvantage lies in the use of passive support devices.

In my experience, as both a trainer and a therapist, people will do whatever it takes to get back to their beloved activity, but few are committed to the entire process of regaining full function. My clients do anything I ask of



them while they are suffering with back, neck or knee pain, however the second the pain is gone they return to prior levels of activity with little regard to correcting movement patterns that have been altered due to tight muscles, weak muscles, reduced proprioception or body awareness which have been lost through days if not weeks of inactivity or created through years of improper technique, posture and limited knowledge of training principles.

Long-term use of passive support devices provides a false state of security that masks the true underlying factors that lead to the injury and the wearing of the devices in the first place. Understanding the controllable factors that lead to injury creates the knowledge and awareness to keep you fit and healthy, and for the most part free from unnecessary injury.

David Fiala is a member of our Fitness Centre Personal Training team and is available to work with you on your injuries or other health problems. Book in for a free assessment.

SQUASHY BITS

BCB SQUASH SECTION

Minutes of AGM, 11 March 2017

Meeting opened by Peter Corney at 17:11ish



Present: Peter Corney, Neil Evans, Bruce Madge, Haroon Rashid, Lord Dunford, Marvyn Lewis, Marc Sayer, John Drew, James Crossly-Smith, Jason Morris, Nick Mellor, Chris Childs and Adam Dean (the world famous photo journalist who is yet to become a BCB member, but interested in attending to gather material for a National Geographic cover story on Expat Sports and Social Clubs in Asia!)

Apologies: John Vivian, Varapong Supachok, a few others whose names weren't written down by meeting minute-taker, Madge, as he was too busy squabbling with Dunford over the best technique for folding paper napkins so they don't create too obvious a bulge in one's jean pocket when stealing wads of them from Starbucks.

1. Apologies ⇒ Peter Corney

Peter apologised for being a sad, old git. Apology accepted by all. Round of beers (and hot green tea for Marc) ordered to celebrate Peter's sadness, oldness and gitness!

2. 2016 AGM Minutes ⇒ Peter Corney

The minutes from the 2016 AGM were passed around and laughed at by all before being approved. A second round of beers and hot green tea called for to celebrate the approval!

John's fav game!



Some of the mix-iners!



Bruce Madge

Nick 'em!



Round of beers!



For Marc!



3. Chairman's Report ⇒ Peter Corney

Peter circulated his annual report, which he also felt the need to read out (obviously nobody could read it for themselves, could they?!) while all those attending started playing Candy Crush on their smart phones to pass the time. More beers and hot green tea ordered in celebration of John Drew scoring a triple-strawberry-jelly-bean-smasherooni-slam worth a trillion points!

4. Captain's Report ⇒ Neil Evans

Perhaps (Neil can't remember) we played various teams home and away over the past 12 months, with a selection of the, unverified, results below. The Yearbook has more accurate results.

Some Singaporean Army team:
lost 5-5

Some Arabic team from Oman:
match abandoned at half-time due to prayers

Some Vietnamese kids' team:
won 11-0

Chiang Mai Gymkana Club:
LOST 4-1

They also play squash!



Even more beers and hot green tea to extend our immense felicitations for these fine results!



5. Treasurer's Report ⇒ Bruce Madge

70K plus change at the end of Feb, 2017. Hurrah! We're rich! More beers and hot green tea because we can afford them!!



She'd thrash H!



Marc wants to buy these in the fitness centre!



Does John mean this!

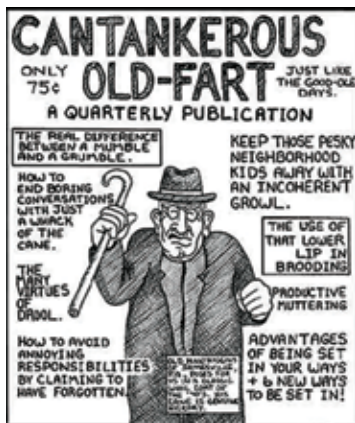
6. Election of Officers ⇒ Peter Corney

All existing committee members offered themselves for re-election and were approved by the meeting attendees without hesitation. Yet more beers to cheer those willing (stupid) enough to sacrifice for the benefit of BCB Squash!

Desperate call made by Peter to the other attendees for volunteers (leagues organizer and /or secretary) for the Squash Section Committee as two of its members (John Vivian – prison; Neil McArthur – glue sniffing rehab) were forced to resign over the previous months. "Is there not one of you?", Peter pleaded. At this point, Chris, John, Marvyn, Nick, James and Marc's eyes all fell to the floor and then as-one they excused themselves to the bogs which left Madge, Evans, Rashid, Dunford, Cornflakes, Jason, and Adam who was furiously taking notes of this dramatically unfolding scene at an expat sports and social club in Asia. Jason was then mercilessly bullied and threatened and forced to become a squash committee member because Jack said if he didn't he'd be thrown out of the club and he and his family thrown in jail! When the others returned, Jason very proudly announced that he was exceeding glad and willing to join the committee as he felt it was his duty (he won't last long once he starts having to deal with Peter's increasingly common senior moments). A huge round of applause and yet another round of celebratory beers and hot green tea!

The scores!

Adam vs Keitic



Peter has a subscription!

BCB SQUASH AGM 2017 MIX-IN 11th MAR 2017

	1	2	3	4	5	21
1 H(CP)		15	15	15	15	60
2 ADAM	5		15	15	15	50
3 BRUCE	13	13		9	15	50
4 NEIL	9	7	15		16	46
5 JASON	11	7	6	7		31
6 JOHN	1	2	3	4	5	22
7 MARI				8	10	10
8 DA	15		15	5	5	40
9 CHRIS	15	10		10	14	49
10 KEITIC	15	15	15	15		60

RULES: 1 GANG UP TO 15
 DRINKS? Please order Yourself on Squash section account!



Some app!

Marc's suggestion!



Jason didn't want to end up here!



Adam won this!



Can be dangerous!





Lovely!



Sorry Marv!



A meeting!

7. Any Other Business (AoB)

- Adam won the AGM mix-in and his prize was a lemon soda!
- Kelik Wong came second and got a pint of lager!
- Adam then excused himself – said he'd seen enough and that the Nat Geo article might have to be re-titled Expat Alcoholics in Asia!
- Marc mentioned that he was sick of hot green tea – have a beer then!
- Marc also suggested that league match scoring be changed to 15 points from 11 to make it more competitive! WTF? Marvyn agreed with it so effectively seconding this wild and dangerous proposal. A vote was taken on trailing this reckless scheme for three months to gauge league players' opinions. Proposal passed almost unanimously by 11 votes to 1.
- Someone mentioned some sort of app that could somehow be used to record some of the squash scores like the leagues or something like that.
- Marc (AGAIN) again suggested that the BCB fitness centre start selling a greater range of equipment, such as rackets and sports clothing. It ain't gonna happen!
- Marvyn wondered what had happened to last years' Squash Section Xmas party. Peter hesitated, mumbled, fumbled and then said something about it being overlooked due to lack of interest (truth is we'd had it in December, but Peter had forgotten to invite Marvyn!) and that we'd organize some squash summer party for the families and kids. Marvyn seemed pleased with that suggestion; said we must include the families as he has two or three of them!
- Nick said we could go mountain biking for a change especially when the Silom wing redevelopment begins as we'll be left with just one court during the construction. Chris Childs said that mountain biking can be dangerous.
- Neil suggested that during that period we could make use of the squash courts at Shrewsbury International School where he sends his three, spoilt kids for a couple of million baht a year each. Sort it out Evans!
- John mentioned something about paddle tennis as a further option. Said there was a club up Huay Kwang way; Happy Paddle Club or something. Explained it was a mixture of tennis, squash and canoeing played on an underwater tennis court with a squash ball and canoeing paddles and a life jacket! Said he'd tried it and thought it was great. Nobody sure if John was being serious or not as he'd had quite a few beers by then.
- Jack wanted to know what we had in mind for the grand opening of our new courts when that day finally arrives and other ideas for making good use of them considering they were going to cost a bomb. Nichol David! Could we get this Malaysian squash legend to be our special guest and play an exhibition match against Haroon? Would she be available? Would she be willing? Could we afford her? Haroon has some pro squash connections so maybe he can sort it out!
- Marv asked if we could get better use out of the new courts by allowing guests to utilize them regularly like with the cricket nets and multi-purpose court. Jack replied that it was a possibility, but that any such usage had to pay as the Club wasn't going to lay out millions of baht to provide a free facility for guests. Jack suggested we come up with a proposal for any such idea. Marvyn quickly shut up and he and John resumed their candy Crush game while Marc vomited gallons of green tea all over poor Jason.
- Cornflakes, Nick and a few others suggested more mix-ins and more events to attract new players, particularly youngsters. All agreed!
- PC asked for any further business and was met with silence, especially from JCS who actually hadn't said a word throughout the entire meeting!
- PC thanked all those in attendance for their attendance and more beers and hot green tea were called for.
- Food was ordered – 150 chicken wings and dozens of plates of chips!
- Before the grub had a chance to arrive, the conversation turned to prostate cancer, colonoscopies, the need to get checked at our age, rubber gloves and fingers inserted in awkward places. Lovely!
- More beers and hot bloody green tea!

Meeting closed at 18:30ish!



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.



HARD BALLS

Since Chiang Mai the dressing room has been far from quiet and the buzz is beginning to circulate for yet another tour date being added to the calendar, this time overseas in Kuala Lumpur – bring it on.



This month's report looks back over the historic Marshall Trophy game ahead of BC's first 2 league matches of the season. Sarg has been forced to step up to the plate on-field after our freshly voted in captain sustained a nasty fracture (from a soft ball) during an appearance in the fireball league. Series 9 of the fireball has recently concluded in which BC narrowly missed out on qualifying for the cup final for the first time since records began, and blew away a 3rd place overall finish in the end despite a clear improvement all round, even reciprocated by the umpire – the harshest critic of all.



Ben Eastwell

Marshall Trophy Cup match

Always a memorable event, and probably Thailand's oldest club fixture was revisited on February 11th for its 2017 edition. The Marshall Trophy dates back to 1963 and has been played annually since, creating the perfect excuse for some of the British Club's cricket legends to re-live the wonder years. BC's selection protocol is strictly age-based and on this occasion must have had a collective age surpassing the hosts, RBSC, by over 100 years! Needless to say, the spirit of the contest was somewhat diluted but didn't prevent all enjoying a top afternoon at one of Thailand's best cricket grounds, including a throng of support from WAGs and under 45s.

Bowling first, BC managed to remove the opener without troubling the scorers, besides none of the bowlers having a name they could spell correctly. 'Dalip', the man of the moment – clean bowling his victim. 'Suresh' shared the opening spell and was rewarded with a wicket before 'Ed Kham' and 'Demsel' helped to squash the run rate. 'Maseem', 'Nic', 'Speedo' and 'Edrin' all had a chuck in the second half of the game as Jack tried all his options, leaving BC with a target of 220 to win. A top order collapse followed, before a strong middle order found some staying power as Sarg posted 28, Dave reached the retirement figure, and Dilip (11) and Speedo (25) batted out until the last over, well short of the total but the beer was getting cold.



Jack presented with a gift from RBSC



Speedo slots it through



RBSC



Wheres that one gone

Siam Parrots B2 league

Siam parrots stood in the way of BC opening their B2 league account with 3 points on Feb 18th, played on the grass wicket at TCG next to the cockfighting arena. The beer cooler was wheeled in alongside the kitbag filled to the brim with green bottles, leaving not much room for water, which most players were eagerly anticipating after boasting an uncharacteristically quiet Friday night to demonstrate their devotion to the team. When the game eventually got started BC bowled first on a slow pitch, and kept the openers relatively quiet with Dilip (0-15, 5 overs) and Ben (1-23, 4 overs) taking the pace out of the ball. Pat (1-20, 3 overs) and Ed (1-24, 5 overs) knocked off a few of the settling batsmen before the halfway stage with Siam peddling below par at 74-3 after 15. Shortly after drinks Natchi (2-24, 3 overs) found the stumps cleanly on 2 occasions and H (0-17,3 overs) held up a tight spell alongside him before Ben and Dilip returned to reduce the attack in the last few overs. Parrots eventually closed on 130-5 from 25, a total which could have been considerably less if BC had taken more catches and reduced their extras tally (30).

A low total to chase was not to be underestimated on a tricky pitch and long boundaries, which Ben finely demonstrated after chipping up to the bowler in the first over. The Khan father son duo recovered it well; Mak (27) flowing nicely alongside Ed (12) before Nachi (24) and Dale (23) contributed a helpful partnership. The avalanche was then set in motion after H scored a classy duck – finishing all out for 119 in the last over. The arguably complacent side got caught sleeping and will look back at the result as one that should have been won.

Kerala Strikers B2 league

AIT ground played host to BC's second league match of the season against Kerala Strikers. Bowling first, BC got off to a flyer – squeezing the run rate to less than 6 per over up until the 18th and looked at stopping Kerala before the allotted overs. That was until a suspiciously talented number 9 came to the crease and started heaving everyone all over the shop. After making a quick 50++ and dropping a few BC heads – Kerala left a chase on against the odds, challenging with 188 to win.

In reply, Abbas stepped up to the plate after being given the role of opening with a quality knock – scoring 34 from 36 balls and looked capable of much more. Dale (42) adopted a vital anchor role throughout the middle order, twitching inside at the difficulty of holding back from the big drive over cow corner. Aseem (29) then pushed on as the run rate crept up, forcing some risky attacking play in the latter stages of the 2nd innings. The total eventually wound up at 156 – 9, 33 short of a tricky target.

After enjoying a late lunch at the ground and querying the team rules with league organisers, it was released shortly after that Kerala were breaking the rules with some higher division players amongst them – therefore voiding the match and providing some consolation for BC, who had come close regardless.

Dale with a rare forward defense



You numpties - making me bat again



Support from the tent



TENNIS

I am delighted to write to you this month as the newly installed British Club Tennis Section Chairperson. Over the years I have benefitted greatly from other people generously giving up their time to sit on councils, form committees, pick teams (even when they left me out!), and drive us around to play matches. Therefore, it felt like a good opportunity to step up and play my part this time round.



Graham Johnston

We have assembled a fine young committee consisting of Ann Jackson, Alex Coclanis, Nick Davies, Nick Lyon, Harold Mollin, Sara Sands-Smith and of course Khun Amnat from the sports centre. We will be doing our best to carry on the good work of our predecessors and to listen to the views of our members to improve the Tennis Section in any way we can.

With that in mind, on behalf of everyone in the section I would like to say thanks Ian Thornhill for his fine work as Chairperson during the previous year and also to the outgoing committee members for their service with special mention to Chris Watt for his sterling efforts behind the scenes in many areas including the running of the Club Championships.

Club Championships

It is an exciting time to be joining the tennis committee as we reach the closing stages of our annual Tennis Section Club Championships. Having been on the receiving end of a couple of thumping defeats in the 1st rounds of the men's singles and men's doubles (who makes these draws?!), I can tell you first hand that the competition will be fierce and the standards high come finals day on March 25th.



Interclub Tennis

Last month our Ladies team, captained by the intrepid Raquel Evans and mentored by Khun Yubharet, took part the 30th Ladies Interclub Tennis Tournament held at Impact Sports Club and hosted by Silom Club. The ladies battled hard against tough opposition but a difficult draw coupled with a few narrow defeats (and one DQ for our pairing being too young (!) resulted in us finishing in 8th place. Many thanks to Raymonde, Sasaluck, Jeab, Noi, Jean, Corine, Raquel, Nisa, Pin, Ann and Nutt for representing the club, to Yubharet for organizing and coaching the team, to Raquel for generously sponsoring the team clothing, and to Khun Tum for her transportation and organization skills.



That's it for this month. Enjoy your sport 😊



Harold Mollin's

Everything You Should Know About Playing Tennis

(Here in Thailand or anywhere else you may reside)

Each month this column will give you information you need to become **The Best You Can Be** at tennis in Thailand.

IT'S DOUBLES OH NOT REALLY! My Mix-In Doubles "Pet Peeves"

For those of you who do know me, and have heard me teach some of the tennis aficionados at The British Club, you know I never "sugarcoat" my comments on tennis techniques or strategies.

With that in mind, here are a few of my DOUBLES PET PEEVES which you should follow to be a more effective doubles player.

1. Whenever you are in the backcourt and your opponents have lobbed your partner, and you see that he/she is going to hit an overhead, get your body to the net. Do not just stay in the backcourt watching close the net, and preferably close the middle so that you can pick off the opponent's weak response Don't let them get away with just shoveling the ball back!
2. If you, or your partner, have just "lobbed" your opponents within 2 meters of the baseline and you see that your opponents are going to let it drop in order to hit an overhead (or groundstroke) after the bounce, make sure both of you get to the net immediately. If you are hesitant and wait until it has bounced, you will be caught in "no man's land"!
3. When returning try to never miss the ball wide of the court, or in the net. Make your opponents play!
4. GET THEM DOWN, TO GET THEM UP...What I mean by this is instead of hitting your passing shot 150 km per hour, hit that soft slice shot that drops just over the net, or a heavy topspin shot, that also drops down at your opponent's feet. Soft, slow balls below the net are so tough for your opponents to volley effectively. Many times, hitting that big passing shot is useless because the ball is staying "up" for the net man to "pick it off"!



FOLLOW THIS SECTION TO LEARN ABOUT A VERY GENEROUS CONTRIBUTION OF YOUR TENNIS COMMITTEE THAT WILL ENABLE A SELECT FEW TO IMPROVE THEIR DOUBLES PLAY!

Harold Mollin, a member of British Club, has also accumulated over 220 tournament wins over the past 14 years of being in Thailand.

Harold has also been both the Thai National Champion and the Asian Champion numerous times in both singles and doubles. He has also coached a variety of world class tennis Junior, Men, Women and Veterans Champions.

BCGS

February 2017



Events in February comprised the normal fixtures of a stableford event and the monthly medal. The stableford was held at the beautiful Subhapruek course, which was in fine condition; it does tend to get soggy underfoot during the wet season. Two players had excellent games; Graham Johnston, who has been on good form for some time and relative new-comer David Burton both amassed 41 points. David, still looking for his first British Club win, would have every right to feel aggrieved on losing to Graham on a count-back, but his turn will come. Terry Davis was seven shots adrift in third place, with Peter Clark, Barry Ashman and Randall Coleman just behind.



Shoeless Simon gets closer to nature at the Stableford



Club Champion Randall at the AGM



Graham Johnston won a cabinet full of trophies



Simon Fisher after the Stableford



Graham Johnston relaxes after winning the Stableford

The monthly medal attracted a strong field. In Flight A, Frank Fawkes, who had been in something of a slump since his last win nearly two years ago, at last came good to win with a net 70. Fred Narthasilpa and Graham Johnston (again) took the minor places. But the really hot run of form took place in Flight B. Varghese Rose clocked up his third medal in a row by scoring a net 72. Pete Gale came a distant second and Brian Brook was third. But Flight B contestants need not worry; Varghese had his handicap axed by two shots and was consequently promoted to Flight A. He went straight to the top of the Flight A annual eclectic competition, knocking Frank off the top spot, and left Pete leading in Flight B.



Yuruchatr collects her Ladies' Net Champion prize at the AGM



Ladies' Club Champion Karen Carter

After the medal, members removed to the Suriwongse Room in the British Club for the society's annual prize giving and general meeting. The committee reported a very satisfactory year of golf, but unfortunately Pete Gale announced that changing work commitments would prevent his continuing as captain, although he would remain on the committee looking after handicaps. His tenure as captain has been hugely appreciated for having combined popularity and competence. Brian Brook, having served the committee with wisdom and industry over the past 13 years, decided he had earned a rest and stood down. Both Pete and Brian received grateful thanks. It will require two new members to replace Brian, and John Bell and Graham Johnston were duly elected. Frank will be captain for the year. After the formalities, attendants settled down to enjoy an excellent British Club carvery dinner.

If you would like to join this golf society, we will welcome you. Please contact us on bcs.bangkok@gmail.com
This is a new email address.



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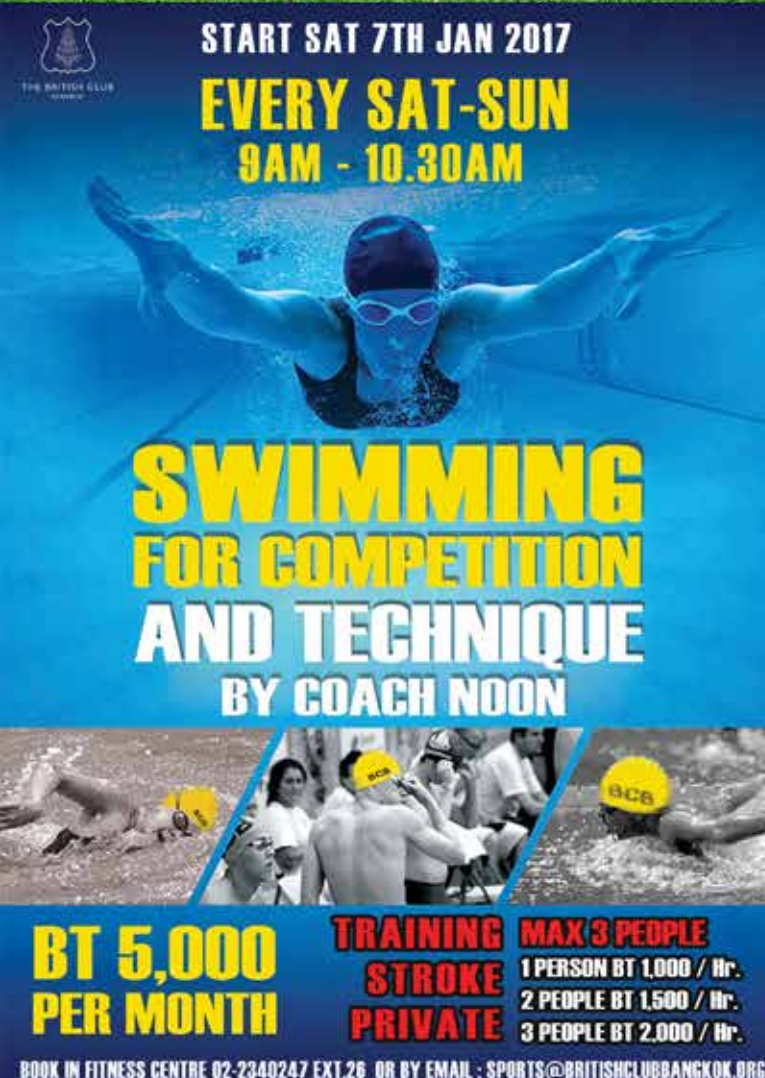


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