



1903

THE BRITISH CLUB
BANGKOK

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Outpost

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK



Coronation of King Rama X

May 2019

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ACTIVITIES**


TENNIS


SWIM


TRIATHLON

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WEEK	TRAIN ONLY (MONDAY – SATURDAY)	TRAIN & STAY (SUNDAY – SUNDAY)
WHOLE PERIOD	8 – 27 July 2019	7 – 28 July 2019
FIRST WEEK	8 – 13 July 2019	7 – 14 July 2019
SECOND WEEK	15 – 20 July 2019	14 – 21 July 2019
THIRD WEEK	22 – 27 July 2019	21 – 28 July 2019
PRICES	Drop-in: THB 3,000 / Day / Person 1 week: THB 15,000 / person 2 weeks: THB 28,000 / person 3 weeks: THB 39,000 / person	1 week: THB 28,800 / person 2 weeks: THB 54,400 / person 3 weeks: THB 78,000 / person

AGE & LEVEL OF PARTICIPANTS

SPORT TYPE	AGE OF PARTICIPANTS	KIDS GROUPED ACCORDING TO SKILL LEVEL
TRIATHLON 	14 – 17 years old	Swim 400m under 8.30 minutes Bike 15-20km above AV25 Run 3km over 16 minutes
TENNIS 	9 – 17 years old	Kids separated by skills
SWIM 	10 – 17 years old	10x100m in a 2-minute interval 50m free under 40 seconds 50m back Fly under 45 seconds
MULTI ACTIVITIES 	10 – 18 years old	Kids separated by skills

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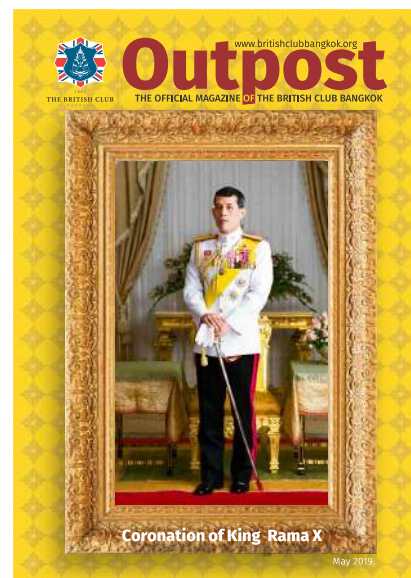
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Front Cover

The coronation of His Majesty King Maha Vajiralongkorn Bodindradebayavarangkun is set for 4-6 May 2019.

From the Editor

By popular demand we have another Stand-Up Comedian evening on the 8th of May, so book early to avoid disappointment.

The Family Fun Day last month was a big hit and inside we have a double page spread of all the action.

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

Songkran: After an unusually wet year last year when an unprecedented number of cricket matches were rained off in the dry season and hardly a weekend seemed to pass by without rain, the weather has been back to 'normal' this year with a traditional hot season and temperatures soaring nicely for a stonking hot Songkran. Thais have always found this is an excellent excuse for not doing very much except chucking water about and it is pretty hopeless trying to get anything much done for the whole month of April.

All that is to say that I am writing this a bit earlier than usual because I'm popping down to Perth to see my granddaughters during their Easter holidays, and there is not much to say anyway. With so many public holidays and people travelling, April is usually the quietest month of the year for the Club and the new General Committee elected last month has yet to meet formally to agree subcommittee structures and priorities for 2019/20.

Of course that doesn't mean that nothing is happening. As I write, the new poolside **BBQ & Pizza station** is being prepared for a soft opening, complete except for the temporary awning that will be replaced by a permanent roof and blinds due to arrive from Taiwan around the end of May. A lot of progress has also been made filling **key staff positions**, especially on the F&B and service side where we have been overstretched for months. We should have a full complement by the end of the month. And the new **Silom Road Gatehouse** will also be open by the time you receive this.

War Memorial: We are close to finalising plans for the taking delivery of the War Memorial from the British Embassy. The attached concept layout shows the main components that have been agreed with our designers, The Beaumont Partnership (TBP).

The Memorial itself will be offset on the NW corner of the Front Lawn turned at an angle so that its position is dignified without being dominant, and where Remembrance Day Service attendees can be accommodated both on the Front Lawn and in the car park.

A new terrace along the northern end of the lawn will also accommodate a new turtle pond, which is being designed in cooperation with experts at Kasetsart University. Other elements of the existing Embassy memorial structure will be used as features around a newly laid lawn with improved drainage, new hedges, and five new trees that will replace existing ones, some of the old ones being used as additional green screening around the northern car park.

The Memorial will be floodlit at night and new complementary lighting will be installed to illuminate the Club House façade. With new lighting also around the turtle pond and in the trees, we believe the whole Front Lawn area will be transformed, not only providing a tranquil, permanent home for the Memorial, but also an elegant setting to show off our graceful classic Clubhouse, making it more attractive than ever for events of all kinds.



Unveiling the War Memorial in 1922 (picture courtesy TBP)

We will be contracting the piling of foundations for the Memorial itself and the Embassy will be responsible for dismantling it, transporting it to the Club and reassembling it in its new location. This will be quite an operation with the main stone weighing 6 tons, and when in place we can start on the remaining construction and landscaping works.

We do not yet have the detailed work schedule but expect the Memorial to be installed during May and all works to be completed by August in good time for the Living In Bangkok event in October and of course the Remembrance Day Service in November.



A photograph of two ducks swimming in a row on green water. The duck in the foreground is a mallard, with a dark green head, a yellow beak, and a brown chest. The duck behind it is also a mallard, slightly out of focus. The water is a vibrant green color with ripples.

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An Evening with The Fry Group

SPEAKERS

Martin Wright,
Senior Financial Planner

WHEN

Thursday, 9 May 2019
6.30pm Evening Session

WHERE

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RSVP

events@thefrygroup.sg

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- Investment Market Update

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LETTER FROM THE GENERAL MANAGER



Premrudee Tanyaluck

In the month of April, we have a few long holidays so the Club created extra activities during these holidays such as, the sport camp, Songkran festival for the family, Easter Sunday and the Club's Birthday Party. Members who did not go on holiday were able to continue to enjoy their time at the Club especially seeing it took them less travel time to get here!

For the month of May, we will see a big ceremony for Thai people, the Royal Coronation set for the 4th -6th of May. So there will be another long holiday as well.

Also this month, we plan to have another Adults Comedy Stand Up-night for our Members, a Sport Injuries and Recovering for Health conference and Wine Tasting. Our events team will update you again on the website and via email.

The new Pizza & BBQ Station at the poolside opened in April albeit with a temporary awning roof. The permanent pergola roof will be erected by the end of this month. Members can order Pizza and BBQ selections cooked on the spot by our chefs.

The reception and waiting area has now moved into its new location at the Silom Gate. Member's Guests or Non-Member can now contact our reception when they arrive at the gate and our securities guard can assist them with car parking.

At present, reception will operate the flap gate for pedestrians when Membership cards are shown. In the future, we will link the database access control with our new software system. When installed, the flap gate will be opened automatically by Members placing their card on top of the flap gate post.

As always, everyone must show their Membership card to enter the gate and meantime, we will have the temporary signage at the entrance. Guest or non-members can wait at our waiting area. All contact for Members such as payment of accounts, event bookings and any other assistant can be dealt with at the new waiting area.

Last month, we had quite a few new staff join us. In the service team, Khun Nung, Khun Nick and Khun Ya who are Food & Beverage Assistants. Khun Pun and Khun Keng who are Outlets Supervisors. In the kitchen we have Khun Thanyaphat, Senior Sous Chef, Khun Sai, Khun A, Khun Pik, Khun Gor and Khun Bobby. We also have Khun Ammy our new Membership Manager. Please welcome them to our Club.

I am looking forward to see you all around the club.

Food & Beverage



Kitchen



Events



Reportings

F&B MORSELS *by our* EXECUTIVE CHEF



Chef Laak

We had a good turnout of members who come to join Songkran Buffet last month with four regions Thai food in the Pool Side Sala. Meanwhile, Hot Cross Buns sold very well and everyone enjoyed both original and chocolate. I hope all members had a good time and enjoyed the long Songkran holiday which just passed.

Our Bad Boy Burger promotion hit an all-time record sale, all our gourmet burgers have been enjoyed from number 1 to 6, so we are happy to say they will continue for another month so get them while you can. The mango season is calling! Sweet flavor and yummy they, I highly recommended these following menus for all of you, "Mango sticky rice with coconut

ice-cream", "Mango Tart" and "Mango Crumble with Ice Cream or Custard Sauce".

There are so many members asking for "Sticky Toffee Pudding" and "Salmon Fish Cake" to be back in the list. So, all will be available soon daily in Khun Laak Recommend. **"Beat the Heat Summer Salads"** are launched this month inspired by the summertime flavour keeping it light fresh and healthy. Also available "Carpaccio Soup and Fresh Tuna Salad with avocado and sesame dressing" which available every outlet.

Happy Eating!



The New PIZZA & BBQ Station



BUSINESS LUNCHEONS

6 MAY TO 10 MAY



Starters: 65 Baht

- Chicken, apple salad
- Chef's Soup of the day

Main courses: 160 Baht

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

Starters: 65 Baht

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

Main courses: 160 Baht

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

13 MAY TO 17 MAY



Starters: 65 Baht

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

Main courses: 160 Baht

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

20 MAY TO 24 MAY



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

27 MAY TO 31 MAY



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THE BRITISH CLUB
BANGKOK

FITNESS – How Do You Measure Your Health And Wellness?



Sandy Remiens

Personal Trainer, Wellness Coach
Accredited Rehab Master Trainer



Last month I sent out a survey to find out from you what you thought about your own health and wellness. Thank you to those who took the time to respond as the information has been really helpful.

I thought you would appreciate to know some of the results.

Being that the survey was only distributed on my Facebook page, (Bangkok Storm Training) to clients and people I know, the following results should keep that in mind. The first question is indicative of that, being that 75% of the respondents were average to above average in health and fitness and levels. The remaining 25% felt they had low levels of health and wellness with 10% of those people wanting to be more active and healthier but did not know where to start.

Keeping in mind that this is a reasonably (average to above average) healthy lot, only 27% had no injuries or medical conditions that currently affect them. This means 73% of respondents had either injuries and/or medical conditions that do affect them but they are obviously being managed well enough for them to maintain their average to above average status. *This is good news and demonstrates the fact that the majority of people (in this sample) are managing their injuries*

and/or medical conditions well enough to maintain their health.

However, only 13% of these people were currently being treated for their injury/medical condition while 40% felt their issues were unresolved. This means that there was quite large chunk of people who even though they may still be fit and healthy, still had issues they were concerned about.

One of the later questions indicates that 80% of these people already had a contact (medical professional or otherwise) but not yet taken action and 10% of these people did not know where to go in regards to their issues.

Interestingly, *old injuries* seemed to affect the majority of respondents far more than current injuries – what does this mean? Very often, in consultation sessions, I hear people say things like “well, that’s just how I’ve always been” when in fact their altered gait or posture was their body’s reaction to an old injury (even from childhood) that may or may not have been fully dealt with but that the body continues to compensate for out of movement pattern habit. How often have you heard of someone injuring a joint on the opposite side of the body to one that has had surgery in the past? All too often. The body is very clever and works very hard to protect you and will move you away from pain. So while you are recovering from a surgery or injury, your body will find ways to move that induce the least pain possible. (Aren’t our brains clever!) The problem comes when the injury has healed and there is no longer pain, but we now have altered biomechanics that feel ‘normal’ to us because they have been so practiced. These altered biomechanics can often lead to other injuries. And so it continues...

Reportings

Aging was one of the questions I was interested in. The majority of people felt that aging meant being strong and fit and active and enjoying life to the fullest. Which is great. However 13% of people felt trapped by their injuries and another 12% felt trapped by their aging bodies.

I have been teaching Older Adults Classes for the last two years and had the privilege of working with some wonderful people. I have not had any participants who have not improved in some area. Sometimes it's just finding what suits you the best. This group pictured here has people with the following: Cancer, Parkinsons, Knee injuries/Osteoarthritis, Spinal surgeries, diabetes, inability to get out of a chair, balance issues etc. Many things are not fixable – but they are certainly manageable. You don't need to be an athlete, you just need to be better than you were yesterday.



Finally, a surprise result. *Even amongst this group of mostly average to above averagely healthy individuals the one thing that affected people the most was stress.*

How do you deal with your stress levels? In this day and age of high powered jobs and even higher job expectations (let alone the expectations we all have on ourselves) stress is so much more of an unresolved issue than most of our medical issues or injuries.

Dr Scott of Scott Berry Consulting offers a free online stress test here:



www.scottberryassociates.com/free-stress-test

This is a quick test well worth taking to see how your stress levels are affecting your life. Stress is probably the least talked about factor of health and well-being and one of the most influential issues. We perceive being affected by stress as a weakness and so often it is not talked about.

In response to this survey I have compiled a list of Professionals that I have in my circle – a Team of Professionals that work together to help clients

achieve the best possible result with their health and wellness. If you need any contacts at all please just let me know and I will refer you to someone who can help. As we all know Health and Wellness is about more than just your exercise.



These include Physios, Massage Therapists, Theresa the Nutritionist, Dr Scott of Scott Berry Consulting - Counsellor and Coach, GPs, Specialists and Surgeons, one of which will be holding a fantastic seminar at the British Club on 2nd May which I highly recommend booking in for as spaces are limited.

Dr Amy (Dr Alisara Arirachakaran), orthopedic surgeon heading up the new Health and Wellness Clinic at Bumrungrad Hospital, will be speaking about her new Clinic - Sports Injuries, assessments, treatments and alternative options to surgery as well as Osteoarthritis issues. There will be demos (we may need some volunteers!) prize draws and nibbles!



See the details on page 30 – be sure to book as space is limited and you will not want to miss this seminar!

Should you have any more questions about your health and wellness, or would like to book in for a free assessment and/or consultation please email me

sandy@bangkokstormtraining.com

**LIFE IS SHORT.
DARE TO BE BETTER THAN YESTERDAY!**

Florian CHAMPION

New Events Manager



Enchanté!

Born 31 years ago next to Le Mans, France where my parents are still living, I moved later to Angers, Loire Valley, France where I graduated in a Bachelor in events management (tourism and business events) and then in a Master's degree of events management (arts and entertainment).

Entrepreneur since 2012, I used to run modern music events and a music festival, but also MICE (Meetings, Incentives, Conferences, Exhibitions).

Travel-addicted, I have been travelling through many

countries such as Australia where I stayed for nine months as a backpacker; Montreal, Canada for a six months job at the MUTEK festival; worked a month in Brazzaville, Congo for the African Olympic Games; enjoyed the pleasure of swimming in Icelandic hot springs during winter; road tripping in eastern Europe many times (Romania, Poland, Ukraine...) and of course visited UK, Germany, Spain etc.

Looking for new personal challenges, I moved in Asia in October 2018, and after visiting Thailand and Vietnam, I finally decided to move to Bangkok for good.

Why Bangkok? Well, the city is so big, Thai food is awesome, business opportunities are unlimited, there is a great international airport ... and when I miss home, lucky me, there are many French restaurants where I can still find bread, cheese and red wine!

It's been a month now since I joined the club, and I've met many of you already, thank you for being very welcoming to me! As your new events manager I will always be happy to talk with you about new events and suggestions, members' entertainment is my priority!

In the next months you will see new events such as live music at the swimming pool, new comedy shows for both adults and kids, new family events, fight nights, spirits tastings, yoga classes.

Looking forward to meeting you all at the club over the next few weeks, you can find me at the events, around the swimming pool, at the office or sometimes at the Churchill Bar in the evening after my duties.

Please also feel free to email me anytime:

florian@britishclubbangkok.org

By the way, my friends call me Flo!



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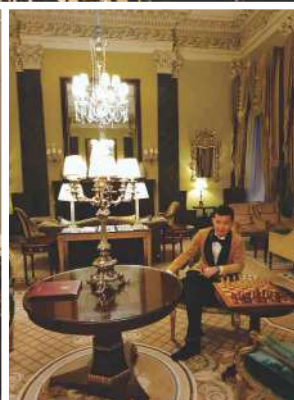
Identify your gifts and deploy them more often. Identify the areas you need to strengthen in yourself and others, build the skills to anticipate yourself and others.

RECIPROCAL CLUBS

Carlton Club, London.

Visited by Dr. Paul Doust in mid January 2019

An old private member's club with grand rooms, two bars, and a fine dining restaurant. Various old oil paintings of ex Conservative prime ministers and the UK royal family hanging on the walls. The fine dining restaurant had a good value wine list with decently aged clarets that didn't break the bank. However, it's only really open on weekdays. We were allowed in on a Sunday but there was no one there, although it was possible to call the staff from the entrance desk to serve us a drink at the bar. Jacket and tie required.



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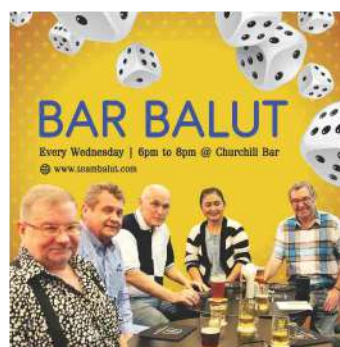


1903
THE BRITISH CLUB
BANGKOK

SUN



MON



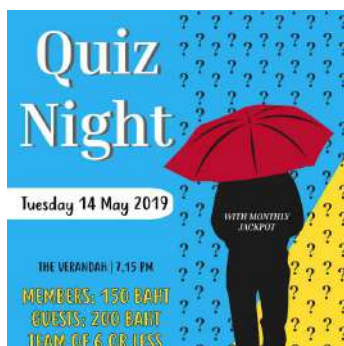
TUE

01

Bangkok Gentlemen Spoofers
8pm



Football
7pm-9pm



05

Kids Cricket
8am-11am Book first!



Swimming Lessons
9am-12pm



Sunday Brunch
11.30am-3pm



Open Bridge
2pm Silom Room

06

BWG Mahjong
10am-1pm



Tennis Mixed Doubles Team Practice
7pm-9pm



07

Bangkok Gentlemen Spoofers
8pm



Quiz Night
7.15pm The Verandah

Football
7pm-9pm



12

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



13

BWG Mahjong
10am-1pm



Tennis Mixed Doubles Team Practice
7pm-9pm



14

Bangkok Gentlemen Spoofers
8pm



Football
7pm-9pm



19

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



20

BWG Mahjong
10am-1pm



Tennis Mixed Doubles Team Practice
7pm-9pm



21

Bangkok Gentlemen Spoofers
8pm



Football
7pm-9pm



26

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



27

BWG Mahjong
10am-1pm



Tennis Mixed Doubles Team Practice
7pm-9pm



28

Bangkok Gentlemen Spoofers
8pm



Football
7pm-9pm



HAPPENINGS

WED

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


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


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


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


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


THU

02 **Squash Mix-In** 
4.30pm-7.30pm

09 **Squash Mix-In** 
4.30pm-7.30pm

16 **Squash Mix-In** 
4.30pm-7.30pm

23 **Squash Mix-In** 
4.30pm-7.30pm

30 **Squash Mix-In** 
4.30pm-7.30pm

FRI

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




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

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




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




31 **Junior Tennis** 
4pm-6pm
Kid's Movie Night 
6pm
Tennis Mix-In 
6pm-10pm

SAT

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

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

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

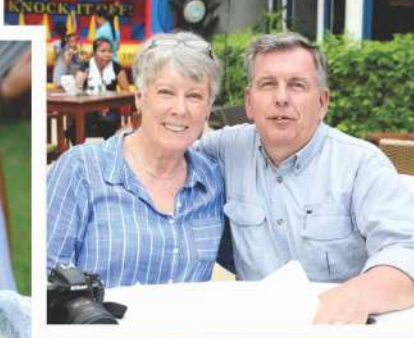
25 **Swimming Lessons** 
9am-12pm
Squash Mix-In 
2.15pm-6pm
Squash Coaching 
with K Ruegrit



FAMILY



UN DAY



Quiz Night?

Tuesday 14 May 2019

THE VERANDAH | 7.15 PM

MEMBERS: 150 BAHT
GUESTS: 200 BAHT
TEAM OF 6 OR LESS

Book at Reception or by email:
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WITH MONTHLY JACKPOT




MAY
24th
 6pm - 9pm

@Suriwongse Room

WINE TASTING

Members 200.-
 Guests 300.-

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with our new inflatables
Sundays 11am - 4pm





Children must be supervised
by an adult at all times




BAR BALUT

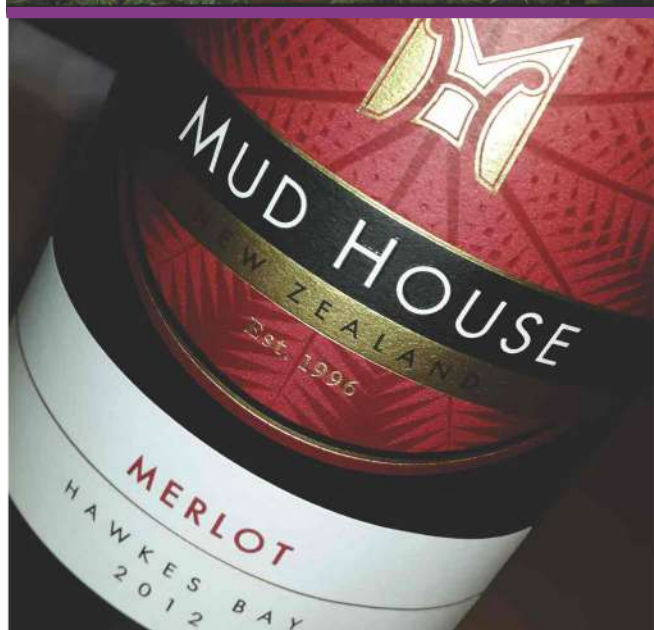
Every Wednesday | 6pm to 8pm @ Churchill Bar
www.teambalut.com

Happenings

WINE TASTING

Mud House Merlot 2012



After attending the last month's wine tasting, I came away feeling disappointed as I didn't find any thing that really stood out for me. I guess it didn't help that there weren't many suppliers present. However, that didn't stop members from enjoying Khun Laak's delicious canapes while sampling the wines and thoroughly enjoying the evening.

Later in the week I was not disappointed, when I came across a bottle of Mud House Merlot 2012 which I had tried before in the past. It wasn't cheap but it was worth every baht!

Pouring it in to the glasses you could see the deep red colour that is typical of a Merlot. Then taking the glass up to my nose, I was able to smell the characteristics of plums with a somewhat earthy and leather nose in the background. The hints of sweet spice, chocolate and toasty oak rounded off the aroma.

Taking my first mouth full of this medium bodied wine with a richness and weight typical of Merlot, you are immediately aware of the softness of tannin and acidity which accentuates the weight and finish of this wine while showing flavours of plums and anise.

Food Matching: Beef but better still, New Zealand lamb shank. Serve at room temperature which here in Bangkok is 17-18°C.

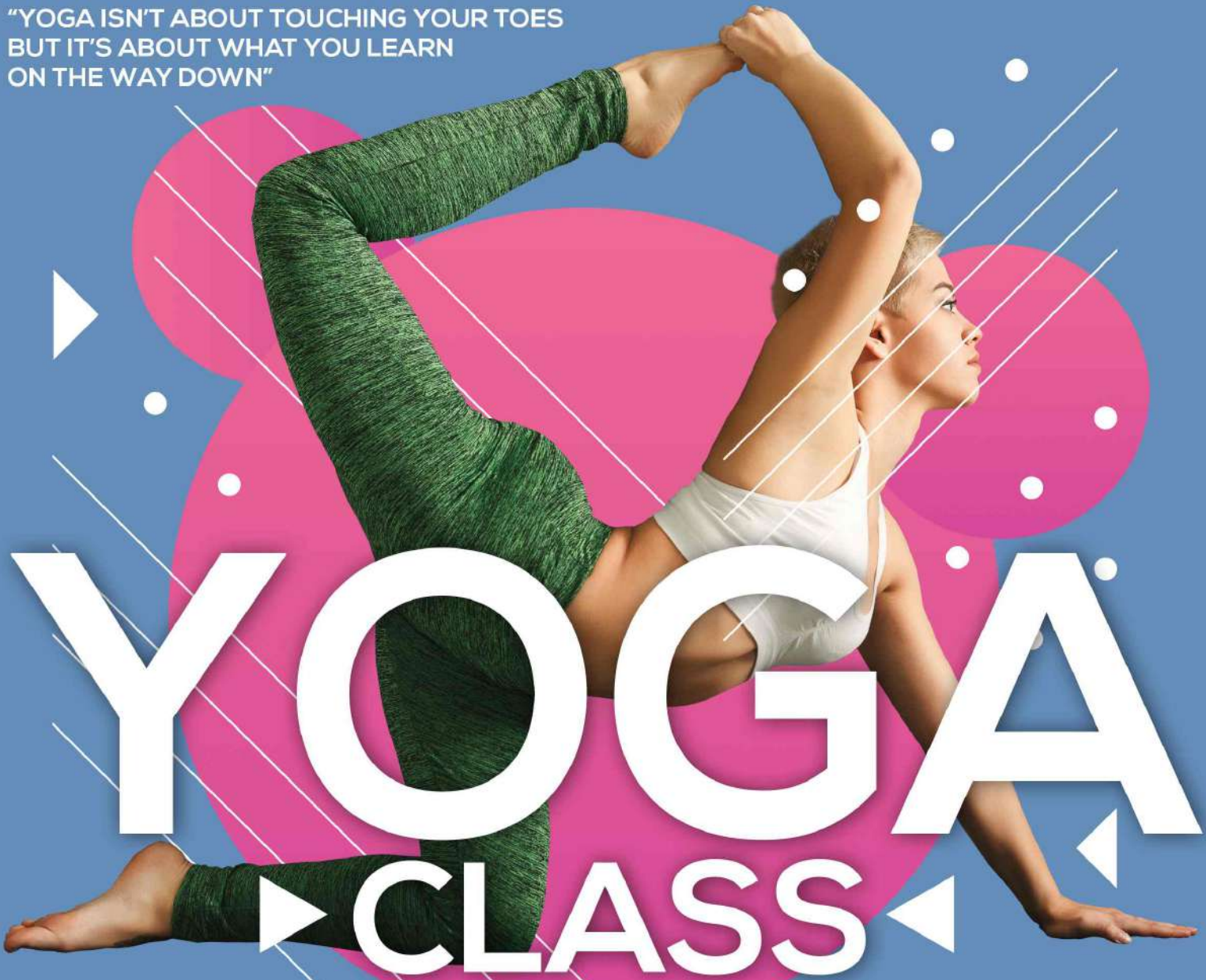
Now for the technical Info.

Region: Hawkes Bay, New Zealand
 Grape Blend: Merlot
 Wine Style: Red Bold and Structured
 Alcohol Content: 13-14%

When you come across it, give it a try you want be disappointed..

Cheers

"YOGA ISN'T ABOUT TOUCHING YOUR TOES
BUT IT'S ABOUT WHAT YOU LEARN
ON THE WAY DOWN"



STARTS IN MAY

FRIDAY 3RD, 6 PM - 7 PM

@ Suriwongse Room

AND

SATURDAY 4TH, 9 AM - 10 AM

@ Suriwongse Room

Members: 200 Baht

Guests: 350 Baht

***Please bring your own mat**

Information / Reservation:

02-234-0247

sport@britishclubbangkok.org



Yoga Instructor:

Khun Noon

Yoga is always my passion and I've been on my yoga journey since 2010. I try various styles of yoga such as Hatha Yoga, Vinyasa yoga, and Power Yoga. I completed International Hatha Yoga (Advance) Teachers Training, Certified under Yoga Alliance Asia in 2016, then I started my yoga career 3 years ago at Kriyoga studio.

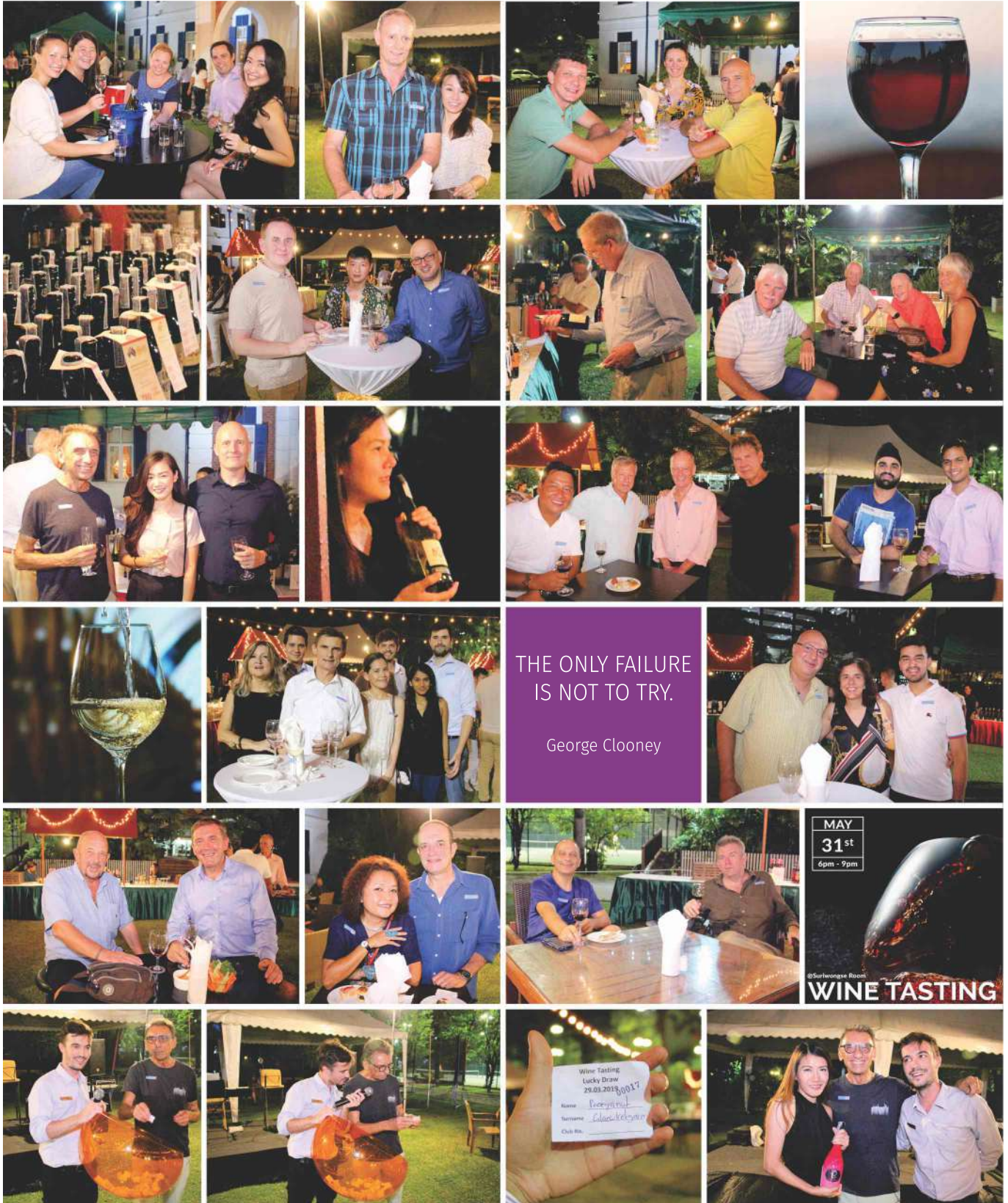


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THE BRITISH CLUB
BANGKOK

Happenings

Wine Tasting *the Event*



SQUASHY BITS

AGM and Lies!



Bruce Mudge



Attendees: loads, tons, gallons - way too many to mention but included Jose from Yangon, James & Suzanne from somewhere in the Caribbean, a giraffe named Colin, and lots of cheap Squashies looking for a free beer and free chips! Apologies: loads, tons, gallons - way too many to mention but included Marc Sayer - opening another dive somewhere. Probably a lie, but he was sorely missed.



A mix in to start and the rules as laid out by the first to show up of Cornflakes and Madge. With so many expected and players coming and going at very inconvenient times due to traffic, clingy girl/boyfriends, family commitments, lunch, alcoholism, injury - more on that later - the first to 100 points was decided on as the winning mark and no arguing, if you don't like it, don't play, sod off and swim in the new kids' pool. Madge won! He played his nine games in quick succession because he is efficient and fit and so reached 100 points first. And that was the rule. He was awarded an empty, plastic, drinking cup which made him pee his pants with ecstasy. Some - Marvyn, Rob, Colin - disputed the

result and disagreed with the winning criteria or rule, claimed he cheated, lied, whatever, but they were the jealous, lazy ones who barely made 50 points. Next year they will be banned. Others - most, however,

**TELL A LIE
ONCE
AND ALL YOUR
TRUTHS
BECOME QUESTIONABLE**

congratulated him on his amazing performance and suggested he become a squash pro or any type of pro, even a pro professional He agreed and has since gone on a pro training course to become a professional pro. Even James Bentick, who really is a pro - a pro



squash player/coach, said he should be a pro. And that's coming from a true pro and that's the truth - Google it!



Re the injury. John Vivian was responsible for this. That is to say, he injured himself by wrenching his

back while playing his first game of the day against - Madge! Dear oh dear. It was a foolish moment and so unnecessary, but that was the end of his day of squash, yet left him ample time to get drunk with Marvyn and Colin and to discuss the height difference between the two which worked out to about three metres. Where the hell did Colin come from? Bet he wasn't really there. Probably a lie. Bloody liar.

**No
CHEATING!**
It's the rules!

Next the AGM itself which lasted seven minutes and revealed nothing new but nothing but the truth and no lies. We have to hold this farcical-waste-of-time meeting in order to justify the mix in beforehand and the piss up afterwards, and to demonstrate that we are an official BCB section which takes its position and responsibilities seriously as part of the BCB wider community! What? Never heard such tripe. See the minutes somewhere here if you're even remotely interested.

Next the party, and this used to feature many of the Squashies' WAGS and sprogs willing to join the fun and share in the AGM camaraderie. However, the world has changed and so has the climate, but that has sod all to do with this so why the hell is it even being mentioned? Dunno. Anyway, the females and




kids who used to attend are now either in hospital, imprisoned or dead (is that true?) so attendance has flagged, but about a dozen or so were there - that's enough - to wolf down the free junk food and beer while tapping their feet and swaying gaily to the sounds of tons of screaming kids causing mayhem in the new Silom Sala which apparently some boring, old sods from the Churchill Bar - the very, very, very sad BCB Bar Flies - disapprove of as they are soulless, insipid, miserable and about as useful to the Club as a chocolate teapot! Sod 'em!



Many thanks to all those who attended our lovely AGM event in the lovely new squash arena and lovely new Silom Sala. We loved it, love the new facilities and love the BCB GC for providing them. And that ain't a lie!

Until next year.....

 BCB SQUASH SECTION Minutes of AGM, 09 March, 2019 Meeting opened by Peter Corney at 17:01.	
<i>Present:</i> Loads of people who were there. <i>Apologies:</i> Loads of people who weren't there.	
1	2018 AGM Minutes → Peter Corney The minutes from the 2018 were used to line a cat litter tray six months previously.
2	Chairman's Report → Peter Corney Usual waffle spouted each AGM – another good year, nice bunch of players, blah, blah, blah, blah
3	Captain's Report → Neil Evans We won some and lost some.
4	Treasurer's Report → Bruce Madge 120K plus change. Plenty of cash to spend on junk food and alcohol.
5	Election of Officers → Peter Corney Same old suckers.
6	Any Other Business <ul style="list-style-type: none"> John Vivian mentioned something about Peter doing a sterling job. What about the other committee members who have to clear up his after his errors? Shut up John. Someone ordered more sausage rolls and beer.
Meeting closed at 17:08 Bruce Madge	

TENNIS *Dearest Baseline Bashers of the British Club*



Graham Johnston

Alas, tis all but a memory now but didn't we have a most excellent Club Championship Final's day on April 9th?

It was all we could have asked for and more an 11-hour, hearty feast of hard-fought battles on court with a side dish of friendship, laughter, and slightly alcoholic refreshments.

The Poonevalla sisters lit the touch paper by having the audacity to take the 2nd set in the Ladies Doubles Final in the first match on court Though Raquel & Mooky bounced back to take the deciding set. Straight after Raquers jetted off on yet another holiday while Mooky hung around long enough to complete the 'Dare to Dream Box Set' of victories in the Ladies Doubles, Ladies Singles, & Mixed Doubles. She then also jetted off to some poxy pop concert leaving mum to star in the prizegiving photos ☺.

Another star of the day was young Cheer who took the men's singles against the perpetual bridesmaid Andrei 'Next Year' Ivanov in a bruising baseline battle. He also teamed up with the aforementioned Mookster to dethrone Team Bellingham in the Mixed Doubles.

Match of the Day though was the Men's Doubles Final which featured Dawa & Taimur who had impressed everyone in downing the defending champs in the SF Vs Andrei K & Pam who had also upset the forecasters by defeating former champs in their SF. Andrei & Pam who the first set at a canter but Dawa & Taimur came back to take the second in a tense Tie-break. Dawa & Taimur relaxed momentarily and Pam & Andrei pounced to take an early break and build a lead they weren't to relinquish.

Same time, same place, next year ... I can't wait

2019 British Club Bangkok Tennis Section Club Championships		
Event	Championship Winner	Championship Runner-Up
Men's Singles	Chanon Varapongsittikul	Andrei Ivanov
Ladies Singles	Mooky Sirirapai	Zhara Poonevala
Men's Doubles	Akkasit Tepkasikul & Andrei Kornalov	Taimur Khilji & Dawa Sherpa
Ladies Doubles	Raquel Evans & Mooky Sirirapai	Zhara Poonevala & Rhea Poonevala
Mixed Doubles	Chanon Varapongsittikul & Mooky Sirirapai	Geoff Bellingham & Rebecca Bellingham
Event	Plate Winner	Plate Runner-Up
Men's Singles	Ukyo Murakami	Andrei Kornalov
Ladies Singles	Pin Siriporntanakul	Ann Jackson
Men's Doubles	James Young & Suang Chokephaibulkit	Phairoj Chansevikul & Ukyo Murakami
Ladies Doubles	Corinne De Connick & Wiengntip Chinkosum	Sasaluck Chokephaibulkit & Pin Siriporntanakul
Mixed Doubles	Dawa Sherpa & Pin Siriporntanakul	Graham Johnston & Ann Jackson



2 Cheers for the singles & mixed Champ



Andrei & Pam Seedbusters!



Bridesmaid Ivanov ... Next Year Big Man!

Chronicles of Angelica - Ladies Doubles Interclub

The Ladies Doubles Interclub Competition took place on February 23rd at Muang Thong Thani IMPACT Tennis Academy. The British Club sent a team of 12 ladies to compete in the round robin format against a pool of strong clubs that included Silom Club, Japanese Ladies Club, BIG and RBSC.

The Squad



The ladies faced tough competition throughout the day, but fought hard and were rewarded with several impressive victories. The winning pair of Noi & Chume snatched wins over both Silom Club and RBSC. Against BIG, the experienced pair of Raquel & Nong and a strong new partnership between Nisa & Nat put points on the board for BC.

The British Club ladies finished the day on a very exciting note with a 4-1 victory over RBSC, made possible by wins from Pin & Nisa, Nat & Anje, Noi & Chume and a hard-fought tiebreak victory from Sasaluck & Jeab. Thanks to all the ladies who played



Sweet win V RBSC



Raq & Na



Winning Smiles



Answers on a postcard

and supported, to Graham and Khun Yubharet for the excellent organization, and to Khun Phairoj and Coach Nueng for the court-side strategies and encouragement!

Postcards from ITF Pattaya

Our Elite Trophy Hunters were at it again in the ITF Seniors Senior Tennis Series at Greta Sport Club. K. Phairoj was a winner in the Men's Doubles 55+ while Harold was once again in the prizes in the 65+ & 60+.

Well played gentlemen!



Harold in the prizes again



Phairoj Men's Doubles 55+ Winner



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Doctors recommend exercise, But
What if it does more harm than good?

**Dr Alisara (Amy)
Arirachakaran**

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sports medicine specialist

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Tel. 02-234-0247 ext.26

**Thursday 2nd May, 6pm
@Suriwongse Room
FREE for Members & Guest**

**Introducing functional performance and
sports injury assessments.**

Dr Amy will discuss sports-specific
injuries, their causes, prevention and
treatment options aimed at full recovery
and answer your question

**LUCKY DRAW FOR FREE DEMOS
FREE CANAPÉS & SOFT DRINK
LIMITED SPACES AVAILABLE**



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BANGKOK**

Start:
Friday 3rd May
Finish:
Friday 28th June

FRIDAY

junior tennis coaching



“ 9 WEEKS ”

5-8 YEARS OLD | FRIDAY 4.15PM-5PM

5,000 BAHT

8-12 YEARS OLD | FRIDAY 5PM-6PM

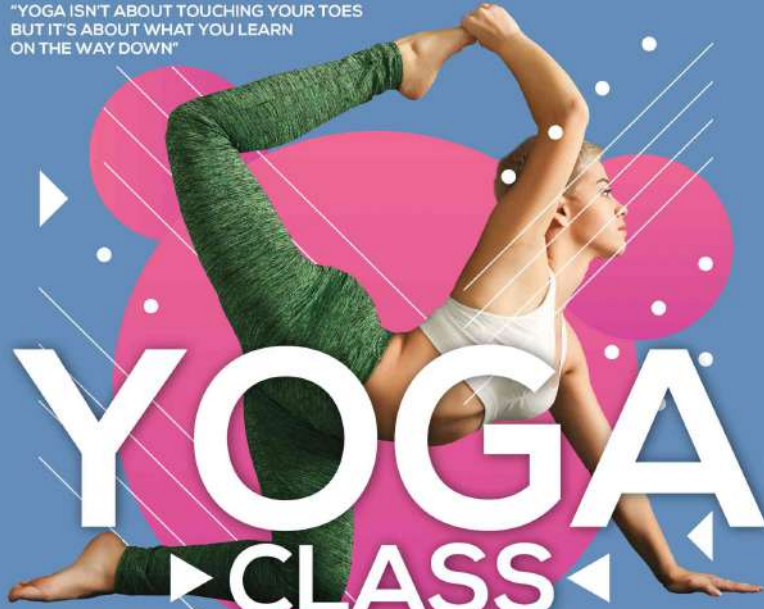
5,500 BAHT

Information/Reservation:
02-324-0247 ext.26
sport@britishclubbangkok.org



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“YOGA ISN'T ABOUT TOUCHING YOUR TOES
BUT IT'S ABOUT WHAT YOU LEARN
ON THE WAY DOWN”



YOGA

CLASS

Members: 200 Baht

Guests: 350 Baht

*Please bring your own mat

Information / Reservation:

02-234-0247

sport@britishclubbangkok.org

STARTS IN MAY

FRIDAY 3RD, 6 PM - 7 PM

@ Suriwongse Room

AND

SATURDAY 4TH, 9 AM - 10 AM

@ Suriwongse Room



Yoga Instructor:
Khun Noon

Yoga is always my passion and I've been on my yoga journey since 2010.
I try various styles of yoga such as Hatha Yoga, Vinyasa yoga, and Power
Yoga. I completed International Hatha Yoga (Advance) Teachers Training.
Certified under Yoga Alliance Asia in 2015.
then I started my yoga career 3 years ago at Kriyoga studio.



1903
THE BRITISH CLUB
BANGKOK

SATURDAY

4, 11, 18, 25 MAY 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 FITNESS CENTRE
OR BY EMAIL: SPORT@BRITISHCLUBBANGKOK.ORG



1903
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BANGKOK

LADIES TENNIS

COACHING



9.00AM-10.30AM

EVERY
WEDNESDAY

750 BAHT

PER CLASS

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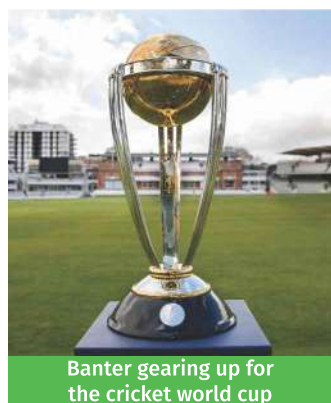
HARDBALLS

British Club finished 5th in the league



Ben Eastwell

Welcome back to everyone after what I hope was an enjoyable Songkran break. The cricket section has taken a well-earned rest (yet the group chat remains as active as ever) after being left licking our wounds following an unfortunate exit from the league, despite victory on the last 3 encounters of the campaign. Battling for fourth place to secure a spot in the play offs, a



Banter gearing up for the cricket world cup

polished team on a winning streak were left biting their nails in anticipation of a result out of their control which didn't end favourably. Whilst the league journey has been concluded amidst countless conversations about team can look forward to

a string of friendlies, the cricket world cup, Saigon tour and Koh Chang's beach cricket tournament.

V TNCC BCL 17th March 2019

(Feature article written by Pramodh K)

It was the business end of the league cricket with BC having to win all the three of their remaining fixtures of the campaign to have a shout at the knock outs, the team was fired up and raring to go. Dale won the toss and opted to bat first with a plot to post a huge total in the morning sun.

With the unavailability of Denzyl and Mossy, two power hitters of the team - a quick shuffle was forced into the batting line up; Sunish and Sunil opened the batting with a plan to lay the platform for the big score. Sunish fell prey to some accurate bowling from TNCC in the 2nd over before Chandan and Sunil tried to endure the pressure from the bowling attack,

however the latter was dismissed for 13 with TNCC threatening to run away with the passage of play. Shri (59) steadied the ship with Chandan (22) stitching together an 80 runs partnership at the break (100-2, 15 overs) setting up for the lower order as the innings reached its conclusion. Dale scored a quick fire 15 before being dismissed which brought Glenn (38) to the middle who ensured BC finished with 179 in the allotted 25overs with his meaty blows.

Having put a big total on the board, now it was down to the BC bowlers to get them off the line with what looked a likely victory. Talal (13-1, 4overs) started the proceedings by picking up their opening batsmen for 0 in the 1st over of the innings. Dilip (24-2, 4overs) provided him able support on the other end before TNCC fought back with a solid partnership of 75 for the third wicket taking advantage of the slower bowlers from BC who did not get any assistance from



Pramodh bags player of match V TNCC

the flat track. At the break (102-2, 15 overs) TNCC looked on course for chasing down what looked like a huge total at the start of the innings. Post break BC captain brought the young pacer Pramodh to stop the run flow - Pramodh

(22-4, 5 overs) with his hostile bowling dried up the runs alongside picking 2wickets in each of his first 2overs. Ed Khan (20-1, 5overs) kept the pressure from other end which ensured the slide for TNCC with none of the batsmen managing to score double figures after the 3rd wicket. The tail was expected to score an impossible 27runs of the last over by Dilip, who

conceded only 4 runs and another wicket to handle the well-deserved victory for BC and keep their chances in the league alive before the penultimate game.



Fastest ever win V Indorama

V Indorama BCL 24th March 2019

An early rise on Sunday was required as BC were summoned to Thai polo in Pattaya for the clash against Indorama. Ben was forced to step up after the captain was unavailable for the encounter – tested in the field first after the opponents won the toss.

A vicious opening spell from Talal (5 overs, 2-20) and Dilip (5 overs, 5-17) opened the floodgates early, who by the time their spell finished had snared 7 wickets as BC turned the screw. Denzyl kept the foot on Indorama's throat and assisted to wrap up the tail to leave the batting side stunned and all out for 50 in the 14th over before BC chipped off the low score



Dilip swings a 5-for during crushing win V Indorama

with 9 wickets and 16 overs to spare. After Dilip picked up a deserved award for his five-for, the hours left over were spent discussing the match over a few cold cans and celebrating the upheaval of the 'chairman's curse', after he'd convinced himself that his presence at matches was hindering BC's performance.

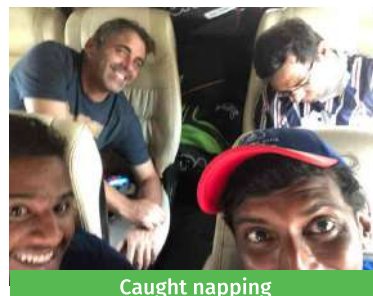
V Kerala BCL 31st March 2019

British Club were treated to a grass wicket during what would be their final league match at Thailand's national cricket ground on the last day of March. The match strategy to stay out until 3am that same morning wildly contrasted a well-drilled Kerala Strikers who were doing laps of the field as BC dragged themselves to the pavilion. Put into bat first, Sunil (48) and Denzyl (14) set up a solid 50 opening stand which Mossy built on with a commanding 53 runs off of only 30 balls. A quick cameo from Dale in the last contributed 21 to the total of 175 after 25 overs as BC looked to defend their chance to vault the opponents in the league table.



Mossy awarded V Kerala

Dilip (3 overs, 2-17) and Patrick (3 overs, 1-17) struck early in reply to set the wheels in motion as BC steadily plucked away at the opposition as Sunil and Patrick both snared some important chances. Sunish (5 overs, 3-29) took advantage of a turning track early on to continue the flow before Pramodh (5 overs, 2-16) slashed Kerala's chances of a comeback after



Caught napping

removing their only established batsman remaining during a closing spell with Denzyl (2.3 overs, 1-17) as BC bowled out the opponents to win by 38 runs.

BCGS GOLFING NEWS

March Medal Royal Golf & Country Club, Lat Krabang New Equipment & The Power of Positive Thinking

Congratulations to Robert Gray (winner of Flight A) and Martin Webber (winner of Flight B) for emerging as winners of the March monthly medal.

Robert was sporting a new driver which kept him long and straight off the tee carding a net 71 and winning on count-back from Mark Adderley with Varghese Rose taking third place. Robert secured an additional prize on the day snagging the longest drive – further evidence of the benefits of his new equipment. Let's see how long the honeymoon lasts with the driver;

Having contended with 2 balls lost in the water and walking off with an 'snowman' 8 on the 1st hole (a par 4) Martin Weber demonstrated impressive mental fortitude to run out the winner of Flight B. Recovering superbly from the first hole blip he went on to card a net 71 with a mightily impressive back 9 of 40 shots. The power of positive thinking. Well played, Martin.

Runners up in flight B were Peter Gale and Karen Carter with a net 73 and a net 78 respectively.



Robert Gray winner of Flight A.
Robert (red shirt) receiving his prize from
Captain-for-the-day Peter Gale.



Congratulations,
Martin Webber winner of Flight B.

Three Day Eclectic Sir James Resort, Khao Yai

This year's three day Eclectic competition was held at the Sir James Resort in Khao Yai. Everyone was in trepidation of not making it to the third day due to the usual high April temperatures but luckily a few rain showers and a stiff breeze kept it cool.

The leader board kept changing over the weekend but finally Barry Ashman persevered and won with a net 62. Well played! Runner up was Alan Ainsworth with a net 65. John Bell came third with a net 66. Randall Coleman proved that practice does pay by winning the low gross bottle of wine with a score of 69.

Day prizes went to Bryan Dodd, Roy Barrett and Martin Weber.

Everyone joined in the social side of the weekend enjoying delicious meals at Sir James and PB Winery. Chris Brader proved that he was better at pool than golf by creaming the opposition.

Karen Carter ensured that her golfing neighbors were going to be exhausted as her on Sunday by getting up at 4.00am to run in the Muak Lek Mini Marathon, which started outside the hotel front door.



Day Winner,
Bryan Dodd

Eclectic Net Winner
Barry Ashman

Day Winner,
Bryan Dodd

Runner Up,
Alan Ainsworth

Karen's new running buddy

The Sweet Taste of Victory!

BCGS vs The Londoners

The annual match against the Londoners was held at Subhaprueck Golf course on the 10th March. This was a pairs match play competition played over 18 holes.

There was a total of 4 points available -1 point available for the front 9 win and 1 point for the back 9 win plus 2 points for the overall win.

The competition was tight with a 21 to 19 point win for the British Club. Undefeated husband and wife pair Vicky and Chris Brader had the biggest winning margin whilst Frank Fawkes sank a very long putt to avoid defeat.

The Londoners were entertained back at the British Club with a delicious roast buffet. The evening ended with the presentation of the Emirates Cup to the winning team.

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.



The Braders – Our Best Performing Pair By Far



The Winning British Club Team



The Captains Face Off (Frank Fawkes & Peter Gale for the BCGS)



Sunday best from Graham Johnston



1903

THE BRITISH CLUB
BANGKOK

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M: 08 7081 7888
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Membership Plus Partner - Refer to page 12

Accounts Office 9am - 6pm Mon-Fri. Closed Sat-Sun

Poolside Bar 6:15am - 11pm Last food order 9:30pm

Family Room 10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 6am - 11pm

Games Room 10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 6am - 11pm

Interactive Room 10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 6am - 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

OFFICIAL OPENING TIMES



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'.

Of course 'Running' is a sailing term meaning sailing with the wind directly behind; however, we see it as more than this. Beyond its spectacular location, stunning clubhouse, excellent restaurant, bar and accommodation facilities and internationally recognized instructors, Royal Varuna Club membership offers more...more intangible benefits like watching the children running and frolicking at waters edge, or perhaps running through absolutely nothing in your mind as you release the clutches of the city far behind.

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