

## 93RD CELEBRATION QUEEN'S BIRTHDAY



SATURDAY 8TH JUNE 2019 FRONT LAWN, 3PM - 6PM

### FREE ADMISSION

Kids Game | Arts & Crafts | Pinata Food | BBQ | Full Bar | Desserts



THE BRITISH CLUB



### Apply now for KIS scholarships

At KIS International School in Bangkok, Thailand all students can shine. The midsize, caring community allows KIS students to be confident and to be appreciated as an individual, with unique dreams and strengths.

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Students who win KIS scholarships achieve great IB Diploma results and go to excellent universities.













### **THANYAPURA** SPORTS SUMMER CAMP 2019



### **SCHEDULE & PRICES**

		to the second of
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 30,000 / person	1 week: <b>THB 28,800</b> / person 2 weeks: <b>THB 54,400</b> / person 3 weeks: <b>THB 78,000</b> / 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 – 1 <i>7</i> years old	Kids separated by skills
swim 🚣	10 – 17 years old	10×100m 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

### THANYAPURA HEALTH & SPORTS RESORT

www.thanyapura.com

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+66 7633 6000 reservations@thanyapura.com











#### **GENERAL COMMITTEE**

#### Chairman

Jack Dunford MBE chairman@britishclubbangkok.org

#### Vice Chairman

Geoff Banks

vicechairman@britishclubbangkok.org

#### **Honorary Secretary**

Paul Cheesman

honorary.secretary@britishclubbangkok.org

#### **Honorary Treasurer**

James Crossley-Smith

#### **General Committee**

Nick Annetts, Brian Brook, Mark Buchanon, Nathan Thomas, James Short, Chris Watt gc@britishclubbangkok.org

#### **SENIOR MANAGEMENT**

#### General Manager

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### **Deputy General Manager**

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#### THE BRITISH CLUB BANGKOK

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### Front Cover

HM Queen Elizabeth II's Official Birthday is celebrated in the United Kingdom this year on Saturday 8 June.

### From the Editor

This month we have a lot happening with the Queen's Birthday celebrations, UK Father's along with our regular activities.

Last month's Club's 116th Birthday has been forgotten and will feature in next month's issue.

Cheers





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 No part of this publication may be reproduced without the permission of the Publisher.

### MESSAGE FROM THE CHAIRMAN

Jack Dunford

he blistering heat has at last given way to thunder storms We are moving into the quieter half of the year and we can only hope that the rainy season will give us more breaks than last year.

April showed a small operating deficit but the financial results for the first 5 months of the Financial Year are still looking very good. Total revenue is up 17% on last year and our operating surplus is up 49%. Membership increased again for the 7th consecutive month in April hitting 1,171, 66 higher than this time last year.

**Silom Entrance:** The new Silom Road Entrance Gate opened on 24th April and so far is working very smoothly. Its main function of course is to provide proper control over everyone entering the Club, allowing immediate access for fully paid-up Members



whilst politely processing visitors before they enter. It also incorporates the Guard House and Duty Manager's desk to improve security.

In the past it was always problematic getting Members to show their cards in the Soi, but this is vital for effective control and response at the new gate has been fantastic with almost everyone having their cards at the ready. A big thank you to everyone for cooperating.

Initially all Member services were also relocated to the gate, but this proved inconvenient. The Clubhouse desk has now been reinstated for Members with queries or wanting to make payments and bookings etc.

We are still finalising the new Club Management software specification but before the end of they year we hope to have new Membership cards that will allow automatic entry by tapping the pad at the gate.

Pizza/BBQ Station: The new Pizza/ BBQ station is already becoming popular and the automated louvered roof and side blinds will be installed the first week of June. More observant Members may have noticed that the Silom Wing lighting has been considerably enhanced thanks to some simple adjustments suggested by Member Ben Eastwell.

This now a very attractive evening venue and the first poolside pizza birthday party proved a great success. I am not normally a pizza fan, but our new chef Khun Aey was trained in Australia and is producing some pretty special offerings ... magic mushroom is definitely my favourite! I can see a demand soon for home delivery.

**Kiddie's Pool:** We have now added steps in the kiddie's pool for those who found the sides a little high for clambering in and out. We are currently experimenting

### Reportings



with extra umbrellas and fans to address some of the shade issues.

Backgammon: Geoff Banks, the Club Vice Chairman has for some time been itching to set up a Backgammon Section and was in seventh heaven when introduced to Country Member, Julian Minwalla (M580) in the Churchill Bar one night and discovered he is a UK Open Backgammon Champion. Julian was only passing through Bangkok but a demonstration evening was hastily convened. It was at much too short notice for most Members, and the three of us who turned up were there more by accident than by design. But what a fun evening ... all of us had played a bit some years ago, me with my kids when they were growing up, but none of us remembered much.

Julian was a most gracious tutor, briefly explaining the game's 5,000-year history, reminding us of the rules that are really quite simple, but then illustrating the tactics, which is where the clever stuff comes in. Geoff and Julian played a demonstration match, Geoff proving to us all that luck really is an important part of



the game by 'winning'. Backgammon is great game ... there are now boards behind the counters around the Club and Geoff is keen to build up a group of regular players. Watch out for his poster.

**Signage:** I have mentioned previously that we are reviewing signage in the Club with a view to rationalising and standardising them. The first step has been to complete an inventory of all existing signs before deciding which ones are redundant and to identify any new ones that are needed. It came as a bit of a surprise to find out that we currently have almost 400 signs throughout the premises!

War Memorial: We have just finalised the budget for the War Memorial installation and concluded negotiations for funding with the FCO. Contracts will be signed in the coming days and by the time you read this, work should be about to start or already underway.

**General Committee:** Alison Loftin had unfortunately resigned from the General Committee and Jim Short had been co-opted to fill the vacancy. Jim is an IT expert and his skills will be invaluable as we commission and rollout the new Club software. Thank you Alison, welcome on board Jim.

**Arnaud Dubus:** We were saddened by the death of Member Arnaud Dubus this month. Arnaud was a lovely, gentle person and we offer our condolences to his friends and family. There is an obituary later in this magazine. Rest in Peace Arnaud.



According to HMRC, last year UK inheritance tax (IHT) receipts increased by 44.4% to a record £5.4bn – a significant jump and an important source of revenue to HMRC. It's not a subject we like to dwell on, but to mitigate the impact for your family, effective IHT planning is critical.

### **UK Inheritance Tax** is charged as follows:

- On your estate following your death
- On any gifts you make to individuals in the last seven years of your lifetime
- On any gifts to some types of Trust through your lifetime

Everyone is entitled to make a number of gifts tax free within what is known as the Nil Rate Band. Above this UK IHT is charged at a flat rate. Under the UK Government's current plans, the rate is nil on the first £325,000 until 2020/21; any excess above this is taxed at 40%.

### Main Residence Nil Rate Band

Gifts to direct descendants (including step/adopted/foster children) can benefit from an additional exemption on death. The value of a property which has at some point been your private residence can support a claim to this relief: it must be a property you have lived in – properties that have been let will not qualify.

The maximum extra allowance is £150,000 per spouse for this tax year, £175,000 for the next tax year, and expected to increase in line with the Consumer Price Index thereafter. If an estate value exceeds £2 million (net of debts but before reliefs/exemptions), every £2 over that threshold will lead to a reduction in relief of £1.

### **Domicile**

For British expatriates, the key question is your domicile status, as this drives the extent of your UK IHT liabilities. Determining this and taking action in light of it is hugely important. If you are domiciled in England, Wales, Scotland or Northern Ireland, IHT applies to your global assets. If you are domiciled elsewhere than the UK, IHT is only charged on assets held in the UK.

Note that long-term UK absence does not necessarily mean a Domicile of Choice has been acquired somewhere else. A domicile of choice would mean permanent intention to remain in another country.

For a married couple with different domiciles, restrictions

apply when transferring UK assets to a non-UK domiciled spouse. It can be possible to overcome this with an election in lifetime or on the death of the UK domiciled spouse for the non-UK spouse to adopt a UK Domicile. However, take care to understand if this will be most effective outcome in the overall Inheritance Tax planning.

### **Planning Techniques**

Acquiring a Domicile of Choice can be e ective if one#,s assets are either HT exempt or not UK-based. As an example, Authorised UK Collective nvestments are HT Exempt for non-Domiciled individuals.

With your Domicile status established, you have several mitigation techniques for mitigating HT:

### **Outright Gifting**

Some gifts are automatically free of HT through annual exemptions:

- Up to £3,000 per donor
- No more than £250 each to any number of people
- Gifts on marriage up to £5,000 (as a parent)

Others are free of HT if they are:

- Gifts that form a regular spending pattern from your income
- Gifts for the maintenance of your family
- Gifts to a UK spouse or civil partner
- Gifts to charities registered in the UK or most European states

t is also possible to make gifts during your lifetime free of UK HT, as long as you live for at least seven years after. Most lifetime transfers are #'Potentially Exempt Transfers#( (PETs) ## they have the potential to be free of HT after seven years.

No HT is payable on PETs at the time that the gift is made, but should the donor die within seven years, the PET becomes a chargeable transfer at the date the gift was made and is then part of their estate HT calculation.

### Gifting capital to certain Trusts

- Gift & Loan Trust (HT-free future nvestment Growth)
- Discounted Gift Trust (immediate HT liability
- reduction)
   Excluded Property Trust (for non-Domiciled individuals going to live in the UK)

### Short-term (two-year) IHT planning methods:

- Furnished Holiday Lettings (strict criteria, Business
- Property Relief ## BPR)
- Woodlands/Farmland nvestments (Agricultural Property Relief ## APR)
- A M structured portfolios (Business Property Relief ## BPR)
- Alternative investments which achieve BPR

### A Life Assurance Policy written in Trust

This does not mitigate HT; instead it provides a capital sum outside your estate to pay the estimated HT bill on death. As it is life coverage and health-related, some tax considerations exist.

HT is a complex matter and it is wise to seek professional advice to help with your tax planning.



Martin Wright
Senior Financial Planner
The Fry Group (Singapore)

The Fry Group o er a holistic #Inancial planning service ## guiding on investments, UK tax planning and mitigation and retirement planning as well as wills, trusts and estate planning. We are a British #Irm that specialises in helping British Expatriates. What makes us di erent is how we work with our clients. We build long-term relationships based upon trust and transparency. Our advisers are experts, they're focused on understanding client's individual needs and simplifying all aspects of #Inancial planning.

### The Fry Group (Singapore)

6 Battery Road #16-04/05 Singapore 049909 For more information please tcatnoc (65) 6225 0825 ro advice@thefrygroup.sg

## **TEE TALK** WORDS FROM THE DGM

Tee Bale

n to the summer months we go with a fantastic line up of events and promotions for all the members to enjoy. Ones to lookout for will be the British Queens birthday when she celebrates her 93rd year, our brand-new weekly board game night hosted by More Than A Game, UK Father's Day celebrations in the veranda and not forgetting the Cricket world cup all month long shown live in the 1910 sports bar.

We have had a great time launching our new BBQ and Pizza station last month and many of you will have tried our new Italian crust pizzas by now, they are simply delicious and if you haven't tried then order one at the weekend you won't be disappointed, these freshly made crusts are complimented by our Italian pizza oven which cooks them to perfection. We also have our brand-new BBQ unit installed poolside, a big thank you to the Aussie BBQ shop for supplying a fantastic unit that's perfect for anything that goes on a BBQ, pork chops, steaks and ribs, they are all available Friday to Sunday at the poolside.

Our new membership manager Khun Ammy has recently joined the team, she comes with a great deal of experience and is already settling nicely to the team, she is based at the new Silom Wing entrance so be sure to say Hi on your way in.

We are always listening and looking to improve our services at the club and have just recently installed the new safety steps into the kiddie's pool, these are a great new addition to the Silom wing allowing you to enter and exit the pool more smoothly.

The start of our new merchandise range has final started to arrive, you can now choose from four different coloured polo shirts and our new British Club coffee mug, you can find these at the Silom Wing entrance and the Suriwongse Sala display cases, much more to follow.





### **BBQ Meals**



BBQ, pork chops, steaks and ribs, they are all available Friday to Sunday at the poolside.



**Khun Ammy** 

### F&B MORSELS by our **NEW CHEF**



t was so great to see everyone enjoying our food on the club's birthday ... 116 years is quite a milestone. Someone thanked me for what our kitchens do on a daily basis and we very much appreciated those words. We are proud of what we do in the kitchens but know it comes with a big responsibility.

We are planning to further develop the food we offer, moving it to another level ... healthy food is not just a trend but a lifestyle. We want to support all our members whether it be those I see exercising in the gym in order to remain healthy and in good shape or

those who just chill out next to the pool. Our aim is to be able to support you all with healthy food.

We will be using ingredients like quinoa, couscous into our recipes and also introducing healthy fats like avocado, coconut milk and plant-based ingredients. Our aim is to provide variety and fun to the dishes we offer. I hope all members will like and enjoy our new direction.

We are also introducing a Rustic Napolitano style pizza at the new Pizza & BBQ station which is next to the main pool. This will be open every weekend so you can enjoy our crusty but tender pizza which will go very well with beers, wine or any spirits.

For me it has been amazing first part of the year with good vibes at British Club and I will try hard to impress you for the rest of the year with our food.

I hope all of you can find your favourite spot to enjoy your favourite food.

Hoping to see you every day.





## UK FATHER'S DAY FESTIVAL



SUN 16TH JUNE 2019

@VERANDAH, 11AM -3PM

ADULTS 595.- CHILD 350.- (LESS THAN 10 YEARS)

Complimentary glass of house wine for each Father having Brunch

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



THE BRITISH CLUB

## **HEALTH** Abdominal Fat and Biomechanics

Personal Trainer, Wellness Coach Accredited Rehab Master Trainer

ost people are aware to some degree of the negative effects obesity has on our health. Let's be clear – being aware of the effects, and being willing, or having the knowledge to do something about those effects are two very different things – as most of us know!

So aside from the impact of excess body fat on our health, (severe impairment of organ function, endocrine disruptions (hormone stuff), increased diabetes risks, contributing to heart, lung and stroke complications, asthma and obstructive sleep apnea being a few on the list) excess body fat, particularly excess abdominal fat, can very directly affect your body's weight distribution and biomechanics.

Most of us who have passed the classic half way mark in the human beings natural average life cycle understand that life is short. (For those of you who haven't yet – beware – its coming fast!)

That latter half of our lives suddenly seems to shorten at an exponential rate when age related issues start to appear. And this can be scary. However – obesity is not a natural age related issue. Yes we do lose a certain percentage of muscle tone and bone density as we age if we do not work to maintain it (hence a lowering of metabolism) – yes it is harder to maintain than when we were in our 20s – but it is *not* impossible and we have a responsibility to act wisely with these bodies we have been given to live in.

The management of your health and wellbeing is a big subject – a little too big to fit into one article, so for

WEIGHT GAIN BACK STRAIN



this issue, let's start where most of us already are as we read this – sitting. For those of you who I have already had the privilege of working with, you will know that awareness of your posture, the way you walk and stand and move is key. Those of you who have seen me perched atop towels on the seats in the café will now know why...

The shape and softness of modern style seating furniture makes it impossible to sit on them without rolling the pelvis fully backwards, forcing an extremely bad sitting posture —and adverse musculoskeletal changes by altering the biomechanics of sitting. Along with the process of musculoskeletal change, the PROCESS OF FAT FORMATION also happens.

Postural changes cause musculoskeletal changes. Adverse musculoskeletal changes produce further adverse postural changes. In a sitting position, excessive fat mass in the abdominal region is caused by excessive static mechanical stimulations induced by the weight of the upper part of the body.

Totally aside from our organs being compressed and unhappy, our lungs also struggle with the decreased functionality caused by excess abdominal fat coupled with long periods of sitting. Our body is starved of oxygen (rather essential to life) and things just become so much harder.

None of this is permanent – it can all be changed by you. Come and see us at the Fitness Centre and we can start you off in the right direction.

### MENTION THIS ARTICLE AND RECEIVE A FREE SESSION.

(How easy is that to get you started!)
Email at <a href="mailto:sandy@bangkokstormtraining.com">sandy@bangkokstormtraining.com</a> or pop in and see me at the Fitness Centre.

## A WORLD OF OPPORTUNITY

We inspire children to discover their passions and interests by exposing them to experiences in and beyond the classroom. Dance and Drama is one five specialised academies that nurture such passions by honing skills and practices to enable students to achieve their best and promote lifelong enjoyment of the discipline.





Bangkok Patana School

The British International School in Thailand Established 1957 admissions@patana.ac.th Tel: +66 (0) 2785 2200 www.patana.ac.th

## OBITUARY Arnaud Dubus 1963-2019

On Monday 29 April 2019 we lost our close and much loved friend, Arnaud Dubus.



rnaud had been based in Thailand since 1989 as a journalist working for Radio France Internationale, Liberation newspaper, Le Temps, and TV 5 covering news and providing in-depth analysis of Thailand and the region. He also worked as a freelance writer and contributor for various international newspapers and publications, provided on the ground guidance and support for international TV and film crews working in Thailand and was the author of several books on Southeast Asia. Most recently Arnaud was employed as deputy information officer at the French embassy in Bangkok.

Those of us lucky enough to have known Arnaud were struck by his passion and intelligence as a journalist, as well as his thoughtfulness, kindness, generosity and humour. He was a gentle and modest man, exceptionally knowledgeable and well informed about Thailand and South East Asia. His grasp of regional politics, cultures, and religions made him a much respected and sought after commentator and his tragic death at only 56 is a shocking and sad loss for us all.

We share the grief of his family and loved ones and our thoughts and prayers go out to Nou, Luuk Pla, Poppy and Arnaud's family in France at this sad and difficult time. **RIP** 





Professional Coaching & Psychotherapy (Bangkok)



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



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



Mr Nikorn Chimkong Program Manager MBA Ramkamhaeng University



**Mr Wichai Lahoi**Office Manager
Certificate of Hospitality

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

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

### Life Coaching and Counselling

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

### **Employee Assistance Programs**

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

### Couples Coaching and Counselling

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

### **Leadership Coaching**

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





# RECIPROCAL CLUBS Automobile Club de France, Paris. Visited by Dr. Paul Doust end of January 2019

ounded in 1895, just before its equivalent in London, it's quite a modern private member's club with very elegant rooms right in the centre of Paris. Its facilities include two bars, a fine dining restaurant, gym facilities, and also a roof terrace. Reciprocal members get charged for gym use. Only men can join the club, but women are allowed in as guests. The gym facilities include a swimming pool and a fencing room, although women are not allowed in those areas because the open plan area next to swimming pool is effectively the male locker room. Jacket and tie required.





The British Club Bangkok is delighted to have a network of 403 of the world's most prestigious Members' Club, spread across 56 countries worldwide. Please ask Reception for a Letter of Introduction ahead of any visit with the dates of your intended visit.

### KIDS COMEDY SHOW Scottish Comedian Chris Henry

(1) It's not often a comedian can do adult and kids show, but Sunday April 28th we had just that with an incredible performance by Scottish comedian Chris Henry and his Balloonatics show. With tickets from just 450 Baht, the atmosphere was buzzing shortly before Chris took the stage. Dressed in his Balloonatics' army outfit, the show started was Chris' voice, but his mouth wasn't moving! Instead he had a pre-recorded intro to get the show going and then when it really began, boy did the laughs come! Chris Henry has miraculously managed to make a show that not only means non-stop laughs for kids but for adults too, no mean feat. It's obvious that Chris is an

exceptional stand-up comedian (hopefully he will play an adult show in the future) but a pretty gifted balloon artist and all-round entertainer (he started out at Butlins). Will balloons and jokes aplenty, and kids on stage, somehow, he managed to keep everything in control in the manic chaos that he started. All cumulating into adults on stage as Teenage Mutant Ninja Turtles, that's right, even the adults that the kids brought along had a chance to get on stage! Clubhouse Comedy returns with more comedy presented by The Comedy Club Bangkok May 8th with Irish comedian Danny O'Brien and special guests. But for that one leave the kids at home. ??



## Songkran 2019 at the Club

wet and wild Songkran was celebrated at the club with the kids enjoying the slippery, soapy slide and well as the opportunity to spray wet at each other with some of the parents joining in as well. It was also a safe haven from out on the streets chilly out with the family and feasting on both Thai and Western food from the BBQ.



### **SUN**



4,000 BAHT/PER 10 LESSONS

### MON



### TUE



THE BRITISH CLUB



Kids Cricket 8am-11am Book first! **Swimming Lessons** 

9am-12pm Sunday Brunch 11.30am-3pm

**Open Bridge** 2pm Silom Room **BWG Mahjong** 10am-1pm

> **Tennis Mixed Doubles Team Practice** 7pm-9pm

**Bangkok Gentlemen Spoofers** 8pm

**Football** 7pm-9pm



**DIES TENNIS** 



Kids Cricket 8am-11am Book first!

**Swimming Lessons** 9am-12pm

**Sunday Brunch** 11.30am-3pm 🗶

2pm Silom Room

Tennis Mix-In 4pm-7pm

**BWG Mahjong** 10am-1pm

**Tennis Mixed Doubles Team Practice** 7pm-9pm

**Bangkok Gentlemen Spoofers** 8pm

**Football** 7pm-9pm



**UK FATHER'S** DAY FESTIVAL SUN 16TH JUNE 2019 @VERANDAH, 11AM -3PM

Kids Cricket 8am-11am Book first!

**Swimming Lessons** 9am-12pm

**UK Father's Day** 11.30am-3pm

Open Bridge 2pm Silom Room

Tennis Mix-In 4pm - 7pm

**BWG Mahjong** 10am-1pm

**Tennis Mixed Doubles Team Practice** 7pm-9pm

**Bangkok Gentlemen Spoofers** 8pm

**Quiz Night** 7.15pm The Verandah

**Football** 7pm-9pm



**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



**Practice** 7pm-9pm

10am-1pm

**BWG Mahjong Tennis Mixed Doubles Team** 

甲

**Bangkok Gentlemen Spoofers** 8pm

Football 7pm-9pm



### HAPPENINGS

### **WED**







### SAT

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

**Ladies Tennis** Coaching 9.30am-10.30am

Tennis Mix-In 6pm-10pm

**Balut** 6-8pm

Paella Dinner Only

Squash Mix-In 🤉 4.30pm-7.30pm 💃

**BAMBI** 9.30-11.30am **Junior Tennis** 

4pm-6pm **Kid's Movie Night** 6pm

**Tennis Mix-In** 6pm-10pm

**Swimming Lessons** 9am-12pm

Squash Mix-In 9 2.15pm-6pm

Squash Coaching with K Ruegrit 🖍

Queen's Birthday Celebrations 3-6pm

12

**Ladies Tennis** Coaching 9.30am-10.30am

Tennis Mix-In 6pm-10pm

**Balut** 6pm-8pm

**Paella** Dinner Only

Squash Mix-In 🦞 4.30pm-7.30pm 🛣



**BAMBI** 9.30-11.30am

> **Junior Tennis** 4pm-6pm

**Kid's Movie Night** 6pm

**Tennis Mix-In** 6pm-10pm

**Swimming Lessons** 9am-12pm **~** 

Squash Mix-In ? 2.15pm-6pm

Squash Coaching with K Ruegrit 🖍

**Ladies Tennis** Coaching 9.30am-10.30am

Tennis Mix-In 6pm-10pm

**Balut** 6pm-8pm

**Paella** Dinner Only

Squash Mix-In 2 4.30pm-7.30pm **3**.



**Junior Tennis** 4pm-6pm

> **Kid's Movie Night** 6pm

**Tennis Mix-In** 6pm-10pm



Bicycle/Boat Tour refer to page 24

**Swimming Lessons** 9am-12pm **Æ**.

Squash Mix-In 9 2.15pm-6pm

Squash Coaching with K Ruegrit 🖍

**Ladies Tennis** Coaching 9.30am-10.30am

Tennis Mix-In 6pm-10pm

6pm-8pm

**Balut** 

X

Dinner Only

Squash Mix-In 4.30pm-7.30pm 💃



**Junior Tennis** 4pm-6pm

> **Kid's Movie Night** 6pm

Tennis Mix-In 6pm-10pm

**Wine Tasting** 6pm-9pm



**Swimming Lessons** 9am-12pm ~**~** 

> Squash Mix-In ? 2.15pm-6pm

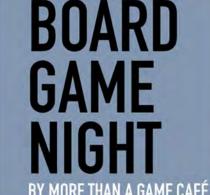
Squash Coaching with K Ruegrit 🧘

















5"JUN 19 WED 6 - 8 PM

AGE 8 - 99 BOARD GAME MASTER **AVAILABLE FREE OF CHARGE** 



RSVP at Reception or email: events@britishclubbangkok.org





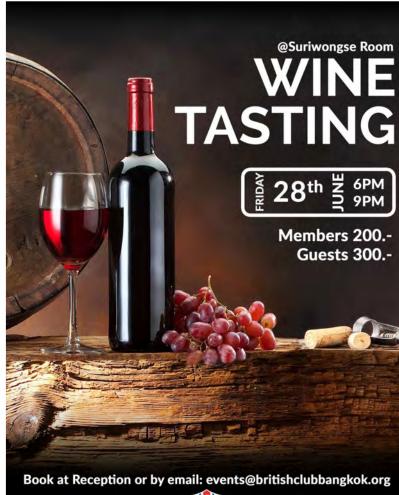
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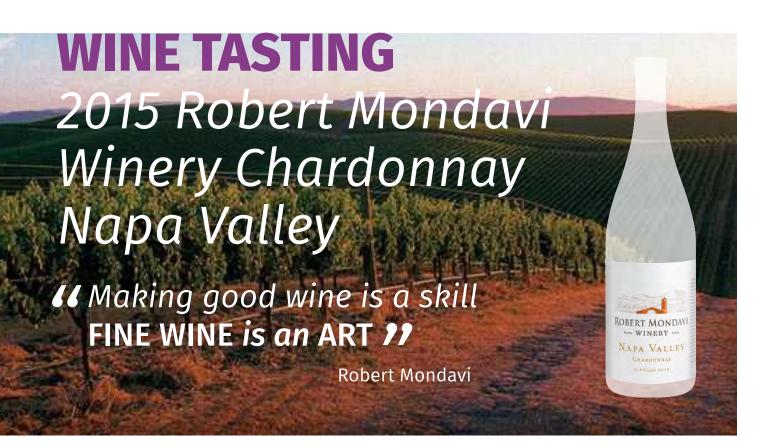
OFFERED BY OUR BLIND PROFESSIONALS. LOOK FOR THE SIGN NEAR SILOM ROAD GATE

FRIDAY - WEDNESDAY | 10AM - 6PM THB 250/HOURS

BOOK AT THE FITNESS CENTRE ON +66 (0) 2234 0247 EXT.26 OR BY EMAIL: SPORT@BRITISHCLUBBANGKOK.ORG







aving once again missed the club wine tasting, I decided to try a Californian Chardonnay having not had one in many years. Looking through the club's wine list online I spotted one, Robert Mondavi Winery Napa Valley Chardonnay.

Upon checking with the club, I was informed it was out of stock. Still keen to try this wine I checked out the wine section while shopping and was pleasantly surprised to find a bottle. Better still it was in the wine fridge which meant we could have it with our dinner that evening.

Tasting it that evening I wasn't disappointed, juicy pineapple and ripe pear fruits with toasted hazelnut flavours, such a rich textured wine. It had a creaminess and a refreshing acidity which carried the fruity, toasty flavours giving it a deliciously rich finish.

To sum up, it fit the tone of the evening with meat and cheese with a light, crisp and fruity. Make sure you serve it chilled.

Now for the technical Info.

Vintage 2015

Grape Blend: Chardonnay

Region: Napa Valley, California, USA

Fermentation: 70% of the juice in French oak barrels 16% new and the balance in stainless-

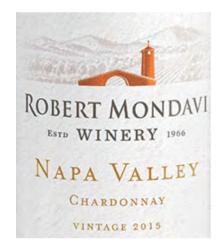
steel tanks

Aging: 9 months

Bottled: November 2016 Residual Sugar: 0.57 g/L Alcohol Content: 14.5%

Acid: 5.7 g/L pH: 3.47

Cheers



### 5 HOURS COMBO BICYCLE/BOAT TOUR

### SATURDAY 22<sup>ND</sup> JUNE 2019

- 7.00 am Meet up at the Club
- 7:15 am Start tour: Explore Chinatown, cycle through backstreets, passing by markets and local Buddhist Temples
- 8:15 am Cross the Chao Phraya River
   by ferry to Thonburi, third capital of Thailand
- 8:45 am Take a 30 minute long-tail boat ride through local canals. Take a glimpse into the life of people living along the canal and a mix of new and old Thai architecture
- 9:15 am Disembark from the long-tail boat, continue your bicycle exploration through lush green plantations
- 11:15 am Stop for a local meal in a rural area
- 12:15 am Take another long-tail boat ride through the canals that will bring you back to the city
- Approx 12:00 pm Tour ends

Only 2,050.-

Book in Fitness Centre or by email: sport@britishclubbangkok.org

### **TOUR INCLUDES**

- EXPERIENCED LOCAL GUIDES
- MOUNTAIN BIKE OR STANDARD CITY BIKE
- CHILD/ADULT HELMETS (IF DESIRED)
- REFRESHING DRINKS EN ROUTE
- FERRY RIVER CROSSING
- LONG-TAIL BOAT RIDES



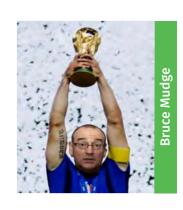


1906 THE BRITISH CLUB BANGEOR

### Wine Tasting the Event



## BCB FANTASY FOOTBALL It is over!





ohn Drew is our BCB Fantasy Football Manager Champion Gold Medal Winner Best One World Champ for season 2018-19. Well done John! Paul



Harland, Kevin R, Carlos and Peter Gale all came close so well played to those managers as well. John claims being retired - he means no longer employable - enabled him the time to really focus on not ballsing it up by changing his

team every five minutes as some of the more useless managers did. Such shrewd management skills there. He could oversee Brexit or the US - China trade war at this rate. Perhaps he could even solve Thailand's political woes or is that a stretch too far? Anyway, he wins nothing for his stunningly sterling efforts save for the deep, profound, and even deeper and more profound than that, hugely collosal self-satisfaction and internal pride of winning. Way more valuable than



a cheap trophy and a free drink which is all we could afford if we wanted to hand anything out and frankly we don't!

When your team is crap and you have made all the wrong decisions FF is awful, but sometimes it's rewarding and it certainly adds some spice to the real game so is worth all the pain, and overall it's just a bit of fun. Many thanks to all the BCB managers for competing gaily and gamely until the end. Perhaps, we'll all get together in the Churchill Bar one day to swap tactics and other nonsense. However, we probably won't, but many, many thanks again for taking part and making it worthwhile. Cheers!



Man City are real EPL Champs while Liverpool blew it because they couldn't beat Man City. Never mind. By the time you read this they may have won the Champions League. Or Spurs will have. At least the Liverpool team featured FF's highest scoring player in Mo Salah. Is Klopp aware of this achievement? He

should know. Man U were awful towards the end, even beaten at home by an already relegated team - Cardiff - on the final day. Pathetic, but hardly surprising as



### **Sports**





their team included the two biggest wastes of money in the EPL of Pogba and Sanchez. And it looks like they will be wasting a load more cash when they sack clueless Solskjaer about a month into next season. Dear oh dear. Such wastefulness. Why don't they just give all those millions away to more deserving folks like us FF managers in Bangkok? If they did, we could buy John a cup. A cup of tea. Or coffee. And some sandwiches for all the runners up. That would be nice.

Until next season.....



Menu 🗮

### **BCB** League

Select p			
Overd			- 4
Rank	Team & Manager	GW	TOT
1	Víctor Moses Basket john drew	61	2255
2	Bangkok XI Paul Harland	62	2208
3	The Special Ones Kevin R	41	2182
4 4	Spanish Armada carlos the jackal	58	2152
5 🔺	Wanchai Warriors Peter Gale	58	2151
6 🔻	Bally Rotters Chris Poustie	47	2147
7	Scrambled Legs Nick Mellor	87	2127
8	Bluetrue Jess Grimshaw	74	2088
9	Chris' Bangkok 15 Chris Jenkins	39	2002
10	Long Beach FC Ali Adam	50	1994
11	Pimmelkoff F.C Debra Thompson	66	1988
12 -	Pattaya Panthers James Howard	58	1964

13 📥	<b>ICheck in</b> Marc Sayer	63	1954
14	FMGAN Mankey Madge	41	1953
15 🔻	Back To SW19 Neil&Ryan Evans	35	1931
16	Clumsy F.C Omar Adam	61	1929
17 🛎	Norfolk "N" Good Ricky Thompson	95	1899
18 🕶	Chicken Tka Mo Salah Haydn Drew	35	1888
19 🔻	domino effect Haroon Rashid	30	1882
20 📥	Salcombe Spurs Henry Woodley	65	1868
21 🔻	fully loaded Rahul Kothari	55	1864
22 🕶	Bangkok Blues Dale Lamb	35	1860
23	Nom Chit Cheatahs graham johnston	30	1797
24	The Ladyboys Nick H	49	1791
25	Real 2 Reel Tim Real	51	1739
26	Snowy's Eleven Nigel Oakins	25	1487
27	Sons of the Harpy Thomas Real	46	885
F	inal Points		
	61	Highest Pts	139
		GW Rank	1,779,928



Transfers

Dream Team →

## **TENNIS** Dear Pushers and Choppers of the Lemon Globe

Graham Johnston

I hope this message finds you well.

ith the Club Championships completed in March, April and May has seen the tennis section return to the bread and butter of our League Series and start of our Race to Bangkok 2019! As on the ATP & WTP tours, it's a 52 week season now ©

### **2019 BC Tennis Section League Series**

A record 37 players signed up across a record seven divisions for Series 1 of the 2019 Tennis League Series which will run from June 1st – May 19th. Results and (tall) tales to follow in the next Outpost.

### **Tennis Section A.G.M**

We held our A.G.M on April 19th with most of the committee and a smattering of section members in attendance. Most importantly, the committee all agreed to stand for another year which encouraged yours to do likewise as Chairman. The Chairman then revealed his Section Report and the Financial Report, we discussed the upcoming court resurfacing and a few other suggested improvements, and finally we enjoyed some wine and 'finger food'.

At the AGM we were also able to present a handful of our special awards to recognize special performances across the year and in the Club Championships. The main award for Most Improved player went to Nattaya who had a fantastic 2018 with several highlights including a promotion from League Division 4 to 3, several Monday Night Club victories, progress in the Club Championships, and excellent victories in both the Ladies Doubles and Mixed Doubles Interclub Tournaments. Take a bow Nattaya! ...

Annual	Awards
Most Improved Player	Nattaya Theangtrong
Club Champio	nships Awards
Dare to Dream	Mooky Chokphhaiboonkit
Best Newcomer	Gary Sakuma
Still Going Strong	Sasuluck Chokphhaiboonkit
Rising Star	Jennifer Brown
Most Improved Performance	Andrei Kornilov







### **Sports**





Race to Bangkok 2018 In truly befitting style, the 2018 Race to Bangkok was wrapped up in May 2018!

Results below...

Division	Winner	Runner-Up
1.	Andrei Ivanov	Dawa Sherpa
2.	Ukyo Murakami	Graham Johnston
3.	Alex Coclanis	Dmitry Zyubenko
4.	Nattaya Theangtrong	Anjelica Manalo
5.	TBC	TBC





That's all folks ... See you on court ...

Graham



Follow us on F British Club Bangkok Tennis Section



# A BUSINESS LUNCHEONS



### 3<sup>RD</sup> - 7<sup>TH</sup> JUNE STARTERS: 65 BAHT

- All green soup
- · Potato bacon salad

### MAIN COURSES: 160 BAHT

- · Grilled pork with chimmichurri and coleslaw
- Spaghetti aglio
- · Chicken walnut wrap
- Nam Prik Ong, Khao Phud Moo, Cabbage and silk tofu soup



### 10TH - 14TH JUNE

### STARTERS: 65 BAHT

- Coconut galangal soup
- · Classic chicken salad

### MAIN COURSES: 160 BAHT

- Herb crusted dory with lemon butter ,roasted veg
- Grilled Chicken with pepperonata
- Spaghetti Meatball
- Kai Phad Prik Khing, Phad See Ew Chicken, stuffed cucumber soup



### 17TH - 21ST JUNE STARTERS: 65 BAHT

- Spicy pepper&tomato soup with cucumber yogurt
- Watermelon and Nacho

### MAIN COURSES: 160 BAHT

- Grilled Chicken with creammy seeded mustard sauce
- Phad Krapow guesadilla
- Chilli sausage Lasagna
- Stirfried Morning glory, fried pork patty, Tom Yum Chicken



### 24TH - 28TH JUNE

### STARTERS: 65 BAHT

- Pea and mint soup
- · Garlic prawn on toast

### MAIN COURSES: 160 BAHT

- Grilled pork tenderloin Kebobs with coconut rice
- · Cuban mojo chicken with rice
- · Penne pesto sausage
- Son in law eggs, stir fried vegetable, braise pork soup with chinese herb





9.00AM TO 12.00PM

MORE INFORMATION AND BOOKING AT THE FITNESS CENTRE
02-324-0247 EXT.26 OR BY EMAIL:



THE BRITISH CLUB



### LADIES TENNIS COACHING



9.00AM-10.30AM

EVERY WEDNESDAY

750 BAHT

BOOKINGS AND MORE INFORMATION AVAILABLE AT THE FITNESS CENTRE 02-324-0247 EXT.26 OR BY EMAIL: SPORT@BRITISHCLUBBANGKOK.ORG



THE BRITISH CLUB

Start: Friday 3rd May Finish: Friday 28th June FRIDAY junior tennis coaching



### **HARDBALLS**

### British Club V Pangolin



s the rain settles in to the city and the memories from a 5th place finish in the league begin to fade, the section's attention will be moving towards the cricket world cup – where representatives from 7 of the 10 cricketing nations will be supporting their teams (read: trashing all others) throughout the festival. All matches will be aired live from BC sports bar, including some great drinks promotions and not-so-great banter. BC also have the overseas tour to look forward to in the middle of this month, where we'll be taking on a couple of unsuspecting sides in Ho Chi Minh in between some crunch matches on the big screen.

BC V Pangolin 28th April at BCA

Following a rare win for the hosts in June last year during BC's overseas extravaganza to Kuala Lumpur, Pangolin CC returned as guests for their annual showdown in Bangkok. Given the match on Sunday did not allow much time to reacquaint with old friends, or to remind the tourists that they were yet to beat BC on home soil – the Malaysian side were invited to the club for food and drinks on the eve of the clash where a selection of cricketers' favourite bar snacks were shared over a barrel of lager and some rather wild predictions ahead of the game.





Next morning, the Pangolin captain, James, came off the field proudly announcing 2 wins before the match had even started with reference to the boat race the previous night and a successful toss in which he asked Dale's side to bat first. Ben (30), returning to the crease after some time off injured, was given the chance to open proceedings with Aseem (40\*), who had also missed out on a few recent batting opportunities due to a relentless top order in previous matches. A steady start saw 51 for the first wicket where Ben was caught by the Pangolin captain which saw an in-form Sunil to the crease - looking to impress with a brand-new bat he hasn't let out of his sight. After reaching retirement with a 6 over long-off and shortly followed by Aseem who had chipped away in the middle for the majority of the innings, the wicket was refreshed and (somewhat helped by 37 extras) BC managed to push on to 173-5 after 25, even after Sunish had faced out a maiden in the 23rd!

A wicketless opening spell from Talal and Dilip (3 overs, 0-29) initially kept the opener's quiet until Dilip's mega swing was picked up by an awoken batsman who helped himself to a quick retirement. Talal continued to apply pressure and bowl out an outstanding 5 overs which only went for 10 runs to the delight of his wife who had decided to join the ladies in support for the day. A switch to spin early paid off for the captain as Sunish (5 overs, 2-19) picked up a couple and Ben removed an aggressive Mossy, who after much speculation, confirmed that he does in fact bat for the other side. Sarg, Glenn, and Pramodh each picked up a couple of wickets during the bowling display in which BC never looked like losing momentum, eventually stopping the opposition 50 runs short of the target, and even with using 9 bowlers - no extras were conceded (Thanks Jack). Post-match beers were enjoyed late afternoon where Sunil was awarded the coveted Pangolin trophy for his performance with the bat and a couple of assists behind the stumps. Better luck next year Pangolin!

### **Sports**



### **BCGS GOLFING NEWS**

### Some Like it Hot!

BCGS April Medal, Royal GCC Lat Krabang

ith the mercury topping 40 degrees and a government advisory to avoid unnecessary outdoor activity the BCGS duly teed off for the April monthly medal at Royal GCC at 11.30 am.

Perhaps this was a game for the brave of heart or should that be brave of heat?

This is the first time in recent recorded BCGS history that we've witnessed a member arrive on crutches and insist on playing. David Burton duly played despite the addition of crutches to the bag. The reaction of David's caddy to his crutches was one of incredulity - something along the lines of ting tong.

A happy coincidence for Peter Bond was the pairing of him with caddie OO7. You couldn't have planned









that better. Shame that the good omen didn't extend to the golf course where Peter was eventually beaten in the matchplay by Gordon Milne 2 and 1.

Flight A medal winner on the day was Randall Colman carding a net 74. Joining him in the winners enclosure were Frank Fawkes (78) and Graham Johnston (78).

Flight B players were clearly more heat-impaired. Let's just say the winning net scores were generous. Winning in Flight B was our very own Captain, Neil Davis with runners up Peter Gale and Peter Bond.

Well played to all.

### Juniors & Seniors, 2019 Green Valley & St. Andrews 2000, Rayong Picturesque Surroundings,

This is an annual major event for the golf section with significant silverware up for grabs to the best junior and best senior player. For everyone else there's lots of day prizes to be won and golfing fun to be had.

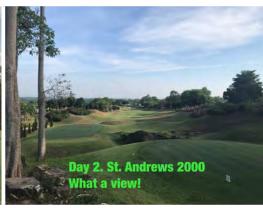
Two courses are played over two days, Green Valley and the parallel St. Andrews 2000, with the first day played against the course (par bogey format) and the second day a traditional stableford. Day 1 score (plus or minus) is then added or subtracted to the Day 2 stableford score to reveal the winners.

Both courses are beautifully presented with the added bonus of good run on the fairway. St. Andrews 2000 boasts two par 6 holes along with elevated greens that makes for challenging approach shots.

### **Sports**







Some of the bunker shots around the greens were incredibly steep requiring the deftest of touches. Good scoring on both courses was all about course management and calculating risk and reward.

As is customary the precise cut off age for juniors and senior remains a closely guarded secret which is known only to section Captain's algorithm.

The event was well attended with old and new section members joining the weekend. We also welcomed our youngest and newest section supporter in Matthew Gale (10 years) who played both days and also helped in the prize-giving. Matthew already has a great swing and a good short game – clearly inherited from his mum.

Overnight accommodation at the course allowed everyone to gather for drinks, dinner and merriment. Well, nearly everyone. Karen Carter took the chance to run in the Rayong 10 km road race (as she did at the away weekend in Khao Yai). A 4.30 am alarm call awaited her on Sunday. Karen ran the race and finished an amazing second in her age group. Well done, Karen!

After two days of great golf on two challenging courses two winners emerged.

Gaew Khongyoo was crowned Junior Champion, 2019. Gaew led from Day 1 and extended her lead into Day 2 with some fine golf and deft touches around the green. Congtrulations, Gaew. Second place went to Gordon Milne and third to Craig Griffin.

Our Senior Champion for 2019 is Frank Fawkes. Discretion dictates that final senior scores can be requested the Club Captain (written requests in triplicate). Well played, Frank. Runners up in the Seniors were Bryan Dodd and Neil Davis.

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.













### Outpost Classifieds

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

### Services

### AUSTRALIAN MIGRATION ADVICE & ASSISTANCE

Philip Summerbell, Lawyer & Registered Migration Agent (9896806). 20 years Migration Law experience. British Club member.

**T**: 02 2385571 **M**: 08 7081 7888

E: ps@strategicmigration.com.au

W: www.strategicmigration.com.au



Tel: 02-022 0700 Ext: IPC

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Tel: 038-250116

Membership Plus Partner - Refer to page 12

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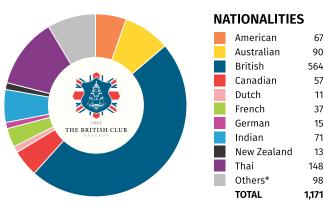
Special offer first month free



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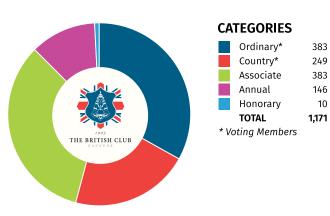
Membership Plus Partner - Refer to page 12

### **CLUB** STATISTICS



\* 42 Nationalities

### **NEW RECORD**



As at 31 May 2019

## ICC CRICKET WORLD CUP 2019 FIXTURES 30 MAY - 14 JULY 2019 @ 1910 SPORTS BAR

THU 30 MAY
FIR 31 MAY
SAT1JUNE
SAT1JUNE
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MON 3 JUNE
TUE 4 JUNE
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**SUN 14 JULY** 

**ENGLAND WEST INDIES NEW ZEALAND AFGHANISTAN SOUTH AFRICA ENGLAND AFGHANISTAN** SOUTH AFRICA BANGLADESH **AUSTRALIA PAKISTAN ENGLAND AFGHANISTAN** INDIA **SOUTH AFRICA BANGLADESH AUSTRALIA** INDIA **ENGLAND** SRILANKA **SOUTH AFRICA** INDIA **WEST INDIES ENGLAND NEW ZEALAND AUSTRALIA ENGLAND** INDIA **WEST INDIES PAKISTAN BANGLADESH ENGLAND NEW ZEALAND WEST INDIES SRILANKA** PAKISTAN **NEW ZEALAND ENGLAND** SRILANKA **BANGLADESH ENGLAND AFGHANISTAN** PAKISTAN **SRILANKA** 

**AUSTRALIA** 

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4.30PM

4.30PM

SEMI-FINAL (1v4) SEMI-FINAL (2v3) FINAL







Close Hauled.

Definition: 'Winch the hell out of everything'.

Of course Close Hauled is a sailing term meaning sailing as close to the wind as possible. However, we see it as more than this. Beyond the spectacular hide-away location, stunning clubhouse, accommodation facilities, excellent restaurant and bar, seafront pool, international level of sailing training and wide variety of yachts for hire, Royal Varuna club membership offers more...more intangible benefits like bringing together liked minded people from many walks of life, many who will remain close friends for years.

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