



THE BRITISH CLUB
BANGKOK

Outpost

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

www.britishclubbangkok.org

July 2016





THE BRITISH CLUB
BANGKOK

JULY

OYSTER PROMOTION

Served with red vinegar shallots,
paprika, Tabasco, lime,
and brown bread

FRESH

FRENCH FINE DE CLAIRE OR SYDNEY ROCK
HALF DOZEN FOR BT 480.-

COOKED

OYSTER ROCKEFELLER OR OYSTER MORNAY
5 PIECES FOR BT 400.-

Congratulations

to our Year 13 leavers on their offers from...

UK

University of Cambridge
Imperial College London (5)
University College London (7)
King's College London (6)
London School of Economics (3)
University of Bath (17)
University of Birmingham (10)
University of Bristol (18)
University of Edinburgh (5)
University of Exeter (9)
University of Leeds (7)
University College London (7)
University of Manchester (18)
University of Sheffield (8)
University of Southampton (5)
University of Warwick (7)
Durham University (7)
Loughborough University (12)
Queen Mary University of London (13)
Newcastle University (2)

Rest of World

Boston University (4)
Hong Kong University
National Taiwan University (3)
Royal College of Surgeons Ireland
Waseda University
University of British Columbia (3)
University of California (4)
Australian National University
Monash University
and many more...

(denotes places offered)



The Sixth Form

at Harrow International School Bangkok

7.15PM | TEAMS | MEMBERS
THE VERANDAH | OF 6 OR LESS | GUESTS

BT 100

BT 150

WITH THE MONTHLY JACKPOT

QUIZ NIGHT

TUES - 12TH - JULY



BOOK IN RECEPTION OR EMAIL : EVENTS@BRITISHCLUBBANGKOK.ORG

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chairman@britishclubbangkok.org

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honorary.secretary@britishclubbangkok.org

Honorary Treasurer - Geoffrey Banks

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 Colin Hastings, Adrian Salter, Paul Williams
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**FRONT COVER**

It's certainly summer now, we're past the Longest Day, and with summer comes the month with not only Wimbledon but regular cricket, and the Club's cricket section is well-occupied with either matches or energetic practice in the nets on the Back Lawn.

EDITOR'S GREETING

This month there's a spread of photos from the Queen's 90th Birthday Party and a posters detailing the F&B specials coming up in July.

Sports Camps and the Mini Sports Camps are in full swing this month, and we have an interesting article on body mechanics in the Health section.

Articles, letters, or other contributions to Outpost are welcome, so put your keyboard to work during these halcyon months and let it flow!

Ed



OUTPOST is the monthly publication 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/outpost **Editor** - Jeremy de Sausmarez jeremy@britishclubbangkok.org

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

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MESSAGE FROM THE CHAIRMAN



Jack Dunford

I have been spending a lot of time at the Club since the AGM and as every day goes by I become more and more appreciative of our management and staff. The party celebrating Queen Elizabeth's 90th birthday on 11th June was a very happy and successful event, and this was not just the result of Khun Prem and Jeremy's huge efforts in the planning and preparations, but very much also the quiet, supportive work of all the staff in the days before as well as on the big day itself.

Particularly pleasing was the uncomplaining way that all staff helped each other with their tasks ... gardeners, cleaners and even restaurant staff pitching in to help the engineering team erect the numerous stalls and tents. Then, best of all was seeing the office staff manning stalls and helping the serving staff take orders and even pulling the beers. Magnificent!

It was a special treat to welcome H. E. Brian Davidson, the new British Ambassador to Thailand for his first public appearance in Bangkok, and wonderful to have BC's only nonagenarian, our very own Sam Cohen, cut the cake. The atmosphere was congenial; a nice mix of Members young and old, and lots of visitors enjoying all that makes the Club special ... some hopefully now soon to become Members.

By happy coincidence, there were two big international rugby matches on show the same day between New Zealand and Wales, and Australia and England. Up to 70 Members packed the Churchill Bar to add to the party fun and remind us of what a great place it can be when it is busy.

The 'new' GC is very aware of the competing demands on the Churchill bar, between many Members who want a traditional, peaceful atmosphere to meet friends and business partners, quietly read a newspaper or just enjoy a meal and drink ... and many other Members who want a more relaxed social atmosphere where they can enjoy sports events such as this, music or just let their hair down at any time. With only one air-conditioned bar, it is not possible to keep everyone happy and we undoubtedly lose both types of customer. The GC is keen to experiment with a 'temporary' sports bar and will be seeking Member's views on possibilities.

In the longer run the solution may be found at the poolside and the big news this month is that the first steps have finally been taken to move the Poolside Redevelopment project forward. By the time you read this, selected architectural firms will be working on concept designs. This is long awaited, but sometimes delays can be beneficial. Not only is there now more money in the bank than there was when the idea was first presented to the Members more than two years ago, but the new Sub-committee has brought clarity and creativity to the process. There is a new sense of excitement about the possibilities. We can look forward to designs embracing the high-tech age we live in that take future potential developments into account and will make the Poolside a signature family and sports-centred facility that complements the traditional offerings of the Clubhouse.

We hope to present the architects' concepts for feedback from all Members (including non-voting categories) in August before choosing and presenting a preferred option at an EGM a month or two later. There will be regular updates in Outpost and on the Club website, and who knows, even on social media if we can all agree how to do that!!

Most of the other Sub-committees are still carrying out reviews of what is



Churchill Bar in full swing

in place and how things work before recommending changes or improvements. The GC will be approving Terms of Reference at its next meeting and setting some timelines for key actions.

Members can expect gradual changes in our IT systems throughout the year, some of which will be fun, others just making our lives and the work of our staff easier. Most of it will be at very modest cost. Some of you may have already noticed that WiFi speeds have improved in all areas of the Club and the need to enter passwords to get online is being eliminated.

New software is being used to design menus, which will facilitate more regular updates and allow them to be put online with picture details, so that they can be viewed at leisure on any electronic device whether you are at the Club or not.

Ultimately we hope to have tablets in the waiters' hands with Thai/English displays linked with the kitchens to ensure speedier and more accurate service.

Behind the scenes Members' digital pictures are being modified so that they can be displayed at tills to reduce reliance on membership cards and maybe

ultimately to have 'anonymous' cards for secure entry to the Club.

Starting this month and carrying forward a project from last year, Members will be able to view details of their accounts online, checking items charged at each point of sale. New software is also being tested for setting up an online booking system for events, courts and outlet bookings.

All in all, the Club is in good health. Nothing is 'broken', everything 'works' and we are making regular surpluses. But we can always do better. With more Member participation, there are lots of great ideas around not only to improve what we are already doing but to do new things as well. These are exciting times.

In closing I am happy to report that the scanning of the Club archives is now under way and we can all look forward to having access to old GC Minutes going back to 1946, trivia such as suggestions and guest books, as well as past editions of Outpost back to the 70s. Many thanks to Brian Brook and Barry Osborne for sending us most of the missing Outposts; we now only need the 1997 April, August and September editions to complete our collection.

Khun Somboon, Khun Kasem and The British Club's

OUTSIDE CATERING SERVICE

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your Club
to your
doorstep**



Whether you're planning for a corporate function or a private party, the Club's catering service can help take the pain out of planning.

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Tel : 0 2234 0247 or email : somboon@britishclubbangkok.org





THE BRITISH CLUB
BANGKOK



SPARKLING WINE

THE VERANDAH

SUNDAY 24TH JULY 2016

BRUNCH



Exquisite Sunday Brunch supplemented with imported oysters, antipasti, cold cuts, cheese platter, strawberries, chocolate fountain, and much more!

Bt 1,750 includes free-flow sparkling wine between 1pm and 2pm - **Adults** - **Bt 1,200** without alcohol but with free-flow juice/soft drinks throughout

Under 16s - **Bt 595** with free-flow juice/soft drinks throughout

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

LETTER FROM THE GENERAL MANAGER

May was quieter than April because public holidays made 3 long weekends, but we still saw an operating profit of almost 400,000 baht. The total cash on hand was 39.1 million baht. We expect that June's operating profit will be higher than May's figure which is good before the Club's quiet months.

On 11th June we had a birthday garden party for H.M. Queen Elizabeth II, which was a wonderful day for our Members and also for non-members who attended the party. We had nearly 300 people attending this event, they all enjoyed the shows, the band and our F&B. Thank you to H.E. Brian Davidson, the new British Ambassador, and H.E. Paul Robilliard, the Australian Ambassador, who both attended. I would like to thank Khun Jeremy, and his assistant Khun Pae, who organised the successful party. Also Khun Somboon, our engineer Khun Jack, and Khun Laak and all their teams who helped with the setting up and serving F&B for our Members and their guests. Over 50 Members also came to watch rugby in the Churchill so it was a busy day. Thank you to all for coming along.

On 18th June after two years, the TCCC brought Canada Day back to the Club. It nearly always rains on Canada Day, but this year saw just a short light shower! There were over 300 people and everyone had a great time and enjoyed the day. Thank you to TCCC for choosing us to be the venue and to cater for your event.

After last year's huge success, in July we'll repeat our Oyster Promotion (raw and cooked), have an Independence Brunch Buffet on 3rd July and our

annual Sparkling Wine Brunch on 24th July. This issue has posters with details.

The sports camps and mini sports camps start at the end of June and will continue throughout July. Wimbledon starts at the end of June and will be shown in Surawongse Sala with the finals mid-July on the big screen there too.

On 1st July, staff from all departments will have First Aid Training by Lerdsin Hospital.

For maintenance, SEARA will come for annual maintenance of the gym equipment, we will repair the MPC scoreboard remote, overhaul the corridor from Reception to the toilets, and repair the baby swing in the playground. Now the rains seem to have arrived, all the drainage and grease traps around the Club will be cleaned out by the BMA.

In July we should launch the online statement program for Members to check their last three months bills and details. It's just being thoroughly tested and I will let you know as soon as it goes live.

Have a great month, and see you around the Club!



Premrudee Tanyaluck

General Manager

OFFICIAL OPENING TIMES

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



SUNDAY 3RD JULY

INDEPENDENCE BRUNCH

**The Verandah
11.30am - 3pm**

**Adults Bt 595
Children Bt 310**

**Barbecue Ribs, Fried Chicken, DIY Burgers, Pizza,
Minute steaks, Full Carvery and...**

LONG ISLAND ICED TEAS at only Bt 145 each!



THE BRITISH CLUB
BANGKOK



UNITED STATES OF AMERICA

HAPPENINGS

It seems that the rains are almost here. Having worried for a week that the Queen's Birthday Party and/or Canada Day would be waterlogged - both were untouched by any more than a smizzle of drizzle - yesterday the forecast was dry but at midday we got a downpour that flooded both car parks and much of both lawns in half an hour. Rarely does one get the chance to appreciate the concept of evaporation with such intensity. No doubt there is much more to come

.....



The peak of June was our 90th Birthday Party for H.M. Queen Elizabeth II which was planned to be a Garden Party proportional to the amazing achievement of both her age and accomplishments, so we had not only car boot stalls but a huge variety and range of small businesses as well as some major British retailers and international schools laid out around the Clubhouse with the Back Lawn for the stage, live music, Loyal Societies and plenty of children's entertainment. We welcomed the new British and the Australian Ambassadors with their partners, and there were the royal and loyal anthems with respective toasts followed by the cake cutting by our only 90 year old Member, Sam Cohen. With the Fab Four playing Beatles songs for the rest of the event, it was a day of great conviviality and enjoyment. Whilst good to see the regular Members and an impressive number of non-members, it was disappointing that we did not see more of the membership. In contrast, the patriotic Canada Day celebrations a week later were well-attended despite needing tickets, and even the Canadian PM sent through a message of goodwill.

We had another brilliant turnout for Quiz Night this month, nine teams squeezed into The Verandah with the "Deadly Sims" team becoming the first double winner (of the main Quiz and the Jackpot) that I remember. We've wired the Alcove now with an extra screen so there's room for another couple of teams



Jeremy de Sausmarez

**Events & Marketing
Manager**

This evening while the printing press is clunking out this issue, we will be having a New Members Night, then in several days it's the result of the EU Referendum (which will be shocking however it turns out) and then on Sunday the exclusive presentation of the movie "The Last Executioner" with a Q&A session by the director, Club Member Tom Waller.

As the quite months of the year arrive, July's events are largely gastronomic once the month has opened with an a cappella performance by the Harvard Krokodiloes who return to the Club after their successful recital last year. As 4th July falls on a Monday, we are combining our Independence Day Buffet with Sunday Brunch on 3rd so one can relish the delicious dishes to the max. Late in the month, there is our usual mid-year Sparkling Wine Brunch which sees a fantastic selection of cold cuts, cheeses, antipasti, fresh oysters and prawns, salmon, salads and other light platters which will slip down surprisingly well with the free-flow sparkling wine. In addition for the whole month, there's a promotion on cooked and raw oysters and being Wimbledon month the strawberry promotion with our "Wimbledon Cocktail", an almost indiscernible replica of Pimm's No 1 which we cannot get here in Thailand because there is no distributor for it. Believe me, try it out - refreshing, invigorating, and decidedly delectable, only surpassable by four Baluts in the first eight throws of a game! If that's confused you, cast a thought for Black Rat cider: produced in a Somerset farmhouse from local apples, distributed by a Wiltshire Brewery, and canned behind the words Devonshire Cider. Ponder this while you marvel at its south-western taste!

As we go to press, I am sad to advise you that Khun Kit, one of our poolside waiters, passed away unexpectedly yesterday. Only just in his thirties, he was a popular member of the staff, and we extend our sympathies to his relatives and friends. We have a fund for his family, so anyone wishing to donate please contact Khun Prem.



Kittipoom Manbanjong
1984 - 2016

BUSINESS LUNCHEONS

4th July - 8th July 2016

Starters : 65 Baht

Tuna Salad (Tuna, Tomatoes, Lemongrass, lime and spicy Dressing) **or** Chef's Soup of the Day

Main Courses : 160 Baht

Turkey Chilli Con Carne (Served with Rice)

or Fillet of Pork in Mushroom Sauce (Served with Mixed Vegetables and Lyonnaise Potatoes)

or Pan-fried Dory Fish in Spicy Herbs (Served with Mixed Salad and Boiled Potato)

or Gaeng Som Goong Phak Ruam (Sour Soup with Mixed Vegetables and Prawns)

Moo Tod Kratium Prik Thai (Stir-fried Pork Fillet with Garlic and Pepper)

Tod Man Pla (Deep-fried Fishcakes)

11th July - 15th July 2016

Starter : 65 baht

Potato Salad with Egg and Lemon Dressing **or** Chef's Soup of the Day

Main Courses : 160 baht

Lamb, Beef and Eggplant Moussaka (Served with Mixed Salad and Garlic Bread)

or Chicken Kiev with peas and chips (Served with Broccoli, Carrots and Roast Potatoes)

or Pan-fried Sea Bass with Pernod and Dill Sauce

or Tom Yam Goong (Spicy Lemon Grass Soup with Prawns and Mushrooms)

Pad Khana Namman Hoy (Stir-fried Kale with Oyster Sauce)

Kraprao Kai (Stir-fried Minced Chicken with Hot Basil and Chilli)

18th July - 22nd July 2016

Starters : 65 baht

Grilled Chicken, Mango, Beetroot Salad (Served with Balsamic Dressing) **or** Chef's Soup of the Day

Main Courses : 160 baht

Fish and Chips (Served with Garden Peas and Tartare Sauce)

or Turkey Lasagne (Served with mixed salad and Garlic Bread)

or Pork Schnitzel Served with Apple Salad

or Panaeng Gai (Chicken Stir-fried with Red curry Sauce Topped with Sliced Lime Leaves)

Kai Jiew Moo Sub (Thai Style Omelette with Minced Pork)

Phad Phak Ruam Nam Man Hoy (Stir-fried Mixed Vegetables with Oyster Sauce)

25th July - 29th July 2016

Starters : 65 baht

Waldolf Ham Salad **or** Chef's Soup of the Day

Main Courses : 160 baht

Mini Steak Served with Mixed Vegetables, Roasted Potatoes and Gravy Sauce

or Pan-fried Dory Fish with Mornay Sauce (Served with Broccoli and Mashed Potatoes)

or Creamy Chicken Penne and Peas (Served with French Beans, Carrots and Sauteed Potatoes)

or Tom Kha Gai (A Refreshing Coconut Milk Soup with Chicken and Herbs)

Phad Kraprao Moo Sab (Stir-fried Minced Pork with Hot Basil and Chilli)

Phad Tua Ngok Tao Hoo (Stir-fried Bean Sprouts with Curd and Oysters Sauce)

**** Dessert of the Day : Choose from our à la carte Dessert with 10% off**

F&B MORSELS

We have had a busy month this June with the 90th Birthday Party and then Canada Day, quite a few days with dinners or meetings, and busy weekends too. Before the end of the month, Wimbledon begins and the Club has made a version of Pimm's which is so similar you should try it!

Early in July, there is the US Independence Day which falls on a Monday, so we will be having our Special Buffet one day early on Sunday 3rd instead of our usual Sunday Brunch. We will have a special range of foods like last year. Late in July, we will have our annual Sparkling Wine Brunch with a good selection of antipasti, cheese and cold cuts as well as oysters, with free flow sparkling wine. There are posters for both these buffets here in the magazine.

Last year's promotion for oysters, both cooked and raw, was such a success with both Fine de Claire and

Sydney Rock (and maybe American too) we are doing it again in July, so get them while you can! We will also continue the strawberry promotion as they are best at this time of year and there is Wimbledon to enjoy with them!

We had to postpone our African dinner until later in the year so check in a couple of months. I will be changing the 'recommends' board again soon so keep an eye open for that too.

Happy Eating!



Khun Laak

Executive Chef

COCKTAIL OF THE MONTH JULY



WIMBLEDON COCKTAIL

ONLY BT 100

DON'T FORGET AFTERNOON TEA
IS AVAILABLE FROM 3PM!



THE BRITISH CLUB
BANGKOK

HAPPY 90TH!



Over 40 people and organisations set up their tables of wares on the lawns and in the car park for the Garden Party celebrating H.M. Queen Elizabeth II's 90th birthday. The Bouncy and trampoline were in place, Sam had extra helpers on the crafts and face-painting tables, and the staff were primed. Even the weather held off. Raffle tickets were on sale individually and by the yard. There was a puppet show, the Black Crystal magician, the anthems and toasts kindly led by H.E. Brian Davidson, the Union cake, the raffle draw, and then the Fab Four on stage with even a brief smizzle of drizzle. It was a wonderful afternoon in celebration of a wonderful woman, with a few hundred wonderful people. Fortunately many non-members came to enjoy the afternoon and swell the numbers for what could have been (and still was) a tremendous day at the Club. We thank all the participants for their time and interest in supporting our celebrations.



Snake charming



Ho ho



Bags of bags



Muay Thai lessons



Our 90 yr old Member



Beautiful!



British and Australian Ambassadors



Boots for walking



British Women's Group



Charity



Cutting the cake



Emirates winner



Exquisite ceramics



Fab Four on stage



Fantastic cacti



Go Happiness



Finest Tesco!



Jewellery



Kids corner



Now you see it ...



More than a Game



Paul and George



Organics



Jim Thompson prize



Puppet show



Quality taste



Raffle yardarm



Siam Botanicals



Something for all



Yummy



The big awning



St Andrew's



Celebrating the Queen's 90th birthday

A Big Thank you
to our sponsors who supported us



JIM THOMPSON



POOLSIDE REDEVELOPMENT

Greetings from the Poolside Redevelopment Sub-Committee!

The Sub-Committee's mandate is:

- Move the long-awaited project forward by preparing a Design Brief
- To invite and select architects to join a competition in order to find the most suitable design for the Club
- Present architect design concepts to Members for feedback
- Bring forward one preferred scheme for approval by the General Committee in order that an Extraordinary General Meeting may be called for the preferred scheme to be presented and approved by the Members in the second half of 2016.

PROJECT VISION

The British Club intends to redevelop the poolside area to create a relevant social hub that is an activity-focused family-centric venue for today's audience. The objective is to provide a new, integrated environment for the family and sports enthusiast to complement the traditional bar, function and dining venues in the Clubhouse.

This forms a key component of the Club efforts since 2010 to reinvent itself as the premier family, sports-centric, social club in Bangkok.

Project Parameters

The parameters of the project are:

- Clearly there is potential in that F&B revenue from the Poolside is on par with the Clubhouse even though much of the facilities are old and outdated.
- Improvements will help the Club compete against growing quality competition from residences, hotel facilities and other clubs.
- Development funds to be not more than THB 29.5m.
- Limited land available and its asset value to be maximised.



Member Input

This project is for the Members. So Member input is critical to its success.

To maximise the opportunity for Member input the Sub-Committee will provide regular updates via Outpost as well as ad-hoc emails as key milestones are reached.

The next update will include a full timeline of the key project milestones.



UPDATES

Latest Update

Expressions of Interests have been requested from five companies and were submitted on 16th June.

The Next Step

On 19th June the Sub-Committee will meet to select which 4 will submit their concept designs for the competition.

SOME KEY MILESTONES

23 June:

Stage 2 documentation to be issued

21 July:

Submissions received

End July:

Next major update

Mid-August:

Anticipated Member Forum

Mid-Sept:

Anticipated EGM and project awarded

How to contact us:

Email: redvelopment@britishclubbangkok.org

BC Calendar July 2016



Monday

Tuesday

Wednesday



4

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



SPORTS CAMPS
9:30am - 3:30pm

MINI SPORTS CAMPS
10am - 2:30pm

5

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



**Bangkok Gentlemen
Spoofers** 8:30pm



SPORTS CAMPS
9:30am - 3:30pm

6

**Ladies Tennis
Coaching**
9am - 10:30am



Tennis Mix-In
6pm - 10pm



SPORTS CAMPS
9:30am - 3:30pm

MINI SPORTS CAMPS
10am - 2:30pm

11

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



SPORTS CAMPS
9:30am - 3:30pm

MINI SPORTS CAMPS
10am - 2:30pm

12

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

**Bangkok Gentlemen
Spoofers** 8:30pm



Quiz Night
7:15pm The Verandah

SPORTS CAMPS
9:30am - 3:30pm

13

**Ladies Tennis
Coaching**
9am - 10:30am



Tennis Mix-In
6pm - 10pm



SPORTS CAMPS
9:30am - 3:30pm

MINI SPORTS CAMPS
10am - 2:30pm

18

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



19

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



**Bangkok Gentlemen
Spoofers** 8:30pm



20

**Ladies Tennis
Coaching**
9am - 10:30am



Tennis Mix-In
6pm - 10pm



25

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



SPORTS CAMPS
9:30am - 3:30pm

MINI SPORTS CAMPS
10am - 2:30pm

26

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



**Bangkok Gentlemen
Spoofers** 8:30pm



SPORTS CAMPS
9:30am - 3:30pm

27

**Ladies Tennis
Coaching**
9am - 10:30am



Tennis Mix-In
6pm - 10pm



SPORTS CAMPS
9:30am - 3:30pm

MINI SPORTS CAMPS
10am - 2:30pm

Thursday

Friday

Saturday

Sunday



1

Tennis Mix-In

6pm - 10pm

Junior Tennis Coaching

4pm - 6pm

SPORTS CAMPS

9:30am - 3:30pm

MINI SPORTS CAMPS

10am - 2:30pm



2

Kids Cricket

Book first! 8am - 11am

Swimming Lessons

9am - 10:30am



3

Kids Cricket

Book first!
8am - 11am

Swimming Lessons

9am - 10:30am

Independence Brunch

11:30 - 3pm Verandah

Open Pairs Bridge

2pm Silom Room



7

Squash Mix-In

5:15pm - 9:45pm

SPORTS CAMPS

9:30am - 3:30pm



8

Tennis Mix-In

6pm - 10pm

Junior Tennis Coaching

4pm - 6pm

SPORTS CAMPS

9:30am - 3:30pm

MINI SPORTS CAMPS

10am - 2:30pm



9

Kids Cricket

Book first! 8am - 11am

Swimming Lessons

9am - 10:30am



10

Kids Cricket

Book first!
8am - 11am

Swimming Lessons

9am - 10:30am

Sunday Brunch

11:30 - 3pm Verandah

Open Pairs Bridge

2pm Silom Room



14

Squash Mix-In

5:15pm - 9:45pm

SPORTS CAMPS

9:30am - 3:30pm



15

Tennis Mix-In

6pm - 10pm

Junior Tennis Coaching

4pm - 6pm

SPORTS CAMPS

9:30am - 3:30pm

MINI SPORTS CAMPS

10am - 2:30pm



16

Kids Cricket

Book first! 8am - 11am

Swimming Lessons

9am - 10:30am



17

Kids Cricket

Book first!
8am - 11am

Swimming Lessons

9am - 10:30am

Sunday Brunch

11:30 - 3pm Verandah

Open Pairs Bridge

2pm Silom Room



21

Squash Mix-In

5:15pm - 9:45pm

SPORTS CAMPS

9:30am - 3:30pm



22

Tennis Mix-In

6pm - 10pm

Junior Tennis Coaching

4pm - 6pm

SPORTS CAMPS

9:30am - 3:30pm

MINI SPORTS CAMPS

10am - 2:30pm



23

Kids Cricket

Book first! 8am - 11am

Swimming Lessons

9am - 10:30am



24

Kids Cricket

Book first! 8am - 11am

Swimming Lessons

9am - 10:30am

Sparkling Wine Brunch

The Verandah

Open Pairs Bridge

2pm Silom Room



28

Squash Mix-In

5:15pm - 9:45pm

SPORTS CAMPS

9:30am - 3:30pm



29

Tennis Mix-In

6pm - 10pm

Junior Tennis Coaching

4pm - 6pm

SPORTS CAMPS

9:30am - 3:30pm

MINI SPORTS CAMPS

10am - 2:30pm

Wine Tasting

6 - 9pm

Surawongse Room



30

Kids Cricket

Book first! 8am - 11am

Swimming Lessons

9am - 10:30am



31

Kids Cricket

Book first! 8am - 11am

Swimming Lessons

9am - 10:30am

Sunday Brunch

11:30 - 3pm Verandah

Open Pairs Bridge

2pm Silom Room



AS IT HAD BEEN

Last month I shared some pictures I took whilst taking guests to Ayuthaya and Bang Pa In in 1979 and this month my pictures are from Sukhothai and Srisachanalai 2 or 3 years later. I visited both places recently and whilst they are still very beautiful and picturesque, the restoration work and improved accessibility take away some of the mystery and charm we enjoyed in those days. Quite a lot of work had already been done restoring Sukhothai in the 80s but Srisachanalai was off the beaten track and a real gem .. still well worth visiting today. My kids loved these trips.



Jack Dunford

Srisachanalai



Srisachanalai-my sister was visiting



Sukhothai or Srisachanalai Not sure!





HEALTH

MOVE IT - OR LOSE IT

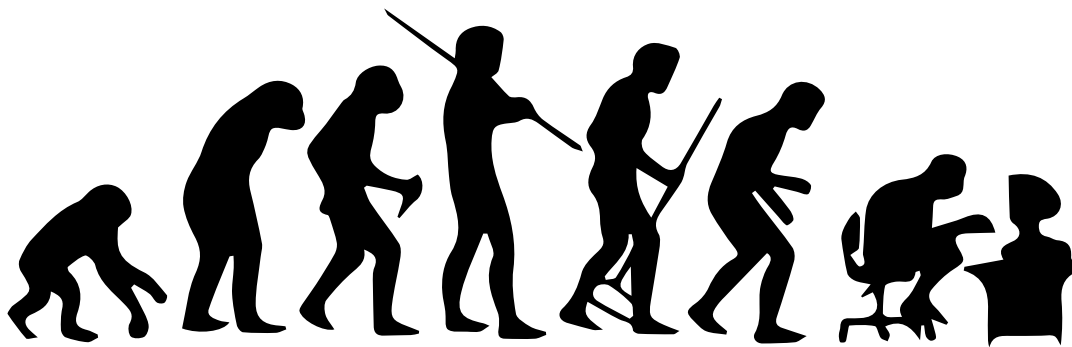
body mechanics / bādē/me-chan-ics/ (mā-kan'iks)

the science dealing with the motions of bodies / the application of kinesiology to prevent and correct problems related to posture and movement.



Sandy Remiens

BODY MECHANICS: RESTORING GOOD FUNCTION AND POSTURE - IS IT REALLY POSSIBLE?



Some things, somewhere went terribly wrong

Life is too short to get it wrong for too long. Learn from other people's journeys and be the best you can. When it comes to the machines we call our bodies, most of us feed and look after our cars better than we do the amazing machines we have been given to live in. Your body will serve you well if it is functioning as it should. It's never too late to get back on track and live an active, healthy and vibrant lifestyle. Your mental state depends on it. Dare to be better than yesterday!

It can be a depressing thought to think that each day we are not only getting older but also deteriorating in health and fitness. Until the age of about 25, it is all plain sailing. Until then, the gains in the strength and endurance aspects of fitness improve naturally, even without training. With it, of course, the rate of improvement can be further enhanced. In a sporting context, a look at the best marathon times for different ages shows that performance times tend to dwindle after the age of about 35-40. In the human body's natural life cycle, after the age of 35-40 we lose a percentage of muscle tone and bone density as a matter of course – that is – unless we work to maintain and/or improve it. And here's the clincher – the human body was designed to move – we were never designed to be sedentary. From an evolutionary perspective, humans were designed to locomote and engage in all manner of manual labour throughout the day. This was essential to our survival as a species. The recent shift from a physically demanding life to one with few physical challenges has been sudden, occurring during a tiny fraction of human existence.

**Be better
than you were
yesterday.**

Compared with our parents or grandparents, we are spending increasing amounts of time in environments that not only limit physical activity but require prolonged sitting—at work, at home, and in our cars and communities. (ref <http://www.ncbi.nlm.nih.gov>) Work sites, schools, homes, and public spaces have been (and continue to be) re-engineered in ways that minimize human movement and muscular activity. These changes have a dual effect on human behavior: people move less and sit more and human nature will always seek out the easiest path and look for ways to maintain that lifestyle. The drawback with that lifestyle is that because our bodies were designed

to move, our sedentary lifestyles mean that our bodies start breaking down. Like a car that is designed to be driven being closed up in and stationary in a garage for years will not drive so well when finally started (if it starts at all). A car is a mechanical machine – the human body is an amazingly intricately organic machine – ever growing and changing with the ability to adapt to its external and internal challenges, to heal itself and regenerate.

The problem is that our bodies also adapt to the sedentary lifestyles that the human race has designed for itself and seeks to foster. WebMD calls this “The Sitting Disease”.

“The Price of Sitting Too Much - A growing body of research shows that long periods of physical inactivity raise your risk of developing heart disease, diabetes, cancer, and obesity. In January 2010, British experts linked prolonged periods of sitting to a greater likelihood of disease. And that same month, Australian researchers reported that each hour spent watching TV is linked to an 18% increase in the risk of dying from cardiovascular disease -- perhaps because that time is spent sitting down”.

Muscles do not have a brain – your body is controlled by your brain. The way that the body adapts to this sedentary lifestyle is ‘turn down’ – probably better described as ‘tone down’ muscles and biomechanical pathways that the brain perceives are not needed. This leads to compromised posture predominantly causing back and neck pain, movement dysfunction and injury, which in turn is a further discouragement to an active lifestyle. Most times this is used as the most convenient reason to not exercise – which makes this whole DIS-EASE even worse. And the cycle just repeats.

Years ago the New Zealand government decided that playgrounds were dangerous places for children, and legally banned many jungle gym designs, running and handstands. The young New Zealand school population suffered badly until one brave headmaster risked criminal prosecution by challenging the law and allowing the children in his school to run again, and be active in their breaks. What he discovered was that the children were happier, more attentive and fewer injuries were happening on school grounds – not more. Our bodies are designed to move.

Yes maintaining good movement patterns and muscle tone does become a little more of a challenge as we get older – but it is not impossible. Injuries and illnesses happen to us all but maintaining a healthy lifestyle that enables us to enjoy life is totally achievable if we do things correctly under good guidance.

MOVE IT OR LOSE IT!

Don't let injuries, illnesses, age or even just life get in the way of you enjoying life. Life is about living – not just surviving. Remember what the body you have been given to live in was designed for. We were designed to move. Move it – or lose it.

DARE TO BE BETTER THAN YESTERDAY.



LIZ DOBSON

Mother, Business Partner,
Secretary, Wine Lover, Oscars
Addict, Bangkok Storm Trooper,
MS Sufferer

Many years ago, I suffered some neurological problems, which turned out to be Multiple Sclerosis and left me much weaker on one side of my body. I realised that I had to keep exercising or I would have pretty low mobility. Over the years I developed ways of coping with my lopsidedness, I thought I was doing OK, throwing out my right leg, holding on to handrails, and even training – but training incorrectly which was making my imbalances even worse. Then I started working out with Sandy who pointed out to me how unbalanced I had allowed myself to become and how that was going to result in increasing problems in the future if I didn't work on regaining a better balance – and that regaining better balance and strength was totally possible.

So that's what we have been doing for the last two years. I can feel and see quite a difference in that time and I know what I have to try to carry on with all the time, not just in the gym. This is now my lifestyle. I know my condition requires constant attention but the alternative is not an option. And I can assure you the training never gets boring!

Liz

Should you need any help with developing a healthy lifestyle or managing injuries or conditions you have, please don't hesitate to contact us at the British Club Fitness Centre.

Mini Sports Camp

Week 1 : 27, 29 June, 1 July

Week 2 : 4, 6, 8 July

Week 3 : 11, 13, 15 July

Week 4 : 25, 27, 29 July



THE BRITISH CLUB
BANGKOK

✂ Bt 650 per day ✂

TIME	Activities
10:00 - 10:15	Admin
10:15 - 11:00	Games
11:00 - 11:15	Snack
11:15 - 12:15	Mini Tennis
12:15 - 1:00	Lunch
1:00 - 1:45	Play time
1:45 - 2:30	Water Fun

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



SPORTS

CAMP



27 JUNE - 29 JULY

No CLASS 18 - 22 JULY 2016

DATE	Monday	Tuesday	Wednesday	Thursday	Friday
TIME	Bt 950	Bt 1200	Bt 950	Bt 1200	Bt 950
9:30 - 10:00	ADMIN	ADMIN	ADMIN	ADMIN	ADMIN
10:00-11:00	TENNIS	Ice Skating	TENNIS	Ice Skating	TENNIS
11:00-11:15	SNACK		SNACK		SNACK
11:15-12:15	FOOTBALL		FOOTBALL		FOOTBALL
12:15-1:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00-2:30	SQUASH	Bowling	Cooking	Bowling	SQUASH
2:30-3:30	SWIMMING		SWIMMING		SWIMMING

- Children should be 7+.
- This is not an elitist camp, the emphasis is on joining in, trying out new sports, having fun and making friends.
- A five child minimum is required to run each day so please sign up.
- As travel arrangements need to be made for Tuesday & Thursday activities please sign up 48 hrs in advance.
- A no show booking will still be charged at the full amount. Cancellations up to 24 hrs before will be charged 50%.
- Whilst the British Club and its staff will provide the highest level of care possible for your children, sports/activities camp participants take part at their own risk and the Club accepts no liability for injuries caused during activities on or off site or travel to or from the Club.



TENNIS

Contact details and communications

Are you all receiving emails relating to the tennis leagues, Club championships and other notices? I want to refresh the Tennis Section's contact details and distribution lists as we have had a number of new joiners and leavers over the last couple of years. If you are not currently receiving emails please can you let the Fitness Centre staff know or email Khun Amnat (amnat@britishclubbangkok.org) and we will add you to the list.



Ian Thornhill

Tennis Section party

Once we have your updated contact details we will make sure that you receive the invitation to a fun afternoon party for the Tennis Section, which is kindly being hosted by Scott and Tiss with help from Anne and Nut. The likely date will be the afternoon of Saturday 23rd July. There will be no tennis involved but it will be a great opportunity to relax, chat and have some drinks and good food off the court with your tennis colleagues! Please RSVP to the invitation if you have not already done so. If you did not receive the invitation by email please let us know.

Calling for help on the committee

There are lots of opportunities to make the Tennis Section more enjoyable and ensure that it runs smoothly. The committee is quite lean at the moment so if you can spare just a little bit of time to volunteer and help out please let me know. Time commitment would be limited to just an informal meeting every couple of months or so (normally arranged around a mix-in) and perhaps an hour a month to follow up on some actions or help organise the leagues or other events.

Events

Not much to report over the last month but we do have a match against a visiting club from Singapore in July. In the absence of any tournament news we have included some more tips from Harold. I'm sure he will be keenly watching over the coming weeks to see if you have been reading and taking note!

IN DOUBLESDO NOT AIM FOR THE ALLEY

Okay, once again it's another stupid statement by Harold!

Well, maybe not I didn't say "do not hit in the alley", I said "do not aim for the alley"!

Big difference!

Most players, if they aim for that small piece of the court known as the alley (or tramlines), they hit the ball a bit late, and it goes wide of the court!

If they are worried about the net man crossing and picking off their returns or rally shots, they should realise that if they aim just inside the alley line (singles court line), and hit it there successfully the net man usually is long gone and has no chance to hit the volley.

Usually, most players hit this shot a bit late, which will now be "in" as a screaming winner near the outside line. Of course you will make believe you meant to hit it that way!

EVERY BALL YOU HIT IS A “FOOTWORK DRILL”



Oh, I keep seeing all these “footwork drills” from ladders, to steps, to hops, to everything.

But the real footwork drills are the balls hit to you during practice but only if you are willing to work!

Remember, the ball is never wrong it is your feet that got it wrong if you are too close, too far, or jammed.

So, every ball you hit in practice attempt to work your feet so that you are hitting your forehands the same distance from your body every time, as well as your backhands and volleys.

You want them in your “hitting zone” where the percentages are best so use your groundstroke practices, and all others, as true footwork drills!

HAPPY FEET!

Harold Mollin, a member of British Club, has also accumulated over 200 tournament wins over the past 12 years of being in Thailand. Harold has also been Thai National Champion and Asian Champion numerous times in both singles and doubles. You may reach him at 081 127 0672 for any questions you may have about tennis or go to his Facebook page: <https://www.facebook.com/HaroldMollin/>





THE BRITISH CLUB
BANGKOK



WIMBLEDON 2016

27 JUNE - 10 JULY 2016

WIMBLEDON COCKTAIL
(CLUB VERSION OF PIMM'S)

GLASS - BT 100

JUG - BT 450



STRAWBERRIES
WITH CREAM - BT 125
WITH ICE CREAM - BT 125



HARD BALLS

Is the trophy cabinet big enough?



Ben Eastwell



Pat taking an early night

As the rain clouds begin to assemble and the season draws to a close, BC can look back over a successful season with improvements all round. The team is continuing to strengthen, both with existing members and some new; showcasing regular players of 6 different nationalities and a 35 year age gap throughout the year. In-between



Pool party at Sargs

the regularly organised social events, the squad continues to gather weekly for training at the club, making use of the facilities which are getting even better thanks to sparks of enthusiasm from the newly elected general committee. With the 8s tournament out the way, BC will play their last league game before preparing for the eagerly anticipated Koh Chang beach cricket tour in August. Bring it on!

Pattaya 8s

The final tournament of the season took place early June in the form of a quick-fire 7 over, 8-a-side bash. There were bright orange balls, coloured kits and plenty of beer to mark the occasion.

6 teams eventually gathered at the lush Pattaya polo club for the weekend's proceedings. BC having been unceremoniously given the opening match on both days were the first to arrive for their imaginary warm-up and check the bar was adequately stocked.



The team to beat

The southerners were the first to test the wrath of the BC bowling attack, and eventually came out unscathed after cruising along at 15 an over and losing just a solitary wicket. A tidy 31* from 19 balls off Denzyl's bat helped BC towards their highest score of the campaign but unfortunately not enough from BC to secure a win against the boys in black and yellow.



Siam Parrots new kit



Eyes on the prize

The home side were the next test and managed to knock up 95 under little pressure, with Denzyl costing the least runs at 10 per over. Captain Rahul decided it was his time to shine with a helpful 22 in reply but a lack of support from the troops resulted in a second loss for the day before lunch and BC's final round of the day against Asian Stars.

BC had the chance to set the target for the first time in the tournament and managed to conjure up a modest total of 49 after the 7 allotted overs – a satisfactory score under the usual 25 over conditions but lacking the big-hitting required for a par score in the circumstances. The Asian Stars chased down the total within the 6th over – even with Mossy's deadly beamer sending one of the opposition to casualty for stitches and demonstrate to onlookers the importance of wearing a helmet when wild Kiwis are bowling.

After all players had been appropriately fined in vodka for their mishaps, the convoy got moving on to the team venue for the evening where the swimming pool and BBQ were eagerly waiting. Resident culinary expert Rahul put his chef's hat on and cooked up a feast to fuel the tactical discussion for the next days play. Special thanks to Mossy for his hospitality and Rahul for a top job on the food.

Speddo kindly stepped in to make up numbers and bring in a bit more luck in on the Sunday, which seemed to pay dividends in the opening game of the day. Bowling first, a shaky never-ending first over from a half asleep Mossy put pressure on BC immediately who impressively clawed back the run rate from 22

off the first, to under 9 – restricting Chiang Mai to 62 – 2 with wickets from Dilip and Denzyl. The moose managed to redeem himself with the bat scoring 32* from 19, partnered with Denzyl who also hit a helpful chunk of the runs. Speddo came in to take the glory and hit the winning runs in the 6th before celebrating BC's first win of the tournament.

Fellow Bangkokians Siam Parrots stood against BC in their final challenge in the group stages. Their emerald kits inflicted nausea on most of the team and were also hard to pick up as they blended in to their leafy green environment. This may have been the reason Siam kept BC to a low score of 44 in 7 overs, with only Speddo managing double figures at 16. In BC's bowling reply, Denzyl managed to find the edge of Bobby's bat on the way through to Adrian behind the stumps but Siam completed the job soon after, lining up a bowl final for BC against the earlier defeated Chiang Mai.

This time around it was Patrick's turn for a nightmare start as he chucked a couple of looseners down the line of 3rd slip, perhaps worrying about the cobra he had sighted in the bushes earlier. After eventually pulling it together and taking a couple of wickets, the rest of the team followed and restricted Chiang Mai to 3 less than their previous total that day. Then it was déjà vu as Mossy and Denzyl took to the middle and finished the job in the 6th without losing a wicket. The bowl was lifted with pride amid discussions where it was going to be kept as trophy space was fast running out. Thanks to Jack for taking the time to snap some photos in between umpiring and trying his best to avoid the rest of team's antics.



Ben floating one up



Denzyl steaming in



Sarg with a textbook cover drive



Getting ready for battle



Mossy's last 4 before retiring



Mossy homes in on his target



Rahul enjoys his masterpiece



The duo on form



The winners table



Winner winner chicken dinner

SQUASHY BITS

Don Johnson and Parra Handy Club Champs!

Sponsored by a sleeping cat, were the 2016 Squash Section Championships!

Scores of keen squash punters - about 11 - entered this dozing-moggy supported event to discover if they could win it or at least make some money from it!

And such was the intense excitement the tournament generated, all but four participants were forced to withdraw from the competition during the early rounds due to death from excitement and thus they subsequently sloped off to join the sleeping cat for a well-deserved kip!



To the semi-finals then and in the Plate bit Lee Sang met Madge Bruce who deliberately played like a fool so he could slide off early to the pub to watch Euro 16. To be fair, Sang is a far better player than Modge, who is as lazy on court as a slumbering feline, and he would have won anyway without Mordgey's corrupt assistance!

In the other Plate semi-final, Marv gladly accepted Tony's customary Thai cash bung to throw the match 3-0 so Marv could slide off early to catch the Euros with Mudge, but something then went awry and Marv won the match! Tony is currently in contact with his lawyer - and an assassin!

No such corrupt practices in the main draw semis as Ja quite easily overcome Shiraz who is now driving around in a brand new Mercedes Benz. Strange that!

Wally Evans and Fatboy Slim Sayer met in the other main semi and it was a scrappy, testy, and bitter, yet graft-free, affair with Sayer coming through 3-2 after he very kindly offered, between games four and five, to very kindly pay for Evans' kids schooling for the next five years. How very kind!



Bruce Madge



The Bung!



Sponsor!

Punters!



Stranger Spectators!



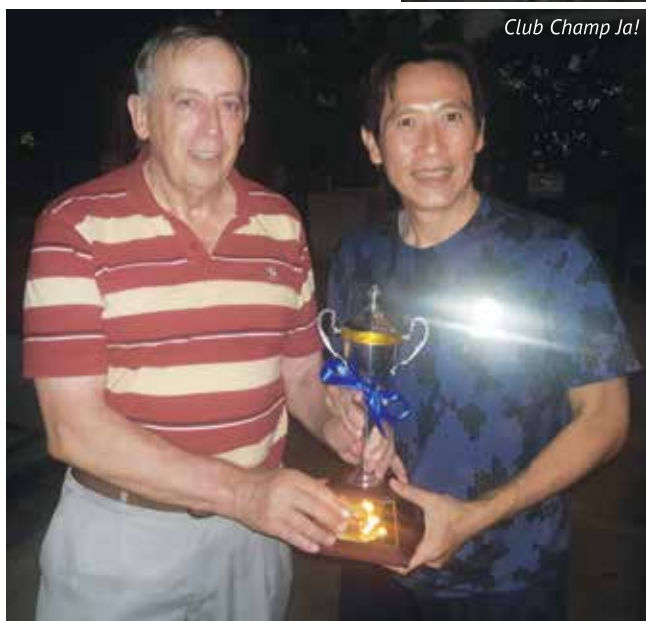
Strange Spectators

Shiraz's new motor!

On the finals' night many very strange spectators turned up including some squash-playing imposters, yet the evening appeared to be very clean (All the dodgy deals had been done beforehand!) and in the Plate final, Sang overcame Marv for the very first time as he played his heart out and deservedly won 3-2 in a very close encounter that I refereed (Next week I'm off to New York for an all-inclusive holiday!). Very well done Sang, and thanks very much for the holiday!

Ja vs Marc in the main bit and Ja was just too cool. He's been likened to Bird Thongchai, who is a very cool character, and the likeness is very clear, while Marc, due to his recent colossal weight loss and his second squash final defeat in a year, has now been labeled, 'The Biggest Loser', which is very funny, but a bit nasty, yet very funny. Anyway, Ja, played a controlled, calm and smooth game and that was enough. Marc had his moments, but Ja proved too good and just too cool and won 3-1 and so is the BCB Squash Section Champion 2016! Chaiyo Bird!

Until the cat wakes up.....

BCB Squash Champ 2016*Club Champ Ja!**Sang the Plate Champ!**No money changed hands!**Professional Adjudicator!**Careful Marv!**The Biggest Loser!**Imposters!**Thanks Sang!*

The BCB Squash Section would like to acknowledge Boots Retail Thailand as its sponsor for 2015. Boots Retail Thailand kindly sponsored the 2014 Rod Carter Open, the BCB Squash Section's open squash competition, and has agreed to support the section throughout 2015. Boots Retail Thailand has numerous branches throughout the country supplying high quality cosmetics and pharmaceuticals. Many thanks to Boots Retail Thailand.



BCGS

MAY 2016

The golf section promotes friendly competition within the British Club. Usually it holds competitions twice a month, on Sundays starting around 11.30, but this routine is sometimes punctuated by away weekends, often in Hua Hin, or competitions against other golf societies in Bangkok. The section is always keen to welcome new members, of any level of handicap. If you are interested in joining, send an email to bcgs2002@yahoo.co.uk



Vicky Brader after the Stableford



Big-hitting Bryan



Captain Pete with his well-earned Stableford prize



Varghese Rose prepares for the Worldwide Relocation Medal



Ann McKinnon after the Stableford

The May stableford competition was played at the Nick Faldo designed Chuan Chuen course. The day belonged to society captain, Pete Gale. He had, of late, struggled with his game (perhaps due to the pressures of captaincy), but found his form with a cracking 21 point front nine and a more pedestrian 14 point back nine, to win by two points from Randall Coleman. Vicky Brader and Bryan McKinnon shared third place, a single point behind. Bryan impressed everyone by winning the long drive with a mighty blow.

The monthly Worldwide Relocations Medal was, as ever, played at The Royal. In spite of the slightly oppressive heat, the turnout was good. In Flight A the amiable American, John Sienna, also experienced a satisfying recovery of form after a period in the doldrums. He shot an impressive 75 (net 69) to win by three shots from joint runners-up Graham Johnston and Robert Elliot. In Flight B big-hitting Bryan McKinnon had things all his own way. His score of 89 (net 66) earned him both an eleven shot winning margin and a two shot reduction of his handicap. Captain Pete was second, with Yuruchatr and Varghese sharing third place, a further shot adrift.



Bryan McKinnon receives his medal



Medal winner John Sienna

The annual Inter-Societies was held during May, in a new one day format at The Vintage replacing the traditional two day competition at an up-country course. This fixture (played between teams representing the four loyal societies of the British Isles) is not a BCGS event, but inevitably attracts several BCGS members. It was won this year by St Andrew's, with St Patrick's in second place. BCGS stalwart Gordon Milne took the honours not only as Top Scot but also as top dog overall.

TAKE-AWAY



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

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

Bulk orders available from Khun Somboon.



Tel: 02 234 0247, Website: www.britishclubbangkok.org/index.php/Promotions/takeaway-menu.html

Wattanosoth Hospital

“Specialized Cancer Hospital”

Years of expertise in cancer care means we select the best treatment option for our patients under the “Concept of Total Cancer Care”



All patients receive comprehensive treatment services from specialized medical personnel utilizing advanced technology for diagnosis and treatment while taking into consideration both physical and emotional aspects for the patient. Patients can rest assured that they acquire appropriate, timely and holistic cancer care.