



THE BRITISH CLUB
BANGKOK

Outpost

THE OFFICIAL MAGAZINE

OF THE BRITISH CLUB BANGKOK

www.britishclubbangkok.org

July 2017



Caught in Kuala Lumpur



TENNIS JUNIOR FRIDAYS



Starts : 28th APRIL
Finishes : 30th JUNE

10 LESSONS = 5,500 BAHT

5-8 YEARS OLD / FRIDAYS 4-5 PM

8-12 YEARS OLD / FRIDAYS 5-6 PM



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

SWIMMING LESSONS FOR BEGINNERS



- WEEKENDS -

200 baht / 30 mins

Start
SAT 7th JAN



**TRAIN WITH
RUENGRIT**

SQUASH COACHING

Ruengrit BOB

45 MIN 350 THB

10 SESSIONS 3,250 THB

THE BRITISH CLUB BANGKOK

BOOK AT FITNESS CENTRE OR BY EMAIL : SPORTS@BRITISHCLUBBANGKOK.ORG

START
WED 11 JAN
2017

TENNIS LADIES COACHING



WEDNESDAYS

9.30AM - 10.30AM

750 BAHT PER CLASS

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

**GENERAL COMMITTEE**

Chairman - Jack Dunford
chairman@britishclubbangkok.org

Vice Chairman - Ali Adam
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Honorary Treasurer - Geoffrey Banks

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**FRONT COVER**

Despite personal injuries, the Club Cricket Section moves from strength to strength, and has recently embarked upon an overseas tour taking in a number of successful matches. Our cover features them groomed, dapper and ready to cause a sensation in Kuala Lumpur. A full report will appear in the August issue.

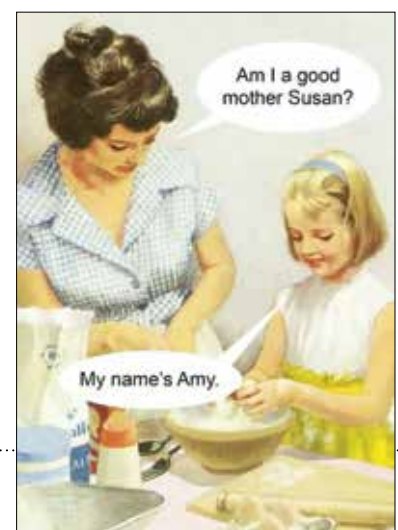
EDITOR'S GREETING

Looking back and looking ahead, this month's issue reviews some of the last months' spectacles as well as a compliment of forthcoming promotions.

There's a fine selection of sports too, note the month of Sports Camps in June/July. The final part of Jack Dunford's look back at the refugee issue is here too, and an article from the Bangkok Gentlemen Spoofers.

As always, contributions to Outpost would be welcome!

Ed



Follow us at:



www.facebook.com/britishclubmembers/



www.twitter.com/BCBangkok

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@sathep.com

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.

'The British Club Bangkok is a registered Association in accordance with the Thai Civil & Commercial Code'

MESSAGE FROM the Chairman

I normally spend a couple hours penning this piece, trying to sum up what is going on 'front of house' and 'behind the scenes' but I am in holiday mood today. I feel I have earned a bit of a break because out of the 320 days I spent in Bangkok during the last 12 months, I went to the Club no less than 290 days, usually for most of the day and often into the night.

So I'll start off by telling you a bit about my holiday! You will know from my picture pages that I love nostalgia and history, but I am not one to cling to the past. I am off to the UK for the first time in about two and a half years because all of my siblings are now in their seventies and I have a number old friends of similar age that I want to catch up with whilst we are all still young enough to remember each other.

I have two older brothers and a younger sister. The photo with my brothers is the earliest picture of me and was taken before my sister was born. So she appears in the other. I am meeting my eldest brother Eric and my sister Meg to do some walking in the Yorkshire Dales and then visiting my other brother Les across the border in Dumfries & Galloway. We all love the countryside having grown up in Somerset.

On my 'friends' list are a couple of school classmates I have occasionally been in touch with but haven't

met since we left school over 50 years ago. A former girlfriend is also organising lunch with one-time work colleagues I have not seen since I left the UK 40 years ago.

Normally though, I prefer living in the 'now' and have just returned from a raucous British Club cricket tour to Kuala Lumpur with a bunch of Members, none of whom I have known for more than 10 years, most far less. It was a brilliant weekend of good cricket, good food and far too much to drink. For me that has been one of the joys of Club life, constantly making new friends of all ages and backgrounds, doing things together away from work, never getting into a rut.

I have been playing for the Club for almost 39 years and seen hundreds of cricketers come and go. It has always been fun but never more so than now. We range in age from 25 to 70 and our first eleven would comprise 7 nationalities, a group of friends thrown



Jack Dunford

Chairman



With my big brothers



With my little sister

randomly together, bonded by being Members of the Club and by a love for the game.

This has been an extraordinary year of personal dramas for individual Members of the Cricket Section. It started on a high with Sir Nick White's Knighthood and Richard Harvey winning a Hollywood Annie Award, but it went downhill from there on.

It all started in Chiang Mai when Denzyl Allwright had to leave early to attend son Max in hospital and Goti Jhaveri broke a finger. Max and Goti recovered but Captain Rahul Gupte then broke his thumb dropping a catch, which side lined him for 6 weeks. That was nothing though compared with Adrian and Khun Porn Salter tragically losing their (step) son and then Dale having a heart attack after a league match. Dale is making a great recovery and will be back in a few months better than ever, but not so good for Glenn Rowell who popped his achilles at Horseshoe Point, is now on crutches and will be out for a year. Then to cap it all Rahul, after making a comeback, dropped another catch, broke his other thumb and is now in India by the side of his terminally ill sister. You couldn't make it up! Never have friends been more important.

I'll be back on 19th July and am looking forward to seeing work start on the Silom Wing. With formal planning approval received from the BMA, tenders are being invited from at least five contractors and bids are due back by 14th July. Contracts are due to



Kuala Lumpur June 2017

be signed and demolition commenced by the end of July, with construction taking place over the next 6 to 8 months. The only sign of activity so far is refurbishment of the Pavilion Cafe as the new staff facility and this will probably be finished by the time you receive this.

I leave everything in the capable hands of our hard working General Committee under the leadership of our next Chairman, Ali Adam.

Enjoy the Club. Tally Ho!



Work has begun



THE BRITISH CLUB
BANGKOK



JULY



INDEPENDENCE BRUNCH

THE VERANDAH, 11:30AM - 3PM

ADULTS BT 595 / CHILDREN BT 350

Barbecue Ribs, Fried Chicken, DIY Burgers, Pizza, Minute steaks, Full Carvery and...
Long Island Iced Teas at only Bt 145 each!

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

LETTER FROM the General Manager

In June on Election Day, over 40 Members came to the Churchill Bar with more than 20 of them eating the all day breakfast as they waited for the results to come through. It was a surprising result, a shock for some Members, but it provoked great conversation and the Churchill was busy. A local TV station, Spring News Channel 19 interviewed a few Members which was good promotion for the Club.

Then there was the Queen's Birthday Party on 10th June, with vendors booths and many games and other kids activities. More than 80 people attended, with very good feedback from all. Thank you to all the sponsors, especially ICamp, for supporting this special event. The live band was good too, but we had to stop because of the rain otherwise the event would have gone on until 8 or 9pm.



Another successful event was Canada Day with over 500 people attending the event this year. This year the Canadian Chamber changed the concept of their event so our front and back lawns and both adjacent car parks were full. My congratulations to the organising teams - we look forward to hosting their event again next year.

In July we have the Independence Day Brunch on 2nd July, Quiz Night, the yearly Sparking Wine Brunch on 30th and

quite a few different F&B promotions. Please check the website and book by email or in Reception. Please note The Verandah and The Alcove will be closed on 22nd July due to the private function.

The International Schools are closing now so Khun Amnat has organised Sports and Mini Sports Camps for a month, so please check the programme and book at the Fitness Centre. The Wimbledon Championships start on 3rd July which we will show in the Surawongse Sala. Khun Laak has created a special Strawberry Menu, and all outlets will offer a Pimm's promotion too.

July sees new-look uniforms for all staff and Khun Reungrit, one of our fitness staff, will complete his external training for life-saving at the swimming pool. The new staff house is almost finished, so we plan to move the staff there during July; it looks very nice, clean and private for them. The Silom Wing Project starts soon and the GC will update you with the new schedule in the next issue of Outpost.

Many Members take holidays at this time so don't forget to get introduction letters for any reciprocal clubs you may like to visit. There are more than 350 around the world, so please contact Reception or drop an email to info@britishclubbangkok.org

For Members remaining in Thailand, I look forward to seeing you here enjoying the Club and its activities.



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 - midnight (Afternoon Tea 3pm - 5pm)		
Accounts Office	9am - 6pm (Mon-Fri), Closed (Sat-Sun)		
1910 Sports Bar	5pm - midnight	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)

Business Lunch

3rd July - 7th July

Starters: 65 Baht (2 Options)

Chicken and Cranberry Salad.

Chef's Soup of The Day.

Main Courses: 160 Baht (4 Options)

Chicken Tikka Masala.

Pan-Fried Dory Fish with Mornay Sauce

Fillet of Pork Wrapped in Parma Ham Grain Mustard and Honey Sauce.

Gaeng Kiew Wan Gai, Moo Tod Krathiem, Phad Phak Ruam Nam Man Hoy.

10th July - 14th July

Starters: 65 Baht (2 Options)

Tuna Salad.

Chef's Soup of The Day.

Main Courses: 160 Baht (4 Options)

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

Fish and Chips.

Marinated Pork Fillet Roast on Rhubarb.

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

17th July - 21th July

Starters: 65 Baht (2 Options)

Smoked Duck Salad.

Chef's Soup of The Day.

Main Courses: 160 Baht (4 Options)

Chicken and Wild Mushroom Lasagna.

Pan Fried Dory Fish with Caper Meunière

Shepherd's Pie

Gaeng Jued Tao Hoo Moo Sab ,Phad Kraprao Moo Sab Kai Dao.

24th July - 28th July

Starters: 65 Baht (2 Options)

Mozzarella, Mango, Tomatoes and Rocket Salad

Chef's Soup of The Day.

Main Courses: 160 Baht (4 Options)

Grilled Chicken Breast with Tomato and Bean Sauce.

Grilled Mixed Sausage.

Grilled Seabass with Coriander Salsa.

Gaeng Kiew Wan Look Chin Pla, Moo Tod Krathium Prik Thai, Phad Phak Ruam Nam Man Hoy.

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

F&B MORSELS

We are looking forward to July as there is some good food available for you all to enjoy.

Early in the month on Sunday 2nd July we will have our Independence Day Brunch in The Verandah celebrating the USA's independence. It's been a popular meal over the last few years and we include barbecued ribs, do-it-yourself burgers, pizza, steaks and a full carvery too. Then three weeks later we have our annual Sparkling Wine Brunch on Sunday 30th which includes imported oysters, steamed prawns, antipasti, cold cuts, cheese platter, strawberries, chocolate fountain and much more! There's one hour free flow sparkling wine too, and if you don't want wine there are other options too. Check the poster in this issue.

As it's the summer season, we have our strawberry promotion in July and we will continue with the mango and sticky rice promotion, which can also be served with ice cream. There is also a promotion on salmon fishcakes at a bargain price, and we are doing our usual

mid-year oyster promotion as shown on a poster here too, so don't forget these tasty dishes!

On other Sundays, our usual Brunch will still be on offer, but because of the other special brunches, we will not be doing our curry or BBQ buffets during July.

I'm putting together some new dishes for Healthy Menus at the moment, and for these and any other parts of the menu, your suggestions are always welcome.

Happy Eating!



Khun Laak

Executive Chef

PIMM'S COCKTAIL

Only
100 Baht



Cocktail of the Month "July"



OYSTER PROMOTION



THE BRITISH CLUB
BANGKOK

SERVED WITH
RED VINEGAR SHALLOTS,
PAPRIKA, TABASCO,
LIME AND BROWN BREAD

FRESH

FRENCH FINE DE CLAIRE
OR SYDNEY ROCK

HALF DOZEN FOR BT 450

COOKED

OYSTER ROCKEFELLER
OR OYSTER MORNAY

5 PIECES FOR BT 400



HAPPY AND GLORIOUS

Queen Elizabeth II's 91st Birthday

Time flies and once again it was time to show our respect and admiration for Queen Elizabeth II with a fantastic birthday party of fun and many activities this year although this year was slightly different as the festival was on the front lawn, but we had really good feedback from participants and Members alike.

Thank you to GC Vice Chairman Khun Ali Adam who led everyone for the Royal Toast at the highlight of the celebrations, and to our long service Member Khun Sam Cohen for the cutting of the Union Birthday Cake. There was a downpour in the early evening, but this was shrugged off by the unexpected pipe music from our Member Khun Angus Mckernan which made everyone feel warm and heightened the mood. Thanks, Khun Angus!

The magic show, a live band on stage and many Kids Activities plus more than 20 booths from vendors and social organisations made the day a very happy one for everyone. And lastly, a big thank you very much for the raffle prizes from so many sponsors. See you again next year!



Khun Aof

Duty Manager







A Big Thank you
to our sponsors who supported us



JIM THOMPSON



CORBYN MAY, MAY MAY

UK Election 2017

Election Day caught the attention of not just British people around the world and here in Bangkok too. The Club scheduled this significantly event soon after it was announced and brought the live broadcast to both outlets, the Churchill Bar and The Verandah even though the different time-zone was awkward! We showed the TV reports from 6 am until the afternoon with Happy Hour and discounted price of all-day breakfast menu. Approximately 35-40 people came along as well as a special report team from a local TV channel, Spring News. Thank you to those Members who agreed to be interviewed, and to all others who watched the results come in. We hope you were happy with the outcome!

Oh no, not another!



Not as clear-cut as expected...



You better believe it!



A sombre mood prevailed



THE BALUT CHALLENGE IS ... NOW

By Mr C

TEN YEARS AGO ... BALUT WAS BORN!

Well, probably two thousand and ten years ago when one Julius Caesar rolled some dice and (allegedly) said those immortal words ... *ALEA IACTA EST*. Fast forward two thousand years and the Singapore Cricket Club challenged

the British Club Bangkok to a Balut tournament to play a game we had never even heard of, let alone played ... **and we won!**

THREE WEEKS TO GO!

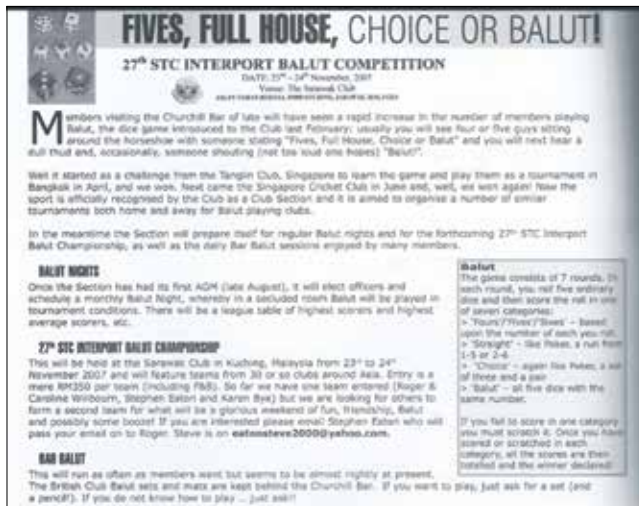
This July, the afore-mentioned Singapore Cricket Club is challenging us again so WE NEED PLAYERS!!! Although the Balut Section, at its height, had some 80 members and had successfully hosted no less than three STC Balut Interport Tournaments, the section is now dormant and as we said ... WE NEED PLAYERS.

PLAYING IS EASY WINNING IS FUN!

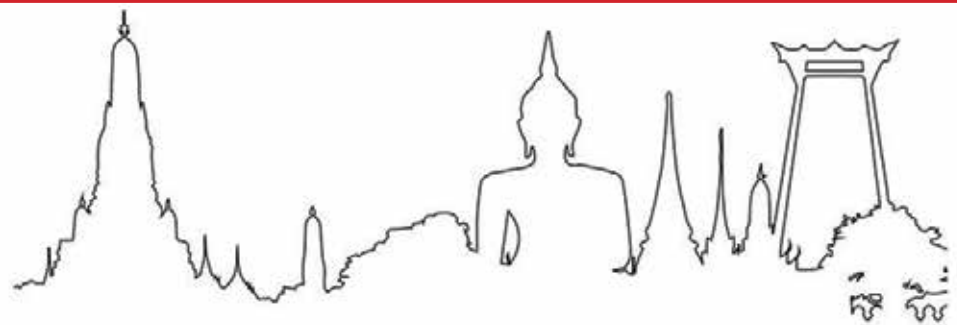
If you can roll five dice on a mat, and reasonably count up to 30, you are in!!

LET HISTORY REPEAT ITSELF ... JOIN BALUT NOW

Want more information? See <http://www.teambalut.com> or email david@yes.co.th



"How it all started"



10TH ANNIVERSARY BALUT CHALLENGE

VS SINGAPORE CRICKET CLUB

22ND JULY 2017
SURAWONGSE ROOM



MORE INFO
WWW.TEAMBALUT.COM



WTHAO

When The Hands Are Out



The Bangkok Gentlemen Spoofers held the 15th Asian Spoofing Championships in Pattaya on the 27th May, as after visiting Manila last year we decided to enjoy our annual event this year at this beautiful seaside resort in Thailand.



We were hosted by the Camelot Hotel Pattaya and they did everything to make this a memorable evening of fine dining, with lots of drinks and obviously world class spoofing. This year's donations and fines brought together a whopping 92,000 baht for the Bangkok Gentlemen Spoofers Charity Fund for Underprivileged Children of Thailand. We would like to thank the sponsors Comporsys, Det-5, PiriProperty, Club Electric Blue Pattaya, The Dollhouse Pattaya, The Dragons Head Bangkok, Airportsmoker.com and Shorttimefun.com who enabled this to happen. We also extend all our sincere thanks for generous cash donations from Bob Van Es, Vince Swift, Iain Hackett and Carlos Romero.

This year's Champion is the "newcomer" Spoofer Sohil Gilani who defeated an unknown Gentleman 4:2 in 16 rounds.

The next major event for the Bangkok Gentlemen Spoofers will be the 28th Thai National Spoofing Championships which will be held at the British Club in December 2017.

The Bangkok Gentlemen Spoofers are an Associated Group of the British Club Bangkok and we meet regularly and have been doing so for more than 28 years. We spoof every Tuesday evening in the Churchill Bar from 7:30pm onwards and would welcome each and every one of you fine Gentlemen of the British Club.



For more information visit our website: www.bangkokspoofers.com and follow us on Twitter: @BangkokSpoofers
Thank you all for your generous support!

Thursday

Friday

Saturday

Sunday



10TH ANNIVERSARY
BALUT CHALLENGE
VS SINGAPORE CRICKET CLUB
22ND JULY 2017
SURAWONGSE ROOM
MORE INFO
WWW.TEAMBALUT.COM

1

Swimming for Competition

9am - 10:30am

Swimming Lessons

9am - 10:30am

Saturday Storytime

10:30am Silom Sala



2

Kids Cricket

Book first! 8am - 11am

Swimming Lessons

9am - 10:30am

Independence Brunch

11:30am - 3pm

Open Pairs Bridge

2pm Silom Room



6

Squash Mix-In

5:15pm - 9:45pm



7

Tennis Mix-In

6pm - 10pm



Junior Tennis

4pm - 6pm



8

Swimming for Competition

9am - 10:30am

Swimming Lessons

9am - 10:30am

Saturday Storytime

10:30am Silom Sala



9

Kids Cricket

Book first! 8am - 11am

Swimming Lessons

9am - 10:30am

Sunday Brunch

11:30 - 3pm Verandah

Open Pairs Bridge

2pm Silom Room



13

Squash Mix-In

5:15pm - 9:45pm



14

Tennis Mix-In

6pm - 10pm



Junior Tennis

4pm - 6pm



15

Swimming for Competition

9am - 10:30am

Swimming Lessons

9am - 10:30am

Saturday Storytime

10:30am Silom Sala



16

Kids Cricket

Book first! 8am - 11am

Swimming Lessons

9am - 10:30am

Sunday Brunch

11:30 - 3pm Verandah

Open Pairs Bridge

2pm Silom Room



20

Squash Mix-In

5:15pm - 9:45pm



21

Tennis Mix-In

6pm - 10pm



Junior Tennis

4pm - 6pm



22

Swimming Lessons

9am - 10:30am

Swimming for Competition

9am - 10:30am

Balut Challenge

All day, Surawongse Room

Saturday Storytime

10:30am Silom Sala



23

Kids Cricket

Book first! 8am - 11am

Swimming Lessons

9am - 10:30am

Sunday Brunch

11:30 - 3pm Verandah

Open Pairs Bridge

2pm Silom Room



27

Squash Mix-In

5:15pm - 9:45pm



28

Junior Tennis

4pm - 6pm



Tennis Mix-In

6pm - 10pm

Wine Tasting

6pm - 9pm

Surawongse Room

29

Swimming for Competition

9am - 10:30am

Swimming Lessons

9am - 10:30am

Saturday Storytime

10:30am Silom Sala



30

Kids Cricket

Book first! 8am - 11am

Swimming Lessons

9am - 10:30am

Sparkling Wine Brunch

11:30 - 3pm

Open Pairs Bridge

2pm Silom Room





THE BRITISH CLUB
BANGKOK



QUIZ NIGHT

Tuesday 18th July

The Verandah, 7.15pm

Teams of 6 or less

Members Bt 100, Guests Bt 150

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



Paul Cheesman

Honorary Secretary

TO DRIVE OR NOT TO DRIVE ... THAT *IS* THE QUESTION?

To enable your decision to be made easily, if you need to leave your car parked in the Club overnight, please just inform Reception (or the Churchill Bar after 10pm) or the Security Officer at the Gate. Bylaw 10 (g) has been amended accordingly.

Staff will also order you a taxi if you so wish.

TAXI!



As most members are aware the Club Reception can call a taxi for you but the General Committee are also aware that some members are using Apps to do the same job and thus we have amended the bylaws to ensure that all members know where they stand, according to how one orders the vehicle ...

VIA RECEPTION

- Please ask staff to ask Reception to order you a taxi and then proceed to walk to Reception to wait.
- Taxis will generally be called from Suriwongse Gate and pick-up at the front of the Clubhouse.
- Taxis are logged and a record kept of your journey.
- After 10pm, the Churchill Bar takes over this function.
- Please do not stop a taxi driving through the compound ... it will probably not be yours!

BY APP (*Grab Taxi, All Thai Taxi, Uber and Easy Taxi without prejudice to their legality*)

- If you use an App to order a taxi, please ask them to drive to the Silom Gate (i.e. Silom Soi 18)
- Please walk to the Silom Gate to meet your taxi
- For security reasons, Taxis ordered by App will not be permitted to enter the Club until you are present.

AS IT HAPPENED

After sharing pictures of Cambodian and Lao refugee camps in Thailand in the 1980s this month the final set is from Vietnamese refugee camps. These refugees were least welcome in Thailand because, with communist power growing in the region when Vietnam invaded Cambodia in 1979 there was a real fear that Thailand may fall next ... the 'domino theory'. Most Vietnamese refugees arrived after perilous journeys by boat preyed on by pirates with unknown thousands perishing at sea. Smaller numbers made their way across land to the Cambodian border. They were reluctantly accepted on the promise that mainly the USA and France would take them to their countries, The camps were small and subject to tough security and discipline. Next month .. what happened to all of these camps and where did the refugees go?



Jack Dunford

Arriving by boat



Communal kitchen Sikhiu 1982



Food preparation Sikhiu 1982



Land Vietnamese Site 2 1985



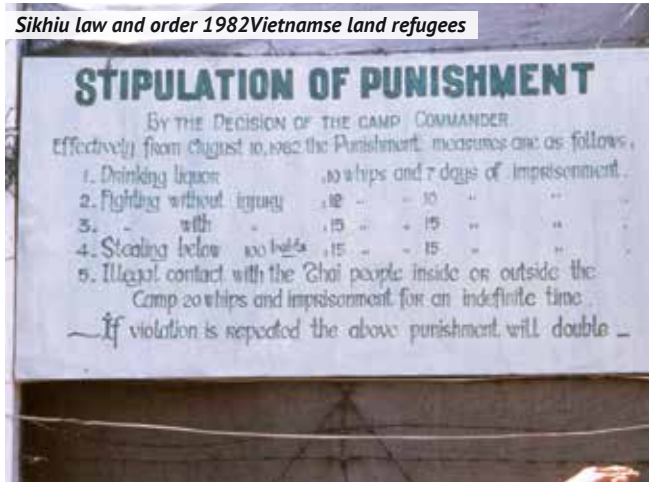
Crowded Sikhiu 1982



Many Muslims amongst Vietnamse land refugees



Sikhiu law and order 1982 Vietnamse land refugees



Not much room Sikhiu 1982



Sikhiu 1982



Camp characteristics Sikhiu 1985





Mini Sports Camp

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

Bt 650 per day

Mon 26 June, 3,17,24 July

Wed 28 June, 5,12,19,26 July

Fri 30 June, 7,14,21,28 July

- 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.



THE BRITISH CLUB
BANGKOK



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





SPORTS CAMP



26 June - 28 July

*** No class 10 July***



date Time	Monday Bt 950	Tuesday Bt 1200	wednesday Bt 950	Thursday Bt 1200	Friday 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 - 2:00	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 some activities, please sign up 48hrs in advance.
- A no show booking will still be charged the full amount. Cancellations up to 24hrs before will be charged 50%.
- Whilst the British Club and its staff will provide the highest level of care possible for your children, sports/activities camp participants take part at their own risk and the Club accepts no liability for injuries caused during activities on or off site or travel to or from the Club.

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

HARD BALLS

Climbing up the league table

The front cover this month features a snapshot of our first international tour for a few years; sit tight for next month's report on the cracker of a weekend in KL which isn't going to be forgotten in a hurry. This month's edition looks back over some earlier games as I struggle to keep up with the flood of cricketing activities - not a bad problem to have. Speaking of problems, a few more unfortunates have been added to the ever-growing injury list over the past month, with Rahul fracturing his other thumb, Glenn popping his Achilles tendon on his debut fireball match, and H with some make-believe injury he keeps pointlessly sticking masking tape over his elbow for. This month also saw the conclusion of Fireball series 9, with BC unfortunately propping the table up in what was an inconsistent court performance throughout. Nevertheless, thanks must be extended to Pat, Sarg and Jack for all their hard work behind the scenes to make these tournaments happen.



Ben Eastwell



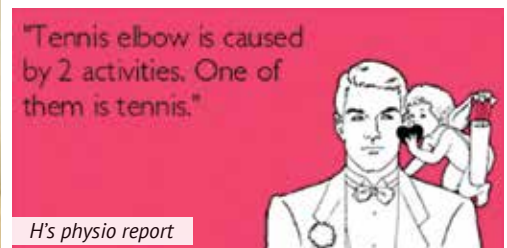
Glenn out



The captain intent on not playing



Glenn on the assault



H's physio report

V Kerala Strikers 21st May @ Horseshoe Point BCLB2

The second attempt to play Kerala Strikers after they deceitfully loaded their team with A grade players in the previous encounter was played down towards Pattaya at Horseshoe Point. BC managed to pile 12 into the bus, and even Goti, after being smartly informed a departure time an hour earlier than everyone else, managed to arrive on time.

Rahul was put into field first by the Kerala captain, opening proceedings with a pace/swing combination - Pat (0 - 17, 3 overs) held up one end whilst Dilip (0 - 29, 2 overs) got carted all over the ground, blaming the particularly narrow wicket and some dodgy whiskey the night before. After 40 from just 4 overs, Anil (1-25, 5 overs) sprung back into action from his hibernation with a sharp spell, reciprocated by Denzyl (1-12, 5 overs) at the other end to keep the opposition quiet and



V Kerala Strikers BCLB2



Man of the match - Glenn

swing things back in BC's favour. Ed (1-24, 5 overs), Ben (1-9, 2 overs), and Aseem (1-17, 2 overs) picked up a wicket each in the back end of the game, managing to prevent any tail end leakage helped by some sharp work from Goti behind the stumps and some useful outfielding where it counted - reducing the Strikers to 144 - 7 at the innings break.

None of the BC batsmen really got going in the reply, struggling to get the bowling away on an unfamiliar pitch. Rahul's 20 was the highest score in the top 6 and the win looked out of reach at the halfway point. However, the game was rescued by Glenn, who put in a MOM performance with 32 runs supported by Goti (15*) and Mr.Mishra, who was summoned to the field to hit home the winning runs in the penultimate over to end what was an overall brilliant game which swung both ways throughout.



Unboxing the new drone

Pattaya Super 8s Tournament 3-4th June

The Pattaya 'Super 8s' tournament slotted into the calendar just 1 week before the KL tour; the previously mentioned flurry of injuries and/or failure to convince wives and girlfriends for back to back cricket weekends led to a somewhat desperate attempt to field 8 players for the competition, but with a step-in from BFF's Shree (who also happens to be a gun batsman/keeper), BC were all set to compete against the 6 other hopeful teams in the 7-over format of the game for the weekend.



Dale on the mend



Denz V Pattaya



Denzyl ready for the game

Mossy kindly hosted a pre-tournament warm up party at his increasingly familiar abode on Friday evening, with help once again from BC's token chef - firing up some treats, partly due to a fresh lump of goat hand-picked from Ed's farm.

A sensible evening and a belly full of food led to a strong performance on the Saturday, having been summoned to the ground first thing. Back to back games against Southerners, the hosts and Asian Stars were all valiantly lost but not without a fight, and our cricketing duties were completed by 14:00, leaving the rest of the day to relax and enjoy the weather we had been miraculously delivered for the weekend.



Bowl winners



Pat-taya



Ben V Sarg



Celebrating the Chiang Mai win



High pants brigade

The BC tent looked a touch more bleary-eyed and stiff-legged on Sunday morning but perhaps this was the first phase of transformation into the winning machine they were to become. Odds were stacked against a win V Chiang Mai first up, but through some form of wizardry, BC racked up an impressive 104 from 7 overs and just about managed to defend to bring up the first win of the tournament in dramatic fashion. Mossy featured with an explosive 34 made up almost entirely from 6's, who then morphed into a wild salmon in the field - helping him on his way to eventually grab the coveted man of the tournament trophy. Due to BC losing out on a plate final with just 3 points separating 3 teams in the middle of the table, the final group game and resulting final were played and comfortably won against a depleted Parrots side who had even resorted to calling Sarg into their side! Quality tournament, bring on next year.

FITNESS & HEALTH

Straight to the point

You don't have to look very far these days to see someone complaining of some sort of pain, and in many cases you will either see the person pointing to or holding onto a specific muscle which they believe is the cause of their sometimes debilitating pain. In some instances people will go a step further and describe the pain as a 'knot' in a muscle.

So what are those 'knots' in your muscles and are they really the cause of your pain?

Firstly let me say that it is inaccurate and naive to say that all pain stems from muscles, since the pain mechanisms in the body are highly complex and vast. However, there is a belief that some of your pain is caused by trigger points within certain muscles.

Trigger points are described as areas of local muscle spasm found within a muscle, so rather than the entire muscle spasming only a small part of it goes into spasm, and can cause identifiable referred pain in other areas of the body.

Trigger point models describe how by applying sustained pressure to specific points in the upper shoulder or upper

trapezius muscles, clinicians have found a consistent referred pain pattern into jaw, back of the neck and side of the head. This pain will be familiar to most people as a tension headache and is a good example of trigger points in action. Anyone who has had a headache knows just how debilitating those 'knots' can be.

Trigger points in both the back, stomach and hips have also been shown to contribute greatly towards back pain.

Trigger points in the upper trapezius with pain referred into the neck, jaw and temporal regions.

Trigger points in the Sternocleidomastoid muscle with referred pain into the front and back of the head.

What is important to know about trigger points is that they are easily treated, and successful treatment will

lead to a removal of the referred pain which is relatively easy to achieve.

Sustained pressure is all that is needed over the affected areas of muscle, and many people can be seen in gyms using foam rollers or tennis balls to alleviate their own pain but in areas such as the head where it is quite difficult to do yourself it is recommended that you see a practitioner, like a physiotherapist or massage therapist qualified in Trigger Point Therapy or Neuromuscular Therapy.

When using a foam roller the participant is generally rolling themselves over a foam roller in order to find areas of tension. Once the area of tension is found, the body is positioned so as to increase pressure and the position is then held until the pressure is relieved. The participant can then either repeat the procedure on the same area for 2-3 times or move on to the next area of tension.

Special care should be taken when foam rolling to not be too aggressive as too much pressure can cause muscle damage and potentially aggravate the existing pain.



In a typical session with a qualified practitioner, the practitioner will combine trigger pointing techniques with other massage and stretching techniques along with a clinic mindset that will help locate and treat trigger points with greater effect and accuracy and affect.

Left untreated over time trigger point pain will persist and start to affect not only your quality of movement but also your quality of life.



David Fiala

SQUASHY BITS

Annual Championships

Sixteen entrants was the best we could do despite running the event for free. Pathetic really, but many thanks to all those that took part. Participation in our squash competitions has not improved and one wonders what must be done to stir interest for the new courts. Senior citizens seem to make up the majority of BCB Squashies with the prospect of any younger players or females just a dream. Even plenty of those players we do have seem unwilling to support the competitions. Very poor!

One idea worth considering is to convert the space allocated for the new courts into an interactive computer game room/ice cream parlour/junk food den allowing those that wish to indulge in that kind of lifestyle ample space to stuff themselves to death while destroying what few brain cells they have remaining with hour after hour of Attack Raid Special Commando and mindless social media.



Bruce Madge



Champ Marc!



**IT'S NOT ABOUT
"HAVING" TIME.
IT'S ABOUT
MAKING TIME.**



And to relocate the entire BCB Squash Section to Egypt where the game thrives as it is truly appreciated, actively encouraged and adored. Eleven of the world's top ten male and female players hail from that country. It's a bit of a dictatorship, just like Thailand, but at least the Egyptians love their squash and we'd get plenty of players willing to support the competitions or at least turn up on the finals night to cheer on those that made it that far. Our finals night featured about five spectators one of whom had only really come for the free food and beer!

Anyway, here's Peter's report of the finals.

"In the Plate Final Rit defeated Bruce 3-0.

Bruce had to play his semi-final with Ranjan immediately prior to the final. I thought that Bruce played the best squash I have seen from him with a

Nobody is ever too busy. If they care, they will make time.

very controlled and consistent performance against Ranjan, easily defeating him 3-0. Ranjan's usual volley drops down the right wall were not coming off partly due to good serving from Bruce who kept the pace off the ball which made it more difficult for Ranjan to attack.



Beautiful squash setting!*The correct attitude!**BCB finals night gallery!**Fat chance!**Brain cell killer!**Largely mindless!**Typical BCB Squashies!*

Bruce then had to follow up five minutes later with the final against Rit. He fought hard and gave Rit a very competitive game. The few spectators enjoyed the match which is the best indication of how well he played. As a result of Bruce's good form his handicap will have to be changed prior to the Handicap Championships next month. Well done to Rit for his win!

In the Cup Final, Marc played Ja and we were treated to a very entertaining match with great attacking and retrieving from both players. Marc was definitely playing his best squash without any sign of nerves which has sometimes affected his final performances in the past. Ja had more unforced errors than usual but he fought to the end and never gave up. Marc won 3-0 in a worthy final to claim his first win after being runner up many times in the past; his weight loss and largely alcohol-free lifestyle definitely paying off. Very well done Marc for becoming BCB Squash Section Champion 2017!

Many thanks to all the members who played in the Championships and helped make it a great event.

Due to the renovations expected to start towards the end of July we will be holding the Handicap Championships during July."

And after that event we are relocating the entire BCB Squash Section to Egypt!



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.



TENNIS

Dear Members

The past month was another exciting one for tennis both at the British Club and beyond.

The 2017 British Club Tennis Section League Series 2 has just been completed and despite the rainy season's best efforts to dispute matches, the majority of players were able to get on court and do battle. Participation in Division 1 was somewhat disappointing but Nepal's finest, **Dawa Sherpa** did manage to drag himself away from the golf course long enough to take the title.



Welcome to the British Club



Graham Johnston

Section Chairperson

All matches in Division 2 were completed and were fiercely competitive with all players taking points from each other with the exception of **James Young** who blew everyone off the court and will thankfully be promoted! Division 3 fixtures were not all completed but the wily **Khun Prasit** used all his experience to win all his matches and finish on top of the pile. There were lots of close encounters in Division 4 with almost every match going to three sets. However, the only player with a 100% record was **Doug Barnet**. Well played Doug! For the first time in quite a while we had a Division 5 which featured a number of new league players. True to form, the three ladies in question filled the top three places in the final standings. Congratulations to Division 5 winner **Ann Jackson** and to runners-up Khun Nattaya and Gill Lyon.

Once again we hosted a visiting team to the British Club, this time the Royal Selangor Club from Kuala Lumpur. The match was set for a Friday evening at 6pm and as I left my apartment at 5.45 the heavens opened and I went back to grab the playing cards. Thankfully before the visiting team and had too many beers, the



Khun Phairoj and Mick 60+ Champs

Royal Selangor reciprocal visit



Heartfelt appreciation and exchange of gifts



Stars of Selangor relaxing courtside



Interclub Mighty Craic



Selangor Team



rain subsided, (dark) blue skies emerged and we were able to get on court. The play on court was fun but the craic off court was mighty with the visiting team from KL determined to take advantage of Bangkok prices at the bar! Thanks to all players who took a chance on the weather to come out and represent the club. As luck would have it, I was able to pay a quick reciprocal visit to the Royal Selangor Club on a very recent business trip and received a warm welcome and a chance to play a bit of tennis on their grass courts. I would highly recommend any member visiting KL to stop by.

Moving further afield, some of our members have been impressing on a world stage. The 36th J.S.T.A (Japan Senior Tennis Association) annual tournament was recently held at Tukushima, about a 3 hour drive from Osaka. The tournament, which was played between 23rd and 26th May, featured over 400 competitors between the ages of 60-90 plus four players over 90! In addition there were 3 overseas entries all from the British Club - Phairoj Chanesrivikul, Mick Dunn (country member from Australia) and Khun Yubharet. It won't surprise many at the club to hear that Khun Phairoj and his partner Mick were undefeated in 6 matches and won the Men's 60+ tournament. Excellent work gentlemen!

That's it for this month. Enjoy your tennis!

For information on joining the tennis section please contact bcts.bangkok@gmail.com
For information on playing in the tennis leagues please contact bcts.league.tennis@gmail.com

BCGS GOLFING NEWS

May 2017



The Three Day Eclectic

Everyone's favourite competition the three day Eclectic was held at Forest Hills (St James Lodge) in Khao Yai. For the uninitiated the lowest score on each hole played over the three days is recorded for the eclectic, producing the one 18 hole scorecard. Golfers love it as day one is completely relaxing with the opportunity to drink as many tinnies as possible and enjoy the wonderful scenery. Day two is moving day with the chance to get ahead of your mates by scoring a few birdies. Day three is when concentration comes to the fore to ensure that the double bogey is converted into a par and the eventual win.

Dawa Sherpa managed to sustain his lead each day to clinch the low net of 60 off a three quarters handicap of 15. Runner up was Pete Gale with a low net score of 63. The low gross honours were given to Graham Johnston who equaled a gross score of 75 with Dawa but managed to do it over two days instead of three.

Eclectic Winner Dawa



Bromance



Dinner at Granmonte Vineyard with eclectic selection of Thai wines



A rose between two roses



Frank making the birdie putt



Just to note that if you took the worst scores played in The Open at St Andrews since 1984, the eclectic score would be 66 over par. Lots of famous names have scored 9 on the treacherous par 417th road hole.



Stableford

The May stableford was held at Kiarti Thani. Gordon Milne won the bottle of wine with a stableford score of 34 points.

Happy Gordon



2016 Matchplay

The 2016 Matchplay final took place in May after a number of attempts due to competing travel commitments. The final pair Karen Carter and Graham Johnston had already fought it out with the match resulting in a draw. This time Karen managed to clinch the trophy winning one up with a final putt on the last hole.

Matchplay Finalists



May Medal

In spite of the anticipated floods 14 made it to the Medal at Royal and had a trouble free round in the cool breeze.

Flight A winner was Varghese Rose with a net 71. Flight B winner for the first time was Neil Davies with a net 74.

Neil Flight B Winner



Lovely swing Varghese - Flight A Winner



If you would like to join the golf society, we welcome players of all standards. We normally play on a Sunday and also have away weekends. For more information please contact us at bcs.bangkok@gmail.com

The Verandah
Sunday 30th July 2017

SPARKLING WINE BRUNCH



Adults

Bt 1,750
includes free-flow sparkling wine
one hour

Bt 1,200
without alcohol but with free-flow
juice/soft drinks throughout



Under 12 yrs

Bt 595 with free-flow
juice/soft drinks throughout

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

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