



THE BRITISH CLUB
BANGKOK

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

Outpost

www.britishclubbangkok.org

September 2014

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**FRONT COVER**

The cover shows a SAN TA YAAI on the Back Lawn, meaning a Thai shrine for Grandfather, Grandmother or other guardian spirits, which watch over and protect the home and the land. Most people ask for their protection and blessing by making offerings such as rice, fruit, lotus flowers or jasmine garlands, incense, candle, and sweets.

EDITOR'S GREETING

Dear Members,

The recent renovation of the area behind the kitchen revealed the shrine featured on this month's cover, and it is lit at night.

This month we have a page marking the start of what may become a regular weekend fixture - croquet (page 9). Harking back to days of yore, it's a marvellous way to spend a Sunday morning.

I'm also pleased we have one more page on Health & Well-being from former colleague Mike Wagstaff - the great topic of breakfast!

Pip pip!

Ed.

**FUN AND GAMES**

26 BRIDGE
 Results for July 2014

29 MONDAY NIGHT MOVIE
 Great movies this month!

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.

Enjoy the sun, safely

Melanoma is the most dangerous form of skin cancer. Most at risk are people with high UV exposure **from sunlight or tanning beds.** If you have **pale skin, red or blonde hair, plenty of moles or freckles, a history of sunburn, and a family history of skin cancer,** be particularly careful. A monthly self-exam is a good idea. If you are ever in doubt, consult a doctor immediately.

**Stay skin safe with FotoFinder,
the latest technology in early diagnosis of skin cancer.**
Total body mapping and individual mole analysis program
is now available at Samitivej Sukhumvit Hospital.

Samitivej... *We Care*

LETTER FROM THE GENERAL MANAGER



Premrudee Tanyaluck

General Manager

The Club is usually quite quiet during August as many of our Members are away and staff have leave also, but there were more than 40 Members here for the Mother's Day Buffet which was a combination of Thai, international and fresh barbecue food. I hope you all enjoyed it and thank you for coming down to the Club on such a special day.

I would like to inform everyone about a couple of staff promotions:

- Khun Amnat Saklebpradu has been promoted to become Sports Manager for the Club. Khun Amnat has worked here for more than 18 years and is familiar with many sports and teaching fitness, and runs the Sports Camps.
- Khun Kathin Klinubol has been promoted to become Poolside Manager since Khun Susan has left. Khun Kathin has been at the Club for more than 23 years, and is fully conversant with both Salas and their systems.

Both promotions are internal which should ensure a smooth transition as Members already know Khun Amnat and Khun Kathin, so please join me in congratulating them and giving them support.

The Alcove has opened as a private dining area within The Verandah, and children are not allowed. This area is for those who want to dine with more privacy and less disruption and noise. With a special new menu available, it has proved popular already and is ideal

for both serious and fun occasions, so come and enjoy the experience.

In September, as a result of feedback we will be introducing a revised Western Menu throughout all the outlets. The differences between the outlet menus were causing a problem as often items did not appear where people wanted them. We have also overhauled the contents a bit, and hope you like what you find when you see them. Let us know!

For sports in September, we will be starting swimming lessons, having regular pétanque games, a varied bike tour, and also offering squash and tennis coaching for kids. Please get more information from the Fitness Centre or the posters going up on the boards and on the website soon (also see page 30).

Our staff are working on the major events coming up from October until New Year which will include the Trafalgar Dinner, Guy Fawkes Night, a Halloween Party, the Annual Ball, the Christmas Day luncheon and dinner, and of course New Year's Eve.

I hope you all enjoyed your holidays and we will see you back here soon enjoying our Club over the next few months.

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)		
Neilson Hays Coffee Shop	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)

Car Boot Sale

Sunday 14th September 2014
2pm - 6pm, Back Lawn

No entry charge for visitors
Bt 200 a table for vendors

A chance to clear out the cobwebs in your home.
An excuse to get rid of all the clutter amassed over the last 6 months.
A time to turn unwanted items into cash.
AND...An opportunity to pick up a bargain or two in the process!



Book a table with Reception or email events@britishclubbangkok.org

HAPPENINGS

August is always a rather strange month, so many Members are away that there are times of excess tranquility, but this year the quiet times of the month have been punctuated with moments when the Club has been incredibly busy - suddenly, people appear in droves, and just as suddenly they aren't there any more. Mother's Day was a case in point, and there were lots of people enjoying the buffet on that splendid day. A couple of weekends this month have also seen Poolside a-buzz and the pool really well used - I find it so difficult not to just dive in and join the fun.

We've got our autumn **Car Boot Sale** coming up on Sunday 14th September, on the Back Lawn, about 20 tables have booked so far - if you fancy generating a bit of cash before the festive season, clear out your cupboards and book a table. Five to ten thousand is quite possible, and you may even find items to wrap up for Crimbo at bargain prices! Soon after the car boot sale, there's a **Gourmet Dinner** on Friday 19th September, planned to titillate your taste-buds and stimulate your cerebellum. The booking sheet is already in Reception for this year's **Trafalgar Dinner** on Saturday 18th October. We welcome the speaker, Colonel Chris Luckham OBE, the British Embassy's Defence Attaché, who will be entertaining us after the main meal.

Plans are in place for the main events of the final quarter of the year which I will summarise so you don't miss out:

Guy Fawkes Night - Saturday 8th November - an unmissable tradition with a bonfire for burning guys (handmade ones, not blokes), a barbecue bonanza, and our own dedicated fireworks display which covers the whole sky overhead in a radiant umbrella of coloured stars and is really a spectacle you should make sure you attend

Annual Ball 2014 - Saturday 13th December - last year we brought the catering in-house after many years of wishing we could have good food and good service alike. It was a great success, a fabulous Christmas meal under the stars with half a bottle of wine free and great live music from the Boss Band, after a wine reception on the front lawn and a great raffle with the top win of two tickets from Bangkok to London return on the amazing Etihad Airways. It's a wonderful evening.



Jeremy de Sausmarez

Events & Marketing
Manager

Kids Christmas Party - Sunday 21st December - lots of activities, fun and games for kids just before Christmas itself, with a visit from Santa as well who hands out a gift for every kid there

Christmas Day Lunch & Dinner - Thursday 25th December - a day of warmth, goodwill, and convivial exchange, with midday and evening sittings on what has been described as unquestionably the best Christmas buffet in Bangkok at the best price. Loads of food available for hours at a time on the best day of the year, with a dinner on the lawn by popular demand. Food for collection this day, and delivery too!

There are other moments as well, but not enough space to list them here so please give more than a cursory glance at the mailings which go out at least twice a week and will have more details within.

ALERT! - I'm disappointed to say that there have been several issues recently between kids on the trampoline, some entailing less than friendly (some hostile) confrontations, some where safety is disregarded. Please make sure your kids behave properly if you let them go off to play on the trampoline. Stupid behaviour on a trampoline is dangerous and can result in an accident, especially when unsupervised. Nobody wants to have to worry about their kids safety here at the Club, and aggression is unwarranted. This also applies to kids throwing stones at the turtles, which seems to be a regular attraction for some kids of oblivious parents. It's not only bad behaviour, it's unpleasant and just pitiful!

As the cool season approaches, it becomes the time when the 1910 Balcony is most appreciated, as it's just the place to be when it's cool and calm. Afternoon Teas from 3pm, with cocktails and a full range of drinks and snacks through till 11pm. Adjoining the Wordsworth Lounge, which now has a CTH decoder for Premier League watching in extreme comfort!

Have a good month - umbrellas at the ready.

Business Luncheons

1st September - 5th September 2014

Starters - 55 baht

**Warm Bread Salad of Crispy Bacon,
Parmesan and Poached Egg**

or

Chef's Soup of the Day

Main Courses - 140 baht

Lamb, Beef and Eggplant Moussaka

Served with Mixed Salad and Garlic Bread

or

Grilled Chicken Breast with Chasseur Sauce

Served with Broccoli, Carrot 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 Nam Man Hoy

(Stir-fried Kale Oyster Sauce)

Kraprao Kai

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

15th September - 19th September 2014

Starters - 55 baht

Waldorf Ham Salad

or

Chef's Soup of the Day

Main Courses - 140 baht

Mini Steak

Served with Mixed Vegetables, Roast Potatoes
and Gravy Sauce

or

Pan-fried Dory Fish with Mornay Sauce

Served with Broccoli and Mashed Potatoes

Grilled -Chicken Breast Tarragon Creame Sauce

Served with French Beans, Carrot and Sautéed 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 Bean Curd and Oyster Sauce)

8th September - 12th September 2014

Starters - 55 baht

Grilled Chicken, Mango, Beetroot Salad

Served with Balsamic Dressing

or

Chef's Soup of the Day

Main Courses - 140 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)

22nd September - 26th September 2014

Starters - 55 baht

Mozzarella, Mango, Tomato and Rocket Salad

or

Chef's Soup of the Day

Main Courses - 140 baht

Salmon Fish Cakes

Served with Chips, Garden Peas and Tartare Sauce

or

Chicken Stew in Red Wine Sauce

French Onion, Peas, Carrot and Mashed Potato

or

Fillet of Pork in a Light Curry Sauce

Served with Grilled Zucchini and Coriander Rice

or

Gaeng Jued Phak Gard Khao

(Chinese Lettuce Soup with Minced Pork, Tofu
and Vermicelli)

Pla Sam Ros

(Deep-fried Dory Fish Topped with Sweet and
Sour Spiced Sauce)

Pad Phak Ruam Nam Man Hoy

(Stir-fried Mixed Vegetables with Oyster Sauce)

Dessert of the Day - 55 baht

or

Choose from our à la carte Dessert with 10% off



THE BRITISH CLUB
BANGKOK

F&B MORSELS

As mentioned by Khun Prem, we have opened an area in The Verandah for private dining which is called The Alcove. There is a special menu available in this area, and I hope you will enjoy the dishes I have included.

From the beginning of September, there is also a revised European Menu in all outlets, and quite soon I will be revising the Thai menu as well, so all together there is a great variety of dishes for you to sample.

Later in September, there will be a Gourmet Dinner which will be complemented with some nice wines, and then next month there is the annual Trafalgar Dinner when we try to offer good food but with a British aspect wherever possible. I am working on the menus for both these and they will be revealed soon.

This month we will continue with our Paella promotion as it continues to be popular, and there is also a strawberry promotion as strawberries are always on people's want lists and the Strawberry Eton Mess is



Khun Laak

Executive Chef

worth savouring. For those with a sweet tooth, the cakes available are regularly changed with new types added whenever possible. I will also be changing the meals listed on the Khun Laak Recommends boards.

I am always interested in hearing suggestions for dishes from Members, so if there is anything you would like to see as a special or even in the main menu in future, please let me know and I will try and make it happen for you.

Happy Eating!



*Cocktail of the month
September*

Bloody Mary

Only Bt 100

Don't forget ... Afternoon Tea is available from 3pm!

An opportunity to sample delectable dishes complemented
by characteristic wines.

Meeting at 7pm for
crisp wines on the
Back Lawn Patio,
with the dinner
starting at 7.30pm.



THE BRITISH CLUB
BANGKOK

Gourmet Dinner

in The Verandah

19th September 2014

A special menu with specially
chosen wines rounded off
with frese coffee, tea and
Thai style petits fours.

SAMPLE THE SUCCULENCE
BT 1,600 PER PERSON

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

CROQUET

What could be more “British Club” than a Sunday morning of sunshine, a glass of chardonnay and a friendly but competitive game of garden croquet on the front lawn? With mallets towards none, four intrepid BC members indulged in a battle of skill and will on July 20 in this most quintessentially English of summer sports.

The mastermind behind this historic event was Shane Kelly, who recently returned to Bangkok from London after purchasing a croquet box containing all the relevant paraphernalia – mallets, balls, hoops, clips, markers and a peg. Resplendently dressed in all white with matching Panama hat, Shane partnered fellow tennis section member Mike Stead against a black-clad architects’ team comprising Chris Watt and Peter Harper.

The basic object of croquet is to knock your ball through a circuit of hoops in the correct order, with the blue and black balls playing against the red and yellows. Extra strikes are awarded for hitting your opponent’s or partner’s ball and/or hitting through the hoop. The game ends when two players from the same team “peg out” – hitting the peg at the end of the circuit.

All of the BC players in this inaugural match were complete novices and needed a detailed explanation of the All England Lawn Tennis & Croquet Club rules before battle commenced. However, Chris quickly showed his aptitude for the sport and the Australian all-blacks shattered the hoop dreams of the lily-whites by a margin of two games to one.

For those wishing to get hooked on hoops, the Club plans to host more croquet matches in the near future. Watch this space for updates.





You're Only Young Twice

An educational event about improving the way we age

9 am to 2 pm, Saturday, Oct. 4
Bumrungrad International Hospital Clinic building,
21st floor Conference Center.

Energy, vitality and good health are achievable at any age – but not by relying on the latest health fad or fashion. Come hear the experts at Bumrungrad discuss a more scientific approach to preventing disease, revitalizing health and slowing the aging process.

The event features presentations from Bumrungrad doctors who specialize in geriatric health and functional medicine, plus valuable information about health insurance for expatriates who want to retire in Thailand.



10:00 - 10:40

Enjoying your great health at any age
by *Dr. Lily Chaisompong*



10:45 - 11:25

Powerful forces in the fight against aging
The effect of hormones and exercise
Come in comfortable attire
by *Dr. Wanviput Sanphasitvong*



11:40 - 12:15

Health insurance options for expatriates
by *Kathy Aphaivongs*

The event will also offer free consultations and screening for blood pressure, bone density, and nutrition; skin and hair analysis; and exclusive offers created for the event, including specially-priced health packages from Vitalife Wellness Center. Free healthy lunch pack will be provided from Olive Restaurant.



The program will be presented in English. Admission is free.

Seats are limited! Reserve your place by emailing Pimyada@bumrungrad.com or call 02 667 2000.

Living in Bangkok and feeling right at home

Get the most out of your life in the city with these events and activities



Moving to Bangkok doesn't mean you have to give up your favorite interests from home. Living in Bangkok 2014 being held September 13 at Bumrungrad International Hospital connects expats with the people and organizations that help make living in Bangkok an enjoyable experience. And here are some other good resources for enjoying your favorite pursuits and pastimes from home.



International arts & films

The Bangkok Art & Culture Centre

hosts contemporary international art festivals and exhibitions, films, music and theater. **The Neilson Hays Library** hosts exhibitions for international artists and authors.

The Japan Foundation hosts art and cultural events and shows Japanese films every Friday. **Alliance Française** exhibits French art and photography and screens films every Wednesday. Catch a German film at **The Goethe Institute**.

House RCA cinema shows art house and indie films from all over the world. **The World Film Festival of Bangkok** running from Oct 17-26 will show 80 short and feature-length films. **The EU's 2015 film festival** is slated for May/June.

Sports & Recreation

Pick your favorite team sport from home and Bangkok probably has it. The local **Australian Rules Football League** plays on the campus of the New International School of Bangkok. **The Thai World Hockey League** ice hockey season runs September to May. **The Bangkok Cricket League** offers three divisions of play. Join a rugby squad through the **Thailand Rugby League**, find a soccer/football team with the **Bangkok Soccer League** (BSL), or do some slo-pitching via the **Bangkok International Softball League**. Pollution aside, Bangkok is a good running city.



Consider joining a running club like the **Hash House Harriers & Harriettes**. Check schedules for fun runs happening most weekends on English websites including www.jogandjoy.com & www.runthailand.org. The popular **Bangkok Marathon** returns on November 16, 2014, one week after Nov. 9's **Banyan Tree 16th annual Vertical Marathon** a 61-floor ascent covering nearly 1,100 stairs.

Cycling has taken off in Bangkok. The www.bicyclethailand.com English website covers everything from cycling clubs and events, where to buy equipment and offers suggestions for rides in Bangkok and beyond. One place to cycle clear of traffic is on the newly-opened 23-km cycling track that circles around Suvarabhumi Airport.

With **dive spots** like Koh Phi Phi and the Similan Islands mere hours away, sign up for one of Bangkok's many certification

Live here and learn

You're in a new city, why not learn something new! If you're an aspiring chef, **Le Cordon Bleu Dusit culinary school** offers single short courses all the way up to the six-course Grand Diplôme program, covering Thai and European cuisines, all taught in English.

You can learn to speak Thai, of course – or choose just about any language. Courses are offered year-round at **Alliance Française**, **Japan Foundation** and **Goethe Institute**, and there are also reputable companies that offer instruction in several languages **Berlitz**, **ProLanguage** and **ECC** are among the best known.

Both **Executrain** and **NETsolutions** offer computer and IT courses in English for professional development-minded individuals.



Save the date: Living in Bangkok 2014 brings together people, organizations and resources that make living in Bangkok more fulfilling for expats and their families. The event takes place on Saturday, September 13 from 9 a.m. to 5 p.m. at Bumrungrad International Hospital on Sukhumvit soi 3. Admission is free, and a complimentary shuttle bus service runs all day from BTS Nana station (exit 1) along Sukhumvit Road.

For more details, visit
www.bumrungrad.com/livinginbangkok
or www.facebook.com/LivinginBangkok

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THE BRITISH CLUB BANGKOK proudly invites you to

TRAFALGAR DINNER 2014

Saturday 18th October, Suriwongse Room, 7:30 pm

A formal black tie or dress uniform gourmet dinner on the 209th anniversary of the Battle of Trafalgar

The dinner is open to ladies as well, and comprises four courses accompanied by a glass of fine wine per course, plus after-dinner "Passing the Port".

Welcoming guest speaker Colonel Chris Luckham OBE,
currently UK Defence Attaché at the British Embassy in Bangkok.

Members, Guests Bt 2,250
Non-Members Bt 2,500
No alcohol Bt 500 less

Book at Reception or email:
events@britishclubbangkok.org



THE BRITISH CLUB
BANGKOK



PAST PARTICIPLE

Auspicious Melioris AEvi

We look back to the history of our Club in 2002 ...



Paul Cheesman

1 The year started with a highlight – by the end of January membership had broken the 1,100 barrier for the first time and was set to remain there for nearly five years. Such healthy numbers meant very healthy income and a third was generated by poolside which at weekends was seriously over-crowded. This led to the General Committee bringing in the first restrictions on guest use of poolside in that “on weekends and on public holidays, prior management approval is required for guest use of the Poolside Salas and Swimming Pools.”

2 In early April there was a substantial theft of cash takings from the Club safe. This was made possible because most Members paid their accounts in cash (despite Direct Debits being introduced two years prior) as did guests of Members, overseas visitors and associated groups. The theft was internal and as result our Financial Controller was able to recover most of the money and the Police dealt with the thieves.

However this shook up the General Committee who made an urgent decision to go ‘cashless’ on 10th April, and by the GC meeting on 9th May a policy document entitled “The Elimination of the use of cash within the Club” was adopted: all Members were asked to move to credit cards, cheques, ATM transfer or direct debits, all new Members must sign up a direct debit, Members will now be charged for all guest purchases, all incoming visitors must use credit cards and associated groups had to bulk buy coupons. The only entities that could not be converted were the snooker tables where 10 Baht coins were still needed to work the lights.

3 Another down-turn of the year was the ban on alcoholic refreshment at General Committee meetings ... brought in to speed up the meetings, they actually ended up taking up to an hour longer in reality as several Members took the opportunity to ‘fill up’ ahead of the start!

4 The ‘Big Matter’ of 2002 was the New Wing, to be built where the current Multi-Purpose Court is located. The 2001/2002 General Committee having gained Members’ permission in late 2001 went ahead with tendering for and appointing an architect and signing the piling contract. However the 2002/2003 General Committee were not so keen on the project especially when estimated costs rose from 8.9m Baht to 11.2m Baht and so, in May the progress was ‘put on hold’ whilst it was reviewed ... it was not quite “an interdepartmental committee with fairly broad terms of reference” but enough to stall it ... completely!

Members did react and counter-react and react again (or is that re-react?) ... first an Extraordinary General Meeting was called by a group of eight Members (the then minimum requirement) to insist the New Wing went ahead – this was withdrawn after a GC assurance it would be built. Later a second EGM was called by another eight Members opposed to the New Wing and this was withdrawn after a GC assurance it would be not be built. This thus prompted the first group to call an EGM to insist the New Wing went ahead ... and well ... the motion fell as the 2003, yes 2003, Annual General Meeting got in the way!

5 A number of other matters occurred in 2002 – in the light of 9/11 the Suriwongse Gate was closed to vehicular traffic thus directing everyone via the Silom Gate; Soi 18 was refurbished by the Bangkok Metropolitan Administration causing chaos for the Silom Gate; the first smoking ban was introduced for all upper clubhouse rooms plus the Lords Dining Room (located where the Churchill Bar currently is); and the Club ended the year with 1,101 Members but no New Wing.

raised the matter of the cash fraud. noted that k Baht had been recovered but that the fraudster had made it known she would pay no more.

“Money, money, money”

The author is Honorary Secretary of the Club

STAFF TRAINING

The middle of August saw the beginning of a new series of staff training held in the Clubhouse. The sessions will be provided to service staff split into small groups on a rotational basis, and although general topics will be covered, there will also be major attention paid to areas which have arisen in feedback from Members.

The sessions are presented by Khun Kamon and Khun Kasem, and include video overviews, key points and summaries, role playing, and discussion. There will be on-site evaluation at an unspecified time after the training sessions to assess change in performance.

The first sessions covered the following topics:

- How to make a good first impression to Members.
- Member satisfaction system.
- Greetings and answering the telephone.
- English conversation guidelines.
- Cleaning, table set-up, taking orders, serving, clearing plates and service standards.
- Characteristics, manners and grooming for good service staff.

The objectives included:

- Providing more efficient service to Members.
- Providing more basic knowledge of service standards for staff to be adaptable to all situations.
- Creating a sense of awareness relating to service standards for staff.
- Providing guidance on all service procedures.
- Establishing a basic code of behaviour for all service staff.
- Improving communications between service staff and Members.



'RULES BRITANNIAE'

A MONTHLY PEEK INTO OUR RULEBOOK FOR THINGS YOU PROBABLY DID NOT KNOW!

GUESTS

DID YOU KNOW... YOU MAY BRING INTO ANY OUTLET OR POOLSIDE UP TO THREE GUESTS OR YOU MAY BOOK A TABLE IN THE VERANDAH OR IN THE ABODE FOR MORE. ALL GUESTS MUST BE SIGNED IN AT THE BOOKS IN THE RECEPTION OR THE SURAWONG SALA



SOME CONDITIONS APPLY SO SEE RULE 65 FOR DETAILS.

PISAMAI FUND

"Education is the most powerful weapon which you can use to change the world"

Nelson Mandela

The British Club Fund for the education of staff children'

Many Members will not be aware that the Club has had for over twenty years a fund that gives grants to the children of our staff to help with their education costs.

Created in 1993 it was designed initially to provide funding for the education of Miss Pakvipa Kaewraksa, being the granddaughter of staff member Mrs Pisamai Raksa who died from cancer that year. Khun Pakvipa ceased her education in 2007 so in 2011 the fund was re-designated to its secondary purpose of helping the education of staff children. Funds were received as donations from Members, Loyal Societies such as the Bangkok St. George's Society and Associated Groups like the Bangkok Gentleman Spoofers.

In recent years six child children in Prathom and Mathayom years have received grants twice a year



Pisamai Raksa

which help pay for uniforms, books or fees and in the next year two of those children will be going to University thus become eligible for larger grants. Sadly enthusiasm for the fund has waned over the years and after the November 2014 grants are paid the fund will be close to empty. The fund needs donations of around 100,000 Baht a year to continue.

If you wish to donate to the Pisamai Fund or if any group wishes to donate part of their fundraising to the Pisamai Fund, please contact our General Manager, Khun Premrudee Tanyaluck, who is its administrator. A donation of just 1,000 Baht from each Member would keep the fund running for the next decade!

Your Support is much appreciated.

BC Calendar September 14



THE BRITISH CLUB
BANGKOK

Monday

Tuesday

Wednesday

1

BWG Mahjong

10am - 1pm



Tennis Mix-In

6pm - 10pm



Monday Night

Movie 7:30pm

Wordsworth Lounge

'Bicycle Thieves'

2

Squash Mix-In

5:15pm - 7:30pm



Bangkok Gentlemen

Spoofers 8:30pm



3

Ladies Tennis

Coaching

9am - 10:30am



Tennis Mix-In

6pm - 10pm



Balut Shield Night

6pm



8

BWG Mahjong

10am - 1pm



Tennis Mix-In

6pm - 10pm



Monday Night

Movie 7:30pm

Wordsworth Lounge

'Stagecoach'

9

Squash Mix-In

5:15pm - 7:30pm



Quiz Night

7:15pm The Verandah

Bangkok

Gentlemen

Spoofers 8:30pm



10

Ladies Tennis

Coaching

9am - 10:30am



Tennis Mix-In

6pm - 10pm



15

BWG Mahjong

10am - 1pm



Tennis Mix-In

6pm - 10pm



Monday Night

Movie 7:30pm

Wordsworth Lounge

'Top Hat'

16

Squash Mix-In

5:15pm - 7:30pm



Bangkok Gentlemen

Spoofers 8:30pm



17

Ladies Tennis

Coaching

9am - 10:30am



Tennis Mix-In

6pm - 10pm



22

BWG Mahjong

10am - 1pm



Tennis Mix-In

6pm - 10pm



Monday Night

Movie 7:30pm

Wordsworth Lounge

'The Train'

23

Squash Mix-In

5:15pm - 7:30pm



Bangkok Gentlemen

Spoofers 8:30pm



24

Ladies Tennis

Coaching

9am - 10:30am



Tennis Mix-In

6pm - 10pm



29

BWG Mahjong

10am - 1pm



Tennis Mix-In

6pm - 10pm



Monday Night

Movie 7:30pm

Wordsworth Lounge

'The Grapes of Wrath'

30

Squash Mix-In

5:15pm - 7:30pm



Bangkok Gentlemen

Spoofers 8:30pm



Members, Guests £12.250
Non-Members £12.2500
No alcohol £12.2500 less

Book at Reception or email:
events@britishclubbangkok.org

TRAFALGAR DINNER 2014
Saturday 18th October, Suriwongse Room, 7:30 pm

Thursday

Friday

Saturday

Sunday

4

Squash Mix-In
5:15pm - 9:45pm



5

Tennis Mix-In
6pm - 10pm



Junior Tennis Coaching
4pm - 6pm

Children's Cinema
6.30pm, Silom Sala
'Rio 2'



6

Kids Cricket
Book first! 8am - 11am



Special French Buffet Lunch & Dinner

11:30am - 3pm
5pm - 9pm
The Verandah



7

Swimming Lessons
9:30am - 10:30am

Kids Cricket
Book first! 8am - 11am



Sunday Brunch
11:30 - 3pm

Open Pairs Bridge
2pm Silom Room



11

Squash Mix-In
5:15pm - 9:45pm



12

Tennis Mix-In
6pm - 10pm



Junior Tennis Coaching
4pm - 6pm

Children's Cinema
6.30pm, Silom Sala
'The House of Magic'



13

Kids Cricket
Book first! 8am - 11am



Special Canadian Buffet Lunch & Dinner

11:30am - 3pm
5pm - 9pm
The Verandah



14

Swimming Lessons
9:30am - 10:30am

Kids Cricket
Book first! 8am - 11am



Sunday Brunch
11:30 - 3pm

Open Pairs Bridge
2pm Silom Room

Car Boot Sale
2pm - 6pm Back Lawn



18

Squash Mix-In
5:15pm - 9:45pm



19

Tennis Mix-In
6pm - 10pm

Junior Tennis Coaching
4pm - 6pm

Children's Cinema
6.30pm, Silom Sala
'The Lego Movie'

Gourmet Dinner
7pm, The Verandah



20

Kids Cricket
Book first! 8am - 11am



Special Italian Buffet Lunch & Dinner

11:30am - 3pm
5pm - 9pm
The Verandah



21

Swimming Lessons
9:30am - 10:30am

Kids Cricket
Book first! 8am - 11am



Sunday Brunch
11:30 - 3pm

Open Pairs Bridge
2pm Silom Room



25

Squash Mix-In
5:15pm - 9:45pm



26

Tennis Mix-In
6pm - 10pm

Junior Tennis Coaching
4pm - 6pm

Wine Tasting
6pm - 9pm

Surawongse Room
Children's Cinema
6.30pm, Silom Sala
'KIKI's Delivery Service'



27

Kids Cricket
Book first! 8am - 11am



Special Curry Buffet Lunch & Dinner

11:30am - 3pm
5pm - 9pm
The Verandah



28

Swimming Lessons
9:30am - 10:30am

Kids Cricket
Book first! 8am - 11am



Sunday Brunch
11:30 - 3pm



HEALTH & WELL-BEING

SKIPPING BREAKFAST IS NOT COOL

Often those wanting to shed a few kg's have a tendency to skip breakfast in the hope that by doing so their body will use up its fat stores in order to create energy. . . Correct, it will . . . and then it will store it again after lunch! Skipping breakfast is the most pointless exercise anyone could do, in actual fact people who skip breakfast tend to put weight on! So below are 5 HEALTHY breakfast options that you can explore at will, there's even one for the dads.



Michael Wagstaff

MENU



1. Berry Omelette - A one-egg omelette makes a high protein breakfast. If the brain-boosting berries aren't sweet enough, add 1 tsp honey.

- i. Beat egg with milk and cinnamon. Heat oil in a non-stick frying pan and pour in the egg mixture, swirling to evenly cover the base. Cook for a few mins until set and golden underneath. There's no need to flip it over.
- ii. Place on a plate, spread over cheese, then scatter with berries. Roll up and serve.

2. Grapefruit, Agave and Pistachio Salad - Fruit salads are quick to whip up and one of the healthiest ways to start the day - sweeten with a sugar alternative.

- i. Segment grapefruits, removing as much of the pith as possible. Divide the segments between two bowls and top with agave and pistachios.

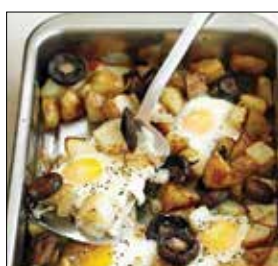


3. Tropical Breakfast Smoothie - Fruit is full of energy, this is a quick way to get a natural filling burst in the morning!

- i. Scoop the pulp of passion fruits into a blender and add banana, mango and orange. Purée until smooth and drink immediately, topped with ice cubes.

4. Avocado and Strawberry Smoothie - A creamy breakfast-friendly blend that's high in calcium and low in calories.

- i. Put ½ avocado stoned, peeled and cut into chunks into a blender along with 150g strawberries, 4 tbsp low fat natural yogurt 200ml semi skimmed milk and lemon or lime juice.



5. Healthy Egg and Chips - One for the dads, this any-time meal is perfect with a helping of baked beans.

- i. Heat oven to 200C/fan 180C/gas 6. Tip potatoes and shallots into a large, non-stick roasting tin, drizzle with the oil, sprinkle over oregano, then mix everything together well. Bake for 15 mins, add mushrooms, then cook for a further 10 mins until the potatoes are browned and tender.
- ii. Make four gaps in the vegetables and crack an egg into each space. Return to the oven for 3-4 mins or until the eggs are cooked to your liking.

BRITISH CLUB BANGKOK 1910 FANTASY FOOTBALL LEAGUE

#	Team	Manager	GW	TOT
1	bangkok flyers	paul cantwell	82	82
2	The Imperial Dragons	TOP CAT Junior	66	66
3	All Izz Well	Neil&Ryan Evans	66	66
4	Attack attack attack	jem chalk	64	64
5	Thai Thai Again	bob and james darke	60	60
6	Spanish Armada	carlos the jackal	57	57
7	Scunny	Neil Robertson	57	57
8	The Pride	Graham Murrell	53	53
9	Artois5.2	haroon Rashid	51	51
10	FMGAN	Monkey Madge	50	50



Bruce Madge



It Has Begun!

Week one is over and, at the time of writing, the top of the table is as it is. The BCB 1910 league has 30 managers with Paul Cantwell at the top on 82 points as he had, amongst others, Ramsey as captain - 20 points - and Hull's defender, James Chester, with 15? James Chester? Who's he? Top Cat (Phil) is not far behind along with the Evans clan. But things will change.

Bring me in!



And me!



Who scored the points then? Well, apart from those two mentioned above, Hull's keeper, Allan McGregor, got 14 which means some managers will go chasing the points and bring those two in for the following week when Hull will concede five with Chester missing a penalty and getting sent off! Because that's how it works in Fantasy Football. Of the Dream Team, Fabregas started well with 13 as did Liverpool's Sterling, Swansea's Sigurdsson and Berahino of West Brom while Spurs' Dier got 15 on his debut. Bring them all in for next week then. Go on, play your wildcard early. Get it over with. Design your very own, title winning, dream team at no cost.

Or don't. Point scoring consistency is the key, if you want to win, that is, and is achieved, according to Phil, by making as many transfers as possible even if it costs you 50-80 points a season. He made this assertion in the Churchill Bar towards the end of last season after consuming 23 shots of vodka and 12 cigars. Sounds logical, particularly as he couldn't retain his BCB Fantasy Football title at the first defense! He had a good go though. Better bring in those two Hull players ASAP!

Right, that's enough for the first round of matches. We are not going to be discussing any of the real EPL here as it's irrelevant really. It's Fantasy Football only and the focus is on the BCB 1910 managers and their selections and results which leads us to highlight a roaring start by one of the new ones whose team is Bangkokbob's FC which sadly collected a lowly 27 points from the first round of matches leaving Bob Merrigan one place of the foot of the table. A deliberate incorrect error? Ask him what that means if you see him.

Go James Chester!

TENNIS

During the summer holidays the tennis section remained active with many court bookings, active mix-ins and competitive league action. Here's a short round up of recent and upcoming tennis news and events.

TENNIS LEAGUE WINNERS

Recently, the 2nd series of the 2014 tennis leagues was completed. Congratulations to the winners of this round, who are:



Div 1
Phairoj Chansevikul



Div 2
Duncan McLeod

Div 3
Stephan Spazier



Div 4
Jesada Tanking

Div 5
Ian Thornhill



Div 6
Parvis Brown



John Cork
BC Tennis Committee Chair

The August/September leagues began on 12 August and feature some competitive divisions. I'd like to offer a special thanks to Jem Chalk who has done an exceptional job organizing the leagues thus keeping the spirit of friendly competition alive and well. Anyone interested in joining the next league, scheduled to start 1 October, should leave their name with Khun Amnat in the Fitness Centre.

REDUCE WASTE! USE HARD PLASTIC CUPS WHEN YOU PLAY

As a reminder to be more environmentally responsible and help reduce needless expense, the British Club Tennis Committee encourages all tennis players to use the hard-plastic cups located on the Sala serving area (next to the magazines). Prior to walking out to the court area please take a few extra seconds to procure a cup. This will help reduce the large number of disposable plastic cups that end up in the trash bins each day. We will ask the Club to provide more hard plastic cups and find several other convenient places for them to be accessed.

BABOLAT BALLS TO BE TRIALED

The avid tennis player's monthly expenditure for tennis balls can quickly add up. As part of the tennis committee's search to help you keep more baht in your wallet. Khun Amnat has ordered several cases of Babolat tennis balls for members to try during mix-ins or in games. If players respond favorably to the Babolat balls, which are less expensive than the ones currently on sale, the Club will make them available for purchase – thus offering members alternatives.

BRUCE GORDON CUP AND JUNIOR CHAMPIONSHIP

Several one-day tennis events are currently in the planning stages and will occur sometime during the remainder of 2014. These events "The Bruce Gordon Cup" and the "British Club Junior Championship". More information on these events will soon follow.

HAROLD MOLLIN'S COACH'S CORNER: THE SERVE

1. PLAY THE PERCENTAGES

Serving is very simple IF you remember these two numbers: 60 and 80:

- If you are playing singles, you must make 60% of your first serves.
- For doubles, you must make 80% of your first serves.

Achieve less than these first serve percentages of 1st serves, and you will lose lots of matches that you should have won. Until you adjust your serving to achieve these goals, get use to losing to smarter, more consistent players.



2. WORK ON YOUR TOSS

The ball toss is one of the most important parts of your service motion so remember the following:

- When the ball is released, it should NOT spin.
- The toss should be in the SAME SPOT every time, otherwise your opponent will be able to read your serve.
- If you make a BAD TOSS, just let it fall. Do not chase a bad toss!
- Try to hit your toss at its apogee or highest point, or just as it starts to fall.

And then, PRACTICE, PRACTICE, PRACTICE!



Next month: THE RETURN OF SERVE

ABOUT

Harold Mollin is the author of *101 TENNIS TIPS*, which is available as an ebook. Feel free to contact Harold at hpmollin@yahoo.com, or visit his Facebook page, *Harold Mollin – World Tennis Coach*.

Everything You Should Know About Playing Tennis, so you can become the best you can be at tennis



3. TURN, TURN AND TURN SOME MORE

- The power and speed of a serve comes from a few parts of the motion: your arm flexibly dropping behind your back; the snap of your wrist; going up to the ball (jumping); and, very importantly, your SHOULDER TURN.
- Make sure that your front shoulder – left for righties, right for lefties – is turned so that the back of your shoulder faces the service box.



If you do not turn enough, you lose a lot of speed that should have been imparted to the ball as you swung up. So turn your shoulder, and then hit that serve!

4. HOW TO PRACTICE A SECOND SERVE

The saying in tennis is, "You live and die by your second serve." So, how hard should you hit that second serve? Do the following to find out:

- The Practice: Divide the service box into 3 distinct equal areas – The T (up the middle line), the Body (middle of the receiving box), and Wide (sideline of receiving area).
- Then, make three serves in a row to each area (nine serves total). If you make all three to the T, move on to the Body. If you make all three to the Body, move on to the Wide.
- If you miss the first serve to the Wide, START AGAIN from the T at the beginning, and repeat until you make nine serves in a row to the correct areas.



If you follow my serve tips, I guarantee you will see a marked improvement in your game.

SQUASHY BITS

A SQUASH REPORT

PP, KIP and SCC

Went to London to get a new passport (PP) as it's three months to Bangkok if ordered from here. Gotta make an appointment with the office in Trendy Towers, Sookumwit-way suggesting a day and time and three alternatives.

to you. Took to pin them definite date. your docs them all off anything weeks to get

4 HOURS

Friend waited three months. Three months! Couldn't hang on that long; visa expired already. OVERSTAY! Fine, risk of ban from the land. Couldn't afford that. Girlfriend would be off with another British loser – shallow, she is. Very shallow and very fickle. Only in it for the money and there ain't any. What's her game then? Anyway, mum rang for an appointment for a Premium Service (four hours) renewal in London. First call gets confirmed date for ten days hence. She then pops up to the local post office for a form. Good old mum. Day off, walk in at required time, get a queue ticket

They get back three weeks down for a They check and send and it takes from 8-12 your new PP.

– two minutes. Five mins early gets called up and five mins later docs are in and exchanged for a payment slip. Furrer two mins later, and

£137 lighter, collection slip in hand and heading for the West End for the first time in eight years to kill the four hours until new PP was issued. And four hours later, after a slight wait (15 mins) at the collection counter, issued it was. A brand-new, ten-year, 48-page, electronic passport for 137 quid plus, of course the 40,000 baht flight to England and back, but it was mum's birthday the following day so was a good excuse to visit and, besides, she paid for that! Good old mum! Awesome service though. Just four hours. Very swift, very easy, very impressive. Painless. Unlike the British weather: raining, windy, chilly, more rain, more wind. Horrible. Had to put a coat on. Sod that!



And the British pubs? What's happened to them? Now they allow kids in some boozers. Kids in pubs! KIP! Noisy kids running around the bar, shouting, yelling,

causing a nuisance. In a pub? A pub? Pubs are for adults. Places to retreat to, an escape from that kind of annoyance. Pubs are for grown-ups, not children. One near the Passport Office was full of them. Crowds of kids. Gangs of local, under-8 yobs, strutting in behind their mums, heads up, shoulders back, chests out, looking around they owned the push chairs! Gave eye. Staring them Created a right did. Not being almost a decade all that more believe it. What to? Incredible! Well, must have spent too long taking this scene in as next thing I know this stocky, young lad saunters over says,

"Wot ya lookin' at?"

"Eh, err, nothing, just looking around while I drink my beer."

"Ya lookin' at me mum?"

"What?"

"Ya lookin' at me mum?"

This kid must have been 7 or 8. Trainers, tracksuit bottoms, cap, gold jewellery, teeth missing. A right chav.

"Who's your mum?"

"Dat bird over dare. Blonde one in da pink shellsuit. She reckons ya bin lookin' at 'er."

"Well, son, I might have ..."

"Darn't call me son. Ya startin'?"

Ya wanna row?"

"What?"

"Ya wanna step outside?"

"Outside with you?"

"Yeah, I'll smash yer face in, ya old git."

"Is this a joke?"

"Course it ain't a joke."

Come on, outside now. I'll 'ave ya. I'm

dead 'ard!"

Got slung out!



Bruce Mudge



Being asked to go outside a pub in central London in the middle of the afternoon to have a fight with a primary school child! Whatever next?

Well, next, along comes the pub security. Another kid. This one is slightly older – maybe 10 or 11, a bigger lad, but similarly attired, and sporting an ear-piece attached to a walkie talkie.



“Wot’s gain’ on ‘ere, Gal? Trouble?”

“Yeah Tel. Dis old git’s bin ogling me old dear. Reckons ‘e weren’t, but me bruver saw ‘im.” Den ‘e said ‘e woz gonna smash me face in.”

“What? You said that to me! You asked me to go outside.”

“Nah, I didn’t. I’m only a kid. Why would I offer a bloke out? I’m only 6.”

Is this really happening? Is British beer hallucinogenic?

“Look mate, we darn’t want any trouble wiv d regulars.”

“What? I only came in for a pint while I wait for my passp ...”

“Look, everyone ‘as a story, ain’t dey, mate. I’m gonna ‘av’ to ask ya to leave.” And then, through the walkie talkie, “Yeah, got it under control, Dean. Just ejecting anver troublemaker.”

Troublemaker?

“I’ll be dare in a mo to assist.”

And, looking like Tel’s twin, along comes Dean to assist in throwing this troublemaker out of the pub.

“Dis way, mate. Leave yer drink on d table.”

“Look, I haven’ done a thing. I only came in here for a quick pi..”

“Darn’t make us ‘ave to use any force, mate.”



She takes them all to the pub!

And taking one arm each, seconds later, the ejection was complete as the ‘troublemaker’ was escorted by Tel and Dean, the two ‘teen bouncers’, past the smug,

blonde mum and her delightful child hooligans, out of the Railway Arms, Victoria, and onto the street. KIP! Beyond Belief! What’s to follow? Children driving buses and trains? Children police officers? Kids in the British armed forces? Child politicians? In ten years when the new PP has expired will there be an eight-year-old sitting behind the counter checking my documents are in order? Kids. Kids in pubs? Astounding!



Now SCC

They came here last month, or thereabouts, for some squash and beer and they got both. Singapore Cricket Club here on a tour of Bangkok’s temples, churches and mosques and other places offering extreme forms of nightlife and entertainment. All adults and no kids!

British Club	Score	SCC
1) HADSON	3 0	1) Timi Soli
2) Tom K	1 3	2) Bayden Tong
3) Neil E	1 3	3) Ernest
4) NANI	1 3	4) Andrea
5) RIT	0 3	5) Brian
6) MARC S	0 3	6) Sarat
7) CHARLES	0 3	7) Kingsley
8) BOB	2 3	8) David
9)		9)
10) ANDY B	3 0	10) Anita
11) RANJAN	3 0	11) Teng Teng
12) PETER	3 0	12) Anaeline

Trashed!

A dozen or so and they beat us 9-3 or 8-4 or 6-6 or something similar. H won for the BCB, as did Ranjan, Andy and Peter. Cheers to them. By the way, SCC had brought a few females and most thrashed our fellas. Beat ‘em on the squash court and then beat ‘em up and all. After they thrashed ‘em on the court they bashed



Thanks for doing us over!



Was a pleasure!

‘em around with their rackets after they got smashed on BCB lager. What a spectacle, it was. And frankly speaking, they all deserved it – court thrashings and racket bashings. We’ll invite the SCC back!

Until kids rule the world

HARD BALLS

BCB Indoor Rules Series 3

The perennial problem for all field sports at the British Club has been the simple fact that we don't actually have any playing fields! But this has been rectified to a degree by the recent development of the multi-purpose court on the Back Lawn, providing the cricket (and hockey) section with exciting new possibilities.

Indoor Rules cricket has been around a long time and of course is mainly played indoors, usually in noisy sports venues with tight playing areas. But here at the Club we have this wonderful new venue set in the beautiful landscaped gardens, attractively floodlit at night with a bar and viewing area ... the perfect venue to bring Indoor Rules outdoors.

After some experimentation, the version we play at the club is 6-a-side with batsmen batting in pairs for 3 overs. This means each game is 9 overs a side, taking about 45 minutes to complete, making for lots of fast action and participation. It can be played by all ages and gender, and it can either be just a bit of fun or played at high level where all the basic cricket skills are tested.

The BC Indoors Rules Series 3 Floodlit League was completed on 14th August, played over 6 evenings, BC competing with 5 other teams. The only problem playing Indoor cricket outdoors of course is rain, and we get lots of that stuff this time of year! Although the court is playable half an hour after a storm, even the lightest drizzle makes the surface slippery and stops play. This meant lots of anxious weather radar map inspections and nervous calls of 'on' or 'off' at 4.00pm so that teams didn't make wasted journeys to the club through rush hour traffic. And we were lucky, only one 'wrong' call was made and play was possible as planned all other nights.

After a round-robin League, Finals Night saw all 6 teams in action, with play-offs for the Cup, Plate and Spoon. There was a party atmosphere with a curry buffet laid on by the Club and copious quantities of beer.

The quality of cricket is improving and in winning the Cup, debutants Best Friends Forever (BFF) showed everyone that there is more to this game than just bashing a ball around. They have some very talented cricketers and take this seriously, batting and bowling with tremendous awareness of the rules, and backing up cleverly thought-out field placings with some incredibly athletic catching and stopping. RBSC also have some awesome cricketers but weakened their challenge by fielded two similar teams rather than



Jack Dunford

putting out their best. Polo lost in the Cup final and Jockey picked up the Plate.

These two Clubs were far ahead of the rest and picked up the top individual awards, BFF's Dash and Viju winning the best batsman and bowler awards, RBSC Polo's Raja the outstanding cricketer of the series. The Southerners, Siam Parrots and BC were the also-rans, but brought great camaraderie and fun to the proceedings, the Parrots beating BC for Spoon.

Adrian 'Sarg' Salter, BC's unofficial coach and cricket fanatic, produced amazing statistics to adjudge the awards, revealing that 22 games were played in 5 nights (excluding Finals Night), 60 players played at least once, scoring 3,500 runs off 2,000 balls ... an average more than 10 runs and over! Nearly 200 wickets fell, the average batsman's score being about 18.

This game is all about bowling economy and batting strike rates ... and Sarg had it all ... good and bad for every team. Of the more remarkable achievements, Polo's Raja was the highest run scorer with 165 runs at a strike rate of 2.84 runs/ ball and the highest wicket taker with 12 at only 0.96 runs/ ball. BFF's Yuvi bowled most dot balls, 22 being 32% of his deliveries and had an overall economy rate of only 0.68 runs/ ball.

Those who got out most often, bowled the most bad balls etc. were all suitably mocked on the night and will bespared further embarrassment. Everyone that played contributed to the fun. There was some truly awesome cricket played ... and some really dreadful cricket ... but the whole tournament was played in tremendous spirit without a single controversy. Thank you BC for magnificent facilities and service, thank you guys for a great Series 3. Watch out for Series 4, coming any time soon!

Coaching and Nets

Cricketers will know that we are continuing nets through the rainy season. There is sniff of new enthusiasm with no less than 12 players turning up for our first session in August. We are trying to raise standards and slowly guys are beginning to realise that the aforementioned 'Sarg' really does know what he is

talking about and, if asked, will happily pass on tips to improve all aspects of the game. He is a qualified ECB 2nd advanced level coach and does it simply for his love for cricket.

We had a young lad practice with us for a couple of months who wrote a very moving and beautiful letter of appreciation when he left Bangkok recently. This is a brief extract:



Dash Best Batsman



Viju Best Bowler



BBF bringing class and style



12 at rainy season nets



Dash Best Batsman



RBSC Polo Plate Winners



Raja Cricketer of the Series



Here for the beer



Series 3 Finals Night

I started playing cricket when I was four or five years old and it is one of the most important parts of my life. I play with all my heart and I enjoy every minute on the field. When I started playing I decided that I wanted to represent my country one day, but I learnt from my family and the great players that we all should be good human beings first. Always try to give your best all the time no matter what others think or say about you.

A coach is someone who brings out the best in you and Adrian did that for me. I have learned more than I expected from him. We started from basics. Although I had been playing cricket more than ten years there were many things I did not know. Adrian showed me what I was doing wrong. He always said small things make a big difference and it has worked a lot for me. Small changes in my technique have given me great results. The best thing about him is he is great human being first and then a great coach.

Well done Sarg!

BRIDGE RESULTS FOR JULY 2014

EVENT	RANK	NAME (PAIR)	SCORE%
Sunday 6th July	IT failure. Scores lost while game in progress.		
Sunday 13th July (7 pairs)	1st	Dr. Prasart & Prasert	62.50%
	2nd	Prarop & Winlock	58.33%
Sunday 20th July (9 pairs)	Another IT failure, but only partially lost game data. Winner was announced at end of game play, but data not saved on PC.		
Sunday 27th July (9 pairs)	1st	Christian & Daniel	59.03%
	2nd	Dan & Bradly	58.33%

Khun Somboon, Khun Kasem and The British Club's

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BCGS GOLFING NEWS July 2014

The golfing calendar was quieter during the past holiday season month and comprised just the regular monthly Stableford and Monthly Medal.

The Stableford was again held at Lam Lukka, which is generally considered to be amongst the best of the local courses. Wayward shots tend to be cruelly punished. Veteran low-handicapper Randall Coleman won the event with a highly respectable 36 points. He clearly has an affinity for the stableford format, as he has now made it two wins in a row. New member Marc Brouillette was second with 35 points, and sweet-swinging Tracy Cater was third.

The Monthly Medal is still held at The Royal at Lad Krabang, another course which too often consigns an errant shot to a watery grave. But in flight A, Phil Hampshire encountered no such problems. He is enjoying a very fine run of form and also made it two wins in a row by shooting a gross 82/ net 69. This has not gone unnoticed by the vigilant handicap secretary, who has cut Phil from 16 to 12 in just two months. Phil is of generous nature and will reveal the secret of his success for just a bottle of beer. Frank Fawkes was two shots away in second place, with the ever-competitive Randall Coleman in third.

In Flight B, Pete Gale experienced a most welcome, and slightly overdue, return to form. He played one better than handicap to win the section, making it two wins in his last two medals, albeit with rather more authority this time. (There seems to be a recurring theme here.) New member Don Summerbell was second, beating Captain Karen into third place.

The Matchplay Championship for the year is at its halfway stage, and the first round is complete. First round shocks included defending champion Gordon Milne ousted by Yuruchatr and our steely Captain Karen being beaten by Chris Brader. The second round line-up, which should be completed in August, is:

Gaew v Tony Moore
Pete Gale v John Christie
Yruchatr v Chris Maclarty
Mark Evans v Chris Brader

If you would like to join this well-intentioned group of golfers, please send an email to bcs2002@yahoo.co.uk



Peter Gale wins the July Medal



Randall Coleman builds up his wine cellar



Phil Hampshire wins again

Tuesday 9th September 2014

QUIZ NIGHT



The Verandah 7:15 pm

Teams ≤ 6, Members Bt 100, Guests Bt 150



THE BRITISH CLUB
BANGKOK

WITH THE MONTHLY JACKPOT!

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



Selected and presented by
Mike Smith

SEPTEMBER
MONDAYS, 7:30 PM
WORDSWORTH LOUNGE

1st | **Bicycle Thieves - 1948**

93 mins

Directed by: Vittorio de Sica

Starring: Lamberto Maggiorani, Enzo Staiola, Lianella Carell



An unemployed man in depressed post-WWII Italy gets a job for which he needs a bike. When his bicycle is stolen, he and his son walk the streets of Rome, searching, and finally manages to locate the thief but without proof, he has to abandon his cause, knowing that without it, he cannot keep his job.

8th | **Stagecoach - 1939**

96 mins

Directed by: John Ford

Starring: John Wayne, Claire Trevor, Andy Devine



A simple stagecoach trip is complicated by the fact that Geronimo is on the warpath in the area. The passengers on the coach include a drunken doctor, two women, a bank manager who has taken off with his client's money, and the famous Ringo Kid, among others.

15th | **Top Hat - 1935**

101 mins

Directed by: Mark Sandrich

Starring: Fred Astaire, Ginger Rogers,



Showman Jerry Travers is working for producer Horace Hardwick in London. Jerry demonstrates his new dance steps late one night in Horace's

hotel, much to the annoyance of sleeping Dale Tremont below. She goes upstairs to complain and the two are immediately attracted to each other. Complications arise when Dale mistakes Jerry for Horace

22nd | **The Train - 1964**

133 mins

Directed by: John Frankenheimer,

Starring: Burt Lancaster, Paul Scofield, Jeanne Moreau



As the Allied forces approach Paris in August 1944, a German Colonel manages to secure a train to transport France's greatest paintings, which he has stolen, to Germany. The station master who is part of the Resistance is tasked with staging an elaborate ruse to keep the train from ever leaving French territory, and ensuring the paintings do not get destroyed.

29th | **The Grapes of Wrath - 1940**

129 mins

Directed by: John Ford

Starring: Henry Fonda, Jane Darwell, John Carradine



During the Great Depression, Tom Joad returns to his home after a jail sentence to find his family kicked out of their mid-west farm due

to foreclosure. He catches up with them on his uncle's farm, and joins them the next day as they head for California and a new life, hopefully, despite the misfortunes encountered by the poor and homeless.

BIKE TOUR

Sunday 28 September 2014



THE BRITISH CLUB
BANGKOK



Bt 1,700 / person



- Experienced local guides
- Mountain bike or standard city bike
- Refreshing drinks en route
- Ferry river crossing
- Long-tail boat rides
- Local style light meal



SATURDAY SWIMMING LESSONS

Start 6 Sept 2014



THE BRITISH CLUB
BANGKOK

Every Saturday lesson

- | | |
|------------------|---|
| 9.00 - 9.45 am | Toddlers, max 4 kids
(4 years plus - can not swim) |
| 10.00 - 10.45 am | Beginners, max 4 kids
(4 years - can swim 5m plus) |
| 11.00 - 11.45 am | Intro strokes, max 5 kids
(ages 4 / 5) |
| 12.00 - 12.45 am | Intro strokes, max 5 kids
(ages 4 / 5) |

Bt 2,500
for 10 lessons



Sign up in the Fitness Centre



THE BRITISH CLUB
BANGKOK

TABLE FOOTBALL COMPETITION

SUNDAY 28 SEPTEMBER 2014

START 3 PM

2 PEOPLE / TEAM



TENNIS COACHING

with K. Orathai every Saturday

3pm - 4pm
Age 6 - 7 years
Bt 200 / participant
Min 3 kids, Max 6 kids

4pm - 5 pm
Age 4 - 5 years
Bt 200 / participant
Min 3 kids, Max 4 kids



THE BRITISH CLUB
BANGKOK

SQUASH COACHING

with K.Rit every Sunday

3.30pm - 4.30pm
Age 5 - 7 years
Bt 150 / participant
Min 3 kids, Max 5 kids





THE BRITISH CLUB
BANGKOK

Oct 31st

6pm - 9pm Silom Sala



HALLOWEEN PARTY

Kids 2-12 yrs old Bt 395
Adults Bt 100

*A special fancy dress party with games,
activities and a magic show
Halloween snacks, refreshments and
prizes for the best costumes!*

Sign up in Reception or by email to : events@britishclubbangkok.org

Kids Movies September

Fridays Silom Sala, 6.30 pm



5th Sep
Rio2



12th Sep
The House of Magic



19th Sep
The Lego Movie



26th Sep
Kiki's Delivery Service



PAELLA

Promotion September 2014

Minimum 2 people, your choice of :

- mixed seafood Bt 495
- chicken Bt 470
- vegetarian Bt 450

Every Wednesday during September
Available for dinner from every outlet

*Order 30 minutes in advance to allow for cooking



St. David's Society Ball

Saturday 20th September 2014

Reception drinks from 6:30pm

Amari Watergate Hotel, Petchburi Road

Hong Kong Welsh Male Voice Choir

DJ and dancing until late

Tickets Baht 2,700 per person

(5 course dinner and drinks included)

Reservations: Heather Powell 083 293 2169

infosdsbangkok@gmail.com



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