



THE BRITISH CLUB  
BANGKOK

# Outpost

THE OFFICIAL MAGAZINE  
OF THE BRITISH CLUB BANGKOK

[www.britishclubbangkok.org](http://www.britishclubbangkok.org)

September 2016

## Team Play

Celebrating 70 Years of Thai-UK Partnership



# THAI-UK 2016

7<sup>th</sup>-10<sup>th</sup> September 2016

BITEC, Bangkok, Thailand



***"Maximise  
the Opportunities  
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# Congratulations

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

## UK

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

## Rest of World

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

*(denotes places offered)*



# The Sixth Form

at Harrow International School Bangkok



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THE BRITISH CLUB  
BANGKOK

**Join the BWG on Thursday, 15th September for a special  
Pad Thai charity lunch at the British Club.**

**All proceeds will go to the People Eye Care Foundation who have been  
restoring eyesight through cataract extraction surgery for over 25 years.**

**Date:** Thursday, 15th September

**Venue:** The British Club, Suriwongse Room,

189 Suriwongse Road, Bangrak, Bangkok. Entry via Silom Soi 18.

**Time:** 11.30 am—2.30 pm

Guests are encouraged to arrive by public transport as limited parking.

**Cost:** 700 Baht

which includes Pad Thai (prawn, chicken, or  
vegetarian), dessert, tea, coffee and soft drinks.  
BYO at charge of 100 baht corkage.

**RSVP:** By 5 pm Thursday, 8th September to [lunch@bwgbangkok.org](mailto:lunch@bwgbangkok.org)

Please specify Pad Thai, prawn, chicken or vegetarian when registering.

### **The lunch offers BWG members and friends ...**

- ✕ The chance to meet the amazing Dr Somsran and to hear about the PECF's work and plans for the future.
- ✕ The chance to meet special guests who have overcome the disability of blindness in their everyday lives. Khun Namfun and Khun Sampen, the British Club masseurs, will offer 5 minute head and shoulder massages, the saxophone player who plays outside Silom Complex, will provide soothing background music and a lottery ticket seller will tempt us with a selection of 'winning' tickets. As the mid-September Thai Lottery draw is the following day this could be a lucky lunch for you to attend!
- ✕ Pad Thai Cooking Demonstration by Thai Aree on the Veranda terrace, back lawn of the British Club.
- ✕ A Thai Aree 'Home Thai Taste' Pad Thai kit for each attendee.
- ✕ A free Lucky Door Prize ticket with the chance to win one of these exceptional prizes ...
  - ◇ The opportunity for 2 people to join the PECF team on an up-country eye clinic trip—a truly unique and memorable experience.
  - ◇ A gift basket of Thai Aree 'Home Thai Taste' cooking kits.
  - ◇ Perception Blind Massage and Dexter Café & Bar—gift vouchers.
  - ◇ 2 British Club gift vouchers worth 500 Baht which can be used in the Pavilion Coffee Shop on Suriwongse Road.



**GENERAL COMMITTEE**

**Chairman** - Jack Dunford  
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**Vice Chairman** - Ali Adam

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**Honorary Treasurer** - Geoffrey Banks

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**REPORTINGS**

**04 CHAIRMAN'S MESSAGE**  
 Monthly update

**07 LETTER FROM THE GM**  
 Khun Prem's message

**09 HAPPENINGS**  
 Looking ahead

**11 F & B MORSELS**  
 Happy Eating!

**12 WARWICK NEWTON**  
 1946 - 2016

**13 POOLSIDE REDEVELOPMENT**  
 Members' Forum

**15 TRAFALGAR DINNER**  
 And Hastings too!

**19 BRITISH CLUB CATS**  
 Colony management

**CLUB FEATURES**

**20 AS IT HAD BEEN**  
 Cha-Am in 1979 and now

**SPORTS**

**22 HEALTH AND FITNESS**  
 Lets Clear the Air!

**24 TENNIS**  
 There's more to life than Tennis

**26 HARD BALLS**  
 Soggy Balls

**28 SQUASHY BITS**  
 Caption Competition

**31 BCB FANTASY FOOTBALL**  
 How are the points scored?

**32 GOLF**  
 July's results

**FRONT COVER**

One of the two upcoming members of the Club's team against Singapore Recreation Club last month is featured on our cover this month, as they both held their own in the friendly match. Commitment and practice are important in any sport, but with dedication the results speak for themselves and improvements are the reward!

**EDITOR'S GREETING**

This month sees quite a bit of variety. The page opposite this is a worthy cause and well-worth attending as it's much more than a meal. There's Shakespeare and Trafalgar ahead, and a sparkling wine brunch too!

Your health is important, and diet plays such a vital role that the Health pages this month should be taken as gospel to keep yourself in trim.

Is there any Member out there who would like to contribute crosswords, or conduct interviews? Let me know!

Ed



**OUTPOST** is the monthly publication of **THE BRITISH CLUB BANGKOK**, the social sports and cultural centre for the English-speaking community in Bangkok.

A full version of the magazine is also available online at [www.britishclubbangkok.org/outpost](http://www.britishclubbangkok.org/outpost) **Editor** - Jeremy de Sausmarez [jeremy@britishclubbangkok.org](mailto: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](mailto:outpost@britishclubbangkok.org) - No part of this publication may be reproduced without the written permission of the Publisher.

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## MESSAGE FROM THE CHAIRMAN

**Membership:** I am writing from Koh Chang this month, looking out to sea through the palm trees, enjoying a few hours of tranquillity before 45 Club Members and families arrive throughout the day for a boat trip into the marine national park tomorrow and a riotous weekend of beach cricket and merriment. What fun! Whether you are into sport or not, the British Club provides wonderful opportunities for making friends and finding escape from the every day pressures of living and working in Bangkok.

Our membership though has been pretty static over the last few years. There must be a limit to how many Members we can comfortably cater for, but rarely are we too busy, and a modest 10% increase or so would surely bring new life to the Club and significantly improve finances to upgrade our ageing facilities. New Members usually find us by word of mouth or by accident and the General Committee is keen to find ways of targeted recruitment. If there are Members with marketing skills and suggestions who would like to join the Membership Sub-committee to help design a recruitment campaign, we would be pleased to hear from you.

**Poolside Redevelopment:** Meanwhile, the big story this month is still the Poolside Redevelopment. Four very different concepts emerged from the Design Competition and were posted on the Club website and put on display in the Silom Sala. Feedback from the Members has mostly been enthusiastic but with some healthy differences of opinion. Of course we expected a certain amount of controversy simply because architecture is always controversial. One person's 'gherkin' is another person's 'turd' if you will pardon the expression.

The Poolside Redevelopment Sub-committee will make its recommendations to the GC based on a technical review by the Evaluation Team, and the GC in turn will determine the results of the competition taking all feedback into account. The winning architect will then work with the Sub-committee to make any desired adjustments before the preferred scheme is presented to the Membership for consideration at an EGM pencilled in for 10th October.

We have a wide range of choices and I am confident that we will be able to present an exciting scheme worthy of the 21st Century that will attract families and sports fans for years and decades to come. If it is approved, we can move forward quickly and, although it is too early to speculate how the work might be phased, such is the ingenuity of modern engineering that much of the work could be done over the next year.

**Financial Planning:** A factor of course will be the availability of funds and our Finance Sub-committee is developing an innovative new 5-year budgeting model which will allow us to test investment strategies against a range of scenarios for impact on outlet usage, membership, staff levels etc.

**Membership Database:** The Club tries to cater for Members of all ages but there is concern in some quarters that our membership has been getting older. We don't actually know if that is the case, however. Age information is poorly recorded in our Membership database and we have no historic data to identify trends. Given our colonial history and based on my own experience, I suspect the profile has not changed a lot over the years but I



Jack Dunford

think we all agree we would like to see more younger people around. The Poolside Redevelopment is definitely a priority and would be a major boost in any membership recruitment campaign.

I have mentioned before that the Club archives are sadly lacking and the membership database is yet another system needing attention. Sometime soon we will have to ask all Members to help us improve the database. We are installing improved emailing software, upgrading our website and will at last, shortly be launching our social media sites.

**Human Resources:** Other work behind the scenes includes a review of our staff organisational structure and employment policies. It is a stated aim of the Human Resources Sub-committee 'to develop an employment policy based on best practice that meets legal requirements and can be justified to the membership'.

We have a wonderful hard-working and loyal staff but we are probably under-staffed especially in senior management positions. However, our HR systems are also in much need of an overhaul and before considering additional staff there is need for a thorough review of current job descriptions and salary scales. Only then can we determine our position in the market place and determine employment terms within our means.

**Sports Bar:** At the time of writing we are still working out the best way of setting up an experimental Sports

Bar in the Wordsworth Lounge, probably embracing the 1910 Balcony as well, which are currently very little used. Much wringing of hands also continues about the poor patronage of the Churchill Bar most nights after mid-evening. As we hopefully move ahead with the family/sports-oriented redevelopment of the poolside, it will be equally important to think strategically about the longer-term development of our elegant Clubhouse as a complementary dining and function centre in the grand tradition. Possibilities include upgrading the Churchill bar, relocating the offices and building guest rooms, a concept that seems to be getting more and more talked about.

Christmas Ball: Balancing tradition and moving with the times can be tricky and as Jeremy mentioned last month the GC is planning to try something a bit different this year for the Christmas Ball, which has seen falling attendances since its heyday. We still think we can have a fabulous party but somehow it should be more fun and an event that everyone wants to come to. The Clubhouse lawns offer a magnificent setting. The

traditional cocktails on the Front Lawn have always been a popular way of starting off the evening and building up the excitement before moving around to the glittering table settings under the lights on the Back Lawn.

This mustn't change, and wear a black bow tie if you wish, but this will be a chance to dress up in your best as you wish in the festive spirit. We want it be more inclusive and are planning to offer Indian food as an alternative to traditional western Christmas fare, with veggie options and all. There will be music and dancing of course, maybe some surprise entertainment, loads of raffle prizes and we want everyone to come. Let's make this the best ball in town ... put it in your diaries ... Saturday 10th December.

British Club Cats: Finally I hope you will find time to read an article written by a Member about British Club cats on page 19 because, like me, you have probably not thought much about them before and don't realise how they impact on our life. We have to make a choice whether to 'manage' them, committing time and resources, or deal with them in the traditional way by trying to shoo

them away or, more likely, taking the stick! We'd love to hear your views and suggestions and volunteers if you would like to help in any way.

This is by no means an inclusive list of all that is going on in the Club because the GC made lots of promises and has taken up lots of new issues since taking office in April. There is still much more to do but it is frightening how quickly the Committee year is flying by. The normal rhythms of life made it difficult getting new ideas up and running after the AGM, with searing heat and seemingly endless public holidays in April and May, soon followed by the 'summer' exodus when the international schools closed variously from June through August.

Now that everyone is getting back, things will happen quickly as the festive season approaches and events are organised to take advantage of the best cool season weather. No doubt some of our endeavours will bear fruit as others flounder, but we look forward as always to seeing you around the Club. The more you use it, the better we can make it.



*BC Cricketers in Koh Chang*



# SPARKLING WINE BRUNCH



## Adults

Bt 1,750

includes free-flow sparkling wine  
between 1pm and 2pm

Bt 1,200

without alcohol but with free-flow  
juice/soft drinks throughout



## Under 16s

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!



## LETTER FROM THE GENERAL MANAGER

Our operating income in August so far has improved on July's results as some Members have returned from their holidays, and many of the schools have started again. At the end of July, we had cash at bank of about 41 million baht, and our operating income was in excess of last year.

The sad news of Khun Warwick's passing was quite a shock for me. For 4 to 5 years we worked closely together when he was on the GC, and also when he was Chair of the F&B Work Group he spent a lot of time with me and Khun Laak learning about the Club's menus and kitchen operations. Khun Warwick was a great Santa too and the staff liked him very much so we will miss him and his good humour.

In September we have scheduled another Sparkling Wine Brunch on Sunday 18th, as the turnout was good in July. There will be an hour of free-flow sparkling wine after you arrive and our buffet line will include cold cuts, French and Australian oysters, pâté, poached prawns, carvery, salads and a selection of cheeses. Please book in Reception or by email.



Our team has been working on the rest of the year, including events like Trafalgar Dinner, Halloween, Guy Fawkes Night, the Annual Ball, and the Christmas parties - we will update you by email and on the website. In the Fitness Centre, we have purchased a new drum bell set with a rack, and some smaller equipment for personal training and exercising, so please check with the staff next time you visit for a workout. We have also signed an annual maintenance contract with SEARA for checking and deep cleaning all our equipment every four months.

There are a couple of ongoing projects which you will hear about in more detail soon. One is trying out using the 1910 Balcony and Wordsworth Lounge as a sports bar for a limited period to see if it is a success. To keep costs low, we will rearrange the furniture and invest in a couple of new TVs, and if the idea is popular, then we can refine and improve the area. The other is the Poolside Redevelopment, which was the subject of a Members' Forum this weekend with all four architect companies present to discuss their design concepts. As soon as the Evaluation Team and the GC have reached their decision, we will look towards having an EGM in October.

I look forward to seeing you around the Club soon.



Premrudee Tanyaluck

General Manager

## OFFICIAL OPENING TIMES

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



THE BRITISH CLUB  
BANGKOK

# SHAKESPEARE for DUMMIES

Shakespeare  
400

with  
**Daniel Foley**  
Performance Exchange  
London

## A FUN EVENING!

- \* Impressions from Burbage, Garrick, Irving, Gielgud, Olivier, Burton, John Wayne, Brando, Dylan
- \* Scenes from Romeo & Juliet, King Lear, Macbeth, Hamlet, Henry V, and more!
- \* Audience participation!
- \* Famous Shakespeare Quiz!



### TICKETS

Adults - Bt 650

Children - Bt 300  
under 13

ticket includes  
a free drink!

**SATURDAY 1st OCTOBER**  
**7:30pm SURAWONGSE ROOM**

Book in Reception or by email to: [events@britishclubbangkok.org](mailto:events@britishclubbangkok.org)



# HAPPENINGS

The end of August always makes me think of the Bank Holiday weekend back home, when I used to be amused at the frightful traffic queues on all the trunk roads. This was of course thirty odd years ago, when the roads were pretty quiet in comparison with nowadays. Having seen earlier this year that there are now traffic lights on motorway access roads, I dread to think what the August Bank Holiday will be like at the end of this week. Sales of caravanettes must rocket.

We've spent the quieter months getting ready for the last third of the year when it all borders on becoming a bit frantic with large events in most months, and this month I had a week off which included a trip to beautiful Vietnam where crossing the roads is such lunacy I was comforted on arriving back to the jams at Don Meuang.

In September there's another Sparkling Wine Brunch on Sunday 18th in The Verandah as the last one saw a good turnout and was enjoyed. We've changed the free-flow to an hour from when you get your first glass which makes sense! We're pleased to welcome the BWG Charity lunch "Pad-a-Thai-Eye" on Thursday 15th, organised by Club Member Angela Stafford. The PECF Charity do amazing work all over Thailand restoring sight from cataract removals for those who cannot afford to have them done at hospitals. And the Club's Pad Thai is excellent, so come along! Earlier in the month we will have a stall at the THAI-UK exhibition which is at BITEC between 7th and 10th September - drop by the stall and have a look round and the amazing range of UK products available in Thailand - you never know what you might find!

In October we're very pleased to welcome back Col Chris Luckham OBE as our speaker at the annual Trafalgar Dinner. Chris will be leaving Thailand later in the year, so it is fortuitous that he can be with us for this special evening. The Trafalgar Dinner is on Saturday 15th October, which is the day after the 950th anniversary of the Battle of Hastings, a significant date in British history even if it was the date when the incumbent king of England got an arrow in the eye and was thus crushed by a man from Normandy called William, later to be suffixed as the Conqueror. If anyone can blend the highlights of Hastings with the triumph of Trafalgar, it's Chris Luckham who is a fascinating and enthralling speaker. It will be an excellent evening, and I hope many Members will honour us with their presence.



**Jeremy de Sausmarez**

**Events & Marketing  
Manager**

As Khun Prem has mentioned, we are going to experiment with using the Wordsworth Lounge and 1910 Balcony as a Sports Bar for Wednesday through to Saturday evenings. Initially on a trial basis, it will solve many of the problems currently faced with volume and attire in the Churchill, and offer another venue for much more casual enjoyment and easy access for players on the Back Lawn. Of course sports will still be shown on the TVs in the Churchill, for those who prefer a more tranquil and receptive involvement with sports matches.

On the subject of sport, the English Premier League has started again, and this means the British Club Fantasy Football League is launched afresh. The Club League is for British Club Members only, and you can join up by going to [fantasy.premierleague.com](http://fantasy.premierleague.com) and then entering the code 30421-358389 which should result in you being included in competition with some of the most brilliant football-strategic minds on the planet. Don't delay, there may be a prize!

As I wrote in last month's page, the Annual Ball will have a slightly different look to it this year. It will still be much the same in structure, but there will be a more casual tone with a choice of different buffet foods too. We are getting together some excellent raffle prizes as they can make it a really outstanding occasion. The final plan is still under wraps but it sounds as if it will be a date you should not miss, so whip out your diary now and mark down Saturday 10th December as booked!

Lastly, a note about cars and parking. We are going to tighten up on windscreen stickers as they become increasingly important when it's busy. Please remember there's no overnight parking unless you've cleared it with management first, and you or your drivers shouldn't leave your engines running when parked as it poisons everyone else! And can you try a bit harder to park in between the yellow lines, not on or across them, pleeeez?

# Business Luncheons



THE BRITISH CLUB  
BANGKOK

## 5th Sep - 9th Sep 2016

Starter : 65 baht

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

Main Courses : 160 baht

Lamb, Beef and Eggplant Moussaka (Served with Mixed Salad and Garlic Bread)  
or Chicken Kiev with peas and chips (Served with Broccoli, Carrots and Roast Potatoes)  
or Pan-fried Sea Bass with Pernod and Dill Sauce  
or Tom Yam Goong (Spicy Lemon Grass Soup with Prawns and Mushrooms)  
Pad Khana Namman Hoy (Stir-fried Kale with Oyster Sauce)  
Kraprao Kai (Stir-fried Minced Chicken with Hot Basil and Chilli)

## 12th Sep - 16th Sep 2016

Starters : 65 baht

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

Main Courses : 160 baht

Fish and Chips (Served with Garden Peas and Tartare Sauce)  
or Turkey Lasagne (Served with mixed salad and Garlic Bread)  
or Pork Schnitzel Served with Apple Salad  
or Panaeng Gai (Chicken Stir-fried with Red curry Sauce Topped with Sliced Lime Leaves)  
Kai Jiew Moo Sub (Thai Style Omelette with Minced Pork)  
Phad Phak Ruam Nam Man Hoy (Stir-fried Mixed Vegetables with Oyster Sauce)

## 19th Sep - 23rd Sep 2016

Starters : 65 baht

Waldorf Ham Salad or Chef's Soup of the Day

Main Courses : 160 baht

Mini Steak Served with Mixed Vegetables, Roasted Potatoes and Gravy Sauce  
or Pan-fried Dory Fish with Mornay Sauce (Served with Broccoli and Mashed Potatoes)  
or Creamy Chicken Penne and Peas (Served with French Beans, Carrots and Sauteed Potatoes)  
or Tom Kha Gai (A Refreshing Coconut Milk Soup with Chicken and Herbs)  
Phad Kraprao Moo Sab (Stir-fried Minced Pork with Hot Basil and Chilli)  
Phad Tua Ngok Tao Hoo (Stir-fried Bean Sprouts with Curd and Oysters Sauce)

## 26th Sep - 30th Sep 2016

Starters - 65 baht

Mozzarella, Mango, Tomato and Rocket Salad or Chef's Soup of the Day

Main Courses - 160 baht

Salmon Fish Cakes (Served with Chips, Garden Peas and Tartare Sauce)  
or Chicken Stew in Red Wine Sauce, French Onion, Peas, Carrots and Mashed Potatoes  
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 Som Ros (Deep-fried Dory Fish Topped with Sweet and Sour Spiced Sauce)  
Phad Phak Ruam Nam Man Hoy (Stir-fried Mixed Vegetables with Oyster Sauce)

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



## F&B MORSELS

The kitchens are getting busier now that everyone is coming back from their holidays, and we are looking forward to the busy part of the year.

I'm pleased that the Sparkling Wine Brunch in July was enjoyed so we will be having another one on Sunday 18th September with the same range of foods including imported oysters, poached prawns, cold cuts and carvery. There's free-flow wine too so I hope you will come and enjoy! Further ahead in October we have the annual Trafalgar Dinner which always has a special menu so we are working on that and will let you know soon what is decided.

In September we are continuing with our main promotions on strawberries and burgers, there are special menus for each of these. There is also weekly paella on Wednesdays with chicken, seafood or vegetarian but needs ordering to allow preparation and cooking time.



**Khun Laak**

**Executive Chef**

At the beginning of the month I will be changing the "Khun Laak Recommends" boards with a new selection of dishes, so keep an eye out for that. I am also working on the annual update to the Thai and Western menus.

You will remember that last year there was a shortage of turkeys for Christmas, and that has not changed. We have arranged to try out some locally reared turkeys and will see whether they are acceptable for the festive season. We will also consider some different types of chicken in case the turkeys are not suitable.

Happy Eating!

COCKTAIL OF THE MONTH "SEPTEMBER"

**ONLY  
BT 100**

**BLOODY  
MARY**



THE BRITISH CLUB  
BANGKOK

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

## WARWICK NEWTON (1946 – 2016)

Warwick will be sadly missed by many of us here at the British Club. Born and educated in Australia, he was a commissioned officer in the RAAF during the Vietnam campaign, and then hired by Clarks Shoes Australia in 1970. His 3 year management training for them in Somerset, England lasted twenty three years, and he then moved for two years to South Africa as MD of their subsidiary. After working as a footwear industry consultant for Bata and Timberland amongst others in eight more countries through the late 90s, Warwick was hired by NIKE Inc as Product Director in Vietnam and Thailand for nearly a decade, and retired to Bangkok in 2007.

Joining the British Club in 1995, Warwick later served on the General Committee on three occasions, most recently 2013-2015. An ardent lover of exquisite foods and fine wines, Warwick chaired the Food and Beverage Work Group for many years, and his timeless contribution leaves a benchmark of excellence which the Club holds as a legacy of his time, effort and enthusiasm. Over the years Warwick was a keen supporter of the Trafalgar Dinners, Gourmet Dinners, Posh Nosh lunches, Special Buffets, and would often be present at the monthly Wine-Tasting evenings. A very sociable and generous character, Warwick was always ready to host meetings at his apartment and inevitably follow them with humorous chat and a bottle of wine or two.

Warwick was interested in politics, though not political in behaviour. Whilst in England, he was active with



the Liberal Democrats and canvassed energetically with his friend Paddy Ashdown. He loved to read (particularly biographies), and adored classical music, whilst not being very fond of television. Soon after retiring, he had a weekend routine of arriving at the original Churchill Bar at 10am sharp on a Saturday calling for a pint of Carlsberg, settling at Table 4 with the Bangkok Post. In due course he would move to Lords, order a bottle of white wine, have a starter and a



main course (always ordered and eaten separately), and finish up with the cheeseboard and a glass of port, returning home at 4pm only to return on Sunday morning with the same routine. He was very partial to Avocado Angélique.

He was fond of the Club, always good humoured and often a stickler for etiquette and good behaviour (though not always). He loved being Santa at the Children's Christmas Party and at Christmas Day Luncheon, touring the tables with his valiant helpers, handing out presents and ho-ho-hoing whilst dressed up in woolly disguise during the sweltering afternoon heat. Warwick was easy-going, considerate to and supportive of the staff with always a good word for them, and he was well liked as a result. Latterly he loved to sit at a table by the portico in the afternoon, overlooking the front lawn whilst savouring his wine and digesting his meal. In his mini-bio, he listed his pursuits as 'refining the art of life as a retired gentleman of leisure'.



Warwick leaves a family and many close friends, and we should toast his memory at special functions. Three cheers to our special Father Christmas!!

*With thanks for contributions from Chris Watt, Laurence Lipman, Barry Osborne, Paul Cheesman, and Club archives.*



# POOLSIDE REDEVELOPMENT MEMBERS' FORUM

Sunday afternoon 21st August saw a gathering in the Surawongse Room as the four firms of architects who submitted design concepts for the redevelopment of the Silom Sala poolside area were on hand to meet Members and answer any questions put to them, or to discuss their designs in greater detail. Some members of the GC and Sub-committee were also present.

The architects discussed their proposals for almost 45 minutes and then withdrew. Subsequently the Members expounded their thoughts further amongst those gathered, and after an hour the Sub-committee members had a brief meeting to schedule the next stages of the project.

The Sub-committee appointed Evaluation Panel will now proceed to finalise a preferred option in consideration of the architects submissions and feedback from Members. The GC is appointing a quantity surveyor to ensure the project cost estimates are accurate. It is anticipated that the final choice will be put before the membership at an EGM in October.





The British Club Bangkok proudly invites you to

# TRAFALGAR DINNER 2016

*Saturday 15th October*

*Surawongse Room, 7:30 pm*

A black tie or dress uniform  
gourmet dinner celebrating  
the 211th anniversary  
of the Battle of Trafalgar.

Starting with cocktails  
on the 1910 Balcony, the  
dinner is comprised of  
four courses, each with a  
glass of fine wine, plus  
the after-dinner  
"Passing the Port".

Welcoming as 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



THE BRITISH CLUB  
BANGKOK

**Book at Reception or email [events@britishclubbangkok.org](mailto:events@britishclubbangkok.org)**



# and Hastings TRAFALGAR DINNER

Saturday 15th October 2016  
7:30pm, Surawongse Room



## *"England Expects Every Man To Do His Duty"*

The annual Trafalgar Dinner is a Bangkok tradition - a black tie, uniform, national, evening dress evening with cocktails, gourmet menu, fine wines, and a charismatic after-dinner speaker during the "passing the port" after the meal. The evening is open to gentlemen and ladies alike.

The Club first celebrated this event on 21st October 1960 and it became a tradition for many years under the auspices of the now defunct Bangkok Naval Association. It was revived in the 1990s and again in 2011, and we have had four excellent dinners since then.

We are very pleased to welcome Colonel Chris Luckham OBE as our guest speaker, who will shortly complete his tenure as Defence Attaché at the British Embassy here in Bangkok. Commissioned in 1986 into the Royal Hampshire Regiment which subsequently became the Princess of Wales's Royal Regiment in 1992, Col Luckham saw operational service in Afghanistan, Kosovo, Bosnia, Northern Ireland and Congo, and was awarded an MBE in 1998 and an OBE in 2012.



Most recently, Col Luckham has held the post of United Kingdom Defence Attaché in Khartoum covering both Sudan and South Sudan during the formation of Africa's 54th country, and also at the Ministry of Defence in London.

Col Luckham is a great friend of the Club - he has held us spellbound about Trafalgar once before, and last year entranced us with a fascinating account of the Battle of Waterloo even evoking the pitiful sight

of a dejected Napoleon within the darkened room. His tactical and strategic insight into military history is a great bonus, and we are fortunate to have him here for the evening.

The day before the Trafalgar Dinner this year is the 950th anniversary of the Battle of Hastings, that wonderful battle which is at the top of most history students' list as it brought William over from Normandy and started our succession of monarchs with William 1st, 1066. It is therefore appropriate to remember 14th October 1066 as an early milestone in the centuries of events which culminated with Nelson's finest hour.

Tickets are Bt 2,250 per person (Club Members & guests) and Bt 2,500 for others, with a non-alcoholic menu available at Bt 500 less. Please book in Reception or by email to [events@britishclubbangkok.org](mailto:events@britishclubbangkok.org)

Monday

Tuesday

Wednesday



5

**BWG Mahjong**  
10am - 1pm



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



6

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



**Bangkok Gentlemen Spoofers** 8:30pm



7

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



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



12

**BWG Mahjong**  
10am - 1pm



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



13

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

**Bangkok Gentlemen Spoofers** 8:30pm

**Quiz Night**  
7:15pm The Verandah



14

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



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



19

**BWG Mahjong**  
10am - 1pm



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



20

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



**Bangkok Gentlemen Spoofers** 8:30pm



21

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



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



26

**BWG Mahjong**  
10am - 1pm



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



27

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



**Bangkok Gentlemen Spoofers** 8:30pm



28

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



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



THE BRITISH CLUB  
BANGKOK

# BC Calendar September 2016



# Thursday

# Friday

# Saturday

# Sunday

1

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



2

Tennis Mix-In  
6pm - 10pm

Junior Tennis Coaching

4pm - 6pm



3

Kids Cricket

Book first! 8am - 11am



Swimming Lessons

9am - 10:30am

4

Kids Cricket

Book first!  
8am - 11am

Swimming Lessons

9am - 10:30am

Sunday Brunch

11:30 - 3pm Verandah

Open Pairs Bridge

2pm Silom Room



8

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



9

Tennis Mix-In  
6pm - 10pm

Junior Tennis Coaching

4pm - 6pm



10

Kids Cricket

Book first! 8am - 11am



Swimming Lessons

9am - 10:30am

11

Kids Cricket

Book first!  
8am - 11am

Swimming Lessons

9am - 10:30am

Sunday Brunch

11:30 - 3pm Verandah

Open Pairs Bridge

2pm Silom Room



15

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



Pad Thai Charity Lunch

11:30am - 2:30pm

Surawongse Room



16

Tennis Mix-In  
6pm - 10pm

Junior Tennis Coaching

4pm - 6pm



17

Kids Cricket

Book first! 8am - 11am



Swimming Lessons

9am - 10:30am

18

Kids Cricket

Book first! 8am - 11am

Swimming Lessons

9am - 10:30am

Sparkling Wine  
Brunch Verandah

Open Pairs Bridge

2pm Silom Room



22

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



23

Tennis Mix-In  
6pm - 10pm

Junior Tennis Coaching

4pm - 6pm



24

Kids Cricket

Book first! 8am - 11am



Swimming Lessons

9am - 10:30am

25

Kids Cricket

Book first! 8am - 11am

Swimming Lessons

9am - 10:30am

Sunday Brunch

11:30 - 3pm Verandah



29

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



30

Tennis Mix-In  
6pm - 10pm

Junior Tennis Coaching

4pm - 6pm

Wine Tasting 6 - 9pm

Surawongse Room







THE BRITISH CLUB  
BANGKOK

# HALLOWEEN PARTY

**FRI 28TH OCTOBER 2016**

**6PM – 9PM, BACK LAWN**

**KIDS 2-12 YRS OLD Bt 450 / ADULTS Bt 150**

**A SPECIAL FANCY DRESS PARTY WITH GAMES, ACTIVITIES, PIÑATAS,  
AND A MAGIC SHOW. HALLOWEEN SNACKS, REFRESHMENTS AND  
PRIZES FOR THE BEST COSTUMES!**

**SIGN UP IN RECEPTION OR BY EMAIL : [EVENTS@BRITISHCLUBBANGKOK.ORG](mailto:EVENTS@BRITISHCLUBBANGKOK.ORG)**



# BRITISH CLUB CATS

Some people love them, some people hate them, and others are indifferent, but they are around us everywhere, and as a species they have been around mankind for thousands of year.



Have you spotted them at the Club? They are there, they always will be there, no matter what efforts are made to get rid of them. If some are taken away others will come to take their place. They are territorial animals and if a territory is empty new visitors will move in to fill the empty space. It is a never ending story.

So what should the Club do to address the issue. There are really only two options namely extermination or colony management. Some Members may favour extermination and other Members who have pets as part of their life may be horrified by such a solution. In Thailand it is illegal to mistreat animals and in Thai culture extermination may not be an option.

So let's consider the benefits of colony management and what it could achieve.

Colony management is based on the following concepts:-

- The colony becomes a group of healthy cats that are disease free, cleaner and stronger.
- Since the cats are stronger and healthier they will be better able to protect their space and to keep other strays from occupying their colony
- That the colony growth is limited by spaying and neutering members to limit young cats and by controlled feeding that helps limit and manage the colony size
- They also need to be fed at regular times with a controlled food supply so that the colony size is contained and the cats themselves are healthy and they will defend their territory and food supply.



The result is a controlled colony of nice cats that are disease free and look good instead of the alternative of mangy sick cats that will inevitably come in to occupy the space if it is not protected by other felines. The cats will also keep away other vermin such as rats and mice which inevitably are around any source of food.

Managed colonies have been tried and proven. It is not an unknown concept. A quick google search of the words **"managing feral cat colonies"** shows this to be a fairly common approach in many parts of the world.

So what do all the Members think? How should the Club deal with this issue? What guidance should be given to the management of the Club? Should there be a clear policy, if so what?



Have your say, drop an email to the Club at ([cats@britishclubbangkok.org](mailto:cats@britishclubbangkok.org)) and get your opinion heard. All views are welcome and if you would like to volunteer to help find and manage solutions please let us know.

## AS IT HAD BEEN

Last month I shared some pictures showing the dramatic changes that Hua Hin has undergone since the late 1970s. Nearby Cha Am has also changed beyond all recognition but last month I returned to an old favourite vacation spot where we used to stay ... some Baptist Missionary Cabins. This was just about the only development



**Jack Dunford**



*Happy days 1979*

on the beach between Cha Am and Hua Hin in those days and it is still there, frozen in time, hidden behind the luxurious Boat House Hua Hin and not far from towering modern condos.

Although sadly run down it still exudes peace and tranquility. For once my pictures this month are not about change and 'progress', but of a place reassuringly timeless. Taken 37 years, apart, they show how little things have changed on this small stretch of beach other than the sea dropping a few feet and the building of a sea wall. What memories!



*Weekend at the cabins 1979*







# HEALTH

## THE CONFUSING HEALTH AND FITNESS INDUSTRY – Lets Clear the Air!



Sandy Remiens

I have been asked so many different kinds of questions in regards to health and

fitness that I used to think no question would surprise me now. I don't always have the answers but I do endeavor

to find them. However every so now and then I get asked a question that I simply can't answer. Not because there isn't one – but because it's information that we all assume is common knowledge and therefore answers given, articles written, books released all base their information on the assumption that the general population has an understanding of this supposed common knowledge. But let's face it – just the vast amount of information that we get bombarded with on a daily basis is not only overwhelming but contradictory and

confusing. Dozens of studies are published every week and I frequently get asked if I have heard about the newest diet endorsed by this certain celebrity...



So let's start with nutrition and let's simplify a few things here for you. What you need to keep in mind above everything else is that simple is usually best. I don't know about you but my life is full enough as it is with complicated agendas that when it comes to what I eat I don't want it to be so hard. Coupled with the fact that none of us really like to be told what to do so let me give you some nutritional guidelines that will enable you to make better choices and have the freedom to have a little more control over your nutrition. So here are some simple facts.

### 1. Does it GROW?

If your food has been grown rather than manufactured it's a far better choice to put on your plate. For example if your choice was between rice or noodles – rice has been grown – its 'real', noodles are manufactured. Does that mean you should never eat noodles? No of course not – it means that rice is a better choice to be taken more often than the manufactured choice.

### 2. The 'Mediterranean Diet' really is one of the best ways to eat.

Check out this article here [www.healthology.com.au/nutrition/the-mediterranean-diet/](http://www.healthology.com.au/nutrition/the-mediterranean-diet/)

It includes the consumption of minimally processed foods (vegetables, fruits, legumes, wholegrains, seafood, poultry, eggs and dairy products) and is also rich in monounsaturated fats through the use of olive oil as the predominant source of fat. The diet is also high in dietary fibre and rich in phytochemicals from the large amounts of differently coloured fruit and vegetables.

### 3. Sugary drinks are fattening.

Sugar is empty calories – and in excess (which we all know is not hard to achieve) can lead to major health issues being strongly linked to diabetes, obesity, heart disease and weight gain including abdominal and visceral fat that surrounds your liver and other organs. Recently Coconuts Bangkok published an article about this called 'The Fattening of Thailand'. <http://bangkok.coconuts.co/2014/09/04/fattening-thailand>



#### 4. Cutting Carbs/Low Carb Nutrition Plans promote weight loss.

Of the three macronutrients (Fats/ Proteins/ Carbs) Carbs have by far the biggest effect on blood sugar levels because carbs are broken down into sugars in the body. Hence, for the same reason as sugary drinks contribute towards weight gain in the point above, excess carbs also contribute towards weight gain. Our brains need carbs especially when they are young and developing but most of us consume far too many carbs for what our bodies actually need. Again – even good things in excess can cause problems. Low carb diets have been shown to contribute towards greater weight loss and reduction in heart disease risk factors when compared to low fat diets.

[www.ncbi.nlm.nih.gov/pubmed/26485706](http://www.ncbi.nlm.nih.gov/pubmed/26485706)

#### 5. A High Protein diet is beneficial for weight loss.

A high protein intakes decreases levels of the 'hunger hormone' ghrelin and increases the release of 'fullness hormones' PYY and GLP1.

<https://authoritynutrition.com/how-protein-can-help-you-lose-weight/>

There are many options of protein that don't include meat for those who are vegetarian or vegan. Nuts are anti-inflammatory, help protect heart health. Despite their relatively high calorie content many studies have found that nuts help prevent weight gain and promote weight loss.

#### 6. Olive Oil is good for you.

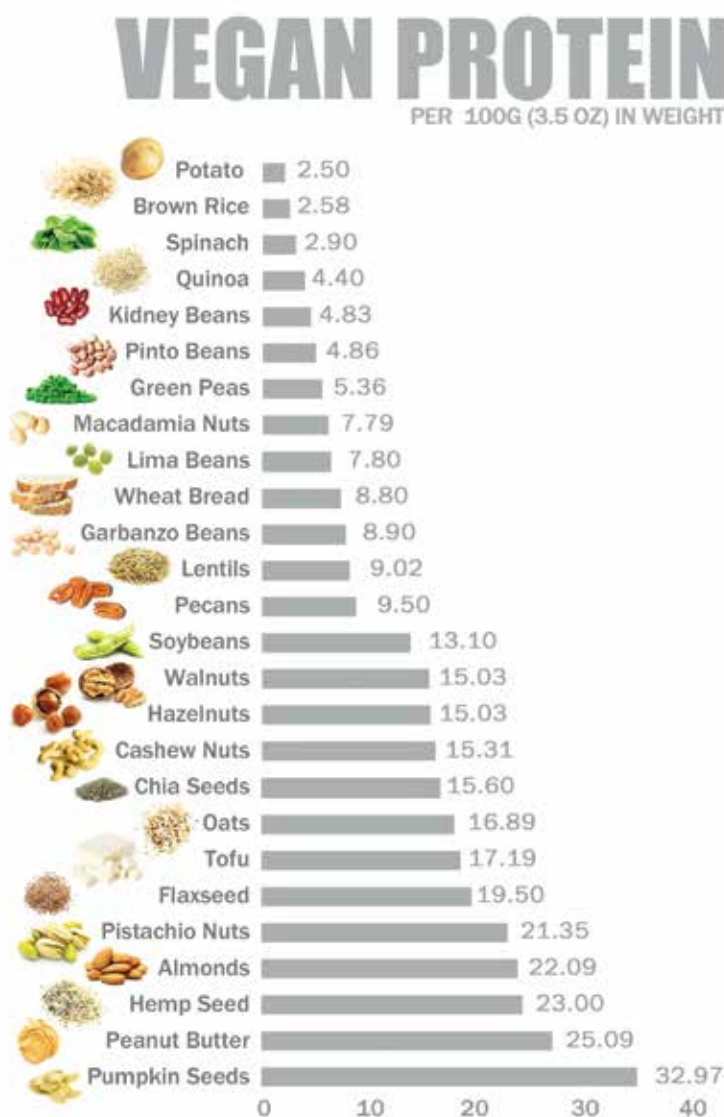
There is evidence supporting the benefits of extra virgin olive oil. It contains oleic acid, a type of monounsaturated fat that has been shown to lower triglycerides, raise HDL levels (the good cholesterol), lower LDL cholesterol, improve the function of cells lining your arteries, reduce blood pressure and increase levels of the fullness hormone GLP1 (mentioned above with the protein point) and so is linked to a reduction of heart disease.

<http://www.ncbi.nlm.nih.gov/pubmed/25274026>

#### 7. A few parting points in brief:

- Whole eggs are good for you
- Coffee and green tea are healthy beverages
- Even chocolate can be good for you in small doses
- Portion sizes are important
- If you are an all or nothing person then yes it may be best to not have 'treats' in the cupboard
- Remember your nutrition needs to be your lifestyle... this is your lifestyle – not just a diet
- Find what works for you – everyone is different

WATCH FOR THE NEXT ISSUE – WE WILL UN-CONFUSE SOME OF THE FACTS IN THE FITNESS INDUSTRY ABOUT YOUR WORKOUTS.



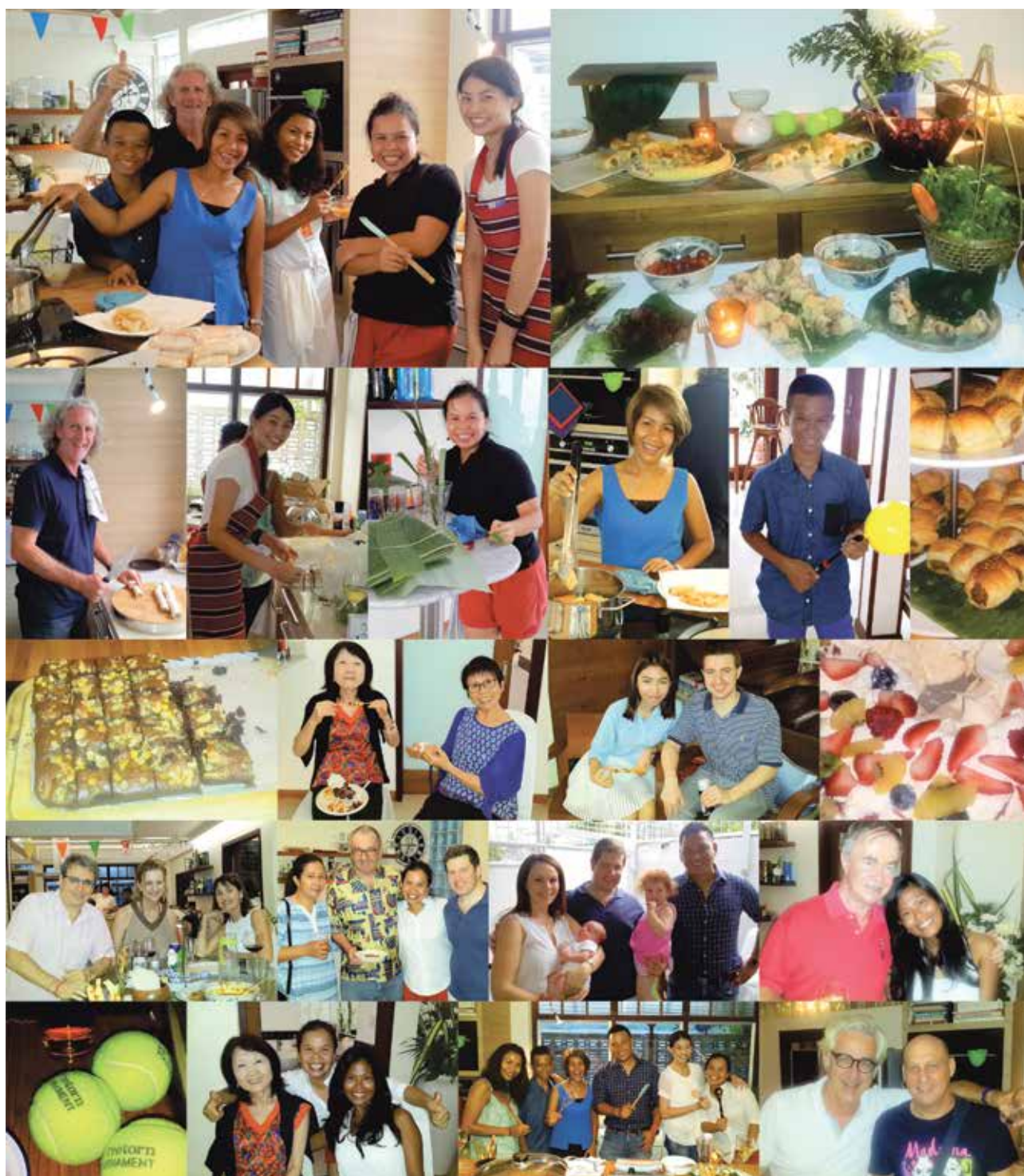
# TENNIS

## *There's more to Life than Tennis!*



**T**hat was truly demonstrated on Saturday 23 July, when the Tennis Section held a party at the home of Scott and Tiss. Despite some members saying they would come and didn't, the evening was a great success and those that did come, "the real players", had a ball!

The food was amazing and a big thanks goes to the cooks Tiss, Scott, Ann, Pin and Nattaya who toiled in the kitchen all morning. Not to forget Team on balloons duties. Scott and Tiss had even prepared some of the food the night before and took the opportunity to sample it along with the beer!





The tennis crowd really know how to serve it up! Sampling all the various dishes not to mention the fabulous desserts while talking over the finer points of tennis... yeah right! For those who didn't normally stay to midnight in the Sala after mix-ins, it was the perfect opportunity to socialise and see what they have been missing.

To the surprise of everyone, Scott and Tiss had arranged a lucky draw where everyone was lucky even if there was nothing in their gift wrapped box! However, that was quickly remedied. After that things really got going. With free flowing wines and a keg of Heineken the evening moved into the third set! The music was wound up and tennis moves were performed to some great music. Everyone was dancing at some stage of the evening. It would appear that some should stick to their tennis while others have better moves on the dance floor ☺.

*Thanks again Scott and Tiss for organising a fantastic evening.*





# HARD BALLS

## Soggy Balls

With outdoor action on hold, the section gathered for a third instalment of the now well-established doubles tournament on home turf. The format, inspired from the indoor-rules 'Fireball' league hosted by BC throughout the year, produced a quick-paced clash between 8 randomly selected pairs competing for the top spot. Downpours threatened the event, and the resident umpire appeared to have had one too many glasses of wine, but play pressed on unscathed. Much to everyone's bewilderment, Sarg and Patrick managed to steal the cup in the final. I'll leave the rest to your imagination as I need to pack my bag for the Koh Chang beach cricket tour. Thanks to Adrian, full results are on the website for those interested.

Photos: Ryan Bebbington



Ben Eastwell



Acrobatic falling over on display



Alternative warmup



Heavens above



Come to papa



Bosh



GI Joe in action



Eyes on the ball coach





HELLO HELLO OUT OUT



I havent got a clue what im doing



Home run!



These new bats dont feel right



They dont call him angry for nothing



Warming up



My favourite nation!



Please, just a sneaky one...it's been a tough match



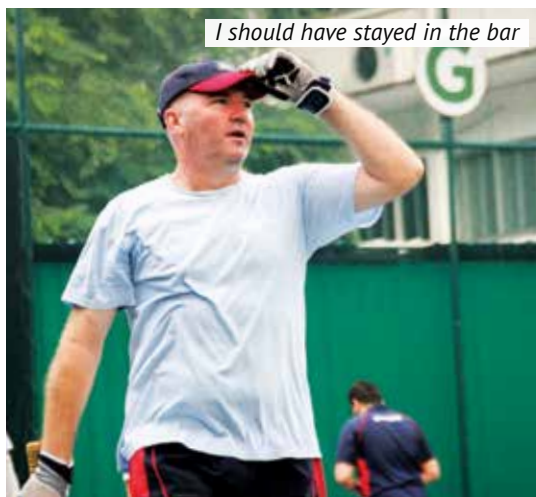
Rage ball



Raz slinging one down



Who cares about the rain



I should have stayed in the bar



Cup winners



# SQUASHY BITS

## CAPTION COMP!

Send in a caption for one or more or all of these photos of famous Squashies and their lovely friends and you could win a prize, or you could not. All photos are clearly labeled so don't delay and send your insults to [squashybitscaptioncompetition2016@winaprize.com](mailto:squashybitscaptioncompetition2016@winaprize.com)

Good luck!



Bruce Madge



5,367



2



1,383



6.2



18A



22



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57 MILLION



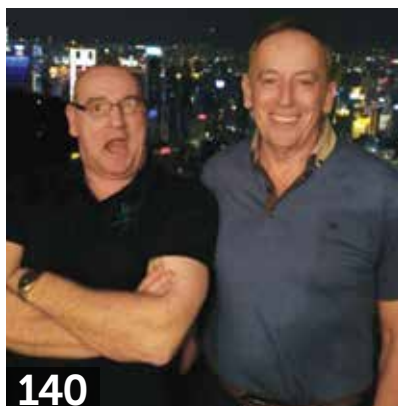
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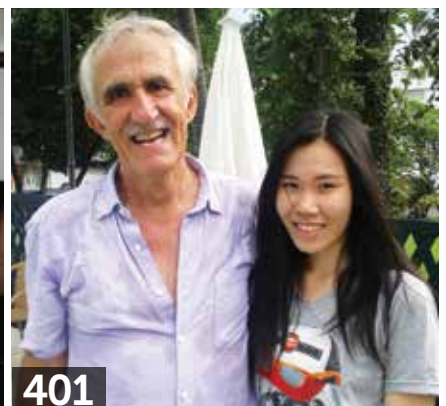
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195,000



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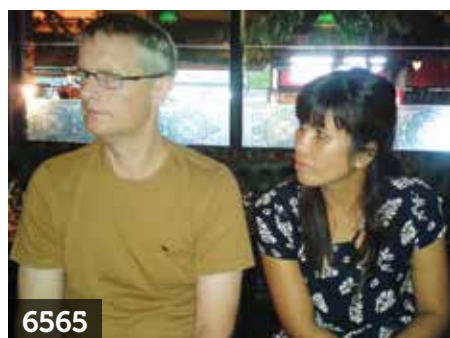
666



321



TWTA



6565



911



DAM



LUV



FAT



777



999



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.





# QUIZ NIGHT

WITH THE MONTHLY JACKPOT



THE BRITISH CLUB  
BANGKOK



## TUES 13TH SEPTEMBER

The Verandah, 7.15pm  
Teams of 6 or less

Members Bt.100  
Guests Bt.150

Book at reception or by email : [events@britishclubbangkok.org](mailto:events@britishclubbangkok.org)





## BCB 1910 FANTASY FOOTBALL LEAGUE



**Bruce Madge**

Following on from last season's triumphs and tragedies the BCB is again running its Fantasy Football League which began on Saturday August 13th with the current EPL Champions, Leicester City, losing to newly-promoted Hull City! So who will be crowned EPL Champions next May? Probably not Leicester again! Man City with Pep? Man Utd with Jose? Liverpool's Klopp? Chelsea's Conte or another outsider such as Boro? Who knows? And who will win our BCB FF League and take the crown from Jess Grimshaw? Well, it could be you if you have joined up to play.

It's called the **BRITISH CLUB BANGKOK 1903** and is sponsored by **iCheck Inn Hotels and Resorts**.

Registration for this season's league is required to receive the pass code. Please register your name and BCB membership number with [bamfmgan@gmail.com](mailto:bamfmgan@gmail.com).

As for the game, the web link is <http://fantasy.premierleague.com>

Click the link, create a profile/account (It's completely free!) and with your budget of £100 million pick a squad of 15 current EPL players - two goalkeepers, five defenders, five midfield players and three strikers with no more than three players from any one EPL club. Give your team a name, design a team strip and enter your team. As well as being a Fantasy Premier League manager in the BCB league, your team will automatically be entered into the overall Fantasy Football League.

The FPL system takes care of all the calculations of points and other technical stuff. All you have to do is to manage your squad, select your team before the deadline each week, and hope that your players perform well in the real EPL and score you sufficient points to make you competitive in the Fantasy Premier League.

How are the points scored? They are based on player performances in the real EPL matches each week. Here are some examples:

- Play for 90 minutes - 2 points (up to 60 minutes - 1 point)
- Clean Sheet (defenders) - 4 points (midfielders - 1 point).
- Goals - strikers/midfielders/defenders (incl goalie) - 4/5/6 points.
- Goal assists - 3 points.
- Goalies - every three saves - 3 points
- Penalty save - 5 points
- Bonuses for best players - 1 to 3 points
- Yellow card - minus 1 point
- Red card - minus 3 points
- Penalty miss - minus 2 points
- Every 2 goals conceded by goalkeeper/defender - minus 2 points
- Own goal - minus 2 points

Player selected as captain (regardless of whether a captain in the real EPL) - all points scored are doubled.

There are other features involving captains and substitutes and other rules regarding, transfers, injuries, suspensions, etc., but it is all explained in very simple terms on the website.

CHECK IT OUT!

*It was all just a FANTASY!*



# BCGS

## GOLFING NEWS (July 2016)



July is a popular month for holidays, and golf events tend to attract relatively small fields. Nonetheless, we held two competitive events.

The Stableford was played at Krung Kavee, which apart from having a very decent course, is also known for providing good food. This event was Marc Brouillette's last with the society before returning to his native Quebec. He has been a doughty competitor for the three years he has been here; we will miss his company and wish him well. His final score was a fair 27 points in testing conditions, which was good enough to share the runner-up spot with Randall Coleman. But there was no stopping Graham Johnston whose impressive form continues. He won with 39 points, earning himself a handicap cut to 8.

For the Worldwide Relocations Monthly Medal at Royal, Bee Elliot made the long trip from Hua Hin to compete. Her graceful swing



Bee Elliot Flight A winner



Jeremy Watson Flight B winner



Caddy Resting Post



Karen's Stableford score disappointed but she did win 3 balls



James Lawden relaxes after the Stableford



held together and she won flight A with a score of 85 (net 71). Randall again came second, four shots adrift, and Karen Carter was third. Flight B unusually included Jeremy Watson, recently relegated after a puzzling loss of form. Enjoying freedom gained from posting bail, pending the resolution of some allegations about playing cards, Jeremy asserted his authority with a net 75. He won by two shots from Captain Pete with Brian Brook and Varghese Rose sharing third place, one shot behind.

The society also holds a match-play knockout event, which is played over the year. So far, Captain Pete has beaten Gordon Milne to set up a semi-final clash with the apparently invincible Graham Johnston who beat Chris Brader. Phil Mulligan and John Sienna have yet to play; they will be competing for the right to play Karen Carter in the semis, as she knocked-out Peter Bond.

As ever, we welcome new members. If you would like to join, please send an email to [bcs2002@yahoo.co.uk](mailto:bcs2002@yahoo.co.uk)



*Invincible Graham Johnston with the Stableford prize*

# TAKE-AWAY



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

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

Bulk orders available from Khun Somboon.



Tel: 02 234 0247, Website: [www.britishclubbangkok.org/index.php/Promotions/takeaway-menu.html](http://www.britishclubbangkok.org/index.php/Promotions/takeaway-menu.html)

# Wattanosoth Hospital

## “Specialized Cancer Hospital”

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



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