



1903  
THE BRITISH CLUB

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

# Outpost

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

## Lest We Forget

Remembrance Day  
Sunday 10 November

MCM  
XIV

1939

LAURENCE ANDERSON FRANCE PFC  
KILLED IN ACTION  
VICTOR GEORGE ANDERSON BUSH  
ACCIDENTALLY KILLED  
HAROLD FARLEY CARVER FRANCE PFC  
KILLED IN ACTION  
LIONEL HENRY LIPTRAP CARVER FRANCE PFC  
KILLED IN ACTION  
TOM BRODIE CHATTERIS FRANCE PFC  
KILLED IN ACTION  
ROBERT THOMPSON CONSTERDINE  
CONSTERDINE-CHADWICK FRANCE PFC  
KILLED IN ACTION



November 2019



# 5 REASONS TO JOIN US

## A REAL TASTE OF HOME

With hearty food choices that'll please everyone at every age, including mouth-watering Sunday roasts, Fish and Chips and all your Thai Favourites to boot. Also, A Rustic Napolitano style Pizza from New Pizza & BBQ station.



## GREAT EVENTS & ACTIVITIES

social activities: wine-tasting, gourmet dinners, parties, balls, theatrical dinners, concerts, trips and seasonal celebrations, from pancake tossing, to Easter egg hunting. We have it all!



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Sporting facilities for adults and children alike. Tennis, squash, swimming, cricket, football, golf and more. With coaching for beginners to aspiring pros. Something to get everyone moving!



## THE PERFECT PLACE FOR CHILDREN

Green lawns and great pools come complete with children's menus, games, sports, coaches, arts and crafts. From the scares of Halloween. There's no place like it for kids.



## MEETINGS & GREETINGS

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# JOIN NOW!

information/ contact Tel: 02 234 0247 or  
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# Welcome New Member



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# A WORLD OF OPPORTUNITY

"Bangkok Patana formed the foundation of who I am as a person today, from my love for all things creative (I learned how to shoot and develop photos in Patana's very first dark room) to my passion for sustainable living through Environmental Studies class. The diverse programming helped me to cultivate a mindset for entrepreneurship where I can pull together my various skill sets and become an effective leader."

Tarica Phung, Class of 1997, Owner Kinn Home, Texas



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#### GENERAL COMMITTEE

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Jack Dunford MBE  
chairman@britishclubbangkok.org

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Geoff Banks  
vicechairman@britishclubbangkok.org

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Paul Cheesman  
honorary.secretary@britishclubbangkok.org

##### Honorary Treasurer

James Crossley-Smith

##### General Committee

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

#### SENIOR MANAGEMENT

##### General Manager

Premrudee Tanyaluck  
gm@britishclubbangkok.org

##### Deputy General Manager

Tee Bale  
tee@britishclubbangkok.org

##### Duty Manager

Bhudhist Kongrattakul  
bcbbhudhist@outlook.com

##### Membership Sales Manager

Aphinya Toonim  
aphinya@britishclubbangkok.org

##### Services & Functions Manager

Somboon Chaipapom  
somboom@britishclubbangkok.org

##### Executive Chef

Kornnisara Nongku  
wilailuck@britishclubbangkok.org

##### Sports Manager

Amnat Saklepradu  
amnat@britishclubbangkok.org

#### THE BRITISH CLUB BANGKOK

189 Suriwongse Road, Bangkok 10500  
Entrance via Silom Soi 18  
Tel: +66 (0) 2234 0247  
Fax: +66 (0) 2235 1560  
info@britishclubbangkok.org  
www.britishclubbangkok.org

f facebook.com/britishclubmembers

t twitter.com/BCbangkok

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## Front Cover

This month we feature the War Memorial now relocated at the British Club. Remembrance Day this year is held on 10 November.

## From the Editor

With Christmas just around the corner things are hotting up here at the Club with lots on to suit everyone.

So there is no excuse for not spending even more time at the Club, what with Comedy dinners, Guy Fawkes, Loy Krathong, Thanks Giving, End of the Year Wine Tasting and lots more.

Cheers

Chris

 **The Fry Group**  
since 1898  
Preferred Partner

**OUTPOST** is the monthly magazine of **THE BRITISH CLUB BANGKOK**, the social sports and cultural centre for the English-speaking community in Bangkok. A full version of the magazine is also available online at [www.britishclubbangkok.org](http://www.britishclubbangkok.org) **Design & Layout** - CJW Design Studio **Editor** - Chris Watt [cjwatt@loxinfo.co.th](mailto:cjwatt@loxinfo.co.th)  
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# MESSAGE FROM THE CHAIRMAN



Jack Dunford

October is often very wet and not usually a busy month for the Club, but this year it has been buzzing. Attendance for Living in Bangkok was dampened by a huge tropical downpour at just the wrong moment but nevertheless it was a successful day with results well up on last year. We have had great turnout for the Rugby World Cup during the preliminary rounds, and the poolside has been busy with our very popular new Kids Club programme.



Rugby Full House

As the rains come to an end we are set for a tremendous high season. November will be action-packed, kicking off with the Rugby World Cup finals, our first Guy Fawkes Night in four years, brilliant dinner theatre with Faulty Towers, our Trafalgar Dinner and the first Remembrance Day Service to be held at the Club. And then we get we move into the Festive Season ...

The 'bottom line' is good and we expect to comfortably exceed our budgeted surplus at the end of the Financial Year. Membership is thriving. We are reaching ever new all time highs and expect to cross 1,200 Members before the end of the year.

The Club is flourishing and this is largely due to the Silom Wing which has brought new life to the Club and helped change its dated image. The Club is becoming more marketable, particularly through social media, and we have had an upsurge in family Members with young children who were the initial primary target. The other recent additions, the new Silom Road entrance, the upgraded tennis courts, new pool deck, and

beautifully lit renovated front lawn and terrace have all added class and style.

All that remains now to complete the poolside redevelopment is to deliver Phase 2, which we expect will give an even greater boost to the Club's fortunes. The design is complete; the main works are out to tender and we will shortly be ready to present it for Member approval.



Silom Wing fun

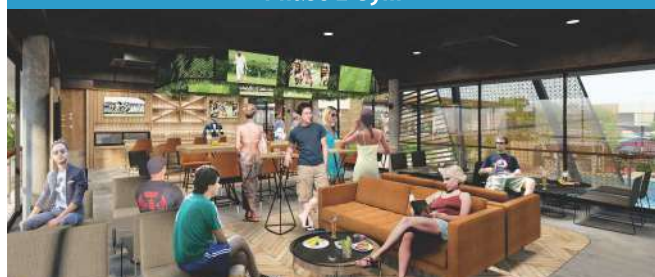
**Members Forum:** Phase 2 would involve a total rebuild of the remaining old buildings around the swimming pool. It would be fully integrated with the new Silom Wing with top class facilities that include a relocated kitchen, modern changing and massage rooms; a roomy state-of-the-art fitness centre and an airy sports bar ... the only air-conditioned casual drinking spot at the poolside ... with lift accessibility. Provision will be made for a third floor on the Surawong Sala ... a stunning location for future facilities.

The GC called an Open Forum on 28th September to present these plans for feedback and anticipated that the main discussion would be about funding. The provisional budget is 43.7 million baht and we would have to wait up to four years to have enough cash from revenues in the bank to build it. The GC has suggested however that with a loan of up to 25 million baht a start could be made now and the whole project completed by the end of next year.





Phase 2 Gym



Phase 2 Sports bar

Sadly, much time was wasted by some Members with personal agendas, but there were some useful inputs. In particular keen interest was shown in Members loaning the Club funds rather than borrowing from a bank.

**EGM 7th November:** Subsequently 35 Members have called an EGM, which will be held on 7th November. As set out in the Calling Papers the signatories essentially argue that:

- Members do not like Architect Chapman Taylor's work and have not been given a choice of design.
- The Club cannot afford the provisional budget of 43.7 million baht and we risk losing our land if we lodge our title deeds as security against a loan.
- The Club should hold a new design competition and present competing tenders for Member consideration.
- The project budget should be reduced to 20-25 Million baht.

**The GC's response is:**

- The Club has flourished since the Silom Wing opened last year. The 2016 Architectural Design Competition was actually for the whole Poolside. It was approved and plans for Phase 2 have been widely available as they have been developed. Phase 2 would make the Club even more marketable. It would complement the Silom Wing ... a bold contemporary design, forward looking and providing for future expansion.
- Revenues are good. There should be no need to take a bank loan because we have had a great response from Members expressing interest in

loaning the necessary funds. Our cash flow projections are conservative and we are very confident that we will be able to repay these loans over about 5 years and still then have similar cash reserves as today.

- Calling a new design competition would be a repetition of what has already been done, waste thousands of hours work over the last couple of years at a cost of about 1.5 million baht. The whole design and selection process would put everything back a year or two.
- The GC believes there is no way that anything comparable could be built within a budget of 20-25 million including contingencies, fees and furniture, fittings and equipment. It would have to be largely a refurbishment of our existing 50 year old buildings, effectively a short term fix ... more mediocrity as in the past ... rather than an exciting step into the future. The result would be a compromise.

**Members' Choice:** Members have a clear choice on 7th November: **Either** reject the members Motion and allow the GC to complete its work, finalise the already approved CT Phase 2 scheme, and bring a fully costed, tendered and funded project for consideration of the Members at an EGM before the end of the year. Or Reject Phase 2 as planned, waste the time and money already spent preparing it and start the clock again. The Club has a history of never completing any long-term plan, with facilities added in piecemeal fashion. But now, together with our other recent developments, Phase 2 provides a wonderful opportunity to complete not only the poolside development but to deliver a truly comprehensive and integrated plan for the rehabilitation of the entire front half of the Club premises. The only remaining work will be relaying our driveways and car parks and replacing the swimming pool, both of which will be scheduling for a later date.

The Club can afford to build Phase 2 and it can afford to do it properly ... a facility to serve future generations of British Club Members for many years to come.

The BC urges all voting Members to vote **against** the Members Motion on 7th November and await another EGM at which the GC will present Phase2 for approval. Please attend the EGM if possible but vote by proxy if you cannot be there. Proxy forms are available at Reception.



# Pension Income

By Martin Wright, The Fry Group

Many Brits retiring overseas have UK pensions which are subject to UK tax. Your liability is broadly as follows:

## UK State Pension

The current full State Pension is £168.60 a week (£8,767 a year), and the Basic State Pension for those retiring before April 2016 is £129.20 a week (£6,718 a year).

You pay UK Income Tax if your total taxable UK income is more than the tax-free UK Personal Allowance (£12,500 for 2019/2020).

## UK Company Schemes and Personal Pension Plans

UK pension income can normally be paid anywhere in the world, usually after the deduction of 20% UK Income Tax. Your final tax liability is based on self-assessment tax returns at the prevailing UK tax rates and allowances.

## Double Taxation Agreements

If there is a Double Taxation Agreement (DTA) between the UK and your country of residence, pension income may be paid gross from the UK and taxed locally. This will normally be possible if HMRC have proof that local tax is being deducted or specific criteria are being met.

In many countries in Asia, this can be a problem. The UK/Thailand Double Taxation Treaty (DTT) does not cover UK pensions other than Government (Civil Service) Pensions.

Article 19 (1) (a) of the DTT states that any pension paid in respect of past governmental or local authority service can be taxed in the country where you reside, as long as you are a national and a resident of that country. Therefore, payment is only possible for a Brit in Thailand who has a UK Civil Service Pension Scheme and has become a Thai citizen.

## UK Pensions paid for service outside the UK

The Income Tax (Earnings and Pensions) Act 2003 states

that all UK occupational pensions are liable to UK income tax. However, the Pay As You Earn (PAYE) regulations include special provisions exempting the pension from PAYE where it arises from employment carried out abroad (only for non-UK residents).

The criterion is non-residence for a certain number of complete tax years and the pension is then exempt from PAYE. Employment is regarded as having been carried on abroad if the last ten years' service based on which the pension is paid amounted to half of the total service based on which the pension is paid – and covered at least ten of the last twenty years.

## Qualifying Recognised Overseas Pension Schemes (QROPS)

Between April 2006 and April 2017, many Brits living overseas transferred their UK pensions to QROPS (now called ROPS). Guernsey, and then Gibraltar were sensible options for some Brits residing in Thailand because they offered favourable income tax treatment according to the UK's rules.

Malta has been used for Brits residing in Thailand which is a concern as there is currently no DTA between Thailand and Malta and no indication that this will change. At present, Maltese QROPS pension income would probably be taxed at 35% in Malta – which is a higher rate than would have applied had the pension not been transferred.

Always ensure that your income from a UK-based pension receives the optimal tax treatment so that your retirement in Thailand is worry-free – and if you're unsure, it's worth seeking advice from a qualified professional.



**Martin Wright**  
Senior Financial Planner  
The Fry Group (Singapore)

## The Fry Group (Singapore)

6 Battery Road #16-04/05, Singapore 049909

For more information please contact  
(65) 6225 0825 or [advice@thefrygroup.sg](mailto:advice@thefrygroup.sg)

### Disclaimer

The information in this article aims to provide information. However, this is not intended to form professional advice nor should it be relied upon as such and before taking any particular action, specific and personal advice should be obtained. All levels and basis of, and relief from taxation illustrated here are subject to change. The Fry Group (Singapore) Pte Ltd is authorised to act as a financial adviser by the Monetary Authority of Singapore - licence number FA100057.

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# An Evening with The Fry Group

## **SPEAKER**

Martin Wright  
Senior Financial Planner,  
The Fry Group

## **WHEN**

Thursday , 14 November 2019  
6.30pm Evening Session

## **WHERE**

The British Club Bangkok  
Suriwongse Room  
189 Surawong Road  
Bangrak Bangkok 1050

## **RSVP**

[events@thefrygroup.sg](mailto:events@thefrygroup.sg)

Join us for an informative evening hosted by Martin Wright,  
Senior Financial Planner at The Fry Group Singapore.

This educational session will focus on:

- UK Residency Rules- Pitfalls
- Nursing Home Care - Qualification and Funding
- Investment Market Update

This complimentary evening will be followed by an  
interactive Q&A session and an opportunity to chat  
informally with both speakers over a glass of wine and  
some finger food.

## **The Fry Group (Singapore)**

6 Battery Road #16-04/05, Singapore 049909

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For more information please contact  
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# LETTER FROM THE GENERAL MANAGER



**N**ovember is a busy month for the Club, where we have a lot of Club Events and functions. On 2nd and 3rd of this month we have a new event, Faulty Towers and on the 10th November Remembrance Day which is hosted by British Embassy. If you would like to attend this event, please contact British Embassy. The event will be held on the front lawn here at the Club.

We will once again have a Guy Fawkes Night on 3rd November after it had been stopped for the last four years. So now we will start it again, as it was very popular with family Members who enjoyed seeing our fabulous firework display.

Loy Krathong Day is on the 11th and here at the Club we will have two options for our Members to choose from. For Members who would like to go on a cruise, we have arranged this with Chao Phraya Princess and transportation from the Club to the pier is included. Members who would like to enjoy the evening at the Club we have organised the Thai Buffet with Krathong for you to float in the Swimming Pool. For these events, please make your booking at our reception.

Our end of the Wine Tasting will be held on Friday 22nd November, where we plan to have over ten wine suppliers. This is a great opportunity for Members to purchase directly with them for your festive season in December. This will be held on the front lawn as we had over 150 Members attended this event every year. Once again, we will have a "Thanksgiving Buffet" at the Verandah for Lunch and Dinner on Thursday 28th November.

Our events team are planning for December's events which will include Christmas Carol Night, Annual Christmas Ball, Children Christmas Party, Christmas Lunch and Dinner, New Year Eve and Polar Swim for our New Year Day. We will keep you posted on our

website and will send our weekly mailing list. Or you can ask for more info from our events team or at reception.

Members who would like to celebrate Christmas at home, we also have Christmas Order take away, so you can save your time from cooking the Turkey and other things. Order form are available from our reception or can be download from our website.

We will have EGM on 7th November at 7 pm regarding the Club redevelopment, so Voting Member please come along and join the meeting.

Every Saturday and Sunday we now have Kids activities over in the Silom Wing. These are being run by Khun Diary and the fitness staff. She has created new games, cooking class, crafts and we are receiving very good feedback from our Members. Your kids will enjoy it, so check it out over at the Family room and kids pool.

The Club has two new Service and Market staff, Khun Namcha and Khun Gikky who will be able to give you information on Club events and membership. So, if you see them around the Club make yourself known to them. We also have new kitchen staff too.

See you all around the Club.





# GUY FAWKES NIGHT

Sunday 3rd November

KIDS ACTIVITIES FROM 4PM . BBQ FROM 4.30PM . LIVE BAND FROM 5PM  
LIVE SHOW . FIREWORKS AT 7PM . GUY-BURNING AT 7.15PM

ADULTS - THB 1,050  
GUESTS/N-M - THB 1,250

KIDS ≤ 12 YRS - THB 550  
KIDS < 3 YRS - THB 50

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



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# F&B MORSELS *from* our KITCHEN TEAM



Chef Laak

First of all, we would like to thank members for supporting the Trafalgar Dinner and Halloween with us. We hope everyone enjoyed these events.

There will be a lot of events going on this month. We are celebrating Guy Fawkes Night with a fascinating fireworks display, a Live BBQ on site coupled with your favourite drinks. We have even got 'Faulty Towers' the best comedy show ever with classic 'British cuisine' – quite an experience happening here in The British Club on 3-4 November. The Saturday dinner is virtually full but there is still room on the Sunday Lunch.

In November we also have the Thai Loy Kratong festival on the 11th of this month. Stay away from the crowded riverside, and stay chilled here at the Club with our Thai food buffet as we float our bad luck away together.

Even though it's Cool Season, the rain hasn't stopped yet, so please make sure you dry your hair up before sleep. Hope you are all good.

With love  
The British Club Kitchen Crew

**Happy Eating!**

## OFFICIAL OPENING TIMES

<b>Accounts Office</b>	9am - 6pm Mon-Fri. Closed Sat-Sun	
<b>Poolside Bar</b>	6:15am - 11pm Last food order 9:30pm	
<b>Garden Bar</b>	10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 8am - 11pm	
<b>Family Room</b>	10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 8am - 11pm	
<b>Games Room</b>	10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 8am - 11pm	
<b>Interactive Room</b>	10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 8am - 11pm	
<b>The Verandah</b>	11am - 2pm, 5pm - 10pm Mon-Thu, Fri-Sun and Public Holidays 11am - 10pm	
<b>Churchill Bar</b>	10am - Midnight Mon-Wed & Thu-Sun to 2am*	<b>Fitness Centre</b> 6am - 10pm Mon-Fri
<b>1910 Balcony</b>	3pm - Midnight. Afternoon Tea 3pm - 5pm	<b>Fitness Centre</b> 6am - 9pm Sat-Sun
<b>1910 Sports Bar</b>	5pm - 11pm Mon-Wed & Thu-Sun 5pm-2am*	<b>Thai Massage</b> 10am - 5pm Tue-Sun

*\* If members are present at 11.30pm, otherwise it will close at midnight*



# Loy Krathong

Thursday 11<sup>th</sup> November 2019

## AT THE CLUB

A chance to be a part of in this beautiful festival with traditional Krathong - making and festival buffet from 7 pm. Float your Krathong in pool when your ready!

Adults 350 Baht | Kids under 12 years 150 Baht

## DINNER CRUISE

Enjoy a candle-lit international buffet on the Chaopraya River enhanced by a fantastic view of the fireworks display. A coach leaves from the Club at 6.30pm and will bring you back here at around 11pm.

Adults 2,900 Baht | Kids 5 - 12 years 1,700 Baht

*Tickets include transfer, transportation, dinner, soft drinks and Krathong*



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# ONCE IS BETTER THAN NUNCE

## Consistency Is The Key



Sandy Remiens

Personal Trainer, Wellness Coach  
Accredited Rehab Master Trainer

One of the most common responses I get when I am interviewing a new client in regards to their new health plans is that they intend to exercise every day. In their renewed fervor about their health and wellness, their enthusiasm is on a high and most people are actually willing (in their heads at least) to work out every day to get their goals... for two reasons: they truly believe they will - and they believe that is the only way to actually make a difference to their current state.

**MOVE IT OR LOSE IT!**

The problem with setting yourself that kind of goal is that with most of us our busy lifestyles simply don't allow for that time commitment and an unrealistic plan will set you up for failure. My suggestion is often to aim for a minimum of 3 solid training sessions a week – good intelligent training sessions tailored to your goals and your body and your current physical and mental state – and then if you do more (such as incidental exercise such as walking up stairs or walking to work instead of driving etc) you have not only reached your goal but added some bonus exercise in as well – and its maintainable and consistently achievable. This, of course, is very different if the training plan is for injury rehab – but all to say consistency is even more important, and having an injury or condition that requires correction or rehabilitation does not mean the rest of your training should stop. It will likely require adjusting but the very nature of rehab is to get your moving and strong again.

### AND CONSISTENCY IS THE KEY

Your training goals should always be governed by how well you are managing your lifestyle. Your health and wellness are worth the effort and this is the only way you will be able to establish consistency. Of course the finer details of ensuring you are doing the right things for your goals and doing them correctly are no less important at all – but consistency is the KEY to unlocking the establishment of lifestyle patterns that will help you achieve your results.

### TOP DEFINITION

### motion is lotion



Physical activity and movement used to prevent and relieve arthritis pain. The idea that exercise can be just as effective as all those pills, patches and creams for health.

The physical therapist suggested an exercise plan to help with my arthritis pain. He said motion is lotion.

**#arthritis #pain #pills #cream #physical #movement #exercise**

When I had my own Fitness Centre in NZ I would often ask new clients (when their goals included aesthetics) if they had a picture in their minds (or a person) that they would like to look closer to. Most women would point to a long standing client of mine, Susan. But then very quickly say – but oh I know I could never look like that. Why would you say that? - Id ask. Oh because look at her – she must train every day to look like that... and on we would go to the discussion about consistency. I would explain to them that when I met Susan she had been referred by her doctor to the nutritionist at the gym because of her dangerously low



bone density at the age of 47. The nutritionist knew she needed to do some resistance training. She looked frail and old. I remember very distinctly thinking if I trained her I might break her. She looked very fragile. At the age of 60 Susan was training with me at a Muay Thai Camp in Thailand – and had a body with awesome muscle tone and strength and poise that was the envy of women of all ages in my gym. Susan was a great example of consistency – she did 3 personal training sessions a week – consistently, worked hard to correct her posture, increase strength dealt with previous knee issues, learned to punch and kick with such great style and attention to good technique that even in Thailand she was admired and respected by all the trainers. Susan revamped her lifestyle – mentally and physically. Susan is (still) one of the strongest people I know.

## CONSISTENCY IS THE KEY



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

Many of you will have read this paragraph before. Yes, you are correct – it is the intro from my website.



So train smarter. Find out what you need to do for you and your goals – physically and mentally. And get some help to ensure the plans are realistic, correctly executed, and consistent. Always remember that even once a week is better than none – hence the title – **ONCE IS BETTER THAN NUNCE!** If once a week consistently is where you can start – then start, there. But make sure you start.

## CONSISTENCY IS THE KEY!

If you have questions on this subject feel free come and see me or email me at

[sandy@bangkokstormtraining.com](mailto:sandy@bangkokstormtraining.com).

**DARE TO BE BETTER THAN YESTERDAY!**



# RECIPROCAL CLUBS

Visited in June 2019  
by Dr. Paul Doust

## Melbourne Savage Club, Melbourne, Australia

This was the club that we enjoyed visiting most. It mostly operates as a men's weekday lunch and early evening drinks club, although we were told that it has recently started doing breakfast too. It has no accommodation or gym facilities, and usually closes early in the evening. Women are allowed in as guests from 4:30pm onwards. We visited twice, once for lunch and once for early evening drinks, and on both occasions we got talking to some of the club members who made us feel very welcome. Dress code for men is jacket and tie.

*The British Club Bangkok is delighted to have a network of 423 the world's most prestigious Members' Club, spread across 58 countries worldwide. Please ask Reception for a Letter of Introduction ahead of any visit with the dates of your intended visit.*







**Bumrungrad**  
International  
HOSPITAL



# **MAD-HATTERS CHRISTMAS BALL**

**SATURDAY | DEC 14 | 6 PM**

6pm cocktail reception | Signature drinks & Canape  
Live Jazz music and dancing with Boss Band | Special bubbles bar  
A lavish buffet, and traditional Christmas dinner with all the trimmings  
Indian & Vegetarian dishes | Fantastic raffle draws with exciting prizes!!

Venue: Front & Back Lawn | Dress code: smart, fun, festive and fancy hat

**MEMBERS: THB 1,600 | GUESTS: THB 1,800**

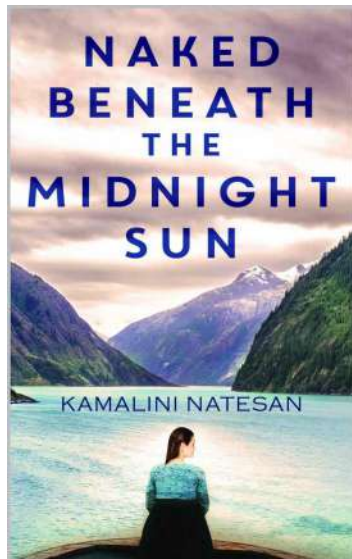
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1908  
**THE BRITISH CLUB  
BANGKOK**



# BOOK REVIEW



A  
debut  
novel by  
Kamalini Natesan

Olympia  
Publishers,  
London, [2019]



**N**AKED UNDER THE MIDNIGHT SUN, is a delightful book of self- discovery, dedicated, as the author says, to her “Norwegian Friends who feature in this saga. To Vestby town and to my beautiful family and friends, who believe in my ability to tell a story.”

Yes, Natesan does have the ability to tell a story and the reader sees it in the uncluttered stokes of her pen, her deft delineation of characters, the avoiding of needless verbosity, and beautiful depictions of nature, which pull the reader right on to the scene where the story unfolds.

The moment she steps out of the car on foreign land, a deep contentment suffuses her entire being as she gazes “at the big, brown house at the edge of a verdant hillock, bountiful, in the light of the lamps that shone off its turf, and her heart swelled. Her mind swiftly snipped off the vision of her Indian home, and Bhuvan went up in smoke.”

These descriptions of her first glimpses of her new living quarters, the 'internat' in Vesby, Norway are enchantingly juxtaposed against her memories of the veranda of her Indian home. The novel vibrates with interesting characters, which leave the reader holding on to them, long after the story is over – the American Steven, with his flamboyant style of

teaching, his Norwegian affable wife Hilde and their four children,[two of them adopted], her roommate, Christine with whom she shares a love-hate relationship, and Sam, Christine's boyfriend, whom she covets for some time, among others.

The Bagchi family, like any other Indian family, is brimming over with their fads, foibles, eccentricities, quirks and weaknesses, a grumpy affability and an apparently begrudging love, under the surface of their apparent nonchalance. One day, the gypsy spirited, Suchareeta, aka Suchu, manages to take the plunge into alien terrain, finding herself in Vestby Folk High School, Vestby town, Norway.

With this sojourn also starts a journey of self- discovery, as she mulls over certain issues, forcing her to 'look closely at her own life, which suddenly seemed bereft of any deep connections.' At the memory of home, she is overwhelmed by negative thoughts, and even while on a spiritual journey in the woods, she feels an overwhelming feeling of desolation. In one of her letters to her mother she writes, “I was the tree stump, on which you sharpened your saws.”

The editing is crisp and impeccable; the writer has an effortless style. In an exchange of letters between her parents, she expresses her doubts, giving vent to her grievances against them.

It is during the exchange of letters, that her parents and Suchu come closer than they ever were, in India. In one of her letters, her mother, Meera writes, that writing has proved to be cathartic and the mutual exchange of letters have cleared the cobwebs of misunderstandings, “As the length of the days grows longer, so do the shadows, only to recede and return, in an unerring pattern that one either recognizes, or ignores. We chose to ignore the lengthening of our days for many years, and suddenly, when it was time to come together for your sake, we did, did we not?”

A book highly recommended for the beautiful pen-paintings of picturesque Norway, effortless diction and endearing characters which help the protagonist in her journey of self- discovery, and, will possibly urge the reader to look inward as well.



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16 · 17 November 2019

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with inspiring voices

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at Chulalongkorn University  
and Chakrabongse Villas

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Nisid Hajari · Adam Johnson · Raghu Karnad · Melissa Lucashenko · Jidanun Lueangpiansamut  
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We are a family run business in Bangkok - a short walk from the British Club. We serve expats in Thailand, individuals and companies across the Asia Pacific. Here are some of the services we provide:

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#### **Employee Assistance Programs**

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

#### **Couples Coaching and Counselling**

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

#### **Leadership Coaching**

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



# THANKSGIVING DAY *Buffet*

11.30AM-3PM  
and  
5PM-8PM

**28-11-2019**

at The Verandah

ADULT: 595.- | CHILDRENT: 350.- (UNDER 12 YRS.)  
FREE FLOW RED & WHITH WINE AND LOCAL BEER: 999.-

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## JUNIOR CRICKET WITH DANIEL JACOBS

Junior group: 6-12 years old, 10.30am - 10am  
Friday 1, 8, 15, 22, 29 November

Senior group: 13-18 years old, 6pm-7:30 pm  
3rd, 9th, 16th November

**450 BAHT PER SESSION**

Information/booking at Fitness Centre or email:  
[sport@britishclubbangkok.org](mailto:sport@britishclubbangkok.org)



Daniel Jacobs  
-Ex Thailand cricket captain  
-current vice captain  
-Left hand opening batsman  
-Leg spin bowler  
-Level 1 cricket coaching qualification  
-BED in Physical Education



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**'OUTRAGEOUSLY  
FUNNY'**

BROADWAY BABY

★★★★★  
**'NOTHING  
FAULTY ABOUT IT'**

LIMELIGHT MAGAZINE,  
SYDNEY OPERA HOUSE



Members:  
999 Baht  
Guests:  
1,199 Baht



1903  
THE BRITISH CLUB  
BANGKOK



MARRIOTT  
BANGKOK  
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**Sat 2 - Sun 3 November 2019  
@ The British Club Bangkok**

**Includes a welcome cocktail,  
3-course meal & 2 hour show**

**Booking & Information** Tel: 02-234-0247

Email: [events@britishclubbangkok.org](mailto:events@britishclubbangkok.org)



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21<sup>ST</sup> ANNUAL

## LIVING IN BANGKOK

2019 | SATURDAY 5<sup>TH</sup> OCTOBER

HEALTH • LIFESTYLE • KIDS





# NOVEMBER



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THE BRITISH CLUB  
BANGKOK

## SUN

**GREAT BRITISH BRUNCH**

11.30AM - 3.00PM @ VERANDAH EVERY SUNDAY

FAMILIES WELCOME

FULL ENGLISH BREAKFAST OPTIONS WITH LIVE ECO STATION PLUS TRADITIONAL, CONVEY ROAST WITH ALL THE TRIMMINGS, HOMEMADE DESSERTS AND MUCH MORE.

595.- ROAST FOOD ONLY	350.- KIDS FOOD ONLY (2-12 YEARS)	999.- FOOD + FREE FLOW RED & WHITE WINE AND LOCAL BEERS
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## MON

**Loy Krathong**

Thursday 11<sup>th</sup> November 2019

AT THE CLUB

A chance to be part of a beautiful festival with traditional Krathong - making and lanterns float from 7pm. Float your Krathong to pool when you ready.

Adults 350 Baht | Kids under 12 years 150 Baht

**DINNER CRUISE**

Enjoy a scenic 40 international buffet on the Chao Phraya River surrounded by a fantastic view of the Bangkok skyline. A special bonus from the Club at 8.30pm and will bring you back home at around 11pm.

Adults 2,100 Baht | Kids 9 - 12 years 1,100 Baht

## TUE

**QUIZ NIGHT**

with monthly jackpot

TUESDAY 12<sup>TH</sup> NOVEMBER 2019 AT 7.15PM

@ THE VERANDAH

**GUY FAWKES NIGHT**

Sunday 3<sup>rd</sup> November

KIDS ACTIVITIES FROM 4PM - BBQ FROM 4.30PM - LIVE BAND FROM 5PM

LIVE SHOW - FIREWORKS AT 7PM - GUY-BURNING AT 7.45PM

ADULTS - THUR LAGER KIDS 4-12 YRS - THUR 3PM GAMES/5-10M - THUR 4.30PM KIDS 4-12 YRS - THUR 5PM

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

### 03

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

**Swimming Lessons** 9am-12pm

**Sunday Brunch** 11.30am-3pm

**Open Bridge** 2pm Silom Room

**Tennis Mix-In** 4pm-7pm

### 04

**BWG Mahjong** 10am-1pm

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

### 05

**Bangkok Gentlemen Spoofers** 8pm

**Football** 7pm-9pm

**SWIMMING LESSONS**

EVERY SATURDAY AND SUNDAY

4,000 BAHT/PER 10 LESSONS

9.00AM TO 12.00PM

### 10

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

**Swimming Lessons** 9am-12pm

**Sunday Brunch** 11.30am-3pm

**Open Bridge** 2pm Silom Room

**Tennis Mix-In** 4pm-7pm

### 11

**BWG Mahjong** 10am-1pm

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

**Loy Krathong at the Club** 6.30pm-11pm

### 12

**Bangkok Gentlemen Spoofers** 8pm

**Football** 7pm-9pm

**Quiz Night** 7.15pm The Verandah

**CHRISTMAS WINE TASTING**

It's the last wine tasting before Christmas! Get your wines with discount and extra glasses. Please and sample the fine wines and champagne.

Friday 22<sup>nd</sup> November 2019

6.00pm till 9.00pm

at Front Lawn

MEMBERS: 250.- | GUESTS: 350.-

Booking at Reception or by email: [events@britishclubbangkok.org](mailto:events@britishclubbangkok.org)

### 17

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

**Swimming Lessons** 9am-12pm

**Sunday Brunch** 11.30am-3pm

**Open Bridge** 2pm Silom Room

**Tennis Mix-In** 4pm - 7pm

### 18

**BWG Mahjong** 10am-1pm

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

### 19

**Bangkok Gentlemen Spoofers** 8pm

**Football** 7pm-9pm

**THANKSGIVING DAY Buffet**

11.30AM-3PM and 5PM-8PM

28-11-2019

at The Verandah

ADULT: 995.- | CHILDREN: 350.- (UNDER 12 YRS.)

FREE FLOW RED & WHITE WINE AND LOCAL BEER: 999.-

BOOKING AT RECEPTION OR BY EMAIL: [events@britishclubbangkok.org](mailto:events@britishclubbangkok.org)

### 24

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

**Swimming Lessons** 9am-12pm

**Sunday Brunch** 11.30am-3pm

**Open Bridge** 2pm Silom Room

**Tennis Mix-In** 4pm-7pm

### 25

**BWG Mahjong** 10am-1pm

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

### 26

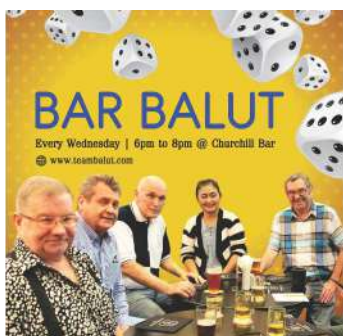
**Bangkok Gentlemen Spoofers** 8pm

**Football** 7pm-9pm



# HAPPENINGS

**WED**



**THU**



**FRI**

**01**





**Junior Tennis**   
4pm-6pm  
**Kid's Movie Night**   
6pm  
**Tennis Mix-In**   
6pm-10pm

**SAT**

**02**

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

**06**

**Ladies Tennis Coaching**   
9.30am-10.30am  
**Tennis Mix-In**   
6pm-10pm  
**Balut**   
6-8pm  
**Paella**   
Dinner Only

**07**

**BAMBI**  
9.30-11.30am  
**Squash Mix-In**   
4.30pm-7.30pm

**08**

**Junior Tennis**   
4pm-6pm  
**Kid's Movie Night**   
6pm  
**Tennis Mix-In**   
6pm-10pm

**09**

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

**13**

**Ladies Tennis Coaching**   
9.30am-10.30am  
**Tennis Mix-In**   
6pm-10pm  
**Balut**   
6pm-8pm  
**Paella**   
Dinner Only

**14**

**BAMBI**  
9.30-11.30am  
**Squash Mix-In**   
4.30pm-7.30pm

**15**

**Junior Tennis**   
4pm-6pm  
**Kid's Movie Night**   
6pm  
**Tennis Mix-In**   
6pm-10pm

**16**

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

**20**

**Ladies Tennis Coaching**   
9.30am-10.30am  
**Tennis Mix-In**   
6pm-10pm  
**Balut**   
6pm-8pm  
**Paella**   
Dinner Only

**21**

**BAMBI**  
9.30-11.30am  
**Squash Mix-In**   
4.30pm-7.30pm

**22**

**Kid's Movie Night**   
6pm  
**Tennis Mix-In**   
6pm-10pm  
**Wine Tasting**   
6pm-9pm



**23**

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


**27**

**Ladies Tennis Coaching**   
9.30am-10.30am  
**Tennis Mix-In**   
6pm-10pm  
**Balut**   
6pm-8pm  
**Paella**   
Dinner Only

**28**

**BAMBI**  
9.30-11.30am  
**Squash Mix-In**   
4.30pm-7.30pm  
**Thanks Giving**   
11.30am-3pm  
& 5pm-8pm

**29**

**Kid's Movie Night**   
6pm  
**Tennis Mix-In**   
6pm-10pm

**30**

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



# 21<sup>ST</sup> ANNUAL

# LIVING IN





# BANGKOK





# WINE TASTING

## Zonin Prosecco

*It is not just a sparkling wine,  
but a wine that sparkles.*



What better way to end an afternoon of tennis than to sit in the Sala with a cold beer but what's even better than that, is to pop open a bottle of bubbly! Which is what a lot of the tennis ladies do on a regular basis. And on Sunday, I did just that and the bubbly was Zonin Prosecco.

When it comes to sparkling wine, Italy has perfected the craft and for nearly 200 years. Zonin Prosecco is made from the Glera grape, which is native to the Veneto region. Prosecco is a lively, sparkling wine that is essential to having fun Italian style and that's what a group of us do after tennis.

Its fresh, fruity and dry flavor means it goes well with any kind of food and also makes it a delightful aperitif. A glass of Zonin Prosecco with friends is the perfect way to enjoy all of life's simple moments.

The Zonin family owns the largest Glera vineyards in Italy. This control over all aspects of the production, from vineyard to glass, allows Zonin to produce the freshest Prosecco in the market.

### Winemakers Notes

Pale, straw yellow color with subtle green hues, Zonin Prosecco reveals a persistent perlage and rich mousse. The bouquet is refined and elegant, enhanced by pleasing fruity notes. On the palate, the wine is dry and pleasantly fruity with a fresh, aromatic note on the finish. It also reveals an abundance of almonds, and fresh citrus notes.

Anyway, give it a try. It also goes well with orange juicy for breakfast!

### Cheers

*bis*





# Christmas Carols

*with the Harrow International School Bangkok*

Wednesday 11<sup>th</sup> December 2019 | 6pm - 9pm



Join us on the Back Lawn for this seasonal highlight,  
Enhanced by mince pies and mulled wine.

Free for all members

RSVP at Reception or by email: [events@britishclubbangkok.org](mailto:events@britishclubbangkok.org)



HARROW  
INTERNATIONAL SCHOOL  
BANGKOK





# Wine Tasting *the Event*





# CHILDREN'S CHRISTMAS PARTY

Sunday 22<sup>nd</sup> December 2019  
Back Lawn | 2pm - 6pm

A day of festive revels featuring Bangkok's biggest bouncy castle, arts and crafts game and even a visit from SANTA!

Member: 2-12 years 500 Baht | Kids < 2 years 50 Baht | Adults 200 Baht  
Guests: 2-12 years 600 Baht | Kids < 2 years 50 Baht | Adults 250 Baht

Booking at Reception or by email: [events@britishclubbangkok.org](mailto:events@britishclubbangkok.org)



# CHRISTMAS WINE TASTING

*It's the last wine tasting before Christmas! Extra vendors with discount and extra choices. Come and sample the fine wines and Canapé*

Friday 22<sup>nd</sup> November 2019

6.00pm till 9.00pm  
at Front Lawn

MEMBERS: 250.- | GUESTS: 350.-

Booking at Reception or by email: [events@britishclubbangkok.org](mailto:events@britishclubbangkok.org)



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Don't miss countdown to 2020 with Chao Phraya Princess cruise. Enjoy the international buffet with grilled seafood and open bar inclusive of whisky, wine, beer and soft drinks. Indulge yourself with joyous live music and be amazed by the spectacular firework display above the Chao Phraya River.

ADULTS: THB 4,500 | CHILD THB 3,500  
LIMITED SEATS AVAILABLE

Coach leaves the Club at 7.30pm and bring you back around 1am  
Tickets include transportation, dinner and open bar.

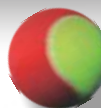
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# JUNIOR TENNIS

## *Friday Afternoon*





## NEW PILATES CLASSES WITH KAREN



# New Pilates Classes

**FREE TRIAL TUESDAY 12TH NOVEMBER 2019**

**Tuesdays 9.30 - 10.30**

**19th and 26th November @ The British Club Bangkok**

Please bring your own mat, if possible, as only limited mats available to borrow.

Karen is a STOTT Pilates Certified Instructor, who has trained in London and Tokyo.

All levels welcome, no prior experience necessary.

**For more information and booking please contact the Fitness Centre  
or e-mail: [sport@britishclubbangkok.org](mailto:sport@britishclubbangkok.org) . Cost 300 THB, per class.**

*"Pilates develops the body uniformly, corrects wrong postures,  
restores physical vitality, invigorates the mind and elevates the spirit" Joseph Pilates*

*Each class is like a pit stop for your body leaving you feeling refreshed, realigned  
and re-energised, ready to go back out and tackle your race, whatever form that may take!*





# SQUASHY BITS

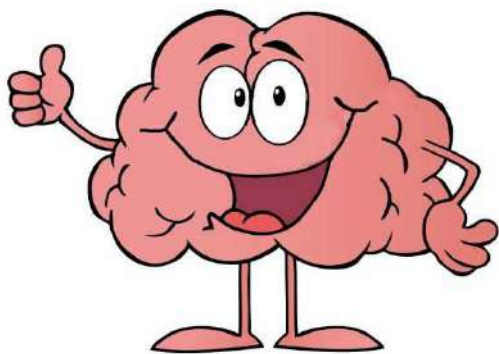
## Equipment!

Equipment requirements in squash are simple and include the following:

**Body:** a fit, strong, healthy body, agile, supple, and stuffed with stamina is ideal. However, any will do as long if it has one leg and at least one arm. BCB Squashies' physiques range from slim and fit to grossly overweight and disgusting. Some are just old and worn out and can barely move. Movement is important even if it's just from the changing rooms to the courts or to pick the ball up for the opponent after each point lost. Some can barely manage even this so should take up doubles tennis instead where movement seems unnecessary!



**Brain:** most squash players do possess one of these. Whether they use it is debatable. This device is important for locating the court and for holding the racket at the correct end. Some use it for tying their



Bruce Mudge

shoe laces. A few employ it to play, but several don't and this is evident in their poor standard of play and appalling shot-making decisions. Brainless is a term often used. Or just plain thick!

**Racket:** a racket is generally required, yet squash can be played without one in an emergency when a hand will suffice or even the head. BCB players' brains contain very little so risk of damaging it while hitting the ball with the head is a non-issue. The racket is usually held by the thin end allowing the big end with the strings to hit the ball. Squash racket prices range from about a tenner to over a ton. That's in quid terms. The good players have two or three of these. Some have none and just borrow or steal. Stealing is acceptable provided God doesn't find out.



**Clothing:** anything comfortable including bikinis and pyjamas. Naturally, most squash players opt for sportswear of varying fashions and colours. Few have any real sense of style or colour coordination though and don't really give a monkey's anyway as spectators are rare save for other Squashies who are equally as



poorly dressed. The odd show-off tries to get away with all-matching kit or some lime green or pinkish top, but generally just looks like a pillock. However, we don't really care to be frank. It's just squash and we ain't on show like the tennis tarts who try to dress like a pro, despite not playing anything like one, complete with needless straps on every limb!

**Shoes:** these are worn on the feet; one on either foot. The odd player has been witnessed still drunk from the previous evening trying to place two shoes on one foot while holding his racket in his teeth by the big end. This is where the term brainless and/or thick comes into its own. Squash shoes can cost a bit, but need not be too expensive. Cheap badminton shoes will suffice. Non-marking soles are important because leaving nasty marks on the court will lead to being labelled as a careless, selfish idiot who then has to play in bare feet.

**Court:** of course, squash cannot effectively be played without a suitable court and they ain't cheap. We have two new courts at the BC and they are lovely with just the right amount of walls. In other words, they have four each and each wall cost a bomb. Decent courts such as ours are also glass-backed which means the back wall is made of glass. Glass is see-through so we can see through it. This enables the players waiting to play to witness what the players playing are doing. That is to say, to see if they are playing properly or just mucking around. A lot of the time they are just mucking around. This is when the players waiting shout abuse at those playing and basically tell them to get on with it or sod off! We don't politely clap good



play in the BCB Squash Section like you will hear in the sala directed towards the tennis courts. This is pathetic in our view and should be replaced with abuse and taunts which are far more entertaining.

**Ball:** the most inexpensive, yet most important item. As we now know, squash can be played without an able body or even a brain, without a suitable racket, clothing or even shoes. In fact, it could even be attempted without a proper court, as a few walls shaped into a rough square could do. However, if there is no ball, there is no game and it's not entirely clear if most players realise this. What we mean here is, the lack of respect players show towards the balls is perhaps evidence of how little they are aware of their importance. They tend to smash them around willy-nilly with no thought to their feelings at all. It's a sad sight. Squashy Bits took the time to interview a modern squash ball to get his side of the story.



**SB:** So what's it like being a squash ball?

**Ball:** Well, of course it's tough being bashed about all night, but I'm used to it now and it's a lot better than my old job.

**SB:** Really? What did you used to do?

**Ball:** I started my career in the contraception industry and that's a very messy, dead-end job. It's a very short career so I was lucky to get out early. Some of my former colleagues never did and were just tossed aside after one job. Sad.



**SB:** So how did you make the career transition?

**Ball:** Well, I got recycled and lumped in with some local rubber and here I am. Now I spend my days in a cool environment hanging around with sports people. The working conditions are far better and there is a lot of downtime.

**SB:** Right. Do you get a headache from being hit so hard? Does it upset you?

**Ball:** Headaches are just a part of the job; it goes with the territory I'm afraid. We get used to it and we bear no grudges. Anyway, it's better than being a tyre which is what my brother does.

**SB:** You have a brother?

**Ball:** Yes, two in fact and I did have a sister but she went missing. She used to be part of some diving equipment but I heard she got lost at sea off the coast of Bali. She probably ended up in a whale's stomach. Sad. Anyway, my older brother got recruited into the truck tyre business and is now rolling along the highways of Europe. A very tough life. He hates it.

**SB:** Right. I see. Do you get along well with your squash ball colleagues here at the BC?

**Ball:** Yes, of course. We are a tight-knit bunch and like to swap stories. We like to sit down and chat after the Saturday mix-ins and compare notes.



**SB:** Compare notes? What about?

**Ball:** The players, of course. We rate how well they play, their kit, you know, their racket and shoes, and we like to listen to their banter. Some of them play quite well actually, others not so. Some have a sense of style and fashion and others are just frumps. Most understand that holding the racket by the thin bit is more effective and wearing one shoe on either foot is more sensible. But there's always one idiot who tries to be clever. Mostly we enjoy their banter and insults. They can be quite cruel at times, but they mean well and have a good sense of humour.

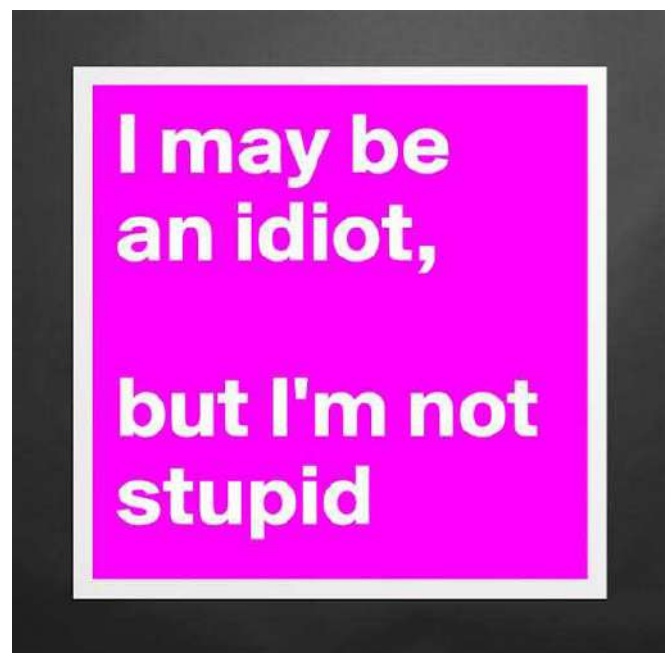
**SB:** So you think the BCB Squashies are a decent bunch despite smashing you all over the place week after week?

**Ball:** Well, apart from the odd pillock, they are awesome! We love them.

**SB:** Ok. Thanks for your time.

**Ball:** No problem.

**Until later.....**







# Christmas Luncheon & Dinner

WED 25TH DEC

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# TENNIS *Into the Great Wide Open*

... under them skies of blue. On Sep 29, BC welcomed the 2nd edition of The Great Wide Open with glorious weather, grand tennis, and the usual good fun.

## John McEnroe Cup

With defending champs Patana and Benjamin missing in action, the John McEnroe Cup was wide open. The match of the day was an exciting grand final faceoff between two first-time doubles partnerships - Alex & Lloyd vs. Pui & Gary. In the end, Alex & Lloyd edged to victory in the tiebreak to bring home the championship cup. Mikola & Raja played solid tennis throughout the day to win the plate, and Harold & Rachel took the egg cups!



## Martina Navratilova Cup

Special kudos to Becs Bellingham, who despite Geoff's absence this year, returned to TGWO to defend their title. This year Becs teamed up with big-hitting Frank, and together they sailed thru to the grand final where they earned a decisive victory\* over Dan & Anje.

Earlier in the day, Pierre & Jen scored a big win over fellow power couple, Jim & Edie. With a strong TGWO performance under their belts, and 2020 Club Champs fast approaching, there's no telling how far they'll go. Jim & Edie quickly bounced back in a nail-biting tiebreak win over Graham & Ann to take the plate, while Alex & Nat won the egg cups.



## WELCOME NEW MEMBERS

The BC tennis circle continues to grow with new members Pui, Arkady, and Mitya. Welcome to the family!



Anjelica Manalo



Anyone who has been paying attention recently will have noticed bright young star, Aylin, lighting up the BC courts. What can we all learn from Miss Aylin? (1) A good stretch and warm-up is important (2) Get the racket back early and follow thru on the groundstrokes (3) Always, always have a cheery attitude on court. Enjoy your tennis, Aylin, and keep shining!



### AMERICAN TOURNAMENT

Raja may have retired from league singles play too soon after his impressive debut last series, but his doubles legacy at BC is just taking off. He snagged another 1st place finish and bottle of wine at September's American Tournament.

Well done, Raja!



### DON'T MISS OUT!

On Wed, Nov 13, the BC ladies will host the annual Pink Ribbon Charity Challenge, in support of the Queen Sirikit Centre for Breast Cancer Foundation's Slum Project and Pink Park Village. Help support the cause! For more info, contact Raymonde, Raquel or Anje.

Mark your calendars for a Nov 27 challenge from the Singapore Swimming Club, who will be visiting BC for a friendly doubles match, to be followed by dinner & drinks. Sure to be another enjoyable evening!



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Friday 6th September  
Finish:  
Friday 13th December  
No class:  
Friday 25th October

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# JUNIOR SQUASH

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Sunday 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> November 2019

10.00 pm - 11.00 am Age 5 yrs - 8 yrs

12.00 pm - 1.00 pm Age 8 yrs - 12 yrs

400 BAHT/SESSION  
MIN 5 KIDS/CLASS

## PRIVATE SQUASH COACHING

800 BAHT/SESSION

Time Available:

Monday, Tuesday, Thursday and Friday - 8pm to 2pm

Wednesday and Sunday - All day

Saturday - 2 pm to 8 pm



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# HARDBALLS

## 2018/19 Season throwback



Ben Eastwell

The long wait comes to an end this month as the BC cricket section fires back into action. An eager and well-rested team will be looking forward to the 2 touring games in Phuket on the first week of November to kick off the 2019/20 season in style. The Bangkok Cricket League will begin shortly after where we will be looking to improve on our 4th place finish last time around, with a handful of tours,

friendlies, cup games and tournaments beginning to fill the rest of the calendar.

Aside from regular training sessions, a change of bat at the Bangkok baseball cages and supporting the rugby world cup, a quiet period gives an opportunity to look back over some highlights of the closing season.



Pramodh bags another player of match V TNCC



Glenn takes man of the match in BCL V BCC



Dilip and Shri share award V BKK Strikers



Mossy rewarded for stellar innings V Chicha



Sunil awarded Pangolin from Pangolin





Chiang Mai Dick Wood Cup 2019



England win the cricket world cup



Xmas ball 2018



BC V Pattaya 9 June



Dale returns the Marshall Trophy to RBSC



Phuket tour 2018



Social tournament for Southerners 6s



Saigon trophy 2019



Chiang Mai tour 2019



Formal entrance in Phuket



BC on tour in Koh Chang



Saigon Tour



# BCGS GOLFING NEWS

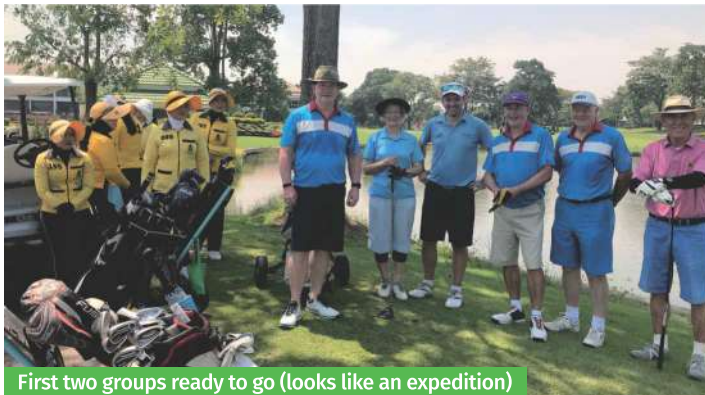
## September Medal, Royal GC

### Whine, Whine everywhere but not a drop to drink

After a successful day on the golf course with a third Medal victory in Division 2 in the last 4 months I thought perhaps that our illustrious Captain who picks up the prizes could consider in the future to perhaps provide a selection of wines as the red bottles were not being drunk. I realise that this was a mistake after he relayed my request to the assembled select group of 14 British Club golfers just

before the presentation. That so few people could boo so loudly will remind me to keep my thoughts to myself in future.

The Division One winner with also a couple more balls for nearest the pin and longest putt on the 18th (well the only single putt on the 18th) was Martin Weber.



First two groups ready to go (looks like an expedition)



Martin W has to fight the captain for his bottle



David Burton – A popular winner – despite his comments about the prize.

## September Stableford, Lam Luk Ka

### No news is errr well difficult to write about

On April 18th 1930, the BBC announced on their evening programme “There is no news today,” there was then a Piano music interlude. History seemed to repeat itself some 89 and ½ years later when the two regular BCGS reporters were otherwise engaged on the 2nd Sunday in September and relied on a longstanding committee member to feedback accounts of hard fought battles and triumph and potentially a funny anecdote about lost balls. The email came in - **“Not much to report except nearly everyone played badly”**. No more information forthcoming. At this point in a magazine it is difficult to cut to music but please feel free to hum a tune to yourself. (De Do Do De Da Da Da .....)

So let's see how badly they played; 13 players with stableford points ranging from 18 to 34 (average 25); looking at the same event in the previous month the 15 players scores ranged from 13 to 39 points with an average of 29, so this month they were on average 14.5% worse. So accurate reporting there and also not everyone played badly, the two noteworthy players were our winner with 34 points, no stranger to a bottle of wine, Mark Adderley and runner up with 32 points Vicky Brader. Many congratulations to them and hope there is more to write home about next time. (or maybe I should have stuck with the 9 words provided)





Mark Adderley – seems surprised to be the winner



Vicky Brader – runner up



Martin Weber – 3<sup>rd</sup> place (His 2 balls on the table for closest to the pin)

# October Stableford, Subhaprueck

## An October Octet

It was only a small, but select, group of eight golfers who turned out to participate in the October stableford event, played at Subhapruek Golf Course.

In that group we welcomed one new member to the Golf Section, Paul Carnell, who earned himself one of our exclusive logo golf balls for his performance as the most improved player on the back nine. We will not however mention the score he got on the front nine which allowed him that opportunity!

After a week of very hazy conditions in the city the sky over the course remained quite clear, until the last few holes, but fortunately we managed to make it into the clubhouse before the skies opened and some very heavy rain fell. But hopefully that will help to clear away the remaining haze.

On the course other play worthy of note was two 5 pointers by Nick Lyon. Those of you who know the stableford format will appreciate that this is no mean feat. But despite this he did not emerge the winner. That honour went to our Captain, Neil Davis, pipping out Yurachatr Brook and Graham Johnston in equal second place, who lost out only by virtue of the Captain's higher handicap. Bandit I hear you say.

A ball was also awarded to Brian Brook who was the first person to correctly answer the golfing conundrum set a couple of months back. A player had got two on the green on a par five, one putt and scored par – no penalties. How was it achieved? The solution was that with his first putt he went off the green, duffed a chip short of the green then chipped in from off the green. Well done Brian.

*Why not join us? We welcome players of all abilities, from enthusiastic hackers to semi-pros. If you're interested, do visit our website <http://www.bcgsthailand.org/> For details of upcoming events and the contact details of our Captain.*



New member Paul Carnell



Paul presented his golf ball for 'most improved'



El Capitán Bandito (resplendent with halo)





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# Outpost Classifieds

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

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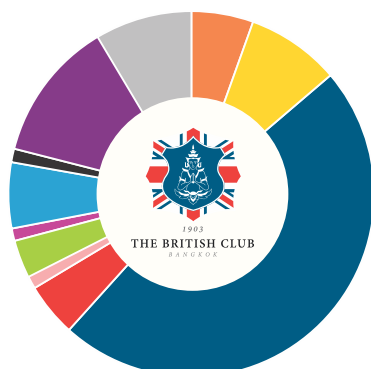


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## CLUB STATISTICS

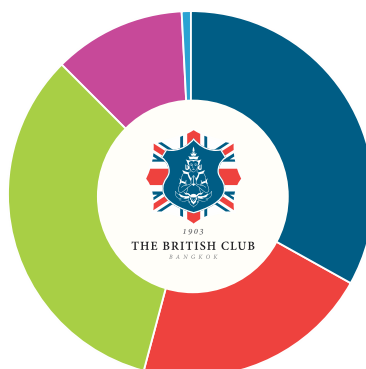


### NATIONALITIES

American	68
Australian	91
British	570
Canadian	56
Dutch	10
French	37
German	14
Indian	74
New Zealand	14
Thai	149
Others*	101
<b>TOTAL</b>	<b>1,184</b>

\* 54 Nationalities

## ALL TIME RECORD



### CATEGORIES

Ordinary*	371
Country*	258
Associate	385
Annual	159
Honorary	11
<b>TOTAL</b>	<b>1,184</b>

\* Voting Members

As at 30 September 2019



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