



THE BRITISH CLUB
BANGKOK

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

Outpost

www.britishclubbangkok.org

November 2017

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**FRONT COVER**

The dedicated fireworks display at the Club on Guy Fawkes Night is a fabulous start to the month, as it is one of the Club's memorable events. For the last two years the event has either been postponed or rescheduled, so this year we look forward to its full potential!

EDITOR'S GREETING

As the mercury edges down, the spirit of seasonal excitement edges up, and the Club approaches its busiest and most enjoyable period. Our Christmas posters on page 11.

This issue features the last of Paddy Dickson's marvellous photos from 60s poolside development, and a couple of sports have extended coverage to enjoy.

We're still waiting for letters airing Members' opinions or snippets of information to share, and any other literary contributions which Members might like to send in. Come on now!

Ed



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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/outpost

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

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MESSAGE FROM the Chairman

I don't think I can remember a duller or wetter rainy season in Bangkok. It seems to have been raining non-stop since May, with torrential downpours almost every day through August, September and October ... often mid-afternoon driving Members home early or putting them off coming to the Club at all. However, in spite of this and the fact that activities have been more subdued anyway in anticipation of the Royal Funeral, the Club has just about held its own with operating results similar to the same period last year.

There should be a sunny new beginning in November though, with the onset of the cool season and this year launching into the festive season with gusto. We have all the traditional events lined up and the early signs are that these will be well attended. Don't forget to book early for my favourite, the Annual Christmas Ball on December 9th. The new, sparkly, fun and less formal format introduced last year was a roaring success and we have the same gastronomic feast of Western, Thai and Indian food followed by a great music line-up again for dancing into the night and lots of great raffle prizes.



Jack Dunford

Chairman

Silom Wing: All is going well with the Silom Wing, with minimal inconvenience so far for Members, the rain certainly helping keep the dust down! The hoarding and demolition gang moved on site on 18th September and all of the old buildings and structures have already been knocked down. By the time you read this the piling foundation contractors will be at work.

The old buildings were built piecemeal and cluttered the site. Now demolished, it is amazing how large the plot is and how little of its potential was being used. Looking to the future, the GC has decided to upgrade the design of the new structure by providing for a third floor at a later date on top of the two-story building that will house the new family and office facilities. This can then be used as a rooftop party venue, meeting rooms, office or accommodation space etc. Adding extra piles means that the piling work will take a little longer than planned but should still finish around the first week of December.

We had been considering decorating the large hoarding at the end of the poolside with a suitable mural but of course this would involve an additional expense that we would prefer to avoid. Most people seem to agree that



Birds Eye view



Silom Wing hoarding



it actually doesn't look too bad as it is, the calming grey nicely showing off the white umbrellas and balustrade and the potted trees. We will leave it for now.

If members would like to see what is going on behind the hoardings we have mounted a camera on top of the Narai Hotel to take time lapse pictures. These will be updated weekly and you can view progress by going to the Poolside Redevelopment page on the Club website. The picture quality for the first couple of weeks was not great because we had few technical problems due the atrocious weather, but hopefully this is now fixed.

The temporary family facilities on the Front Lawn got off to a soggy start but most feedback has been positive. It should be much nicer when the rains finally go away and we are looking at adding more games and possibly a beer garden in the cool season. Suggestions for improvement are welcome.

New Entrance: The GC is also planning to take this opportunity to integrate a new Gatehouse into the Silom Road entrance (see pic). Our current gate is pretty awful and not only would the gatehouse improve the arrival experience but it would also greatly improve security and visitor control.

The plan is to move visitor reception and security operations to the gatehouse where Members will be able to gain automatic electronic entrance. There will be a waiting room where visitors can be processed and where Members can greet their guests. The Duty Manager's office will be here, together with the head of security, the CCTV camera screens and the PA system. The plan is to integrate this work with the Silom Wing project and for it all to open at the same time in the middle of next year.

CAPEX Budget: Work on the Club's budget for 2017/18 is well advanced and an important consideration is

ensuring provision for capital expenditures other than the Silom Wing. Two major expenses are being squeezed into this year's budget, one planned; renewal of the Clubhouse guttering at THB 356,000, the other an emergency; a new walk-in cold room at THB 430,000, the old one having finally expired after about 25 years of faithful service.

Next year's budget will include the new gatehouse and automatic entrance system mentioned above, repainting the Clubhouse and resurfacing two tennis courts as well as any additional soft furnishings required for fitting out the Silom Wing.

Book Sale: The Neilson Hays library will be reopening next door at the end of the month following their major refit. We are pleased to be again hosting their biannual Book Sale in the convenience of our own Back Lawn on 25/26 November. Thousands of used books will be on sale at great prices for adults and children. A must for all book lovers.



New Website: The new Club website will be up and running shortly providing a fresh new look and enhanced features. Websites should never remain static and we will continue updating it from time to time. If you have suggestions or feedback please let us know. Above is our refreshed logo.

GUY FAWKES NIGHT

Sunday 5th November

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

ADULTS - THB 950
GUESTS/N-M - THB 1,100

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



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BANGKOK

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LETTER FROM the General Manager



Premrudee Tanyaluck

General Manager

In October we had our traditional event, the Trafalgar Dinner, and I would like to thank Colonel Roger Lewis, Defence Attaché at the British Embassy, for being our guest speaker and also our Members who supported our event.

November starts off with our Loy Krathong Thai buffet with krathong floating at Poolside on 3rd November, followed by Guy Fawkes Night on 5th November. Please remember that the car park will be closed after midnight on 4th November and on 5th the Club will close at 3.30pm reopening at 4pm for Guy Fawkes Night ticket holders. All Members who come to the Club must attend the Guy Fawkes Night on the Back Lawn, as outlets will close and all sports activities will cease. The car park and outlets will reopen again after 7.30pm.

As the Silom Sala is closed for construction works, so we have moved the Friday Movies Night to the 1910 Sports Bar (Wordsworth Lounge) at 6pm. Sunday's Kids Activities will be held on the front lawn at the kids area from 1pm - 4pm. We are also planning to have movies for kids on Sundays. We will update you when we finalise the place and time.

Don't forget the Annual Christmas Wine-Tasting on 24th November when we intend to have about ten wine companies offering their selections, so our Members can stock up for Christmas parties.

Construction for the Silom Wing Project started in September and the demolition work finished about mid-October, so now the piling works have started and are due to finish mid-November. The main construction works will start soon after. The temporary kids area on the front lawn is popular especially at the weekends.

While the front lawn is hosting the kids area please drive slowly everywhere on the Club premises, as the risk of wandering children is greatly increased!

We have had renovate the walk-in freezer which was built over twenty years ago, it completely stopped working in September so a new one is being installed and should be complete by November. Likewise the gutters around the Clubhouse roof will be repaired and/or replaced after the rainy season finishes in time for Christmas.

Included with this issue is an insert for the Christmas take-away menu, with turkey too this year! You can download the form from the website and send it to us by email or fax and our kitchen staff will do the rest for you. For Christmas Day, we've had many bookings and one or two outlets have already sold out for lunch, so if you would like to join us on Christmas Day please book now with Reception.

At the last GC meeting a few new reciprocal clubs were approved, so now we have more than 370 clubs around the world which you can visit with quite a few offering accommodation. Any interested Members should check the list on the website and email us for an introduction letter specifying the club's name, the number of people and the visiting dates.

Looking forward to seeing you all around next month.

OFFICIAL OPENING TIMES

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



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THE BRITISH CLUB BANGKOK INVITES YOU TO
THE YEAR'S MOST ATMOSPHERIC EVENT

Annual Christmas Ball

09 . DECEMBER . 2017
6PM UNTIL LATE

6PM COCKTAIL RECEPTION | SIGNATURE DRINK & CANAPES
JAZZ MUSIC DURING DINNER | LIVE DANCING MUSIC WITH THE BOSS BAND
SPACIAL BAR AND GREAT WINE MENU
BUFFET FEAST INCLUDING TRADITIONAL XMAS FARE
INDIAN DISHES | VEGETARIAN CHOICES: ALL THE TRIMMINGS
FANTASTIC RAFFLE DRAW WITH EXCITING PRIZES!

VENUE : FRONT LAWN & BACK LAWN | DRESS CODE : SMART, FUN & FESTIVE

MEMBERS : THB 1,500 | NON-MEMBERS THB 1,750

PLEASE R.S.V.P. TO RECEPTION OR BY EMAIL : EVENTS@BRITISHCLUBBANGKOK.ORG

MONTHLY MATTERS

October has yet again been a wet month, we saw the closure of the Silom Sala and we now have our temporary kids pool and play area located on the front lawn. Due to this being the last month of official mourning for the late king we had limited events, the usual Quiz night in The Verandah with 3 teams playing. And our monthly wine-tasting which saw 4 companies show off their wines. Our main event was Sherlock Holmes the live show, which was adapted from one of Conan Doyle's favourite tales "the empty house", performed by Daniel Foley from Performance Exchange based in Soho London. The show was slightly surreal but a good night was had and a great buffet from Khun Laak. I'm including some pictures from the night.



Matthew Carley

Deputy General Manager



Our first event of November will be Loy Kratong on the 3rd around the pool Sala where you can float your Kratong and make a wish while sampling our Thai buffet.



Then on the 5th is our annual Guy Fawkes Night, kicking off from 4pm with fun and games for the kids. Then a BBQ and band and of course a live firework display from the front lawn. Please note that the Clubhouse will close from 3pm on Sunday 5th and the car park will close late on Saturday night as safety is our major concern. Members may park at Narai Carpark located on Silom 18.



Quiz night returns on the 14th in The Verandah as usual. Our Thanksgiving Buffet will also be back this year on the 23rd with plenty of pumpkin pie. Don't miss our yearly Christmas Wine-tasting on Friday 24th November, it's our last one before Christmas so a great chance to stock up on your favourite wines.

Outside of the Club is the 60th anniversary of the Ploenchit Fair on Saturday 25th, some of you may remember it from when it was hosted at the Club. It's an amazing day of fun and games and well worth a visit. Over the same weekend we have the Neilson Hays book sale taking place here at the Club. They are very keen on reducing plastic waste so if you plan to join please bring your own bags along. They will have paper bags available at a minimal cost.



With the festive season just around the corner Santa is very busy reading all the Christmas lists. Our events for Christmas all start with the Christmas carols night with a performance from the students at St Andrews School, then the Annual Christmas Ball on the 9th and the Kids Christmas Party with a visit from Santa on the 16th. Sign-up sheets for all of these are located at Reception. Or you can email us at events@britishclubbangkok.org and await confirmation.

For those visiting reciprocal clubs over the season, I have just received an offer from the Oriental Club in London that any British Club Members who visit them will receive a free glass of champagne when they stay or dine at the Oriental.

New Year's Eve is also fast approaching and I'm pleased to announce that this will take place at the Club this year in the form of a Masquerade Ball with buffet and live music and DJ until the early hours of 2018.

So, time to get your glad rags and masks ready for this event.

Business Lunch November

30th Oct - 3rd Nov

Starters: 65 THB (2 Options)

- Tuna salad.
- Chef's soup of the day.

Main courses: 160 THB (4 Options)

- Creamy chicken breast with penne, peas and creamy white wine sauce
- Fish and chips.
- Marinated pork fillet roasted on rhubarb.
- Tom Kha Gai, Tod Man Pla, Phad Tua Ngok Moo Krob.

13th Nov - 17th Nov

Starters: 65 THB (2 Options)

- Mozzarella, mango, tomato and rocket salad
- Chef's soup of the day.

Main Courses: 160 THB (4 Options)

- Grilled chicken breast with tomato and bean sauce.
- Grilled mixed sausage.
- Grilled seabass with coriander salsa.
- Gaeng Kiew Wan Look Chin Pla, Moo Tod Kratium Prik Thai, Phad Phak Ruam Nam Man Hoy.

6th Nov - 10th Nov

Starters: 65 THB (2 Options)

- Smoked duck salad.
- Chef's soup of the day.

Main courses: 160 THB (4 Options)

- Chicken and wild mushroom lasagna.
- Pan-fried dory with caper meuniere
- Shepherd's pie
- Gaeng Jued Tao Hoo Moo Sab, Phad Kraprao Moo Sab, Kai Dao

20th Nov - 24th Nov

Starters: 65 THB (2 Options)

- Carrot, raisin and apple coleslaw
- Chef's soup of the day.

Main Courses: 160 THB (4 Options)

- Chicken chasseur.
- Grilled seabass with spinach risotto
- Mini steak with gravy sauce.
- Pla Sam Rod, Phad Prik Khing Moo Krob, Kai Jiew

F&B MORSELS

With our oyster promotion being flavour of the month again, I have decided to continue to offer them during November and will add them to the main menu over the next few months. Our German buffet and German food has also been very popular during October. With the pork knuckle (which was huge) being very popular. We still have our paella evening every Wednesday with a choice of seafood, chicken or vegetarian.



Khun Laak

Executive Chef

Don't forget our Thanksgiving Buffet for our friends across the pond at THB 595 per person. With your first chance of roast turkey before Christmas and plenty of pumpkin pie for all.

We are also ready to launch our festive season take away. So, if you want to have a party at home and don't want to cook, just leave it to us with turkey, Christmas cake, mince pies and all the trimmings. Please contact Reception to place your orders.

As 2018 is soon upon us do let me know of any special nights you would like to see at the Club.



THE BRITISH CLUB
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NOVEMBER COCKTAIL OF THE MONTH

Whiskey Sour

THB 125

Don't forget afternoon tea is available at 3 pm





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CHRISTMAS DAY LUNCHEON & DINNER

MONDAY 25TH DECEMBER 2017

No matter whether you plan to be naughty or nice, you're welcome at the Verandah restaurant, the Churchill bar, the Surawongse Room or the Back Lawn for a groaning festive buffet spread, with plenty of vegetarian options. There'll be Christmas crackers and Santa will make an appearance at 1.30.

SEATING IS LIMITED, SO BOOK NOW.

THB 1,100 FOR MEMBERS, THB 1,300 FOR GUESTS
THB 600 FOR CHILDREN < 12 YRS,
THB 300 FOR TODDLERS ≤ 3 YRS


OPEN FOR BOOKINGS

Reception at the Clubhouse

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MERRY CHRISTMAS



A festive evening with

Christmas Carols

with the St. Andrews International School choir

WEDNESDAY 6 DECEMBER 2017
6.00pm to 9.30pm

Join us on the Back Lawn for this seasonal highlight, enhanced by mince pies and mulled wine. Free for all Members.





Children's Christmas Party

Sat 16th Dec 2017



- 

Front & Back Lawn
- 

From 2pm-6pm
- 

kids 2-12 yrs
THB 500
- 

kids < 2 yrs
THB 50
Adults THB 150

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





Christmas Wine Tasting

It's the last wine-tasting before Christmas! Extra vendors, extra discounts, and extra choice. Come and sample the fine wines and canapés.

Friday 24th November 2017
Back Lawn, 6pm to 9pm
 Members THB 200 | Non-Members THB 300

SMART CASUAL

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

DEVELOPMENT UPDATE

Silom Wing



Ali Adam

Chair Silom Wing SC

The first Silom Wing contract was for Hoarding and Demolition. Hoardings started going up on 18th September and demolition will be complete, ahead of schedule, by 20th October. The Piling Foundation Works contract has now also been awarded and the contractor will install 116 piles for the new buildings by the first week of December.

Asbestos was commonly used in buildings during the 1960s and '70s and so precautions were necessary particularly during the demolition of the squash courts.

Noise Monitoring



Asbestos Waste removal



Squash Court 3



Dust suppression and monitoring equipment were installed and tests carried out during the asbestos removal to prevent Members, staff and visitors from being exposed to dangerous levels of airborne fibres.

The asbestos waste was placed in labelled bags, sealed and cleaned to ensure no fibres were released and then removed from the work area to a licensed disposal site in accordance with local laws and regulations.

Noise on-site is being kept to a minimum. All the machinery and equipment employed has appropriate silencers fitted and will be maintained and operated in accordance with the manufacturers' specification. Noise measuring equipment has been installed to ensure noise levels do not exceed BMA maximum allowable limits and so far we have not received complaints from any of our neighbours.

Urbana, our Construction Manager, are on-site daily ensuring that the contractor is complying with local asbestos noise regulations and that individual safety procedures are being adhered to at all times. Site access is restricted and the contractors are working to Health and Safety requirements. Workers are required to wear high visibility vests and Personal Protective Equipment

(PPE); hard hats, steel toe cap boots, dust masks and welding masks when required.

We plan to create viewing “portholes” for the Main Contract so that Members can see all the action. We anticipate the Main Work Contract/s to be awarded in mid-November and for these major works to commence as soon as the piling works are complete in early December. The overall project remains on time with a final completion date mid-2018.

We apologise for any inconvenience the construction causes, and appreciate your understanding as we work to improve the Club for everyone’s benefit. If you notice anything around the construction site that causes you concern, please contact Reception to report it.



Towards Narai



Towards Silom



Towards the Swimming Pool

BACK IN '65

Poolside Part 3

This is the final of three spreads of pictures taken at the British Club in 1965 and 1966 by Dr. Paddy Dickson (sorry for the misspelling of his name in previous issues) when the swimming pool was built. The last two months we have featured construction of the swimming pool and facilities around the Clubhouse at



Dr. Patrick Dickson



Jack Dunford

Silom End 1966, Dr. Chalem's House

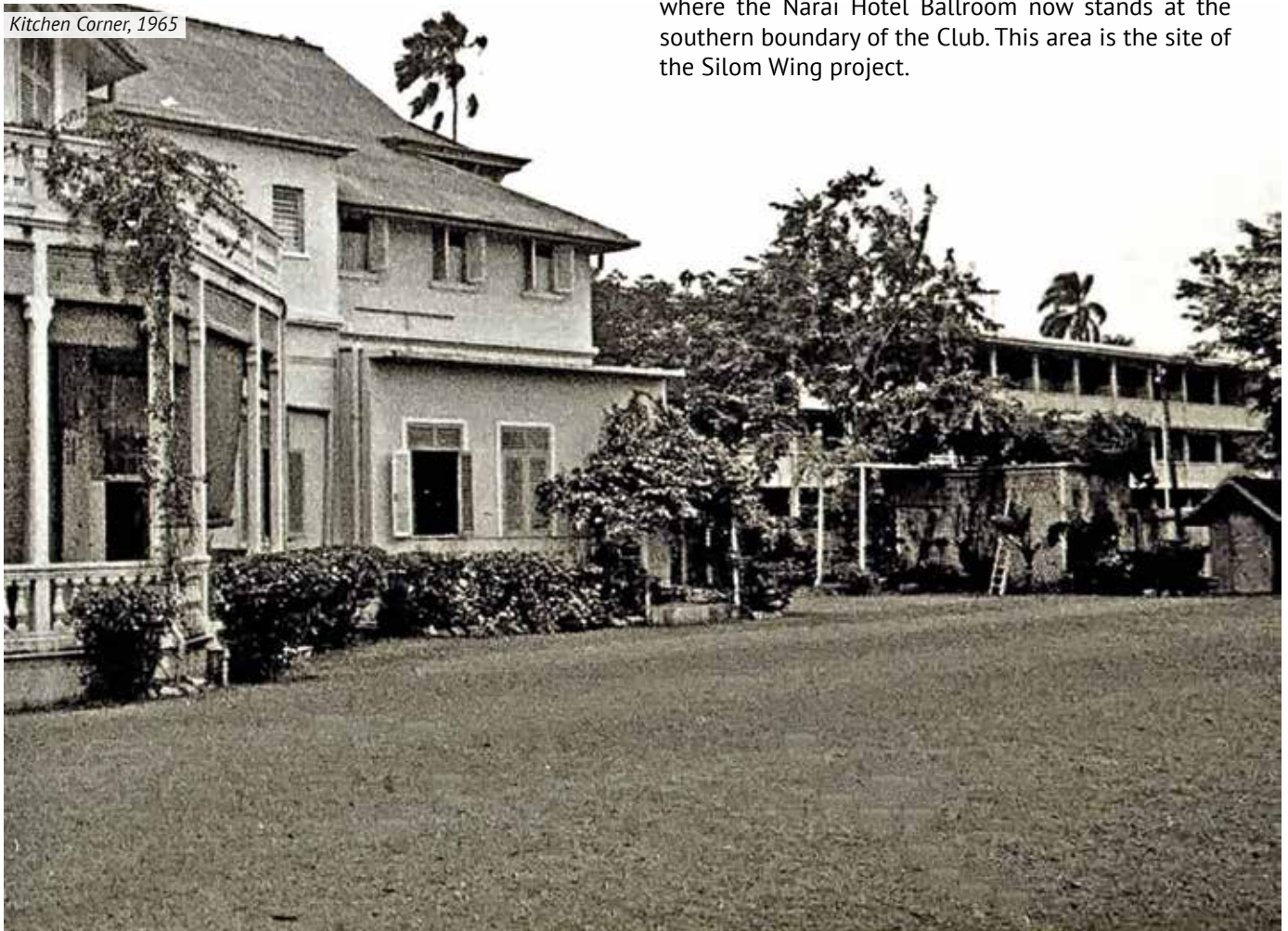


the time, including the bowling alley. This month we have a mixture of the 'best of the rest'.

The kitchen corner picture show the original kitchen which has since been extended and storerooms added towards the school next door. The old school building can seen.

Paddy tells me that in those days the exit to the Silom Road was a rough un-surfaced Soi. Immediately on the left were three residences apparently set back far enough to pull in and park if you forgot your specs at the Club and needed to go back. The first house was Dr. Chalem's who also practiced at the BNH with Dr. Paddy. The picture shows Dr. Chalem's house standing where the Narai Hotel Ballroom now stands at the southern boundary of the Club. This area is the site of the Silom Wing project.

Kitchen Corner, 1965



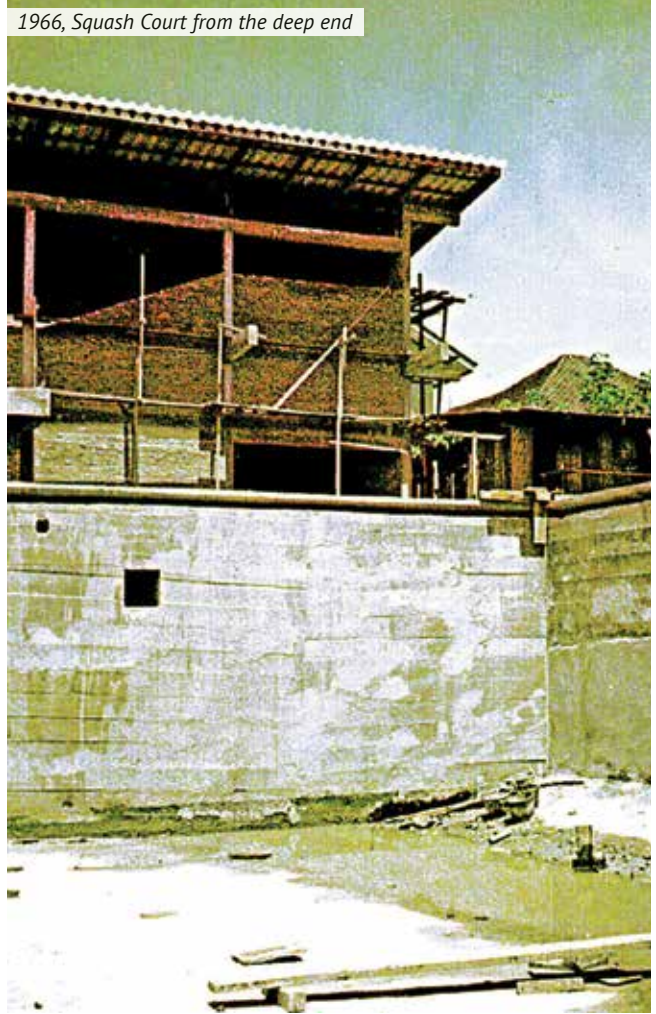
On the right of the Soi, in front of the school were a lot of charcoal businesses which Paddy says was the main charcoal distribution centre in the middle of Bangkok. Many Members of my era will remember that there were still a few charcoal carts around the area in the 70s and one particularly pretty girl who based her cart just outside the Club entrance. The Soi then crossed a steep bridge over a klong before reaching Silom Road where Chairman-to-be, Charles Stuart, had a shop on the corner selling Titus watches.

The picture from the Silom car park corner was just before the poolside construction began. The AIA building on Surawongse Road featured in Part 1 was still under construction. This shows the school, which stood where the new AIA building now stands.

There is lovely picture of work inside Squash Court #1 and another from the swimming pool. Unfortunately the Member responsible for overseeing construction was on leave when it went up and when he came back he found it had been built two feet too narrow. It had to be closed for four weeks to get it right and the additional width is still marked by the extra pillar on the Court #1 balcony.

Paddy's photos have been a fantastic flashback into Club history, and many thanks to him for passing them on to be enjoyed by Outpost readers. Has anyone else got some hidden away?

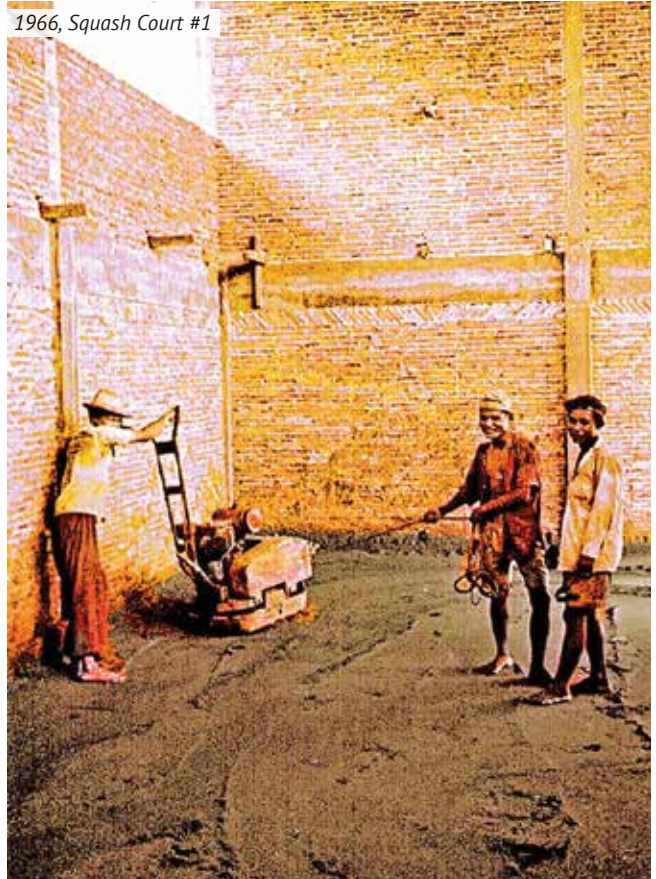
1966, Squash Court from the deep end



Towards Surawongse, 1965



1966, Squash Court #1



BC Calendar November 2017

Monday

Tuesday

Wednesday



1

Tennis Mix-In
6pm - 10pm

Ladies Tennis Coaching
9.30 - 10.30pm

Paella
Dinner only!



6

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



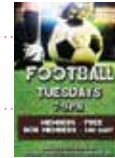
7

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



Bangkok Gentlemen Spoofers 8:30pm

Football
7pm - 9pm



8

Tennis Mix-In
6pm - 10pm

Ladies Tennis Coaching
9.30 - 10.30pm

Paella
Dinner only!



13

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm

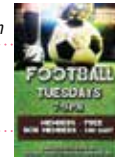


14 **Squash Mix-In**
5:15pm - 7:30pm

Bangkok Gentlemen Spoofers 8:30pm

Football
7pm - 9pm

Quiz Night
7:15pm The Verandah



15

Tennis Mix-In
6pm - 10pm

Ladies Tennis Coaching
9.30 - 10.30pm

Paella
Dinner only!



20

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



21

Tennis Mix-In
6pm - 10pm

Bangkok Gentlemen Spoofers 8:30pm

Football
7pm - 9pm



22

Tennis Mix-In
6pm - 10pm

Ladies Tennis Coaching
9.30 - 10.30pm

Paella
Dinner only!



27

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



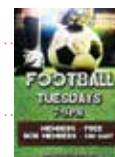
28

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



Bangkok Gentlemen Spoofers 8:30pm

Football
7pm - 9pm



29

Tennis Mix-In
6pm - 10pm

Ladies Tennis Coaching
9.30 - 10.30pm

Paella
Dinner only!



1903
THE BRITISH CLUB
BANGKOK

Thursday

Friday

Saturday

Sunday

2

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



3

Junior Tennis
4pm - 6pm



Sunset on the Sala
4.30 - 8pm Silom Sala

Loy Krathong
7pm Poolside



4

Swimming Lessons
9am - 10:30am



5

Swimming Lessons
9am - 10:30am



Sunday Brunch
11:30 - 3pm Verandah

Open Pairs Bridge
2pm Silom Room

Guy Fawkes Night
4pm Onwards



9

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



10

Junior Tennis
4pm - 6pm



Sunset on the Sala
4.30 - 8pm Silom Sala

11

Swimming Lessons
9am - 10:30am



12

Swimming Lessons
9am - 10:30am



Sunday Brunch
11:30 - 3pm Verandah

Open Pairs Bridge
2pm Silom Room



16

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



17

Junior Tennis
4pm - 6pm



Sunset on the Sala
4.30 - 8pm Silom Sala

18

Swimming Lessons
9am - 10:30am



19

Swimming Lessons
9am - 10:30am



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23

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



24

Junior Tennis
4pm - 6pm



Sunset on the Sala
4.30 - 8pm Silom Sala

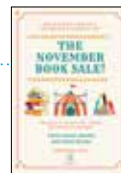
Christmas Wine Tasting
6 - 9pm Back Lawn

25

Swimming Lessons
9am - 10:30am



Book Sale
9:30am - 4:00pm
Neilson Hays Library



26

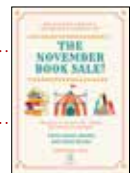
Swimming Lessons
9am - 10:30am



Book Sale
9:30am - 4:00pm
Neilson Hays Library

Sunday Brunch
11:30 - 3pm Verandah

Open Pairs Bridge
2pm Silom Room



30

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



SQUASHY BITS

Tribute



Bruce Madge

Squash courts two and three sadly passed away recently after a long and eventful life. Here we honour their memory and express our immense gratitude for the decades of excellent service they dutifully provided for BCB Members and in particular those of the Squash Section. The following comments, tributes and quotes were lovingly tendered by the BCB Squashies. Many seem sincere, albeit rather quirky, while some are downright flippant and insensitive or just plain dumb. However, with three pages to fill, Bits needed something and this is it. If you get bored halfway though, you may want to take a look at Ben's Hard Balls!

(Author's comments in brackets)



"I played my first match at the BCB on court three back in 1876"

- Peter Corney

(1876? Didn't think he was that young!)

"I once took a pee behind court three as I couldn't be arsed to walk to the bogs"

- Jack Dunford

(Disgraceful behaviour!)

"I remember playing squash on court two"

- Neil Evans

(Yeah, you and hundreds of others. Can't you say something original? Pillock!)

"I played my first match at the BCB on court two and that's when I realised that I was so much better than all the Squashies put together"

- Haroon Rashid

(Conceited and unnecessary!)

"The last time I played squash was on court three against Bruce Madge and it was such a sad and dispiriting experience that I vowed never to play squash again!"

- Mark Smith

(What a terrible thing to say!)

"I used to enjoy playing on court two as the floor was shiny and I could see the reflection of my stunning good looks in it. It gave me extra encouragement to play well"

- Chris Venvell

(Jeez!)

"This year I won my first, second and third round matches of the Club Championships on both courts two and three on my way to becoming BCB Squash Champion for the first time which means I'm the best squash player at the BCB"

- Marc Sayer

"I'm better than him with my eyes shut!"

- Rashid

"Yeah, but at least I enter the BCB squash comps"

- Sayer

"I'm too good for the BCB squash comps!"

- Rashid

(Will you two shut up? We are supposed to be paying tribute to the courts not squabbling over who is the best player!)

"I once played on court three in just my pants!"

- David Mason

(Better than hanging them up in the bogs though, David?)

Mason's squash kit!





"I once played a squash match on court three on a Saturday morning"

- Neil Evans
(Is he thick, or what?)

"I once refereed a squash match on court three on a Saturday morning"

- Peter Corney
(Has Evans' dumbness rubbed off on Cornflakes or is he just naturally as stupid?)

"I remember getting so drunk one evening in the bar that I couldn't see and wandered over to court two thinking it was my house. I spent the night there asleep in the viewing gallery"

- Colin Hastings
(Better than paying for a hotel!)

"I work in the hotel industry. If you need a cheap room at anytime, give me a call Colin"

- Marc Sayer
(Can we please just stick to the tributes?)

"I remember encountering a small family of field mice harvesting organic carrots on a tiny allotment beside court three, just alongside where Jack once took a pee as he couldn't be arsed to walk to the bogs. Nice folks, modest, unassuming, and totally devoted to organic vegetable cultivation. Had some interesting insights on mosquito breeding cycles and the civil war in Syria"

- Sir Nick White
(Weirdo!)

"This is boring. I suggest you look at my Hard Balls"

- Ben Eastwell
(Whatever takes your fancy!)



Colin slept here!



Sayer's cheap hotel room!

"I used to enjoy playing on court three as I was the only Squashie who could walk through the door without ducking his/her head"

- Marvyn Lewis
(Not necessarily something to be proud of, Marv!)

"Aye up chuck, I usedta tak me yoga class on t'court three and it were right grand it wa"

- Jayne Mellor
(Can anyone translate that into proper English?)

"Whey aye man, divvent gan along ta anya Jayney's yoga classes like, bart are reckon they wos canny good like and wooda calmed me doon proper like. Cheers pet"

- Malcolm Moore
(Same comment as above!)

"I always played Neil in my league match on court two and I usually won because he is alcoholic"

- Ja

(Neil has a demanding job and an even more demanding family so needs his beer!)

"I once witnessed Bruce Madge break wind on court three"

- Dean Thompson

(Disgusting sod!)

"Court three had one wall longer than the other and the front wall was full of holes. The air didn't work properly and the water dispenser was broken. It stunk of Madge's bowels and Dunford's urine! It was my favourite court"

- Charles Whitely

(Good preparation for living in Cambodia, eh Charles?)

"I like opening court three because I can walk down slowly and walk back slowly and do almost nothing for 20 minutes"

- Rit

(Superb work efficiency!)

"What does walk mean?"

- Peter Corney

(Not that bright, is he?)

"Courts two and three gave us many years of good service, pleasure and memories. The Squash Section and other BCB Members in general put them to very good use and they shall be missed. However, things must move on and we look forward to our new squash facility with hopeful anticipation of the enjoyment it will provide for us Squashies and the Club as a whole. RIP Squash Courts Two and Three"

- Ken Grimshaw

(Finally, a sensible comment. Thanks Ken!)

Until the new ones are open.

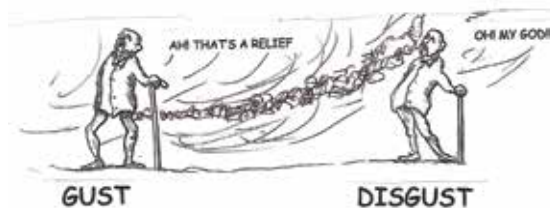
H or Marc!
I know,
I know,
I'm the
BEST



Could only be one Squashie!



Charles' fave court!



GUST

DISGUST



Nick White's mates!



Grown by the mice!



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.





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BANGKOK

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Candle-light international buffet on the Chaopraya and a fantastic view of the fireworks display. Coach leaves the Club at 6.30pm and bring you back around 11pm.

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TENNIS

League Tennis Series 5

Division 1 was won by **Mr. Dawa** ... again ... though apparently he did get a little lucky in his match against James Young and with a couple of big guns returning in series 6 it might be about to get a lot more interesting ...

Division 2 was won again by your truly. Though once more this was more due to my ability to arrange and play matches than tennis skills 😊



Graham Johnston

Section Chairperson



The Division 3 winner was **Rhea Poonevala** who was playing in her first league series in a while. Welcome back and well played Rhea – don't forget to pick up your prize from the sports club!

Division 4 honours went to **Ann Jackson** who had a 100% record and pipped Denis Schohn to the vouchers!



Div 1 winner - Dawa (again) Sherpa



Div 2 winner - The Chair



Div 4 winner - Wacko Jacko

Match Vs Club de Recreio

On Saturday 23rd September, four members of the Club de Recreio in Hong Kong visited the British Club for a friendly match. We were due to play four doubles matches starting at 16.00. Unfortunately, it began raining at 15.59 and although our match battled on for 20 minutes we eventually had to call it quits with the scores at 2-2. We then spent an enjoyable late afternoon in the Sala with our visitors and hope they can come again soon.

Match Vs Club de Recreio



Bruce Gordon Cup 2017

The Bruce Gordon Cup is an event that is played annual at the British Club. It is named after a former member who was a huge supporter of the British Club Tennis Section and our Chairman for many years before his passing. The Bruce Gordon Cup has been played in a number of formats but the current one is a handicap doubles event where players are awarded a number of free points or bisques which can be used at any time in their matches. The bisques serve to create equality on court between opponents. The tournament also features a pre-tournament auction where players and non-players can 'buy' teams and thereby raise money for our Pisamai Fund which supports the education of the children of British Club staff.

This years cup started on Sunday 1st October at 09.00 and after several rain delays which threatened to derail the event, the last ball was struck or rather the last balloon was burst at approximately 19.22 that evening.

In between times there was some cracking tennis, some impressive drinking, and most importantly lots and lots of smiles and laughter!

We started out with 15 teams in a knock out format with 1st round losers entering the plate competition. Kwan & Mikola Vs Nick & Nat kicked things off and played out a very tight match which was decided only by a couple of key points with Kwan & Mikola ending up 8-6 winners. Close matches were a feature of the completion thanks to accurate bisque allocation by 'the committee' 😊



Dude, where's my partner



Enjoying the play in the Sala



Tough semi-final match



Philip trys some air guitar

Impressive performers who didn't quite make it to through to the finals included Khun Rit (impressive speed and fitness), Carole Ann (Queen of the long rallies) and my partner Raymonde (extreme patience throughout my failed interceptions at net!)

Fast forward through two or three downpours and we were eventually left with two fantastic finals. In the plate, Dawa and Paulina narrowly defeated Dmitry and Marcel - Well done Paulina who was playing in her first ever tournament and possibly even playing for points and games for the first time (and well done to Dawa too).



*Bruce Gordon Cup 2017 Winners
- Raquel & Ann*

*Bruce Gordon Cup 2017 Finalists
- Raquel & Ann V Kwan & Mikola*

*Bruce Gordon Plate 2017 Winners
- Dawa & Paulina*



Then to the main event where Kwan (playing in his 3rd Bruce Gordon Cup final) and Mikola faced the strong looking duo of Raquel and Ann. It was a closely fought match with long rallies, lots of chasing, fine netplay, mixed in with a few wild misses! Serving at 7-8 30-30 a mistake from Kwan and Mikola's side proved fatal as Raquel jumped in to play her team's bisque and end the match then and there.

Well played Raquel and Ann 😊

As for the auction, the owner of the winning team was Andrei Kornalov who then made a very generous donation to the Pisamia fund. What a gentleman!

Many thanks to all competitors for signing up and competing, to all who took part in the auction, to the British Club staff who looked after us at the Sala very well all day, to Amnat, Rit and Chan at the sports centre for their help in organizing the event, and of course to Harold Mollin who introduced the format for the tournament to the British Club and advised and organized throughout. Thanks all!

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

HARD BALLS

Some time off

As the infamous months of birthday celebrations draws to a close and the practise nets get a well-earned bit of time off, the rain that the kingdom has been experiencing recently has washed out all but most opportunities to get a game of cricket in over the past month or so, with the next scheduled match being the Phuket tour around the beginning of November which unofficially marks the start of the 2017/18 season.



Ben Eastwell

Through some insanity or brain fog due to lack of cricket it was decided that a hot wings eating contest was a good way to spend one quiet Saturday afternoon during which the section's favourite bar snack was spiced up with a selection of hot sauces, some making their way from as far as South America courtesy of Ian and his exotic travels. Aside from a few hiccups along the way, all contenders stuck it out to the very end, ending bravely with an eye watering 1.5m scoville rated sauce - but apparently it didn't compliment Patrick's pot of earl grey very well.



Contenders



Dishing up the heat



Hot wings line up

Social Sections

In the middle of September a rare coming together of BC sports sections was successfully amalgamated by Haroon and some co-sportspeople from the other corners of the club. Ann Jackson kindly hosted the 'back to school' themed event at her tapas restaurant 'Tapas Café' which attracted a healthy number of cricketers, squashies and tennis players alike. It was a light-hearted event and great to see a blend of members not usually spotted together outside of normal resident haunts after practise sessions. Watch this space for the next one.



Ladies corner

Wassallthisten*Jack reminiscing on his college years**Quick nap*

A New Format

As cricket continues to maintain its popularity in Thailand, and particularly Bangkok – the community has adopted another cricket centre to take advantage of. Cricket Development Academy hosted a few British Club guys over at their facility for a social game of adapted rules ‘cage’ cricket on their grass field, perfect for close fielding practise and likely to be behind further improvements to our performance in the outdoor game.

New academy

FITNESS

With most of the world's media focused on getting that lean perfect body it is easy to get wrapped up in the idea that a healthy body is simply one that is lean. What about the many lean individuals with serious health issues, some issues even caused by their desire to be lean in the first place. So why is it so important to stay fit and active?



David Fiala

*“You don't stop laughing when you grow old,
you grow old when you stop laughing.”*

- George Bernard Shaw

Let's start with ageing. According to the dictionary ageing could either mean, “to grow old”, or “the process of change in the properties of a material occurring over a period, either spontaneously or through deliberate action”. Put into perspective I remember my not so active parents complaining about feeling old at the ripe old age of 40. I guess they conformed to definition one, they were old simply because time had passed and they accepted that the changes in their bodies were inevitable due to the adding of another year. Definition two though is a more realistic one. It is hard to disagree that change is constantly occurring in all of the systems that make up our human body and that over time those systems will start to deteriorate, but what I like about the second definition is that it makes it clear that the rate of change is directly related to our “spontaneous” or “deliberate action”. As humans we have a choice. We can either choose to drink excessive amounts of alcohol, live a sedentary life, eat junk food and fill our bodies with limitless amounts of chemicals and choose not to participate in regular fitness related activities or we can choose to live a healthy lifestyle and keep active.



It is not living we are afraid of it is the loss of our independence that is the unappealing, taking part in regular activity is a deliberate action that can ensure you live as long an independent life as possible.

As a trainer I believe in balance and it is my role to ensure that clients are not primarily focussed on a lean body, but rather focussed on all of the health and wellness benefits that participating in regular exercise will give them. To help all of the British Club members stay fit and active I have decided to start by providing members with at least one tip a month to stay fit and healthy, with the focus of this month being how much exercise is needed for the average individual to stay healthy. A monthly fitness challenge will also be available to promote members to get in the gym and ask staff how to exercise correctly and safely.



*“It's paradoxical that the idea
of living a long life appeals to
everyone, but the idea of getting old
doesn't appeal to anyone.”*

- Andy Rooney

So how much exercise should we be doing?

Fitness guidelines to maintain basic levels of health are according to the NHS in the UK are divided into three main age groups 5 -18 year olds, 19-64 year old and 64 + year olds.

The table below provides a breakdown of activity for each of the three age groups and more information can be found at www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx

Physical activity guidelines		
5-18 year olds	At least 60 minutes of physical activity per day ranging from moderate to vigorous activity	Strength or resistance training is suggested for 3 days per week
19-63 year olds	At least 150 minutes of moderate activity per week Or 75 minutes of vigorous aerobic activity Or A mix of moderate and vigorous activity	Strength exercises 2 or more days a week that work all major muscles Or Strength exercises 2 or more days a week that work all major muscles
64+ year olds	150 minutes of moderate activity, Activity should be daily, at least 30 min per day	Strength exercises 2 or more days a week that work all major muscles, Limit time sitting Add exercises which promote balance and coordination

So if you are looking to get some of the benefits of exercise such as improved mood, reduced anxiety and stress, improved sleeping habits, higher energy levels, stronger bones, improved mobility, improved fat metabolism, improved brain health, reduced risk of chronic diseases and major illness such as heart disease, diabetes and cancer, take the challenge by getting more active and and if you don't already do so consistently achieve your weekly activity levels.



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BCGS GOLFING NEWS

September 2017



September Stableford

Randal confounded the elements at Chuen Chuen to play to his 7 handicap and earn 36 points and a bottle of wine plus a technical.



September Medal

Varghese broke 40 for the first time on the back nine. He was not so steady on the front nine scoring 49. However it was enough to clinch Flight A with a net 72. Runners up Randall Coleman and Karen Carter also scored net 72s but lost out to that stunning 39.



Flight A Winner Varghese Rose

Runners up were Graham Johnston and Yurachtr both with 31 points but Graham came second on countback.



The second hole at Royal



Flight B Winner Chris Brader

Chris Brader continues his hot streak. He won Flight B with a net 74. Slightly behind were Pete Gale and Thorsten Leppik.



Where did that go?



Nice wedge in Freya

Rainy Season Golf

By the time you read this the rainy season will hopefully have come to an end. When people think of deaths from lightning they usually think of golf. There's a pervasive myth that golfers are the most likely fools on earth to be struck by lightning, standing out in green areas, swinging steel-tipped carbon lightning rods in their sweaty palms.

Captain Frank is always keen to seek immediate shelter at the first bolt of lightning and clap of thunder. However he need not fear as more fishermen than golfers are struck by lightning. Take note Pete Gale.

In case you are concerned take comfort from Lee Trevino who was struck by lightning three times and famously said: "If you're caught in a storm and are afraid of lighting, hold up a 1-iron. Not even God can hit a 1-iron."



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

QUIZ NIGHT



TUES 14TH NOVEMBER

THE VERANDAH, 7:15PM

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