

THE BRITISH CLUB
BANGKOK

THE OFFICIAL MAGAZINE
Outpost
OF THE BRITISH CLUB BANGKOK

www.britishclubbangkok.org

December 2016

COMING TO THE BALL?



IN REMEMBRANCE OF
HIS MAJESTY KING BHUMIBOL ADULYADEJ 1927-2016.

THE MEMBERS, MANAGEMENT AND STAFF OF THE BRITISH CLUB BANGKOK





HARROW
INTERNATIONAL SCHOOL
BANGKOK

OPEN DAYS



Meet our Heads of School, teachers and students at these informal sessions, tailored to each phase of the school

Open Days at Harrow International School Bangkok

Boarding House Open Morning for Year 5 up (age 9 years up) Wednesday 7th December

Boarding House tour, for both Weekly Boarding and Full Boarding students in Year 5 up (age 9 years up) Talk to our Director of Boarding and take a tour of our brand new Boarding Village with our current Boarding students. Event runs from 8-10am

Year 6 - Year 13 (age 10-18 years) Wednesday 25th January 2017

Upper School Open Morning, for students in Year 6 - Year 13 (age 10-18 years) followed by School Tour and a visit to our Boarding Village. Learn about our unique Leadership Curriculum in the Prep School, and the IGCSE and A Level curriculum at Harrow Bangkok. This is followed by a tour of our new school facilities and ends with a tour of the Boarding Village. Event runs from 9.30-12.00pm

Early Years (18 months-5 years) Thursday 26th January 2017

Early Years Open Morning, for students in Toddler-Reception (18 months-5 years). Take a look at the excellent facilities in our newly redeveloped and extended Early Years Centre. Event runs from 9.30-11.00am

Year 1 - Year 5 (age 5-10 years) Friday 27th January 2017

Pre Prep Open Morning, for students in Year 1 - Year 5 (age 5-10 years). Enjoy a curriculum presentation and take a tour of our classrooms and facilities. Event runs from 9.30-11.00am

Register online at: www.harrowschool.ac.th For further information please telephone: +66 (0) 2503 7222 ext 1129 or email: admissions@harrowschool.ac.th





Where advances in medicine meet with compassion.

Every day, Bangkok Hospital receives patients from all over the world seeking the care of a lifetime.

Known for being one of the most technologically sophisticated hospitals in the world, we provide a full range of medical services through highly qualified teams of specialist physicians. Among our many centers of excellence, we offer advanced diagnosis and treatment for heart disease, cancer, neurological disorders and orthopedics.

We have founded a Child Health Center, a Women's Health Center, a Fertility Center, Clubfoot Clinic, Child Development Neuropsychiatric Clinic (CDNC). All of which exist to provide service, information, advice, as well as diagnosis and treatment of children from birth till puberty. Importantly, emphasis is placed upon the mother's health, specifically proper healthcare including being informed about diseases and prevention. Therefore, the Woman's Health Center possesses new technologies to combat diseases for ladies of all ages.

Bangkok Hospital is dedicated to providing the highest standards of compassionate care to each and every one of our patients. Let us be your trusted partner in healthcare.

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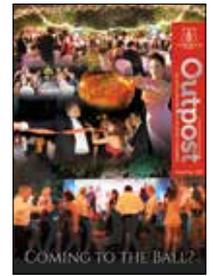
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**FRONT COVER**

It's the traditional peak of the Club's year, everyone joining in a celebration of the year outdoors with great refreshments and dancing. This year's Annual Ball will regain some of the lost lustre and be a night to remember, lots of laughter, and seasonal goodwill. Happy Christmas to all!

EDITOR'S GREETING

This month will see 2016 go out in style, with so much planned. This issue is larger than usual, with material held over from the very sad events of last month. So don't thumb your way through it once and cast it aside - get your diaries out and make the most of what is on offer for this fabulous festive season.

From all of us at Outpost, we wish you a Merry Christmas and a very Happy and Prosperous New Year!

Ed

**Follow us at:**

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www.twitter.com/BCBangkok

OUTPOST is the monthly publication of **THE BRITISH CLUB BANGKOK**, the social sports and cultural centre for the English-speaking community in Bangkok. A full version of the magazine is also available online at www.britishclubbangkok.org/outpost **Editor** - Jeremy de Sausmarez *jeremy@britishclubbangkok.org*
 Opinions expressed need not necessarily represent those of the Club. All events, dates and times are correct at time of press. Outpost welcomes contributions from Members, email outpost@britishclubbangkok.org - No part of this publication may be reproduced without the written permission of the Publisher.

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

MESSAGE FROM THE CHAIRMAN

This bumper edition of Outpost is crammed with action but here are a few highlights from behind the scenes.



Jack Dunford

Poolside Redevelopment: After selecting Chapman Taylor as the winner of the poolside redevelopment Concept Design Competition in September a lot of hard work has been going to translate this into a fully costed and phased Schematic Design for presentation to the Members. We had originally hoped to call the EGM in October, postponed it until November and even this proved optimistic. The original concept designs were put together in just 4 weeks under competition rules and we have needed additional time to work with the architects, engineers

and quantity surveyor to refine design details such as shade and landscaping, determine the optimum choice of construction materials and find the least disruptive phasing for the construction.

As I write this we are very close to finalising the Schematic Design and expect to be calling the EGM in January. The project will be divided into phases, the first being the whole of the Silom end of the Poolside. This will provide a vibrant modern young family hub with kiddies pool, playground / climbing equipment

and an air-conditioned care/ play area as well as a games room and the two new squash courts. This includes most of the facilities presented at earlier AGM/ EGMs and the engineers are confident that by the end of 2017 all of this could be completed. Members will initially be asked to approve this first phase but the full scheme will be presented and the timing of subsequent phases will depend on funding projections.

Churchill Bar: We were hugely relieved that when we knocked down the old bar and ripped up the floor in



Churchill

the Churchill Bar we found only rats and rot and no other real problems. Sadly rumours of hidden Japanese treasurer proved unfounded but there has been almost universal acclaim for Chris Watts' pleasing design. A huge thank you is due to Khun Prem and her contractors as well as the BC staff for completing the refurbishment in an amazing 21 days.

Most people comment on how nice it is to no longer stumble over the steps at the entrance and just how much more space there seems to be now. The new long bar is indeed much more efficient than the old horseshoe shape, but we also took the opportunity to remove the trophy cabinets which took up a lot of room. This led to a long overdue audit of all eight trophy cabinets dotted around the Club House.

When I read the Beano and Dandy as a kid, Burglar Bill always wore a black and white hooped shirt, cap and eye-mask and was invariably pictured making off with a bulging sack of precious trophies. I had expected we would rediscover some of our rich history in the trophy cabinets but was sorely disappointed. They contained practically nothing of value and little of interest ... almost zilch from before the 1980s and certainly no silver. About 80% of the contents were unceremoniously dumped and we kept only items which were still current or vaguely of interest or value. These will all fit in the three built-in cabinets in Reception and the Silom Room. We also reduced the number of sports pictures adorning the Churchill Bar walls. Some of these these will be more appropriately used in the Sports Bar with the reminder hung in the Snooker Room

Sports Bar: Even though we only invested in two TV screens, the Sports Bar has got off to a great start confirming the pent-up demand for a casual bar with a relaxed dress code. It is located in the 1910 Balcony and

Wordsworth Lounge, beautiful rooms that were being used by a small number of Members but generating very little revenue. In just its 2nd month of operation the 'Sports Bar' generated sales of Baht 150,000. Now that fears no one would use an upstairs bar have dissipated, the General Committee has agreed to carry out further improvements to the furnishings and décor, probably incorporating a pool table and Karom board (Google it!). Expect this to really look like a Sports Bar soon!

Constitutional Review: GC and sub-committee members spend a lot of time in meetings. These can be fun but require a lot of dedication and are a hard slog at times. One monumental task is trying to complete a review of the Club Constitution initiated by the previous GC. The sub-committee set up for this purpose has already met about 6 times, usually for 3 to 4 hours on Sunday afternoon when we would all rather be doing something else. Priorities have been to review any restrictions on our Land Title Deeds to ensure that any proposed membership changes or new developments are in compliance, and to acknowledge the huge changes in Member mobility compared with when many of these Rules were written. Not so long ago very few Members enjoyed the luxury of spending several months of the year in different countries, or having residences up-country as well as in Bangkok with journey times between the two ever shortening. It is still our hope to send a revised draft for all Members 'soon' for feedback in advance of the EGM(s) that would be required to approve them.

Karom



IT Systems: Lots of small but significant changes are being made to our IT systems, some of which you may already have noticed. There are still a few teething problems, but Members should now be able to log on automatically to the Club Wi-Fi system and speeds should have improved. We are also now using new mailing software, which means that more Members and spouses should be receiving Club emails as their addresses are now being directly accessed from the membership database. This is also work in progress because, as mentioned earlier in the year, the membership database was far from complete or accurate. We are now correcting these records including redesigned application forms for new Members to ensure that from now on we capture all the information needed for efficient administration. Finally, our F&B outlet menus have been online for a few months, but just how the clever the new software is will become more evident when new menus currently under review are released with much more information about each dish including pictures.

Christmas Ball Party: Now that the initial one-month mourning period for His Majesty King Bhumibol Adulyadej has passed, the Club is quietly returning to its regular routine. About 150 Members and guests have already signed up for the Annual Christmas Ball Party and we are really hoping that at least as many more again will join us to make this THE British Club event of the year. We have made this less formal than in the past and much more affordable ... but the same glorious setting on the Club lawns will greet you with the guarantee of a wonderful evening of good food, good music and the very best of company. Don't miss it and if you have children not old enough to be adults, we are organising kids movies upstairs to take them off your hands. I look forward to seeing you there.



THE BRITISH CLUB CORDIALLY INVITES YOU TO ATTEND
BANGKOK'S ORIGINAL EXCLUSIVE OUTDOOR EVENT

2016



ANNUAL CHRISTMAS BALL PARTY

10 December, 6pm until late

- * Cocktail Reception at 6pm with complimentary drinks and special canapés.
- * Jazzy music during dinner, then live dancing music on stage afterwards with The Boss Band!
- * Special bar and great wine menu!
- * Buffet feast including traditional Xmas fare, Indian dishes, vegetarian choices ; all the trimmings!
- * Fantastic raffle draw with amazing and exciting prizes!

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



TICKETS MEMBERS BT 1,500
NON-MEMBERS BT 1,750



Please R.S.V.P. to Reception or by email : events@britishclubbangkok.org

LETTER FROM THE GENERAL MANAGER



Premrudee Tanyaluck

General Manager

Since reopening the Churchill Bar, feedback from most of the Members has been very positive and they've come to support the Club. Lunchtimes are popular for many businessmen and working Members, while dinner is for socialising or hanging out with groups. If you have not yet visited the Churchill Bar over the last month, please come to see it - I think you will be pleasantly surprised!

There has been a similar response to the Sports Bar on the 1910 Balcony; since changing the concept to being a sports bar with no dress code, this area has been used by many sports Members and families. Especially on the weekends, the Sports Bar and the Wordsworth Lounge always have family Members watching sports on the TVs.

Many of our events and functions recently were cancelled, so we are prepared and ready for December when we will have quite a few Club events starting with the evening with Christmas Carols on Wednesday 7th featuring children from Brighton College Bangkok, then the new style Annual Christmas Ball on Saturday 10th, the Children's Christmas Party on Saturday 17th, the Christmas Lunch & Dinner on Saturday 25th, and also New Year's Eve on Saturday 31st followed by the refreshing Polar Swim on Sunday 1st Jan.

For the Annual Ball, teenagers can join in with their parents and we will provide some kids movies in the Surawongse Room for small children. For Christmas Lunch & Dinner, we have a lot of bookings so please make your reservations soon to avoid any disappointment.

There are posters all around the Club and on the website, sign-up sheets in Reception, and you can always email Khun Jeremy and Khun Pae on events@britishclubbangkok.org

Khun Laak has created two Christmas Menus, either a set meal or an à la carte one for all outlets, and these will start selling on 1st December. They include mince pies & mulled wine! Moreover for the take-away Christmas menu, we have put forms in every outlet as well as in Reception, so you can order at the Club, by fax or or by email to info@britishclubbangkok.org

In December we will have a Sports Camp and a Mini Sports Camp both starting on 19th December for two weeks. Also we have Mantis Martial Arts for Children on 4th and 11th December. I hope all of you have a wonderful festive season and look forward to seeing you down at the Club. If you are travelling abroad, please do not forget to take advantage of our reciprocal arrangements with over 350 clubs worldwide. Please ask for introduction letters from our Membership Staff or Reception.

Merry Christmas and a Happy New Year to you all!

OFFICIAL OPENING TIMES

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

*Welcome the New Year in comfort, away from crowds,
cruising along the Chaopraya river under the stars!*

NEW YEAR'S EVE DINNER CRUISE



SAT 31ST DEC 2016

*Eat, drink, and be merry while viewing the sights
and celebrations along the river banks, including Wat Arun,
ending with the fireworks display overhead!*

15% DISCOUNT
on sparkling wine or Wine of
the Month if booked in advance

Members Bt 3,250
Children under 12 yrs Bt 2,250
Guests/Non-Members Supplement Bt 250

Limited seats available,
BOOK NOW!
events@britishclubbangkok.org

Leave Saphan Taksin pier at 8.30pm. Enjoy canapés before
the buffet dinner on deck under the stars.
Full bar available, and a free glass of sparkling wine at midnight!

HAPPENINGS

Outpost is a bit earlier this month so for those of you reading online there's the last week of November ahead bringing the Club's Thanksgiving Buffet that will (just announced) include turkey and other favourites, followed the next night with the Christmas Wine-Tasting on the Back Lawn, lots of selection to make sure you're well stocked for the festive month, and the New Year too.

The Christmas events kick off with a special - the Evening with Christmas Carols on Wednesday 7th December this year sees 30 kids up to age 9 coming to sing, with a bit of trumpet work and some MC moments too! We're pleased to welcome Brighton College Bangkok in their first year, and hope our Carols evening will grow with them, seeing kids up to 14 joining the recital next year. This year's event will include lyrics sheets so we can all join in - I hope our Members will come along and support these youngsters who have practiced a great selection of carols just to perform for us.

The Annual Christmas Ball Party with its multi-buffet, double band, and smart festive dress is going to be a fantastic evening. As I write, we have almost 200 bookings and I really hope that in the next few weeks we can increase that by at least half again! With the Reception opening the evening, the atmosphere should be amazing even before the F&B start to kick in. There's a great selection of prizes in the Raffle with the top one being a two day stay at the ultra-luxurious Soneva Kiri Resort on Koh Kood, with half board and complimentary flight there and back from Bangkok. The ticket price is so low that you really can come along with enough friends to take a table, but even with just yourselves your presence will be very welcome so send me an email and book now - the more the merrier and the Back Lawn table layout can be adjusted to fit everyone in, for sure!

The Christmas Quiz should be a cracker too - the last two months have been packed, and the December one has an extra round which may tend toward retro questions which are sort of classic already, and that extra round carries its own extra prize so don't miss out on booking your team in.

As Christmas is best enjoyed by children, there is a growing excitement and frenzy throughout the month as Christmas Day itself approaches, so the Children's Christmas Party on the Back and Front Lawns on Saturday 17th will be the last chance for a full afternoon of fun on the Bouncy Castle, with arts crafts and games from Sam, an entertainer (maybe even magic), with food on the front lawn culminating in a visit from Santa in his tuk-tuk and a big bag of presents.

Christmas Day Lunch and Dinner is a lovely day for all Members of any age, a lovely time to be together individually and collectively all sharing in the delights of the day and the feeling of goodwill and friendship that is so prevalent on this special day. Lunch is half booked already, and there is always the cool option of dining on the Back Lawn for dinner, the vibrance of the day behind you, and the cool evening to enjoy at a leisurely pace.

It is still not confirmed whether there will be fireworks on the Chaopraya on New Year's Eve, but it looks very likely so we are proceeding with our New Year's Eve cruise which has been so well received since we chartered our own boat and did our own catering. The big boat which we tried last year was fantastic (couldn't get people to disembark at the end!) so unless otherwise announced, this will be proceeding.

And there's nothing like the Polar Swim on New Year's Day at noon to wash away the dusty remnants of 2016!

I wish you all a wonderful month, with a fabulous Christmas, and everything the New Year can bring you.



Jeremy de Sausmarez

**Events & Marketing
Manager**



PUNJAB GRILL
GOURMET FINE DINING

INDIAN GOURMET FINE DINING IN BANGKOK
OPEN DAILY FROM 6 - 11.30PM
SUNDAY BRUNCH FROM NOON - 3PM
DAILY LIVE MUSIC

AT RADISSON SUITES BANGKOK SUKHUMVIT (SUKHUMVIT SOI 13)
BTS NANA STATION (EXIT 3)



RESERVATION: 02 645 4952, 091 818 5248
OR VISIT WWW.PUNJABGRILLBANGKOK.COM

THIS MONTH WITH A SPECIAL EXTRA ROUND AND OF COURSE, AN EXTRA PRIZE!

CHRISTMAS QUIZ NIGHT

WITH THE
MONTHLY
JACKPOT



★ **TUES 13 DEC** ★

THE VERANDAH, 7.15PM

TEAMS OF 6 OR LESS
MEMBERS BT 100
GUESTS BT 150

BOOK IN RECEPTION OR BY EMAIL : EVENTS@BRITISHCLUBBANGKOK.ORG



Christmas Day Luncheon & Dinner

SUNDAY
DECEMBER

25TH
2016

Full Seasonal
Buffet & desserts,
Suitable for
vegetarians

Crackers and
tickets, magic,
and Santa
at 1.30pm

Bt 1,100 for Members
Bt 1,300 for Guests
Bt 600 for Children < 12 yrs
Bt 300 for toddlers ≤ 3 yrs

Enjoy the warmth and goodness of Christmas
in the comfort of The Verandah, the Churchill,
the Surawongse Room, or the Back Lawn,
especially good for Christmas dinner!

*Seating
is limited.
BOOK NOW!*



THE BRITISH CLUB
BANGKOK

OPEN FOR BOOKINGS

Reception at the Clubhouse

Call +66 2 234 0247 | Email : events@britishclubbangkok.org



THE BRITISH CLUB
BANGKOK



Business Luncheons



5th December - 9th December

Starter : 65 Baht

Smoked Duck Salad with orange and honey dressing or Chef's soup of the Day

Main Course : 160 Baht

Chicken and wild mushroom lasagna served with garlic bread
or Pan fried Dory fish with caper Meunière served with broccoli, carrots and mashed potatoes
or Shepherd's Pie

or Gaeng Jeud Tao Hoo Moo Sab (Chinese lettuce soup with minced pork and tofu)

Phad Kraprao Moo Sab (Stir-fried minced pork with hot basil and chili)

Kai Dao (Fried egg)

12th December - 16th December

Starter : 65 Baht

Mozzarella, mango, tomato and Rocket salad or Chef's soup of the Day

Main Course : 160 Baht

Grilled chicken breast with tomato and bean sauce served with peas, carrots and home-fried potatoes

or Grilled mixed sausage served with mashed potatoes and fried onions

or Grilled Sea Bass with coriander salsa served with mixed salad and boiled potatoes

or Gaeng Kiew Wan Luk Chin Pla (Fish balls in green curry sauce)

Moo Tod Kratium Prik Thai (Stir-fried pork fillet with garlic and pepper)

Phad Phak Ruam Nam Man Hoy (Stir-fried mixed vegetables with oyster sauce)

19th December - 23rd December

Starter : 65 Baht

Carrot, Raisin and Apple coleslaw or Chef's soup of the Day

Main Course : 160 Baht

Chicken Chasseur served with carrots, green beans and new potatoes

or Grilled Sea Bass with spinach risotto

or Mini steak with gravy sauce served with mixed vegetables and roast potatoes

or Pla Sam Rod (Deep-fried Dory fish topped with sweet and sour spiced sauce)

Phad Prik Khing Moo Grob (Stir-fried crispy pork with ginger)

Kai Jiew (Thai Style Omelette)

26th December - 30th December

Starters : 65 Baht

Pasta, Chicken and Pesto Salad or Chef's soup of the Day

Main Course : 160 Baht

Chicken breast stuffed with Mozzarella & Pesto served with grilled tomatoes and garlic roast potatoes

or BBQ Pork Spare Ribs served with mixed salad and baked potato

or Mushroom Stroganoff with tagliatelle

or Gaeng Pa Gai (Thai Chicken Curry without coconut milk)

Kai Jiew Moo Sub (Thai Style Omelette with minced pork)

Phad Khana Nam Man Hoy (Stir-fried kale with oyster sauce)

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

F&B MORSELS

We are getting ready for a busy December with more events and functions around Christmas time. I have managed to get some turkey, although it is rather expensive, so we will include turkey in the Christmas Day Lunch and Dinner Buffets as the Club is so busy on this day and it is the highlight of the festive season. Don't leave your booking too late!

Please send in your orders for take-away F&B for Christmas Day without delay. I may have some spare turkey if anyone particularly wants one, please contact Reception to check.



Khun Laak

Executive Chef



Through December there will be two special Christmas Menus, one is a set meal menu and the other is an à la carte menu, which will be available from all outlets. As from the start of the month, there are our popular mince pies available and mulled wine every day to keep you warm and merry! There is also Christmas Pudding for you to enjoy this month. I have just redone the Khun Laak Recommends listing but may change some of the dishes in the next few weeks.

The Annual Ball this year is going to be very busy, with I think over 200 people coming to enjoy the evening. We have a huge buffet planned, with as much variety of food as we can include, and with some Indian dishes too. I hope you will enjoy this new style of Annual Ball.

My staff and I wish you all a Merry Christmas and Happy New Year ka.

THE BRITISH CLUB
MANCHESTER

190

Cocktail of the Month
"December"

Sea Breeze

Only Bt 100

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

Christmas at Christ Church



Sunday – 11th December

- 0730 Holy Communion
- 1000 All-age Christmas Celebration

Saturday – 24th December

- 1830 A Candlelight Children's 'Christingle' & Nativity Service
- 2300 Christmas Eve
Midnight Communion

Sunday – 18th December

- 0730 Holy Communion
- 1000 Holy Communion
- 1830 Readings & Carols by
Candlelight (A service for adults)

Sunday – 25th December

- 0730 Christmas Day Communion
- 1000 Christmas Day
All-Age Family Communion

11 Convent Road
(Next to BNH Hospital)
Near BTS Sala Daeng
Near MRT Silom or Lumpini
Tel 02 234 3634
www.christchurchbangkok.org



BRIGHTON COLLEGE
INTERNATIONAL SCHOOL
BANGKOK



THE BRITISH CLUB
BANGKOK

A festive evening with
Christmas Carols

with The choir of Brighton College International School

Wednesday 7th December 2016

A time of goodwill and seasonal greetings,
this event is free to all Members.
Join us on the Back Lawn.
Mince pies and mulled wine will be available

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

Holy Night!

and Joseph, and the babe lying in a manger

2. Joy
3. No more rules
He

Luke

SAM THOMSON

7/9/04 – 26/10/16



Sam Thomson was truly a British Club boy. Both his parents Kerr and Bella Thomson and his grandparents, Bob and Archara Gosling have been Club Members for more than 20 years.

Sam was first brought to the Club for swimming lessons as a toddler, and as he grew older he spent many hours running around with his friends, on the trampoline, playing football on the front and back lawns, joining in with the Sunday arts and crafts, and generally just having a great time!

There were even the less memorable events such as when he tried to climb outside the Churchill Bar window to watch a football game on the TV, and then fell down

cutting himself with the drain pipe. All was saved by the plasters and a bit of TLC from the gym staff however!

Even after our family moved away from Thailand, Sam still came to the Club over many holidays to play with friends and just hang out. His favourite food from the BC menu was the children's mini pizzas, followed by weekend grilled chicken and sticky rice and of course the children's all day breakfast. Sam had many many hours of fun at the Club for many years as he grew up.

His wake at the Club on November 5th was the perfect send-off for a beautiful and very much loved son, grandson, brother, cousin and friend.

Sam Thomson, always missed, forever loved.





THE BRITISH CLUB
BANGKOK

A whole
afternoon
to have fun!



Children's Christmas Party

Sat 17th Dec 2016

**Bangkok's Biggest Bouncy Castle, Arts, Crafts,
Games, and even a visit from SANTA!**

Front Lawn & Back Lawn
from 2pm-6pm

Kids 2-12 yrs :Bt 500
Kids < 2 yrs :Bt 50
Adults :Bt 150

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

POLAR SWIM

**SUNDAY 1ST
JANUARY 2017**



**SILOM SALA
12 NOON ONWARDS**

FREE!!



**ICE-CREAM AND
SHAVED ICE FOR
SWIMMERS ONLY!**

**MUCE BLOCKS OF ICE WILL BE
DROPPED IN THE POOL,
LIKE ICEBERGS FLOATING
IN THE ARCTIC WATERS.**

**THE POOL WATER GETS
PRETTY CHILLY, AND IS INVIGORATING
FOR THOSE WHO SWIM AMONGST THE ICE**

**ALSO AVAILABLE,
DELICIOUS
THAI BUFFET
AND DESSERTS**

**WITH MULLED WINE
AND YOUR FAVOURITE
DRINKS AS USUAL !**

**COME & SWIM &
REALLY BE COOL!**

BOOK IN RECEPTION OR BY EMAIL : EVENTS@BRITISHCLUBBANGKOK.ORG

BRITISH CLUB CATS



We were pleased that after our article about British Club cats in September's Outpost quite a few Members wrote to support the idea of a managed 'feral colony' and volunteered to help.

You may recall that the objectives in managing such a colony are:

- To feed the cats regularly so they establish a strong healthy colony.
- To trap and neuter the cats to limit the colony size.
- To have healthy and strong cats that live long-term in the colony. If they are removed for any reason it creates imbalance in the colony and leaves openings for others to come in.

A strong managed colony will protect their territory and keep other strays away. Cats are nocturnal animals and when fed early in the day are happy to snooze most of the rest of the day and hunt at night helping keep the rodent population at bay.

So far it has worked well under Sandy Remiens' care. The cats are happily enjoying tucking in to their 'breakfast' at the feeding station and are hardly visible to Members during the day. However, to keep this working properly we need your cooperation in a couple of ways.

- Firstly it is very important that the cats are only fed in a managed way at fixed times and with the dried food that is provided. So please do NOT FEED any cats as that upsets the routine.
- Secondly, and this might be very hard for animal lovers, we need it to remain a feral colony so try not to befriend and pet the animals. We do not want them to be domesticated.



The Club is prepared to fund the feeding and neutering but we need volunteers to help with feeding, occasional trapping and taking them to the vets.



Sadly, Sandy, who many of you will know from the gym and has been the champion of the cats for many years, is returning to Australia very soon. There is a small band of volunteers who are keeping this going including Ted & Ann Coombes and Liz Dobson, and Peter Corney has agreed to coordinate this going forward. All of these volunteers of course travel and have other commitments and we need more Members to help out.

If you love animals and would like to be a part of this please volunteer a little bit of your time. Our plan is to arrange a meeting of interested people to agree how best to continue this good work. If you are interested in participating then send an email to cats@britishclubbangkok.org - we look forward to hearing from you.

Monday

Tuesday

Wednesday

BC Calendar December 2016



5

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



6

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



**Bangkok Gentlemen
Spoofers** 8:30pm



7

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



Tennis Mix-In
6pm - 10pm



Christmas Carols
Back Lawn

12

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



13

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



**Bangkok Gentlemen
Spoofers** 8:30pm



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

14

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



Tennis Mix-In
6pm - 10pm



19

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



**Mini Sports Camp
Sports Camp**

20

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



**Bangkok Gentlemen
Spoofers** 8:30pm



Sports Camp

21

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



Tennis Mix-In
6pm - 10pm



**Mini Sports Camp
Sports Camp**

26

BWG Mahjong
10am - 1pm



Tennis Mix-In
6pm - 10pm



**Mini Sports Camp
Sports Camp**

27

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



**Bangkok Gentlemen
Spoofers** 8:30pm



Sports Camp

28

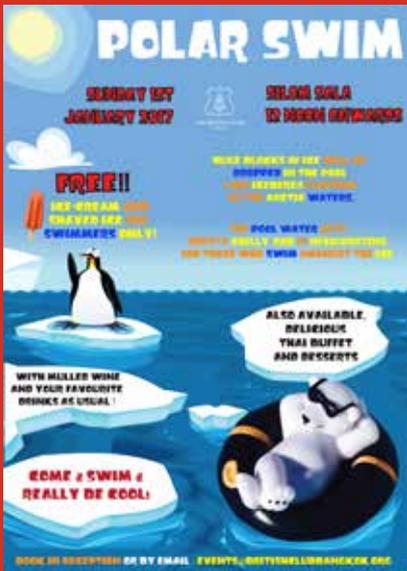
**Ladies Tennis
Coaching**
9am - 10:30am



Tennis Mix-In
6pm - 10pm



**Mini Sports Camp
Sports Camp**



THE BRITISH CLUB
BANGKOK

Thursday

Friday

Saturday

Sunday

1

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



2

Tennis Mix-In
6pm - 10pm



Junior Tennis Coaching
4pm - 6pm



3

Kids Cricket
Book first! 8am - 11am



Swim Coaching
9am - 10:30am



4

Kids Cricket
Book first!
8am - 11am

Swim Coaching
9am - 10:30am



Sunday Brunch
11:30 - 3pm Verandah



Open Pairs Bridge
2pm Silom Room

8

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



9

Tennis Mix-In
6pm - 10pm



Junior Tennis Coaching
4pm - 6pm



10

Kids Cricket
Book first! 8am - 11am



Swim Coaching
9am - 10:30am



Annual Christmas Ball Party
6pm til late

11

Kids Cricket
Book first!
8am - 11am

Swim Coaching
9am - 10:30am



Sunday Brunch
11:30 - 3pm Verandah



Open Pairs Bridge
2pm Silom Room

15

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



16

Tennis Mix-In
6pm - 10pm



Junior Tennis Coaching
4pm - 6pm



17

Kids Cricket
Book first! 8am - 11am



Swim Coaching
9am - 10:30am



Children's Christmas Party
2pm - 6pm
Front and Back Lawn

18

Kids Cricket
Book first! 8am - 11am



Swim Coaching
9am - 10:30am



Open Pairs Bridge
2pm Silom Room

Sunday Brunch
11:30 - 3pm Verandah

22

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



Sports Camp



23

Tennis Mix-In
6pm - 10pm



Squash Mix-In



Mini Sports Camp Sports Camp

24

Kids Cricket
Book first! 8am - 11am



Swim Coaching
9am - 10:30am



25

Kids Cricket
Book first! 8am - 11am



Swim Coaching
9am - 10:30am



Christmas Day Luncheon & Dinner
Book Now!

29

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



Sports Camp



30

Tennis Mix-In
6pm - 10pm



Mini Sports Camp Sports Camp



31

Kids Cricket
Book first! 8am - 11am

Swim Coaching
9am - 10:30am



New Year's Eve Dinner Cruise
Book Now!



AS THINGS WERE

In my previous article, I shared some pictures I took in the 80s travelling around North and Northeast Thailand when I was working with the national church supporting rural development projects. The pictures were mainly rural scenes. This month here are a few pictures of people we met on our travels, some busy with their daily chores. All of the people in these pictures will be at least 30 years older now, some passed on.



Jack Dunford



A different harvest

Last year I revisited a few of these areas and was delighted to find one of our day school teachers Khun Jamsai still teaching near Chiang Rai. Her village had no electricity in the 80s but this time I was asked by a villager for a copy of my pictures on his thumb-drive!



Basket making



Managing the rice bank



Where are they now



In the hills



Khun Jamsai 1985



Bear back!



Khun Jamsai 1985



We can do that



THE BRITISH CLUB
BANGOR

Mini Sports Camp

19, 21, 23, 26, 28, 30
DECEMBER

TIME	ACTIVITIES
10:00 - 10:15	Admin
10:15 - 11:00	Games
11:00 - 11:15	snack
11:15 - 12:15	Mini Tennis
12:15 - 1:00	Lunch
1:00 - 1:45	COOKING / Play time
1:45 - 2:30	Water Fun

BT 650 PER DAY

Children must be between the ages of 4 and 6 yrs.

The children must be capable of feeding themselves, changing their clothes and using the bathroom unsupervised.

In the interests of safety and quality for your children there is a maximum number of 8 children per day so please sign up to avoid disappointment.

A three child minimum is required to run each day.

A no show booking will still be charged at the full amount.

Cancellations up to 24 hrs before will be charged 50%.

Whilst the British Club and its staff will provide the highest level of care possible for your children, sports/activity camp participants take part at their own risk and the Club accepts no liability for injuries caused during activities on or off site or travel to or from the Club.



SPORTS CAMP

19-28, 26-30 December

Date Time	19, 26 DEC Bt 950	20, 27 DEC Bt 1200	21, 28 DEC Bt 950	22, 29 DEC Bt 1200	23, 30 DEC Bt 950
9:30 - 10:00	Admin	Admin	Admin	Admin	Admin
10:00 - 11:00	Tennis	Ice skating	Tennis	Ice skating	Tennis
11:00 - 11:15	snack	snack	snack	snack	snack
11:15 - 12:15	FOOTBALL	FOOTBALL	FOOTBALL	FOOTBALL	FOOTBALL
12:15 - 1:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 - 2:00	squash	BOWLING	COOKING	BOWLING	squash
2:30 - 3:30	swimming	swimming	swimming	swimming	swimming

- Children should be 7+.
- This is not an elitist camp, the emphasis is on joining in, trying out new sports, having fun and making friends.
- A five child minimum is required to run each day so please sign up.
- As travel arrangements need to be made for Tuesday & Thursday activities please sign up 48 hrs in advance.
- A no show booking will still be charged at the full amount. Cancellations up to 24 hrs before will be charged 50%.
- Whilst the British Club and its staff will provide the highest level of care possible for your children sports/activities camp participants take part at their own risk and the Club accepts no liability for injuries caused during activities on or off site or travel to or from the Club.



THE BRITISH CLUB
BANGKOK



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

HEALTH

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

EXERCISE IS A
CELEBRATION OF WHAT
YOUR BODY CAN DO.
NOT A PUNISHMENT FOR
WHAT YOU ATE.



Sandy Remiens

Part II – To Move or Not To Move

Last months edition was about simplifying the seemingly vast sea of often conflicting information about nutrition – so this month we will talk about the fitness side of it. The first thing you need to know is that it takes both – healthy nutrition as well as a healthy approach to exercise. One of the biggest mistakes new gym goers often make it to convince themselves that because they are now working out they can eat whatever they want. If you don't have a healthy approach to nutrition then yes you will still get physiological changes - you may get fitter and stronger and maybe even faster ...but you will likely never see the aesthetic results of all that work. Non optimum nutrition may also limit your ability to train well in the first place –sleep well, think well (yes your brain needs good nutrition too!) and recover from your day as well as your workouts. Your body is an extremely intricately designed machine and will serve you well if you look after it and use it as per its design and we were never designed to be sedentary. The onset in the last few centuries of jobs that require sitting in front of a screen 80% of the day is actually killing us slowly from the inside. Many of the people I see, initially come to me with an array of conditions and diseases that they have just put up with over the years – blaming their condition (or lack of) on 'just getting older' - many of which can be far better managed so as to not negatively affect their lifestyles. Disease is just that – *Dis-Ease*.

Harvard Medical School writes this in their blog:

"You already know that exercise is good for you. What you may not know is just how good ...

A deluge of studies have documented the health benefits of exercise. What's impressive about the research, aside from the sheer volume, is the number of conditions exercise seems to prevent, ameliorate, or delay.

We're used to hearing about exercise fending off heart attacks. If you're physically active, your heart gets trained to beat slower and stronger, so it needs less oxygen to function well; your arteries get springier, so they push your blood along better; and your levels of "good" HDL cholesterol go up.

It's also not much of a surprise that physical activity helps prevent diabetes. Muscles that are used to working stay more receptive to insulin, the hormone that ushers blood sugar into cells, so in fit individuals blood sugar levels aren't as likely to creep up.

But exercise as a soldier in the war against cancer? It seems to be, and on several fronts: breast, colon, endometrial, perhaps ovarian. Some research suggests that it takes quite a lot of exercise to make a difference: four to seven hours of moderate to vigorous activity a week. Three studies have found that if you've had colon cancer or breast cancer, physical activity reduces the chances of it coming back. To top things off, moving the body seems to help the brain. Several studies have found that exercise can reduce the symptoms of depression, and it changes the brain in ways similar to antidepressant medications. In old age, physical activity may delay the slide of cognitive decline into dementia, and even once that process has started, exercise can improve certain aspects of thinking."

Full Article www.health.harvard.edu/family-health-guide/why-we-should-exercise-and-why-we-dont



So first and foremost we know that to move is better than not moving. Now we need to know what exactly to do! Keep in mind that if you are already exercising and looking after your health kudos to you – well done! We know that moving is better than being sedentary so what I will do is summarise a few of the points/issues I have come across in the last 20 years in this industry to make it easier for you to find the right type of exercise for you.

1. Everybodys body is different and what works for one person may not work for you.

In other words what has worked for this certain supermodel very likely will not work for you! Lifestyle stressors, genetics, nutrition, training, rest, mental state, work and play are all factors that affect the outcome. The latest workout on the internet that you just downloaded is a generic base workout with a few fancy variations added. It's the fact that you are moving that is making the difference!

2. Most major injuries were most often minor 'niggles' that weren't dealt with.

Many people have at least one major injury/illness that they have carried the effects of around for years. And in most instances it can be traced back to a 'niggle' – a minor injury or ache that they just tolerated or an old injury that wasn't quite rehabed well enough – or at all. The body is an amazing machine and will compensate for its weaknesses. It will adapt for its imbalances – but often those adaptations are not to be long term and left unchecked can cause major injuries. For example I have a client who has Multiple Sclerosis. The right side of her body was affected by an attack she had in her 20s and in her 60s she concluded that was just the way she walked – swinging her leg around rather than walking with it because it had no strength or control. It was negatively affecting her posture and hips and how much she could get around in a day. Three years later she is jogging on the treadmill, boxing, weight training and walking every morning with her dog. Is her right side still weaker? Yes. Does she understand now that she has to train regularly doing the right stuff for her and her conditions? Yes. Is this a lifestyle commitment for her in order to maintain mobility? Absolutely.

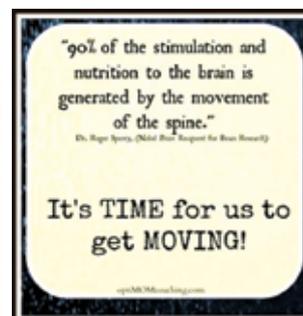
If you have a minor injury or an uncomfortable niggle that wont go away you should get it seen to. Dealing with a muscle imbalance or weakness that is causing that now is far easier and less stressful than dealing with a major injury and the rehab required pre and post surgery should it come to that.



Great post by Peak Physiotherapy www.facebook.com/Peakphysiotherapyclinic/posts/963407120370407:0

3. How do I figure out what the best type of exercise for me is?

Find out what you like! Sometimes the only way to figure out what you enjoy most is try it!! I have had people who have never run in their lives doing marathons well into their 60s.



One of my very first clients ever who was referred to me by her doctor for dangerously low bone density ended up coming to Thailand with me to train at a muay thai camp at the age of 60.



Some people hate boxing and/or running. I have a couple whose main form of exercise is walking. They have done the most amazing walks and treks all over the world - seen amazing places and had some amazing adventures. Walking. Find what works for you.

Often I will discover that people have tried some of the things they wanted to do but not enjoyed them due to injuries or niggles reoccurring. So see a qualified trainer to help get your body back into balance so you can do these things again. The journey required to keep us fit and strong enough to do the things we enjoy – or just want to try – starts by getting your body back in balance.



So in short, the best type of exercise for you and your body is different for everyone. Yes you may have limitations due to conditions/ illnesses and/or injury or niggles or simply just motivation. But understand that we were not designed to be sedentary and our bodies will start to break down if not used as they were designed to.

So get moving. v. And if you need help with direction just pop in and see us at the Fitness Centre. We may be busy when you pop in but we can always organize a time to sit down with you and go over your stuff – because your stuff is important – in fact very important in making the rest of your life enjoyable.

HARD BALLS

AGM & Unbeaten Masters

In the months leading up to the start of the new season, the section has been far from quiet. Somewhat due to the fact half the member's birthdays seem to fall

in August/September, even leading to one certain individual feeling so left out that he felt the need to (successfully) fabricate his very own birthday 9 months early. The rain has hampered practice slightly but the lost time has been converted into some extra revenue for the newly opened sports bar, which has been providing an enhanced watering hole for thirsty cricketers and sports fans alike (mostly cricketers). 24 members voted in the AGM at the start of this month as the shape was set for the 2016/17 season, even if most were only lured there by the free beer on offer.



Ben Eastwell



Washed out nets



Charcoal brunch for Dilip's 50th



More great food at Anil's restaurant



Dilip's 50th b'day



Sports bar opening 2016



Sports bar opening night

Masters trophy V Siam Parrots at AIT

After some time away from the square, an unbeaten masters side found themselves up against Siam Parrots in the third match of the mini-league in what could be considered to be an informal decider following the dramatic tie in the Koh Chang tournament reported in last month's write-up. The sort of over 45s teams were treated to a 'proper' grass wicket over at AIT which had been well kept through the rain and provided a surprising contrast compared to the mountainous outfield.

The parrots faced the onslaught from BC to start the match with Patrick posing as a geriatric and Rahul opening up with the new ball. The first wicket came in the third over when Pat (1-35) bowled straight through his man shortly before bowling a flurry of extras in excitement. Rahul (1-20) joined the party soon after with another dart clattering through the stumps leaving Siam at 41 - 2 after 7 overs. Aseem (2-18) then proved his spot as season 3rd leading wicket taker, picking up another couple - assisted by H covering serious ground to take a blinder on one occasion (much to everyone's surprise). Although probably scraping 60 years of age between them, Jamie and Bobby stretched the total by piling on some quick runs towards the end of the match to help the Parrots set BC a target of 171 to win at just under 7 an over.

British club used up 8 of their batsmen throughout the run-chase and racked up an impressive 23 boundaries, clearly reserving energy for the bar later on in the day. Ed clouded his way to 3 short of a retirement before being dismissed, bringing Rahul to the crease who racked up a quick 21, including an impressive maximum over long on. Denzyl must have been thinking about band practise as he flicked up a dolly for point, and walked off to face a quizzical Dilip on the rope with his hands on his hips.

Mr.Lamb was next in line and looking to top Bobby's strike rate of 21 balls to retirement (30), and proceeded to put in a man-of-the-match winning performance - reaching 32 in only 17 balls, job done! A steady attack followed and the teams stayed level pegging right up until the last over; Jack swapped his umpires coat for a pair of pads and stepped out as all witnessed a seasoned pro in the death as he ran 3 2s to win with 1 ball to spare, and of course, claim all the victory to himself.



League Leaders

AGM 2016

The Surawong room filled up with members to endure the annual meeting as the past season was reminisced and the future was discussed. All was wrapped up in a snappy 2hr 43 minutes, a new captain was born and the committee sprouted a few new faces. Full minutes should be on the notice board and online (www.britishclubcricket.com) for those who were listening to Sarg explain the club archives.



AGM 2016



New season, new committee, new bar



Sunday V Village CC

Phuket tour

The much anticipated 2016/17 season was kicked off with a particularly moist weekend down in Phuket against welcoming hosts for the 5th edition of the annual event. All players were itching to get off to a flyer, putting the off-season practise to the test and hoping to get off to a head-start with the clean slate of statistics records. Safe to say British Club left as big an impression as ever on the island as Patrick proposed, Dilip picked himself up a new nickname, Sarg tried his hardest to break a metatarsil, and Jack perfected his disappearing act down Bangla road.

Most players who still have to work for a living were welcomed in on Friday to a very British 'drizzle' and rush hour traffic into Phuket, with the usually short ride into the action-zone taking almost twice as long as the flight from Bangkok! The minor mishap was soon forgotten once all the squad had re-grouped to talk tactics and get the forearms stretched out with a few swifties before a short wade back to the hotel; Denzyl lead the group back to safety like a duck to water after spending the day playing golf with Speddo through torrential rain – least they had the course to themselves.



On top of things



A tiring weekend for some



Dilip ecstatic to open with Speddo



Denzyl before he got ducky-fever



Gentlemen Jack rolling the arm over



Getting the hands warmed up



A warm welcome



Majestic drive through cover



Monkeying around



The mascot looks on



No sign of rain here



It wasn't me

Questions were circling over breakfast as to whether the ground was even going to be playable after what felt like non-stop showers overnight, but the plan continued and the ground looked in surprisingly good nick once the vans eventually arrived after the driver learned to ignore Jack's suspicious directions through sketchy backstreets. Rahul flipped the coin for the first time officially as captain, won, and sent BC into bat their first innings of the 2x15 over match, contested to some degree by new standing vice Adrian 'weatherman' Salter – who insisted batting second would be favourable as the sun dried out the outfield later in the day. Denzyl and a heavy-lidded Speddo took to the soggy field first to see off the bowling attack in low-scoring conditions, featuring fellow BC Frenchman who saw through Speddo's lazy shots and struck early to bring the captain to the crease. Rahul (21*) and Denzyl (24*) sat tight and contributed a steady 50 partnership before both retiring and bringing Ben (18*) and debutant Dash (9) to charge a few runs on in the last 5 overs to close the first innings on a respectable 94.

In reply, Goti took a tidy couple of catches behind the stumps to assist Patrick (1-13, 2 overs) and Nachi (1-9, 2 overs) to dismiss Phuket's opening pair. Mr. Economy, Denzyl chimed in with a wicket – plucked out of the air by the energetic 'Great Wall of Sarg' who had spent the morning leaping around the boggy field like a salmon out of water. Ben tossed a few up to the middle order and was rewarded with a couple of wickets as Phuket looked to squeeze their lead into the second innings which had been reduced to 12 overs with the sun beginning to set after an extended lunch.

British Club opening pair were unchanged going into the second innings tailing Phuket by only 4 runs, Speddo having woken up (or having had a beer) was made to work for his 13 runs with nothing travelling to the boundary, coupled with keeping up with Ben's young legs at the other end after Denzyl fell unimpressively for a duck. Determined debutant Dash contributed a quick-fire 12 including his second 6 of the match, but unfortunately the only boundary of the innings – leaving BC with an under par total and Phuket looking at 59 to win. Despite 3 wickets from Ben, 1 each from Rahul and Dilip, and an impressively low economy from Ducky Allwright, Phuket chased down in 10 overs as Sarg's weather predictions came true. A bad decision from the captain was the easy point of blame as the players went into the dressing room before a few cleansing ales to finish off the day.

Grateful for the lack of rain, the team who narrowly missed out on victory congregated for a well-earned Indian feast on Saturday night, conveniently located off of Phuket's notorious night spot where Jack 'Houdini' Dunford unconvincingly claimed he had no idea where the good establishments were. Most slipped into the night following the meal, all those except for Rahul, Nachi and Dilip who claimed they lacked the stamina to continue after a long day and went back early. Straight back...

BC were greeted for the second time over the weekend by the village CC on Sunday morning who were nursing a few morning beers to settle their nerves ahead of the 25



What is this?



Nachi's hamstring stayed intact

over contest. A somewhat tired-looking squad were sent out to bowl by the new captain and looking to improve on a fielding performance from the day before riddled with drops and fumbles. The wedding bells ringing didn't distract Patrick from building on some handy fielding contributions, striking early with a run out to dismiss one of the opening pair. Captain Rahul decided to introduce some variation and bowl every man in his team (except Denzyl who was whinging about it the rest of the day). The bowling featured a majestic wicket-taking performance from Mr. Dunford (1-3, 1 over) who lulled his victims into a false sense of security with his loopy grenades, and Ben (2-7, 2 overs) continued to make headway on Dilip 'Nipples' Mishra (3-8, 3 overs) for season leading wicket taker, despite the swing king marginally missing out on repeating last year's magical hat-trick. Ian (2-6, 3 overs) showed up in style for his debut match, picking up a couple of wickets with some tidy bowling and looked to make the job increasingly difficult for selectors. The village were eventually wrapped up for a low 66 on the slow outfield after Sunish bowled number 11 in the 23rd over. The low total seemed to get into BC's minds and induce complacency as the top order all fell for only 19 between them, Goti (13) and Dash (11) were the only batsmen to score double figures on the way to what was a fortunate and untidy victory in the 20th over. The fines were appropriately distributed by Jack and PCG treated BC to a refuelling BBQ to round off the tour.

A weekend that looked like a washout to begin with turned out to be a fantastic couple of days of cricket, and what more than to kick off the new season with a victory from a sharp-looking team going from strength to strength. Freshly elected captain Rahul can surely look forward to leading the team in upcoming masters games where the oldies are still unbeaten, and a few more friendlies before the Bangkok league gets underway early 2017.

5-A-SIDE



SQUASHY BITS

Evans, the Truth, News, Tom Annas Handicap

First of all, thanks to Neil - the dull, engineering type - for writing last month's Bits while I was eating delicious pizza and drinking gallons of equally delicious Nastro Azzurro. His report was very good - save for the actual squash match details which were predictably dull - with some interesting and humorous reflections on previous Bits' reports of BCB squash events and other semi-squash-related incidents, the details of which, at the time of writing, were all highly accurate and 100% the truth.



Delicious!

Clearly, for the sake of interest and entertainment, he felt the need to embellish those concrete facts and describe them as mind-bendingly absurd. This is because, to his dull train of thought, they could never have happened in a million years, being illogical/impractical/unrealistic/irresponsible and in no way sensible. Sadly, if you're an engineer and rather dull, that's the only way your mind can work. However, to be fair, he did a decent job with his embellishments and the result was very readable.



Equally Delicious!

But, to put the record straight: he does do everything his wife tells him; we've all witnessed it thousands of times! Marc did once bribe an opponent. I saw it. He's a dubious character and Bangkok's answer to Donald Trump! The Squash Section Committee members are indeed an assortment of animals, fluffy toys and ridiculous characters. Evans is one of them and so am I! Evans himself is a clear likeness of Rodney Trotter as they are both plonkers! I was assaulted by a former BCB Sports and Recreation Manager, but not in Patpong. It happened in



Bruce Madge

Nana! Length and width are very important in squash and watching your opponent's balls is vital. Ask Haroon or Mason! Playing squash will assist women with their vision. Hilary Clinton said so and she never lies! Tom Kelly was assassinated by an assassin who was paid from Squash Section funds. Evidence? He doesn't play squash any longer and he never comes to the Club? Why? He's dead! A female staff member, Morakot, was eaten by a lion in the Churchill Bar and that's why she no longer works at the Club. I can't really see how anyone could disbelieve this! The Churchill Bar was the very same location where Bob (Van Es) was sitting when his head suddenly fell off. Many seem unable to believe that such a thing could take place even though it clearly did. Hence, for the sake of evidence, Bob was asked recently if his head did indeed once fall off in the Churchill Bar and here is the full transcript of that conversation:-



Assassinated!



My head fell off!



I was told to play squash!



Ate a staff member!

Bits: "Bob, did your head once fall off in the Churchill Bar?"

BVE: "Yes, it did."

Bits: "Thanks Bob."

BVE: "You're welcome."

Solid proof! An Airbus A380 did indeed crash in to my apartment building - the National Geographic Channel made a documentary on this accident as part of its Air Crash Investigation series and it's on YouTube! While my home was being rebuilt I was forced to go live under a Bangkok expressway, yet Evans' kids never brought me any leftover pizza or any other food, for that matter, as he wouldn't allow them to come into contact with a homeless person as it wouldn't have been sensible. Snobs! They let me starve! Back to Sayer, and he was once so fat (145kgs) that he couldn't get through the squash court doors. He could have



Evidence!

done with an airliner crashing into his home and a few months sleeping rough and starving under a bridge. Crash diet? Literally! And on our trip to Indonesia, we did not help deliver a lamb. What nonsense and complete mind-bending absurdity. Get your facts right, Evans. It was a baby goat! A Kid!



I am a goat!

Now to some squash news. In the leagues, players play and some win and some lose. Marc Sayer has won the Premier Division for the last few months, or it was Neil? Maybe Ja or Shiraz. Nobody knows and nobody cares!



Something like this!



Or this!

The First Division has been won by either Chris Childs, Rit, Sang Lee or even a couple of turtles from the BCB pond. Hilary Clinton, despite being soundly 'Trumped' has triumphed regularly in Divisions Two and Three and some will say that's mind-bendingly absurd as she doesn't even play squash, but Bits has the photographic evidence that she does! In the weekly mix-ins, players mix-in and then drink beer. Some get drunk and then start fighting amongst each other. Lovely!



Sodded off!



Aussie handicapp action!

Entrants!



Now this: The other Friday, the finals of the Tom Annas Handicap Challenge were played. The competition drew so many entrants that the list of 'em was as long as a long snake and had to be culled a bit or we'd have been playing until Trump's Mexican wall finally got built. That is to say, forever! However, Cornflakes, being the thick old git that he is, was so liberal with his culling that he called almost every player to tell him or her (there are plenty of hers) that they couldn't play as the draw was full resulting in intense disappointment for many and only about three and half competitors left. What a wally!

Anyway, Neil McArthur, after playing just one game to get to the Plate Final, met Cornflakes himself. Neil played out of his skin and served very well, made very few errors and retrieved many balls which appeared to be winners and changed them into winning shots for him. He is a hero. After playing three good earlier rounds, Cornflakes was knackered and didn't give him the opposition he deserved (deserved?), though, even if he hadn't been so shagged, he wouldn't have stood a chance with Neil's terrific form on the day. Well done Neil, you jammy sod for getting an easy route to the final where you met a decrepit and shagged old man!

In the Club Handicap Final, Ranjan played Jason Morris, who is a new BCB Squashie, and who was the lucky recipient of a couple of byes and a conceded game from Shiraz on his route to this glorious moment of squash history. Ranjan won the first game easily and then in the second game with Jason doing well, a strained hamstring meant Jason had to concede. This is why it's called a handicap competition. Thus, Ranjan is the 2016 Tom Annas Handicap Challenge Champion. Well done, Sir.



Self-adjudication!

Besides the lack of competitors due to Cornflake's stupidity, hoards of spectators were expected for the final's evening, yet only one turned up, Haroon, who was at the club chatting up the 'controlled community cats' so he helped out with a



Jason's hamstring's gone!



Not the brightest!



Ranjan Handicap Champ!



McArthur wins a Plate!



Hoards!

bit of referring before sodding off to Pat Pong, leaving the players to self-adjudicate. Reason for the lack of punters? Peter had sent out an email advertising the finals with the wrong date on it!

Coming up, we have the Rod Carter Open, and eventually SOME NEW COURTS! HURRAH!

Until we get them.....



The BCB Squash Section would like to acknowledge Boots Retail Thailand as its sponsor for 2015. Boots Retail Thailand kindly sponsored the 2014 Rod Carter Open, the BCB Squash Section's open squash competition, and has agreed to support the section throughout 2015. Boots Retail Thailand has numerous branches throughout the country supplying high quality cosmetics and pharmaceuticals. Many thanks to Boots Retail Thailand.



TENNIS

2017 Club Championships



Ian Thornhill



The sign-up sheets will go up soon for the 2017 British Club Tennis Club Championships, which will be run from January through to the finals day in March.

There are events for Men's and Ladies' singles and doubles, and Mixed Doubles too. All those who lose their first match will automatically go into the Plate tournament which will run in parallel.

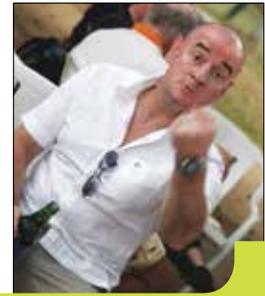
So join the Tennis Section, and sign up to participate in the sporting highlight of the coming year!







BCB 1910 FANTASY THE WILDCARD!



Bruce Mudge

In Fantasy Football there is such a thing as a Wildcard. Each FF manager is offered two per season. The first one is available from the opening day of the season and expires on the 30th of December. The second one is available January 1st and can be employed until the last game week of the season.



The Wildcard enables each manager to make unlimited player transfers during the game week it is played without incurring any penalty points, which is four points per player beyond the one 'free transfer' offered per game week.

A Blessing and A Curse

Thus, for some FF managers, the Wildcard is a blessing and an easy escape, or so they think, as they have quickly realized, due to naivety, stupidity, or drunkenness (most BCB FF managers are alcoholics, or at the very least heavy drinkers), that the squad they selected at the start of the season it total crap and needs to be completely overhauled. Play your Wildcard then and don't be so naïve, stupid or drunk!



However, for the vast majority of the other FF managers, the Wildcard is a curse. That is to say, they have initially chosen a reasonably capable squad that is scoring regular points per game week, yet they feel that with a whole host of changes - bringing in the players that have had some early luck, but will most likely fade away into obscurity - they could be doing a whole lot better! As a result, they play their first Wildcard



In!

very early in the season at around game week five or six, thus making it unavailable for later in the season when chronic injuries or double fixtures in a single game week make playing their Wildcard far more necessary, urgent, attractive, profitable - whatever! However, they naively, stupidly, or drunkenly, risked it the first month or two of the season - like I drunkenly did - and what happened? Well, the players they chucked out suddenly starting doing fantastically well and scoring tons of points, and they ones they brought in did naff all! Bloody typical!

Are you a BCB FF manager who has already played his/her Wildcard? Did it prove to be a blessing and an easy escape, or a curse? Do you feel glad that you played it so early or do you feel like a pillock for wasting it?



All In!



Out 3



Out

Most would agree that they feel like a pillock. - I know I do! Share your thoughts on the British Club Bangkok 1903 FF League blog. Don't be shy for we all make mistakes, you pillock!

Until the Wildcard is banned



In, then out, then in!



Rank	Team & Manager	
1	SMOKE AND MIRRORS - Harry Houdini	590
2	Huggy Bench FC - graham johnston	588
3	Sapphire - Jess Grimshaw	567
4	iCheck inn - Marc Sayer	565
5	Wanchai Warriors - Peter Gale	564
6	HangosMangoes - Haroon Rashid	563
7	Ask Jeeves - Ben Eastwell	558
8	pressgang - Lem Chalk	551
9	Pimellkoff F.C - Debra Thompson	531
10	The Rooney Tunes - Jamorn Hoonsiri	523
11	Norfolk n Good - Ricky Thompson	516
12	Spanish Armada - Carlos the Jackal	515
13	Rafa's Reds - Christopher Farrar	511
14	kfcfc - Louie Kelly	510
15	Scunny - Neil Robertson	508
16	FMGAN - Monkey Madge	504
17	Bangkok FC - Nick Mellor	503
18	Haydons Heros - Neil&Ryan Evans	501
19	Harland's XI - Paul Harland	489
20	Ashanti Gold FC - Ali Adam	487
21	Jammy Donuts - Graham Murrell	484
22	Underdogs United - Omar Adam	479
23	The Special K's - Kevin R	477
24	Glue Professionals - Dale Lamb	474
25	Pattaya Panthers - James Howard	467
26	The Real Charlton - Chris Jenkins	434
27	The Devils - Shalin Kothari	434
28	Bangkok Flyers - Paul Cantwell	391
29	Thomson FC - Sam Thomson	362

BCGS

September and October 2016



The September Stableford was played at Royal Lakeside, a testing lay-out which usually has a good sea breeze to keep things cool. About half the field played to their handicap or better, but none could get close to Karen Holloway who shot a gross 73, amassing 42 points off her 7 handicap. As well as her normal strong long game, she found the touch of a brain surgeon around the green, and seemed unable to do wrong. In her wake Captain Pete and Jeremy Watson scored 37 points each to take the minor places.



Medal winner Varghese Rose

severely cut from 7 to 5 following her heroic display at the Stableford.

In Flight B, Varghese Rose took the honours with a net 81. Carol Hampshire, Brian Brook, Jeremy Watson and Paul Rogers all were 2 shots behind, scoring net 83. The count-back was applied, and second place awarded to Carol, with Brian in third.

After the Medal, Jeremy Watson presented a prize to the player who improved most on his front nine score. It was won by Captain Pete, who recovered from a disappointing (or even frustrating) 58 on the front nine to a 48 on the back nine.



Carol Ann on the 10th tee at Royal

The September Worldwide Relocations Medal welcomed, as a visitor, Andy Flynn of the sponsor Worldwide Relocations. The field was full, and equally divided between Flight A and Flight B. However, Flight A players seemed to cope much better with the conditions. Graham Johnston continued his fine form this season by making the winning score of gross 77, net 70. This was his third medal win, to go with his one Stableford win, in the past year. Shane Tor's net 73 beat Karen Holloway into third place on a count-back. Karen's handicap had been

The October Stableford was played at Lam Lukka in hot and humid conditions. Fitness mattered, and it was little surprise that Phil Hampshire was the only player to better his handicap, winning with 37 points. Pete Gale played competently to secure second place with 32 points, with Gordon Milne a single point behind in third place.



Karen won the Stableford



Gaew won a 'nearest to the pin' prize at the Medal



Jeremy wins a useful bottle as Stableford runner-up

The Dunlop Cup is a popular pairs better-ball event played over three days which was first played in 1969. It was held this year at Royal Hills and was contested by six pairs. The much-appreciated sponsor, Dunlop Adhesives, was represented by the ever-cheerful David Lamb. After two days of qualification, played in Stableford format, the partnerships of Brian Brook with Bryan Dodd and Pete Gale with Karen Holloway emerged to a



1st hole at Royal Hills

match-play final for the Cup. In spite of the long and successful records of all four finalists, only Pete was a past winner (although Brian has accumulated a weighty collection of Plates and Runner-up trophies). Over all three days Brian and Bryan stuck to their game plan, which was for Bryan to play impressively accurate golf, with Brian making his presence felt on the few occasions that Bryan fell short. Brian never missed his cue and the pair emerged worthy 2 & 1 winners. The remaining pairs continued the Stableford format to contest the Plate. Gaew and John Bell played solidly to amass 121 points for victory, with Karen Carter with Frank Fawkes and Carol Ann Eastgate with Graham Johnston taking the minor places.

The October Worldwide Relocations Medal was marked by being the last BCGS games of Phil and Carol Hampshire before their return to UK (via Australia). Phil and Carol have been enthusiastic and popular society members over the past three years. We will miss them, and wish them well.

Unfortunately, there was no fairytale ending for either of them. In Flight A Peter Clark stamped his authority to win with 80, net 72. Karen Carter was just one shot behind and Randall Coleman took third place. In Flight B, Peter Bond chipped and putted with his trademark skill and won comfortably with a net 71. Yurachatr was second and Carol Ann Eastgate third.

Meanwhile the individual match-play event was progressing. John Sienna beat Phil Mulligan to earn the right to face Karen Carter in the semi-final. The other semi-final, between competitive Captain Pete and Graham Johnston, proved to be a long fought battle. Their first meeting was halved, and at the replay Graham played superbly to race to a three hole lead after just four holes; Pete fought back to level the game after 15 holes, but Graham eventually won on the 18th green. The winner of Karen and John will have to work hard in the final.



Dunlop Cup sponsor David Lamb with partner Ian Thornhill



Peter Bond, Worldwide Relocations Medal winner



Dunlop Cup winners Brian and Bryan



Dunlop Plate winners with a future winner



Phil and Carol Hampshire' last BC Medal

As ever, we would welcome new golfers of any standard. If you are interested, please drop an email to bcgs2002@yahoo.co.uk

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