



1903
THE BRITISH CLUB
BANGKOK

Outpost

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

FINALLY!
PHASE 2
gets
the
Nod



February 2020

5 REASONS TO JOIN US

A REAL TASTE OF HOME

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



GREAT EVENTS & ACTIVITIES

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



SPORTS & ACTIVE LIFESTYLE

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



THE PERFECT PLACE FOR CHILDREN

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



MEETINGS & GREETINGS

Meet new people, catch up with colleagues, put the world to rights at the bar, or even do a spot of business. Or pay a visit to one of our over 400 reciprocal clubs around the world.



JOIN NOW!

information/ contact Tel: 02 234 0247 or
membership@britishclubbangkok.org



1903
THE BRITISH CLUB
BANGKOK

Welcome New Member



1903
THE BRITISH CLUB
BANGKOK

A WORLD OF OPPORTUNITY

Tiny Tigers Playgroup at Bangkok Patana School

Tiny Tigers Playgroup is run by our specialist early years team in our purpose-built Nursery building. Each session includes sensory play, access to the Soft Play Room, songs and stories. Tiny Tigers welcomes accompanied children between one and three years of age. Tiny Tigers runs Monday to Friday from 7.30am until 10.00am.



Come and join the fun!



Bangkok Patana School
The British International School in Thailand
Established 1957

Email admissions@patana.ac.th
for information or to book a place.

Bangkok Patana is a not-for-profit IB World School, accredited by CIS



1903

THE BRITISH CLUB
BANGKOK

GENERAL COMMITTEE

Chairman

Jack Dunford MBE
chairman@britishclubbangkok.org

Vice Chairman

Geoff Banks
vicechairman@britishclubbangkok.org

Honorary Secretary

Paul Cheesman
honorary.secretary@britishclubbangkok.org

Honorary Treasurer

James Crossley-Smith

General Committee

Nick Annetts, Brian Brook, Mark Buchanan,
Nathan Thomas, James Short
gc@britishclubbangkok.org

SENIOR MANAGEMENT

General Manager

Premrudee Tanyaluck
gm@britishclubbangkok.org

Deputy General Manager

Tee Bale
tee@britishclubbangkok.org

Duty Manager

Bhudhist Kongrattakul
bcbbhudhist@outlook.com

Membership Sales Manager

Aphinya Toonim
aphinya@britishclubbangkok.org

Services & Functions Manager

Somboon Chaiyapom
somboon@britishclubbangkok.org

Executive Chef

Kornnisara Nongku
wilailuck@britishclubbangkok.org

Sports Manager

Amnat Saklebpradu
amnat@britishclubbangkok.org

THE BRITISH CLUB BANGKOK

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

facebook.com/britishclubmembers

twitter.com/BCbangkok

CONTENTS

REPORTINGS

- 4** CHAIRMAN'S MESSAGE
This month's news
- 8** TEE TALK
Words from the DGM
- 10** VALENTINE'S DAY
All Day at the Club, 14 Feb
- 12** HEALTH
Why Quality of Rehab...
- 14** RECIPROCAL CLUBS
The Northern Club, Auckland
- 18** POLAR SWIM
Be Cool...

HAPPENINGS

- 20** CALENDAR
What's on this month
- 22** CHRISTMAS DAY
At the Club
- 25** WINE TASTING
Akarua Rua Pinot Noir

SPORTS

- 28** SQUASHY BITS
Attitude Adjustment
- 32** TENNIS
Game On!
- 36** HARD BALLS
10 Years in Pattaya
- 38** BCGS GOLFING NEWS
3 Clubs and A Putter
- 39** MY TAKE
Common Sense
- 40** CLASSIFIEDS
Services, For Sale etc.



Front Cover

Shows perspectives of the Poolside Redevelopment which has just been approved by the member to commence.

From the Editor

The year is off to a flying start... February already and as always there is plenty on at the Club.

Wine Tasting is back on again and a new fun event Log Master so check it out and in this edition we feature the Polar Swim and Christmas Day at the Club.

Cheers

The Fry Group
since 1898
Preferred Partner

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

Opinions expressed do not necessarily represent those of the Club. All events, dates and times are correct at the time of press.

Outpost welcomes contributions from Members, email outpost@britishclubbangkok.org

No part of this publication may be reproduced without the permission of the Publisher.

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

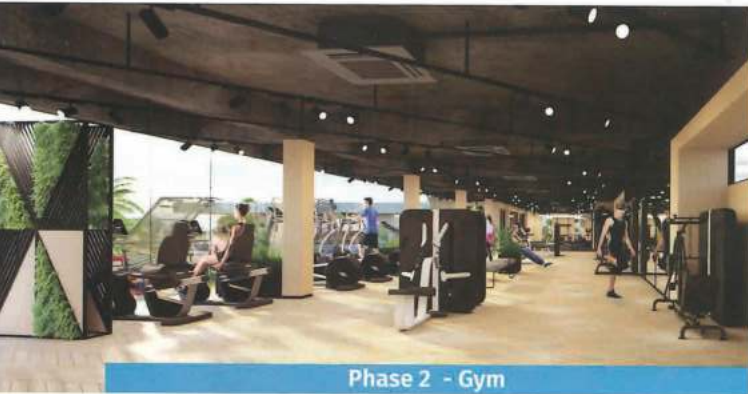
MESSAGE FROM THE CHAIRMAN



Jack Dunford

Phase 2: I am writing this the morning after the Extraordinary General Meeting, which gave the General Committee approval to proceed with Phase 2 of the Poolside Redevelopment Project. The Votes were as follows:
For: 157 (Present 47, Discretionary Proxies 9, Directed Proxies 101)
Against: 49 (Present 22, Discretionary Proxies 5, Directed Proxies 22)

provided over the pool deck to provide temporary seating whilst the Surawongse Sala is closed, the Fitness Centre will move to what we called the Interactive Room on the first floor at the Silom Wing and temporary male and female toilets, showers and changing rooms will be provided on the first floor of the Silom Wing over the Family Room.



Phase 2 - Gym



Phase 2 - Sports Bar

The meeting was lively with 70 Members present and was conducted in good spirit. The result was conclusive giving the General Committee a clear mandate to finish the poolside redevelopment.

This is a huge step forward for the Club. The GC's Vision is to bring all facilities up to 21st Century standards, developing the poolside as a modern, casual, family and sports hub complemented with more formal traditional drinking and dining, meeting and entertainment activities on the Club House side. Our priority since 2016 has been the poolside because the facilities there had become very shabby and dated at a time when expatriate accommodation and other leisure facilities were becoming more and more luxurious.

The project will take about a year to complete. The swimming pool, pool deck and the Silom Wing will all remain open throughout the project. Cover will be

There will of course be some inconvenience but we will do everything possible to minimise this.

Member Loan Scheme (MLS): A Members Loan Scheme (MLS) has been established so that the project can start now rather wait a few years until adequate cash is accumulated. The EGM agreed that the project could only start when 30 million baht has been deposited in the scheme and invitations for all Members to Subscribe are being sent out as I write. By the time you receive this the official subscription period will be closed. The early indications are that we can expect good support but it will be quite an administrative challenge to conclude loan agreements and secure the funds in the bank. Our target is to establish the 30 million baht fund by the 15th February. Thank you in advance to all Members who are investing in the scheme.

Proxy Votes: The Motion at the EGM last night was carried by 66% of those present at the meeting and by a 76% majority overall including Proxy Votes. The result was conclusive whichever way you look at it but there continues to be controversy about the use of Proxy votes. Indeed, their use has been controversial throughout my 40+ years at the Club, debated at several General Meeting and tweaks occasionally made to the rules.

The last time the issue was raised was in 2018 when we overhauled the entire constitution. Members were asked to vote on three options: 1) To maintain the current system allowing Directed and Discretionary Proxies, 2) To allow Discretionary Proxies only and 3), To allow no Proxy Votes at all. The vote was overwhelmingly in favour of retaining the current system both in terms of total votes and by Members present at the Meeting.

No doubt this will be debated again but it is clear that in today's world, Members are busier and on the move more than ever before. A huge number of Members simply cannot attend General Meetings because they are traveling or otherwise committed. Proxy votes ensure much wider Member participation in decision-making at the Club. Last night total votes represented about 30% of the voting Members whilst those attending were only about 10% and biased of course towards those who are not so mobile.

The Swimming Pool/Pump Room: Concerns about the state of the swimming pool were raised at the November 7th EGM, some Members questioning whether it could withstand construction of Phase 2. The GC commissioned engineers Meinhardt (Thailand) Ltd to carry out a follow-up structural inspection of the one they carried out when the pool was last repaired in 2012. Their report is available in the Members section of the website.

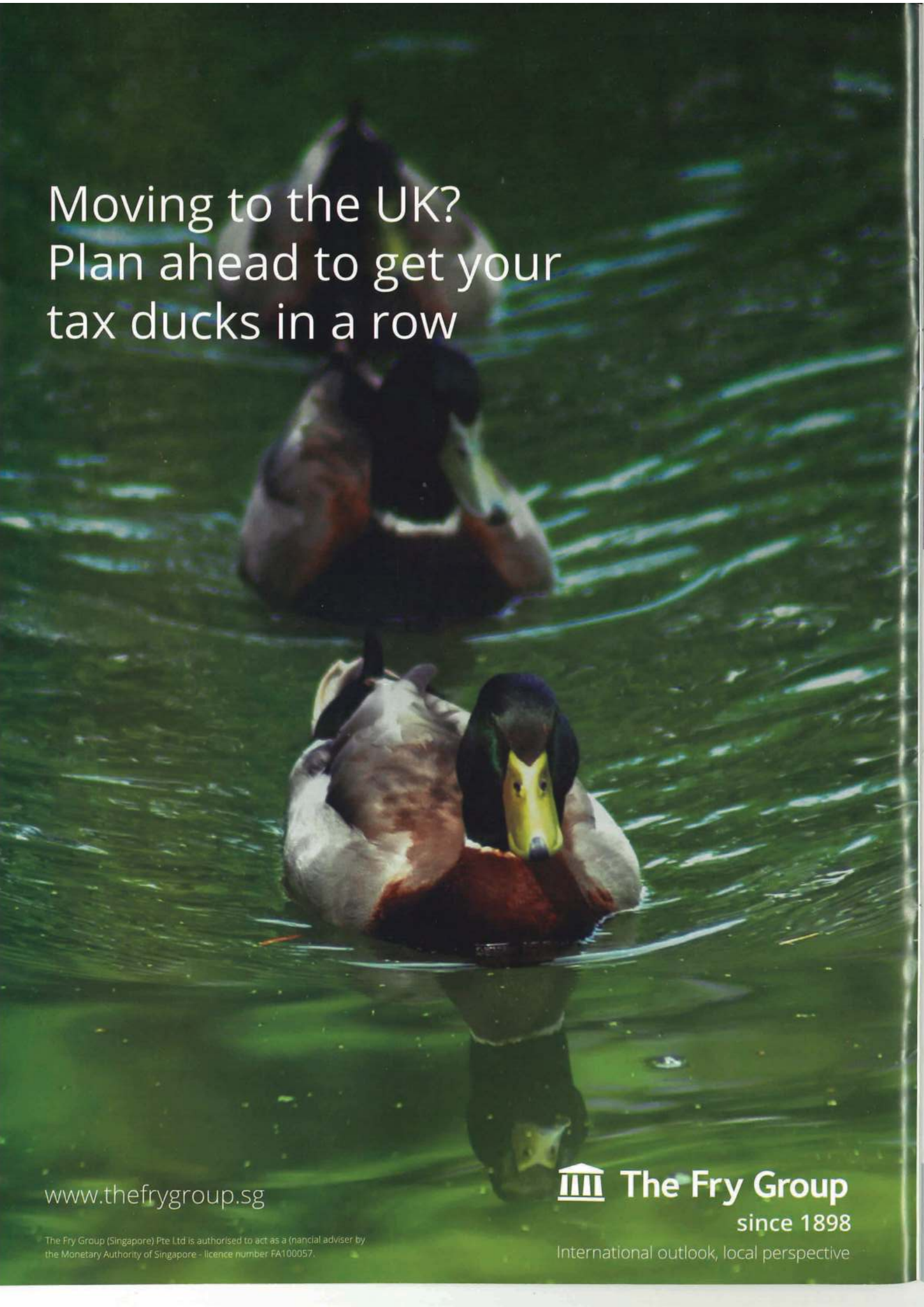
The Report confirms no undue concern regarding the swimming pool integrity either imminently or as a result of the construction works that are proposed for Phase 2. However it is over 50 years old and we can

expect to have to replace it sometime this decade. This will be an opportunity to bring it up to modern standards including provision for elderly/ handicap access etc. Currently this is estimated to cost around 12-15 million baht and this will be provided for in longer-term CAPEX projections.

Meanwhile however, the Meinhardt report confirmed that the pump room needs urgent repair work. Earlier repairs in 2012 were not adequately executed and the problem has been exacerbated with the construction of the new BBQ/ Pizza station overhead. As a precaution, temporary props were installed before Christmas and the BBQ/ Pizza station temporarily closed. The GC has now contracted Hammersmith Construction to carry out re-strengthening work at a cost of about 500,000 baht. Work should be complete in February and will extend the life of the pump room for another 5-7 years.

Silom Wing Finishes: The Club retains funds from the Silom Wing contractors against defects. The contractor will commence work to address an agreed list of defects in January and these are scheduled for completion in March. The GC is also finalising designs with architects Chapman Taylor to address outstanding issues regarding airflow/shelter in the Silom Wing, maintenance of the vertical gardens and acoustic issues relating to the Family Room. Work on these will also commence shortly. Management will endeavour to ensure there is minimum disruption of activities whilst these mostly minor works are carried out.

Members Gathering: One of our most enjoyable annual events is the Members Gathering, which will be held on Thursday 6th February. All Members who have been Members for more than 20 years are invited to a Reception together with all new Members who joined in the last year. This is a great chance to meet up with old friends and new, and I do urge you to attend if invited.



Moving to the UK?
Plan ahead to get your
tax ducks in a row

www.thefrygroup.sg

The Fry Group (Singapore) Pte Ltd is authorised to act as a financial adviser by the Monetary Authority of Singapore - licence number FA100057.



The Fry Group

since 1898

International outlook, local perspective



An Evening with The Fry Group

SPEAKERS

Martin Wright
Senior Financial Planner, The Fry Group

Max White
Director, Schroders Wealth Management

WHEN

Thursday , 13 February 2020
6.30pm Evening Session

WHERE

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

RSVP

events@thefrygroup.sg

Join us for an informative evening hosted by Martin Wright, Senior Financial Planner at The Fry Group Singapore. Martin will be joined by guest speaker - Max White who is the Director at Schroders Wealth Management.

This educational session will focus on:

- Pension Income
- UK Property and General Tax Update
- Investment Market Update

This complimentary presentation will be followed by an interactive Q&A session and an opportunity to chat informally with both speakers over a complimentary British Club dinner and drinks.

TEE TALK WORDS FROM THE DGM



Tee Bale

Polar Ice kicked off 2020 for us and we would like to thank all the kids and families that came down and enjoyed a super fresh chilled started to the year while swimming with ice-burgs, not forgetting our always happy Peter the Penguin that made his annual appearance.

Following Khun Prem's announcement that we will be creating many new events for you this year, Movies Under The Stars was our first new events and was a great success, we had three sell out nights enjoyed by everyone that attended, don't worry if you missed out this time, we will be hosting three more movie nights towards the end of the year.

February is heating up and what better way to cool down than to take part in our Log Master, this is a gladiator pool challenge where two people go head to head on the inflatable log and battle to knock each other off, every Sunday throughout February at 2.00pm make sure your up for the challenge.

For all you sporting members we will be showing all the live action from the Guinness Six Nations Rugby, many a promotion to enjoy in the Churchill Bar whist



cheering on your favourite team. Staying on the rugby theme, we are very happy to be catering this years Rugby 10s competition hosted at Pattana, make sure you swing by over the weekend Saturday 29th February and Sunday 1st March to try our Bad Boy Burgers and other delicious food on offer.

Chinese New Year is soon to be upon us, it will be the year of the Rat, and as always we will have the best dim sum buffet in Bangkok ready for you in The Verandah, followed by the super exciting and daring tiger dance on the front lawn, make sure you don't miss it and bring your camera.

With the successful EGM that just took place we are already planning our new outlets and facilities to enhance your membership experience, watch this space for some exciting new developments in the coming months.



Amazing Kids

Event on 29 March 2020

INTER KIDS FASHION SHOW

by : INTER KIDS STYLE



Professional Designer :
PRAVIT SAWADWIPHACHAI
From PRAVIT KIDS



Any kid models
would like join us this
"INTER KIDS FASHION SHOW"

please contact via
Line ID : [renna_jenna](#)
Tel : 081-7372334



Venue : The British Club Bangkok

Tickets Available at the reception area of The British Club Bangkok
PRICE 1,500 THB | FOOD & DRINK | SHOW TIME : 18:30 -20:00

STRICTLY NO TICKET AT THE DOOR !!



THE BRITISH CLUB
BANGKOK



PRAVIT KIDS
Haute Couture

IKES
SUMMER 2020
by : INTER KIDS STYLE

The British Club

-HAPPY-

VALENTINE'S

Day



V-DAY - ALL-DAY

MAKE YOUR PARTNER SPECIAL

FROM BREAKFAST TO DINNER

WE FEEL VALENTINE'S DAY SHOULD LAST THE WHOLE DAY

ORDER FROM V-DAY ALL-DAY MENU FOR SPECIAL TREATS AND SURPRISES



1903

THE BRITISH CLUB
DANCEHALL



**SHREWSBURY
INTERNATIONAL
SCHOOL**

BANGKOK • RIVERSIDE



1903

**THE BRITISH CLUB
BANGKOK**

**SHREWSBURY
STARS
KID'S CLUB**

*Play &
Learn*

**EVERY
SAT. & SUN.
12- 4PM**

**FOR KIDS AGED 3- 12 YEARS
@ BRITISH CLUB BANGKOK
(SILOM WING)**

Booking at the Reception or Fitness Centre
info@britishclubbangkok.org | Tel: 02-234-0247

**SCAN
ME!!**



British Club
Line official



British Club
Facebook fanpage

HEALTH *Why Quality of Rehab Matters*



Sandy Remiens

Personal Trainer, Wellness Coach
Accredited Rehab Master Trainer

There are many factors involved with successful rehab, whether it be injury rehab or management of a medical condition. Why are re-injury rates so common after an initial injury?

MOVE IT OR LOSE IT!

For a large number of people I see – the injury they are seeking rehab for often has a history of previous injuries – often the same part of the body but not always. Re-injury, and/or successive other joint injury is common - so what is missing from the equation? Does this mean that after one major injury it is all downhill from there? Lets use the example of knee surgery. Once the surgery is complete and the post surgery healing time has been adhered to, the orthopedic surgeon's job is done – the joint has renewed integrity. But that does not mean that your body has functional integrity. What does that mean?

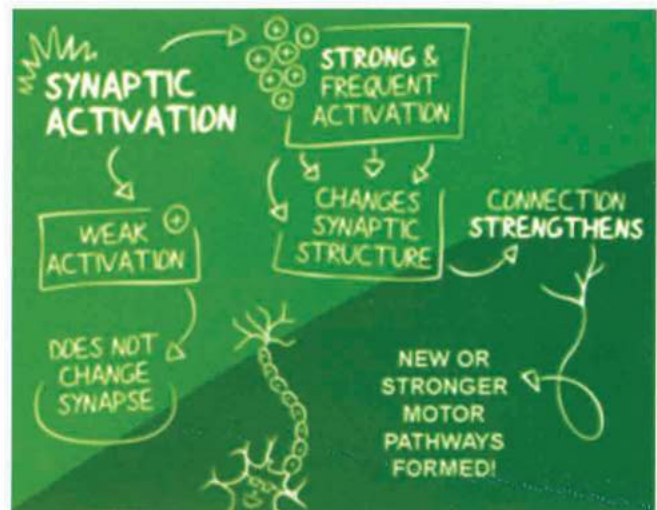


Our brains are very clever at protecting us – and part of that is the brains reaction to pain. When your leg is injured and/or in pain ie:from injury or post op trauma, your brain will encourage you to take weight off that limb putting more weight on the other leg. You limp. You move differently. A leg fracture for example, after 6 weeks in a cast will leave you definitely limping – the

cast comes off – and for some reason you just cannot stop limping – it seems you are incapable of walking normally. The problem is that after 6 weeks limping, your brain now perceives that motion as 'normal' so a few weeks later you think that you are finally walking 'normally' but in fact your limp has become your new normal. Your new 'normal' - being an unbalanced gait - leaves you with a higher probability of producing another injury unless you work at regaining functional integrity – regaining strength and balance not only in your injured leg, but the rest of the body that has compensated for the imbalance and restoring good movement patterns again.

The Sports Injury Bulletin recently published an article by Chris Mallac – a highly qualified Physiotherapist and Human Movement Educator with extensive experience in elite level sport, that discusses this. The following is from this article.

“Reinjury rates following return to sport are often quite high. In under-25 athletes for example, the incidence of another anterior cruciate ligament (ACL) rupture (or



ACL failure) run as high as 23%. The reasons for reinjury when returning to sport are multifactorial. One of the commonly identified factors is a failure to target and retrain motor control resulting in aberrant movement patterns in the recovering athlete. Despite attempts at best practice rehabilitation of athletes, the utilization of motor control principles – specifically the principles of neuroplasticity – is frequently neglected.

What is neuroplasticity?

The Polish neuroscientist Jerzy Konorski most likely coined the term neuroplasticity. In 1948, he described the adaptive cellular mechanisms of learning. He observed that learning occurred through a change in the quality of the connections between neurons in the brain. Those connections which were strengthened through frequent activation allowed encoded memories (see figure 1). Many additions and revisions of this concept transpired over the next few decades. Ultimately rehabilitation professionals harnessed the concept of plasticity, or the ability of the brain to change the wiring of neural networks, in the recovery of central nervous system disorders. Indeed, many of the current modern-day rehabilitation programs used for traumatic brain injury and cerebral vascular accidents (strokes and aneurysms) have their roots embedded in the original theories proposed by Konorski.

The application of the concept of neuroplasticity extends beyond the realm of purely neurological therapy. This model has a place in the rehabilitation of sports injuries as well. For instance, ACL tears, shoulder instability, broken long bones, or ankle fractures are time-dependent injuries. Part of the extensive rehabilitation of these injuries is the recovery of motor control, which is governed by the central nervous system.” Ref:

www.sportsinjurybulletin.com/neuroplasticity-in-sports-injury-rehabilitation/

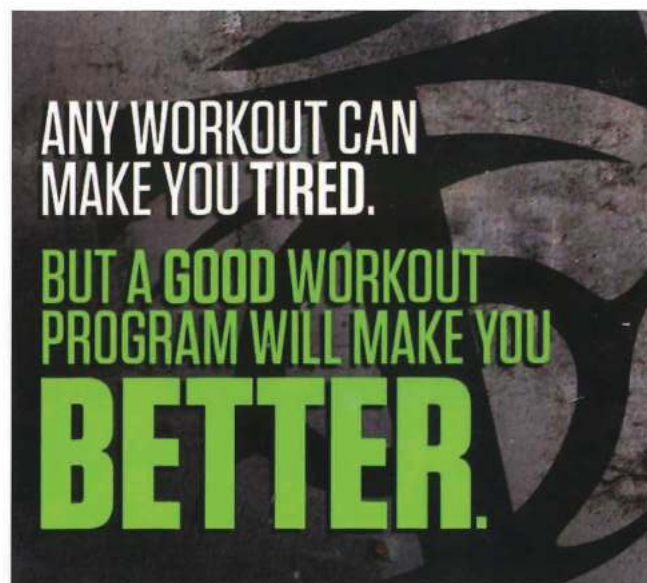
MOTION IS LOTION!

Intelligent Training

Use it or lose it is the lead principle in this process keeping in mind that the body is very clever and adapts well to what you give it so if you want to keep getting improvements your training needs to be specifically designed for those improvements – intensity, repetition, specificity and intelligent time frames for progression and correct movement patterns are important factors. Remember your muscles don't have a brain – training for improvement needs to be intelligent training. **Your brain needs to be involved.**

Intelligent training is the key to ongoing pain issues, injury prevention and rehabilitation and lifestyle management especially with conditions that may not be fixable – but are most definitely manageable. Have a look at some examples of people who have chosen intelligent training and had some great wins.

www.youtube.com/watch?v=DC7_miLw7PE&list=PL-SfPBHU_-jLp0KvPLPzhxI5V9WjfmCNn&index=2&t=0s



DARE TO BE BETTER THAN YESTERDAY

Bangkok Storm Training offer FREE consultations. Come and ask your questions, find out how to move forward with your health and fitness. EMAIL Sandy here sandy@bangkokstormtraining.com

RECIPROCAL CLUBS

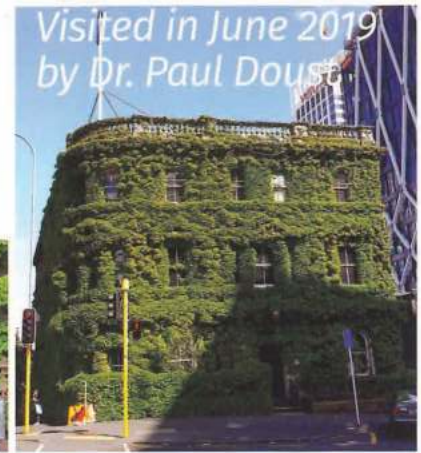
The Northern Club, Auckland, NZ.

Visited in June 2019
by Dr. Paul Doust

The Northern Club is a very comfortable and elegant club in Auckland, which is the city where visitors from Bangkok are likely to arrive on a direct flight from Thailand to New Zealand.

We stayed one night in the club on our way back to Bangkok, and room that we got was very comfortable and reasonable value compared to hotel alternatives. It's quite an active club because on the day we arrived there were two events, namely a visit to an art gallery to see a new exhibition in the afternoon, and a Champagne tasting in the evening. Even though advance reservations were required for the Champagne tasting, the staff at reception were able to arrange for us to go at short notice. All the other club members who we met during our visit made us feel welcome. The club has a lot of facilities including 3 bars (one of which is a small whisky bar), 2 restaurants, a gym, a billiard room and multiple function rooms. The dress code is mostly business casual, but a lot of the men that we saw in the club were wearing jackets (without ties) even though jackets are not strictly required. However, men must wear both a jacket and a tie in the fine dining restaurant.

The British Club Bangkok is delighted to have a network of 427 of the world's most prestigious Members' Club, spread across 60 countries worldwide. Please ask Reception for a Letter of Introduction ahead of any visit with the dates of your intended visit.



JOIN OUR MOVIES UNDER THE STARS

SAT 1st February

2020

On the back lawn
seated in our deck chairs or bean bags
kids movie from 6.30pm
then the main movie
of the night starts at 8.00pm

Live BBQ, special drinks deals and
as much popcorn as you can eat
Tickets 50 baht kids, 100 baht adults
including your first drink free

Booking at the Reception or by email:
events@britishclubbangkok.org

MOVIE SHOWING

- How to train your dragon 3
(the hidden world) at 6.30pm

- Goldfinger at 8pm



1903
THE BRITISH CLUB
BANGKOK



A TASTE OF WINE A TOUCH OF JAZZ

FRIDAY 28TH FEBRUARY 2020
AT FRINT LAWN

MEMBERS: 200 BAHT
GUESTS: 300 BAHT

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



1903
THE BRITISH CLUB
BANGKOK

International HEALTH - LIFE Insurance



HEALTH

INSURANCE.TRAVEL

**WE'RE
HIRING!**



REGENCY
for expats



EXPATS

- Lifetime Renewability
- Private Hospital Room
- Any Doctor or Hospital
- Home Country Coverage



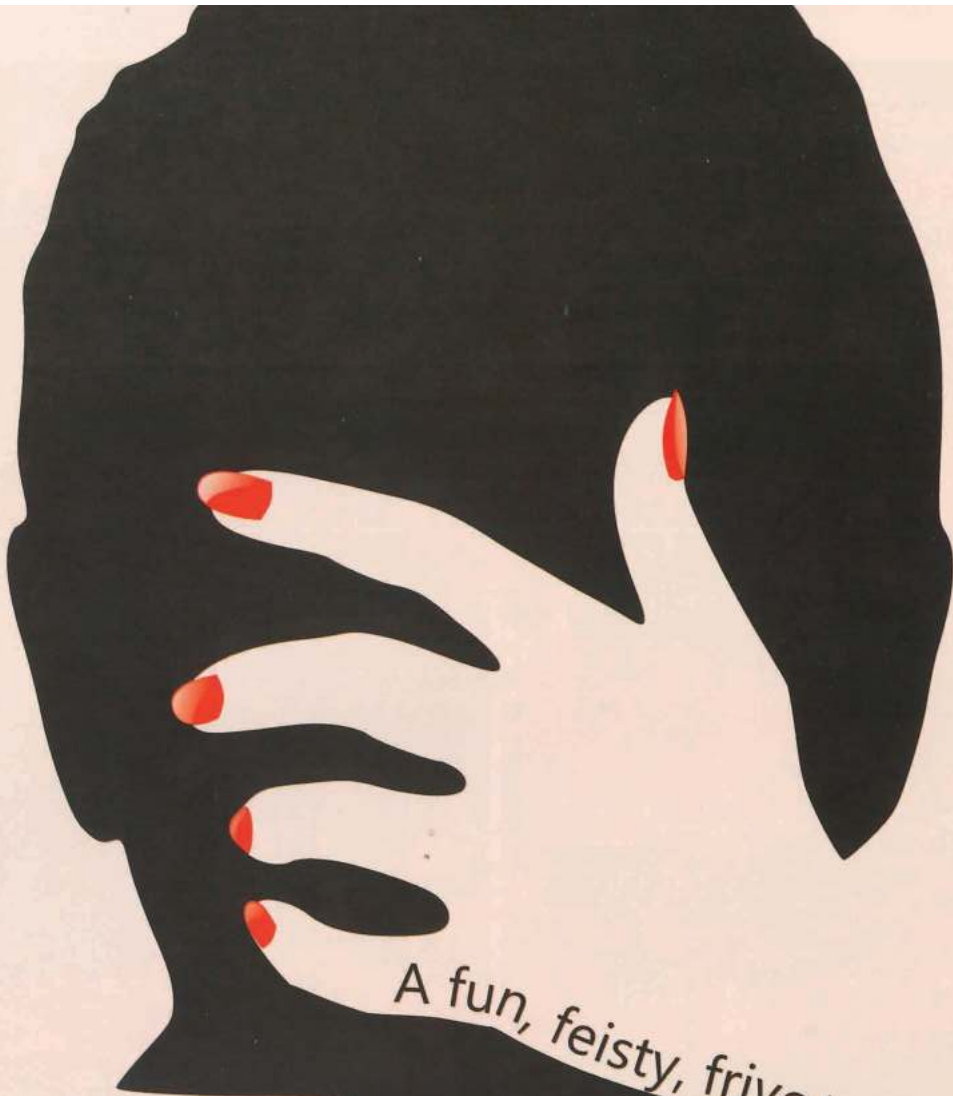
TOURIST

- Any Country to Any Country
- Private Hospital Room
- Per Trip, Annual Multi-Trip, Study Abroad, Group, many plans

Website: www.HEALTHINSURANCE.TRAVEL

Email: info@healthinsurance.travel

Phone: 094-896-1727



A fun, feisty, frivolous, flirtatious feast!

Suitable for adults and students 12+

The Essential Marriage of Figaro

SUNG IN ENGLISH

FRIDAY & SATURDAY, MARCH 6, 7, 13 & 14, 2020
PERFORMED AT THE BRITISH CLUB – SILOM, SOI 18
TICKETS: 1,200BHT – INCLUDES BUFFET DINNER AND SHOW
CHECK IN & CASH BAR OPENS AT 18:00 - BUFFET DINNER SERVED AT 18:45 - CURTAIN AT 19:30
PURCHASE TICKETS AT BANGKOKCOMMUNITYTHEATRE.COM

Bangkok
COMMUNITY
Theatre

Saloni

a Winner of KIS full IB Diploma scholarship Class of 2019

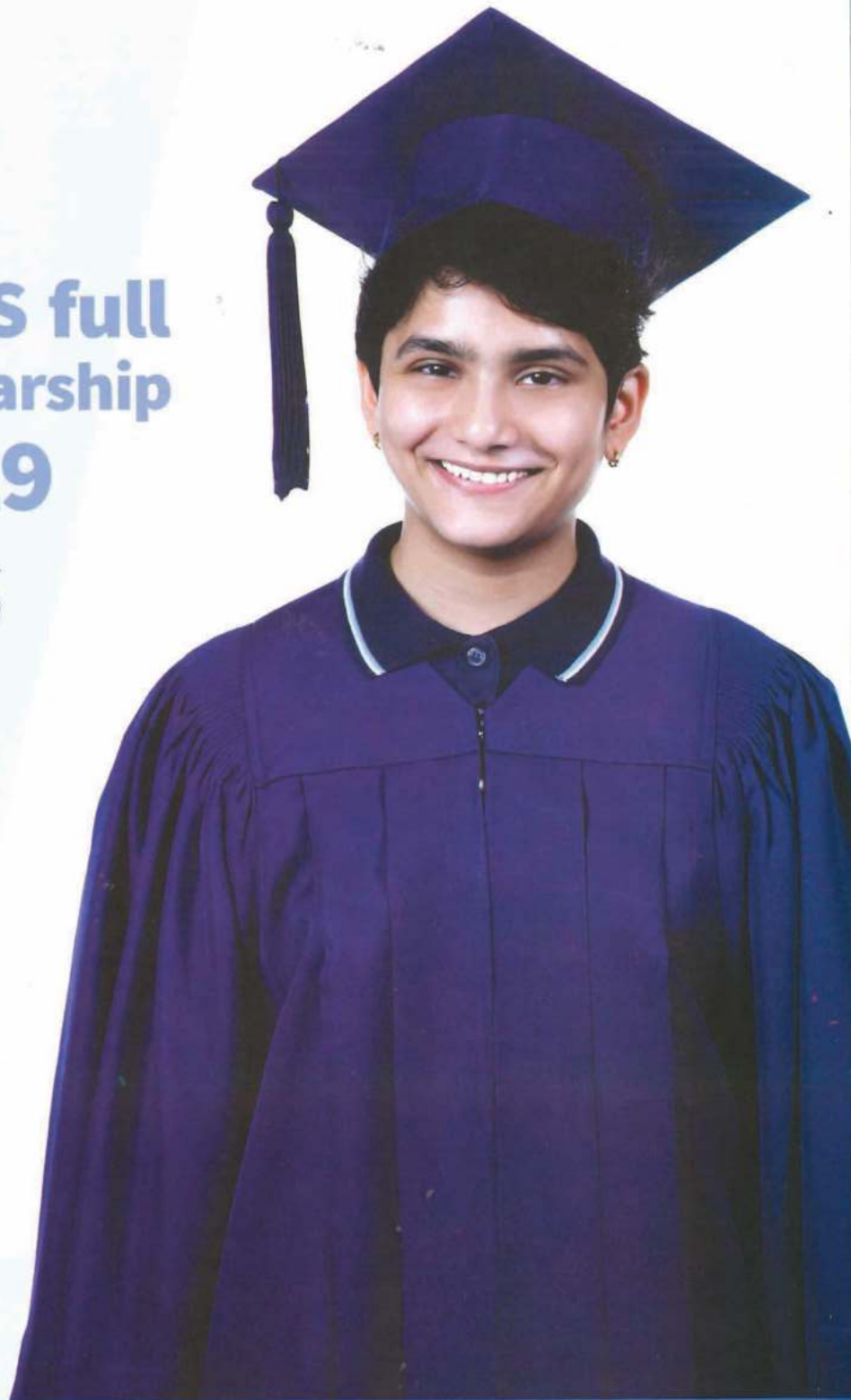
Student Council President (2018-2019)

Co-Founder of Aboli Foundation

Currently studying at the University
of Edinburgh Medical School

Students who win KIS
scholarships achieve
great IB Diploma
results and go to
excellent universities.

We are currently processing
applications and assessments for the
scholarship. The assessment period
closes on March 16th 2020.



Apply now for **KIS** full **IB Diploma** scholarships

As a full IB World School, KIS has a history of excellent results on the IB Diploma. Our graduates are accepted by top ranked universities around the world, often with a university scholarship.

KIS is offering one full IB Diploma scholarship to inspire individuals to be successful in life. Partial scholarships may also be offered.

Apply now if you would like to be considered for an academic scholarship at KIS for 2020 - 2021 and onwards.

For more information or to apply go to www.kis.ac.th or email admissions@kis.ac.th.



POLAR SWIM

The Club's annual New Year's Day Polar Swim was the place to be really cool! Young and old thoroughly enjoy the early morning dip in amongst the ice. It certainly is the 'fresh' way to kick off the New Year



Reportings

is has been a tradition at the British Club for many years. The fun of sliding the slippery ice blocks into the swimming. Then the fun of swimming in amongst them.

As with other years it's a fun time for all and of course not to forget the medal at the end of it all. Proof that you did have a Polar Swim.



HAPPENINGS

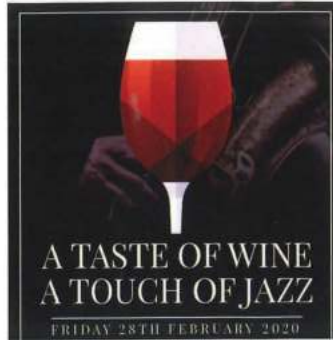
WED



THU



FRI



SAT

05 Ladies Tennis Coaching 9.30am-10.30am
Squash Mix-In 4.30pm-7.30pm
Tennis Mix-In 6pm-10pm
Balut 6-8pm

06 BAMBI 9.30-11.30am

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

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

12 Ladies Tennis Coaching 9.30am-10.30am
Squash Mix-In 4.30pm-7.30pm
Tennis Mix-In 6pm-10pm
Balut 6-8pm
Paella Dinner Only

13 BAMBI 9.30-11.30am

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

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

19 Ladies Tennis Coaching 9.30am-10.30am
Squash Mix-In 4.30pm-7.30pm
Tennis Mix-In 6pm-10pm
Balut 6-8pm

20 BAMBI 9.30-11.30am
Ben Thompson Osteopath 11am-6pm

21 Junior Tennis 4pm-6pm
Kid's Movie Night 6pm
Tennis Mix-In 6pm-10pm
Ben Thompson Osteopath 11am-6pm

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

26 Ladies Tennis Coaching 9.30am-10.30am
Squash Mix-In 4.30pm-7.30pm
Tennis Mix-In 6pm-10pm
Balut 6-8pm

27 BAMBI 9.30-11.30am

28 Junior Tennis 4pm-6pm
Kid's Movie Night 6pm
Tennis Mix-In 6pm-10pm
Wine Tasting 6pm-9pm

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

CHRISTMAS DAY



AY AT THE CLUB



MEMBERSHIP PLUS



- 15% discount for cash payments; 10% discount for credit card payments
- 15% discount on dental treatment (excluding orthodontics).
- Discount is applicable towards inpatient rooms, medications, Certain laboratory fee, certain medical supply fees, and x-ray
Excludes doctor's fees, chemotherapy, mammograms, MRIs, and CT Scans
- Discount applies only to corporate partner employees and corporate partner Employees family members (spouse, children, and parents)
- If using insurance, benefits are only applicable towards cost exceeding coverage.
Discount cannot be used in conjunction with other discount, vouchers, promotion, or packages
Simply present one of the following: Employee ID Card, Corporate Member Card, Group Insurance Card



- Free eye check up for BC Members
 - 50% off all lenses and frames
 - Money back guarantee if not satisfied
- For more information : Tel: 02 635 7405
Location : Corner Silom/Decho



ELEMIS Spa at the St. Regis Bangkok
 Facial 60 min 2999++ from regular price 5200++
 Massage 60 min 2999++ from regular price 4500++
 free access to relaxation zone, normal charge 1500++/day
 For more information : +66 (0) 2207 7778-9 or www.elemisspabangkok.com
Remark: Relaxation Zone, where you can use before or after the treatment.



- Accommodation: 20% off Best Available Rate
 - Quan Spa : 20% discount on selected spa treatments
 - F&B : 15% off Food and Beverage at:
 - Praya Kitchen – All Day Dining Restaurant
 - The Lobby Lounge - Yao Rooftop Bar
- For more information : Tel: 02 088 5666



20% Exclusive Discount for BCB members
 At Chatrium Riverside Branch and Silom Branch
 For more information :
 Tel: 0 2235 3055



- 15% Discount for A la carte food and beverage order exclusive for BC Members
 - Limited to one voucher per table •No cash alternative available
 - Not be used in conjunction with any other offers, promotions, discounts or set menus
 - For dine-in only and valid at Jamie's Italian Siam Discovery only
- For more information: Tel 02-255-5222 *(Please show your membership card at server to claim offer)*



สมาคมสโมสรเรือยachtในพระบรมราชูปถัมภ์
 ROYAL VARUNA YACHT CLUB

Offers specially discounted Room rates for Members
 of the British Club Bangkok. Rooms sleep up to a family of four
 Contact Office: 038-250116 or Baz: 089-7779197 for further details



- 20% Exclusive Discount for The British Club Member
 - For more information : Tel: 0 2234 9341
- (Please show your membership card at server to claim offer)*



- Superior (26 Sqm) THB 2,000.-/room/night, complimentary drink for 2 pax
 - Deluxe (32 Sqm) THB 2,500.-/room/night, complimentary drink for 2 pax
 - 25% Discount for A la carte food and beverage.
 - The buffet is not applicable to any discount.
- For more information : Tel: +66 (0) 2 206 9225
Please present the member card upon arrival.



- 10 % Discount for Massage on each bill
 - 15 % Discount for food at The Rock.
- For more information :
 Tel: 02-261-0265, ext. 8



Kamala Beach Estate Phuket
 British Club Members receive a 20%
 Discount off advertised rates, price includes ABF
 plus 15% discount on lunch.
 For more information :
 Tel: 076-279-756, ext. 9



- THB 200 per person off the regular rate for every bicycle tour
 - Children under 12 get a full 25% off our regular price.
- For more information : Tel: 02 639 7351

EXCLUSIVE OFFERS FROM OUR PARTNERS

WINE TASTING

AKARUA RUA
PINOT NOIR
2018

"Winemaker's Wine"



Like most of you, I managed to drink my fair share of wine over the New Year and had a chance to try out some wines I didn't tried before.

One that I found to be a very nice drop was the Akarua Rua Pinot Noir 2018 from Bannockburn in Central Otago, New Zealand. Sitting by the during the day I tend to drink a white wine. But as I was offered a Pinot Noir I decided to try it and I was pleasantly surprised.

Watching this bright cherry coloured wine being poured into the glass I knew I was in for a treat and I wasn't wrong. It had the aroma or sweet ripe red berries with a savoury and touch of spice character. Tasting it reinforced the sweet ripe red berries. It was so soft and smooth on the palate with a long fruit finish to it. The winemakers say it has been deliberately made to drink as a young fresh red and I would totally agree with that.

Central Otago, as a viticultural region, arguably more than any other New Zealand wine growing region, has rapidly gained international market and media credibility for producing pinot noir. Scientific

temperature data identified Bannockburn in particular as possessing seasonal temperatures and weather and with one of the finest elevated North facing sites in Bannockburn making it ideal for the continuing consistency and quality of pinot noir.

Now for the technical Info.

Region:	Central Otago, New Zealand
Varieties:	100% Pinot Noir
Bottled:	Dec 2017
Alcohol:	14%
pH:	3.6
TA:	5.5
Residual Sugar:	1 g/L

Serving temperature Between 16-18°C

Food pairing: Enjoyable with dishes in source, lamb, game, red meat and cheese.

Vegetarian and Vegan friendly.

If you are a lover of Pinot Noir you will love this one, if you are not give it a try and I am sure you will become one.

Cheers



YOGA

with Kru Lek

Every Thursday 9.00am - 10.00am

Start 6 February 2020

Free Trial 13, 20 and 27 February 2020

350 Baht/Session (minimum 4 persons)

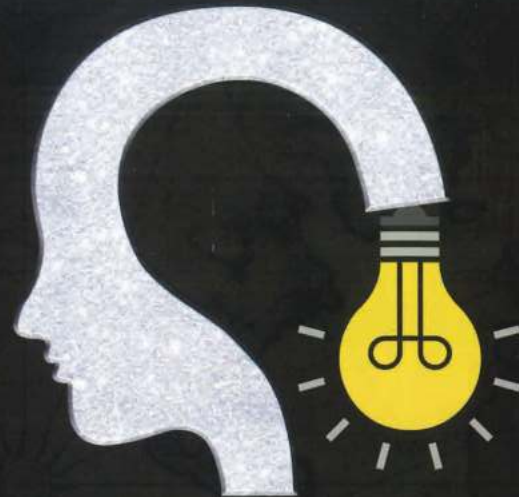
PLEASE BRING YOUR OWN MAT, IF POSSIBLE

For more information and booking please contact the Fitness Centre
or e-mail: sport@britishclubbangkok.org

Yoga teacher with experience teaching both in anatomical yoga
Restoration techniques And has more than 25 years of teaching experience



1903
THE BRITISH CLUB
BANGKOK



with monthly jackpot

QUIZ NIGHT

TUE 11.02.2020

AT THE VERANDAH - 7.15PM

MEMBERS: 150 THB | TEAM OF 6 PERSONS
GUEST: 200 THB | OR LESS

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



1903
THE BRITISH CLUB
BANGKOK



PILATES CLASSES
WITH KAREN

PILATES CLASSES

Tuesdays 9.30 - 10.30

Tuesday 4, 18 and 25 February 2020

300 Baht Per Session

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

For more information and booking please contact the Fitness Centre
or e-mail: sport@britishclubbangkok.org

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

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



1903
THE BRITISH CLUB
BANGKOK



ASIA'S BIGGEST SOCIAL RUGBY TOURNAMENT

BANGKOK 10's
RUGBY

ALL PROCEEDS FOR CHILDREN'S CHARITY
WWW.BANGKOKRUGBY10S.COM

**BANGKOK INTERNATIONAL
RUGBY 10S
2020**

AT BANGKOK PATANA SCHOOL
29th FEBRUARY - 1st MARCH

FOOD STALLS, BEER GARDEN, LIVE MUSIC
KIDS ZONE, INFLATABLES, GAMES AND MORE

CHECK WEBSITE FOR ADDITIONAL INFORMATION AND MAP TO LOCATION: WWW.BANGKOKRUGBY10S.NET
FREE SHUTTLE BUS FROM BTS BANGNA, EXIT 3 | FREE ADMISSION!!

f [/bangkokrugby10s](https://www.facebook.com/bangkokrugby10s) | t [/bkkrugby10s](https://twitter.com/bkkrugby10s) | i [/bangkok10s](https://www.instagram.com/bangkok10s)



BANGKOK PREP

Bangkok International Preparatory & Secondary School

Est. 2003



One school, two campuses

The only British international school in the central Sukhumvit area that offers a British Education Curriculum from EYFS to A Level in a truly international learning community.



Bangkok International Preparatory & Secondary School

Primary campus at Sukhumvit 53

23 Sukhumvit 53, Vadhana, Bangkok 10110

Secondary campus at T77 On nut

77 Sukhumvit 77, Vadhana, Bangkok 10110

Phone: 02-700-5858

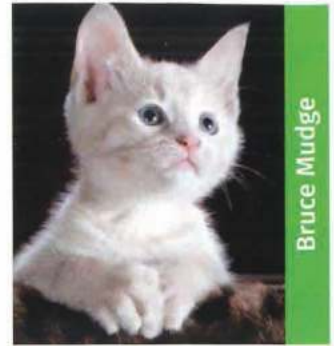
Email: admissions@bkkprep.ac.th

Web: bkkprep.ac.th

f @ v [bangkokprep](https://www.facebook.com/bangkokprep)

SQUASHY BITS

ATTITUDE ADJUSTMENT!



Last month's Bits centred on a visit by a female team from the Hong Kong Cricket Club. However, the text was removed by the General Committee just prior to printing leaving just the photos. The following may explain this sudden and unprecedented censorship: *(It's on the BCB Squashies FB page)*

The knock came at 5am. Loud, violent, sudden. But somehow expected. A tired and pensive face peered out from within.



The orders were barked sharply from the semi-darkness: "Dress quickly! Come! Do not speak!" A weapon glinted menacingly in the half light.

The prisoner was led blindfolded at gunpoint to the unmarked vehicle. Then the terrifying journey to the hidden location on the outskirts of nowhere.



Seated at the table in the dimly lit room were two individuals in Chinese military uniform. Behind them hung faded portraits of past and present leaders. Kim Jong-phil. Carrie Lamb Shank.

The blindfold was removed, but not the wire binding the prisoner's wrists which had begun to draw blood.

"Prostrate yourself before Sir Lord General Donefor and Commander Cheese. Kneel!"

The General glared down in disgust. His words were slow and precise: "We represent the Great Council of the British Club Bangkok. You have been impertinent again."

The shaking prisoner looked up and made to speak.

"Bow your head! Do not look at us! Guard him Bale."

"Locked and loaded, Sir."

The ageing General continued gravely: "We have been very lenient with you in the past. We have been more than kind. But you have not appreciated our generosity. We have tolerated your impertinent utterings on many occasions. And now you have brought us much disgrace and danger."

Commander Cheese scorned the kneeling, quivering specimen: "Your Hong Kong nonsense represented evil lies and falsehoods. The potential damage was immense had the mainland authorities seen it. It was lucky for you the Great Council was wise and intervened at the last moment. But at great trouble. The island puppet protestors are fools and dogs much like you. Their cause is unjust and not worthy of glamour."

**ATTITUDE
ADJUSTMENT
AREA**

The General warned: "The Great Council is benevolent and affords the simple squashies many excellent facilities. But do not be foolish and abuse our kindness. You will face severe punishment for the shame and trouble you have brought us. And you will change your attitude."

The corpulent Commander let out a frustrated sigh: "It is understood your membership will not be terminated at this time, however. Nor shall you receive any suspension. Rather you will endure hard labour."

The General begrudgingly conceded: "We need your money. Phase 2 is way over budget. The membership is

most displeased. Another EGM is looming. A termination or suspension now will not be in the Great Council's interests. You will clean my car. Inside and out. And then both squash courts. With your tongue."
 "Let this punishment be a grave warning to scum like you. The Outpost is provided under the generous grace and guidance of the Great Council. So the Club's membership may learn of the many, joyful events offered by its superior facilities. Squashy Bits is not the place for your mindless rants or warped fiction. You will report the squash section's affairs truthfully. You will describe the squashies as happy, obedient, grateful. You will praise the Great Council in your writings always. AND YOU WILL DESIST in the use of foul and uncouth words to toy foolishly with issues

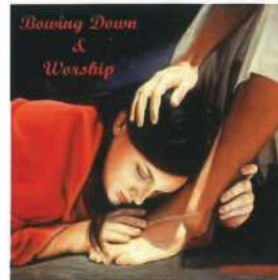
XMAS EVENT

By the gracious grace and benign benevolence of the Great Council led so sagely by its Dear Leaders Sir Lord General Dunford and Commander Cheese, the humble servant Squashies were permitted to hold a Christmas Competition and Party. THANK YOU SO MUCH TO THE GREAT COUNCIL!

Squash Section Committee Member Marc Sayer was tasked with the marketing and organisation of this glorious event. Naturally, as just a meek and pathetic Squashy, such a responsibility was beyond his pitiful and limited abilities. The Great Council, in its infinite power and wisdom, was of course then instrumental in the guidance and management of this excellent function. They provided everything, did everything, handled everything. And for that we must express our sincere gratitude again and forever and ever. THANK YOU AGAIN AND FOREVER AND EVER!

From the sheer, unbridled joy and overwhelming thankfulness of being expressly and delightfully invited so dearly by Marc - The Great Council - to take part in this exotic and wondrous event, hoardes of Squashies scrambled, clamoured, fought, and even killed, to confirm their attendance. Thus, the turnout was even more than immense, as could only be expected when the Dear Leaders are involved.

beyond your concern. We must not antagonise the locals or the mainland. They are watching. We do not expect to have to intervene again. We have saved you on this occasion. We are kind. Merciful. Just. But do not test us further."



"Kiss their feet to show your sincere repentance and gratitude to the General and Commander," growled Bale the Butcher.

The prisoner shuffled forward and meekly obeyed.

"Take him away!"



Sadly - and let this be a stark and grave lesson to those impertinent rebels who casually dismissed this majestic event as not worthy of their 'precious' time or who were crass and foolish enough to be 'busy' on that day (HOW COULD THEY?) - not all the Squashies took part, as far-fetched and ridiculous as that may sound. However, we can all rejoice and delight in the wonderful knowledge that those disgusting fools who didn't have the grace to turn up have been banished, exiled, eliminated from the BCB and shall not be missed.

Two teams of 'Elves' and 'Santas'. When asked why not 'Generals' and 'Commanders', Marc, with tears in his eyes, humbly explained that the Dear Leaders had graciously given permission to use these fun team names with their express blessings. PRAISE THEM!

Sports



The competition featured a round-robin style format, two and three-man teams, players roughly matched according to ability, players swapping after seven points, all players involved in the refereeing, gallons of encouragement and banter, and wonderful fun. Just look at the photos! And the result? A draw. What else? Such a fair and just way to end the greatest Squashy event ever held. The Squashies were ecstatic and rushed to flood Marc with their gratitude and congratulations. "NO! STOP! Not me. I did nothing," he bellowed. The Squashies fell silent, forgetting themselves for a moment. "We must thank the Great Council." Naturally. Of course. Who else? At that moment, the simple and obedient Squashies turned as one towards the BCB Clubhouse, fell to their knees and chanted, "PLEASE ACCEPT OUR HUMBLE GRATITUDE GREAT COUNCIL AND DEAR LEADERS FOR THIS MEMORABLE DAY!"

Up to the fabulous air-conditioned Sports Bar in the Clubhouse for the party. But wait, we don't have an air-conditioned sports bar, do we? That's what Phase 2 is going to provide, isn't it? That's why we need to spend so much money. What? But we were in there, weren't we? We have photos. Oh, this is so confusing. Please, The Great Council, Dear Leaders, be our guide



in this. The humble membership is simple. Naive. Uneducated. Stupid. THANK YOU AGAIN!

A sumptuous buffet at just 350 baht/head (we would have gladly paid 3,500 if it helped to fund Phase 2), and Happy Hour beer prices all night. The Dear Leaders' generosity continued unabated.

Medals and gifts for all provided by the Squash Section under the warm patronage of the fatherly GC. We were blessed and blessed again. Many Squashies rushed forth to pour out tales of awe and inspiration: "I came today because the Lord General sent a messenger," sang Bernard Grogan.

Bruce Madge: "He sent me one too. With a machine gun!"

I played well because Commander Cheese came to me in a dream," claimed Peter Corney.

"I dare not miss this event because if I did my family would be murdered," warned Neil Evans.

"My wife's breast enlargement surgery was an idea from the Lord General," declared Marvyn Lewis.

And on and on the tales went cementing the stature and divinity of the Dear Leaders.

Sports

Amongst the warm wishes and praise, conversation soon took on a more serious note: the future of the BCB and Phase 2. "It's over budget. Some crooked imperialist contractors have taken advantage. We have been scammed. There is dissent among the membership. Some are calling for protests. Sedition. A coup. Traitors! Dogs! Banish them! The Tennis Tarts have skimmed the profits. How dare they? Punish them!"

It was clear the Great Council needed help and the Squashies were ready and willing, more than willing, eager, salivating, to repay the immense and unending kindness that had been so warmly bestowed upon them on this great day.

John Drew: "I have lent the Club all our savings. I don't care if they are never repaid. But don't tell Leslie."

Manit Narula: "My wife and I have just had our first child, but we have sold our house to help fund Phase 2. We can live in our old car."

Shiraz Poonevala: "I was going to send my daughters to university. One wants to be a lawyer, the other a doctor. I have been saving for years. However, as soon as I heard the GC needed cash for Phase 2, I gave them the lot. The girls can work as waitresses or something. I don't really care."

"I sold a kidney." Neil McArthur.

"I sold my wife!" Neil Evans.

And on and on the pledges went into the late evening, growing and growing as the beer flowed and flowed. Nothing was too much for the immensely indebted Squashies.

And so ended a wonderful Christmas event that will be remembered for its fantastic and spirited competition, great camaraderie and warm wishes, and a lovely social evening.

But mostly for the grace of the Great Council and the infinite wisdom and kindness of the Dear Leaders.

Until the next Phase 2 EGM...



- The concept is simple there will be two teams Bulldog Santa & Barbarian Elves
- SANTA'S will wear Red and Elves Green
 - Players will play each match, substituting every 7 points played (PLAYERS COME OFF COURT, OTHER PLAYER IN YOUR TEAM COMES ON).
 - Each two player team match is played to 21 points
 - Each three-player team match is played to 25 points
 - No warm up's between each turn around. Playing continues until 21 or 25 points are reached.
 - **There are no sudden deaths**
 - Captains choice – select one additional player to play with 3 player team.
 - Team with highest total points declared the winner after 3 matches

Teams:

Bulldog Santa (BS)

- Team 1
- 1. Neil Evans (C)
- 2. Henry Woodley
- 3. John Vivian
- Team 2
- 4. Marc Sayer
- 5. Neil Mc
- Team 3
- 6. Ricky T
- 7. Mani
- Team 4
- 8. Mark R
- 9. John Drew
- 10. Joe Drew
- Team 5
- 11. Marvyn
- 12. Bernard Grogan
- Team 6
- 13. Ronnie
- 14. Simon Davis

Barbarian Elves (BE)

- Bruce Mudge (C)
- Darren Burke
- Maria Woodley
- Shiraz
- Peter Comev
- Ja
- Dan Roberts
- Nick Ghosh
- Ranjan
- Captains Choice
- Luke T
- Nick R
- Brad
- David Fisher



TENNIS GAME ON!

Club Championships Underway ...

Many battles are fought on the BC courts throughout the year, but no event lights up the competitive fires like our annual Club Championships. This year's tournament took off on January 6th, with the returning champs looking to defend their titles and a few newcomers and new partnerships looking to get in their way. The tournament will culminate with our Finals Day on March 21st. Here's a look at the favorites.

Men's & Ladies Singles

A possible Men's Final between defending champ, Cheer, and 9-time champ, Pierre, may be the mostly highly anticipated match of the tournament. There is no easy road to the final, however, with high-level competitors like Andrei I, Taimur, Christian, and Faheem eager to upset the favorites. On the ladies' side, Mooky looks unstoppable in her quest for yet another Ladies Singles crown, but two newcomers – Maria & Aom – will certainly be looking to shake things up.

Men's & Ladies Doubles

Last year Andrei K & Bam won over many fans in their exciting road to victory and will, no doubt, be among the favorites again. However, with new partnerships like Cheer & Nueng and Andrei I & Taimur, and the tried & tested team of Pierre & Frank G, it looks like anyone's game. Raquel is determined to continue her reign over the Ladies Doubles competition, and partnering with Mooky again, they'll be a tough team to beat. And while this year's Ladies draw seems somewhat incomplete without the pairs of Zahra & Rhea and Nisa & Bees, the new team of Maria & Pin is surely one to watch.



Anjelica Manalo

Mixed Doubles

Never predictable and always entertaining, the Mixed Doubles draw is again filled with some interesting pairs. It may be safe to predict that defending champs Mooky & Cheer will secure a place in the final. But the draw sets the stage for some very exciting matchups, potential upsets, and surprise frontrunners. Who survives the first round? At this point, it's anyone's guess.

NEW – Seniors Tournament!

Due to popular demand, this year's Club Championships introduces a new 'Over 55' tournament. Club veterans and our more experienced competitors will have the opportunity to show off their finesse on the court. With exciting players like James, Harold, Phairoj, Todd, Frank G, Neng, Harry and more participating in the Men's Singles Senior and Men's Doubles Senior categories, some cracking matches are guaranteed. In the Mixed Doubles Senior draw, Harold & Noi and James & Nu look like the top contenders. Let's see who comes out on top!

Big thanks to all of our sponsors. Check out the BCTS Facebook page for info on Center Court main events and don't miss out on the action!

**THE 2020
BRITISH CLUB
Bangkok
Tennis Section
CHAMPIONSHIPS**

Follow the matches British Club Bangkok Tennis Section

Saturday 21 March Starting 8:00 am

RAMADA PLAZA
BY THE BANGKOK
BANGKOK MEMBER RESORT

MAJOR SPONSORS



Always top contenders



Back to back for Bam & Andrei



Bringing the big guns



Dominating duo



Hot new pair



Ladies doubles queens



New Girl



More top notch teams



Coming home to take back the throne



Relentless



Two pairs we'll miss this year



Seniors doubles favorites & next gen champs



Chasing the triple crown



Fighting for another final

Follow us on  British Club Bangkok Tennis Section

MINI SPORTS CAMP

11, 12, 14 FEBRUARY 2020

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

THB 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 unassisted.
 - A no show booking will still be charged 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 offsite or travel.



THE BRITISH CLUB

SPORTS CAMP

11, 12, 13, 14 FEBRUARY

	950 THB TUESDAY	950 THB WEDNESDAY	1,300 THB THURSDAY	950 THB FRIDAY
9:30-10:00	ADMIN			
10:00-11:00	TENNIS	TENNIS		TENNIS
11:00-11:15	SNACK	SNACK	ICE SKATING	SNACK
11:15-12:15	FOOTBALL	FOOTBALL		FOOTBALL
12:15-1:00	LUNCH			
1:00-2:30	BASKETBALL	SQUASH/ COOKING		BASKETBALL
2:30-3:30	SWIMMING	SWIMMING	BOWLING	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 some activities, please sign up 48hrs in advance.
- A no show booking will still be charged the full amount. Cancellations up to 24hrs 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.

Fitness centre: sport@britishclubbangkok.org



THE BRITISH CLUB

LOG Master

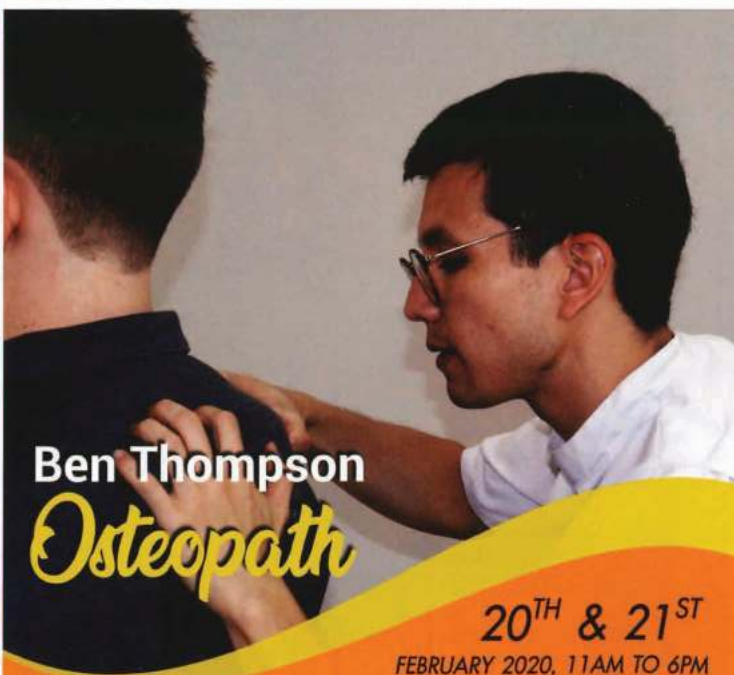
**EVERY SUNDAY
AT MAIN POOL**

The Battle's Begin at 2.00pm
Can you win and stay on the log?
"Prizes for all winners"

Booking at Fitness Centre or sport@britishclubbangkok.org



THE BRITISH CLUB



**Ben Thompson
Osteopath**

**20TH & 21ST
FEBRUARY 2020, 11AM TO 6PM**

**2,500 BAHT
PER SESSION/HOUR**

Book now at Fitness Centre or
Tel: 02 234 0247 ext.26
Email: sport@britishclubbangkok.org
**Cancellation charged at full price
if less than 24 hours notice

Ben Thompson will be returning to The British Club for two days in January. Osteopathy addresses a wide range of health problems including:

- Chronic and acute pain relief - Back, neck and shoulder aches and strains
- Arthritis
- Sports injuries
- Postural and gait assessment.

Ben is a UK trained and registered Osteopath, with his own practice in Chiang Mai and academic qualifications in Human Biology (University of St Andrews), Medical Education (King's College London), Biometrics and Pharmaceutical Economics (London School of Economics), and Epidemiology and Public Health (University of Cambridge).



THE BRITISH CLUB

JUNIOR SQUASH COACHING WITH KHAN

Sunday 1, 8, 15, 22, 29 February 2020

10.00 am - 11.00 am Age 5 yrs - 8 yrs
12.00 pm - 1.00 pm Age 8 yrs - 12 yrs

550 BAHT/SESSION
MIN 5 KIDS / CLASS

PRIVATE SQUASH COACHING

1,100 BAHT/SESSION

Time Available:

Monday, Tuesday, Thursday and Friday - 8am to 2pm
Wednesday and Sunday - All day
Saturday - 2 pm to 8 pm



THE BRITISH CLUB BANGKOK



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

JUNIOR CRICKET WITH DANIEL JACOBS

Junior group: 6-12 years old, 8.30am - 10am
Sunday 9th and 16th February (minimum 3kids)
Senior group: 13-18 years old, 6pm - 7.30pm
Friday 7th and 14th February (minimum 3kids)

NEW YEAR BC CRICKET PROMOTION, 2020!

1,000 Baht for 4 session or 400 Baht Per Session

Information/booking at Fitness Centre
or email: sport@britishclubbangkok.org



THE BRITISH CLUB BANGKOK

Start Friday 10 January 2020
End Friday 3 April 2020 | 12 weeks

No session on Friday 21 Feb

FRIDAY junior tennis coaching



5-8 years old
Friday 4.15pm-5pm
6,600 Baht

8-12 years old
Friday 5pm-6pm
7,260 Baht

Information/Reservation: Tel 02-234-0247 ext.26
sport@britishclubbangkok.org



THE BRITISH CLUB BANGKOK



SWIMMING LESSONS with Tony

Date: Feb 7, 14, 28 | March 6, 13, 20, 27

Group 1: 3.30pm-4.00pm Age 4 years old to 6 years old
Group 2: 4.00pm-4.30pm Age 11 years old to 14 years old
Group 3: 4.30pm-5.00pm Age 10 to 14 advanced class
Group 4: 5.00pm-5.30pm Age 7 years old to 10 years old

4,000.- / 10 LESSONS

MORE INFORMATION AND BOOKING AT THE FITNESS CENTRE
02-234-0247 EXT.26 OR BY EMAIL: sport@britishclubbangkok.org

Tony Bourgois is the founder and Head Instructor of Swimming Bangkok. He is French and has worked in Thailand as a full time swimming instructor for more than 10 years.

Tony teaches children from the best International Schools such as Patana, Shrewsbury, St Andrew, Bangkok Prep, NIST, ISB...etc. so he does understand the importance of adapting to busy schedules.

Tony is a highly experienced Swimming instructor with an excellent knowledge of teaching swimming to adults and children. Certified by Swimming Australia, loved by the children and approved by adults! Being highly responsible, honest and gifted teacher of children has contributed to a strong success and a great reputation. He also teaches adults of all ages, no matter how afraid of the water they are!



THE BRITISH CLUB BANGKOK

HARDBALLS

10 Years in Pattaya

With the holiday season over and the cricket section returning from wherever they'd spent their well-earned breaks, players were all too keen to get stuck into the first game back after the holiday season and start burning off the mince pies.



Pattaya V BC 2010

St Andrews school was the venue for the blockbuster fixture against Pattaya CC which marked a celebration of 10 years of the 2 sides coming together, almost exactly to the day. Fittingly, both instigators were present; Pattaya's chairman, Simon Philbrook



Dunford Philbrook trophy



Ben Eastwell

skipping his team from inside the rope, whilst BC's Jack Dunford was retired to the scorebook but promising a return after getting his bionic arm fitted. The 31st encounter between BC and Pattaya CC also included a sprinkling of players from the 2010 match which was originally played at Horseshoe Point. Once Sir Dilip (allegedly at the mistake of his co-drivers) had eventually turned up at the correct ground 5 minutes before the agreed start time, Ben won the toss and elected to bowl BC's 25 overs first on the compact ground. The smiles of being back on the field were quickly wiped away when Pattaya's top order set to work, bringing up the 50 in a mere 4 overs and showing no sign of slowing down as the ball repeatedly sailed over the rope. Despite Pramodh's efforts to restrict the flow (5ov, 1-23) including a maiden first up, Pattaya had bludgeoned 160 by drinks (15 overs) with 3 players back in the shed after reaching the 50 retirement score, leaving BC a few questions to answer.

The second wicket finally fell in the 18th over which led to some good fortune and the host's runs dried up following a quick flurry of wickets from Patrick on his comeback from being blasted off the first over (5ov, 3-58). A strong last 10 contrasted the first passage of play as bowlers found their lengths and fielders held their catches (and the best batsmen were out of the way), leaving BC with a whisker of a chance.

12 runs per over was the asking rate to take away an unlikely win from the day, and BC set off on a steady start which didn't produce much flare from the top order. The game shifted when Pramodh capitalised on some low hanging fruit in the 11th over which added 27 to the tally to bring BC back on track and pave the

way for the middle order to provide some entertainment for the crowd before a quickfire 50 from Mak injected further belief in the comeback. Dilip jumped in on the action with a snappy 16, including 3 back-to-back 4's but even with an onslaught from Sarg in the 11th hour without wearing pads, 76 from the last 5 overs was a bit too much to ask as BC valiantly crept over 200 but finished 24 runs short.



3 x father and son combo

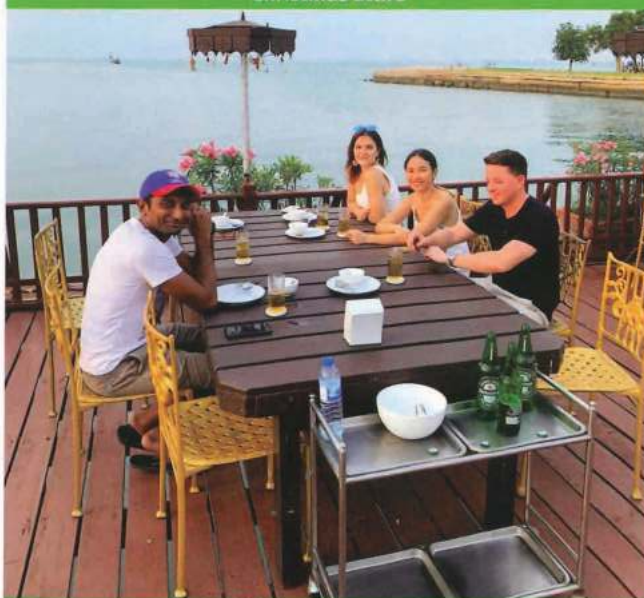
The day was aptly rounded off by recounting the days play and others throughout the decade; enjoyed by families, players and supporters alike. The loss was soon forgotten and BC set their sights forward to the awards night, league games and the Chiang Mai tour which will feature next month.



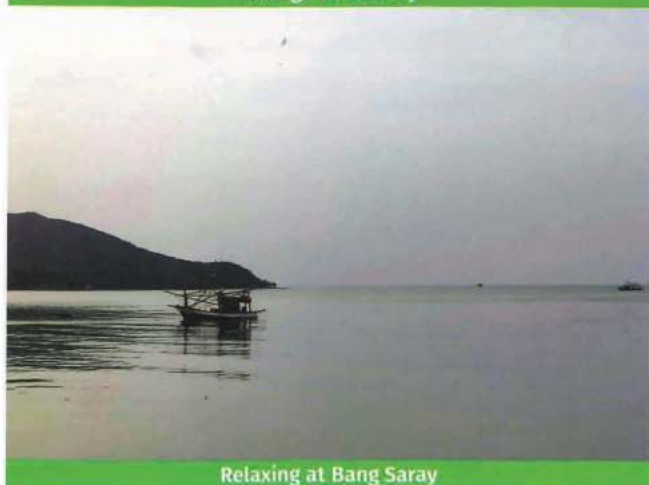
Slight height advantage



Christmas attire



Change of scenery



Relaxing at Bang Saray

BCGS GOLFING NEWS

3 Clubs & A Putter Subhraprueck Golf Club Fewer Clubs Better Scoring?



Our first game of the new decade and fitting that this was a really fun format. Three clubs and a putter asks so many questions of our BCGS golfers - what 3 clubs should I take, what about the bunkers, do I sacrifice distance for consistency, will the driver behave, what's everyone else using (they don't look like my club selections)?

The format of the day is Stableford with points available on every hole according to handicap.

The recorded scores once again prove that not all of us need 14 clubs in the bag to score well. 4th place went to Varghese Rose on 29 points while 3rd place was taken by Frank Fawkes on 30 points. Scoring 32 points and coming in 2nd was Eaw Angkana while 34 points secured 1st place and the win for Alan Ainsworth. Well played to all.

On the day we welcomed back our previous Captain, Maureen Gibson who was visiting from the UK and Simon Fisher our annual escapee from the UK winter.

Subhaprueck is one of those courses that has some surprising features - not least its selection of sculptures...



Impressive Clubhouse!



Our winners Alan and Eaw receiving their prizes from Captain on the day, Karen.

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

MY TAKE...

Common Sense

Why is it that we need to be told what to do? Can't we think for ourselves? What has happened to common sense? It would appear it does not exist, well not in so many of the younger generation. It seems they haven't been taught what is the right or sensible thing to do and now have to rely on others to tell them. Sadly, there's no smart phone app for common sense. Maybe the AI gurus haven't been able to string together the algorithms to write the code.

More and more it seems we are being told the obvious. On the BTS and MRT we are constantly reminded to give up our seat for those in need and to stand back and let others exit before we enter and to

mind the gap when we get off. I guess this is because nine out of ten people have their head in their smart phone.

Here at the Club it is no exception. We have numerous signs telling the members to do the obvious: return towels to the fitness center, no laundry in the showers, no playing in the lap lanes, and on and on.

Surely, this is a sad reflection on today's society when we need rely on the powers that be to tell us what to do and how to behave. Taken to extremes this can be exploited and used to manipulate society because a lot of us lack the ability to think for themselves. We shouldn't need to be told or have signs as most of it's common sense, but there is no university course in common sense and sadly so many of this generation seem to lack it.

..... FRESHLY BAKED

FRENCH BREAD & FRENCH PASTRIES

NOW AVAILABLE

Order any of our French Bakery Items to take home
Baking time 30-60 minutes after ordering

Breads

- White Baguette 60฿
- Farmer bread 85฿
- Small farmer roll 15฿
- Half white Baguette 35฿
- Ciabatta 60฿
- Plain white hard roll 15฿

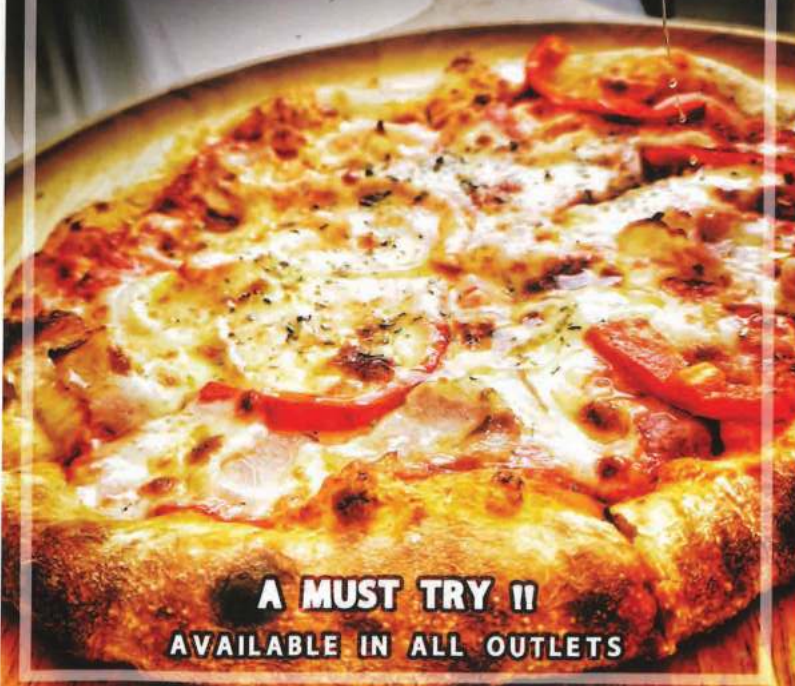
Bakery Items

- Butter croissant 40฿
- Butter curved croissant 40฿
- Mushroom black pepper puff 55฿
- Chocolate croissant 40฿
- Chicken yellow curry puff 35฿



THE BRITISH CLUB

BRAND NEW RUSTIC NAPOLITANO STYLE PIZZAS



A MUST TRY !!
AVAILABLE IN ALL OUTLETS



THE BRITISH CLUB



1903

THE BRITISH CLUB
BANGKOK

Outpost Classifieds

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

Services

Looking for better returns on Pound Sterling?

8.85% Per Annum,

Interest paid quarterly,

100% of capital returned after 2 years

Asset backed against UK property and with a corporate guarantee

Contact: Don

info@highgroveconsulting.com

or Tel: 08 1833 7836

AUSTRALIAN MIGRATION ADVICE & ASSISTANCE

Philip Summerbell, Lawyer & Registered Migration Agent (9896806). 20 years Migration Law experience. British Club member.

T: 02 2385571

M: 08 7081 7888

E: ps@strategicmigration.com.au

W: www.strategicmigration.com.au

Doing Business in Thailand

Company Set up

Visa and Work Permit

Commercial Transaction

Tax and Accounting

Resident and Thai nationality

Real Estate and Property Transaction

with over 20 years experienced lawyer team

SUKHOTHAI INTER LAW

T: 02-212-6866-7, 02-673-0244-5

E: info@sukhothaiinterlaw.com,

sutham@sukhothaiinterlaw.com

Services



Tel: 02-635 6618

Membership Plus Partner - Ask about discounts



Membership Plus Partner - Ask about discounts



Tel: 02-255 5222

Membership Plus Partner - Ask about discounts

For Sale

Sample Size Ad

55x40mm

THB 800

Special offer first month free



Tel: 02-088 5666

Membership Plus Partner - Ask about discounts



Tel: 02-261 0265

Membership Plus Partner - Ask about discounts

Accounts Office 9am - 6pm Mon-Fri. Closed Sat-Sun

Poolside Bar 6:15am - 11pm Last food order 9:30pm

Family Room 10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 6am - 11pm

Games Room 10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 6am - 11pm

Interactive Room 10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 6am - 11pm

The Verandah 11am - 2pm, 5pm - 10pm Mon-Thu, Fri-Sun and Public Holidays 11am - 10pm

Churchill Bar 10am - Midnight Mon-Wed & Thu-Sun to 2am*

1910 Balcony 3pm - Midnight. Afternoon Tea 3pm - 5pm

1910 Sports Bar 5pm - 11pm Mon-Wed & Thu-Sun 5pm-2am*

OFFICIAL OPENING TIMES

Fitness Centre 6am - 10pm Mon-Fri

Fitness Centre 6am - 9pm Sat-Sun

Thai Massage 10am - 5pm Tue-Sun

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



GUINNESS SIX NATIONS



FIXTURES 2020

DON'T MISS ALL THE ACTION LIVE AT THE CLUB

ROUND 1

Saturday 1st
February



WALES V ITALY



9.15 PM

Saturday 1st
February



IRELAND V SCOTLAND



11.45 PM

Saturday 2nd
February



FRANCE V ENGLAND



11.45 PM

ROUND 2

Saturday 8th
February



IRELAND V WALES



9.15 PM

Saturday 8th
February



SCOTLAND V ENGLAND



11.45 PM

Sunday 9th
February



FRANCE V ITALY



10.00 PM

ROUND 3

Saturday 22nd
February



ITALY V SCOTLAND



9.15 PM

Saturday 22nd
February



WALES V FRANCE



11.45 PM

Sunday 23rd
February



ENGLAND V IRELAND



10.00 PM

ROUND 4

Saturday 7th
March



IRELAND V ITALY



9.15 PM

Saturday 7th
March



ENGLAND V WALES



11.45 PM

Sunday 8th
March



SCOTLAND V FRANCE



10.00 PM

ROUND 5

Saturday 14th
March



WALES V SCOTLAND



9.15 PM

Saturday 14th
March



ITALY V ENGLAND



11.45 PM

Saturday 14th
March



FRANCE V IRELAND



3.00 AM



1903

THE BRITISH CLUB
BANGKOK



ROYAL VARUNA YACHT CLUB
THAILAND'S PREMIER SAILING COMMUNITY



Close Hauled.

Definition: 'Winch the hell out of everything'.

Of course Close Hauled is a sailing term meaning sailing as close to the wind as possible. However, we see it as more than this. Beyond the spectacular hide-away location, stunning clubhouse, accommodation facilities, excellent restaurant and bar, seafront pool, international level of sailing training and wide variety of yachts for hire, Royal Varuna club membership offers more...more intangible benefits like bringing together liked minded people from many walks of life, many who will remain close friends for years.

Get 'Close Hauled' with family and new friends. Where else?

Royal Varuna Yacht Club.

Thailand's premier international yacht club.



12°55'05.4"N 100°51'26.9"E
12.918169, 100.857468



FOR FURTHER INFORMATION, CALL +66 038 250 116
WWW.VARUNA.ORG
WWW.FACEBOOK.COM/ROYALVARUNAYACHTCLUB

