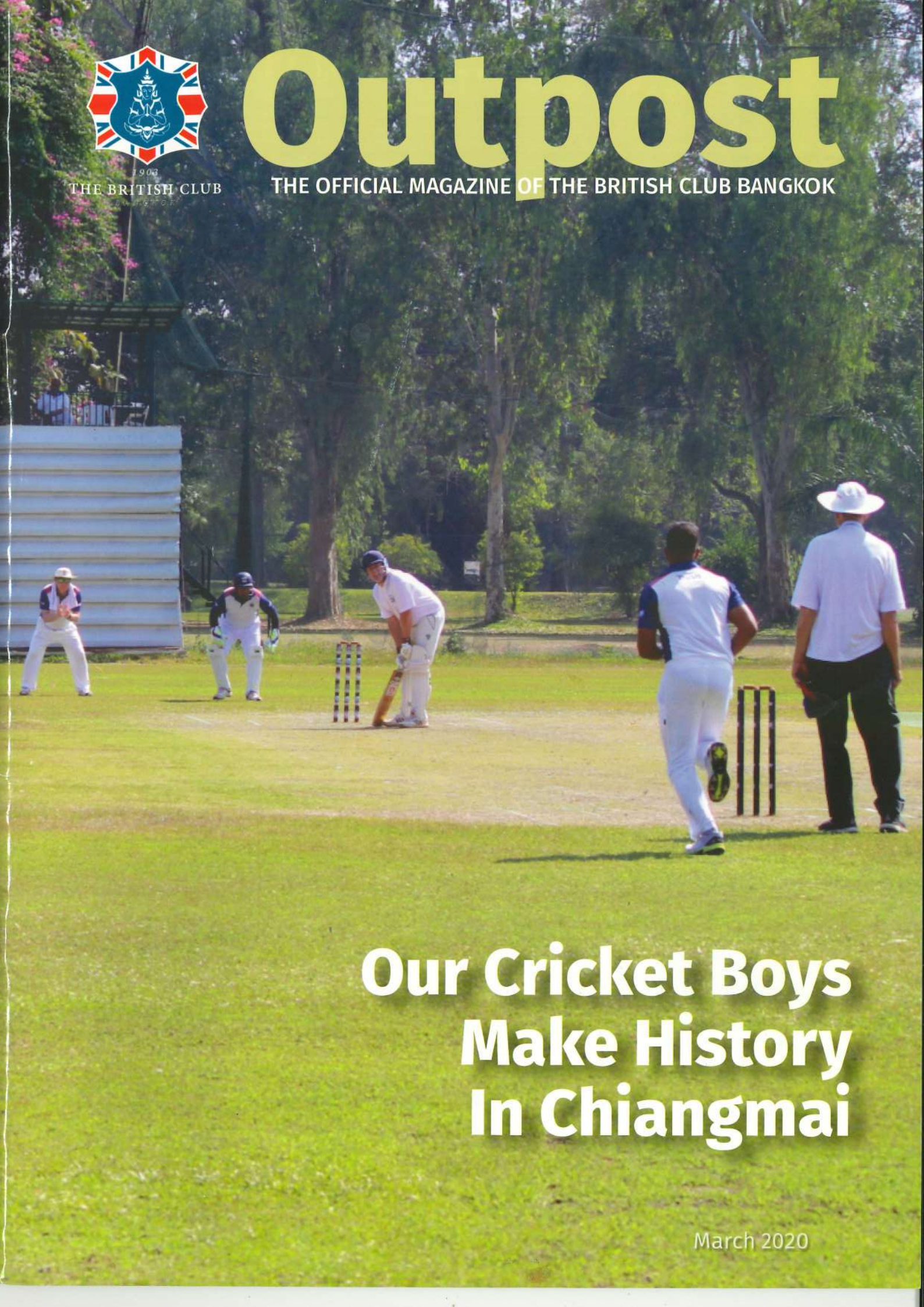




THE BRITISH CLUB

# Outpost

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK



**Our Cricket Boys  
Make History  
In Chiangmai**

March 2020



# 5 REASONS TO JOIN US

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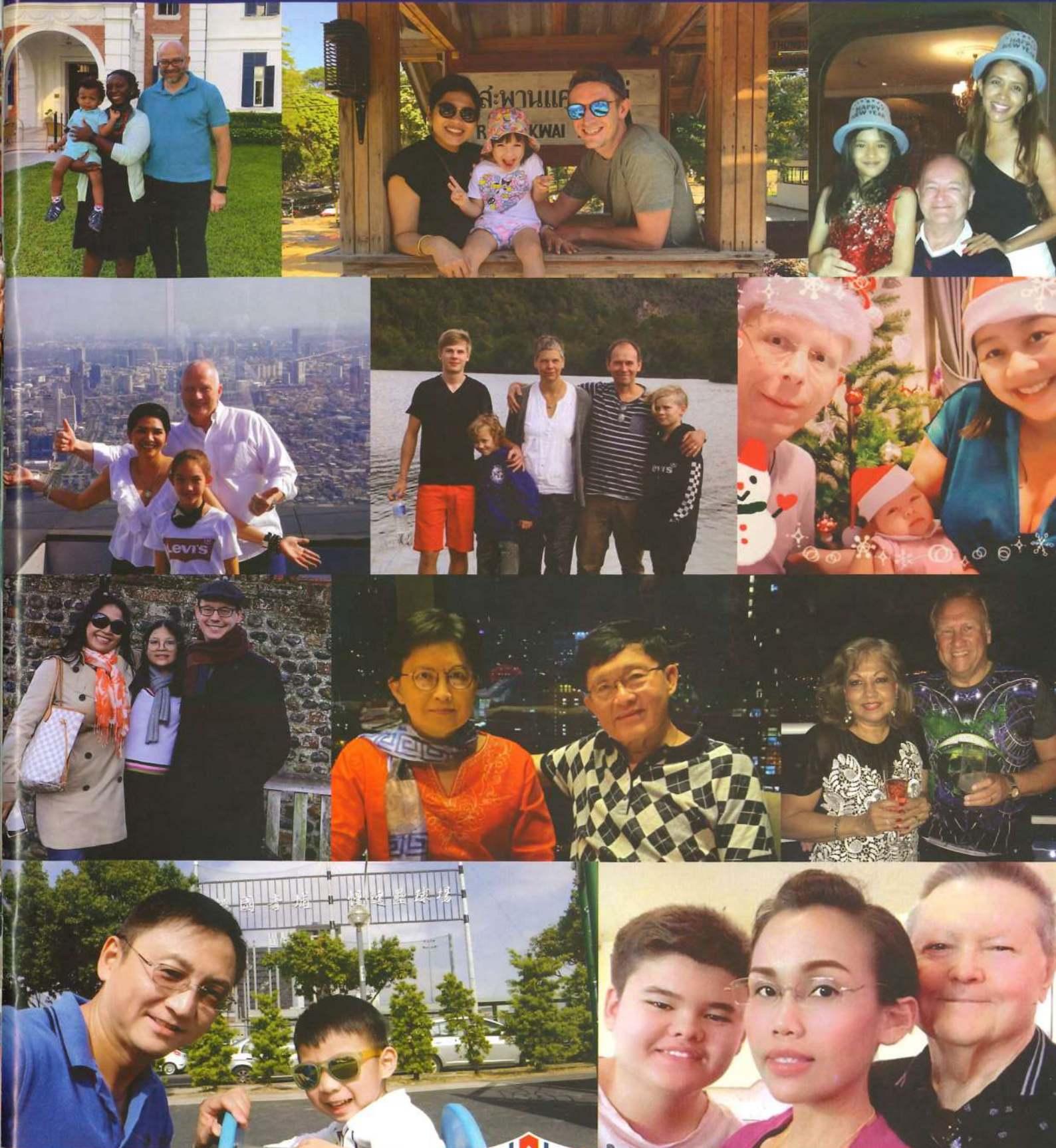
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# Welcome New Member



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BANGKOK

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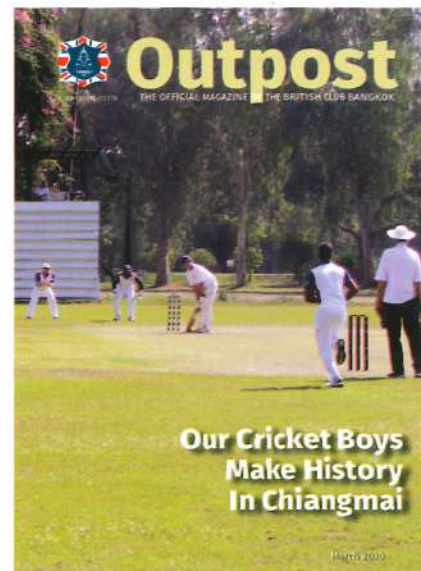
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## Front Cover

This month we focus on the Cricket Section's Tour to Chiangmai. Checkout Hardballs on page 36 for more.

## From the Editor

The weather is hotting up and so are the events at the Club.

The Monkey 47 Launch Party was a great hit with members and this month there are a great range of events to choose from with St Patrick's Day, UK Mother's Day Brunches and not to forget the Tennis Section Championships on Saturday 21st.

Cheers

*Chris*



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since 1898

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

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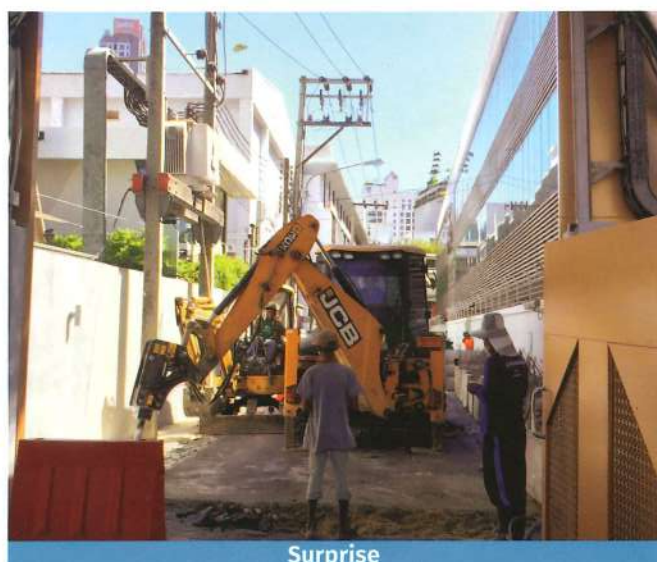
# MESSAGE FROM THE CHAIRMAN



Jack Dunford

**A**nother General Committee year is winding up, another successful year for the Club which ended with record Membership levels and a record financial surplus.

**Silom Rod Entrance:** The new Silom Road entrance became operational in May much enhancing the arrival experience and enormously improving control over people entering the Club. This will shortly be further upgraded with the introduction of new 'proximity' membership cards.



Surprise

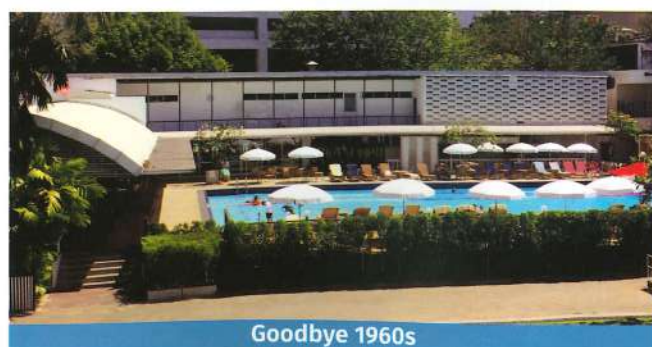
We were taken by surprise however when BMA announced that they would be completely rebuilding Soi 18. We have no control over the construction programme and unfortunately there will be a few weeks of noise and unannounced Soi closures. Our security team will divert access to the Suriwongse Road entrance as necessary and we apologise for the unexpected inconvenience caused. However, the Soi was in pretty bad condition and this will be a big improvement when work is finished.

**Phase 2:** Following approval of Phase 2 we were delighted by the response to the Members Loan Scheme (MLS), which was 80% oversubscribed in the

14-day subscription period. 35 Members deposited 30 million baht in the Club account by 18th February giving the green light for the project to move ahead. The Project Subcommittee have immediately started finalising negotiations with the project management team and contractors.

It will take a few weeks to prepare temporary facilities before we can start demolition. The changing rooms and Fitness Centre will be moved temporarily to the Silom Wing and a roof erected over the Pool Deck to provide covered seating whilst the Surawongse Sala is closed. The BBQ/Pizza station will reopen shortly when structural repairs in the Pool Room are complete and there are plans for a temporary Thai kitchen to maintain F&B services whilst the poolside kitchen is closed.

Although there will inevitably be some inconvenience, all services will be maintained including use of the tennis courts and main swimming pool. Demolition is scheduled to start mid March and piling after Songkran in April. The main construction work will start in June and the work is scheduled for completion in the first quarter of 2021.



Goodbye 1960s

**Silom Wing:** The GC is still finalising details for finishing touches to the Silom Wing, which will include some additional shade and fans. When the Pool Deck is covered and the BBQ/ Pizza station area restored to



use, all poolside furniture will be rearranged and we should have a much better distribution of shaded seating.

**Back of House:** Although installation is a little behind schedule, we are close to rolling out of the Comanche International enterprise system that will replace all of our antiquated Club software. It will include Back Office and Point of Sale modules, interfaced with a Membership module specifically developed for the Club's requirements.

The changes most obvious to Members will be new 'proximity' membership cards, the taking of orders by staff using tablets, the ability to personally update Member contact details on-line, and the option to receive statements and receipts by email or by downloading from the Club website.

**New Members:** The Silom Wing and all the other improvements have made the Club more attractive and more marketable to a new generation of Members. At around 1,250 we are almost 100 higher than just a year ago and it is clear that we are now appealing to a wider market.

Phase 2 is going to attract even more new Members and we are likely soon to have to consider just how much larger we want to get. A figure of 1,500 members has often be surmised as a reasonable ceiling and we could well be within reach of that within a year or two. A careful look may need to be taken at our recruitment targets and pricing policy. A large majority of new members have been joining as Annual Members and it might well be that this option will need to be restricted and/or re-priced.

**Events:** One of the benefits of a healthy Club is that there is demand and support for more activities and events. This year was surly one of the busiest ever with the War Memorial unveiling ceremony and our first Remembrance Day service both being prestigious landmark events. Guy Fawkes Night returned after a 4-year hiatus and Living in Bangkok and the Christmas Carol Night were greatly expanded. New events included Comedy Nights, speciality drink promotions, a Bangkok Community Theatre Sing-along; two dinner theatre shows, Only Fools and 3 Courses and Faulty

Towers, and several sell-out movie nights under the stars. The traditional Christmas Ball, Easter Sunday, Loy Krathong, Trafalgar Dinner, Members Gathering, monthly wine tastings and quiz nights were all well attended, making it a full and lively year.

Many Club events are child focussed and the Silom Wing is becoming an attractive kiddies entertainment venue. Shrewsbury School has a new sponsorship agreement with the Club and their new weekend Shrewsbury Star's Kid's Club has proved an instant success.

**Sports and Fitness:** The Cricket, Hockey, Golf, Squash and Tennis Sections all continue to flourish, and for those preferring exercise of a more cerebral kind the Club hosts Bridge, Spoofing, Balut and occasional Backgammon sessions.

Fitness options are constantly expanding, with three experienced professional Personal Trainers offering a range of fitness and remedial training in the Fitness Centre; Yoga and Pilates sessions; and now osteopathy sessions as well as regular massage therapy. Several Health Seminars were also well attended this year. There is a lot of scope for more fitness and wellness activities and once we have the more spacious facilities offered by Phase 2, the Club will be in a great position to provide more.

**Annual General Meeting:** The AGM will be held at the Club on Tuesday 24th March and a new General Committee elected for 2020/21. Pre-Calling papers were mailed at the end of January and Nominations for the General Committee to date are posted on Notice Boards at the Club.

Besides statutory reporting and election of the GC, at this stage I am unaware of any other Motions to be debated, but I urge all voting Members to attend. This will be an exciting but challenging year for the Club with the GC and management tasked with delivering Phase 2 on time and budget whilst maintaining usage and services during the construction.

I thank all Members for your support and patronage and Khun Prem, Tee and all our staff for their hard work and service throughout the year.



# Is UK Inheritance Tax Changing?

By Martin Wright

Following requests from the previous Chancellor and Financial Secretary to HM Treasury, Phillip Hammond, for the Office of Tax Simplification (OTS) to carry out a review of IHT, the OTS is likely to conclude that the UK's Inheritance Tax system is too complex and outdated.

It's clear that Inheritance Tax is a significant revenue generator for the UK tax authorities, with a total of £5.4 billion collected from bereaved families in 2018/19. With property prices rising, more and more estates are falling into the IHT net, despite new tax breaks such as the Main Residence Nil Rate Band which increased what can be passed on free of IHT.

With recent media reports speculating about the changes to come, Martin Wright, Financial Planner at The Fry Group, outlines the current Inheritance Tax framework and how the proposed system may look.

## Current UK Inheritance Tax Legislation

Inheritance Tax is presently charged:

- On your estate following your death
- On gifts you make to individuals in the last 7 years of your lifetime
- On gifts to some types of Trust during your lifetime

Everyone is entitled to a tax-free allowance of £325,000, called the Nil Rate Band, above which IHT is charged at a flat rate of 40%.

### **Main Residence Nil Rate Band**

An extra tax allowance per spouse is available which would be £175,000 for the coming 2020/2021 tax year.

If an estate value exceeds £2 million (net of debts but before reliefs/exemptions), every £2 over that threshold will lead to a reduction in relief of £1.

### **Gifting**

Some gifts are automatically free of IHT through annual exemptions:

- Up to £3,000 per donor
- No more than £250 each to any number of people
- Gifts on marriage up to £5,000 (as a parent)

Others are free of IHT if they are:

- Gifts that form a regular spending pattern from your income
- Gifts for the maintenance of your family
- Gifts to a UK spouse or civil partner
- Gifts to charities registered in the UK or most European states

It is also possible to make gifts during your lifetime free of UK IHT, as long as you survive for at least 7 years. Most lifetime transfers are "Potentially Exempt Transfers" (PETs) – i.e. they should be free of IHT after 7 years.

### **Gifting capital to certain Trusts**

- Gift & Loan Trust (IHT-free future Investment Growth)
- Discounted Gift Trust (an immediate partial IHT liability reduction)
- Excluded Property Trust (for non-Domiciled individuals going to live in the UK)





### Short-term (2 year) IHT planning method examples:

- Furnished Holiday Lettings (strict criteria to qualify for Business Property Relief – BPR)
- Woodlands/Farmland Investments (Agricultural Property Relief – APR)
- AIM structured portfolios (Business Property Relief – BPR)
- Alternative investments which also achieve BPR/APR

The complexity around how the tax is levied, and the reliefs available leads to confusion, and can allow the super-rich to pay proportionally less – 10% on average for estates worth £10 million-plus - than the wealthy who pay 20% on estates of £2million to £9million, according to figures compiled by the OTS (who are an independent arm of the Treasury).

The latest plan for a shake-up would 'increase fairness, cut complexity and reduce avoidance', according to the All-Party Parliamentary Group (APPG) for Inheritance & Intergenerational Fairness, led by Tory John Stevenson who represents Carlisle.

### Proposals for a new UK Inheritance Tax Regime

The 40% tax should be ditched and replaced with a 10% tax on annual gifts in excess of £30,000, along with a death allowance.

Their proposals would also sweep away the 7-year PET survival period on large gifts.

**Gift tax:** This would be 10% on annual gifts of £30,000 or more, rising to a maximum of 20% on estates of over £2million.

**Death allowance:** This would be set at a similar level to the current nil rate band of £325,000, but available only on the estate at death - lifetime giving would have no effect.

Small estates would not pay gift tax, and larger estates could not avoid it by making gifts and surviving 7 years anymore. Main family homes would still be included, and all businesses and farms.

**Spouse exemption:** Spouses would continue to inherit tax free.

**Residential nil rate band:** This present perk could be axed, so estates meeting these conditions would return to being exempt only up to £650,000 on the death of the second partner.

**Capital gains tax:** At present there is an 'uplift', where someone inheriting an asset is treated as acquiring it at its market value on the date of death, which means the beneficiary can sell it shortly after the death without paying CGT.

The APPG wants to axe the tax-free uplift, so there is no longer any difference between lifetime and death gifts, and people aren't deterred from passing on assets to the next generation during their lifetime. In both cases the gain would be held over until the person receiving the asset sells it.

**Trusts:** Lifetime gifts to most trusts are currently taxed at 20% if they are above £325,000, and 6% every 10 years. Instead, gifts into trusts would be taxed in the same way as any others, at 10% if they exceed £30,000 in a year.

**Business and agriculture relief:** All reliefs involved would go, but for land and business assets there would be an option to pay tax on death, make lifetime transfers in 10-year instalments, or on an earlier sale.

**Foreign domiciliaries or 'non-doms':** More would have to pay UK inheritance tax, based on years of UK residence and whether assets are in the UK.

Trusts they set up would no longer be exempt, if a UK resident is going to benefit and the person creating it has been a resident for more than 10 out of 15 tax years.

The APPG compiled its report after hearing evidence from industry groups and suggests a complete overhaul of inheritance tax and it's easy to see why. They anticipate the reforms would mean most households remain unaffected, and smaller estates would pay nothing, although undoubtedly some people will be worse off as is often the case.

Whenever changes are afoot it is sensible to review your circumstances and plan ahead. For help and advice with any aspect of your tax or estate planning please get in touch.



**Martin Wright**  
Senior Financial Planner  
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# LETTER FROM THE GENERAL MANAGER



We are excited that the Phase 2 Project of the Poolside Redevelopment has now started and it is expected that demolition will commence later this month. Our development team has been busy with all the temporary work for alternative Changing Rooms and lockers in the space above the Family Room in the Silom Wing. Everyone is excited about these new facilities and our staff are also busy planning the removal and clearing out of the areas before the demolished.

The Shrewsbury Stars kids club gets back underway again this month after being stopped during school holiday break. With a range of activities for the kids, it was very popular with our family members. This will again be held every Sunday from 12.00-4.00pm. We will have a Teacher Assistant from the Shrewsbury School and Khun Diary will also be there as well.

As usual there are quite a few events to look out this month. On Sunday 15th we have our St. Patricks Day brunch with a very special and unique buffet with some great drinks deals. Then on the 21st the Hong Kong Welsh Choir will also be performing here at the British Club for a special evening in Suriwongse Room followed by a sing along in the Churchill Bar. They are not only very talented vocalists but are also a wonderful bunch and well worth meeting. The

Bangkok Community Theatre makes a long awaiting and much welcome return to the Club, with a first ever opera, The Marriage of Figaro. They will have four nights of performances here so make sure you don't miss out.

On 24th March, we will have Annual General Meeting. Members who are eligible should book your tickets from our reception before they sell out! We will have Curry Buffet at Verandah before start the meeting so please come along and vote as it is your right.

As part of our new Software Program, we have sent out email for Members to update their profiles as we will be making new Membership Cards for our New system. We plan to go on live in March with the new system. Members will be able to use their new cards to enter the Club at all outlets the new POS system. We hope this new system will be more efficient for our staff as well as cost control.

We have two new staff join us this month, Khun Yaya, our Assistant Food and Beverage Manager and Khun Aphantree, who will taking care of our Club Events. Please welcome them to our Club when you see them.

We are looking forward to seeing you all around.



The Shrewsbury Stars kids club



Khun Aphantree





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**f @ v b** bangkokprep



# F&B MORSELS *from* our KITCHEN TEAM



Chef Laak

**W**e are happy to welcome back one of our previous bakers to the kitchen team Khun Surachaihe has been away training and learning new styles recipes for the bakery, keep a look out in the cake displays around the club for his new Chocolate and Strawberry Croissants, they won't help your diet but they do taste amazing.

Thank you to everyone that's supported our Six Nation Pies throughout February & March for the Six Nations Rugby promotion, our best selling the Lamb Shank Pie will now be added to the main club menu due to its popularity, if you haven't tried it yet please do ... you won't be disappointed.

Phase 2 is soon to get underway and we will be relocating out poolside kitchen by the end of March. This gives us a perfect opportunity to adjust and add to our already delicious menus: we have been listening to members and also creating new ideas, the team will be bringing back some classic dishes such as Ham & Pea Soup, Smoked Fish Pie, and

Sizzling Prawns. The BBQ and Pizza station poolside is set to reopen at the beginning of March, we have also taken this opportunity to revamp the Pizza menu and BBQ options. You will now be able to build your own pizza - order either 10 inch or 7 inch personal pan sizes! A Seafood Platter will be added to the BBQ options and a brand new Kebab will join our menu.

Sunday 29th we have planned a special Family Fun Brunch Day, set inside and outside of The Verandah and the back lawn, this will include our famous British Brunch options along with three separate country corners delights featuring Italian, Indian, Chinese dishes, along with this a host of Kids activities, live music, competitions and much more on the day, make sure you don't miss it.

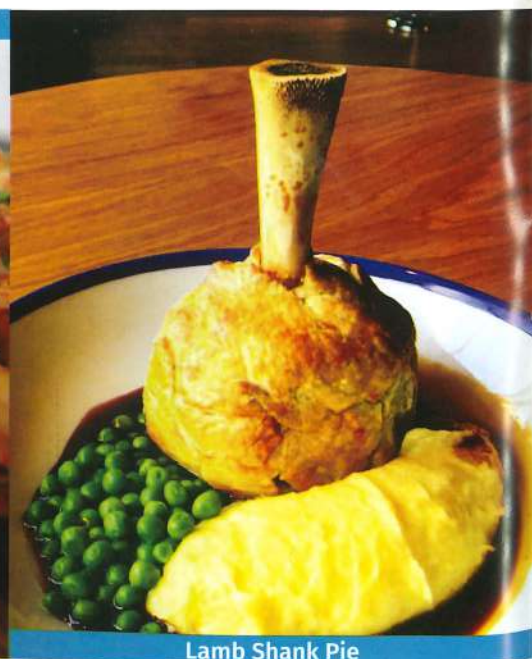
**Happy Eating!**



Ham & Pea Soup



Sizzling Prawns.



Lamb Shank Pie



# 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  
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please contact via  
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Tel : 081-7372334



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SUMMER 2020

by : INTER KIDS STYLE



# HEALTH *Anti Aging and Hormone Management*



Sandy Remiens

**Personal Trainer, Wellness Coach  
Accredited Rehab Master Trainer**

Last month the British Club hosted a seminar on Anti Aging and Hormone Management run by Dr Erik Fleischman of the Bangkok Anti Aging Clinic (BAAC). The seminar was extremely informative and provided great information, especially in the expansive and complicated area of hormone management that is not easy to find here in Thailand. And the generosity of



the BAAC meant that everyone who attended left not only with a wealth of information enabling them to better manage their hormone health (and sanity that goes along with that!) but also with a voucher to the value of 10000bht!

Dr Erik Fleischman, an American Doctor and former Medical Director at Bumrungrad International Hospital, has extensive experience in medical crisis zones and has been involved in the primary development of care and treatment for some of the world's greatest medical challenges: HIV/AIDS, Ebola, Hepatitis C, Tuberculosis, Dengue Fever and Malaria. He has also had 25 years experience in Anti Aging and Hormone Management Medicine.

His holistic approach is quite unique here in Thailand and encompasses every aspect of a persons wellbeing. Not only does he predominantly use 'natural' medicines and supplements, encouraging the body to rebalance itself naturally, he also takes into account exercise and nutrition and how they will affect the outcome.

So I went to see for myself what an appointment with Dr Erik entailed.

The BAAC is located on the 8th floor of the Pathumwan Princess Hotel by the Olympic Club Fitness Centre. The

staff are super friendly and efficient, and you are welcomed with a water as soon as you arrive – which is great for people like me that still get lost in MBK! Dr Eriks office is as modest as he is – and it certainly seemed like he did a lot more listening than most doctors do. I have had thyroid issues for the last 20 or so years and very few endocrinologists or doctors were as thorough as Dr Erik was. Its always good to feel as though you are being treated as a person, not just as a 'condition' to be medicated. The blood tests ordered were much more comprehensive than I have had before to enable Dr Erik to see the full picture. He translated my blood test results for me, clarified how those blood levels would be expressed physically and explained clearly his recommendations supplement wise, medication, nutrition and lifestyle. Dr Erik's frankness is refreshing, as is his patience (I ask a lot of questions!) His knowledge and experience give you confidence that you are being looked after well and can walk away feeling like you are a little more in control of your life again.

Here are some of those questions answered for you!

## Is Aging a natural process or a disease?

According to the World Health Organization (WHO) as of 2018 "Aging" is now considered a disease. So I have to wonder why they decided to do this. Did they just want to make half of humanity feel bad about themselves? No. They saw an opportunity to draw attention to treating a number of physical issues that are not only effectively and easily treated, but result in longer and -equally important- better health. Issues like Sleep, Diet, low and no sugar foods, exercise, hydration and other simple inexpensive means to extend a healthy life. This awareness makes my job as a doctor easier when my patients are motivated.



## I see people all over the world who live and survive without doing Anti-aging medicine.

### Who needs these kind of treatments?

We are all participants in the concept of Nature & Nurture. Our genetics, our lifestyle and the toxins we are exposed to where we live makes up the lion's-share of influences on our lives and ongoing health. Did you inherit the propensity for chronic disease from your parents (hypertension, high cholesterol, obesity, Diabetes Mellitus)? Do you sleep too little and spend too much time in stress? Do you live in a place that exposes you to daily levels of unpleasant toxins in the air, water and food? In my opinion if you answer yes to even 2 of these questions you should do something about it for your body and brain.

## Why did you choose to practice the field of Regenerative and Anti-aging Medicine?

I didn't start out in this field. I actually started out as an Oncologist/Cancer specialist and then practiced Infectious Disease treatments for some of the most deadly infections- HIV/AIDS, Ebola, Malaria, Hepatitis, etc.....But I found a common thread. With my patients with terminal diseases I found that by treating the entire body to support itself - not just treating the medical issue - they had longer lives and better quality of life even with terminal diseases. This was a tremendous thing to be able to offer patients. I then took some of the treatments and began to use them in healthy patients who wanted to feel better, have more energy and slow down the rate at which they were aging. Of course the treatments were even more effective in healthy and non-terminal patients. I believe that if we can reach patients while they are still even relatively healthy that we can offer an extra 5-10 years of good, healthy, productive body and cognitive health.

## Is Regenerative Medicine and Anti-Aging all about Stem Cell therapy and "peptide" therapy?

Great question- because that's all we hear about these days with people trying to roll back the clock and be young again. Stem Cell and peptide therapy is only 5% of real, proven Regenerative medicine. And only one

small, yet expensive option. I believe Regenerative Medicine does not have to only be available to the super-wealthy who can spend tens of thousands of dollars on Stem Cells. There is actually more scientific proof on much simpler aspects of Anti-Aging: Vitamin therapy, Sleep Disturbance treatment (one of the MOST important!), natural and safe hormone boosting and replacement, mega-vitamin therapy and stress reduction medicine. I'm able to do effective Anti-Aging treatment in 95% of my patients WITHOUT considering Stem Cells. Stem Cells and peptides do have a place in regenerative medicine, especially with joint diseases, skin care and probably kidney disease, but there's so much more available even for those who can't afford Stem Cells.

## So all of these therapies are available, but in your opinion which are the most important that can really impact the aging process and quality of life?

In reality all the therapies are sort of interactive, but the part of Regenerative Medicine that is most effective and influences health is the hormone regulation of the body. And this goes for both sexes, but especially for women. For years I used to see women in their 40's blaming themselves for **gaining weight, feeling low energy, losing sleep, having a low sex drive and emotional upheaval**. They would go to their doctor-usually a Gynecologist- and be told that their hormones are regressing and that they should "take it easy." This is classic **Peri-menopause** and it is so easily treated that to not do so seems neglectful to me. There are very effective natural and prescription treatments that can safely give your body the ability to produce your natural hormones at its most effective levels of Estrogen, Progesterone and Testosterone. And this is without even considering Hormone Replacement (in those who are appropriate candidates for it). In over 25 years of practicing this type of medicine replacing and boosting hormones in men and women 40 and above has made the biggest impact I've seen. And I should add that I worked in Hollywood for almost 20 years and can assure you that these ageless actors and actresses are not staying ageless by just doing yoga and drinking Chlorophyll!



# RECIPROCAL CLUBS

## Scorpion International Tennis Academy, Brisbane



*Under the direction of Harry Haines, a British Club member.*

**B**risbane is a delightful Australian garden city and the great beaches of the Gold Coast are only 1 hour away with an easy High way or train ride. This is a great spot for tennis travellers.

The Academy is 30 minutes from the city center in the Western Suburbs of Jindalee. We work closely with a local gym, so visitors can access this under the reciprocal membership with adequate notice. Harry's 12 staff are a great group of professionals led by his son Richard and manager Lucca, Head Junior Brazilian Trainer. Court time or Lessons can be booked in advance through Harry at the British Club Bangkok.



Harry is USTA and Tennis Australia qualified and has coached and played tennis around the world over the past 38 years. With a great coaching team, the objective is to provide the very best at an affordable price to top level and junior players while embracing

the tough Spanish systems training.

Scorpion International Tennis Academy

Contact: Harry Haines

scorpiontennis.001@gmail.com

Thai Number: +66 807731277 (please text message or Line)

*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.*







**MARCH**  
**SUN 22**

**11.30AM - 3pm**

**Come and treat your mother on this special day**

# **UK MOTHER'S DAY BRUNCH**

**AT THE VERANDAH**

**Adults: THB 595 | Kids THB 350.-**

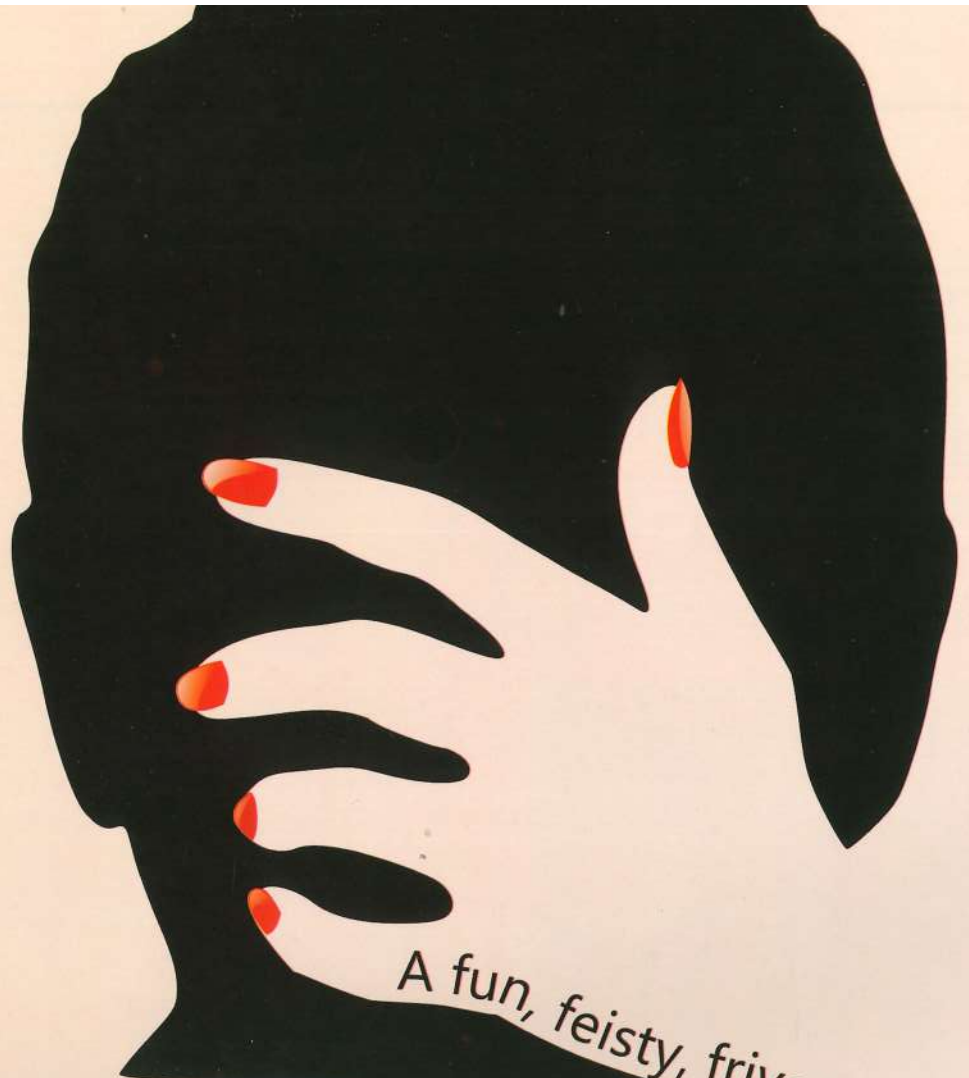
**COMPLIMENTARY GLASS OF HOUSE WINE  
FOR EACH MOTHER HAVING BRUNCH**

**BOOKINGS AT THE RECEPTION OR  
[evets@britishclubbangkok.org](mailto:evets@britishclubbangkok.org)**



**1903**  
**THE BRITISH CLUB**  
**BANGKOK**





*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](http://BANGKOKCOMMUNITYTHEATRE.COM)

*Bangkok*  
**COMMUNITY**  
*Theatre*

IMAGE BY ANDREA BARATELLA FROM PIXABAY

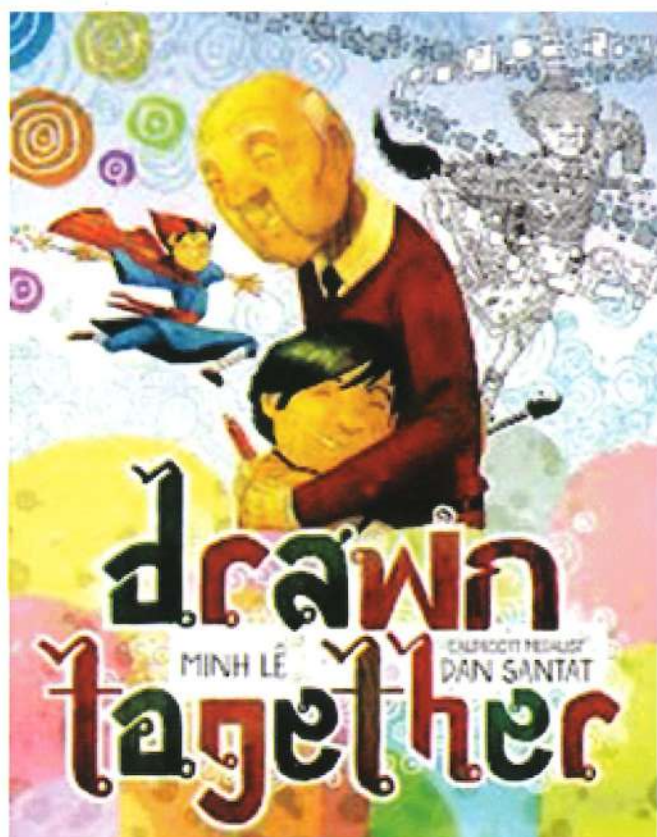


# BOOK REVIEW

## by Stephanie Rous

Stephanie Rous is the Director of Librarian Services at Shrewsbury International School Bangkok – Riverside. Prior to her position at Shrewsbury, she was a librarian for a secondary school and a primary school in North Carolina, USA. She also taught science, social studies, and English for eleven years. She enjoys reading, writing, cooking, stained glass design, and traveling. Stephanie lives in Bangkok with her husband.

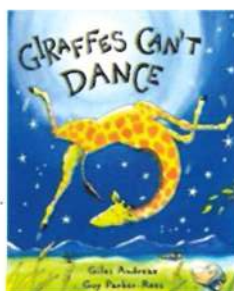
## Drawn Together by Minh Lê



The cover of *Drawn Together* is what might first catch your eye; not the embrace of the characters, not the colours, but the font of the title. When I first glanced at the book on display, I read the word “together,” but thought the first word, “drawn,” was written in Thai or Vietnamese. Only upon a second glance did I fully understand the title.

This book bridges a generation gap between grandfather and grandson, but it also shows a cultural gap between them. The grandfather does not speak English, and the grandson does not speak Vietnamese. Only through the magic of art do they finally connect with each other and learn communication and love do not need to be expressed through words. The majority of the book is told through the illustrations, yet the reader will not have difficulty knowing what is happening. This book is a beautiful story of getting to know and to love someone through the things you hold in common, rather than concentrating on your differences. This book has already won numerous awards internationally, and is a nominee for the 2020 Bangkok Book Awards as well.

### Other Picture Books on Overcoming Cultural Differences



*Giraffes Can't Dance*  
by Giles Andreae



*The Name Jar*  
by Yangsook Choi



# The Members' Gathering

**T**hursday 7th February saw the 2020 'Members Gathering' take place on the Club's back lawn ... invited were all Members of 20 years or more Membership plus those who had just joined, including a contingent of 20 schoolteachers from Shrewsbury International School ... and over 120 actually turned up.

After the usual sumptuous buffet supplied by our Executive Chef, Khun Laak, and a lake full of free booze served by Khun Neung and Khun Somboon and their service teams, it was time for the pride of the Club to take their places...

So, on a matter of protocol who comes first the OLDEST MEMBER or the LONGEST SERVING MEMBER? ... I give up, so in alphabetical order ... we congratulate ...

**Dr. Paddy Dickson** aged 90 (will get older in May) and has been a member since 1959; and **Mr. Brian Thompson** who joined in 1958 but is a mere 84 years of age until June this year.

A further fifty odd members joined them to celebrate over twenty years of their own membership and so we say congrats to all, and see you next year.









# CHINESE





# NEW YEAR

The collage features 18 individual photographs arranged in an overlapping fashion. The photos depict a variety of activities and people at a Chinese New Year event. Key elements include:

- Lion Dances:** Multiple instances of large, ornate red and yellow lion heads being performed on a grassy lawn.
- Traditional Costumes:** Several individuals wearing traditional Chinese clothing, including red and yellow robes, and one person in a pink outfit.
- Children:** Numerous photos of children, many wearing red clothing, smiling and posing for the camera.
- Group Photos:** Groups of people, including families and friends, posing together in front of a white building with arched windows.
- Indoor Scene:** One photo shows a group of people sitting around a table indoors, possibly at a restaurant or banquet hall.

The overall theme is a festive and joyful celebration of the Chinese New Year.





# March



1903  
**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  
4,600 Baht

8-12 years old  
Friday 5pm-6pm  
7,240 Baht

Information/Reservation Tel 02-254-0247 ext 23



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.

SUNDAY BRUNCH  
PRESENTS

## ST. PATRICK'S Day

15

UNIQUE IRISH THEMED BUFFET  
Featuring our mint Chocolate chip  
clover leaf cupcakes

VERANDAH | 11.30AM - 3PM

ADULT 585.- | CHILD 380.-

MARCH  
**SUN 22**  
11.30AM - 3pm

Come and treat your mother on this special day

## UK MOTHER'S DAY BRUNCH

AT THE VERANDAH  
Adults THB 595 | Kids THB 350.-

CELEBRATE MOTHER'S DAY WITH US  
FOR EACH MOTHER HAVING BRUNCH

## SUN

01

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

**Swimming Lessons**  
9am-12pm

**Sunday Brunch**  
11.30am-3pm

**Open Bridge**  
2pm Silom Room

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

08

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

**Swimming Lessons**  
9am-12pm

**Sunday Brunch**  
11.30am-3pm

**Open Bridge**  
2pm Silom Room

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

09

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

**Swimming Lessons**  
9am-12pm

**Sunday Brunch**  
11.30am-3pm

**Open Bridge**  
2pm Silom Room

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

15

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

**Swimming Lessons**  
9am-12pm

**St Patrick's Day Brunch**  
11.30am-3pm

**Open Bridge**  
2pm Silom Room

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

22  
29

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

**Swimming Lessons**  
9am-12pm

**Sunday Brunch**  
11.30am-3pm

**Open Bridge**  
2pm Silom Room

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

## MON

02

**BWG Mahjong**  
10am-1pm

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

09

**BWG Mahjong**  
10am-1pm

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

10

**BWG Mahjong**  
10am-1pm

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

16

**BWG Mahjong**  
10am-1pm

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

23  
30

**BWG Mahjong**  
10am-1pm

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

## TUE

03

**Bangkok Gentlemen Spoofers**  
8pm

**Pilates Classes**  
9.30am-10.30am

**Football**  
7pm-9pm

10

**Bangkok Gentlemen Spoofers**  
8pm

**Pilates Classes**  
9.30am-10.30am

**Football**  
7pm-9pm

**Quiz Night**  
7.15pm The Verandah

11

**Bangkok Gentlemen Spoofers**  
8pm

**Football**  
7pm-9pm

17

**Bangkok Gentlemen Spoofers**  
8pm

**Pilates Classes**  
9.30am-10.30am

**Football**  
7pm-9pm

24  
31

**AGM on the 24th**  
7.00pm

**Bangkok Gentlemen Spoofers**  
8pm

**Pilates Classes**  
9.30am-10.30am

**Football**  
7pm-9pm

Disclaimer: This calendar generally shows regular monthly events and may not necessarily one off events.



# HAPPENINGS

**WED**

**04** Ladies Tennis Coaching 9.30am-10.30am  
Squash Mix-In 4.30pm-8.15pm  
Tennis Mix-In 6pm-10pm  
Balut 6-8pm

**11** Ladies Tennis Coaching 9.30am-10.30am  
Squash Mix-In 4.30pm-8.15pm  
Tennis Mix-In 6pm-10pm  
Balut 6-8pm

**18** Ladies Tennis Coaching 9.30am-10.30am  
Squash Mix-In 4.30pm-8.15pm  
Tennis Mix-In 6pm-10pm  
Balut 6-8pm  
Paella Dinner Only

**25** Ladies Tennis Coaching 9.30am-10.30am  
Squash Mix-In 4.30pm-8.15pm  
Tennis Mix-In 6pm-10pm  
Balut 6-8pm

**THU**

**05** BAMBI 9.30-11.30am

**12** BAMBI 9.30-11.30am

**19** BAMBI 9.30-11.30am

**26** BAMBI 9.30-11.30am

**FRI**

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

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

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

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

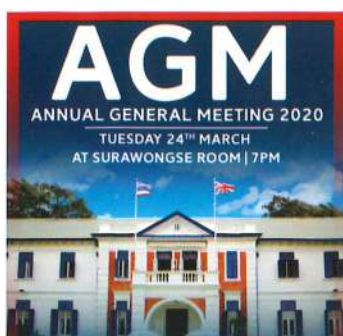
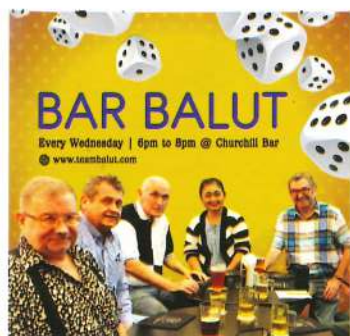
**SAT**

**07** Swimming Lessons 9am-12pm  
Squash Mix-In 2.15pm-6pm  
Squash Coaching with K Ruegrit  
Movies under the Stars 6pm & 8pm

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

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

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



Please also refer to advertisements for events that may not be shown on this calendar.



# MONKEY 47 Gin







# LAUNCH PARTY





# MEMBERSHIP PLUS



**Bumrungrad  
International  
HOSPITAL**

- 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](http://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)



สมาคมสโมสรราชวรุณในพระบรมราชูปถัมภ์  
**ROYAL VARUNA YACHT CLUB**

Offers specialty 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
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- Superior (26 Sqm) THB 2,000.-/room/night, complimentary drink for 2 pax
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  - 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



## GIN TASTING

# MONKEY 47 SCHWARZWALD DRY GIN

*A third of Monkey 47's ingredients come from the Black Forest, Germany.*

If you missed this event you only have your self to blame. For those of you who were there you will agree with me it was a fabulous evening and a great opportunity to try a really difference style gin.

As a gin lover, I must admit when it comes to gin I like my G&T's and Monkey 47 had a distinctive favour. and I guess that has to do with its 47 ingredients. The nose was definitely complex with hints of earthy, citrus almost fruity notes. The taste also had a complexity about it and it was the pepper that stood out for me but there was an array of fruits, spices plus flowery notes. The finish was so smooth!

Having started with a "few" G&T's to really check it out I then decided to check it out in cocktails and I wasn't disappointed. My favourite was the Marked Queen, Monkey 47 with Acacia Honey Syrup, Suze, Lemon, Egg White Mini Jabberwocky. The Mini Jabberwocky and Monkey 47 and Fentimans pink grapefruit tonic cocktails were also very nice.

## Monkey 47's History

The story of Monkey 47 begins in the 1940s, where Wing Commander Montgomery "Monty" Collins of the Royal Air Force was posted at the British sector of the

then divided Berlin. Following the war Monty moved to an isolated valley in the Black Forest and begins following tradition of distilling the local fruit, following this then comes his passion and he starts developing his own gin. Monty combined the historic tradition of the Black Forest's fruit liqueurs with his passion for gin. The gin was the trademark of the "The Wild Monkey", a country guesthouse Monty opened in the Northern part of the Black Forest, which remained the trademark of "Wild Monkey" until the 1970s.

Well over a third of Monkey 47's ingredients come from the Black Forest, Germany, where there are a total of 47 handpicked ingredients which are then prepared in their soft water spring within the Black Forrest.

So, why not give it a try next time you are at the club.

Cheers

*Chris*



**MONKEY 47**  
SCHWARZWALD DRY GIN





# Wine Tasting

Friday 27<sup>th</sup> March 2020

@ Suriwongse Room, 6pm till 9pm

Members: 200 Baht | Guests: 300 Baht

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



THE BRITISH CLUB  
BANGKOK



# QUIZ NIGHT

with monthly jackpot

TUE 10.03.2020

AT THE VERANDAH - 7.15PM

MEMBERS: 150 THB

TEAMS OF 6 PEOPLE

GUESTS: 200 THB

OR LESS

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



THE BRITISH CLUB  
BANGKOK

# HONG KONG WELSH MALE VOICE CHOIR



**SATURDAY 21<sup>ST</sup> MARCH 2020**

at Suriwongse Room, 7pm to 7.45pm  
followed by a sing along in Churchill Bar

OUR HISTORY  
SCAN HERE



FREE ADMISSION

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



THE BRITISH CLUB  
BANGKOK

# AGM

ANNUAL GENERAL MEETING 2020

TUESDAY 24<sup>TH</sup> MARCH

AT SURAWONGSE ROOM | 7PM



REGISTRATION WILL OPEN AT 6PM.

THERE WILL BE A MINI BUFFET IN THE VERANDAH FROM 5PM  
ORDINARY & COUNTRY MEMBERS ARE URGED TO ATTEND



THE BRITISH CLUB  
BANGKOK

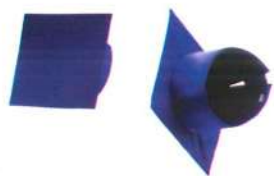




# BANGKOK PREP

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.



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**Email:** [admissions@bkkprep.ac.th](mailto:admissions@bkkprep.ac.th)

**Web:** [bkkprep.ac.th](http://bkkprep.ac.th)

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



# Wine Tasting *the Event*





# WINE TASTING

## BOURGOGNE ALIGATÉ Domaine Chêne 2015

If you are into Chardonnay wine then give this one a try...



**T**he January Wine Tasting was another great evening with plenty of wines to choose from with a good range of suppliers.

I noticed that some of my favourites from Volcanes in Chile and 19 Crimes from Australia were available. But this month, I have chosen BOURGOGNE ALIGATÉ Domaine Chêne. I was given a bottle to try from a friend who asked me what I thought of it. He had already made his judgement on it but wanted to know what I thought of it.

As someone who has a preference for a dry white, I was keen to check out a White Burgundy which uses aligoté grapes instead of Chardonnay. The Aligoté grape is an old Burgundy grape which is recognised for its qualities, golden colour and green reflections.

Pouring out my first glass I was immediately aware of the golden colour the released aromas of ripe grapes.

Then the nose of pear, green apple, honey and a little pineapple. The taste was a light body, dry and not too oaky with a great balance of acidity and a long finish. So very refreshing and just the right fruitiness, such a fine drop.

Now for the technical info.

Winery:	Domain Chêne
Region:	Bourgogne Aigote, Frances
Varieties:	100% Aligoté
Alcohol:	13.5%
pH:	3.2
TA:	5.8
Residual Sugar:	12 g/L

Serving temperature Between 16-18°C

Food pairing: Serve with cold cured meats, pasta, shellfish, tuna, salmon mild and soft cheese.

Contact details: Sony@sonsawines.com

Mobile 062 790 8886

If you are into Chardonnay wine then give this one a try, you will be pleasantly surprised as I was and going for the second bottle.

Cheers

*Chris*



# SQUASHY BITS

## FAKE NEWS

**W**hat to believe these days? It's becoming very difficult. With an ever increasing array of information sources and amateur, armchair journalists, how can we determine what is real or just made up? The fact is, often we can't!

Even this column has been accused of spreading fake news. Accused of avoiding the truth and instead creating stories, embellishing facts and inventing details. And that this is done to ridicule others. An incredibly spurious accusation and fake news in itself. What a joke!

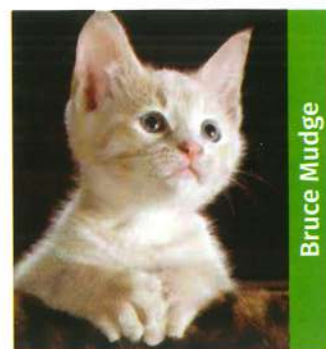
And why would someone present fake news? There seem to be several reasons.

Wanting to appear clever is a common one among the Squashies who are mostly pretty thick. Some might argue modest and unassuming, yet dense is more accurate. "Yeah, I know that the moon isn't really made of cheese because it's made of wood. I learnt it on a carpentry course." Nick Rotherham recently made this remark. He is from the north of England.

Confusion and trying to save face are other causes often cited. "Well, I thought she was a woman and she said her name was Maggie, but when I got her back to the room, he had a willy so I told him to get lost immediately. I'm definitely not into that!" Claimed one desperate Canadian Squashy who was seen, unknowingly, accompanying a rather tall 'female' to an early-morning breakfast on a recent tour to a northern Thai town. Confused?

Wanting to hide the truth is possibly the most common reason and this also covers saving face, avoiding embarrassment, and bloody lying.

And that leads to this:



Bruce Mudge

**Peter Corney Cup**  
**Chiangmai 31st Jan - 2nd Feb 2020**



Peter Corney Cup Chiang Mai 2020. We sent 7 and 5 were either Premier League or Division One Squashies. We won easily last year and captain Neil Evans was expecting to retain the trophy.

A dry January for many tourists and flights to CM the final day of the month so no drinking until after the competition. A smart, local hotel kindly provided by Marc Sayer with a healthy meal and constructive team talk in it's fine restaurant. An early night followed by a hearty breakfast and some light sightseeing to absorb the delightful culture of Northern Thailand. Then the match. And it was a crushing 6-1 victory for the BCB Squashies. The Gymkhana players barely got a look in; humiliated and thrashed they were. Neil's careful player selections, astute team preparation, the dry January and early night proving to be the optimum preparation for this long-standing competition held in honour of our beloved and revered Chairman Peter. His pride was and still is difficult to measure or describe. Well done the Squashies! A great performance. You can now treat yourself to a well-deserved beer or two.



# Sports



## OR

A dry January for many tourists and flights to CM the final day of the month so.....but we're on tour and we ain't bloody waiting til after the comp so let's get smashed as soon as we get there. YEAH! A cheap, local hotel provided by Marc Sayer with a few dozen beers there before we hit the town and the 'girly' bars. Dinner was Burger King or a kebab or nothing. Team talk consisted of, "Look at the nuts on number 57. Do you think they are real? She's very tall. She keeps looking at me. I think she loves me." A very late night - 4am - followed by a greasy, fried breakfast or nothing. A hasty trip to a local shopping centre to buy the shorts and socks not packed by most and then the match. And it was a pathetic, but so predictable, 3-4 loss for the BCB Squashies. The Gymkhana players

were far more prepared and not one suffering from a crushing hangover or lack of sufficient sleep and proper nutrition. The Squashies humiliated. The player selections irrelevant as the drastic and premature end to dry January, the liquid team talk and very late night proving to be the worst preparation for this bloody chore of a match named after our senile, decrepit and smelly Chairman Peter because we once felt sorry for him. His shame was and still is something we aren't interested in. Well done the Squashies! A great performance. You can now get drunk again because you have another night in CM with plenty more opportunities to hit on number 57 and her tall colleagues!

Until the real news presents itself.....





# TENNIS *Dearest Lobbers 'n' Pushers*



Graham Johnson

**T**his month we report on our ladies on (another) overseas trip, we do some more good deeds for charity, and catch up on progress in the Club Championships.

## British Club Ladies Go 'Glam Slam' down under!

Six of our amazing ladies went full 'Glam Slam'-tastic in January by visiting the season's Major of the year down under as both as spectators AND AS PLAYERS by participating in The Glam Slam event. The event featured 180 players from 30 countries and offered a chance to compete on the biggest stage in Australian Tennis with several matches taking place on Court 3 of the Melbourne Park. Naturally our ladies left with some silverware with Raquel taking a mixed doubles win in the B section and Raymonde a mixed douds winner the Cs. Brilliant stuff ladies!



Troopers!



I'm a Glam Slam Champ!



I'm a Glam Boozer!



I'm a Glam Slam Champ too!

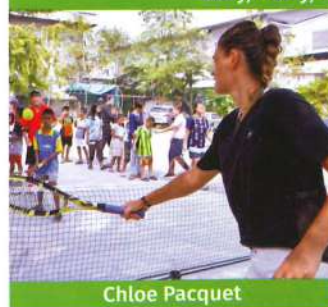
## Tennis Clinic in association with the Queen Sirikit Centre for Breast Cancer Foundation

On Sunday February 2nd our esteemed members Anjelica, Harry and Gary took time out from their busy

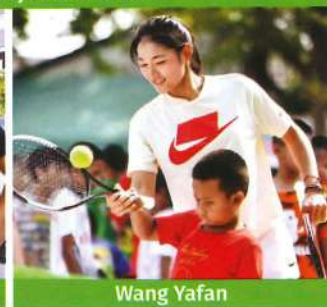
schedules to join forces with WTA players Wang Yafan and Chloe Pacquet and the Queen Sirikit Centre for Breast Cancer Foundation to help raise awareness of breast cancer screenings which can help to save lives. They visited a disadvantaged community in Bangkok and took part in tennis clinics and fun activities with children in the community whilst their mothers were informed about the risks of breast cancer and the benefits of early screening. During the event, over 100 women registered with the QSCBC Foundation - an action that could help to directly save lives in the future. Excellent stuff guys!



Gary, Harry, Anjelica and all



Chloe Pacquet



Wang Yafan

## Club Championships 2020

The 2020 British Club Bangkok Tennis Section Championships is well and truly up and running. At this stage the wheat is still be separated from the chaff and by the time you are reading this we will have reached at least the QF stages of each event. The projected QFs in **Men's Singles** may bring us the chance to enjoy Cheer Vs Remi / Andrei I Vs Jim /



Faheem Vs Taimur and Pierre Vs Christian. Can anyone interrupt the march towards the dream final of a Pierre Vs Cheer rematch?

**Ladies Singles** sees Anje Vs Mookie / Nat Vs Raquel / Corinne Vs Maria while Pin slipped into the semis with a bye. Again, the dream final seems on the cards but there will be battles along the way. Mookie and Cheer will be odds on favorites to successfully defend their **Mixed Doubles** Championship crown with Jim and Eedie, Pierre and Jen, Gary & Pin, and Faheem & Raquel attempting to provide the resistance.

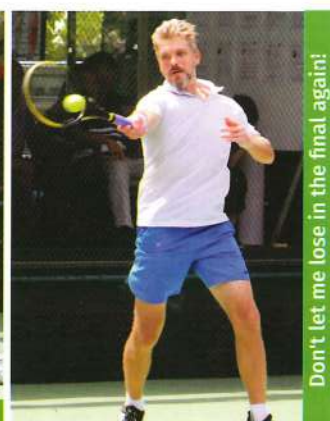
Next month we will a clearer picture of the likely finalist in these events plus a focus on the ladies and men's doubles plus a look at the Seniors Club Championships and of course the hackers tripping over each other in the plate (your truly included!).



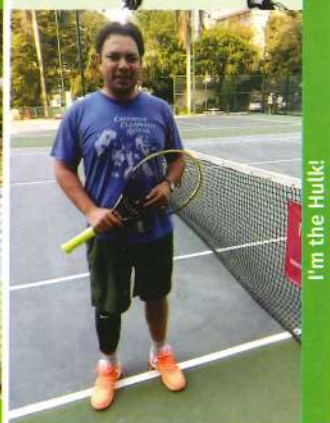
I'm gonna win it again!



I'm gonna win it back!



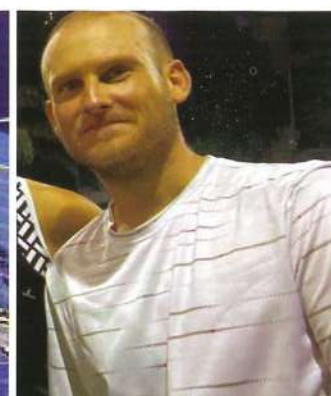
Don't let me lose in the final again!



I'm the Hulk!



Bring em on!



Calm down lads!



I'm the mad professor!



I'm Slim Jim

### Shot of the Championships

No apologies and no debate as this award goes to your writer for a truly outstanding (and never to be repeated) half-tennis / half-squash forehand cross-court passing shot that full like a bullet past



Yeah, you won .. but what about that forehand!

bewildered net-hogger Gary Sakuma in our 1st Round encounter. Sadly, it was one of very few that penetrated Gary's defenses as he came through as a 6-2 6-2 winner. My only other

consolation will be watching him suffer against Pierre in the 2nd Round!

Follow us on  British Club Bangkok Tennis Section

THE 2020 BRITISH CLUB  
Bangkok Tennis Section  
CHAMPIONSHIPS

Saturday 21 March  
Starting 8:00 am





# HARDBALLS

## Chiang Mai Tour 2020

**A**s I'm sure you're coming directly from the glorious front cover this month pondering what history could have possibly been forged, we'll get straight to the point. After a 10 year wait the curse was finally broken as BC earned another inscription on the Dick Wood Cup following a nail-biting win in North Thailand.

In between a busy league schedule, the 38th annual Chiang Mai tour served as a fantastic start to February for some, amidst the recent speculation of killer flu in the region. The away weekend, dating back to the early 80s when some of the current squad were not even graced with life, was missing some of its esteemed veterans but served an introduction to 3 debuting tourists to enjoy the magic. With the squash section and supporters in tow, the club was well represented by 20+ members.

Arriving throughout Friday created the perfect opportunity for some shopping and sightseeing, though this inevitably led to sampling the local beers and an early start to happy hour on the picturesque corner bar - expertly selected for its proximity to the hotel and for being within touching distance of the rush hour traffic on 2 sides. After most had arrived and washed down some of the crisp country air with a few Leos, the party set off to a well recommended (and closed) restaurant for a bite to eat.



Friday night dinner



Ben Eastwell

Nevertheless, the herd eventually did settle for over-ordering a pleasant seafood dinner alongside the river Ping before regrouping at O'Malleys for jagerbombs and some cue sports whilst gratefully welcoming the delayed tour organiser to bring things back under control... The on-on gravitated towards the familiar haunts, as BC merged with the other 2 clubs up from Bangkok who were coincidentally playing in a separate match.



Dilip talks tactics

Fresh from missing out on half the night, the tour organiser was blowing his whistle early doors for the Saturday clash as 2 BC legends went head to head in the well kept ground. After half the morning had been spent explaining the format and probably understood by less than half, Manish and Dilip orchestrated the dramatic picking of teams which were mixed in with some of the local Thai youth team for a friendly match up. Teams were split into pairs who each batted and bowled a fixed number of overs, with each dismissal being penalised with negative runs. Dilip's bullish tactics ensured that his team came out on top but aside from a great opportunity for some interclub sledging and a warmup for the all important cup game, it was great to see the roots of Thai cricket making steps forward year on year.





Mix in with the local youth side

The one-armed chairman arrived just in time for a late afternoon finish which called for a quick nap or a few more beers before joining squashies and supporters for an evening meal at a restaurant which was actually open this time. Despite an excellent choice of venue there was one burning suggestion to the organiser for next year: as tasty as they were - it probably wasn't necessary to empty the entire restaurant's crab tank. Ahead of the showdown on Sunday, some of the more sensible ones joined the UK in withdrawing from the action, whilst others (most) ended up dangerously pulling a repeat of the night before.



Saturday showdown



Ian doing what he does best

A welcomed 11am start was probably still a bit too early for some, but a full BC team made it through to the Gymkhana club for the second time in the weekend where they were faced with the home team who were sitting on 9 successive victories in the cup fixture. Ben won the toss and to the surprise of the opposition captain, elected to bat first in the 30 over match. First to enjoy the well manicured grass wicket,



Pramodh on the charge



Saturday debrief

Denzyl (23) and Sunil (29) were eventually dismissed in successive overs having put on a solid opening stand to set up the attack. The crease was refreshed with Vaughany, who having played a 50 over match the day before, had tried his very best to excuse himself from the fixture alongside Ben who were both sent back without troubling the scorers - making way for a much needed surge of energy from the middle order after drinks. On loan from the Parrots, Bobby (17) was stopped in his tracks after looking like causing some damage, as BC approached 100 in the 18th over with 5 wickets in hand. Dale, refreshed from an early night, headed up the second important partnership of the day as he piled on a quick 34 alongside Pramodh (23) who also entertained the growing crowd with a flurry of boundaries. A trademark lower order collapse saw BC's last 4 wickets fall for just 7 runs inside the allotted overs, leaving a tricky battle to defend the posted 158.

Pramodh (6 overs, 3-8) spearheaded the reply with Dilip (6 overs, 0-27), who both applied pressure from their unbroken spell of 12 overs which manufactured 4 wickets at the expense of just 38 runs to put the tourists firmly in the driving seat. Despite some tight bowling from Talal (4 overs, 0-16) and Manish (5 overs, 0-26), a half-century and a resilient middle order kept the hosts in the game and the 5th wicket didn't fall until the 23rd over as Ben was sharply assisted by Sunil behind the stumps. The Chiang Mai captain valiantly kept BC on their toes up until the last but the visiting side were eventually rewarded with a well fought victory. The tour was rounded off with Jack's highly anticipated speech on the history of the fixture, an extended slammers session and a swig of lager from the Dick Wood cup. A brilliant weekend which will remain set in the BC calendar for many years to come.



## Sports



Inspiring the victory



BC V Gymkhana 2020



9 slips



Dale gets one away



Sunil starts strong



Hard work pays off



Aah



Dick wood cup handed over



Man of the match020



Ooh



Interesting stance



Victory dance



Celebrations all round



Spreading the BC merchandise



Fines master introduces himself

Mar 2020



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PRESENTS

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## PILATES CLASSES WITH KAREN

# PILATES CLASSES

Tuesdays 9.30 - 10.30

Tuesday 3, 10, 17, 24 and 31 March 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](mailto: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!



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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 8, 15 and Sat 21 March (minimum 3kids)

Senior group: 13-18 years old, 6pm - 7.30pm  
Friday 6, 13, 20 and 27 March (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](mailto:sport@britishclubbangkok.org)



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## FRIDAY SWIMMING COACHING

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

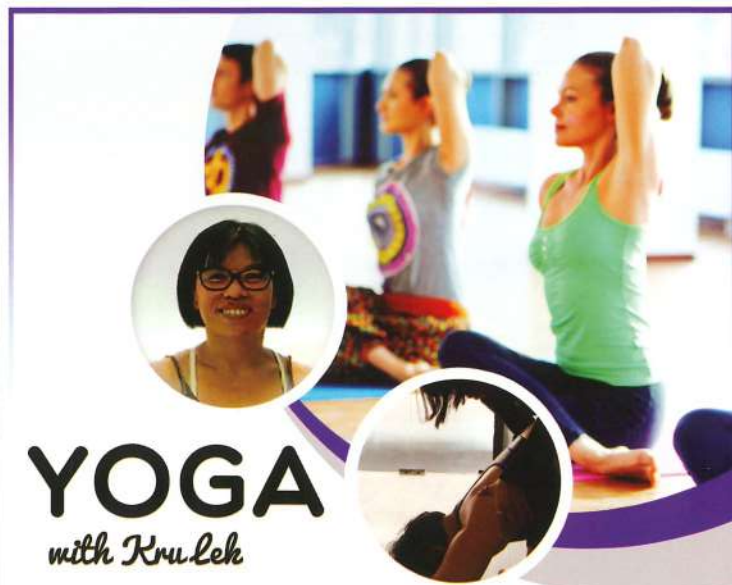
Group 1: 3.30pm-4.00pm	Age 4 years old to 6 years old
Group 2: 4.00pm-4.30 pm	Age 11 years old to 14 years old
Group 3: 4.30pm-5.00pm	Age 10 to 14 advanced class
Group 4: 5.00pm -5.30 pm	Age 7 years old to 10 years old

**4,000 B/Course 10 Lesson**

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



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## YOGA with Kru Lek

Every Thursday 9.00am - 10.00am  
Start 5, 12, 19, 26 March 2020

**350 Baht/Session (minimum 4 persons)**

PLEASE BRING YOUR OWN MAT, IF POSSIBLE

For more information and booking please contact the Fitness Centre  
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Yoga teacher with experience teaching both in anatomical yoga  
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# BCGS GOLFING NEWS

## What A Day & Evening! January Medal, Match Play Final & AGM



**S**unday 26th January 2020 was a very busy golfing day and busy evening of eating and drinking for the British Club golfers.

First there was the January medal to play for among the 27 golfers at Royal GCC. In addition the event was also being used to play the Match Play final (2019). And finally the section hosted its 77th annual general meeting, prize giving and dinner at the British Club.

Running out winners at the January medal were Jono Tait in Flight A taking the honours from his partner, Robyn Tait. In Flight B James Lawden topped Chris Brader. Congratulations to our winners.

In the Match Play final Varghese Rose and Gordon Milne battled it out. Gordon emerged with a 5&3 win to stop the in-form Varghese achieving a seemingly clean-sweep of the 2019 majors. Congratulations Gordon.

The AGM was the highlight of the day and the golfing year. A time to thank our Captain, Neil Davis for his hard work and successful first year leading the section. Neil led the section to victory in all 3 of our annual games against other societies. That's impressive leadership, but as he himself said, the victories were down to the great play of all those competing for the British Club in each of the matches. Let's see if we can do as well in 2020.

There was thanks and appreciation for the 2019 BCGS committee (Neil Davis, Peter Gale, Carole-Ann Eastgate, John Bell, Graham Johnston, David Burton and Gordon Milne). The committee saw some great

servants step down and some new people step up. Thanks to John Bell for his time as treasurer. Welcome to Jon Standen and James Lawden.

The 2019 prize giving and awards was the highlight of the night and a time to celebrate our best golfers and major winners throughout the 2019 season.

Our Golfer of the Year 2019 was the seemingly unbeatable (other than in the matchplay -see above), Varghese Rose. He also picked up the Best Handicap Improvement and Best Nett Average on his way to 2019 domination! Congratulations to Varghese for a great golfing season.

Other notable winners on the night were Eclectic Cup Winner, Barry Ashman, Flight A Medal Eclectic winner, John Bell, Flight B Medal Eclectic winner, Brian Brook, Ladies Lowest Net winner, Yurachtr Brook, Men's Lowest Net, Bryan Dodd, Men's Long Drive, Graham Johnston, Ladies Long Drive, Karen Carter, Most Long Putts split between Barry Ashman and Peter Gale and Men's Lowest Gross Champion, Mark Adderly. Well played to all our winners.

Finally a note of special thanks to all our section players and supporters for making golf with the British Club a great success and a lot of fun throughout 2019 and beyond.

*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.*



## Sports



AGM  
anticipation!



Captain Fantastic,  
Neil Davis in full AGM-flow!



Jan  
flight a medal winner



Matchplay 2019 Winner,  
Gordon Milne.



Flight B Jan Medal winner,  
James Lawden (r) with his prize



Flight B Jan Medal winner,  
James Lawden (r) with his prize



# MY TAKE...

## Visual Pollution

I don't know about you, but I find visual pollution almost as foul as air pollution. One of the main gripes here in Bangkok are the messy telephone lines which visually obstruct, distract and disturb one's enjoyment of street views as they continue to haphazardly string as many lines as possible. Being a visual person, I really notice it, but at least improvements are slowly being made to this issue.

However, advertising is the number one contributor to this visual pollution problem. It seems that in our increasingly materialistic society adverts are slapped on everything these days. It's not enough to have billboards at every turn, but now ads are draped over

buildings destroying the architecture. And public transport is the biggest culprit as it is plastered in them. Skytrain carriages are covered from outside to inside including walls, windows ceilings and even floors! How affective can it be when most commuters have their head in their mobile where they are getting bombarded with ever more ads?


Shouldn't it be less is more when it comes to advertising? This would reduce visual pollution and over stimulation to the point where people switch off and don't even notice it. And that would be a welcome relief!

Chris

### THURSDAY MORNING SWIMMING COACHING

Can you already swim front crawl?  
Would you like to improve your skills?  
We would like to invite you every thursday morning to join us  
Come to improve your speed and technique  
and become the best swimmer you can  
Trust us, we will definitely give you results  
Bring goggles and a snorkel

*with Tony*



**7AM-8AM 800 B/HR**

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

Tony Bourgain 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!

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### SWIMMING LESSONS

*with Amm*



Date: Start 7,14,21,28 March and 4 April

Group 1:	9.00am-9.30am	Age 4 years old to 6 years old
Group 2:	9.30am-10.00am	Age 11 years old to 14 years old
Group 3:	10.00am-10.30am	Age 10 to 14 advanced class
Group 4:	10.30am-11.00am	Age 7 years old to 10 years old

**2,700/ 9 WEEK**

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My name is Kawinna Tookjit you can call me Amm. I'm 27 years old.

I'm graduated from Chiang Mai University and now I'm studying master's degree at The Petroleum and Petrochemical College Chulalongkorn University.

I was participated in Thailand National Youth Games, Thailand National Games and Thailand University Games

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# Outpost Classifieds

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

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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



An illustration of an Easter egg hunt scene. In the foreground, there are several colorful Easter eggs: a pink one with white polka dots, a blue and white striped one, and a yellow and white striped one. There are also pink and blue daisies and green grass. In the background, a large white building with blue shutters and a central pediment is visible. Two flags, the Thai flag and the Union Jack, are flying on poles in front of the building. The word 'EASTER' is written in large, colorful, block letters across the middle of the image.

# EASTER

## *Egg Hunt*

AND LET'S CELEBRATE OUR

### Club 117<sup>th</sup> Birthday

**EGG HUNT STARTS AT 10<sup>AM</sup>, SILOM WING | BRING YOUR OWN BASKET  
KIDS(AGED 1-15 YRS.) 395.- | ADULTS: 250.-**

**Sunday 26th April 2020**

**Many activities for kids | Snack buffet & a huge birthday cake**

Bookings at Reception or [events@britishclubbangkok.org](mailto:events@britishclubbangkok.org)



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