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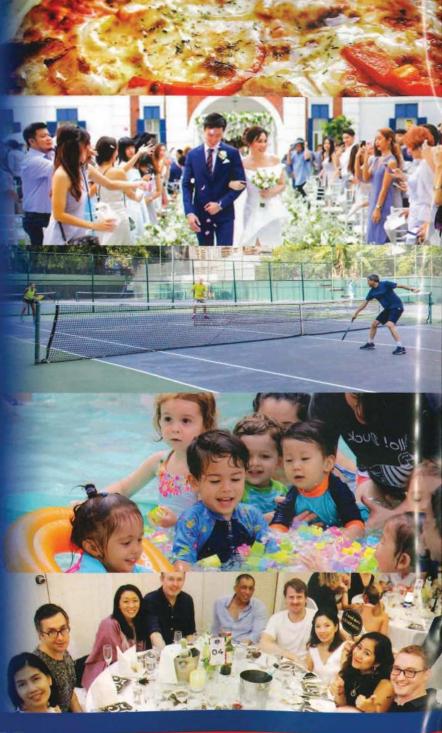
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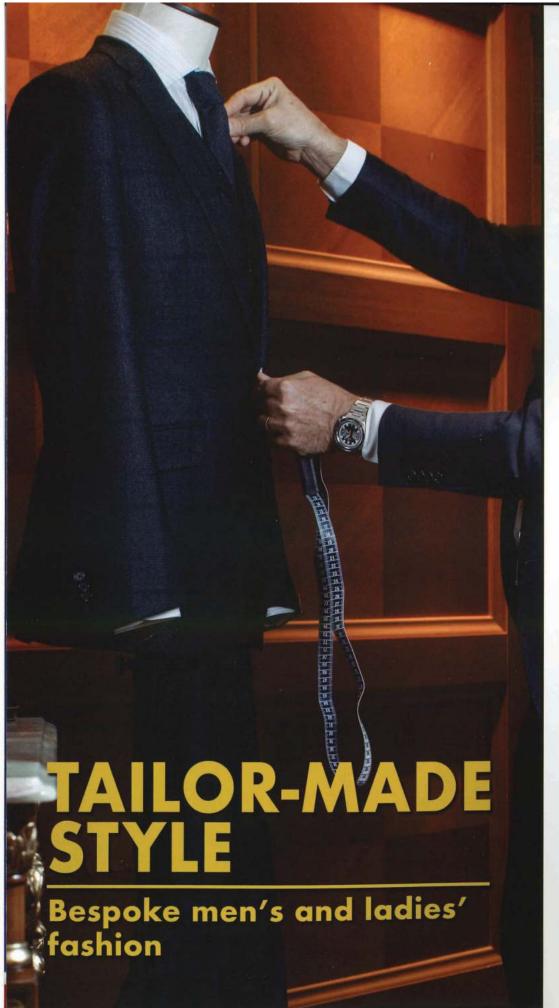
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THE BRITISH CLUB

BANGKOK

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Vice Chairman

Geoff Banks vicechairman@britishclubbangkok.org

**Honorary Secretary** 

honorary.secretary@britishclubbangkok.org

**Honorary Treasurer** 

James Crossley-Smith

**General Committee** 

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

#### SENIOR MANAGEMENT

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Deputy General Manager

Tee Bale

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THE BRITISH CLUB BANGKOK

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### **Front Cover**

This month we feature last month's Pancake Day. A photo spread of the fun filled day can be seen on pages 24 & 25.

### From the Editor

With Covid-19 changing the world we are living in, we will see a knock-on effect here at the Club with many events being cancelled or postponed.

At least here at the Club it will be a safe place to come and relax as members will be screened and only members allowed. So stay safe.

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.

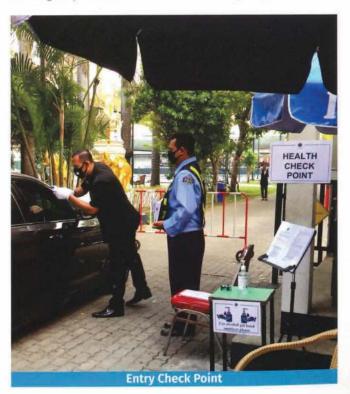
Outpost welcomes contributions from Members, email outpost@britishclubbangkok.org

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### MESSAGE FROM THE CHAIRMAN

Coronavirus: As I write this, the World is in turmoil with the coronavirus Covid-19 dominating news headlines. Developments are so fast that by the time you read this we may be moving even closer to a full scale emergency or maybe the situation will have started to look less bleak.

We have restricted use of the Club to Members only. Members have a vested interest in the wellbeing of the Club and we are relying on everyone's good sense, to strictly observe the travel and health advice issued by the authorities. Everyone entering the Club is routinely having their temperatures checked and Members must sign travel/health declarations. Staff are not allowed to work if they have any flu-like symptoms, we are regularly disinfecting all surfaces and everyone is encouraged to wash hands regularly and practice social spacing. Our intention is to make the Club as safe as possible, providing an oasis for all of us as long as long as possible and until the emergency is over.





Silom Entrance: We have temporarily restricted vehicular entry to the Club to the Surawongse Road entrance, but we expect that resurfacing of the soi will be complete before the end of March and the Silom Soi 18 entrance will again be the main point of access. The work has been problematic because apparently our neighbouring school objected to work during the day and the Hotel objected to work at night! After the contractors have finished we will restore pedestrian access to the turnstile entrance and that will take a few more days.

Phase 2: Prices have been agreed for demolishing the old buildings and driving piles for Phase 2, both within the Member-approved budget. Work was scheduled to start on 30 March but we have now postponed this subject to regular review due to economic uncertainty surrounding the Covid-19 situation. A new date will be set when the future becomes clearer and this work will take about 2 months.

Once the piling is done, construction of the new facilities can start. Some detailed design changes are are still under review and final negotiations are being conducted with two contractors selected from the original list of five that tendered for the main construction contract.

Phase 2 temporary works: Much of the temporary work required before work can start on Phase 2 is underway. A roof over the Pool deck will be installed in March to provide covered seating when the Surawongse Sala is decommissioned. And the main work on the temporary changing rooms, toilets and showers above the Family Room will be completed except for the transfer of the air conditioners and lockers from the old changing rooms. These will be moved once a new start date is agreed. Meanwhile the plan is to temporarily move the poolside kitchen to the storeroom in the Surawongse

### Reportings



Road car park. This room has been prepared but this work will also be put on hold until the Phase 2 start date is fixed.

Silom Wing: With help from the Phase 2 Development Sub-Committee, the GC has developed options for improving 'finishes' to the Silom Wing discussed at EGM1901 in November. An upgrade of the family room has been approved and final options for the upper panels of the vertical gardens and for shade/shelter/air circulation in the eating are being reviewed.

We have been fortunate in acquiring several pieces of second-hand high quality cardio equipment and these will be incorporated in a temporary gym in the Silom Wing. This will be on two floors and will be set up in two stages as we wait for Phase 2 to go ahead.

Comanche Enterprise System: Installation and testing of our new software continues. The accounting system is operational and the new POS system is being tested. New Membership cards have been purchased and Members are being asked to update their personal information online before the cards are printed. We expect the whole system to be operational in May.

Data Privacy Policy: Members are required to agree to the new British Club Data Privacy Policy (DPP), which can be found on the website homepage under About Us. This was drafted by the Constitution and Bylaws Sub-Committee and approved by the GC in compliance with the Thai Personal Data Protection Act BE 2562 (PDPA).

The Constitution and Bylaws SC was set up in 2017 to complete a review of our Constitution and Bylaws, which had become very dated and duplicative in parts. That process was completed in 2018 but the SC was retained to review all on-going constitutional and legal issues. Drafting the DPP was yet another major exercise and we owe a huge thank you to Paul Cheesman who has provided enthusiastic leadership of the SC throughout, Hunt Talmage for extensive pro-bono legal input and Geoff Banks, Brian Brook, David Quine and Colin Snow who make up this team of rather elderly venerable gentlemen (average age 71.5) who have dedicated countless hours of their wisdom for the benefit of the Club.

AGM: For a while increasing Government Covid-19 restrictions put the Club Annual General Meeting in doubt, but after assurances from the Ministry of Interior it was agreed to go ahead as planned on 24th March. A new General Committee will now be in office. Congratulations to whoever that may be and I urge all Members to support them in overseeing the Club through the present crisis and then push on with development of the Club. Thank you all for your support over the last year.

Prefaced with a half point interest rate cut, the new Chancellor, Rishi Sunak, has delivered his first UK Budget. Here we explore the key points.

Against the backdrop of the global Coronavirus outbreak, and tough market conditions, the Chancellor's speech unsurprisingly focused on delivering a financial response to prompt economic stability and security. It also began to address the UK's call for change, following the General Election just a few months ago.

Clearly this was a very different Conservative Government than seen before, and something of a bold budget in many ways, with a tremendous amount of spending announced, albeit with a great deal of borrowing needed to facilitate it.

The Budget also began to address the need to "level up" between the north and south of the UK, and the top and bottom of society, with some measures announced about infrastructure, although the detail was far from forthcoming, and will likely be addressed in the Autumn Statement.

Mr Sunak spent time addressing the impact Coronavirus is having on the UK (and global) economy, although he was keen to stress the situation is a tough, temporary one. In response he announced a 'timely and targeted' package of £30 billion as part of a fiscal stimulus exercise designed to protect the economy. This will take the form of a range of measures to support the NHS and UK business, including for the latter loans, Statutory Sick Pay refunds for companies with less than 250 employees and the suspension of business rates for the retail, leisure and hospitality sector for 12 months.

It was apparent that tax has taken a back seat for now, but there were some announcements in addition to what we already knew about the changes to Capital Gains Tax reporting, lettings relief and other property measures. In digging into the fine print the following key points are worth noting:

There will be a 2% Stamp Duty surcharge for UK homes bought by those who are non-resident, which will come into force next April. This will be in addition to the 3% surcharge for second homes - taking the possible top rate of Stamp Duty for overseas buyers to 17%.

- · The lifetime allowance for pensions (the amount which can be saved in a registered pension scheme free from tax) will increase to £1,073,100.
- Entrepreneurs' Relief which permits a lower rate of Capital Gains Tax (10%) to be paid when disposing of all or part of a business where certain criteria are met - has seen its lifetime limit significantly reduced from £10 million to £1 million.
- The pension annual allowance thresholds have been increased by £90,000 a year, removing taper as an issue for most people with incomes under £200,000.
- · IR35 rules have been extended to apply to those in the private sector. These rules mean that individuals who work like employees must pay broadly the same Income Tax and National Insurance Contributions as those who are employed directly.
- · VAT will be removed from ebooks and digital publications, and feminine hygiene products.
- Class 2 and 3 rates of National Insurance will increase, and the threshold at which class 1 and class 4 contributions are paid will increase to £9,500 from £8,632 from 6 April 2020.
- · The Capital Gains Tax allowance will increase from £12,000 to £12,300 from 6 April 2020.

There will be another statement with further changes in the Autumn. With any changing landscape you should seek professional tax and financial planning advice to ensure your plans are in the best shape they can be.



Martin Wright Senior Financial Planner The Fry Group (Singapore)

The Fry Group (Singapore)

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

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

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

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### An Evening with The Fry Group

### **SPEAKERS**

Martin Wright Senior Financial Planner, The Fry Group

Max White
Director, Schroders Wealth Management

#### WHEN

Wednesday, 20 May 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:

- UK Inheritance Tax
- UK Budget 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.

### The Fry Group (Singapore)

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

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

# TEE TALK WORDS FROM THE DGM

Tee Bale

ith all the concerns of Covid-19 the club has acted very quickly to do its level best to protect all our members, we have placed sanitizer stations everywhere around the club for easy and fast use to clean your hands on a regular basis, we have a full time round the clock cleaning time, sanitising all areas work surfaces, chair arms, railings and anything that comes in to contact with hands, we have also introduced temperature checks on the way into the club with a digital thermometer to make sure no one enters with a fever, in addition to all this we had been preventing Members returning from high risk countries from coming to the club unless they had self-quarantined for 14 days and have now stopped allowing any reciprocal club members from those countries.

Many large events have had to be postponed and pushed back to later in the year but we have still managed to maintain an active calendar, we were happy to have had BCT back at the club again with their first ever opera performance, the shows sold out and were a great success, we look forward to many more over the coming months and years ahead.

April brings some great functions to attend, the two picks of the bunch being Songkran Day on the 12th April (yes, Easter Sunday) where we will have our



festive Thai buffet poolside along with tons of games to be involved with, and then we will have Easter funday which we have moved to Sunday 26th April ... magic shows, balloon twists, face painting, Puppet show and our legendary Easter Egg Hunt, make sure you booked and bring the little ones for tons of fun.

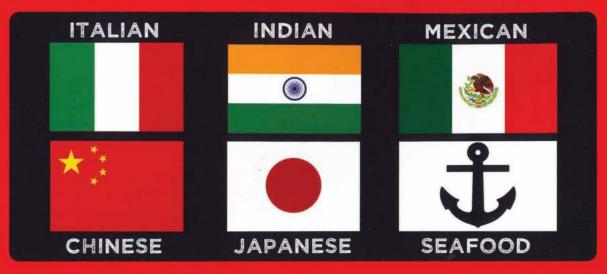


We have just launched our British Drinks Club, make sure you ask one of our team to get your reward card and find out more to start earning. For all of you that enjoy our poolside at the weekends you would have noticed our BBQ Pizza station has reopened, make sure you take advantage of the extended prosecco promotion when ordering a large pizza, it makes the any afternoon perfect.





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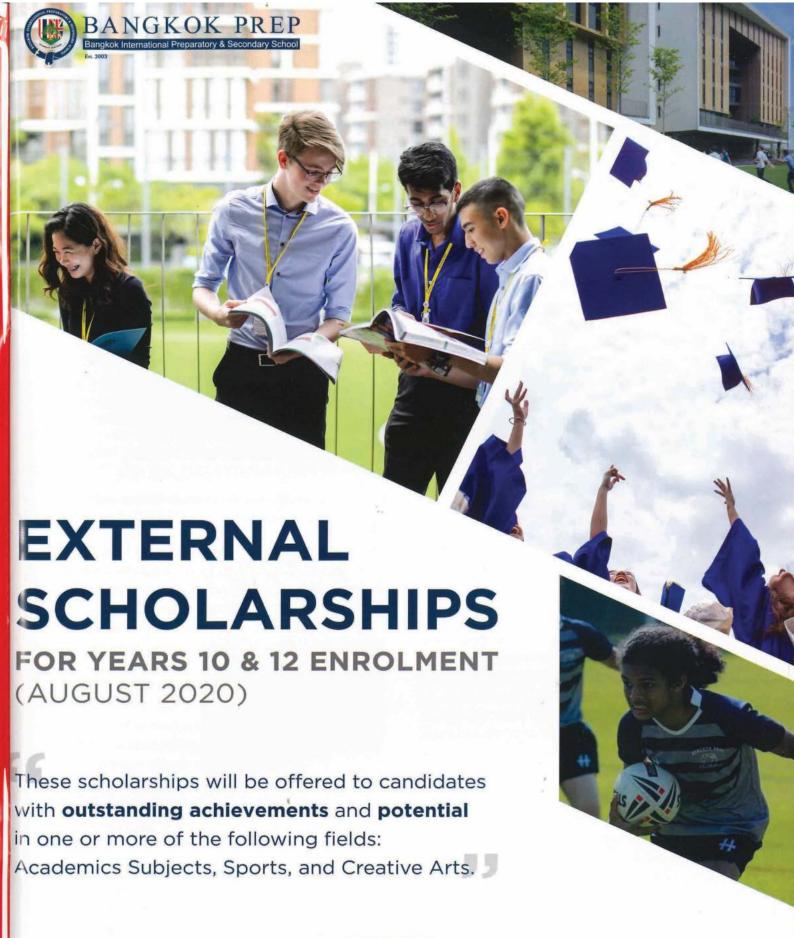
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THE BRITISH CLUB



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Email: admissions@bkkprep.ac.th



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Secondary Campus at T77 On nut
77 Sukhumvit 77, Vadhana, Bangkok 10110















### **HEALTH STRENGTH**

"If you don't look after your body now – where will you live?" A year ago I wrote an article titled "What Is Strength and Why Is It Important?"



Personal Trainer, Wellness Coach Accredited Rehab Master Trainer



trength and agility are things that we all need in daily life...correct? Do we all have it? Yes - in varying degrees and in different areas.

Throughout the course of this week I have been asking people randomly what "strength" means to them.

Answers ranged from the mental and emotional aspect through to physical strength. The general consensus of most people is that they would like to be stronger.

Many answers started with strength being an ability – a thing that enables a person to be able to do something... and many answers also suggested that to have strength meant less reliance on others and even being in a place to be able to be of help to others... so why is it so hard for us, especially as we get older, to stay strong and/or get stronger?

And why does being STRONG seem to conjure up images of body builders – why do so many trainers and online programs still tell women to do light weights with ridiculous repetitions so that they don't 'bulk up'?

Being STRONG should not be a negative – it is a necessity. It's what we were designed for. And it looks good!

Dr John Rusin writes a great informative article on "Five Female Fitness Myths Debunked by Science" In the article the first three myths are addressed:-

- Lifting weights won't make women bulky, but it will make them strong, lean and healthy if you're interested in that.
- Save the pink dumbbells for a doorstop, ultra high rep training is a dead practice. Sticking to strategic rep ranges will build the body of your dreams.
- 3. Weight lifting is not inherently dangerous; being brutally weak is actually a more risky daily practice.

https://drjohnrusin.com/five-female-fitness-mythsdebunked-by-science/



Susan Amos aged 60 (started training at the age of 49 – not able to do 1 push up)

As human beings we were built to move. So once we start 'slowing down' our bodies shutting down process accelerates. How many people do you know who have spent their lives preparing for retirement only not to be able to enjoy it as they cannot move well enough to do so? So where on earth do we start?

#### **Motion is Lotion**

There are so many aspects to having strength – especially as we age – and many components of what makes a person strong. The decisions we make for ourselves and our health need to be informed and intelligent. But underlying all of them we need to remind ourselves that our bodies were designed to move. Motion IS Lotion – movement increases blood

flow, increasing oxygen saturation, promoting nutrient production for our joints and muscles and keeping our organs working optimally.

Blood flow affects the health of our brains also – studies have shown a clear link between cognitive performance and the blood supply to the hippocampus.

"Study coauthor Stefanie Schreiber, M.D., senior neurologist at the German Center for Neurodegenerative Diseases in Magdeburg, Germany, told Bicycling. "This suggests that brain blood flow might play a key role in the declining of memory performance caused by age or disease." She added that lifestyle factors, such as exercise, could have an influence on the formation of blood vessels that supply the hippocampus, as well as the efficiency of how they deliver blood to that area... A small, 2011 study of older women found that brisk walking for 30 to 50 minutes three or four times per week improved blood flow to the brain by as much as 15 percent. Those researchers noted that not only does the blood bring oxygen and other nutrients to the brain, but it also washes away metabolic wastes such as amyloidbeta protein, which has been implicated in 'Alzheimers disease development. Another study from 2015 concluded that exercise may prevent or delay cognitive decline by improving the rate of brain atrophy as well as blood flow. No matter what mechanisms are at play, it's clear that increasing your activity levels benefits more than just your muscles-it can be a major brain booster as well." Full article here:

https://www.bicycling.com/news/a31120789/blood-flow-to-brain-affects-memory-study/

Injuries - Surgery and Recovery

Being strong doesn't bulletproof you from injury or illness but what it does do is lower the probabilities of the injury being severe and should a serious injury or illness occur, the recovery and/or management of that condition is likely to be a whole lot faster and easier. Many people leave injuries or degenerative conditions to slowly worsen over time, citing their age as the reason for the decline and lack of effort put into recovery and restoration of good function. Many surgeons, particularly in the area of knees and hips will suggest their patients wait for a few more years

before getting their 'inevitable' knee or hip replacement because the life of an artificial joint is limited. But they will often not recommend any sort of strengthening or rehab work to the patient who then spends the next few years in pain, developing bad biomechanics, losing more strength - and confidence and mobility. By the time this person finally gets their joint replacement they find the post op rehab work just too hard and intensive and so end up worse off than before. Staying fit and strong - even with niggles and injuries and medical conditions that don't make for a perfect health picture is so very important. And sometimes surgery can even be avoided altogether with the proper training. This is Lifestyle Management. Not everything is fixable - but everything is manageable.

A client of mine recently had a shoulder replacement. His shoulder has been an issue since we started working together 7 years ago. A keen cricketer with two proximal biceps tendon ruptures and one shoulder with minimal rotator cuff tendons left to stablise the joint, bowling became a lot more of a challenge. However he worked hard to improve his posture and strength and function so that with a modified action he could still play cricket. In the last year however, with increased pain from joint surface degredation and reducing function, surgery then became the only way forward. His recovery has been remarkable - with the surgeon being very impressed with his strength and function - in many parts contributed to by his consistency in improving his strength and function over the last 9 years and his dedication to the pre op rehab as well as the post op work. And Jack is 73 years old.



continued on page 15.

### **BC SQUASH CLUB CAT**

Sponsorship Update Limpy and BBM

irst of all the hugest thanks to Peter Corney and the Squash Club for helping me support Limpy and BBM. Your sponsorship of these two cats has been invaluable and allowed me to get them to happy healthy playful and adoptable cats. And a big thanks too to the Members who keep an eye out for the British Club cats and are kind to them. Having a stable, friendly and healthy cat population means that they will protect their turf, help reduce the rodent population and keep other strays out.

If you ever do see one of the cats in distress, or suspect it is unwell please contact the staff in the Fitness Centre.

For those of you who aren't aware of the recent BC Cat adventures - the guick summary is that on top of my already two adopted cats that I have here in Bangkok (one of them a rescue from The British Club from 5 years ago) I have been fostering two others from BC. Limpy was run over in the carpark and kindly taken to the vet by two awesome members for treatment. However her injuries left her with a paralysed left rear foot which means she cant dorsi flex her foot and isn't aware that she is walking on her toes. Hence when she is outside she drags her foot on the concrete and it becomes raw and bleeding and septic which means she could not be an outdoor cat. I am extremely grateful to BC Members Eric and Nives and young Violet for recently adopting Limpy - who is now called Chilli Pepper and is loving her new home with wonderful fur parents! Pepper is very happy, being spoilt and doted upon like a queen! Here is the cutest picture of Violet and Mum Nives and Pepper all sitting around having a good little chat with eachother. Pepper is very talkative! Thank you for being Chilli Pepper's new family!



BBM is about 6 years old. (BBM – Blind Black Mama cat – she is blind in one eye) She was found in a puddle almost dead by a very good member (Dave Gandy) who picked her up and took her to his vet (I happened to be away for a visa run at the time and the staff told him they could not do anything with BBM until I got back. Thankfully Dave took initiative or BBM would have died). She was treated for extremely bad kidney failure. Hence she needs subcutaneous fluids every few days (which she hates but there really isn't an option!) which is she cannot live back at BC either. Despite the fact that her blood tests

### Reportings

show she should not be well at all she is the most playful and bounciest out of all the cats I have here. So we are monitoring her blood levels but perhaps this is just her new normal. She is happy and playful and loves pats and anything that moves.





BBM needs a forever home urgently. You will need to be a special person for a special cat - be able to administer subcutaneous fluids – 🔭 and provide lots of pats! Her life span from now may not be very long at all

but she is beautiful and if I was not her playing. having to leave Thailand I would keep her. However I am heading back to Australia very soon and it will already cost me approx 10000AUD to get my original 2



adoptees, Grumpy and Hinghoy, back to Australia. (Unfortunately importing Cats to Australia is expensive and complicated - even more so with the

current situation and I will have to leave them here in Bangkok with a friend for 6 months (which will be really hard to do!) until firstly they are ready to be sent (in accordance with Aus Import regulations) and secondly I have the funds to complete their journey.

So firstly I am ever so grateful for the support of the squash club in looking after these two cats. You Squashies have been absolutely amazing! Thank you! Now however I need your help to find a home for BBM. Please share this with your friends and family on behalf of the British Club Cat Population. And if you think you can adopt BBM feel free to come and meet her. Email Sandy at:-

### sandy@bangkokstormtraining.com

Thank you in advance.

### Sandy

(And Grumpy and Hinghoy and Limpy and BBM)

### **HEALTH** STRENGTH continued from page 13.

"In January I had major surgery to replace my right shoulder completely worn out by 60 years of squash and cricket. I am now in the gentle rehab stage after six-weeks healing and in another 6 weeks I can start real strengthening work. I expect to be fully functional again with 6 months.

I have suffered little pain or inconvenience and my surgeon has been surprised at my rapid recovery . I am already driving and doing 'normal 'activities again. I was lucky that the surgery went well, the real reason for my quick recuperation is that I am no stranger to the gym and have worked hard with Sandy to strengthen that dodgy shoulder for years. All the other muscles were ready to take on the new

challenges after surgery and I was well trained in the type of exercises I now have to practice. It would otherwise have been so much more difficult.

My advice to anyone contemplating major joint surgery would be to work hard on strengthening the muscles before surgery and learning exercises that will be necessary after...which may in fact delay or even make surgery unnecessary."

-Jack Dunford

If you have questions on this subject feel free come and see me or email me at sandy@bangkokstormtraining.com

> **GET STRONG!** DARE TO BE BETTER THAN YESTERDAY!

### RECIPROCAL CLUBS Visited in March 2019 by Dr. Paul Doust

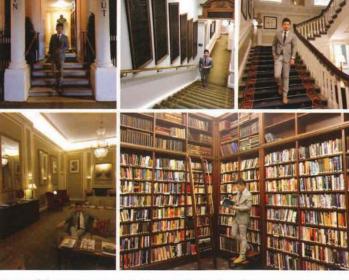
# Naval & Military Club, London. (a.k.a. the In and Out club)

n old private members club, with grand rooms, three bars, and a fine dining restaurant with a nice view over St James's square. The club had received my letter of introduction by email, but when we arrived the receptionist asked to keep the hard copy that I showed her and also wanted to see my British Club Bangkok membership card. In addition to the bars and dining facilities there is a gym, although reciprocal members get charged for gym use. Unlike some of the other old private member's clubs in London, the wine list was very disappointing, without any decently aged red wines. A friend told me that the club almost closed about 10 years ago, but was saved by a deal which involved selling its building. Mostly closed at weekends, expect for the accommodation. Jacket and tie required.









The British Club Bangkok is delighted to have a network of 427 he 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.



### HOLY WEEK

CHRIST CHURCH BANGKOK

### Apr. 5 - Palm Sunday

7.30 am - Traditional communion service 10 am - Contemporary service with Palm procession

### Apr. 9 - Maundy Thursday

7 pm - Communion service

### Apr. 10 - Good Friday

12 pm - 'Hour at the Cross' service of reflections and readings

7 pm - Joint service with Thai church

### Apr. 12 - Easter

7.30 am - Traditional communion service 10 am - Contemporary family service with communion

12 pm - Baptism service

for more information, visit us at christchurchbangkok.org



THE BRITISH CLUB BANGKOK

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### **PROGRAM**

05:00 am: 21 km

06:00 am: 10 km

06:15 am: 5 km

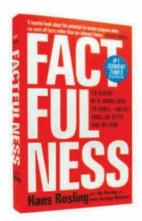


Book/Information contact: events@britishclubbangkok.org

# **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.

### Factfulness by Hans Rosling

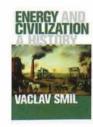


When I originally read the reviews and synopsis of the book Factfulness, by the late Hans Rosling, I truly did not believe I would enjoy reading it. Although I have a lot of nonfiction favorites, the descriptions of this book made me think of graphs, charts, diagrams, and a lot of facts. (Not my usual cup of tea, so to say.) What a pleasant and incredible surprise!

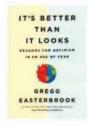


Hans Rosling's writing has a narrative quality that makes his subject interesting and informative, leading me to wish I could have attended classes of which he was the professor. Interspersed with quizzes to check the readers' prior knowledge (or lack of knowledge as the case may be) on global issues and situations, the book progresses logically through the ways the media misleads the public to believe in dire global problems when, if one looks at the actual facts and figures, global poverty, world hunger, etc are actually improving! He deals with each of the five global problems that could lead to a collapse of world order, rebuking common misconceptions while giving easy to understand scenarios of the truth.

Other Picture Books on Overcoming Cultural Differences There are many reasons this is a nominee for the 2020 Bangkok Book Awards! I recommend this book as a great resource for students, parents, and teachers.



Energy and Civilization A History by Vaclav Smil



It's Better Than It Looks Reasons for Optimism in an Age of Fear by Gregg Easterbrook



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### **PERSONS** of Interest Marcel Petit



orn in France, Marcel took up tennis at the age of eight at the Tennis Club of Bassens. He also played soccer, rugby, handball and table tennis which was not surprising as his father was an Olympic level boxer and national coach so was always pushing him and his two sisters to follow in his footsteps. Marcel claims he developed a passion for tennis after watching Roland Garros on TV and, of course, his favorite player at that time was Yannick Noah.

At age of 14, Marcel was selected for the National Rugby U16 Team playing against England, Ireland and Wales. However, after suffering several injuries, his father asked him to focus on just one sport so he chose tennis.

"Tennis was the opportunity to challenge myself in a individual sport and as a person, but I realized it was not going to be easy. One day I played well and another badly. The mental aspect was very important for me as well as the traveling and visiting new cities in France. At 15, I became assistant coach for minitennis and pre-initiation. I felt very interested in coaching."

Devastated by his father's death at 17, Marcel lost interest for the sport and realized he had been doing it mainly for him. He lost his love for tennis for several months and spent time training for triathlons to participate in juniors promo level events. However, with support from family and close tennis friends, particularly that of French players Xavier Camps, Lionel Heches and Lao national player Tom Kindavong, Marcel's love for tennis was reborn.

Marcel won his first U18 Individual National Tennis Title for his high school. He followed this by winning numerous tournaments in the French Junior and Men's Second and Third Divisions and even playing a few "Tennis Satellite" now called "Futures" events. It was at this time he realised it would be very difficult to join the professional circuit so choose tennis coaching in parallel to his studies.

Marcel got his first professional tennis diploma at 20 from the French Tennis Federation and started as a club coach in Bordeaux and during the school holidays at the Monte Carlo Country Club. This was an amazing experience for him teaching all levels through to main competitions in France.

After many years of working in France as Head coach at the Tennis Club of Bressuire and for the French Tennis Federation, Marcel got the opportunity to move to Bangkok in 2006 as a private coach. It was at this time he joined the British Club where he won the Men's Singles and was runner-up in both the Men's Doubles and Mixed Doubles for the Club's Championships.

Following training of junior players who became National Champions and reached the world's top 100, he went on to work in Ho Chi Minh for the Vietnam Tennis Federation in charge of junior player development as best result boy winner of the Orange Bowl U14 and World's Top 100. From there he moved to Taiwan to take the position of Head Coach at Hope Tennis Academy for six years training Davis Cup, Fed Cup players and numerous elite juniors players such as Chun Hsin Tseng who became World Junior #1 and won Junior Titles at Roland Garros and Wimbledon and is now has an ATP ranking of 279.

Before moving back to Bangkok at the end of 2019, Marcel did another stint in Ho Chi Minh working for the Tennis Federation as Technical Director.

Marcel is now so pleased to be back here at the British Club with his family once more where he feels at home and enjoys getting back out onto the court.

### **HOW TO WASH YOUR HANDS**



Wet hands with water and apply soap handwash



Rub hands palm to palm



Rub over the back of the other hands with interlaced fingers and visa versa



Palm to palm with fingers interlaced



Back of fingers to opposing palms with fingers interlocked



Rotational rubbing of left thumb Clasped in right palm and visa versa



Rotational rubbing, backwards and forward with clasped fingers of right hand in left palm and visa versa



Rinse hands under running warm water



Dry hand thoroughly with a paper towel



Use your elbow or paper towel to turn off the tap

### Why is hand hygiene so important?

- + Millions of germs are picked up by hands during every-day activities. Many of these are harmless but some cause illness such as colds, flu and stomach bugs
- Hand hygiene is essential to prevent the transfer of these germs to other people & surfaces to stop the spread of illness
- + Poor hand hygiene can lead to spread of Campylobacter, Salmonella, MRSA, Impetigo, Flu & COVID-19

### When To Wash Your Hands

### Wash your hands before your:

- + Prepare or eat food + Treat a cut or a wound
- + Visit a hospital ward
- + Inserting or removing contact lenses

### Wash your hands after your:

- + Use the toilet
- + Below your nose, cough or sneeze
- + Touch a sick or injured person
- + Handle rubbish

- + Handle uncooked food
- + Visit a hospital ward
- Touch animals or animal waste
- + Change a nappy



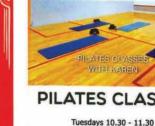
### Due to the Covid-19 virus, events advertised maybe postponed or cancelled.

## MON



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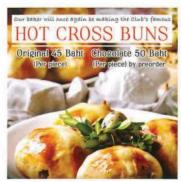






Tuesday 21st and 28th April 2020





Kids Cricket 8am-11am Book First! **Kids Cricket Swimming Lessons** 9am-12pm Sunday Brunch 11.30am-3pm **Open Bridge** 2pm Silom Room Tennis Mix-In 4pm-7pm

**BWG Mahjong** 10am-1pm **Tennis Mixed Doubles Team Practice** 7pm-9pm

**Bangkok Gentlemen** Spoofers 8pm **Pilates Classes** 9.30am-10.30am Football 7pm-9pm **Quiz Night** 7.15pm The Verandah



**Kids Cricket** 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

**BWG Mahjong** 10am-1pm **Tennis Mixed Doubles Team Practice** 7pm-9pm

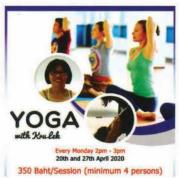
**Bangkok Gentlemen** Spoofers 8pm Football 7pm-9pm



**Kids Cricket** 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

**BWG Mahjong** 10am-1pm **Tennis Mixed Doubles Team Practice** 7pm-9pm

**Bangkok Gentlemen** Spoofers 8pm **Pilates Classes** 9.30am-10.30am Football 7pm-9pm



**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

**BWG Mahjong** 10am-1pm **Tennis Mixed** Doubles Team **Practice** 7pm-9pm

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

### SAT

**Ladies Tennis** Coaching

9.30am-10.30am Squash Mix-In 9 4.30pm-8.15pm

Tennis Mix-In 6pm-10pm Balut

6-8pm

BAMBI 9.30-11.30am

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

6pm-10pm

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

**Ladies Tennis** Coaching 9.30am-10.30am Squash Mix-In 2 4.30pm-8.15pm 💃

Tennis Mix-In 6pm-10pm

**Balut** 6-8pm

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

Ben Thompson Osteopath 11am-6pm

> **Junior Tennis** 4pm-6pm Kid's Movie Night 6pm

Tennis Mix-In 6pm-10pm

**Swimming Lessons** 9am-12pm ~**&** 

Squash Mix-In 2.15pm-6pm Squash Coaching with K Ruegrit

**Ladies Tennis** Coaching 9.30am-10.30am Squash Mix-In 9 4.30pm-8.15pm 💃

Tennis Mix-In

6pm-10pm Balut 6-8pm

Paella Dinner Only

BAMBI 9.30-11.30am

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

Tennis Mix-In 6pm-10pm

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

**Ladies Tennis** Coaching 9.30am-10.30am Squash Mix-In 9

4.30pm-8.15pm 3 Tennis Mix-In 6pm-10pm

Balut 6-8pm

BAMBI 9.30-11.30am

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

Tennis Mix-In 6pm-10pm **Wine Tasting** 

6pm-9pm

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

with K Ruegrit

**Ladies Tennis** Coaching 9.30am-10.30am Squash Mix-In 9 4.30pm-8.15pm 💃 Tennis Mix-In

6pm-10pm Balut 6-8pm

BAMBI 9.30-11.30am





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





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### **Bakery Items**

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

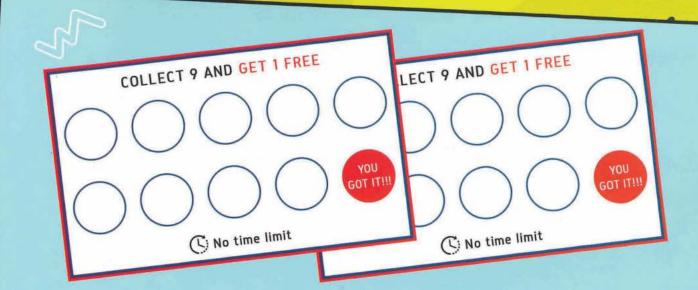


### Wine Tasting the Event



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eing somewhat disappointed with the selection of wines and with the canapes not quite up to the usual high standard at February's wine tasting, I decide I would look elsewhere.

Having said that, it was a great evening socialising with friends and making the most of the Jazz group who provided great music. It was during this time I was made aware of Ropiteau Pinot Noir. Later the following week, I had the opportunity to try it.

Pouring the wine into my glass I could see it was definitely a deep red in colour and there were those ruby highlights as I swirled it around in the glass. Placing my nose in the glass I become aware of red fruits and peach, even vanilla and coconut. Taking my first sip I could tell this was a full-bodied wine with flavours mainly of cherry and blackcurrant with a hint of liquorice. It was all I was told to expect and so very easy to drink.

This Pinot Noir comes from the south of France and is grown in clay-limestone, marl and sandy clay soils strewn with pebbles. This vineyard is generally found at an altitude of 200 to 400 metres and combines the influence of the Atlantic Ocean and the Mediterranean Sea.

Now for the technical Info.

Winery:

Ropiteau Freres

Region: Varieties:

Bourgogne, Frances 100% Pinot Noir

Alcohol:

12.5%

pH:

3.5

TA:

5.5 g/L

Residual Sugar: 0.1 g/L

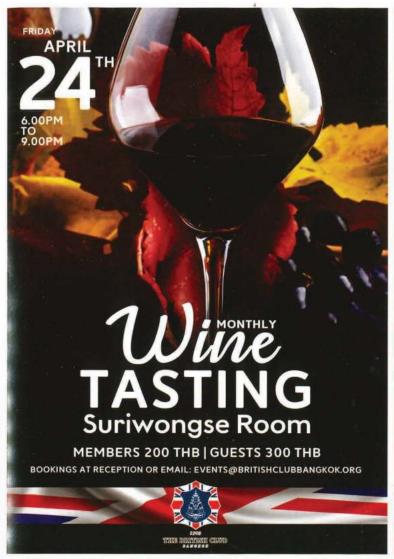
Serving temperature slightly chilled (14°C) Food pairing: Perfect match to delicatessen, grilled meats, pizza, barbecues or cheese.

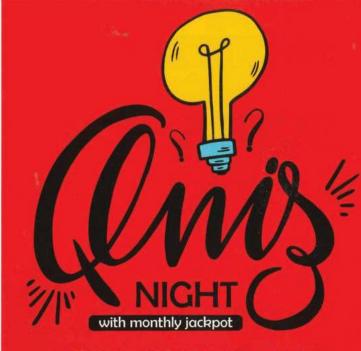
Contact details: Sony@sonsawines.com Mobile 062 790 8886

This is a easy-drinking wine which pays tribute to the great noble French varietals and especially to the roots of Ropiteau Frères. So give it a try.

Cheers







### **TUE 7TH APRIL 2020**

The Verandah | 7.15 pm Members: 150.- | Guests: 200.-Team of 6 or less

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# **SQUASHY BITS**Squash Champions

Bruce Mudge

s the cooler breezes of our pretend winter slowly ebbed away, the growing heat, humidity and smog presented as stark portents of the torturous summer months soon to arrive.

What say a lively competition then to provide a useful distraction to the rising temperatures?

And so it was, the annual Squash Championships of the British Club Bangkok carefully prepared by Squash Section Chairman Peter Corney and generously sponsored by nobody.

Understandably, no financial support meant a dearth of prize money, yet this mattered not to the dozens of feverish competitors throwing themselves forward with just one desire of becoming a Squash Champion.

Twenty eight Squashies entered the early group stages and produced a quality of play never quite seen before on any court in any universe and so incredible that it cannot be justified simply in a few words. It was, and is still, indescribable.

Into the quarters and semis, the rivalries surging through the remaining competitors desperately clambering to sustain their lust of becoming a BCB Squash Champion. Once again, the standard of play matched only by that found in dreams. And as the intense encounters unfolded so were spun awesome tales of beauty and bravery, of silky skills, of defiance and determination, and, of course, of disappointment and despair. For every elated victor, sadly there remains a defeated soul, beaten and lost, deflated and dispirited. Not for him the delight and hope of clinging to that flickering, romantic champion ideal, instead sudden rejection and dejection. Like love itself, competition can cruelly break sensitive hearts. Out then went Ranjan & Dan, Neil E & Marc, Shiraz &

Nick R, Alex & Chris, Mark R & Marvyn, Nick P & Tee, John & Masood, Peter & Mark A, Ja & Antoine. They will need time to recover.

Finals Day. Bright & hot. The sun making its now daily struggle against the early morning, urban smog. A Sunday and the first of the month. A day for Squash Champions.

The Peter Corney Bowl Final. Henry Woodley and Neil McArthur. A brief portrait of the opponents reveals a well-spoken, energetic, young British lad and a jaded, uncouth, ageing Australian. However, it takes all sorts, as the saying goes, and these were the two dreamers who had made it through. But that's exactly where Neil's dream ended for his pre-match preparation of drinking til dawn left him waking just an hour before this encounter and running late, hungover. Barely a warm up then and a pulled muscle in game two and Henry was the Bowl Champion 2020. Hooray for Henry for he has improved markedly, yet spare a thought or two for Neil. Silly old sod.

The Plate. Rit and Nick Ghosh. Both dark, but one short, left-handed and with flowing locks, while the other taller, balding and not so left-handed. Rit triumphed 3-1 because he played more winners and made fewer errors. Nick in shiny, new, red shoes not as sharp as usual; more passive, aloof. A trifle nervous perhaps. Who could tell? Some wonderful retrieving amidst exciting rallies that had the boisterous spectators howling as each point was won or lost. Both like to smash the ball around, yet Rit smashed it better on this occasion. Nick won the Bowl title a year ago thus has made great strides. But Plate Champion Rit is always there or thereabouts and today's was his to beam with pride and deservedly so.

### **Sports**

The main final. This one for the Cup and the title of British Club Squash Champion. Robert Lockhart and Brad Vick from Canada and the US respectively. What happened to our British players? Not good enough? Too drunk? Cheated? Perhaps all of the above. Robert: single, god-fearing, a binge drinker, tall, dark and classically good looking; Brad: ex-military, married, children, bandana and tattoos. The best we have at the moment so a fair pairing. Rob makes few errors, but he did here. Nerves? A hangover? Probably both. The defending champion and a sensitive soul. The flack he would receive for losing would crush him. But he looked shaky and Brad was rampant being cheered on by the Mrs and the little ones: wife and child; hearth and home. Could he upset the favourite? The inebriated gallery huddled in fascinated expectation. Very tight early on; barely anything between them. A game a piece and a broken string left Bobby scrambling to borrow a spare racket. Why didn't he have his own? Clearly never a Boy Scout. Plenty available, and he took game three, but changed racket again for game four. All at sea, while

Brad was cool. Apparently, he once worked for the CIA. Was he then a spy recruited by Commander Cheese? To spy on what? The Squashies playing squash? Please! He was up 10-6 in game four and it appeared the borrowed rackets had put Bobby off. Oh dear. Had he now to win it in five? But wait.....an unexpected surge of....of....of what? Of divine inspiration? Who knows? But he fought back rapidly to even the score. Brad was flabbergasted and that was enough for him. Resignation was written all over his weary face and he chucked in the towel as Rob took game four 15-10 with 9 points in a row. BC Squash Champion for the second year and nobody could complain. A tremendous match of compelling rallies and wonderful shots. Both players showing full commitment, yet Rob's badminton years proving fruitful by giving him a volley advantage Brad was unable to cope with. No shame in that and both deserved the rowdy reception.

### Robert Lockhart BC Squash Champion 2020.





### Squashies AGM



#### BCB SQUASH SECTION

Minutes of AGM, 01 March 2020 Meeting opened by Peter Corney at 5:15pm

Present: Squash members who were there.

Apologies: Squash members who were not.

### 1 2019 AGM Minutes → Peter Corney

 Minutes from 2019 AGM were circulated and forgotten. The paper was wasted and that's another nail in the coffin of the environment especially for those poor bloody polar bears! All should feel shame and regret.

#### 2 Chairman's Report → Peter Corney

- Squash Section membership has increased. But Cornflakes offered zero evidence to support this ridiculous claim. Bloody liar!
- Participation in leagues, tours, competitions has increased. Says who?
   Another whopper from Combread. How does he sleep at night?
- More younger players in the Squash Section. Oh yeah? We ain't seen none
  of them. Are you talking about Henry who's 33? Cornflakes should be a
  politician. He has all the abilities. In other words, he just can't stop lying.
- · Something about seafood pizza and Prosecco. Yeah, we ordered them!
- · Successful year-end Christmas party. Finally, a sensible word.
- Thanks and appreciation to fellow squash committee members. Bloody right.
   They spent all year carrying Cornflakes and wiping his sad Australian arse!

#### 3 Captain's Report → Neil Evans

 We won some and we lost some (50/50). Some explanations were attempted by Captain Calamity, yet those there were more interested in the pizza. Shut up Evans and drink more lager. You talk more sense when pissed!

### 4 Treasurer's Report → Bruce Madge

- . Income of THB 106,353 and expenses of THB 143,971 for the year
- Deficit of THB 37,618 recorded
- Some suggested questionable spending, lack of transparency, inadequate financial controls, and weak reporting. Says who? Madge ain't a bloody accountant anyway. About time someone else took over this thankless, chore of a role that he was forced into then. He's done a brilliant job and nobody gives a toss! He should resign. Then they'll be sorry.

### 5 Election of Officers → Peter Corney

- . P. Corney, M. Sayer, N. Evans, R. Lockhart stupidly re-elected to Committee
- B. Vick, N. Rotherham, and R. Teja bullied onto Committee
- . B. Madge threatened to resign from Committee (sick of all the crap!)

#### 6 Any Other Tripe

- Peter Corney presented with commemorative plate for 25 years of service as Squash Committee Chairman. It cost a bomb and we can't afford it. In other words, it was a waste of bleedin' money. This is why we are skint!
- No discussion on the new colourful plastic cups.
- No discussion whether games should be to 11 or 15 or 16 or 8 or 3.5 or 56.
- First Squash Committee Meeting scheduled for 11 March 2020. Madge won't be there. He's joining the Tennis Tarts. They will love him more.

Meeting closed at 5:30pm



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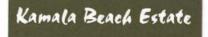
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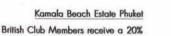


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### **TENNIS** Dear Grand Slammers and Double Faulters



espite this being towards crunch time in of our annual Club Championships, you just can't keep our ladies out of the headlines and this month's edition is dominated by their endeavours at the Bangkok Ladies Doubles Interclub Tournament.



Four teams gathered at the glorious Royal Bangkok Sports Club on February 29th each with their eye on the prize. Our squad, despite being depleted by injury, business trips, self-confinements, and impregnations had been training hard and were optimistic of making an impact and improving on our recent showings in this tournament.

Our first match was a tough task against our RBSC hosts on their grass courts and understandably our ladies took a little time to get to grips with the low bounces un an unfamiliar surface. There were some close matches but in the end we went town 4-1 with only Maria (making her British Club debut) and Nattaya coming through with a point in the 70s category. We were down but not out.

Next up we took on the B.I.G team who had also suffered a 4-1 defeat to the always strong Japanese

ladies. Corrine & Wandy got us a great point in the 110s and suddenly things were looking up. Our 100s put another point on the board and though we lost at 70s, Pin & Pui (also a debut maker) got us a great point in the 80s to win us the tie and we were always confident that our 90s pair would do the business to give us a fine 4-1 victory.

Our final match would decide who would take 2nd place in the tournament with the BC facing our rivals from Japan. First up was 110 match which I had an inkling was going to prove to be the key battle. The tried and tested partnership of Nu and Jeab went behind early on but then found their stride to put us 1-0 up in the tie. 100 and 90 were tough matches and two defeats put us 1-2 behind before Nat and Maria levelled things up. Everything hinged on the last match but fortunately we had Nong and Raquers on the job and they came through 6-3 to wrap up the victory and see us take a 2nd place finish behind our hosts.

With RBSC being the hosts, the tennis was only the warm-up to an amazing day of fun and alcoholinspired performances on stage by our multi-talent

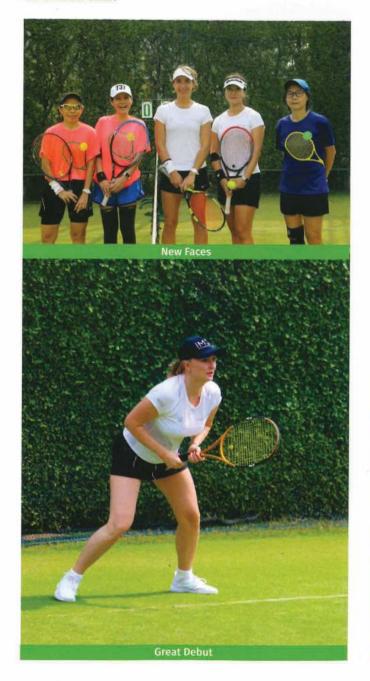


### **Sports**

Thanks to all who made up our squad (Corinne, Jeab, Maria, Nat, Nong, Nu, Raquel, Raymonde, Pin, Pui & Wandy) to coach Nueng for prepping the squad, and to Anjelica and Yubharet for their organisation and coordination (and wake-up calls). Special mention also to Leen D'hondt, Masha Geveling, and Eunsook Lucy Lee who represented the club with distinction in the New Faces event.

Next year we will welcome back some missing players and go chasing the main trophy!

#### Go British Club!





# **HARDBALLS**Reality Check

s pointed out by some of our members who were horrified not to see their photograph printed in the last edition - the epic result in Chiang Mai reported last month left no space to credit prize winners from the annual awards evening held earlier in the year. The highs and lows of the 2018/19 season were celebrated over a dinner at the club following a social fireball match on the back lawn. Statistics were recounted and some long forgotten videos reminisced over a trademark slammers session as Dilip held on to his coveted 'bowler of the year' title, Sunil was rewarded for his batting in his first full season for BC, and Denzyl rightly picked up the highly sought 'cricketer of the year' trophy.







#### **BC V Indorama 16th Feb**

BC were brought back to reality shortly after returning victorious from Chiang Mai in February. In their 6th match of the league, BC won the toss and elected to bat first at the AIT ground in Pathum Thani. Early wickets and a controversial LBW decision had BC under pressure from the start, as Indorama capitalised on their chances. Dale (16, 12 balls) looked well set to accelerate the innings and take on a tiring attack with some big hitting but was stopped in his tracks after losing his stumps, swiping over a straight one. A low score was eventually concluded - Denzyl top scoring with 33 as Indorama were set a target of 139.

A spectacular catch from Mak in the deep and some clever keeping which yielded a run out got BC off to the start they much needed, but a turn to spin early from both ends was not enough to slow down Indorama's reply as the opposition formed a matchwinning partnership to comfortably chase down the target inside 19 overs. Not enough runs on the board to start with left BC with some questions going into the next fixtures. With 4 league games remaining, challenging a position for finals would require a clean run of games – a team well capable of achieving that.

### BC V RBSC - Marshall Trophy 22nd Feb

With most of BC's local matches played a fair distance out of town, the rare treat to play on the doorstep was well enjoyed in a busy cricketing month. The annual cup match played with RBSC dates back 50 years and in recent times has largely resulted in the host's favour. This year was no exception but BC could most definitely take a string of positives from the result.

Batting first on the grass wicket and manicured outfield, Sunil and Dash got the visitors off to a

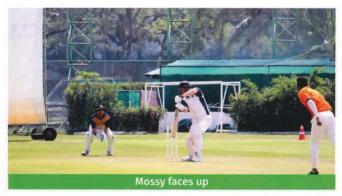
### **Sports**



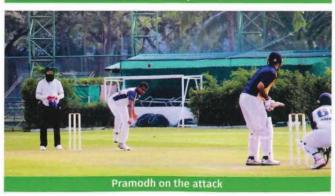
promising start with Sunil stylishly reaching 50 retirement in only 31 balls. Healthy middle-order contributions from Mossy (42), Ben (30) and Mak (20) kept the runs ticking over, before some big hitting down the order from Pramodh (22), Dale (19) and Ed (19) as BC showed their depth in posting 219 after 25 overs.

Looking to get on top of the run rate early, the hosts came out with intent from the first over as their top 4 muscled 3 half centuries between them. Only 1 wicket fell in their chase which came to an end in just 20 overs much to the disappointment of the visitors - Pramodh's match-best economy of 8-per over going some way to outline the day's struggle. RBSC treated their guests to food and beers after the game before an extended debrief carried on to the sports bar on home turf. Maybe next year RBSC!

Next month's edition will report on BC's continued league campaign (pending the adjustments to the fixtures following a temporary ground closure due to Covid-19 precautions), and the annual touring game versus Pangolin touring from Malaysia.



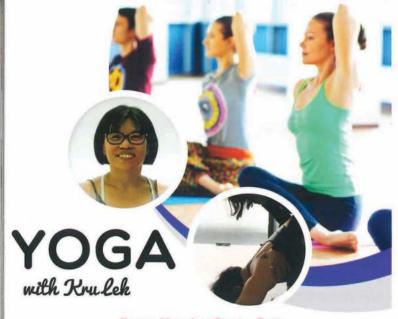












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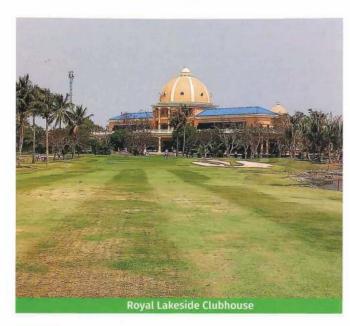


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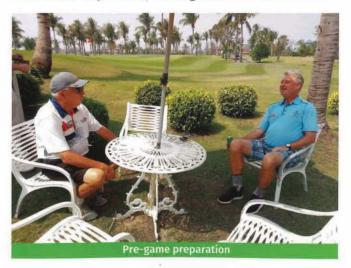
# **BCGS GOLFING NEWS**

# February Stableford





he February stableford competition was held at Royal Lakeside, with four flights of golfers participating. The usual mix of pre-game preparation saw some golfers take to the practice ground, whilst some preferred alternative medicine. It was a breezy day and the air quality seemed better than in the city centre, making the drive worthwhile.



Talking of drives, our captain Neil Davis was the clear winner of shot of the day.



Sadly, this shot is of the one after the drive, and before the shot out of the tree.



We welcomed a new member, Suzie Standen, who won the ladies longest drive competition, it's quite some way from Don Muang to Royal Lakeside. John Comisky won the overall competition with a score of 35 points, on countback over Julien Raybaud-Gines. Congratulations to John and hard luck to Julien.

## February Medal.

nother beautiful day out of the smog of
Bangkok and 19 aspiring golfers turned up at
the Royal Golf & Country Club in Lat Krabang
to test themselves against their handicaps. A hard
core of 13 have done 3 or more events this year with
Randall Coleman and Frank Fawkes having a 100%
turnout in 2020 so far. Overall 45 different players
have made an appearance so you are unlikely to end
up with the same partner each time.

If you have not played yet, check out the calendar on the website as there are also some fun multiday events coming up as well. The writer was introduced to a new term of 'sweeping the carpet'. Apparently this is when you get pars at all the par 3's. Randall Coleman did his own version of carpet sweeping winning all the closest to the pin competitions awarded. However, that was only 2 as the 7th and 17th proved too difficult a target for any of us to find. Once

on the dancefloor the surface seemed slicker than usual with quite a bit of fun - including a 4 putt (name withheld).

The only one to keep his feet whilst the rest of us were losing their minds was John Bell, winning Division 1 with a net 69, a full 5 shots clear of the nearest challenger the ever-present Frank Fawkes. A bottle of wine and a shot off his handicap the reward for our former treasurer.

In Division 2 the scoring was less inspiring, but a victory none-the-less for Roy Robertson, who beat David Burton by a shot with a net 77. But with that score he had not expected to win and had already headed to the airport unaware of his prize. Others kindly volunteered to 'look after' his bottle of wine for him, but don't worry Roy it will be kept safely for you, to be collected the next time you play.







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

### MY TAKE...

### Service

here has it gone these days or should I say, where have the people that love to serve gone? I remember coming to Thailand back in 1987 on business and being wowed with the service here. Sadly those days seem to have gone and so have a lot of the smiles.

The lack of service is not just a Thai thing, it's everywhere these days. Communications and attention are the things that seem to be missing and in many cases so is the training.

It's not rocket science! Leading by example also goes a long way. As does being welcoming, prompt and attentive to making people feel welcome and special. It doesn't take much in actual fact and it is the key to being exceptional.

It should also be noted, that not all complaints about people who provide service are prompted by their short comings or behaviour but can be things outside their control. In the case of waiters, poorly prepared food and lengthy waits for orders.

On the other side of the coin, if people do not complain when service is poor, providers will assume that their service is all going well and nothing needs to be changed.

THURSDAY MORNING TUESDAY SWIMM SWIMMING COACHING LESSON with Ton with Tony Would you like to improve your skills? Learn how to swim or perfect your We would like to invite you every thursday morning to join us stroke with Swimming Bangkok at a Come to improve your speed and technique and become the best swimmer you can fraction of the cost without giving up a Trust us , we will definitely give you results Bring goggles and a snorkel fraction of your security.

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# Outpost Classifieds

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

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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	* Fitness Centre CLOSED
1910 Balcony	3pm - Midnight. Afternoon Tea 3pm - 5pm	Fitness Centre CLOSED
1910 Sports Bar	5pm - 11pm Mon-Wed & Thu-Sun 5pm-2am*	Thai Massage CLOSED
	* If members are present at 11.30pm, otherwise	it will close at midnight



9<sup>TH</sup> & 10<sup>TH</sup>
APRIL 2020, 11AM TO 6PM

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), Bioethics and Pharmaceutical Economics (London School of Economics), and Epidemiology and Public Health (University of Cambridge).

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