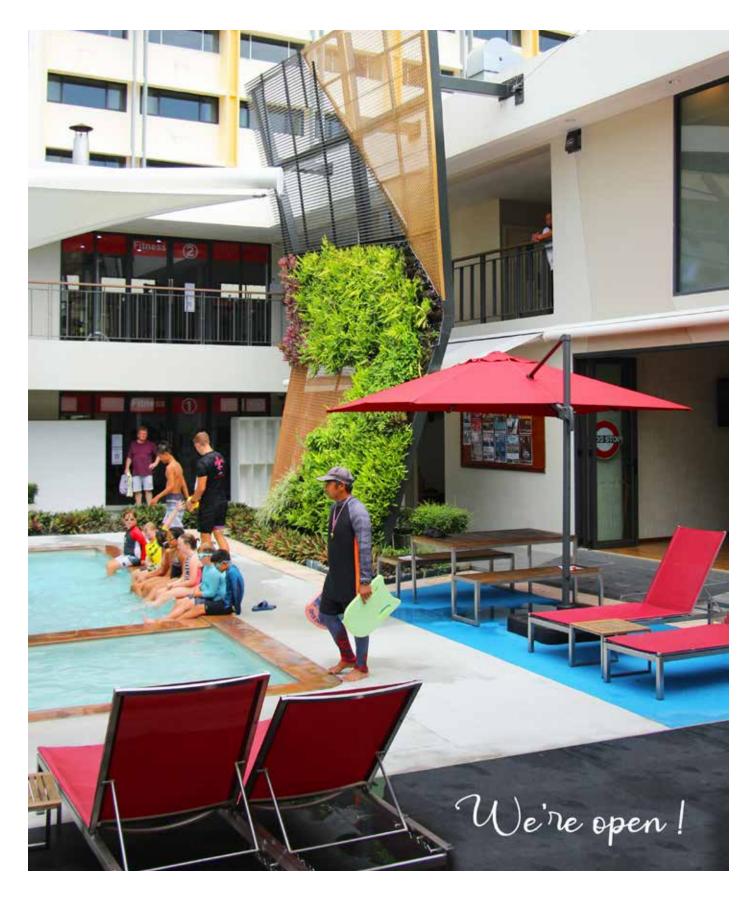


THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

# Outpost www.britishclubbangkok.org



### **REASONS TO JOIN US**

#### SAFE FRIENDLY FAMILY EXPAT COMMUNITY

NEW FITNESS ROOMS, NEW SPLASH CAFÉ, NEW KIDS STOP PLAYROOM

#### ALL IN A CLUB YOUR FAMILY CAN ENJOY WITH PEACE OF MIND

- ★ Leave Bangkok while still in Bangkok at the cities social sports oasis
- A Safe home environment
- ★ A menu with a taste from home and members delivery service
- Professional responsible community
- Build friendships and business relationships





information/ contact Tel: 0 2234 0247 or membership@britishclubbangkok.org



### Welcome New Members



THE BRITISH CLUB





### **Outpost**

#### **GENERAL COMMITTEE**

#### Chairman

Jack Dunford MBE chairman@britishclubbangkok.org

#### Vice Chairman

Geoff Banks

vicechairman@britishclubbangkok.org

#### **Honorary Secretary**

Brian Brook

honorary.secretary@britishclubbangkok.org

#### **Honorary Treasure**

James Crossley-Smith

honorary.treasurer@britishclubbangkok.org

#### **General Committee**

Mark E Buchanan, Nathan Thomas, James Short, Terry Adams, David Bell, Robert Lockhart gc@britishclubbangkok.org

#### **SENIOR MANAGEMENT**

#### General Manager

Premrudee Tanyaluck gm@britishclubbangkok.org

#### **Deputy General Manager**

Tee Bale

tee@britishclubbangkok.org

#### **Duty Manager**

Bhudhist Kongrattakul bcbhudhist@outlook.com

#### Membership Sales Manager

Aphinya Toonim

aphinya@britishclubbangkok.org

#### Service & Function Manager

Somboon Chaiyapom

somboon@britishclubbangkok.org

#### **Executive Chef**

Kornnisara Nonku

wilailuck@britishclubbangkok.org

#### Sport Manager

Amnat Saklebpradu

sport@britishclubbangkok.org

#### THE BRITISH CLUB BANGKOK

189 Suriwongse Road, Bangkok 10500 Entrance via Silom Soi 18 Tel: +66 (0) 2234 0247 Fax: +66 (0) 2235 1560



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britishclub\_bangkok

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#### **Front Cover**

Yes, we are open again and this is the first edition of Outpost since April.

#### **This Month**

Many thanks to Chris for editing Outpost since August 2018. This month Scand-Media is taking over as publisher to take us into the post-covid era.

At short notice the layout is as before, but expect a fresh look next month.

As we get going again, our regular contributors bring us up to date with the sports action, there are lots of pictures of the first events since lockdown and there are special introductions from some of our staff.

#### **HAPPENING**

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



utpost: The last edition of Outpost was in April, four long months ago. It had already been written and prepared for the printers when the Club was forced to close on 22<sup>nd</sup> March. It featured upcoming events that all had to be cancelled but since a lot of effort had been spent putting it together, it was decided to go ahead and publish anyway. It is now a permanent reminder of the old normal!

**AGM:** The first casualty of covid-19 was the Club Annual General Meeting, which should have been held on 23<sup>rd</sup> March. As advised by the Ministry of Interior the General Committee (GC) was mandated to stay in office until such time that it could safely be reconvened. It was finally held almost three months later on 25th June, outdoors. socially spaced, and under awnings on the Multi-Purpose Court. Mercifully the rains stayed away and the meeting was very convivial. The seven standing GC candidates were all reelected: Geoffrey Banks, Brian Brook, Mark Buchanan, James Crossley-Smith, Jack Dunford,

### Chairman's Message

James Short and Nathan Thomas, plus three newcomers: Terry Adams, David Bell, and Robert Lockhart.

This is an excellent Committee with a nice mix of professional skills, age and experience; one that I am confident will lead the Club safely through and beyond the emergency. The Officers for 2020/21 are Chair: Jack Dunford, Vice Chair: Geoff Banks, Honorary Secretary: Brian Brook and Honorary Treasurer: James Crossley-Smith.

Lockdown: Not knowing how long the emergency might last or what its longer-term consequences might be, the GC immediately put Phase 2 of the Poolside Redevelopment Project on hold, but decided to complete the temporary facilities being prepared for use during its construction as well as finishing touches to the Silom Wing which were already underway.

All staff were retained on at least basic salaries to be reviewed monthly. Many had outstanding leave to take and the rest were kept busy with cleaning and maintenance. Costs were kept to a minimum with staff taking over security duties and Tee set up a popular F&B takeaway/delivery service entirely operated by our own staff.

Coming Back: In the end the shutdown lasted only 6 weeks and this proved a very productive period for the Club. Khun Prem and Tee did a great job keeping the staff motivated and working hard. Most importantly the Club was ready to open the minute permission was given and was fully staffed to put in place all the required new health and safety measures. As a result, the Club can rarely have looked better than it does now and all of the Phase 2 temporary works and Silom Wing improvements have been finished.

Moving Forward: With coronavirus still raging around the world it is too early to make long term plans. Some Members' livelihoods have been badly hit and this is a worrying time for many others. So far Membership levels have held up with 25 new Members joining the Club in May and June. The total number of Members stands at 1,232; just 37 down from the peak in February and still 73 higher than this time last year. The next few months will give a better idea of what the future might hold.

Revenues are picking up steadily. Weekend F&B income has increased every single week in the 9 weeks since reopening and the Club almost broke even

#### **REPORTINGS**

in June. Usage is still down on the pre-covid period but with a full month of alcohol sales and a number of events scheduled, July should see further recovery.

The Club is understaffed. There was no recruitment during the shutdown and to reduce costs some staff were redeployed to security and delivery services and a few resigned As business has picked up it has been a challenge to redeploy staff again and maintain service levels, particularly at peak times. More temporary staff have now been secured for weekend support and getting everything fully functional again is a priority for Management.

Phase 2: With Phase 2 on hold and no construction bills to pay, the first 1.5 year tranche of the Members Loan Scheme is no

longer required. The Loan amount of 4 million Baht will be repaid to the Lenders. The GC will constantly review cash flow projections over the coming months and no decision will be made on Phase 2 until the time is judged right. Since all the preparatory work has been done, work can begin quickly once the green light is given.

New Member Cards: I had expected to be able to report that the new "Smart" Member cards would be in use by now but unfortunately there are still some technical issues to resolve. We are now hoping for a launch date at the end of July.

Our new software system is extremely ambitious, entirely replacing all the old accounting, F&B and membership systems at the same time. Some of the

software is 'off the shelf' but much is 'be-spoke', written specifically for the Club's needs. There have been lots of snags to sort out and in many ways it was a blessing in disguise that the staff could focus on this during shutdown. Once the card issues are resolved the system will be fully operational. There may still be teething problems, but the Club will benefit enormously from a modern accounting and reporting system that will offer efficiencies in all aspects of Club management and a smoother operation for Members and staff alike.

Guests: The Club is now happy to welcome back guests after the shutdown. Inviting guests to the Club is an important Member privilege and of course guests are potential Members and contribute extra revenue.

Guest rules though have often been abused in the past with many guests finding ways of using the Club on a regular basis without ever joining. This is not fair to Members who regularly pay fees regardless how often they use the Club. Anyone eligible for Membership who wishes to frequent the Club should join.

The new membership card/ entry system provides the necessary control to address this. Full details of all guests entering the Club are now being recorded and policies on the number of guests allowed in and frequency of use will be adjusted, as the situation requires. We look forward to all Members' understanding and cooperation in following the new procedures.

As we enter another new
Committee year (9 months
actually), I thank all Members
for your support over the last
the 15 months. The Club was
doing fantastically well precovid and has recovered from
lockdown well so far. Hopefully
progress will continue and
Thailand will remain in control of
the pandemic. We are so lucky
to have the British Club as our
refuge. I look forward to seeing
you around.



The global pandemic has created significant changes to all of our lives, with many expatriates facing an earlier than expected return to the UK due to career or for personal reasons. Often this is related to health and the increasing cost of medical insurance, as well as other financial aspects including GBP weakness against THB, which at the time of writing remains near all-time lows. Or simply a change of heart leading to this significant life decision.

Certainly Covid-19 may have quickened the decision for many, whether employed or retired. Whatever the reason, a UK return means dropping back into the UK tax system of course, which can be quite daunting for long-term non-residents who may have forgotten how complex it can be.

Covid-19 has fanned rumours that Rishi Sunak will present an emergency budget to the House of Commons, which by the time of this magazine's publication may have already happened. Given the impact on the UK economy this is unlikely to be a surprise.

Raising taxes now will undoubtedly put the brakes on the economy, increase the financial impact of the pandemic and slow a recovery. Ultimately such action is not prudent; it will simply cause further harm to the current financial picture. Therefore, it's unlikely that there are any tax rises on the cards just at the moment as they are unnecessary to fund government spending. However, in the longer term, a large government debt is undesirable and future tax increases are therefore more likely.

Without clarity of any tax changes planning can be difficult. However, based on the current UK tax system there are many planning techniques that exist which can help to lessen individual taxation after a UK return.

Here we look at some of the current main UK tax planning opportunities:

#### Personal Allowance (£12,500 for 2020/2021)

Pension and rental income are the most common examples applicable. It is sensible to maximise this allowance as far as possible as it is completely tax free.

#### **Capital Gains Tax**

For those who have interest investing in real estate, this should be a main consideration as there is a tax free Annual Exempt Amount of £12,300 currently. Gains above this are taxed at 10% for basic rate taxpayers and 20% for higher rate taxpayers. Higher rates exist for certain residential property gains.

#### **Savings Allowance**

Between £500 and £5000, which is dependent on the level of one's income and the tax rate payable.

#### **Dividend Allowance**

£2000 for the current tax year.

#### **Individual Savings Accounts (ISAs)**

A current annual maximum of £20,000, tax free growth and income.

There are many more options including NS&I Certificates, Purchased Life Annuities (PLAs), Investment Bonds (onshore & offshore), Pension contributions (in certain circumstances) and Enterprise Investment Schemes (EIS) and Venture Capital Trusts (VCTs).

With so many possibilities it is essential you seek professional advice ideally 6 to 12 months in advance, especially from a company with international and UK coverage.



#### 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

#### Disclaimer

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.





elcome back to our August edition of Outpost. We took a three-month break whilst under the BMA covid-19 lockdown rules, but now we are back into full swing.

The Club was closed on 23rd March and reopened on 3rd May, during this time we did a great deal of maintenance and finished all the outstanding work from phase 1 (The Silom Wing). We have two new Fitness rooms for cardio and weights, a new changing room facility, plus we reinvented the family room as the new **Kids Stop**, which features a London Bus with a fitted 50" TV screen and all new kids toys and playthings. We have added one new outlet to the poolside called **Splash**, where you can relax with aircon, enjoy a drink with food while watching all the sporting action from around the world on the 60" screen.

We are now 100% back into operation but following the

## **Letter From**The General Manager

BMA's rules with the "New Normal". The Club is open again for Members and Members' Guests, and also Associate Groups, and Loyal Societies with a new sign in form and updated rules; Functions and Club Events are also back in action but observing the New Covid-19 Policy. We have updated all Members by email about all changes to our policies, but if you did not receive it you can check the latest Rules and Policies on our Website.

Before we closed the Club. we had started implementing our new front & back of house software. An email was sent requesting all members to update their membership profiles and this can now be done directly by yourself on the Club Website via the Member Section login. The new system now produces the monthly statements in an improved format and this can also be viewed on our website. To be environmentally friendly, we encourage all Members to receive monthly statements by email and also have the option to view Outpost digitally online rather than being mailed the

printed version. If you would like to receive your monthly statement by email you can also email to membershipservices@ britishclubbangkok.org

Our operations team started the new Delivery Service when Members weren't able to come to the Club. It was very successful during the lockdown period with many members enjoying the Club's menu and special promotions. We are still carrying on the delivery service at the moment with a minimum order of 300 Baht per time. Please check with our LINE official App for all menus and promotions or on our website.

The Club events and functions are getting underway and we are pleased to once again host "Canada Day" on Saturday 8th August arranged by the Thai-Canadian Chamber of Commerce, a Cheese & Wine Master class is set Friday 7th August and later in the month we will be welcoming back Shrewsbury Stars Kids club with our Partners Shrewsbury International School.

I am looking forward to seeing you all around the club. ■



### Thai Mother's Day

Set menu Dinner

WEDNESDAY, 12TH AUGUST

### All mothers receive a glass of red wine or white wine

come and treat your mother for a very special dinner

#### AT THE VERANDAH

6.00pm - 9.00pm



# HE GREAT BRITISH GOES INTERNATIONAL



WITH LIVE COOKING STATION & SPECIAL COUNTRY CORNER

11.30AM - 3.00PM @ THE VERANDAH & SPLASH CAFÉ

.....EVERY SUNDAY | FAMILIES WELCOME......

FOOD ONLY

SEAFOOD WEEK : UNLIMITED SOFT DRINKS

ADULT 650.- ADULT 750.- ADULT 750.-

KIDS ONLY 350.- (AGED 4-10 YRS.)

FOOD AND 4 STANDARD BEVERAGES

850.-

FOOD AND 4 PREMIUM BEVERAGES

1,150.-

BOOKING AT THE RECEPTION OR TEL: O 2234 O247 / EMAIL: INFO@BRITISHCLUBBANGKOK.ORG



THE BRITISH CLUB



a natural environment.





Bangkok International Preparatory & Secondary School Primary Campus at Sukhumvit 53 23 Sukhumvit 53, Vadhana, Bangkok 10110 Secondary Campus at T77 On nut 77 Sukhumvit 77, Vadhana, Bangkok 10110

Phone: 02-700-5858

Email: admissions@bkkprep.ac.th

Website: bkkprep.ac.th f @ y D bangkokprep

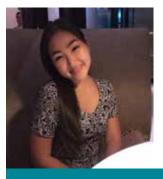












Aphantree Lunjakornhirun

### **Letter From**

### The Executive Assistant

i everyone, first I would like to introduce myself. My name is Aphantree Lunjakornhirun or you can call me Piglet. I am the Event Executive Assistant. I have been working at the Club for six months already but sadly Covid-19 started just after my first month and so I am still very

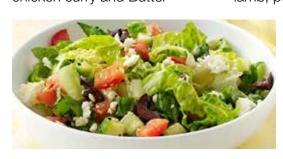
new for most Members. You may have seen me around the club sometimes, especially at the Kids Stop and if you used the food delivery service during the closure you might have talked to me when you ordered food. I hope to meet many more of you soon.

#### **HAPPENING**

### **F&B Morsel**

### from our Kitchen Team

ello Members. We haven't all been at the Club for a while and I hope everyone has done well during the emergency. I would like to share the good news that we are now open as usual and it will be a pleasure to see you here again. We have a special menu for you this month offering Indian food, featuring Lamb Rogan Josh, Chicken tikka masala, English chicken curry and Butter



chicken curry, all served with garlic or chili cheese naan and choice or fries. All of these are freshly cooked every day by day to ensure they are delicious. I would like to invite all of to try these new dishes.

Every Sunday we have our Great British Brunch back again from 11:30am to 3:00pm with a carvery featuring roast beef, lamb, pork with cracking and

> cauliflower & broccoli cheese and all your usual favorites. We now feature a new international corner which will change each week and we continue



our food delivery service if you would like to enjoy your roast at home.

Our "Business lunch" is back and we have hummus and watermelon feta salad again on our specialty menu. Our French bread & French pastries and special desserts are available for all members to eat at the British club. Thank you all for supporting our club, we look forward to preparing your next meal.

### **New Facilities**

at the Club



Now Eitness









### **Balut**

### Alea lacta Est

s Members may not know, the Game of BALUT was invented by Gaius Julius Caesar when he uttered the immortal phrase "Alea iacta est" or "The die is cast". It was a popular game played by Roman soldiers, as witnessed in the award-winning TV series 'Rome'. More forward two thousand years and it was re-invented by some US soldiers based in the Philippines. BALUT is now played, at Bar and Tournament level by over a dozen Member Clubs across Asia



#### **EVERY WEDNESDAY - 6pm - UNTIL HAPPY HOUR ENDS**

British Club BALUT ran successfully from 2007 but has been quiet in recent months due to Covid-19 restrictions. We play now informally each Wednesday at 6pm – new players always welcome. All scores, since 2008, across Asia are contained in the BALUT Online Scoring System devised by Yes Technologies and visible at www.teambalut.com.





#### **HAPPENING**



Aphinya Toonim

The Vanmarcke family was introduced through our member get member program. Khun Johan likes to play squash, Khun Leen works in daytime and takes care of her 2 kids. The Kids have Thai Names which is really amazing, their names are Kamol and Niran. The cute part for these 2 kids is Blonde almost white hair, they always hide when I see them but easy to find them by their hair. Once this family became a member they have introduce our club to many of their friend. They are really kind to support us.

Member Review: The club is just a great place for us, lots of sports facilities, Fun for kids, friendly staff, great food , Amy is always helpful and cheerful and supportive.

### **Membership** Dept.

Hello, I'm Ammy the membership manager for the British Club, I have been working at the club for 1 year now. Over the past year the club has made feel it's not the workplace but more of a "Home" I feel very warm and wonderful with my colleagues and lovely members. I have met a lot of new interesting people from countries and backgrounds I wouldn't normally have come in contact with. There are different nationalities, interests, lifestyles, social activities but we are all one family. I'm really happy to be a part of The British Club."



Khun Jonas contacted me and would like to have a tour of the club as they live nearby. When I first met their kids, they are so adorable, their names are Luca and Lisa, they like our children playground, kids Silom wing kid and pool. I was very happy that they joined.

Member Review: We are so happy to join British Club, the one and only place which gives us a holiday feeling in Bangkok. Staff are friendly, food is great and most important our kids love it here



When we first met Khun James. he had to think about the membership for couple days, but once I had talked with his wife Khun Emilia, she helped make the decision to join as she wanted to find new friends in Bangkok as she had moved to Thailand just a few days ago. Their kids love our food especially Spaghetti Bolognese and Chicken Tikka Masala.

Member Review: We love spending time at the club with friends and our two small children, great food, great facility, the membership is worth every THB, and you got chance to meet Ammy the one and only one in Bangkok.

#### Member get Member

#### Full Membership

- Polo Shirt 500 THB F&B Voucher 2 Month Complimentary Fitness Center.

#### Annual Membership

- 3% CommissionFace Mask

- 200 THB F&B Voucher







### **The 2020 AGM**

was finally held three months late on 25<sup>th</sup> June. It was held outdoors and attended by over 60 Members.





2020 General Committee.



























### **BC KIDS CLUB**

**ACTIVITIES WITH KHUN DIARY** 

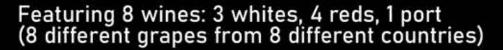
**Every Saturday & Sunday** 

JOIN NOW !!! @SILOM WING



# CHESE & WINE PAIRING MASTER CLASS

Suriwongse room, Start 7pm



Hand selected cheeses to pair with perfection

Two guest speakers to host the night



Members 599 .- | Guests 699 .-

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

### Happening



#### Sun

#### Mon

#### Tue



**Swimming Lesson** 9am - 12pm 🗼

**Sunday Brunch** 9.30am - 3pm 🗶

Junior cricket 👠 9am - 10pm

**Tennis Mix-in** 4pm - 7pm

Sports Camp 9.30am - 3.30pm

BWG Majong 10am - 1pm

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

9.30am - 3.30pm \Lambda **Bangkok Gentlemen** Spoofers 8pm

> **Football** 7pm - 9pm

**Pilates Classes** 

**Sports Camp** 

10.30am - 11.30pm

**Quiz Night** 

7.15pm



**Swimming Lesson** 9am - 12pm

> **Sunday Brunch** 9.30am - 3pm 💥

Junior cricket 9am - 10pm

Tennis Mix-in 4pm - 7pm

Sports Camp 9.30am - 3.30pm

BWG Majong 10am - 1pm

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

**Pilates Classes** 10.30am - 11.30pm

> **Bangkok** Gentlemen **Spoofers** 8pm

**Football** 7pm - 9pm





**Swimming Lesson** 9am - 12pm 💉

> **Sunday Brunch** 9.30am - 3pm 💥

Junior cricket

9am - 10pm **Tennis Mix-in** 4pm - 7pm

Sports Camp \_\_\_\_\_ 9.30am - 3.30pm

> BWG Majong 🗐 10am - 1pm

**Tennis Mixed** Double Team ¶ **Practice** 

7pm - 9pm

**Pilates Classes** 18 10.30am - 11.30pm

> **Bangkok** Gentlemen **Spoofers** 8pm

**Football** 7pm - 9pm





PILATES CLASSES

day 4, 11, 18 and 25 August 2020

**Swimming Lesson** 9am - 12pm

**Sunday Brunch** 9.30am - 3pm 💥

Junior cricket 9am - 10pm

**Tennis Mix-in** 4pm - 7pm

Sports Camp 9.30am - 3.30pm

BWG Majong 10am - 1pm

**Tennis Mixed** Double Team **Practice** 

**Pilates Classes b** 10.30am - 11.30pm

**Bangkok** Gentlemen **Spoofers** 8pm

Football 7pm - 9pm





**Swimming Lesson** 9am - 12pm

> **Sunday Brunch** 9.30am - 3pm 🔀

Junior cricket 9am - 10pm

Tennis Mix-in 4pm - 7pm

Sports Camp \_\_\_\_\_ 9.30am - 3.30pm

7pm - 9pm

BWG Majong 10am - 1pm

**Tennis Mixed Double Team** 

**Practice** 7pm - 9pm



Wed

Fri

Squash Mix-in 4.30pm - 8.15pm 🌋

Tennis Mix-in 6pm - 10pm

**Balut** 

6pm - 8pm

6 Swimming Lesson Tony 7am - 8am

> Sports Camp 9.30am - 3.30pm

**Cheese & Wines** Master Class 7pm

Sports Camp \_\_\_\_\_ 9.30am - 3.30pm

> Junior cricket 6am - 7.30pm

**Kid's Movie** 6pm

Swimming Lesson 9am-12pm

**Squash Mix-in** 2.15pm - 6pm

Squash Mix-in 4.30pm - 8.15pm 👗

Tennis Mix-in

6pm - 10pm

**Balut** 6pm - 8pm

Thai Mother's Day **Dinner Set Menu** 6pm - 9pm

**Swimming Lesson** Tony

7am - 8am

Junior cricket 6am - 7.30pm

> Kid's Movie 6pm

**Swimming Lesson** 9am-12pm

> Squash Mix-in 2.15pm - 6pm

**Canada Day** 11am - 10pm

Squash Mix-in 4.30pm - 8.15pm 👗

> Tennis Mix-in 6pm - 10pm

Balut 6pm - 8pm **Ben Thompson** Osteopaht 11am - 6pm

**Swimming Lesson** 

7am - 8am

**Ben Thompson** Osteopaht

11am - 6pm

Junior cricket 6am - 7.30pm

Kid's Movie 6pm

**Swimming Lesson** 9am-12pm

> Squash Mix-in 2.15pm - 6pm

Squash Mix-in 26 Squasn Marin 4.30pm - 8.15pm

> Tennis Mix-in 6pm - 10pm

Balut

6pm - 8pm

**Swimming Lesson** Tony 7am - 8am

28 Junior Checker 6am - 7.30pm

**Kid's Movie** 6pm



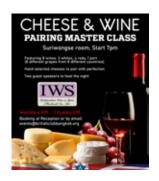
**Swimming Lesson** 9am-12pm 💸

> Squash Mix-in 2.15pm - 6pm

























### **BLOCK PARTY**

Saturday, August 8, 2020 | 11:00-22:00 @The British Club Bangkok, Silom Soi 18

Dress Code: Casual (White and Red theme)







Caesars & Wine

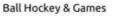
Canadian Craft Beer

#### **BOOK NOW:**

https://bit.ly/CNDTH2020









Food



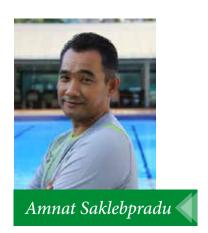
Kids' Activities



Live Bands & DJ



#### **SPORTS**





### **Sport membership**

e have our new designed fitness centre opened with 11 cardio various machines on 1st floor and weight training machines on 2nd floor open Mon-Fri 6am-10pm,Sat-Sun 6am-9pm

Ruengrit and I hve been coaching member's children 22 years such as swimming, tennis and squash....as well as organizing sports camp during holiday break. I also provide personal training to members.



- 1. One month free use at fitness centre
- 2. Two free session personal training for minimum 3 months fitness membership
- 3. One session free introduction of using fitness equipments

#### For current members

- 1. One free session introduction of using fitness equipments
- 2. One month free fitness membership for a member who introduce a friend to become a member at fitness centre





























Camp has been very popular this year with as many as 40 kids attending each day.













| <b>(</b>    | 950\$<br>Monday | 1,300\$<br>Tuesday | 950₿<br>Wednesday  | 1,300\$<br>Thursday | 950\$<br>Friday |
|-------------|-----------------|--------------------|--------------------|---------------------|-----------------|
| 9:30-10:00  | Admin           |                    |                    |                     |                 |
| 10:00-11:00 | Tennis          | Ice Skating        | Tennis             | Ice Skating         | Tennis          |
| 11:00-11:15 | Snack           |                    | Snack              |                     | Snack           |
| 11:15-12:15 | Football        |                    | Football           |                     | Football        |
| 12:15-1:00  | Lunch           |                    |                    |                     |                 |
| 1:00-2:30   | Squash          | Bowling            | Squash/<br>Cooking | Bowling             | Squash          |
| 2:30-3:30   | Swimming        |                    | Swimming           |                     | Swimming        |

#### Book at Fitness Centre 0 2234 0247 ext.26 | sport@britishclubbangkok.org

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



SATURDAY **AUGUST** 6.00PM TO 9.00PM TASTING
Suriwongse Room

MEMBERS 200 THB | GUESTS 300 THB

BOOKINGS AT RECEPTION OR EMAIL: EVENTS@BRITISHCLUBBANGKOK.ORG

PLEASE MAKE A RESERVATION IN ADVANCE ONLY (NO WALK-IN)



1909 Thie Brithsh Club Bareroe









### **The Cave**

Club Member and Director Tom Walley presented his movie' The Cave' on 11<sup>th</sup> July marking two years since the miraculous rescue of Wild Boar football team from Tham Luang Cave. An amazing story and wonderful movie now available on Blue-ray.















### **PILATES CLASSES**

Tuesdays 10.30 - 11.30 Tuesday 4, 11, 18 and 25 August 2020

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

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

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

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



THE BRITISH CLUB



#### Date: 15, 22, 29 Aug / 5, 12, 19, 26 Sept / 3, 10, 17 Oct

Group 1: 9.00am-9.30am 10 to 14 advance class
Group 2: 9.30am-10.00am 4 years old to 5 years old
Group 3: 10.00am -10.30am 5 years old to 6 years old
Group 4: 10.30am -11.00am 7 years old to 10 years old

#### 3,000 THB/10 LESSON

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



### 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

with Tony



### MEMBERSHIP PLUS



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



15% Exclusive Discount for British Club Member on F&B in VIU, St. Regis Bar, The Lounge and Decanter (excluding Zuma and IGNIV)

For more information Tel: +66 02 207 7777

Please present the British Club member card upon arrival



- GRAPHICAL OPTICAL is closing down 50%
   Member discount on all frames
- Free eye check up for BC Members
   For more information: Tel: 02 635 7405

Location: Corner Silom/Decho



- · 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



- An exclusive 10% discount for the British Club Member on the first individual mentoring session and tailor-made workshops for companies.
- Kitty, an international speaker, mentor and published author, was featured on Radio Television Hong Kong, The Straits Times and Elephant Journal.
- Please email kitty@kittyyeungdowner.com for booking and inquiry and More info at www.kittyyeungdowner.com

สมาคมสโมสรราชวรุณในพระบรมราชูปถัมภ์ ROYAL VARUNA YACHT CLUB



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



British Club Members receive 50% discount on treatments at So Thai Spa Suriwongse

For more information: Tel: 02 117 9451





- Superior (26 Sqm) THB 2,000.-/room/night, complimentary drink for 2 pax
- Deluxe (32 Sqm) THB 2,500.-/room/night, complimentary drink for 2 pax
- 25% Discount for A la carte food and beverage.
- · The buffet is not applicable to any discount.

For more information: Tel: +66 (0) 2 206 9225 Please present the member card upon arrival

20% Exclusive Discount for The British Club Member
 For more information : Tel: 0 2234 9341

(Please show your membership card at server to claim offer)



- 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

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

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British Club Members receive 25% discount off treatments when showing their membership card For more information : Tel: 02 048 7032



hope this outpost comeback finds you well. Firstly, thanks to Thailand and the British Club for minimising the interruption to our tennis and thus keeping us safe and (relatively) sane in these strange times.

#### 2020 British Club Tennis Section Championships

Under normal circumstances the Club Championships would have been wrapped up a few editions ago and we would

### **Tennis**

### Dear all ye lobbers and droppers

be focussing on the summer grass court season on the telly but .... While some of our Club Championships Finals were completed before lockdown, others have been completed since, and a few still remain to be played. We will get there. Prior to lockdown, we saw some fantastic tennis throughout the Championships

#### Men's Singles

The match of the championships and the best match I've seen since their QF encounter last year. The 9-time Champion Pierre versus the reigning champion Cheer. The match featured high-quality, tactical tennis with point after point of 10-20 stroke rallies. Pierre

constantly probing and searching for an opening to strike at but Cheer matching each shot, never giving space and always capable of a rocket counter-punch. Pierre took the 1<sup>st</sup> set 6-3 (with just the 1 break separating them), was also up in the 2<sup>nd</sup> set, and served for the match at 5-4. You can never write Cheer off though. Pierre added the ultimate drama by suffering cramp on his first match-point up and Harold's magic spray was called for (not for the first time in the championships). The in-game odds would have been sliding towards Cheer as he saved a 2<sup>nd</sup> match point with a stunning back-hand down the line and then broke back to even things up. Pierre recovered and both players held to take us to a tiebreak. The level of play remained exceptional and the rallies long before Pierre found himself again with a match-point in the tiebreak. This time he converted to take an amazing 10th singles title. Aside from the great play by both players the match was also notable in two areas. Firstly, our recently returned tennis section member (and former Men's Singles Champion) Marcel Petite generously offered to showcase his Eyes3 Electronic Line Call and VAR system for the final. Both players enjoyed the system



#### **SPORTS**

which Marcel operated and used to clarify any close calls in the match. Secondly, the quality in play on court was matched by the mutual respect shown by the players and great sportsmanship both during and after play. It was great to see. Well played gents and we are all looking forward to Pierre V Cheer Part 3 in 2021.

### Ladies Single and Ladies Doubles and Mixed Doubles TBC

#### **Men's Doubles**

The doubles had the quality but lacked the drama of the singles final as last year's winners Andrei K and the amazing Pam lost out to the new pairing of Cheer & Neung in two sets. We may see those names on the trophy for years to come.







Senior Men\_s Singles Frank G



1 (1)



Senior Ladies Doubles Sasaluck Yubharet Nu Napa

#### **Senior Men's Singles**

Frank Gluck blitzed his way through the field and then took out young Toddy (who hasn't been seen since) in the final.
Well play Frank – Come back Toddy.

#### **Senior Ladies Singles**

Only one entrant so congratulations K. Sasaluck!

#### **Senior Ladies Doubles**

Congratulations Sasaluck again who teamed up with Nu to defeat Yubharet and Nappa in the final.

#### Senior Men's Doubles

Frank Gluck and Toddy P took the first set and were on course for an upset in the final before Harold and James steadied the ship and sailed home with the trophy via a 3<sup>rd</sup> set Super Tiebreak.

#### **Senior Mixed Doubles TBC**

Finally, let me end by saying goodbye (several times) to Taimur who has departed these shores for Botswana but has promised to return in November to finish his league matches and Nimit's whiskey. We wish him and his family safe travels and a speedy return.

#### Enjoy your tennis

Graham Johnston

# Ben Eastwell

lith the globe, let alone the nation coming to a grinding halt over the last few months - we have all been given plenty of time to reflect on a number of aspects of our lives, not least the absence of sport and the impact it has across much more than just standing out on field in the sun or taking a mental time out from our daily routines; the community is the key and I'm pleased to say that was not lost during weekly video meetups amongst the cricket section for anything from the

ubiquitous virtual quiz to a

shared movie night.

As world cricket resumes to a crowdless stage, BC too will unfortunately have to be turning away herds of supporters for their remaining 3 BCL fixtures as the league which was rudely interrupted in March, has permission to continue. Leading up to this, nets have been really well attended since the club reopened and 16+ members enjoyed a social *fireball* indoor rules tournament on the back lawn in June.

# **Hardballs**Simpler times



Following the conclusion of the 2019/20 league, the section will be looking forward to a trip away for the beach cricket tournament over in Koh Chang later this month, it's great to be back!

### Pangolin Touring Match 14/03/2020 @ BCA

Just before the borders were sealed shut back in March, BC were lucky to be able to welcome back the 'Pangolins' touring from Malaysia, who have become a much enjoyed fixture

over the years and not only because the win ratio sits firmly in favour of the hosts. A match which turned out to be the last for what will be almost 4 months!

The day started aboard the VIP double decker

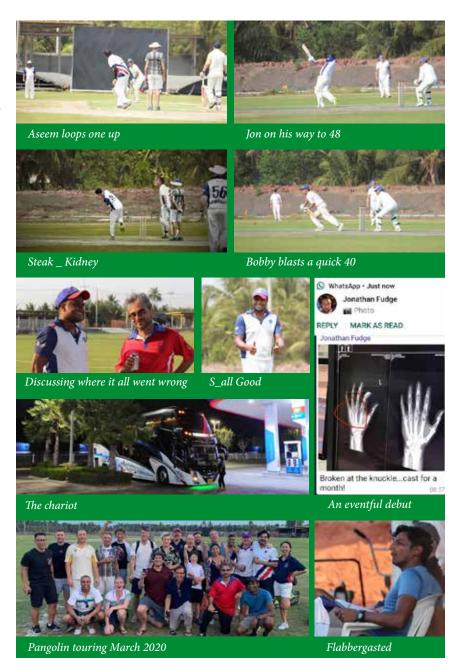
coach which cruised down to the BCA ground in style as the Pangolins either woke up or took the opportunity for a little more shuteye. After expertly navigating some precariously built bridges which were certainly not designed for 20 ton buses, and Denzyl had redirected the driver following his initial instructions to a different ground, players and supporters arrived to a manicured outfield and stacks of beers to fuel the afternoon. Once Jack, who stood as umpire, had figured out how to grumble into



#### **SPORTS**

the walkie-talkie most effectively the tourists took to setting a total - Pangolin's esteemed founder and captain, James Hay retired at drinks with a mammoth 9 runs off 39 balls after he'd had enough of pecking away at the opening attack. Dilip (4 overs, 0-24), Denzyl (4 overs, 0-25) and Pramodh (5 overs, 1-25) kept the top order under control before a spell of slow bowling from Ben (5 overs, 2-16) and Aseem (5 overs, 0-17) put some pressure on the run rate assisted by a catch in the deep from Bobby who followed up with a blistering run out for the onlooking supporters. A middle order resurgence took advantage of a sloppy second half in which the home side churned through 8 of their bowlers, propelling the Pangolins to a respectable total of 162 after their 30 overs.

Dilip and Paul headed the reply unspectacularly without troubling the scorers which made way for Pat and Jon on his debut, looking to impress whilst his teammates sought any imperfections which would constitute an appropriate nickname. Pat (29) woke up the crowd with a fiery cameo featuring 4 boundaries before a star studded middle order fizzled under the watchful eye of BC's debutant who was heroically anchoring a flakey batting performance with what later turned out to be a broken knuckle. Between them - Denzyl, Rahul and Dale managed only



13 as the Pangolin's started to get a whiff of victory - quickly stamped out by a rapid 40 off just 20 balls from Bobby, nonchalantly upholding his status as ringer for the day. Jon's vital knock eventually came to an end as he was dismissed 2 short of a half-century leaving Ben and Pramodh to see BC over the line with 5 overs and just 2 wickets to spare.

The day's play and Pangolin's escapades the night before were discussed in detail over the VIP coach's PA system on the way back into Bangkok, which hosted an unconventional but excellent fines session on the road, before the Pangolin's were welcomed to the club for dinner and drinks to round off an epic Saturday. See you next year Pangolin.



## **BCGC Golfing News**Back On Course

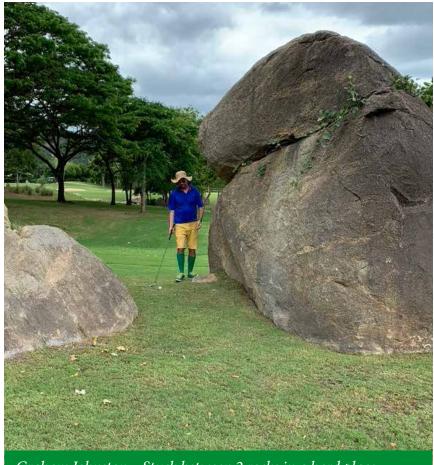


he liberation of golf courses from the lock-down was one of the commendably early steps of the Thai authorities, who appreciated the serious emotional and psychological effects of golf deprivation. Since this occurred in May the golf section has held a number of events, which may or may not have been competitions depending on the interpretation of the regulations.

On 14 June the section held its monthly stableford at Lam Lukka, a beautiful and testing course, with water in all the wrong places, which we visit once or twice a year. The runner-up was Karen Carter with 40 points but she was overtaken by a spectacular round by Graham Johnston effectively amounting to a gross par round and giving him 42 points.

On 28 June we held the monthly medal at Royal Lad Krabang, where Covid-affected low attendances mean we get to play some quick rounds, though the course clearly needs more foreign visitors to be economically viable. Flight A was won by John Bell, in ominously good form with a net 66, ahead of Robert Grey in second place and Peter Clark in third. Flight B was won by Yurachatr Brook, ahead of Julien Raybaud-Gines in second and James Lawden in third.

Over the weekend of 4/5 July we held an eclectic, to replace the competition which had to be cancelled in April, at the Black Mountain course near Hua Hin. It is a beautiful course with a challenging lay-out but where a good first shot (or on a par five



Graham Johnston – Stuck between 2 rocks in a hard place.

#### **SPORTS**





Frank Fawkes – Winner day 2



John Bell - Eclectic winner 2020



first and second shots) may be needed to open up the green and where wayward shots are heavily punished. Just how heavily was evidenced by our captain Neil Davis' semi-biblical 12 on a par 3 on the Saturday (thankfully his Sunday performance improved significantly), and Gordon Milne's 7- putt on one hole. In contrast Vicky Brader sank a spectacular putt on the 18th, Alan Ainsworth an even more spectacular one though sadly on the practice green, and Martin Weber managed two birdies in a row. On the short 16th Graham Johnston's drive ended up between a rock..and another rock (see photo- the green is behind the rock on the right)!

The best net score on the Saturday was by James Lawden, whose net 66 drew the immediate attention of the handicap committee, and the best net score on the Sunday by Frank Fawkes, with a 72.

After a slow start on the Saturday, when his round included an uncharacteristic 10 on the last, John Bell produced a majestic round on the Sunday to win the eclectic, calculated on seven-eighths of handicap, with a net score over the two days of 59. Tied in second place were Martin Weber and Frank Fawkes, with net scores of 63. Graham Johnston had the best gross score over the two days with 71.

A big thank you to Karen Carter for the reservations and Roy Barrett for negotiating discounted rates for us, and to all who assisted in the organization of an enjoyable weekend away from the city.



### JUNIOR CRICKET WITH DANIEL JACOBS

Junior group: 8-12 years old, 9am - 10am Sunday 2th, 16th and 30th August

250 BAHT-NON MEMBERS | 200 BAHT-MEMBERS

Senior group: 13-18 years old, 6pm - 7.30pm Friday 7th, 14th, 21st and 28th August (minimum 3kids)

300 BAHT-MEMBERS | 350 BAHT-NON MEMBERS





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

Book now at Fitness Centre or Tel: 0 2234 0247 ext.26 Email: sport@britishclubbangkok.org \*\*Cancellation charged at full price if less than 24 hours notice Ben Thompson will be returning to The British Club for two days in August Osteopathy addresses a wide range of health problems including

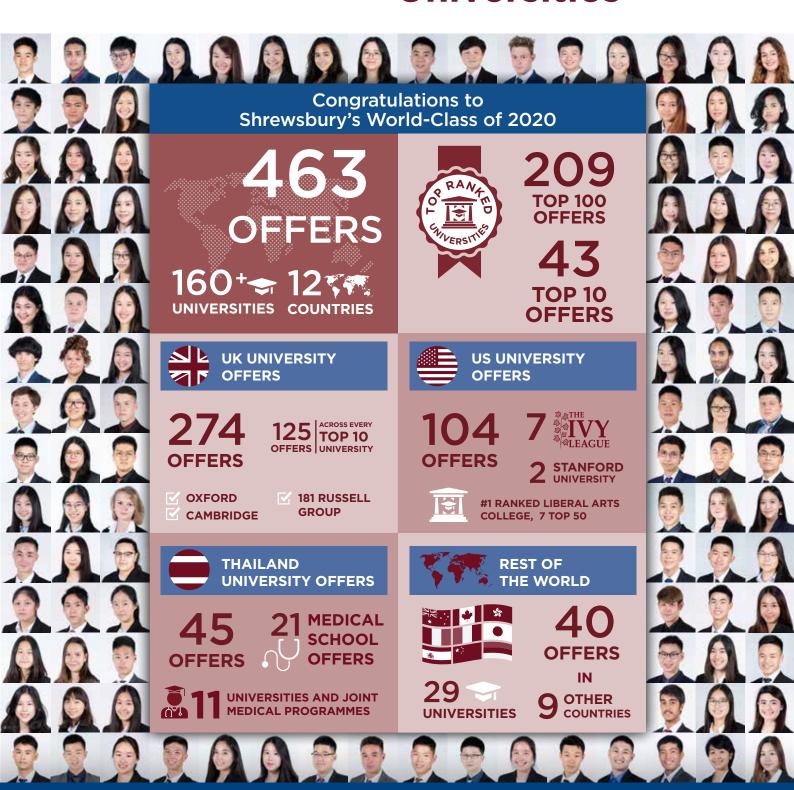
- Chronic and acute pain relief Back, neck and shoulder aches and strains
- Arthritis Sports injuries
- Postural and gait assessment

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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