



1903

THE BRITISH CLUB
BANGKOK

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

Outpost

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September 2020

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THE BRITISH CLUB
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Welcome New Member



▲ Chanon V120



▲ Dong Zhang 2018



▲ Matthew W398



▲ Sutawan S624



▲ Suwetch T303



▲ Sherdpong D334



▲ Ployrongs S626



▲ Palapong C506



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THE BRITISH CLUB
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Jack Dunford MBE
chairman@britishclubbangkok.org

Vice Chairman

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Honorary Secretary

Brian Brook
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Honorary Treasure

James Crossley-Smith
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Nathan Thomas, Terry Adams, Robert Lockhart
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ClubHistorian@britishclubbangkok.org

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 [britishclub_bangkok](https://www.instagram.com/britishclub_bangkok)

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Front Cover

Our popular Sunday Brunches are back. Book early to avoid disappointment!

This Month

This month has lots of pictures of Members enjoying themselves after lockdown with familiar events returning to our Calendars. This is normally a quiet time of year with many Members travelling during the western summer months, but with everyone still around, this year the Club is more popular than ever. Enjoy!

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OUTPOST is the monthly magazine of **THE BRITISH CLUB BANGKOK**, the social sports and cultural centre for the English-speaking community in Bangkok. A full version of the magazine is also available online at www.britishclubbangkok.org. Design & Publish - Scand-Media Co., Ltd. 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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"The British Club Bangkok is a registered Association in accordance with the Thai Civil & Commercial Code"



Jack Dunford

Chairman's Message



With coronavirus cases still multiplying around the world and with spikes and surges in many countries, we are indeed lucky to be in Thailand where there have been no locally transmitted cases for three months.

A number of Members have been able to return to Thailand in recent weeks after months in exile, but there are still many others waiting to get back or to be reunited with families and friends back home. The emergency has affected all of our lives. For many of us it has been no more than a minor inconvenience but for others it has been tough, dealing with serious economic difficulties, family or health problems. Until there is an effective vaccine the future will remain uncertain but whatever your situation I hope life will become easier for everyone over the coming months.

Events: Although like elsewhere, Thailand may have to take a few steps back at any time, for now the British Club is enjoying getting back to normal with lots of well-attended events and the sports sections all very active again. Lockdown seems to have raised everyone's

awareness and appreciation of the simple joys of life we had all come to take for granted. Long may that feeling continue!

July Finances: Consequently the finances of the British Club have recovered well from lockdown and the operating results for July were very good. This was the first full month since the ban on alcohol sales was lifted and revenues were actually higher than July last year. This generated a healthy surplus for the first time since March and right now the year-end results are expected to be better than budgeted, a happy but unlikely scenario when the emergency first broke.

Membership: The total number of Members was 1, 223 at the end of July, nine down from June but still 66 higher than this time last year. The encouraging sign is that 40 new members have joined the Club since May in spite of the fact that there have been hardly any new expat arrivals in Thailand for months.

This suggests that the Club is penetrating previously untapped markets as the facilities are upgraded and it throws off its dated image. The good news is spreading rapidly by word of mouth and in particular through the social media. Besides demographics, another factor coming into play is that after declining in the 90s and 00s the Silom area is now on the up. The British Club is now central to lots of new developments, particularly along the Chao Phraya River where many expats are now locating and is in a great position to keep moving forward.

With a backlog of new Members waiting to meet General Committee (GC) Members to complete their application process, two New Members Nights were held on 30th July and 5th August. This used to be the procedure many years ago until it became difficult finding dates that fitted everyone's busy travel and life schedules, but with travel restricted right

REPORTINGS

now 30 Members were able to attend and most of the GC were in attendance.

These were very convivial occasions enjoyed by all who attended. Getting everyone together became a celebration of our amazing diversity with so many different backgrounds, talents and interests. Amongst my favourites was a lady who sells helicopters, a reigning beauty queen, a young top-10 ranking Thai tennis player, and a Thai gentleman who was literally living 'over the fence' as a small boy on Suriwongse Road at the time when the Japanese left in 1945. Welcome all! We may reinstate these nights on a regular basis.

New Member Cards: I should have known better Than to make predictions but there are still technical glitches being fixed to get the new member card system working. Surely, by the time you read this we will be up and running ...

Lockers: The new changing rooms upstairs in the Silom

Wing were built for temporary use during the construction of Phase 2, which is currently on hold. Bringing them into use now has not only provided cleaner, brighter and more hygienic facilities than the old ones but also solved the age-old problem of a shortage of locker space. By renewing all rental contracts a lot of lockers were released and with extra space available additional lockers are being installed. Lockers should be available shortly for all Members who would like to rent one.

Club Historian: At the AGM Paul Cheesman was thanked after stepping down from yet another term as Honorary Secretary. Paul is a fount of knowledge on all aspects of the Club's administration past and present and will be missed but I am delighted that the GC has now appointed him as official Club Historian.

Paul has already done a tremendous amount of research and between 2009 and 2015 penned a fascinating monthly

series of articles in Outpost called Past Participle describing events from the beginning in 1903 to that time. All past editions of Outpost are on the Club Website.

There are still big gaps in our history because we lost all our own records at the time of the Japanese Army occupation of the Club House during WW2 and Paul has continued his research, slowly recovering titbits of information from increasingly obscure sources. Relieved of Secretarial duties Paul will be able devote more of his spare time to this task and promises to publish an updated edition of Past Participle within a decade! I shall encourage him to work faster so that some of us involved in the history might still be around to enjoy it!

Sub Committees: Different GCs have in the past had different views on the role of sub-committees but it has always been mine that they are invaluable in bringing together enthusiasts and specialists to support management in evaluating and planning operations and facility improvements ... in a way the GC itself never has time for. I am delighted that both the Food and Beverage SC and House & Grounds and Security SCs have been re-established this year under the leadership of Terry Adams and Geoff Banks. The Finance, Constitutional Review and P2 Development SCs will also continue their important work. ■





UK Pension Income

By Martin Wright

Many Brits retiring overseas have acquired UK pension rights during their working lives. This may be as a result of an employee benefit package (company pension schemes/plans) or by making personal pension contributions, as well as through National Insurance contributions for basic State Pension entitlement.

The UK tax liability can be quite complicated and confusing, the position is broadly summarised as follows:

UK State Pension

The current full State Pension is £175.20 pw (£9,110.40 pa), and the basic State Pension for pre-April 2016 retirees is £134.25 pw (£6,981 pa).

You pay UK Income Tax if your total taxable UK income (for example - UK rent, private/company pension plus UK State Pension) is more than the tax-free UK Personal Allowance (£12,500 for 2020/2021).

The State Pension is the first thing applied against the Personal Allowance, the balance is available for any other UK-sourced income (rental or other pension income as above).

Source: www.gov.uk/government/organisations/hm-revenue-customs.

UK company schemes and personal pension plans

UK pension income can normally be paid anywhere in the world, and usually after the deduction of 20% UK Income Tax at source. The final tax liability is based on Self Assessment Tax Returns and UK tax rates, and allowances applicable at the time.

- Double Taxation Agreements

Double Taxation Agreements (DTAs) between the UK and the country of residence mean that pension income may be paid gross from the UK to be taxed locally instead. This will normally be possible if HMRC have proof that local tax is being deducted or specific criteria is being met.

In many countries, and in most of Asia, this can be problematic and difficult to achieve.

The UK/Thailand Double Taxation Treaty (DTT) does not include an article to cover any UK pensions other than UK Government (Civil Service) Pensions, and I quote from the DTA: "Treaty does not include an article dealing with Non-Government pensions".

Also Article 19 of the UK/Thai DTT covering governmental services states that any pension subsequently paid in respect of past governmental or local authority service can be taxed in the country where the individual is resident, as long as the pensioner is a national and a resident of that country. Therefore, it is only possible for a Brit in Thailand who has a UK Civil Service Pension Scheme and has become a Thai citizen!

- UK pensions paid for service outside the UK

HMRC ruling ITEPA03 charges all UK occupational pensions to UK Income Tax. However, the PAYE regulations set out special provisions that exempt the pension from PAYE where the pension arises from employment carried out abroad (only for non-UK residents).

The criteria is non-residence for a certain number of (complete) tax years and the pension is then exempt from the operation of PAYE. An employment is regarded as having been carried out abroad if:

- 1.1 the last ten years' service in respect of which the pension is paid was abroad, *or*
- 1.2 the service that was carried out abroad amounted to half of the total service in respect of which the pension is paid, *and*
- 1.3 covered at least ten of the last 20 years.

Source: www.gov.uk/hmrc-internal-manuals/international-manual/intm343110

If the criteria is met by an individual there is one application to HMRC required, which is far simpler than applying for a Double Taxation Agreement under a Double Taxation Treaty, which requires local tax compliance as well as UK HMRC tax compliance. Only then will HMRC allow the pension income to be paid from the UK gross, on the assumption they are satisfied it meets the local criteria in the country of residence.

The actual local tax liability in Thailand would be determined by one's Visa situation and whether the income is taken into the country during the Thai tax year (which is the calendar year).

- Qualifying Recognised Overseas Pension Schemes (QROPS)

Between April 2006 and April 2017 many Brits living overseas transferred their UK pension plans/schemes to QROPS (now called ROPS). Guernsey, and then Gibraltar, were historically sensible options for certain Thailand residents because they offered more favourable Income Tax treatment than may have applied under UK Income Tax rules.

We have seen Malta been used for Thailand residents which is a concern as there is no DTA between Thailand and Malta and no sign to the contrary. At present, Maltese (QROPS) pension income would probably be taxed at 35% at source in Malta, meaning in many cases a higher tax rate than would have applied to the UK pension had the pension not been transferred.

Currency position

For those who have been retired in Thailand for many years, GBP versus THB has become weak and poor value, particularly since the Brexit referendum result in June 2016, although a downward trend started as far back as 2005. There were lows in exchange rates (in the 37's) in August last year, which you can see in the graph below taken from uk.finance.yahoo.com



Source: www.uk.finance.yahoo.com

The effects on GBP-based pensions can be quite harsh as a result. With a long-term reduction in the value therefore of almost 50%.

UK basic State Pension cannot be changed into any other currency at source. The same can be said for UK final salary/defined benefit guarantee pensions.

It is only investment-related UK pensions such as a UK self invested personal pension plan (SIPP), or offshore QROPS and similar arrangements, that allow a change in currency to perhaps be more aligned with THB. However, one could argue that changing from GBP to USD (or a similar strong global currency) may not be the best time anyway given GBP's evident weakness at this point in time. Unless of course individuals believe things will only get worse with GBP/THB values in the future.

UK pension arrangements are quite complicated, particularly for a "global" individual. Therefore, it is essential you seek professional advice, especially from a company with international and UK coverage.



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Tee Bale

Tee Talk

The Club has continued to grow from strength to strength since reopening from the lock-down and our members have supported this by using the club much more than ever before, this has led to some challenges, one of which was simple being able to handle so many members at the same time on our poolside with our current team, we responded by advertising for new staff in multiple positions around the club and we were able to select and recruit some dynamic English speaking new additions to the team which have instantly lifted the poolside service, if you haven't yet met them please say hi when you do to Khun Fon, Khun Pui, Khun Cake, Khun Su, Khun Tan and Khun Thida who will be very happy to meet you all.

With most inbound travel to Thailand still unavailable we have been faced with an unfamiliar situation on how to grow and maintain our membership, however I'm very happy to update you that our

membership continues to grow and we have had a similar amount of new membership in the last 3 months as we did last year at the same time, this has come down to attractiveness of the club that's been built up over the last few years along with all its new facilities and you the member supporting and recommending the club as always, so thank you all.

Functions, events and activities have returned with the new norm of rules, the first of our wine tastings saw a record number attending, so with that in mind we felt it was a great time to launch our first ever wine and cheese master class which in turn sold out, thanks to everyone that attended, for those that missed out we have scheduled the next one for October. A big thank you to the Canadian Chamber for hosting Canada with us again, an amazing event and great to have seen you all after a long time.

For those members that like their food and beverage

we have some great deals and new products for you throughout September, some picks of the bunch, the start of Peroni on draught, buy two get one free on the brand new San Miguel ZERO, this is a beer for sports people as its zero sugar, zero carbs, and only 60 calories a bottle, if you like your Gin we have now listed Roku Craft Japanese Gin along with Star of Bombay premium Gin, both should be tried.

The changings rooms have finally moved to the Silom wing and with them the chance of obtaining a locker rental, if you haven't yet got a locker and would like one please contact our sports department and ask for Khun Amnat.

We value all your feedback and your club experience is very important to us, so I have created a British Club how's your day card which allows you to give your feedback thoughts and suggestions, look out for them in the bill folders when signing your bills. ■



▲ Khun Cake



▲ Khun Fon



▲ Khun Pui



▲ Khun Su



▲ Khun Tan



▲ Khun Thida



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F&B Morsel

from our Kitchen Team



Hello members, the kitchen team would like to update you on a few small changes that have happened in our kitchens recently, the Thai Kitchen and Western kitchen have now been combined to create a master kitchen where everything can be properly supervised managed and controlled, this will give a smoother faster and more economical working kitchen that in turn will allow our service staff to serve all our members with faster better quality dishes, we look forward to showing you the difference over the coming weeks. The bakery has now been rehoused to the poolside and some of the beautiful fresh bread and pastry smells will be drifting across the Salas to tempt you into a morning croissant or ordering a takeaway French Stick. This larger area for the bakery now allows us to prepare more interesting and delicate cakes and set some amazingly designed chocolate decorations, it will also assist in our functions and event preparations. New to the curry promotion is the Vegetable Curry naan and chips, for those vegetarians amongst us this is a perfect treat with all the usual flavours from our Indian menu, we aren't stopping there, we are then preparing a new healthy and vegetarian menu with the help of a new member that specializes in healthy eating, weight loss and is a nutritionist, keep your

eyes open as it will launch mid-September in the clubs main menu. For those that haven't yet tried, The Great British Brunch has returned on Sundays, this time featuring 6 international different food corners (one a week), we travel to Italy, India, Japan, China, Mexico and then take it to the ocean with a seafood corner, children are welcome and all we advise it make sure you leave enough room to sample all the dishes as everyone is delicious. Both myself and the team look forward to cooking for you soon. ■



HAPPENING

Arise (Sir) Vernon!



▲ Vernon's citation as Knight Commander



▲ Tik's award at the 'United as One Ceremony'

The British Club Bangkok wishes to congratulate its Honorary Member, Vernon Unsworth MBE, on his being awarded a Thai Knighthood. As many Members will be aware, Vernon was a key player in the rescue of the twelve young boys of the Moo Pa (Wild Boar) football team, and their coach, who had become trapped in the Tham Luang Nang Non cave system in Northern Thailand in 2018.

Vernon received his award in Chiang Rai in mid-July, and has had bestowed upon him the honour of the Most Admirable Order of the Direkgunabhorn

(second class) – the English rank equivalent is Knight Commander, however, in Thailand the title has a post-nominal status only so he is not “Sir Vernon” but Vernon Unsworth MBE KCT.

Acknowledging that it was a truly family effort in the rescue, his wife, Khun Woranan Ratrawiphukkun (nickname Tik) had also received an award back in September 2018 at the 'United as One Ceremony'. Khun Tik received the Gold Medal of the Direkgunabhorn.

The Most Admirable Order of the Direkgunabhorn was created in July 1991 by His

▼ Vernon's award regalia



Late Majesty King Bhumibol Adulyadej. It translates as “noble order of abundance and quality” and given to those who have rendered significant contributions to the nation, religion, or society of the kingdom of Thailand.

We congratulate both Vernon and Tik on their magnificent awards. ■

Paul Cheesman

Balut

Carry On Baluting!



▲ *Baluters Assembled*

SATURDAY 1ST AUGUST saw the return – for one day only - of ‘Tournament Balut’ (the seriously competitive version of Bar Balut) for the **BALUT COVID-19 TOURNAMENT**.

Sponsored by Jones Lang Lasalle, Det 5 Bar & Restaurant (Sukhumvit 8), The British Club Bangkok and individually

by a well-known player called Orange, fifteen Balut players sat down for an afternoon of spine-tingling, nerve-racking dice. A mid-tournament rest came with a sumptuous buffet prepared by the Club’s Executive Chef, Khun Laak and served by Khun Somboon and their teams and paid for by one of our sponsors, Jones Lang Lasalle.



▲ *Balut in full swing*

All players in Balut are known by Nicknames, so do not be surprised when I report that a Penguin fought a Dark Horse, a Bowling Ball crushed a Queenie, a Douchebag levelled off with Mutton, a Skouserboy grappled with two Oranges and that all of Shanghai was playing. The Guru and a Sausage were absent without leave so numbers were lower than planned.

As with all competitions, there are losers, and of course



▲ *Tournament Winner - Mrs Orange*



▲ *Highest Single score – Dark Horse*

winners **Tournament Winner** Mrs Orange, Muntana Merrigan **Highest Single Scorer** Dark Horse, Clive Butcher **Lowest Scorer** Mutton, John Boisclair.

Individual Prizes were sponsored by Det 5 Bar & Restaurant, The British Club Bangkok and individually by Bob Merrigan.

The Tournament’s Master of Ceremony was Mr. C, all the scores are available at www.teambalut.com on the Balut On-Line Scoring System devised and maintained by Yes Technologies.

A further tournament is planned for Saturday 3rd October – Weekly Bar Balut is played on a Wednesday from 6pm in the Churchill Bar. ■

Mr. C.

HAPPENING

Membership Dept.

Hello Member, Membership Department has good news. This month we achieved to sign the new 10 members and 14 members last month. We also have a new Membership Partner 6 companies such as Riva Surya Bangkok, Riva Arun Bangkok, Toalsen ,

Namm Spa , Nutrition and Coaching. And we are going to sign more membership partners in the future to make our members feel comfortable and convenient. Now we are happy to introduce family members. ■



The Nitin family

The Nitin family was introduced to our member.

I've seen this family when they came to the Member's Birthday party beginning of this year.

After COVID 19 getting better they came to the club again to become our member as their kids Samai and Sana 2 girls would like to make a new friend here, relax, love swimming.

K. Tanvi she is so nice girl. She can speak Thai little but she tried to learn more and will introduce the club to her friend.

K.Nitin also like to get exercise and our Indian food. Their kids like our food as well especially spaghetti cabonara.

Member Review

We are so pleased to be part of the British Club. Sports facility is good. Our girls love the pool and activities. Staff is friendly and Ms. Ammy is always around to support.



The Salil family

I met this family from our Sport camp Khun Salil and Khun Supattra. They got 2 kids Anjana and Aarav. Their kids really enjoyed our sport camp and get to know more new friends. Then their parents made a decision to join us because of their kids happy with our atmosphere here and enjoy our sport camp and kids activities on every weekend. Moreover Khun Salil travelling quite often but we have over 400 reciprocal clubs all over the world supported that he can use for his convenience when he travelling for business trip.

Member Review

The British Club is great family place with its convenient location, various sports facilities and great food catering. Add to that very friendly staff and coaches for sports training. Best place for kids swimming and sports activities and family time on weekends and holidays.



Canada Day

Canada Day was actually 1st July but that did not seem to dampen the enthusiasm for a 'Block Party' organised by Can-Cham at the Club on the 8th August. There was a storm, but the weather was kind, and the Canadians celebrated in their own special way with all the fun of the fair including hockey and tug-of-war, kids games and live music, raffles and, of course lots of unhealthy food and drink. ■







Two New Members Nights

Two New members nights were held on 30th July and 5th August with over 30 new members and families attending to meet most of the General Committee. This was an old format re-visited to clear a backlog of Covid-19 candidates but proved to be so enjoyable that for sure it will now happen more often. ■

A photograph of two men standing together, both wearing light blue shirts. They are in a room with tables and chairs, and one man is holding a drink.





1903
THE BRITISH CLUB
BANGKOK

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Sun



6

- Junior cricket 9am - 10pm
- Sunday Brunch 9.30am-3pm
- Tennis Mix-in 4pm - 7pm

Mon

7

- BWG Majong 10am - 1pm
- Tennis Mixed Double Team Practice 7pm - 9pm

Tue

1

- Pilates Classes 10.30am - 11.30pm
- Bangkok Gentlemen Spoofer 8pm
- Football 7pm - 9pm

8

- Pilates Classes 10.30am - 11.30pm
- Bangkok Gentlemen Spoofer 8pm
- Football 7pm - 9pm
- Quiz Night 7.15pm

Wed

2

- Squash Mix-in 4.30pm - 8.15pm
- Tennis Mix-in 6pm - 10pm
- Balut 6pm - 8pm

9

- Squash Mix-in 4.30pm - 8.15pm
- Tennis Mix-in 6pm - 10pm
- Balut 6pm - 8pm

Thu

3

- Swimming Lesson Tony 7am - 8am

10

- Swimming Lesson Tony 7am - 8am

Fri

4

- Junior tennis 4.15am - 6.00pm
- Senior cricket 6pm - 7.30pm
- Kid's Movie 6pm

11

- Junior tennis 4.15am - 6.00pm
- Senior cricket 6pm - 7.30pm
- Kid's Movie 6pm

Sat

5

- Swimming Lesson 9am - 11am
- Junior squash 10.30am - 12.30pm

12

- Swimming Lesson 9am - 11am
- Junior squash 10.30am - 12.30pm
- Premium Gin Launch Party 7pm churchill bar

13

- Junior cricket 9am - 10pm
- Sunday Brunch 9.30am-3pm
- Tennis Mix-in 4pm - 7pm

20

- Junior cricket 9am - 10pm
- Sunday Brunch 9.30am-3pm
- Tennis Mix-in 4pm - 7pm

27

- Junior cricket 9am - 10pm
- Sunday Brunch 9.30am-3pm
- Tennis Mix-in 4pm - 7pm

14

- BWG Majong 10am - 1pm
- Tennis Mixed Double Team Practice 7pm - 9pm

21

- BWG Majong 10am - 1pm
- Tennis Mixed Double Team Practice 7pm - 9pm

28

- BWG Majong 10am - 1pm
- Tennis Mixed Double Team Practice 7pm - 9pm

15

- Pilates Classes 10.30am - 11.30pm
- Bangkok Gentlemen Spoofer 8pm
- Football 7pm - 9pm

22

- Pilates Classes 10.30am - 11.30pm
- Bangkok Gentlemen Spoofer 8pm
- Football 7pm - 9pm

29

- Pilates Classes 10.30am - 11.30pm
- Bangkok Gentlemen Spoofer 8pm
- Football 7pm - 9pm

16

- Squash Mix-in 4.30pm - 8.15pm
- Tennis Mix-in 6pm - 10pm
- Balut 6pm - 8pm

23

- Squash Mix-in 4.30pm - 8.15pm
- Tennis Mix-in 6pm - 10pm
- Balut 6pm - 8pm

30

- Squash Mix-in 4.30pm - 8.15pm
- Tennis Mix-in 6pm - 10pm
- Balut 6pm - 8pm

17

- Swimming Lesson Tony 7am - 8am

24

- Swimming Lesson 7am - 8am
- Ben Thompson Osteopaht 11am - 6pm

18

- Junior tennis 4.15am - 6.00pm
- Senior cricket 6pm - 7.30pm
- Kid's Movie 6pm

25

- Ben Thompson Osteopaht 11am - 6pm
- Junior tennis 4.15am - 6.00pm
- Senior cricket 6pm - 7.30pm
- Kid's Movie 6pm

19

- Swimming Lesson 9am - 11am
- Junior squash 10.30am - 12.30pm

26

- Swimming Lesson 9am - 11am
- Junior squash 10.30am - 12.30pm
- Wine Tasting 6pm-9pm

Saturday
26th September
6.00PM To 9.00PM

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Suriwongse Room

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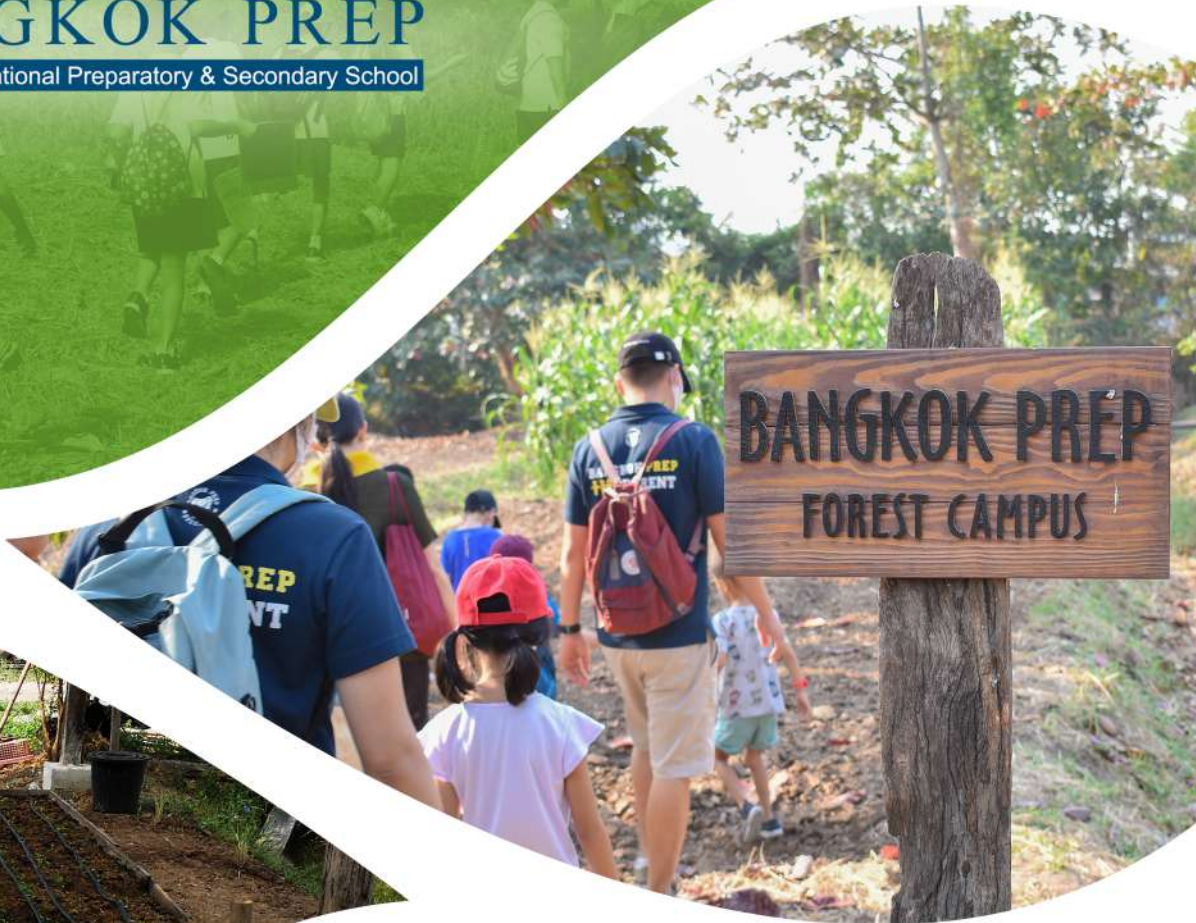
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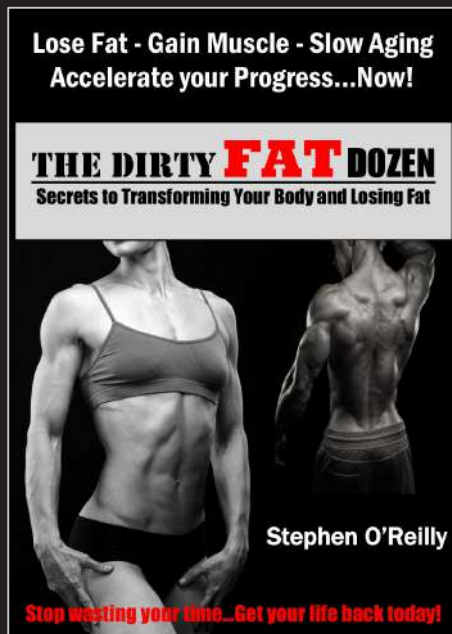
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Creative Director at Primrose Drum Pictures

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What is Candida

The human digestive tract contains a microbiome, or living environment, housing around 50 trillion bugs that weigh in total a little bit more than your brain. Over millennia we have absorbed and incorporated these bugs into our physiology, and they now perform many important roles within our body. With a greater number of active genes than us, these bugs get agitated very easily by things that upset the internal milieu. As a result they replicate in huge numbers quickly as a matter of survival.

These bugs which include viruses, moulds, yeast, bacteria and other little foreign invaders, are constantly fighting each other for dominance in terms of food and space. Their power struggle is not limited to the gut either.

It is also constantly present within in your eyes, nose, mouth, skin, throat, hair, genitalia, and the various connective tracts. Their

numbers and activity are tightly controlled under normal circumstances through states of good health and the supply of good nutrition. Unfortunately, our modern lifestyle and dietary habits create internal environments that often favour the explosive growth of certain of these warring factions more than others.

Candida yeast is one of these. The large emission of toxins from this yeast as a result of its proliferation, very quickly upsets the internal physiological balance. The presence of these toxins has been shown to have significant



impact on brain function, organs, and systems within the body.

GENERAL SYSTEMIC EFFECTS OF CANDIDA

Sweet foods as a result of Candida, do not stop at just physiological repercussions. The psychological component of these cravings has enormous impact, often resulting in depression and anxiety, which are some of the major precursors to the formation of various addictions.

Research and studies have shown links between Candida and many other psychological effects such as mood swings, aggressive behaviour, explosive anger and violence, hyperactivity, attention deficit disorders, impaired memory, learning and cognitive dysfunction, OCD, and much more. It can even be a factor in more serious conditions such as Autism, schizophrenia, and paranoia.

REPORTINGS

CAUSES OF CANDIDA

Candida overgrowth is usually the result of drugs (Antibiotics) and sugar heavy diets.

Sugar and foods that are broken down into sugar, are the primary source of food for Candida. So diets high in carbohydrates, predominantly, simple and/or starchy carbohydrates, will encourage this yeast to proliferate. Furthermore, in a lot of cases this type of diet is usually lacking in other important nutrients that are needed to maintain a strong immune system, and a weak immune system is an ideal environment for the growth of this yeast.

Alcohol is the most refined sugar you can consume. It does not even have to be digested; it is absorbed directly through the gut wall. So, when you drink alcohol, it is like you are giving Candida anabolic steroids to grow. Its therefore no surprise that Candida often results from alcoholism.



So why are Antibiotics so conducive to the overgrowth of Candida? The problem with Antibiotics is that they are a like a shotgun approach to dealing with a problem, they not only eradicate the bad bacteria that are making you sick, but they also eliminate all the good bacteria in your gut too. These good bacteria help keep you healthy, and one of the ways they do that is by keeping the growth of other bacteria such as Candida in check. So by killing them you create the ideal environment for Candida to gain dominance.

The consumption of foods containing natural antibiotic properties such as onions, garlic, horseradish, cinnamon, turmeric, ginger and oregano as part of your diet is a good preventative measure. These natural alternatives do not upset the microbiome the way drugs do.



However, even if you do your best to avoid using pharmaceutical antibiotics, you may be surprised to find out that most western diets are already laden with them. The unfortunate truth is they are present in most supermarket bought meat and dairy products. Unless you are eating organic and antibiotic-free meats and dairy, then you are most likely consuming antibiotics unknowingly.

Whilst Sugar/Carbs and Antibiotics are the main causes of Candida overgrowth, there are a myriad of other causes too. Other causes include things such as contraceptive pills, indigestion tablets, ulcer medication, steroids, acidosis, nutritional deficiencies, toxemia, pesticides, pollution, inadequate, and pretty much any drug that upsets homeostasis within the microbiome.

In the next article I will discuss Candida and it's relationship to addictions. ■

Quiz Night

Tuesday 8th September 2020

Splash Cafe
7:15 PM

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Team of 6 or Less



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THE BRITISH CLUB
BANGKOK



Quiz night Returns

The Monthly Quiz Night returned 4th August with a new quizmaster David, a new format and a super new location in the Splash Cafe. Old regulars turned up in force and a few newbies timidly threw in their lots. The GC team of 2 set some kind of record by scoring Zero one round and will bring a backgammon set next time to play during the TV soap opera question section. ■

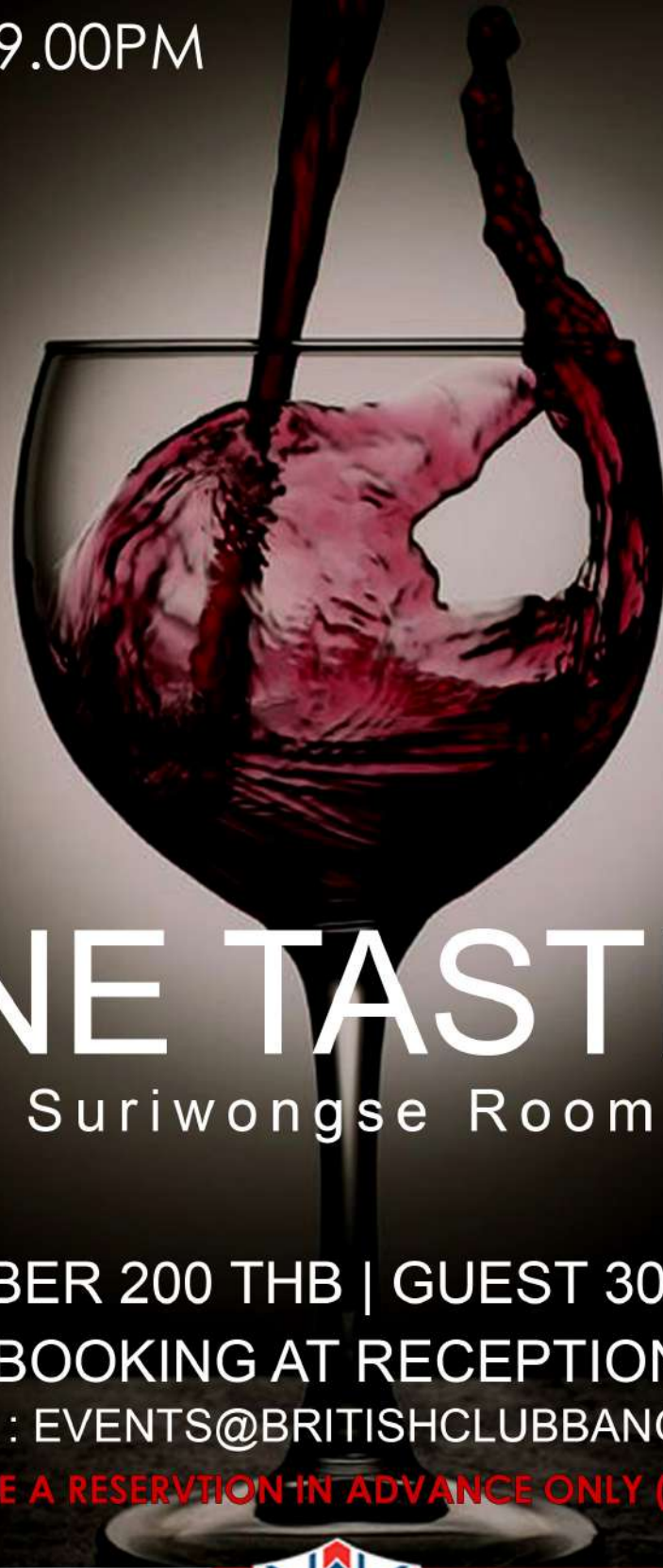




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Saturday
26th September
6.00PM To 9.00PM



WINE TASTING

Suriwongse Room

MEMBER 200 THB | GUEST 300 THB

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Wine & Cheese Master Class

5 2 Members attended a Cheese and Wine Master Paring Class on 6th August presented by the Club's main wine supplier IWS. 3 whites, 4 reds and a port were enthusiastically introduced, and Members encouraged to compliment them with selected cheeses and nibbles served on individual platters. Lots of happy customers bought bottles afterwards to presumably drink in bed. ■



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Graham Johnston

I hope this update finds you well J ... July / early August were bitter/sweet times for the British Club Tennis Section. We restarted our league tennis, wrapped up a couple more of the outstanding Club Championship Finals, staged our annual Womble Cup, but said farewell and bon voyage to one of our much-loved members.

League Tennis

League tennis marked the return of competitive tennis to the section and of the six divisions, **Division 2** stood out as the most intriguing with Frank Gluck & Frank Fab re-entering the ring for the first time in several years. James, Gary, and Dan were hoping not to just there to make up the numbers. There was a lot more courtside posturing than on-court playing in the initial weeks which was fun but

Tennis

Dear All Ye Service Box Seekers,



▲ All together now

unproductive. Finally, almost halfway through the allotted timeframe for matches, Dan 'Dare' and Gary 'G-Force' took to the court and fought out a tough battle with the big Springbok coming out on top following 2 hard fought tie-breaks. Dan followed that up with victory in a tight match with James '4ver' Young, and a further win against Frank 'fabulous fox in the box' Sutherland. Can Mr. Gluck stop Dan's march to victory? Can the others get out on court? All will be revealed in next month's edition.

July saw two more finals be decided with Panrob & Sasaluck defeating Harold and Noi in the Seniors Mixed Doubles and Mooky & Cheer defeating Faheem & Raquel in the Junior version of the event. Well played all. We now have just two finals to be decided

The 2020 Womble Cup

The Womble Cup (usually played to coincide with the last day's play at Wimbledon) is now firmly established on our tennis section fixture list and is a firm favourite with our members. This year saw **The Reds** (Asia, Australasia, Africa, English speaking Canada & New York) ruthlessly captained by Raquel take on **Les Bleus** (Europe, India, French speaking Canada & New Jersey) firmly steered by Anjelica. Les Bleus got off to fast start with Rhea & Zhara avenging their 2019 Club Championships defeat Vs Mooky and Captain Raquel to

British Club Bangkok Tennis Section Championships

As previously disclosed, our traditional Club Championship Final's Day was interrupted by 'you know what'.



▲ First Match on Centre Court

SPORTS

put an unexpected point on the board for Anjelica's team. While debutant Hesh partnered with Womble stalwart Eric to edge out Chris and Thiem in an encounter that went on so long that on more than one occasion runners were sent out to check they weren't playing a 5-setter. The Reds were up and Raquers was looking worried! As the rain tried and then had better thoughts about halting play, everything came down to the last two matches with the over-all score tied at 8-8. Cool-hand Raq-a-ttack and crafty Chris struck the next blow for The Reds and suddenly all eyes were on Centre Court for the last match. Les Bleus hopes were pinned on the youthful pair of Zahra & Matthew, while the more experienced Nat was guiding debutant Arkady for The Reds. The atmosphere was electric and the all involved were in more than top form as the match ebbed and flowed. A match-point at 6-5 came for Les Bleus to even up the final result but Nat & Arkady were resolute in their defence and the Womble Cup was to be decided in a final match tie-break And yet, even in the pressure of the tie-break both teams continued to perform above their stations and couldn't be separated until, at 7-6 within the tie-break the final point was converted and Nat and Arkady had emerged as narrow victors for The Reds. What a great day's tennis. Thanks to all the participants for another great tournament as always ending with Raquel posing with the trophy!

▼ 2018 Men_s Doubs Champ (okay plate)



▲ Stallions on grass



▲ We will get you next year reds



▲ Young Guns



▲ A red in white



▲ All smiles before the contest

Fare thee well my friend

All who encountered our little brother Alex will be sad to see him go, but will join me in wishing him all the best in his next adventure back home in the US of A. Alex is going back to study for an MBA, but

promises he will return for a holiday before he returns to live here again and sell his soul to the corporate bigwigs. Fare thee well my tennis and drinking buddy. I, and we all will miss you and your gentlemanly deviance. ■



Ben Eastwell

It's great to be back to relative normal as far as cricket is concerned. Live matches back on TV, BC back out on field and by the time you read this we'll have just come back from the Koh Chang beach cricket tournament.

After successfully ticking off another fireball social on the back lawn in late July, BC's meandering league campaign came to an unfortunate end after playing the top 2 teams in the competition with mixed results. Given our best ever chance to reach the finals in recent times, we managed to throw it away despite valiant efforts and support from the sidelines - including the chairman who is now convinced he has a curse over the matches he spectates.

We send our congratulations to our esteemed wicketkeeper - Sunil 'Fumbles' Kumar, on being called up for the opportunity to represent the Thai national team in their coming season. Wishing Sunil the best of luck in his campaign and hope he still finds some time to play for BC!

BC V BCC BCLB 11/07/2020
BCC were the first opponents between British Club and a spot in the knockout stage of

Hardballs

In-swinging yorkers and samosas



▲ Ben on the charge

the competition, which started back in November. Blessed with a dry cloudless morning BC took to setting a total in the first game back after lockdown with a strong team even with missing 2 key players who had decided that a sailing trip was more important. Rahul (15) and Sunil (33) ignited the run rate early, before a steady partnership between Jon (33) and Ben (22) took the team to drinks on 112. Mak, everyone's favourite Khan, took charge of the last 10 overs - smoking 47 from 34 balls after the break to push BC towards a respectable 184/7 from their allotted 25.

A cautious start was interrupted by BC's wild haired Sri Lankan who sent leg stump cartwheeling to set up a steady flow of wickets. Whilst one end remained propped up by Bangkok's CCs opener who had his eye in, Talal, Ed, Pramodh and Dilip each picked up a



wicket but none could break the key batsman as BCC held onto the rate. Disaster struck in the 21st over when Sunish was launched for 24 Off 1 over to seal the game's fate, BCC eventually reaching the target with 2 overs and 5 wickets to spare.

BC V TNCC 19/07/2020

In an unexpected turn of events prior to the penultimate game, BC's hopes to reach knockouts were kept alive due to a team forfeiture elsewhere in the table. The second season encounter down in Boweja for the second week in a row V #2 placed TNCC was a must-win situation.

SPORTS



▲ *Rahul gets one away*



▲ *Pramodh back in action*

Batting first BC struggled through to post a below par total of 111, Sunil the pick of the batsmen with 25 runs. However, what ensued was one of BC's finest bowling performances all season. Talal (5 overs, 1-20) supported an opening spell with Dilip (5 overs, 4-22) who injected some man of the match winning magic having found some form where it really counted. Managing to keep on top of the opposition throughout, Only 2 batsmen scraped double figures for TNCC. Pramodh (5 overs, 2-26) played an important role in the middle overs, also knocking down the stumps in a critical run out to salvage some pride after being dismissed for the same in the first innings, from a free-hit no less.

A wicket producing spell after drinks continued from Sunish (2 overs, 1-17), and Ed (3 overs, 1-8) who eventually took the last one after what seemed like forever - dismissing TNCC for 93 and securing bonus points for cleaning them up under 100.

**BC V Chicha BCLB
02/08/2020**

As it transpired, the equation left BC hunting a clean win to qualify for the eliminator finals.

An overcast Boweja after the long weekend set the stage for a crunch fixture against Chicha CC, who were looking for the same result to go through themselves.

Winning the toss - BC chose to get on the front foot and set the target, welcoming back Denzyl at the top of the order who only made a couple before falling short of the mark on stretching for a tricky 3, shortly before Sunil's explosive start was cut short after an impressive piece of fielding on the boundary. Rahul (37) and Jon (25) dug in for a crucial 3rd wicket partnership which added 64 to the total and with 81 at drinks, BC looked to push on in the last 10 overs to give themselves something to bowl at. Ben (8) was sent back early and Mak (16) fell victim to an even better grab on the rope, but not before some powerful hitting to add some important runs. KK (4) scored his first runs for the club and Pramodh (17) struck a six in the last ball in the final overs of the innings - leaving Chicha a target of 144 to win.

A light shower accompanied the innings break, which threatened to shorten the chase



▲ *Good luck Sunil*

in Chicha's favour. Though a soggy outfield held the ball up, it sparked trouble in the field, as a catalogue of errors washed over BC's performance. Dropped catches and misfields overshadowed some tidy bowling from Talal (5 overs, 2-29) and Denzyl (4 overs, 1-26), but Chicha went into drinks on 119 - leaving only 25 to win from the last 10 with 7 wickets in hand. Pramodh (3 overs, 3-15) took the danger man immediately after the break, as Talal held onto the most difficult chance of the day, but despite another 2 wickets and tough fight from BC, it was a bit too much to ask as Chicha crossed the line with 5 wickets to spare. A disappointing end to a promising campaign, which will restart towards the end of the year. ■



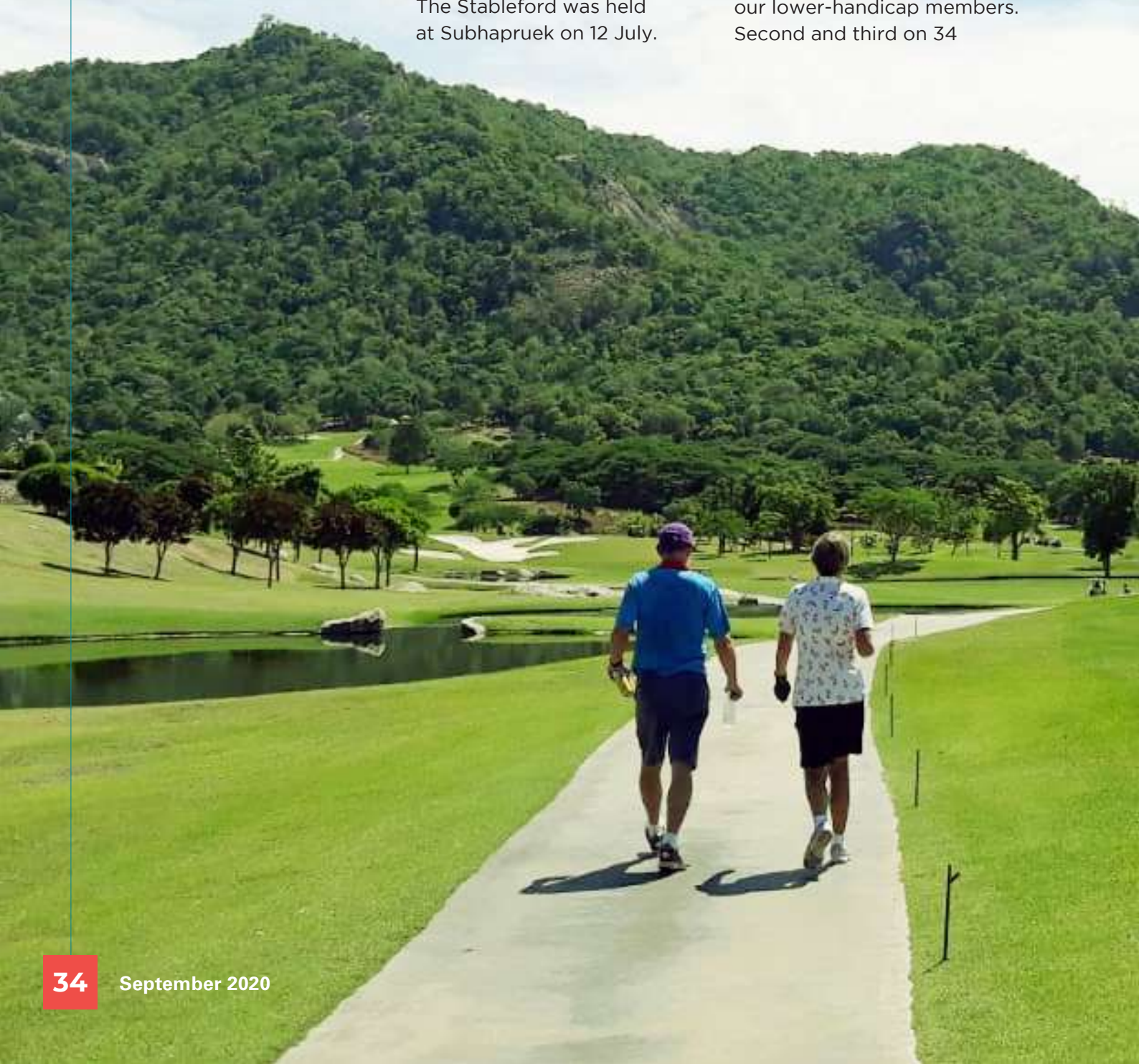
BCGC Golfing News

ARTICLE

After the article about the July eclectic in last month's magazine, July saw two further events for the Golf Section, a stableford and the monthly medal.

The Stableford was held at Subhapruek on 12 July.

Overcast weather conditions meant a round in a pleasant temperature, but recent rain had left the course soft with the ball tending to plug rather than run on. This caused frustration amongst some of our lower-handicap members. Second and third on 34



SPORTS

points were James Lawden and Randall Coleman but the clear winner on the day was Stefano Kim with a score of 41 points. A handicap cut can be expected!

We were back at Royal on 26 July for the monthly medal, and a turn-out in the high teens. That's number of players, not age of the players, who tend to be a little more experienced than that. See the photo of James and Varghese sporting their equally experienced BCGS

shirts, which themselves were older than high teens, and in remarkably good condition. That's both the shirts and the players.

A cloudy morning with expectation of rain cleared up and turned into a very pleasant afternoon. Flight A was very competitive with John Comiskey winning with a fine net 70, ahead of ex-captain Frank Fawkes with a net 72 and Peter Clark and Andy Flynn equal third with a net 73. The scores in Flight B

demonstrated the merciless nature of medal golf, with James Lawden's winning score being a net 83, and David Burton and Nui Clark coming second and third.

Martin Weber scored strongly on the technicals, being nearest the pin on both par 3s on the front nine, but no-one's drive hit the green on the difficult 17th.

Add standard paragraph about us being a friendly lot and come and join us. ■



▲ Flight A winner John Comiskey



▲ Golf Vintage shirts

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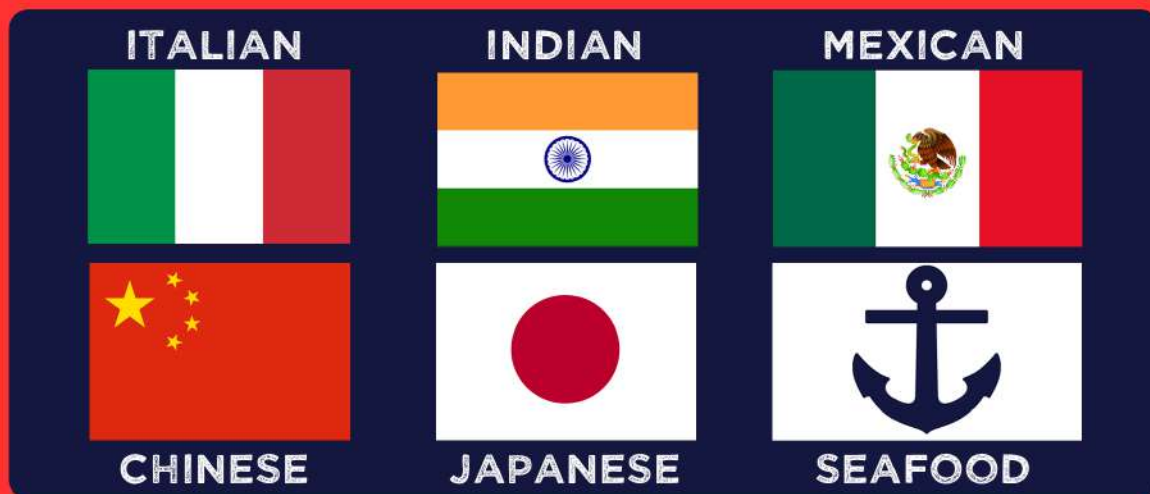
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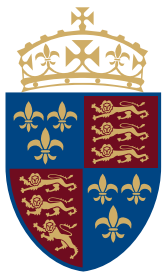
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