

APRIL 2022



THE BRITISH CLUB  
BANGKOK

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

# OUTPOST

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*Birthday*

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# WELCOME NEW MEMBERS

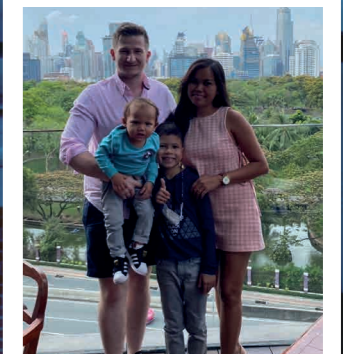
Each month we like to introduce some of the New Members who have recently joined the Culb. These are some of the Members who joined during the last few months



▲ Ravi Bordia, Nidhi Kayastha  
and Naina, Rohan Bordia



▲ Andy, Thippapan and Alex Haggerstone



▲ Andrew, Prapaporn and Aris,  
Jayden McGregor



▲ Philip Hannaford



▲ Mark Higgins and Kate Leedham,  
Caolan, Fallon and Joseph Higgins



▲ Michael Jones and Lena  
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## OUTPOST

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### Vice Chairman

Mark E Buchanan  
vicechairman@britishclubbangkok.org

### Honorary Secretary

Paul Cheesman  
honorary.secretary@britishclubbangkok.org

### Honorary Treasurer

Brian Brook  
honorary.treasurer@britishclubbangkok.org

### General Committee

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Nathan Thomas, Ian Harry  
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#### Deputy General Manager (Operations)

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BritishClub1903

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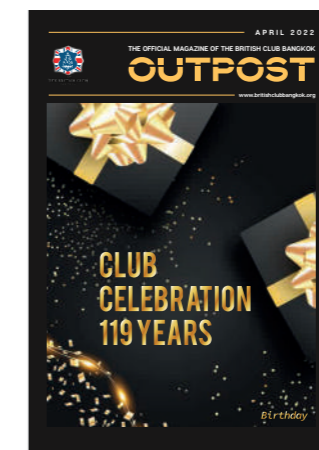
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## Front Cover

The Club reaches its 119th birthday - make sure you don't miss the celebrations

## This Month

The Club gets ready to turn 119 years old, phase 2 opens with the British Ambassador, we revisit the year 1947, The Royal Air Force Club London is reviewed, March events in pictures, the sports sections have their say.



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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"



James Crossley-Smith

# Chairman's Message

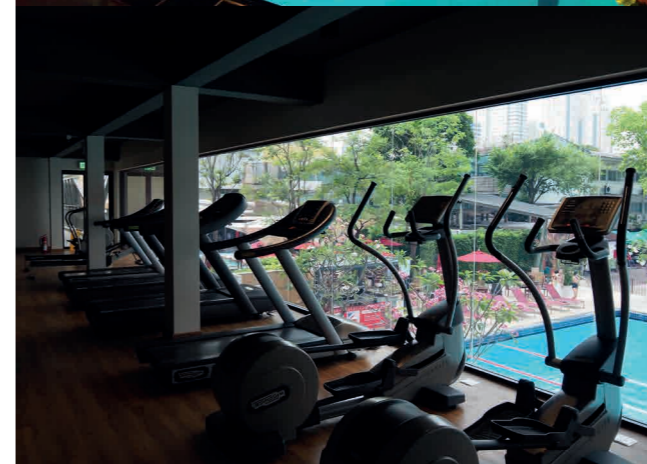
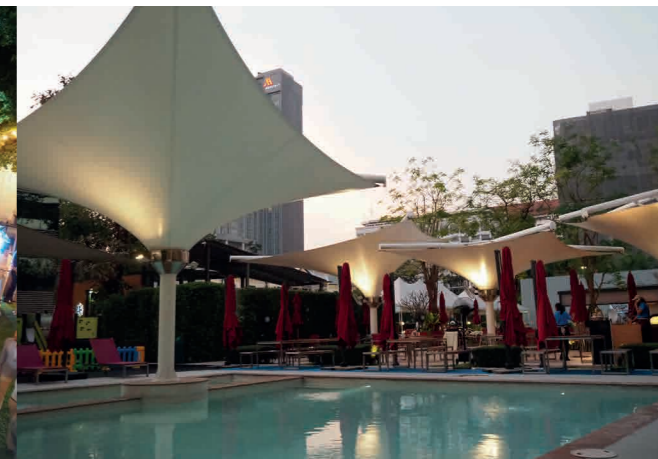


I have been asked to write this article but when you read it I will not be Chairman. There will be a new Chairman and GC and I wish them well.

The dilemma for the new committee is where to focus resource, whether financial or manpower. Both are arguably limited. There are still great things to do with the Club and, when compared to resources, too many ideas and possibilities.

I hope the positivity continues and we make the most of the fantastic facilities and to continually and incrementally develop the potential of our little oasis in the heart of the City.

For now we have every reason to be happy and make the most with what we have. Have a great year ahead.



# Retirement Planning/ UK Pension Income

By Martin Wright, The Fry Group

Many Brits retiring overseas have acquired UK pensions during their lives, through an employee benefit package (company pensions) or by way of personal pension contributions. In addition, it's also common to have UK basic State Pension entitlement through National Insurance history/payments.

The UK tax liability can be quite complicated and confusing and is summarised below.

## THAILAND PROVIDENT FUNDS (FOR LOCAL EMPLOYEES)

The Thailand Provident Fund is an investment related long-term savings arrangement voluntarily established by employers and employees (normally consisting of contributions from both parties).

Employees with a monthly salary below 10,000 THB are not liable to make contributions, but employers are required to contribute. The law would require those aged between 15 and 60 who are not Provident Fund members to become members of the main mandatory Provident Fund.

For an employee there are local tax benefits for regular contributions. Up to 500,000 THB per year is tax deductible. The first part of an employee's contribution can be used within the local tax allowances up to 10,000 THB, the remaining amount above 10,000 THB but below 490,000 THB would be tax exempt.

Source: [www.juslaws.com/news-legal-articles-thailand/provident-fund-act-in-thailand](http://www.juslaws.com/news-legal-articles-thailand/provident-fund-act-in-thailand)

## UK STATE PENSION

The current full State Pension is £179.60 pw (£9,339.20 pa), and the Basic State Pension for pre-April 2016 retirees is £137.60 pw (£7,155.20 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 (£12,570 for 2021/2022). The State Pension is the first thing applied against the Personal Allowance.

As there is no social security agreement between the UK and Thailand State Pension in payment is not increased annually. Whether this remains the case will be based on decisions the UK government make (along with continued pressure from Brits in-country).

Source: [www.gov.uk/state-pension](http://www.gov.uk/state-pension) & [www.go.uk/new-state-pension/what-youll-get](http://www.go.uk/new-state-pension/what-youll-get)

## UK COMPANY SCHEMES AND PERSONAL PENSION PLANS

UK pension income can normally be paid anywhere in the world, and usually after the deduction of Income Tax. The final tax liability is based on self-assessment tax returns and UK tax rates/allowances.

### 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, but only if HMRC have proof that local tax is being deducted or specific criteria is being met. In many countries including most of Asia, this can be problematic.

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 Digest of Double Taxation Treaties: "Treaty does not include an article dealing with Non-Government pensions".

Also Article 19 of the UK/Thai DTT covering UK Govt or local authority pensions states "such pension shall be taxable only in the other contracting State if the recipient is a national of and a resident of that State"

Source: [www.gov.uk/government/publications/thailand-tax-treaties](http://www.gov.uk/government/publications/thailand-tax-treaties)

Therefore, a Brit in Thailand would need to have a UK Civil Service Pension and 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 UK PAYE. An employment is regarded as having been carried on 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 twenty years.

Source: [www.gov.uk/hmrc-internal-manuals/international-manual/intm343110](http://www.gov.uk/hmrc-internal-manuals/international-manual/intm343110)

Although the pension may be outside the operation of PAYE it is important to note that unless the pension is exempted by a Double Taxation Agreement the income will still be taxable in the UK via self-assessment. (PAYE81750 - PAYE operation: international employments: pensioners who leave UK for permanent residence abroad).

Whilst many of the UK's DTAs will exempt the pension income, not all do and given the UK/Thailand DTA, this part of the legislation could only exempt UK Govt or local authority pensions this way, any other pensions will still be taxable in the UK via self-assessment for a Thailand Resident.

The actual local tax liability in Thailand may be determined by the nature of one's Visa, but commonly 'income' is liable to local taxation if it is remitted into the country during the Thai tax year (calendar year).

### Qualifying Recognised Overseas Pension Schemes (QROPS)

Between April 2006 and April 2017 many Brits living overseas transferred their UK pensions to QROPS and Guernsey, and then Gibraltar were popular because they generally offered favourable income tax treatment compared to the UK.

We have seen Malta used for Thailand residents which is concerning as there is no DTA between Thailand and Malta and no indication that such an agreement will be made soon. At present, Maltese (QROPS) pension income is likely to be taxed at 35% at source, meaning in many cases more tax will be payable than would have applied had the UK pension not been transferred. QROPS is not a viable option for those residents in Thailand now, as with the rule change in April 2017 a transfer charge of 25% would apply.

## CURRENCY POSITION

For those long-term retirees in Thailand the effect of a weakening GBP against THB over the last 15 years plus is evident. The downward trend started as far back as 2005. There were lows in exchange rates (in the 37's) in August 2019 and the current the position (at the date of writing) is still stuck at 44, the rates of mid 70's GBP/THB seem to be a thing of the past.

The effects on GBP based pensions can be quite harsh as a result, with a long-term reduction in the value therefore of 40%+.

UK State Pensions and final salary pensions cannot be changed into any other currency at source. It is only certain investment-related UK personal pension plans, or offshore QROPS that allow a change in currency to perhaps be more aligned with THB. However, changing from GBP to a strong global currency such as USD may not be the best timing given GBP's remaining weakness to date.

UK pension arrangements are quite complicated, particularly for a 'global' individual, therefore we would always suggest you seek professional advice from a company with the relevant experience and knowledge.



**Martin Wright**  
Senior Financial Planner  
The Fry Group (Singapore)

#### Disclaimer

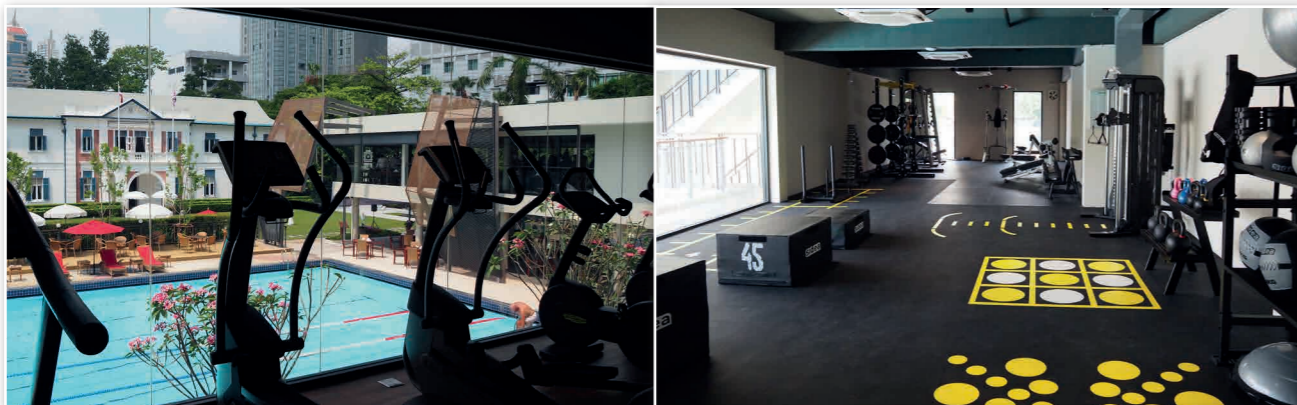
The information in this article aims to provide information. However, this is not intended to form professional advice nor should it be relied upon as such and before taking any particular action, specific and personal advice should be obtained. All levels and basis of, and relief from taxation illustrated 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.

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## Letter From

Tim Vongswang - The General Manager



**Like** all of you, the team and I are very much looking forward to the opening of the remaining outlets & facilities in Phase 2 ... which will be very soon. As you know our *amazing* Fitness Centre is now operational, if you haven't seen the world class facilities and equipment yet, I recommend you take look. With more space than many commercial gyms you may be tempted to start a fitness program yourself.

In the month of April, we are planning to have several activities and promotions such as the celebration of Easter with family fun and games, St George's Day, which will also be the Club's 119th birthday, and a Songkran special menu ... so look out for those and much, much more.

Our regular Sunday brunch will continue to have a "feature corner"

introducing some of the best dishes of a selected country which will change every week at the Veranda. The popular poolside buffet will remain the same.

Our *BCB Kid's Club* activity has re-started every weekend with a new team who are very creative. They will ensure that the children will have a fun filled afternoon (midday to 4pm) while you can relax.

I'd like to take just a moment to recognise the huge effort all our hard-working staff are doing right now; every single department is working very hard behind the scenes to make the Club function so on behalf of the all the members and myself Thank You All very much.

See you around the Club,

**Tim**



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Paul Cheesman

~~~PAST PARTICIPLE~~~  
*Auspicium Melioris Ævi*

We continue the story of the British Club Bangkok ... 1947

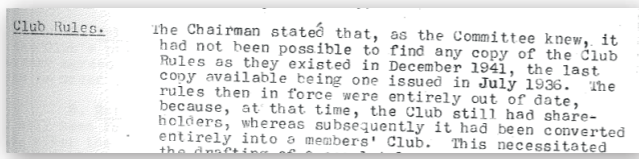
Setting the Rules

Whilst 1946 saw the Club restarted, 1947 was the year it really got going and was re-established on a legal basis. It was recorded that the only set of Club Rules was July 1936, when the Club was still a Debenture Club not a Members' Club. Sadly, this Rule Book went missing sometime after the year 2000 (see *Past Participle*, January 2022). It was thus agreed to draft a temporary set for an Extraordinary General Meeting held at the end of February.

On 27th February, an Extraordinary General Meeting was called to adopt a temporary rule book with the following significant changes from those adopted to re-start the Club, and to elect a new Committee:

- Absent Membership was revised to be 5 Ticals per month of absence to maximum of 60 Ticals.
- Country Membership was introduced at 60 Ticals to join and 5 Ticals/month.
- Ladies Privileges was introduced as a means by which unmarried British ladies could use the Club.
- The opening rules of the Club were revised to read that "The Club is owned by its Ordinary and Country Members for the benefit of all in the British community in Thailand, present and future".
- Membership was extended to all 'British Commonwealth subjects' as it was felt "undesirable that a British Club should exclude any subjects of the British Commonwealth from becoming members". This was changed back in 1952 following the independence of the British Indian Empire and its divide into smaller states (see *Past Participle*, August 2022).

In 1948, this meeting was described as the 'Annual General Meeting for 1947'. It was agreed that now the British Club Bangkok was formally active with an elected General Committee, the rules and General Committee should be registered with the authorities..



▲ Constitution Lost!

Post-War Funding

On 2nd July, the Club received a first payment of £1,749 2s 6d [69,970 Ticals] from the Royal Siamese Government as part of War rehabilitation negotiated between the Club and the government directly. This was external to any rehabilitation made by the British Embassy under the Anglo-Thai Treaty 1946. By the year-end, a total of 135,077.60 Ticals were received.

On 1st September, two of the last pieces of the War rehabilitations arrived in the form of two reconditioned Billiards Tables, complete with scoreboard, manufactured in 1938 by Messrs W. Jelks & Son of Holloway, London. These were imported by Messrs Barrow, Brown & Company and the Siamese Ministry of the Interior paid out £528 5s 6d for their transport and installation in the Club's new Billiards Room on the ground floor (2022 room usage: The Churchill Bar). One table was sold in 2007 but the other is still in use in the Clubhouse.



▲ Billiards Tables from Jelks

Committee

The first "full Committee" was elected on 27th February 1947 and had only six members as the Constitution had not been formalised by this time. Charles S. I. Mabbatt (see below) took the roles of both Chairman and Honorary Secretary and no Vice-Chairman was appointed. A.A. Gentry had served before the war and served again this year but otherwise we know nothing of him, similarly D.H. Carey who served two terms.

The other leading figure was Brigadier Victor Henry Jacques CBE, DSO, MC & Bar (see *Past Participle*, March 2022) who, from his legal background, took on the role of drafting a completely new Constitution. This was made ready for an Extraordinary General Meeting in October 1947 which also revised the Country membership rules to accommodate Ordinary Members who moved out from Bangkok sometime after joining and wanted now to become Country Members.

|                     |                                    |
|---------------------|------------------------------------|
| CHAIRMAN:           | Charles S.I. Mabbatt               |
| VICE-CHAIRMAN:      | (not appointed)                    |
| HONORARY SECRETARY: | Charles S.I. Mabbatt               |
| HONORARY TREASURER: | W.L. Craig                         |
| MEMBERS:            |                                    |
|                     | D.H. Carey                         |
|                     | M. Constant                        |
|                     | A.A. Gentry                        |
|                     | Victor H. Jacques CBE DSO MC & Bar |

▲ General Committee 1947-48

Long Service

Charles Sebastian Insull Mabbatt was a Club member before WWII and served two terms ending with the Japanese invasion (see *Past Participle*, February 2022). After the war he became, over three periods, the Club's longest serving Chairman to date. Charles was Chairman 1947 to 1950, 1951 to 1954 and 1955 to 1961 and from 1947 to 1949, he took on the role of Honorary Secretary as well as to-one wanted to undertake the job. In addition, he

was also Chairman of the British Chamber of Commerce from 1952 to 1961.

Charles was born in Tonbridge in Kent on 1st August 1906 and travelled to Siam to work for D. Couper-Johnstone & Company of Laphroaig fame. In the 1930s he married Violet Irene Sutcliffe, just six days his junior, in Christ Church, Bangkok. Directly after the war he worked with the Siam Rice Commission.

Charles was made a Commander of The Most Excellent Order of the British Empire in 1954 and he retired in 1961. He refused an Honorary Membership of the Club initially but eventually agreed in 1972. He and Violet continued to live in Bangkok until both their deaths, eight months apart, in 1985. They are buried in Bangkok Protestant Cemetery.



▲ Charles Mabbatt (third), seen in 1984 with (from left) Colin Hastings, an unknown Member and Arthur Phillips

Ships Ahoy

Over two days in February, HMS Alacrity (F60), a modified Black Swan-class sloop, became the first post-war ship to be hosted at the Club, providing tiffin to petty officers and ratings both lunchtimes. Two flags were presented by the Ship's company to the Club but sadly, these were lost. As the event was to be a 'British community' event not merely a Club event, the Sailors Entertainment Fund was founded.

The fund was 'dipped' into again in June when the Petty Officers and ratings of HMS Alert (K647), a

Bay-class frigate, enjoyed Tiffin at the Club, again, across two lunchtimes. HMS Alert was to be a favourite at the Club in that it would visit Bangkok eight more times between 1948 and her decommissioning in 1964.



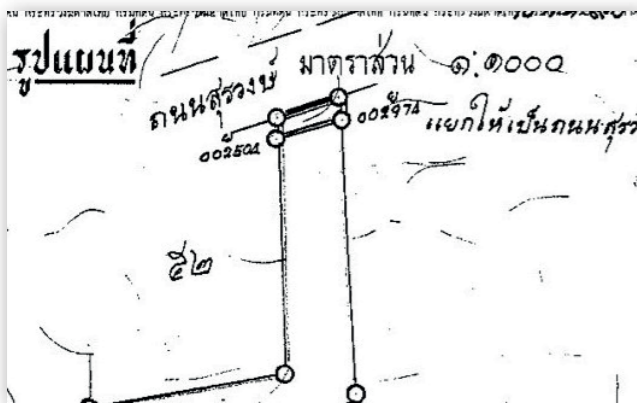
▲ HMS Alacrity

### In Other News

On 20th March, H.M. King George XI approved the upgrading of the British Legation at Wireless Road to be the British Embassy thus the British Minister in situ Geoffrey Thompson was appointed as the first British Ambassador to Siam.

On 7th July, the General Committee approved that Lodge St. John (No. 1072) became the first post-war non-member group to use the Club on a monthly basis; they would soon sponsor tennis at the Club (see *Past Participle*, May 2022).

On 10th July, the Amphur Bangrak office took ownership, from the Club, of the pavement outside and to the left of the main Suriwongse Road Gate. An area of 7 Wah (28m<sup>2</sup>) was surrendered.



▲ Pavement Lost!

### Normality

By the year-end, the Chairman, Charles S.I. Mabbatt, reported to the Committee meeting *"that Club life had returned to some normality"*...

- The Club was open 4pm to 8pm each weekday and on Saturday and Sunday daytimes.
- A member of the Committee was present two 'Club Nights' a week to take suggestions from members.
- The tennis courts were fully functional (outside of the monsoon) with a Dek (ball-boy) available for 3 Ticals a session.
- The Bowling Alley was equally available but at the reduced price of 2.50 Ticals per session.
- Billiards could be played at a cost of 2 Ticals per hour.
- Monthly movie nights, on the back lawn, showed the latest films brought up from the British High Commission in Singapore.

The year ended, as was by now a tradition, with a large Christmas Ball on the back lawn.

### Next month ...

### Growth!

**Paul Cheesman**  
Honorary Secretary

*For Members interested in our Club's history, the Club Timeline has been updated with 1529 entries and 351 pictures over 169 pages and can be found on the Website under 'The Club - History'.*

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## Royal Air Force Club, Piccadilly, London

Visited in July and December 2019.

Paul Doust and Prasit Jangkamol

**Situated** near Hyde Park Corner, this club is slightly younger than the British Club, having celebrated its 100th birthday in 2018. The club's food and beverage facilities include a casual bar called the Running Horse Tavern in the basement, which serves food and Spit-fire Ale (!), plus a good formal dining restaurant on the ground floor which overlooks Green Park. Additionally, there's a smart lounge plus bar on the first floor called the Cowdray Lounge which also overlooks Green Park, and which serves various snacks and beverages all day. Generally, the food and wine prices are both better value than is available in nearby restaurants. Accommodation is available, and there's also a business suite and a fitness centre. One good thing about this club is that it's open both weekdays and weekends, and back in winter 2019 it was one of the very few clubs that was open over the Christmas to New Year period. Men must wear jackets and ties in the Cowdray lounge and in the formal restaurant, although jackets (but not ties) can be removed in the summer.

Any British Club member who has visited a reciprocal club recently will know that one gets introduced to reciprocal clubs by email. However, although I have visited a lot of reciprocal clubs, this is the only club that immediately replied to the introductory email to say that they looked forward to welcoming us to their club. Without doubt, the Royal Air Force Club is a really lovely and welcoming club.



## Obituary

**DENIS SCHOHN**  
1954-2022

An obituary has been received from Accor Asia Pacific, for our member, Denis Schohn, who joined the Club back in 2000 but sadly passed away in February whilst in France.

It is with great sadness that we inform you of the passing of Denis Schohn, our former colleague and dear friend.

Denis passed away on Monday 28th February 2022 in Paris, France, and will be missed.

Please keep Denis' family in your thoughts as they go through this difficult time.

Denis was a well-loved and much-respected member of the AccorAsia Pacific organization.

He had been a valued member of the "Design and Technical Services (DTS)" team since January 1991.

His last assignment as Senior Vice-President Design & Technical Services, Luxury, was covering Asia Pacific. In that role, he was passionately ensuring that Accor Luxury projects were delivered into the network with brand DNA and quality across Asia Pacific.

The dedication he brought to his projects were exemplary and greatly appreciated by his corporate colleagues, hotel teams and owners alike.

On behalf of the entire Accor Southeast Asia, Japan & South Korea team, we would like to express our most heartfelt and deepest sympathy to Denis' family.



# *The Official Opening* of the Club's Phase 2 poolside redevelopment project. **05/03/22**



# Pancake Day

**06/03/22**



## "PLATINUM JUBILEE STREET PARTY"

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# Members' Gathering 2022

09/03/22



# Quiz Night

08/03/22



# An Intimate Wine Night

## Exploring Argentina

11/03/22



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## APRIL 2022

|                                                                                                                                               | SUN                                                                                                                                                                          | MON                                                             | TUE                                                               | WED                                                                                                       | THU                                                                                          | FRI                                                                                                                                                     | SAT                                                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br>1903<br>THE BRITISH CLUB<br>BANGKOK                      |                                                                                                                                                                              |                                                                 |                                                                   |                                                                                                           |                                                                                              | 1<br>Junior tennis<br>4.15pm - 6.00pm<br>Junior Cricket<br>5.00pm - 6.00pm<br>Senior Cricket<br>6.00pm - 7.00pm<br>Tennis mixed-in<br>6.00pm - 10.00pm  | 2<br>Kids Activities<br>12.00pm - 4.00pm<br>Squash Mixed-in<br>1.30pm - 6.45pm<br>Cricket Team Practice<br>2.30pm - 6.00pm                                      |
| <br>1903<br>THE BRITISH CLUB<br>BANGKOK<br>GOLF SECTION      | 3<br>Tennis Men Doubles<br>Team practice<br>9.00am - 1.00pm<br>Sunday Brunch<br>10.30am - 3.00pm<br>Kids Activities<br>12.00pm - 4.00pm<br>Tennis Mix-in<br>4.00pm - 7.00pm  | 4<br>Tennis Mixed Doubles<br>Team practice<br>7.00pm - 10.00pm  | 5<br>Football<br>7.00pm - 9.00pm<br>Quiz Night<br>7.15pm - 9.00pm | 6<br>Squash Mix-in<br>4.30pm - 8.15pm<br>Balut<br>6.00pm - 8.00pm<br>Tennis mixed-In<br>6.00pm - 10.00pm  | 7<br>Swimming Lesson<br>Tony<br>7.00am - 8.00am<br>Cricket team practice<br>6.30pm - 8.00pm  | 8<br>Junior tennis<br>4.15pm - 6.00pm<br>Junior Cricket<br>5.00pm - 6.00pm<br>Senior Cricket<br>6.00pm - 7.00pm<br>Tennis mixed-in<br>6.00pm - 10.00pm  | 9<br>Kids Activities<br>12.00pm - 4.00pm<br>Squash Mixed-in<br>1.30pm - 6.45pm<br>Cricket Team Practice<br>2.30pm - 6.00pm                                      |
| <br>1903<br>THE BRITISH CLUB<br>BANGKOK<br>CRICKET SECTION | 10<br>Tennis Men Doubles<br>Team practice<br>9.00am - 1.00pm<br>Sunday Brunch<br>10.30am - 3.00pm<br>Kids Activities<br>12.00pm - 4.00pm<br>Tennis Mix-in<br>4.00pm - 7.00pm | 11<br>Tennis Mixed Doubles<br>Team practice<br>7.00pm - 10.00pm | 12<br>Pilates<br>10.30am - 11.30am<br>Football<br>7.00pm - 9.00pm | 13<br>Squash Mix-in<br>4.30pm - 8.15pm<br>Balut<br>6.00pm - 8.00pm<br>Tennis mixed-In<br>6.00pm - 10.00pm | 14<br>Swimming Lesson<br>Tony<br>7.00am - 8.00am<br>Cricket team practice<br>6.30pm - 8.00pm | 15<br>Tennis mixed-in<br>6.00pm - 10.00pm                                                                                                               | 16<br>Kids Activities<br>12.00pm - 4.00pm<br>Squash Mixed-in<br>1.30pm - 6.45pm<br>Cricket Team Practice<br>2.30pm - 6.00pm                                     |
| <br>BRITISH CLUB<br>RUNNING TEAM                           | 17<br>Tennis Men Doubles<br>Team practice<br>9.00am - 1.00pm<br>Sunday Brunch<br>10.30am - 3.00pm<br>Kids Activities<br>12.00pm - 4.00pm<br>Tennis Mix-in<br>4.00pm - 7.00pm | 18<br>Tennis Mixed Doubles<br>Team practice<br>7.00pm - 10.00pm | 19<br>Pilates<br>10.30am - 11.30am<br>Football<br>7.00pm - 9.00pm | 20<br>Squash Mix-in<br>4.30pm - 8.15pm<br>Balut<br>6.00pm - 8.00pm<br>Tennis mixed-In<br>6.00pm - 10.00pm | 21<br>Swimming Lesson<br>Tony<br>7.00am - 8.00am<br>Cricket team practice<br>6.30pm - 8.00pm | 22<br>Junior tennis<br>4.15pm - 6.00pm<br>Junior Cricket<br>5.00pm - 6.00pm<br>Senior Cricket<br>6.00pm - 7.00pm<br>Tennis mixed-in<br>6.00pm - 10.00pm | 23<br>Kids Activities<br>12.00pm - 4.00pm<br>Squash Mixed-in<br>1.30pm - 6.45pm<br>Cricket Team Practice<br>2.30pm - 6.00pm                                     |
|                                                                                                                                               | 24<br>Tennis Men Doubles<br>Team practice<br>9.00am - 1.00pm<br>Sunday Brunch<br>10.30am - 3.00pm<br>Kids Activities<br>12.00pm - 4.00pm<br>Tennis Mix-in<br>4.00pm - 7.00pm | 25<br>Tennis Mixed Doubles<br>Team practice<br>7.00pm - 10.00pm | 26<br>Pilates<br>10.30am - 11.30am<br>Football<br>7.00pm - 9.00pm | 27<br>Squash Mix-in<br>4.30pm - 8.15pm<br>Balut<br>6.00pm - 8.00pm<br>Tennis mixed-In<br>6.00pm - 10.00pm | 28<br>Swimming Lesson<br>Tony<br>7.00am - 8.00am<br>Cricket team practice<br>6.30pm - 8.00pm | 29<br>Junior tennis<br>4.15pm - 6.00pm<br>Junior Cricket<br>5.00pm - 6.00pm<br>Senior Cricket<br>6.00pm - 7.00pm<br>Tennis mixed-in<br>6.00pm - 10.00pm | 30<br>Kids Activities<br>12.00pm - 4.00pm<br>Squash Mixed-in<br>1.30pm - 6.45pm<br>Cricket Team Practice<br>2.30pm - 6.00pm<br>Wine Tasting<br>6.00pm - 10.00pm |

SPORTS

SPORTS



Graham Johnston

# TENNIS

## 2022 BRITISH CLUB Bangkok Tennis Section CHAMPIONSHIPS

Saturday 26 March Starting 8:00 am

Follow the matches British Club Bangkok Tennis Section

Dear Poachers and Fakers

Club Championships

I hope everyone is enjoying / enjoyed our 2022 British Club Bangkok Tennis Section Championships! As I write we have just about reached the SF stages, but as you read this the finals will have already been played. I am sure it will be / was a fantastic day and next month's article will be dedicated to Final's Day.

Thanks again to our sponsors:

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Between the Lines

In this edition though, we take a break from the Championships and instead focus on our British Club Bangkok Ladies Team who have been busy competing in both the newly established **BKK Ladies Team Tennis Doubles League - Series 1** and in the annual 34th Ladies Interclub Tennis Tournament.

In the BKK Ladies Team Tennis Doubles League - Series 1, which is played every other Thursday and features 6 doubles matches, our ladies have so far lost to Rajpruek, drawn with the Sakura Ladies, and beaten the Cheers Team. It's great for our team to get more regular matches against other teams and experience different styles and our visitors have enjoyed playing at our iconic location and enjoying the post-match lunch & drinkies.

On Saturday 12th March British Club took part in the 34th Ladies Interclub Tennis Tournament. The British Club were the hosts and chose to stage the event at the excellent FBT Pyramid Academy. With 5 teams competing in a round-robin format, we had 4 matches (each over 5 sets in 5 age categories) to play in a long day's tennis.

Our opening match was against a strong looking B.I.G team but we prevailed 3-2 with excellent wins for Mariya & Aom, Tip & Pui, and Mai & Eunju. In our 2nd match we battled hard against the defending champions RBSC before eventually narrowly losing 3-2 despite victo-



▲ BC V Sakura Ladies



▲ BC V Cheers Team



▲ Team V Rajpruek



▲ Nat & Raq



▲ Anje



▲ Pin



▲ A win V B.I.G



▲ Team Player!



▲ Titans



▲ Tip-Top



▲ Pui Pui



▲ BC at the Opening Ceremony

ries by Anje & Pin and Mariya & Aom. The 3rd match was against the other favourites from RBSC Polo and we again fell just short going down 2-3 despite fine wins for Nat & Pui and Raquel & Tip. After a long rest, our final match was against the BJWTC from Japan which we needed to win to stay in the hunt for 2nd place overall. We lost a close match at 110 with Sasaluck stepping in at the last minute to partner Eunju, but won a fine encounter in the 100s through great play by Mai & Pui. The 90s match ended in defeat and we were 2-1 down with 2 matches remaining. Cometh the hour, cometh Anje & Pin to take us into a deciding match which Nat & Mariya powered to victory in.

In the end, RBSC were worthy winners with 4 wins from 4. Polo, B.I.G and British Club all finished with 2 wins &

2 losses each with Polo taking 2nd place on countback and The British Club having to settle for 3rd place. This was another fine performance by our ladies in an event that The British Club has not always had a great deal of success. We continue to narrow the gap and will be going for the elusive top spot in 2023! Thanks to all who helped with the preparations (special mention to Sasaluck & Mooky at FBT and Yubharet and Anje for their hard work in the planning and on the day) and well done to those who again represented the club with distinction including our 'Rising Star Team' consisting of Karoline, Kathryn, and Lucy all making their debuts for the club!

**Next month** – The British Club Bangkok Tennis Section Championships!



Jonathan Fudge

**February** has been a busy month for the Cricket section with the annual Chiang Mai tour, 2 league matches and the social secretary (with some support... cheers Harshit) even managing to organise a "big night out"

### Chiang Mai Tour: 11th and 12th February

Skipper Eastwell and Chairman Dunford led the troops to Chiang Mai for the 40th anniversary of this very popular tour to visit our reciprocal friends at the Gymkhana Club. Rumours that the Chairman has been on all of them maybe spurious.... These tours always rely on commitment from the players and members to make the trip...I've heard it was a good tour (sorry skip)...me apart the commitment was outstanding with James Crossley Smith seen getting off the plane with a walking stick and Denz dragging himself out of traction to make the trip. Traditionally on tour the more enthusiastic members arrive too early, whilst those who actually work for a living arrive later trying to understand what the early arrivals are saying. This trip was no different with the Friday marked by an odd mix of Jenga and Pink tequila, both arranged by Pramodh the club treasurer. I'm told they make for a fun evening....Sadly Chiang Mai on this particular Friday night was eerily quiet, leaving the Squash, Tennis, Golf and Cricket sections to essentially take over O'Mallys. Saturday was an interclub game...the Dilip XI vs Moose's XI with a few locals completing the teams. Those who have witnessed Dilip in action as a Captain will know it was played with more intensity than a World Cup final. He ultimately came out as the winner, nobody can remember how or in fact what happened, but Dilip says he was brilliant and remains unbeaten

## HARD BALLS



▲ Dale "One Shot" Lamb playing...well One Shot!

as a captain. Onto the main event of Sunday and the return of club legend Sir Nick White to open the batting on a difficult wicket. Ultimately the difference in years between the teams told and the younger, more spirited (less hungover) Gymkhana boys came out victorious. The game marked many club traditions, the opening ball delivered to a 9 strong slip cordon and Nick holding court supremely well with his fines session...a nod of the cap to 40 fantastic years of touring Chiang Mai. As ever a fantastic effort by the Tour coordinator Ian Brewis, who once again organised a fantastic tour and brought together multiple sections from the club.

### BCL vs Southernners at RBSC Polo

British arrived at the outstanding Polo ground, always lovely to be able to play in Bangkok at this marvellous ground. Skipper Eastwell was able to win the toss and elected to bowl which turned out to be an inspired decision. Thanks to some excellent bowling Southernners were restricted to 141 from their 25 overs, their opener



▲ The Chiang Mai tourists

looked in good form with an assured 57 until Ed Khan removed him and went onto claim 3 wickets. The rest of the wickets were shared around with one a piece for Dilip, Ben and Dale (not a typo!) along with Pramodh taking 2 in a very accurate and economical spell. This score always looked a little light, particularly with Dale in blistering form, fresh off his record breaking score in the last league game. He went on to smash 57 from only 24 balls, an impressive 7 sixes! BC were able to cruise home in only 19 overs for the loss of 5 wickets. Dale rightfully earned the man of the match award...rumour is he is running out space on the sideboard and the cleaner is complaining about the extra polishing! This game saw the inaugural playing of the McClear/Dunford trophy. Special mention to Nadeem, a BC member, who masquerades in a playing capacity for the Southernners, but he created the concept of a trophy to be played between the two clubs and sourced a marvellous trophy....shame he didn't get his hands on it.

### BCL vs Indorama at Boweja Cricket Ground

Once again Ben managed to win the toss, all this time out of the office is clearly helping, this time electing to bat first against a strong Indorama side. They bowled very tightly to restrict BC to an under par score of 138 for 8 in our 25 overs. Dale again top scoring, this time with 42 from 37 balls and skipper Eastwell making a patient 29 from 31. Despite losing their opener to the first ball of their innings Indorama never looked trou-



▲ Dale with the MOM award



▲ The new McClear Dunford Trophy unveiled

bled and reached the target in the 21st over for the loss of only 4 wickets. Two each for Dilip and Paddy.

### Big Night out

Social Secretary Mossy organised a fantastic event for the section at The Cedar restaurant in Bangkok. An excellent turn out of 25 section members who enjoyed the food...although we all agreed the speciality beer was an acquired taste! Most opted for the outstanding wine and whisky, not in the same glass I should add! Special mention to Harshit who suggested the venue, rumours of backhanders to get us there were rife, but it was an excellent call on his behalf.



▲ Skipper Eastwell enjoying the spoils of victory over the Southernners.

## SPORTS



## BRITISH CLUB GOLF



▲ Ladies Champion Golfer 2021 – Karen Holloway



▲ Matchplay Champion 2021 – Gordon Milne



▲ Dunlop Cup Winners 2021 – Martin Finn and Danny Bean



▲ Ladies Net Champion 2021 – Becky Adderley

**Our** Monthly Medal at Subhapruek Golf Club had a fine turn out of 33 eager competitors. The course was in fine condition and our members are starting to come to terms with the pitfalls of this Pete Dye designed course. This resulted in some fine scoring with 6 players beating Par. However, Andrew Stray won overall with an excellent 69 whilst Peter Clark and Stephen Taylor took the 2 divisional prizes

The main order of the day was the Golf Sections AGM and Annual prize giving which followed the match back at the British Club. Thank you to all the staff that looked after us so well and provided a delicious spread.

A new committee was elected, with Jon Standen agreeing to continue as Club Captain for a second year. Having a full committee of 13 is a pleasing sign of a healthy future for the club.

We awarded our perpetual trophies, some of which are over 80 years old, to the many winners including Champion Golfers, Terry Davies and Karen Holloway, and our Matchplay champion, Gordon Milne, who had defeated Ian Brewis in a tightly fought match earlier in the day.

## SPORTS



▲ March 2022 Stableford Winners

On 6th March we were entertained by the Cocktail Lounge at the Vintage Club in the annual competition for the SUAL Bell. British Club won the trophy back 4 matches to 2 and the Bell is now back in our trophy cabinet.

We also held our Stableford event at the same time with 40 players taking part. The overall winner was Olivier Tuech with a fine 42 points and Mark and Becky Adderley taking 2nd and 3rd places. Special mention however must go to Carole Ann Eastgate who won the Longest Drive competition after many years of trying.

Our first away weekend is on 30 April / 1st May at Rancho Charnavee. If anyone would like to join us at this or any of our events please just message us at [bcgs.bangkok@gmail.com](mailto:bcgs.bangkok@gmail.com) – new members are always warmly welcomed

**Mark Adderley**



▲ Captain Jon Standen with the SUAL Bell

# PILATES AND WELL-BEING

## Pilates: Return to Life through Contrology

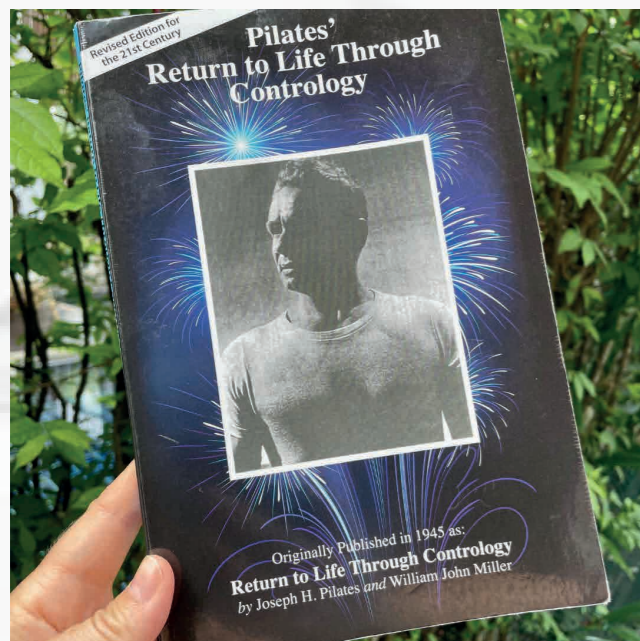
**Most** people are familiar with the name Pilates and know some details about Pilates exercises, however there are some things that are not quite so well known about Pilates, especially some of the advice laid out by Joseph Pilates himself. This month I thought I would share with you some of his quotes and philosophies which mostly date from his book published in 1945 but are surprisingly still relevant today:



Karen Dawber

### Pilates was originally called contrology.

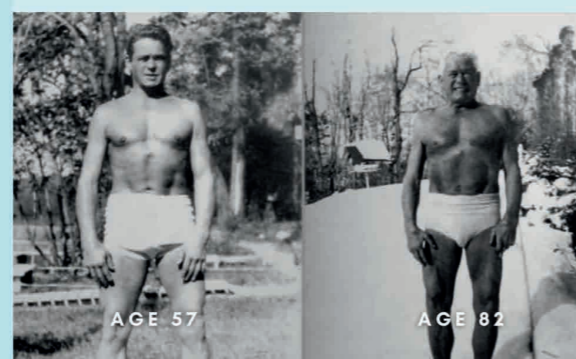
Joseph Pilates spent decades of his life studying movement and various styles of exercise. Over a period of 43 years Pilates created what he called Contrology, a complete exercise system for coordination of body, mind and spirit. A system where you acquire complete control over every muscle of your body. Joseph Pilates published his short book called "Return to life through Contrology" which documented the fundamental 34 mat exercises along with his theories of maintaining but also attaining good health. Pilates is often heralded as being ahead of his time with his philosophy on movement and the fact that so many people are still practicing his exercise system to this day is testament to that.



### Pilates is for every body.

Pilates created his exercise system for everybody, men and women, because he believed "Physical fitness is the first requisite of happiness". His aim was for everyone to be able to benefit from his accessible exercise system

"You may derive all the benefits of Contrology in your own home."



"Every moment of our lives can be the beginning of great things" Joseph Pilates



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### The benefits of Pilates comes from consistent practice.

Joseph Pilates knew that "Physical fitness can neither be acquired by wishful thinking nor outright purchase" he encouraged people to make the effort to benefit themselves. Pilates encouraged regular practice of his exercises "Make up your mind that you will perform your Contrology exercises ten minutes without fail. Amazingly enough, once you travel on this contrology "Road to Health" you will subconsciously lengthen your trips on it from ten to twenty or more minutes before you even realize it". He knew that over time people would feel the benefits of his exercise system, reminding them that " "Rome was not built in a day" and that patience and persistence are vital qualities in the ultimate successful accomplishment of any worthwhile endeavor." . Pilates really is a practice. The more you do it the more you will refine your movements and be able to focus where your

efforts are best felt in your body. Thus even experienced pilates students will reap much benefit from revisiting fundamental movements as do new students.

### Pilates deliberately works every muscle of the body

"Developing minor muscles naturally helps to strengthen major muscles. As small bricks are employed to build large buildings, so will the development of the small muscles help develop the large muscles."

### Nature provided inspiration for Pilates exercises

Joseph observed animal movements, noticing how: "animals acquire this ideal rhythm of motion because they are constantly stretching and relaxing themselves". Movements contrology exercises were then designed to mimic.



### Pilates goes beyond exercise in his philosophy to attain good health.

- Sunshine and fresh air are cited as important. We continue to know this to be important today, nature bathing is known to have a calming effect on the mind and we also know the benefits of sunlight in obtaining adequate vitamin D levels.
- Pilates talks about eating to fuel our bodies and refreshingly he doesn't mention calories or specific diets just balancing our body's need with the amount of

food we eat, considering how active we are or are not.

- Adequate sleep is referenced as important in attaining good health and his advice for when you can't sleep, get up and do his exercises for: "It is far better to be tired from physical exertion than to be fatigued by the poisons generated by nervousness while lying awake."

- Body brushing with a stiff brush (without a handle so we must "twist squirm and contort ourselves in every conceivable way in our attempt to reach every portion of our body") is also part of a complete Pilates routine to stimulate circulation, clean the pores and remove dead skin allowing our skin to fully breathe.

Pilates observed a lot about how modern living even in the mid-late 1940's was affecting people's health. The impact of a rapidly progressing post world war world with it's faster tempo, economic pressures, rise of sedentary office jobs, increasing use of technology with telephones and cars meant that even then Pilates believed no home was "entirely free from sufferers of some form of nervous tension". Pilates concluded "accordingly since we are living in this modern age we must of necessity devote more of our time and more thought to the important matter of acquiring physical fitness." It was in response to this that Pilates

wrote his book "RETURN TO LIFE" to explain how people could in their own homes, with commitment attain physical fitness at a nominal cost.

"Change happens through movement and movement heals."



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Now in today's modern world 77 years on from when Pilates published his book surprisingly so much of it is still relevant, although some of Pilates more blunt comments and tunnel vision may jar with some of our more modern knowledge and sensibilities his 100 page book really does offer us all some real gems of advice to live by.

I believe it is very true that he was a man way ahead of his time and I for one love his legacy of Pilates exercises. I hope that if you haven't tried pilates yet or want to try it again, one day soon you may join me at the British Club classes to experience them first hand.

Karen x



# MEMBERSHIP DEPARTMENT



Ammy Aphinya

**H**ello Members!

These are good times at the British Club. Last month almost 20 new Members joined us and finally, on 5th March, Phase 2 of the poolside redevelopment project was officially opened by the British Ambassador. Thank you to everyone who attended. Many of the new facilities were not yet ready to use but these should be coming available as you read this.

Don't forget you can enjoy the privileges of our Membership Partners including Golf Clubs, Hotels, Car Rental, Beauty Salons, and Moving Companies, etc. These are exclusive deals for British Club Members.

Now it's time to introduce two new families. Check them out!



▲ Richard and Preeyaporn Perry

## Member Review:

Trying to pinpoint what is special about the British Club is a difficult thing to do, it really does tick so many boxes. Depending on the day, we can normally quite easily justify making the trip up Naratiwas to the Club. If we're hungry it actually has a really good and varied menu and is very reasonably priced. If we're bored, chatting to a few folk in the bar always brings a giggle. If we're stressed and want to chill out, then an afternoon by the pool with a couple of drinks is a perfect oasis to unwind in. And if we want to thrash about, a swim or game of tennis wears us out quick enough. A great memory for me this year was when my son came over from the UK and we spent the afternoon in the snooker room. Lovely to play on such a grand old table in serenity in the heart of Bangkok. Wonderful.



▲ Ravi Bordia, Nidhi Kayastha and Naina, Rohan Bordia

## Member Review:

It has been 3 months since we joined the British Club. We are really enjoying the many varied activities and events at the club. In particular, we are really enjoying the tennis sessions and also the recently commenced cricket coaching for our kids, Naina and Rohan. Nidhi has really enjoyed one of the wine tasting events in Dec that we attended and we look forward to attending more once the Covid situation eases. We are looking forward to the renovated kids playground area, as the kids have enjoyed that tremendously over the past few months. It has also been great to meet a number of other Members. K. Ammy has been very helpful in keeping us updated on the latest events, and we always look forward to enjoying the varied food on offer at the club.

# MEMBERSHIP PARTNERS

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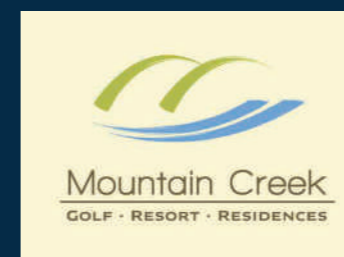
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Special offer



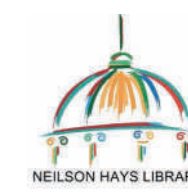
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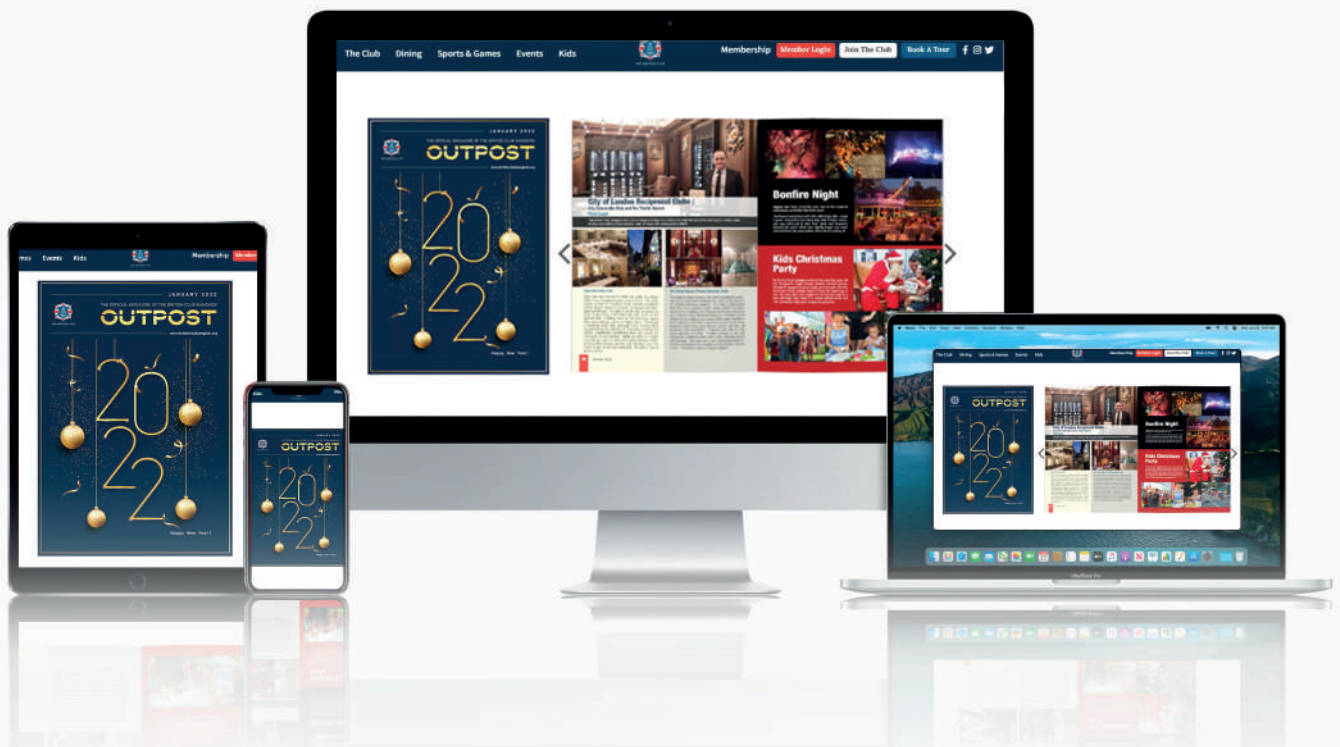


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