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JULY 2022

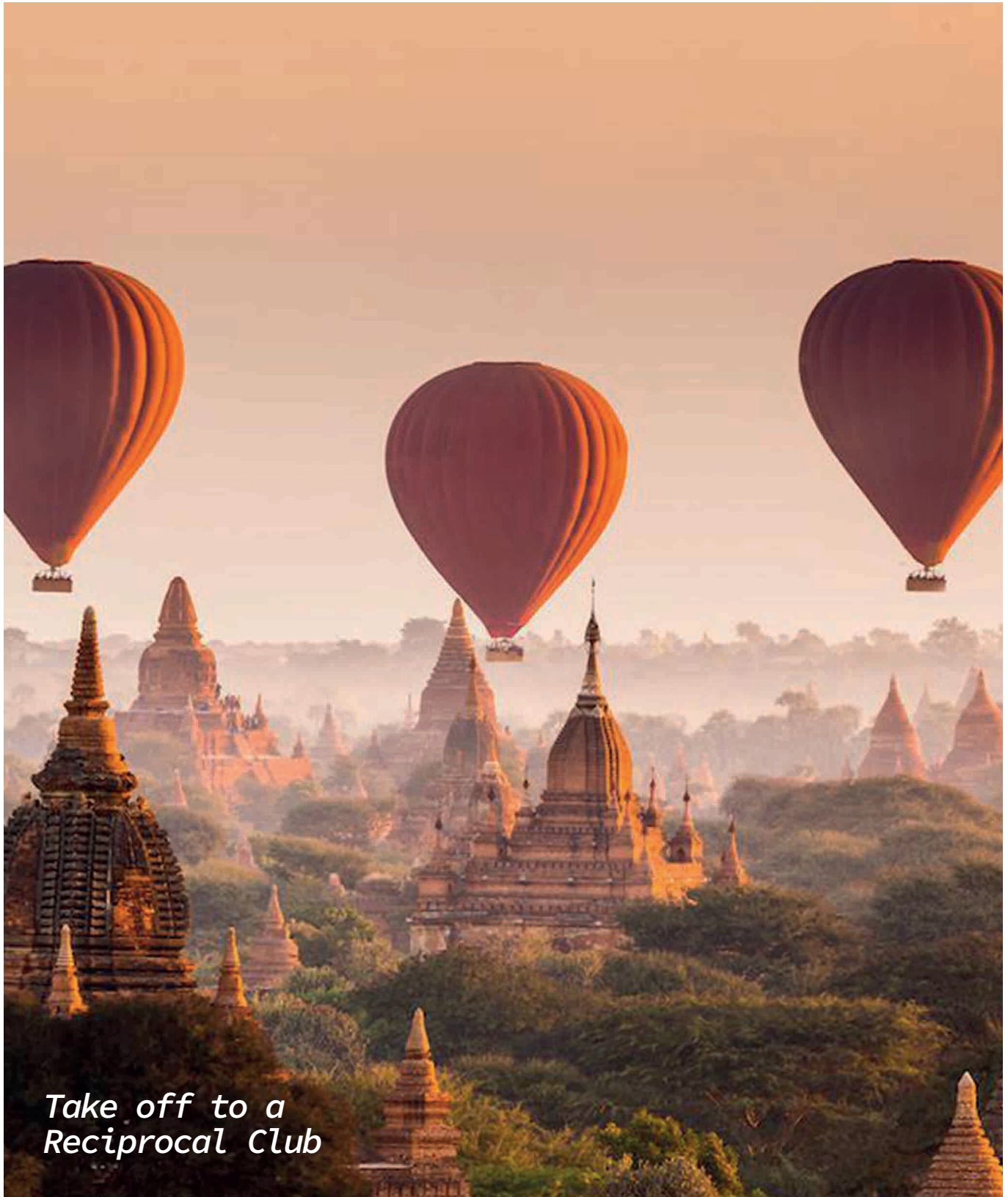


THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

# OUTPOST

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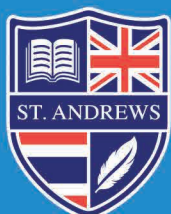
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# WELCOME NEW MEMBERS

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



▲ Alexander Conradi and Karn Chatikavanij



▲ Daniel, Christy and Marcus



▲ Bennet, Kanokwan and Joanne, Chanyanuch



▲ Young Ji, Chayapong and Mira, Soul



▲ Adrian, Doris and Arthur, Daniel Chen



▲ Alice, Thanit and George, Oliver Siripan



▲ Michael, Manique and Eric, Hannah McRae



▲ William and Vicky



▲ Shirley, Arthur and Athan



▲ Flora, Andrew And Oscar, Owen



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BANGKOK

# OUTPOST

GENERAL COMMITTEE 2022-23

## Chairman

Brian Brook  
chairman@britishclubbangkok.org

## Vice Chairman

David Williamson  
vicechairman@britishclubbangkok.org

## Honorary Secretary

Paul Cheesman  
honorary.secretary@britishclubbangkok.org

## Honorary Treasurer

Simon Davies  
honorary.treasurer@britishclubbangkok.org

## General Committee

Kathryn Gavin, Colin Hasting, Ian R. Harry,  
Graham Johnston, Robert Lockhart, Paul Williams  
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## SENIOR MANAGEMENT

### General Manager

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tim@britishclubbangkok.org

### Deputy General Manager (Finance & Admin)

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### Deputy General Manager (Operations)

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### Duty Manager

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nbc-nathanan@outlook.com

### Membership Sales Manager

Aphinya Toonim  
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### Food and Beverage Manager

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### Service & Function Manager

Somboon Chaiyapom  
somboon@britishclubbangkok.org

### Sports Manager

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BritishClub1903



## Front Cover

Finally, travel is back, you can once again enjoy our network of 442 reciprocal clubs across the world.

## This Month

We welcome our new members, our chairman has his say, the Fry Group make a welcome return to the club, the GM highlights a dynamic duo, past particle visits the year 1950, Paul & Khun Prasit review Lansdowne Club, Mayfair London, the Jubilee in pictures, our sections have their say.



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**OUTPOST** is the monthly magazine of THE BRITISH CLUB BANGKOK, the social sports and cultural centre for the English-speaking community in Bangkok

A full version of the magazine is also available online at [www.britishclubbangkok.org](http://www.britishclubbangkok.org) Design & Published - The British Club Bangkok

Opinions expressed do not necessarily represent those of the Club. All events, dates and times are correct at the time of press.

Outpost welcomes contributions from Members, email [outpost@britishclubbangkok.org](mailto:outpost@britishclubbangkok.org)

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Brian Brook

## Chairman's Message

### Platinum Jubilee

It was fantastic to see the British Club packed for the two parties to celebrate Her Majesty's 70 years' service. A number of people have commented to me that it was the best Club event for many years. Her Majesty's unique achievement was celebrated in street party style inside two huge marquees on the back lawn and multi-purpose court. Many thanks to the bands and other stage performers, the DJ, the stall-holders, the Ambassador, the Pipe Band, and not least the Management and all the British Club staff, for providing two memorable parties.

### Half Year Accounts

In the first six months of the Club's financial year (to the end of May 2022):

- Membership increased 6% to 1,303, with 110 new members and 27 returning from absence against 63 leaving; boosting entrance fees and subscription income.
- For the first four months other income streams were negatively impacted with Phase 2 facilities still under construction and fitting out; and by covid restrictions and concerns, particularly in regard to events and functions.



▲ The Queen's Platinum Jubilee - Street Party



▲ The Queen's Platinum Jubilee - Family Party

- The last two months have witnessed a welcome recovery in F&B revenue and as we move into the second half of the year events and functions are beginning to pick up.
- With Phase 2 open from April, monthly costs now include member loan interest and depreciation of the project capital expenditures. Although these have a negative impact on the Club's Income and Expenditure account, they do not change the Club's cash flow projections.
- Food and Beverage prices have not been increased for some time, but recent inflation (The Thailand consumer price index was 7.1% at the end of May) has started to impact costs.
- The surplus of income over expenditures for the first six months was Baht 1.4 M against a budget of Baht 2.2 M.

A Financial Summary is posted on the Club Notice Board after the General Committee meeting each month.

### Land & Building tax

As has been reported at the last two AGM's, the land and building tax was revised effective from January 2020, with massive increases expected on the Baht 0.2M p.a. paid in 2019 and earlier. However, there was both transitional relief in the first three years and a 90% covid discount restricting payments to Baht 0.35M in 2020 and Baht 0.41M in 2021. Covid discount has now stopped and there was concern



that annual assessments could rise to over Baht 5.0M. The Club has been in contact since 2020 with the Bangkok Metropolitan Administration (BMA), which is responsible for assessing our tax liability, regarding potential relief based on what the land and buildings are used for. BMA has now issued the assessment for 2022, which applies a 90% discount where the land and buildings are being used for 'sports and recreation' but no discount where they are used for 'commercial' activities, i.e. sale of food and beverages. The assessment is Baht 0.7M for 2022, which will rise to 0.9M next year when transitional relief is finished. Whilst it is still a 300% increase in 4 years, it is a much better result than might have been.

## Phase 2 snags

The new Poolside facilities have been in use for about three months now, and the general feedback is very positive. However, the Club has given a list of incomplete work and defects which require attention to the contractor. Many are not obvious to the human eye or are out of sight of Members, others have already been commented on by Members. Whilst a lot of general tidying up some work will involve some disturbance to normal Club use whilst they are attended to. The Club will try to work with the contractor to minimise such disturbance.

## Temporary changing rooms

The space above the Kids Stop that was used as temporary changing rooms during the Phase 2 work has not been re-assigned to alternative use yet because the new changing rooms will need to be closed for a few days to affect some of the above snag's work.



## Kids

My wife and I were put in charge of 'entertaining' our two-year-old granddaughter recently, whilst her parents attended an out-of-town wedding party. What could we do?, bring her to the Silom Wing of course where she enjoyed the playground, Kids Stop and ice-cream. For someone who normally spends his time at the Club in the Clubhouse, it was a pleasant reminder of the value of the poolside facilities.

## Silom Soi 18

The Narai hotel has decided to demolish all the buildings on its site and build a new development. They are currently erecting hoarding, which on Soi 18 removes public access to the footpath. We believe the footpath does belong to them and the positioning of the hoarding is necessary to demolish the building adjacent to Soi 18 as the upper floors overhang the footpath. Members are urged to be cautious when walking in the road, and members driving cars to be wary of pedestrians in the road. The Club will constantly review the situation and if necessary, relax the restrictions on entry via the Suriwongse gate.

## Overnight Car Parking

The Club doesn't want its Members feeling obliged to drive home after 'a few' drinks but please, for security reasons and as required by By-law 7 (g), inform Reception or Security if you are leaving your vehicle parked at the Club overnight.







# An Evening with The Fry Group

**Speakers:**

Martin Wright (Host)

Senior Financial Planner, The Fry Group

Max White

Director, Schroders Wealth Management Asia

**Date:**

Thursday 21 July 2022

6.30pm - 8.30pm

**Location:**

The British Club Bangkok

Suriwongse Room

189 Surawong Road

Bangrak, Bangkok 1050

**RSVP:**

[events@thefrygroup.sg](mailto:events@thefrygroup.sg)

Join us for an evening with Martin Wright, Senior Financial Planner at The Fry Group Singapore. Martin will be joined by guest speaker, Max White, Director at Schroders Wealth Management Asia.

**This event will focus on:**

- Seeking Income/Growth
- Investment Holding Methods
- Investment Market Update

**What can I learn from this presentation?**

- How to generate income in the current climate
- The main differences of the numerous investment holding methods available
- What is happening in the investment markets and some possible scenarios for the next phase.

This presentation will include a Q&A session and an opportunity to chat informally with our guest speakers over a complimentary British Club dinner and drinks.

**Disclaimer**

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GROUP  
ESTD 1898

# Seeking Income

By Martin Wright, The Fry Group

On top of guaranteed income (pensions), or semi-guaranteed income (property rental), many retirees need to generate income from their cash and investments. Here we look at some of the available options.

## CASH DEPOSITS

UK interest rates over the last decade have declined, until recently, when rates are starting to creep forward. 5 to 10 years ago GBP (offshore) deposit accounts were providing annual interest in the region of 3%-5%. However, political turmoil and Covid-19 related government stimulus packages changed this and interest rates are still low. For example, and at time of writing, Santander International offer 1.25% for a 12 month fixed deposit on balances between £75,000 and £999,999, and 1.4% over £1 million. (Source: [www.santanderinternational.co.uk](http://www.santanderinternational.co.uk))

In terms of UK interest rates, at the time of writing, a leading think tank suggested that The Bank of England (BoE) will need to raise interest rates to 2.5% and keep them there until the middle of the decade, in order to bring inflation under control. The BoE's monetary policy committee May report suggested that 2.5% rates would lead to inflation undershooting its 2% target, implying that price stability could be achieved without raising rates to this level. (Source: [ft.com](http://ft.com))

## FIXED INCOME SECURITIES (BONDS)

The capital value of Bonds will fluctuate more than cash deposits. Bonds are issued by companies, and governments to raise investment, they are a loan between the issuer and the individual. Using a double A rated US corporate bond index as an example the current variable annual income yield (at time of writing) would be 3.87%. Higher risk global bonds may produce a higher level of interest income, and by example, the High Yield 100 index would currently provide 7.32% variable annual income. (Source: [www.wsj.com/market-data/bonds/benchmarks](http://www.wsj.com/market-data/bonds/benchmarks))

## EQUITY (STOCKS & SHARES) DIVIDENDS

The capital value of stocks and shares will normally fluctuate more than bonds, but in return for greater potential rewards over the medium term. Dividends from stocks and shares are the regular payments which are part of the investor's reward for holding the stock. Historically, dividends in European

and UK companies have been higher than those in the US, although total growth in the US has far exceeded that in Europe and the UK (over the medium to long term). The average of UK and US dividends to the end of 2021 was 3.37% versus 1.29%. (Source: [siblisresearch.com/data/global-dividend-yields/](http://siblisresearch.com/data/global-dividend-yields/))

The difference in actual growth of the US and UK stock markets can be seen in the 5 year chart below:

US EQUITY INDEX (S&P 500) AND UK EQUITY INDEX (FTSE ALL SHARE)



## DRAWDOWN

Those seeking income can also take value from a portfolio of assets, either on a regular or ad hoc basis. It may be surprising to learn that despite the volatility in 2018, 2020, and YTD, a balanced portfolio could have provided returns of 6.3% p.a. over 3 years, and 6.1% p.a. over 5 years. This information is taken from the FTSE UK Private Investor Balanced Index Series. (Source: [www.ftserussell.com/products/indices/private-investor](http://www.ftserussell.com/products/indices/private-investor))

As always, seek professional advice and preferably from a company with long term international and UK experience.



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

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# GM Spot ...

Tim Vongswang - The General Manager



**Firstly**, I would like to thank all of you for joining our Jubilee Street parties, the team and I were so pleased to see everyone enjoying themselves and reminded me, again, why I do the job that I do. Once we get the staffing issues resolved we will be doing many similar events.

You may know that apart from the wonderful traditional Thai massage, we now have additional Spa treatments available, please find more details at the Sports Reception but remember you need to book in advance.

I was so amazed to learn that the Tennis Section lead by Graham Johnson has once again kindly donated to The Pisamai Fund, this year the Section gave 76,000 Baht - on behalf of the staff I sincerely thank all the Tennis Section for this generous gift. For newer members, The Pisamai Fund was founded in 1993 to provide funds for the education of Khun Pisamai's granddaughter after our staff member, Khun Pisamai, died of cancer. After the granddaughter's education was finished, the fund was reconstituted in 2011 as The British Club Bangkok Fund for the Education of Staff Children. The Pisamai Fund continues to give grants to children of our staff who are in education.

As Covid restrictions seems to be easing we are seeing an uplift of group functions big and small, so if you have a family or work celebration to hold, please feel free to contact any of our team members to discuss options which suits you best.

Although we haven't fixed a date yet, we will be holding a 'car boot' sale over a weekend in the very near future so do start to clear out the closets & attics, as the old saying goes "one person's junk is another's treasure" (or something like that).



This month I would like to highlight the dynamic duo of Khun Nuch and Khun Mimi who works tirelessly in the Churchill Bar and whenever needed in the Veranda restaurant. We are all so impressed with their work ethics and skills. They never have to be asked by management to do anything as they know instinctively what is needed to be done and they just simply do it without fuss or fanfare. Even on their planned days off they are often found working to cover one of their colleagues who couldn't make it in to work ... I am privileged to have them on our team and quite frankly my job would be much more difficult without them. Thank you, ladies!!!

**Tim**





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It's not where  
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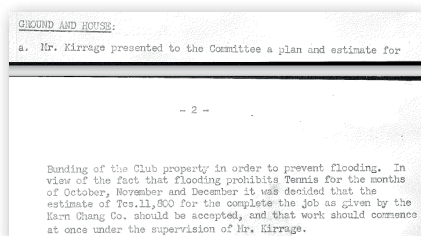
Paul Cheesman

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

*We continue the story of the British Club Bangkok ... 1950*

## Watergate

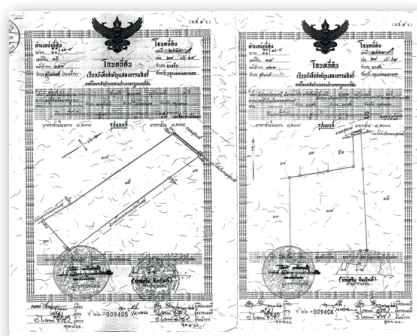
Although the Club had been open now for over three years, much of the present poolside area, which was home to eight tennis courts, had suddenly flooded when the Chao Phraya river was at its peak from September to December of the previous year. The cause was traced to the removal, by the Bangkok Municipality Council, of the 'Pratu-Nam' (water/slucice gate) at our border with the small Klong on Silom Soi 16 that caused our 'border' Khlong to overflow. Several requests for the gate's restoration were not met so the Club commissioned local builder Karn Chang Company to bund the whole edge of the Tennis Court land. The work took three months and cost 11,800 Ticals but after the rains of the Monsoon, the tennis courts were back in play immediately.



▲ Bunding

## Land

One of the most significant events of the year was the need of our Club to register its Land Title Deeds ("Chanotes") under the Land Concerning Aliens (No.2) Act, which was a forerunner to the Land Act of 1954. Chanote 2669, covering the Clubhouse and the road, had been issued in 1914 (see *Past Participle*, October 2021), Chanote 2668, covering the tennis courts - now tennis & poolside - was also issued in 1914 and purchased by the Club in 1919 (see *Past Participle*, November 2021) and both were in the safe of the Hongkong and Shanghai Banking Corporation (see *Past Participle*, December 2021). This Chanotes were so registered under this new Act, and then again under the Land Act, giving us the right to own as the land as the British Club as long as we remain the British Club.



▲ Club Chanotes

## Club-Life!

The Club continued to encourage more members to use the facilities. As well as the bunding, above, guaranteeing tennis for most of the year, the Club held a monthly members event on the back lawn (weather permitting). Events rotated between Movie Nights (with films coming up from the British Commission at Singapore and the British High Commission in Malaya) and the Club's famous Dances. The Malay Police Band, on a tour of Thailand, gave a morning performance at the Club in October.

A couple of inter-Club bridge and snooker matches were arranged with the Cosmopolitan Club and full play was made on our internal Tennis and Snooker cups. In March, the Back Lawn had been sufficiently rolled and prepared to allow Lawn Bowls to be played.

## Not all Fun!

Of course all was not fun and games - the Snooker Room became insect infested and the roof leaked, and the ladies toilets needed urgent work - nothing changes does it!

In the April, Mr. Jules Jean Mottet, a 65-year-old Swiss national, was appointed as Permanent Assistant Secretary replacing Mr. Nana whose work was deemed as unsatisfactory (see *Past Participle*, June 2022).

The Club was suffering at least two power outages each week due to inconsistent supply from the Thailand Electricity Corporation. It had been mooted back in October 1949 to install our own generator, but it was found that the Club had a 'four-line' wiring set-up which prevented this. After a year of some re-wiring, a 2.5 KW generator was installed ... let there be light!

To date results for 1950 are as under:-

Streetfield Cup:	Siam Feather & Forest Products Ltd.
Turner Bowl:	Mr. & Mrs. C. S. Cross
St. Johns Cup:	Mr. C. J. Hyland & Madam Savabhasdi
Mabbatt Cup:	1949 Mr. W. S. I. Mabbatt
1950 Mr. H. Carey	Vidiakorn

### ▲ The 1950 Cup Winners

## Service

1950 was a year of unrest on the Club's General Committee. The year had started with Charles Mabbatt as Chairman. Charles stood down at the March 1950 AGM to return to the UK on leave and the Club gifted him a silver Cigarette Box upon "his retirement".

Peter B. Kirrage took over (see *Past Participle*, June 2022). Unfortunately he was sent on leave on 10th August, so Hugh Hickling then took over as the third Chairman of the year.

The same went for the Honorary Secretary role - A.J. Thorogood who was Honorary Secretary (see *Past Participle*, June 2022) stood down at the AGM and a Mr. H. Bowyer took over. Unfortunately he returned home indefinitely on 14th August, so a Mr. P.F. Hutton took over as our third Honorary Secretary of the year!

Unfortunately, if that was not enough, a total of four other General Committee members returned

home over the year and also had to be replaced. Talk of Committee cycles!

Mr. Thomas N. Jackson, of the Borneo Company, served six more times after his co-option, whilst Messrs Bowyer, Woolcombe, Parry and Mabson served only this year.

**1950-51**

CHAIRMAN:	Peter B. Kirrage (served August 19.08.1950)
VICE-CHAIRMAN:	R. Hugh Hickling (co-opted 10.08.1950)
HONORARY SECRETARY:	H. Bowyer (served August 14.08.1950)
HONORARY TREASURER:	P.F. Hutton (co-opted 14.08.1950)
MEMBERS:	R.E.S. Price
	J. Chambers (served August 14.12.1950)
	R. Hugh Hickling (served August 14.08.1950)
	Thomas N. Jackson (co-opted 14.12.1950)
	J.E. Landray (served August 14.08.1950)
	E.T.D. Lambert (co-opted 14.12.1950)
	C.E. Orme (co-opted 14.12.1950)
	J.F. Parry
	R.R. Mabson
	O.F.B. St. Martin
	M.A. Woolcombe (served August 14.12.1950)

### ▲ General Committee 1950-51

## Not Much Luck!

In March, the Chom Swee Hong Restaurant offered to provide lunches for Members on a regular basis, as the Club was without kitchens. The offer was western meals at 10 to 12 Ticals each, with a minimum of 15 each day. A survey of the 137 Club Members, however, lacked any enthusiasm with only one positive reply.

In August, the Bangrak station of the Thailand National Police Department was involved when a messenger, en route from the Club to the Hong Kong & Shanghai Bank in Si Phraya Road, arrived at the bank without the parcel. Whilst all cheques issuers were notified and all cheques subsequently re-issued, 3,530 Ticals in cash was never recovered.

Loss of Cash. The sum of Ticals Three thousand and five hundred and thirty was lost by a messenger on 26th August while being sent from Mr. Price to be paid into the Club's A/c with the Hongkong & Shanghai Bank. The details of the loss were reported to the police but no recoveries have been made. The cheques lost at the time have been stopped and fresh cheques obtained.

### ▲ Tical-less

## In Other News

The local area, called Amphur Bangrak, was a mixture of rural land and large houses, many with lakes. The area just north of the newly

opened Bangkok Christian Hospital was a banana plantation with a teak villa. This was owned by Luang Patpongpanich, a Hainanese merchant originally named Tun Phu, who took the name Poon Pat upon settling in Siam in 1900 and was elevated to the title Luang in 1930 by King Prajadhipok. Luang Patpongpanich died in 1950, at the age of 69, and his son Udom Patponsiri cut a 12m wide road between Silom and Suriwongse Roads through his family's plantation and build shophouses to attract local merchants - and so was born Patpong Soi 1.

The International School in Bangkok sought permission to use various upstairs room of the Clubhouse as schoolrooms during term time as they had a lack of space. A holding reply was sent, and the matter referred to Members at the 1951 AGM, where it was declined due to the "innumerable problems involved".



### ▲ Patpongpanich Plantation

## Next month ...

## Tax!

**Paul Cheesman**  
Honorary Secretary

**For Members interested in our Club's history, the Club Timeline has been updated with over 1900 entries and pictures over 173 pages and can be found on the Website under 'The Club - History'.**





# LANSDOWNE CLUB, MAYFAIR, LONDON

Visited in December 2019

Paul Doust and Prasit Jangkamol

**The Lansdowne Club** was founded in 1935, and has always welcomed men and women on an equal basis. Since the club dates from the 1930's, a lot of the club is decorated in an elegant Art Deco style, including the main bar and the gourmet dining room on the 2nd floor. The dining room has an interesting wine list, but unlike some London clubs which have very good value wine lists, the cost of decent wine here was much the same as in nearby restaurants. But the club has extensive gym and sports facilities, including a large swimming pool in the basement, 3 squash courts, a billiards room, and a salle d'armes for fencing. The club has always had a relatively young membership with an active social scene, and a list of all the club's upcoming events can be found on its website. Accommodation and meeting rooms are also available, however apart from breakfast for people using the accommodation, a lot of the food and beverage facilities are closed at weekends. In the dining room men

are required to wear a jacket with a collared shirt, but elsewhere in the club the dress code is smart casual. Just before Covid, we visited the club a few times in the run up to Christmas 2019, and found it very welcoming.

## UPDATES

\* The January 2022 edition of Outlook stated that the Ten Trinity Court Private Member's Club in the City of London gave reciprocal members free access to the Four Seasons swimming pool, fitness centre and spa. Sadly, when Prasit tried to use these facilities in May 2022, it turned out that there's now a charge of £50 per visit.

\* The April 2022 edition of Outlook stated that accommodation is available at the Royal Airforce Club in central London. Sadly, accommodation is no longer available to reciprocal members.



# Bangkok Prep Early Years Foundation Stage

## Achieve Your Full Potential

Bangkok Prep Early Years establishes the framework for a successful future through play and exploration. Our active learners celebrate their unique attributes and build positive relationships in a nurturing environment. Their independence and confidence reflect our inclusive, interconnected curriculum; which promotes Personal, Social, Emotional and Physical Development as well as Literacy, Mathematics and the Expressive Arts and Design.



to learn more  
about our  
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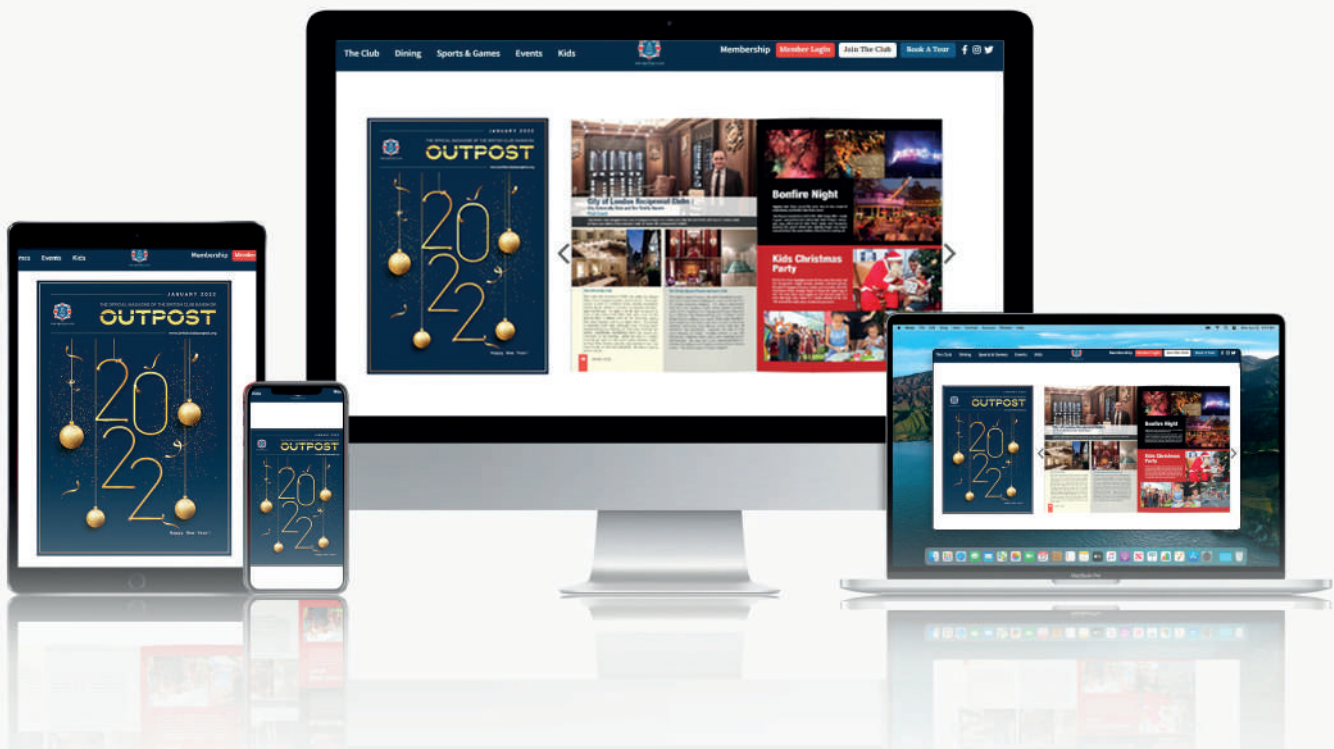
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Bangkok International Preparatory & Secondary School

Est. 2003



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BANGKOK



# WINE TASTING

*30<sup>th</sup> July 2022 6:00pm*

*Suriwongse room*

MEMBERS 200 THB  
GUESTS 300 THB

*Limited to the first 80 bookings*  
**NO WALK IN**



Bookings & Info Via: The British Club Line Official  
**Add LINE ID @britishclubbkk**







# THE QUEEN'S PLATINUM JUBILEE

1952 - 2022



## The Queen's Platinum Jubilee - Street Party

04/06/22

Opened by H.E. Mark Gooding OBE led on by the British Club Pipe Band, the evening was a fantastic success made possible by the 400+ attendees that created a marvellous atmosphere. Stand out performances from the Fab Four Beatles band and the Boss Band. A big thank you to everyone that took part making the event one to remember.





BUCKINGHAM PALACE

23rd May, 2022.

Dear Mr Cheesman,

The Queen has asked me to thank you for your kind letter of loyal greetings on behalf of the Members of The British Club Bangkok, sent on the occasion of the Seventieth Anniversary of Her Majesty's Accession.

The Queen was interested to learn that you will be holding a series of events to mark the Platinum Jubilee and sends her warm good wishes to all those who will be present for a most memorable and enjoyable weekend.

Yours sincerely,

Lauren Deacon

Lauren Deacon  
Loyal Greetings Officer

Paul Cheesman, Esq.

▲ Royal Letter read out by Her Majesty's Ambassador.

OUTPOST

## The Queen's Platinum Jubilee - Family Party

### 05/06/22

An amazing Sunday afternoon attended by 400+ families. Activities and games ran throughout the day keeping the little ones entertained. Stand out performance from Harrow International School drama students, who performed their musical Shrek. A weekend that will live memories of every one that attended.

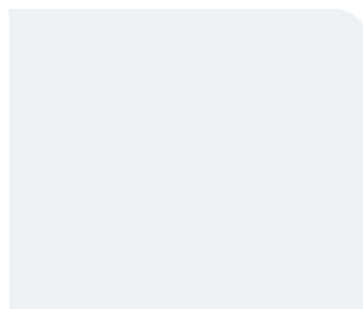
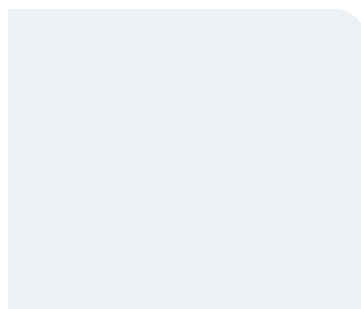
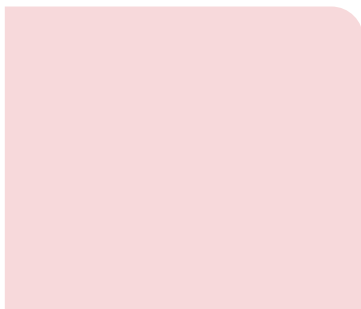




SUN

MON

TUE



**3**

**Tennis Men Doubles Team practice**  
9.00am - 1.00pm  
**Sunday Brunch**  
10.30am - 3.00pm  
**Kids Activities**  
11.00am - 3.00pm  
**Tennis Mix-in**  
4.00pm - 7.00pm

**4**

**Tennis Mixed Doubles Team practice**  
7.00pm - 10.00pm

**5**

**Football**  
7.00pm - 9.00pm  
**Quiz Night**  
7.15pm - 9.00pm



**10**

**Tennis Men Doubles Team practice**  
9.00am - 1.00pm  
**Sunday Brunch**  
10.30am - 3.00pm  
**Kids Activities**  
11.00am - 3.00pm  
**Tennis Mix-in**  
4.00pm - 7.00pm

**11**

**Tennis Mixed Doubles Team practice**  
7.00pm - 10.00pm

**12**

**Football**  
7.00pm - 9.00pm



**17**

**Tennis Men Doubles Team practice**  
9.00am - 1.00pm  
**Sunday Brunch**  
10.30am - 3.00pm  
**Kids Activities**  
11.00am - 3.00pm  
**Tennis Mix-in**  
4.00pm - 7.00pm

**18**

**Tennis Mixed Doubles Team practice**  
7.00pm - 10.00pm

**19**

**Football**  
7.00pm - 9.00pm



**24**

**Tennis Men Doubles Team practice**  
9.00am - 1.00pm  
**Sunday Brunch**  
10.30am - 3.00pm  
**Kids Activities**  
11.00am - 3.00pm  
**Tennis Mix-in**  
4.00pm - 7.00pm

**25**

**Tennis Mixed Doubles Team practice**  
7.00pm - 10.00pm

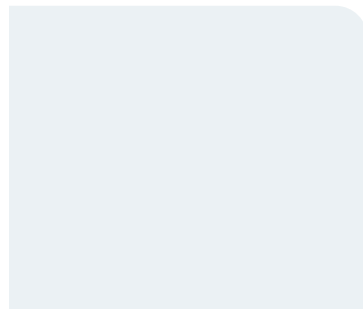
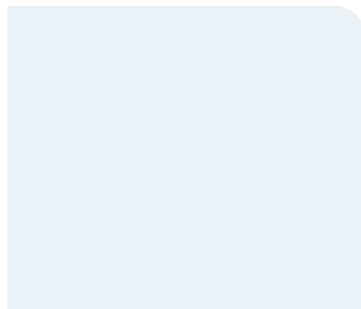
**26**

**Football**  
7.00pm - 9.00pm



**31**

**Tennis Men Doubles Team practice**  
9.00am - 1.00pm  
**Sunday Brunch**  
10.30am - 3.00pm  
**Kids Activities**  
11.00am - 3.00pm  
**Tennis Mix-in**  
4.00pm - 7.00pm



WED

THU

FRI

SAT

1

**Junior tennis**  
4.00pm - 5.00pm  
**Junior Cricket**  
5.00pm - 6.00pm  
**Senior Cricket**  
6.00pm - 7.00pm  
**Tennis mixed-in**  
6.00pm - 10.00pm

2

**Kids Activities**  
12.00pm - 4.00pm  
**Squash Mixed-in**  
1.30pm - 6.45pm  
**Cricket Team Practice**  
2.30pm - 6.00pm

6

**Squash Mix-in**  
4.30pm - 8.15pm  
**Balut**  
6.00pm - 8.00pm  
**Tennis mixed-In**  
6.00pm - 10.00pm

7

**Cricket team practice**  
6.30pm - 8.00pm

8

**Junior Cricket**  
5.00pm - 6.00pm  
**Senior Cricket**  
6.00pm - 7.00pm  
**Tennis mixed-in**  
6.00pm - 10.00pm  
**An Intimate Wine Night**  
7.00pm - 9.00pm

9

**Kids Activities**  
12.00pm - 4.00pm  
**Squash Mixed-in**  
1.30pm - 6.45pm  
**Cricket Team Practice**  
2.30pm - 6.00pm

13

**Squash Mix-in**  
4.30pm - 8.15pm  
**Balut**  
6.00pm - 8.00pm  
**Tennis mixed-In**  
6.00pm - 10.00pm

14

**Cricket team practice**  
6.30pm - 8.00pm

15

**Junior Cricket**  
5.00pm - 6.00pm  
**Senior Cricket**  
6.00pm - 7.00pm  
**Tennis mixed-in**  
6.00pm - 10.00pm

16

**Kids Activities**  
12.00pm - 4.00pm  
**Squash Mixed-in**  
1.30pm - 6.45pm  
**Cricket Team Practice**  
2.30pm - 6.00pm

20

**Squash Mix-in**  
4.30pm - 8.15pm  
**Balut**  
6.00pm - 8.00pm  
**Tennis mixed-In**  
6.00pm - 10.00pm

21

**Cricket team practice**  
6.30pm - 8.00pm

22

**Junior Cricket**  
5.00pm - 6.00pm  
**Senior Cricket**  
6.00pm - 7.00pm  
**Tennis mixed-in**  
6.00pm - 10.00pm

23

**Kids Activities**  
12.00pm - 4.00pm  
**Squash Mixed-in**  
1.30pm - 6.45pm  
**Cricket Team Practice**  
2.30pm - 6.00pm

27

**Squash Mix-in**  
4.30pm - 8.15pm  
**Balut**  
6.00pm - 8.00pm  
**Tennis mixed-In**  
6.00pm - 10.00pm

28

**Cricket team practice**  
6.30pm - 8.00pm

29

**Junior Cricket**  
5.00pm - 6.00pm  
**Senior Cricket**  
6.00pm - 7.00pm  
**Tennis mixed-in**  
6.00pm - 10.00pm

30

**Kids Activities**  
12.00pm - 4.00pm  
**Squash Mixed-in**  
1.30pm - 6.45pm  
**Cricket Team Practice**  
2.30pm - 6.00pm  
**Wine Tasting**  
6.00pm - 9.00pm

JULY 2022





Graham Johnston

# TENNIS

## Dear Slicers & Dicers

In this month's edition we look back at previous editions of the upcoming Womble Cup and make excuses for our Men's teams below par performance in (not) defending our Men's Interclub Doubles title 🤔

As you read this, the 2022 Wimbledon Championships will be reaching a crescendo and lots of us will be in the Jubilee Bar taking in all the action and enjoying our Pimm's with our cucumber sandwiches.

The last day of play including the Men's Singles Final is set for July 10th which is also the date of The British Club Tennis Section's annual Womble Cup tournament! If you are reading this before July 10th, sign up via our private Facebook group (British Club Bangkok Tennis Section) or contact me at [bcts.bangkok@gmail.com](mailto:bcts.bangkok@gmail.com) It's a fun team doubles event played in great spirits which is then followed by all players enjoying a few drinks and watching action from SW19 on the telly.

### Men's Interclub 2022

On May 21st & 22nd, the 2022 Men's



▲ The British Club V The Nichadames

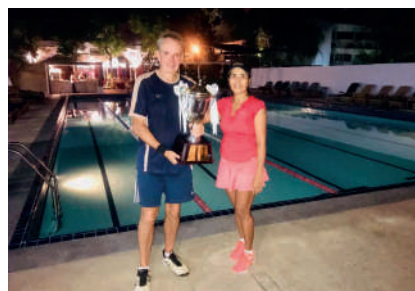


▲ The British Club V The Nichadames

Interclub Doubles Tournament was held at FBT Pyramid. As there was no tournament in 2021, The British Club were the defending champions from our famous (to us) 2020 victory. Unfortunately, owing to re-patriations, untimely business trips, faulty calendars, rule changes, dodgy knees, and even dodgier shoulders we were missing some of our squad members. We got a tough



▲ The British Club V The Nichadames



▲ The British Club V The Nichadames



▲ The British Club V The Nichadames

draw, we tried our best but, on the Saturday, we were soundly beaten by eventual Champions R.B.S.C, and by R.B.S.C Polo, before scraping a draw with Rama Utd. The following days play featured only one match which we won convincingly via the Lawyers team. Congratulations to the worthy winners The R.B.S.C and thanks to the host club Rama Utd. We will be back in 2023!

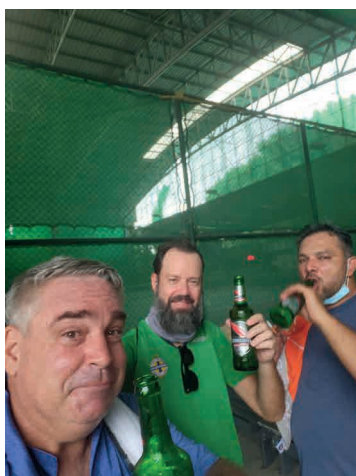


▲ The British Club V The Nichadames



▲ The British Club V The Nichadames





## ABOVE & BEYOND

While we were disappointed as a group, one member of our team is certainly worthy of special mention. In our hour of need, Taimur answered the call by jumping on a plane from Botswana to represent the club. Flew in on Friday and back out on Monday. WHAT A GUY! Taimur we salute you and we hope to see you here again soon (hopefully for a longer trip next time).

*That's it for this month.  
Enjoy your game!*

**Graham**







Damon Wake



▲ Dramatic view of the BC intra-club game thanks to Carl's drone skills



▲ Ben prepares to roll the arm over



▲ Hitting out in BC on BC action



▲ Luxury Coach Transport - too big for the BC, too big for Bangkok traffic

# HARD BALLS

**SEVENTY** not out is a decent knock at the top level, and BC cricket section could not let the Platinum Jubilee pass by without paying tribute to the Queen's long innings with some activities dear to the House of Windsor: internecine squabbling, family dramas and wild enthusiasm for all things Scottish. Or rather one thing Scottish in particular – whisky.

Our own dear skipper and sovereign Ben, defender of the nets and guardian of the keys to the kit cupboard, graciously ordained an intra-club “friendly” to mark the happy occasion and to help the cricketers while away the idle hours before the Jubilee party on the back lawn.

The day began in suitably regal fashion with the arrival of the specially-booked Luxury Coach Transport. Unfortunately, this proved to be so luxurious in its dimensions that it wouldn't fit through the club gate, and so two teams' worth of BC's finest had to lug their kit into the soi. And in keeping with the traditionalist tone of the weekend, Goti was, as always, the last to arrive.

In a bid to ensure club harmony, the game was specifically billed as not being an A vs B team fixture, but as the Luxury Coach Transport snaked its way to the BCA ground, several hours of heated debate erupted between Ben and heir apparent and rival skipper for the day, Pramodh, about selection.

Having bagged himself some formidable firepower and won the toss, Pramodh had no hesitation in batting first and was rewarded with a brisk start, Rahul and Goti going at nearly nine an over before both hitting the retirement score of 25.

More was to come as Dale showed the full range of his shot to hit 18 off 12 before Pramodh weighed in with a half-ton in two halves and new

boy Sean produced a studied 26.

At the other end, wickets were tumbling. Mak ran through the lower order – helped by Sarg generously giving up his wicket to let others have a bat, in a spirit of self-sacrifice and service worthy of the queen.

Sarg's demise was the cue for familial drama as Ed K took one look at his son lumbering in, decided to show the youngster what was what by depositing his first ball in the Bay of Thailand, missed completely and found himself bowled neck and crop.

A wide thwarted Mak's hat-trick hopes but he still finished with impressive figures of 5-15 off three overs, as Pramodh's side were restricted to 200 off their 25 overs.

Dilip and Dash kicked off the reply with gusto before Shree gave it the long handle, smashing 26 off 11 balls. This knock included the longest six of the day, off Pramodh. Playing against your teammates sometimes fires players up and so it was with Bacon, who had the glint in his eye and bowled twice as fast as usual off twice his normal run-up.

Coming in from the sight screen, he sent Dilip's off stump cartwheeling back towards Bangkok and later showed no mercy to Denzyl, who had relegated himself to the tail with some species of bed-related ligament injury, the causes of which it would not become a respectable magazine such as this to probe too deeply.

Contributions came from throughout the order – four batters hit the retirement figure and Kathy chipped in with a useful 12 – before Denz, batting with a runner, sealed the win for Ben's team.



▲ *The boys prepare to set off for Pattaya*



▲ *On the road to Pattaya*



▲ *Padding up for the DP Cup clash*

Man of the match went to Mak for his Michelle but high praise is also due to JCS, who kept wicket uncomplainingly for 25 overs in his first big game back after a serious hamstringing injury – with only one bye conceded.

A wholehearted fines session ensued followed by an interminable journey back to the club – the Luxury Coach Transport proving too luxurious to negotiate the Saturday evening traffic above walking pace. The rather stately drive was enlivened by noted monarchist Mossy enthusiastically prolonging the fines session as the team sank a considerable quantity of whisky before arriving at the club somewhat tired and emotional and taking root, aptly enough, in the Jubilee Bar for the night.

*BC intra-club friendly, BCA Ground, Saturday June 4th: Ben's XI 203-5 (Shree 26, Dash 26, Ben 26) beat Pramodh's XI 200-9 (Pramodh 52\*, Goti 30, Mak 5-15) by five wickets*

## DP CUP

A week later and with most of the whisky hangovers fading to a low, tolerable hum, the cricket section hit the high road for the sultry flesh-pots of Pattaya, there to take up cudgels once again against Pattaya CC in the historic (est 2010) tussle for the Dunford-Philbrook Cup.

Last year's covid-truncated rubber finished 1-1 so both sides were eager to establish dominance with an early lead in the 2022 series. Not so eager that either could muster a full

11 however, so a 10-a-side affair it was.

Pattaya won the toss and in keeping with local custom made a rapid insertion, a move welcomed by BC's stand-in keeper Dale, who was less than enthused at the prospect of 25 overs of sticky squatting and grunting before being asked to bat.

Opening with Rahul, Mak got off to a bright start, hitting a maximum before becoming becalmed and holing out to the bane of BC's DP Cup campaigns Wez – more of him later.

Rahul kept the score ticking over with a run-a-ball 41 while Dale began by taking a leisurely look at the bowling, starting with five dot balls, before deciding that a long stint in the middle might prove injurious to his wicket-keeping duties and he should pick things up.

And so time and again the ball disappeared over cow as One Shot hammered 35 off his last eight deliveries, including four sixes in a row, on his way to a 23-ball half-century. Skipper Ben decided to do it the hard way, hitting just two boundaries on his way to 35 before Onions chipped in with 25 to take us to 184-5 off our 25 overs.

Out strode the fearful Wez to open for Pattaya – bane of the BC's DP campaigns, a man we have yet to dismiss in years of trying. True to form, he clubbed a completely untroubled 54 to lead the assault on our total.

A wicket maiden from Dilip and

some frugal overs from Shiv and Ed K helped pin Pattaya back, and slowly but surely BC ground the run rate down. With victory hovering in the wings, Ben shouldered the responsibility of leadership and brought himself on to bowl. Six balls and 26 runs later the pressure was off and Pattaya were cruising once again.

The home side's Jainish joined the 50 club as BC were let down by some dodgy catching and less than Olympian displays of athleticism in the field.

Pattaya knocked off the runs in the 19th over to win by six wickets and take a 1-0 lead in the series, but we hope to play them twice more this year, so all is still to play for in the DP Cup race.

*DP Cup, Pattaya, Sunday June 12th: Pattaya CC 188-4 (Wez 54, Jainish 51) beat BC 184-5 (Dale 51, Rahul 41) by six wickets*



▲ *Kathy shows off her special award*





# BRITISH CLUB GOLF



▲ *Winners from Majestic Creek*

**Our** second any weekend of the season was held at Majestic Creek, set in the hills over looking Hua Hin. This was the Junior / Senior competition in which the field is divided in 2 and the youngest half compete for the Junior trophy and the older half compete for the Senior trophy.

It was originally established in the 1950's so that parents and children could compete against their peers whilst attending an event with the rest of their family. Over the years the dividing line has risen significantly and some members regularly fluctuating between Junior and Senior classification despite being in possession of their Bus Pass.

The format is Par/Bogey on day 1 and Stableford on day 2. Par Bogey is a format where players play against the

course and the golfer who wins the most holes against the course takes the honors.

This year the only player to beat the course was Neil Davis who took the Senior Division. Stephen Taylor won the Junior division, continuing his recent good run of from

On Day 2, the scoring was very impressive with 8 members playing under their handicaps, of whom 5 scored more than 40 points. In the Junior division Angkana Nikumnerd beat Jon Standen on count back to win Day 2 and the Overall 2-day competition.

In the senior division Peter Clark won Day 2, but this was not enough to catch Neil Davis who won overall by 1 shot.





▲ Junior and Senior winners

We held our May Medal at Subhapruek on the last weekend of the month. The course has a reputation for being wet at this time of year however although there had been heavy rain overnight it was still in lovely condition for our round.

We welcomed a new member, Aksshaye Singhania, who impressed his playing partners with his length off the tee and shot a very impressive gross 78, despite never having played the course before. Hopefully this is the first of many games with the club.

Division 1 winner was Martin Weber and Division 2 winner was David Burton however the overall winner by 6 shots was Martin Finn who scored a net 68.

We also held the draw for our annual Matchplay tournament. Last year's winner was Gordon Milne and the 21 competitors will be keen to wrestle the trophy away from him.

If you would like to join any of our events please just message us at [bccgs.bangkok@gmail.com](mailto:bccgs.bangkok@gmail.com) – new members are always warmly welcomed

**Mark Adderley**



▲ Medal May winners





Karen Dawber

# PILATES AND WELL-BEING

## Pilates for Running

**Many** people love running because of the efficiency of the exercise, all you need is a pair of trainers and right from the start you can squeeze in a great cardio workout in minimal time or go for some endurance work if you have longer. Almost anywhere, at any time.

Running is one of the most natural things in the world for humans to do, toddlers learn to run soon after walking, quickly perfecting the skill. However, running efficiently actually takes a high degree of body awareness, muscular control and core stability which as adults many of us can find ourselves lacking due to years of living in a modern society which promotes sedentary lifestyles, repetitive movements and often limited ranges of motions.

Cross training, doing exercise like yoga or pilates can be the last thing a runner wishes to do, it can feel slow, not sweaty enough and too fussy; however incorporating some yoga or Pilates into your routine can reap huge benefits for runners. Especially as running can be very demanding on the body resulting in many runners finding themselves with an injury at some point or some niggles that just don't seem to go away. The majority of running injuries come from overload. Adding some Pilates and yoga into your workout can build great foundational strength which can effectively prevent injuries by improving your posture, strengthening your core muscles, improving balance and increasing joint mobility. This can create a greater efficiency in your running stride and gains in run-

ning endurance, speed and recovery can then all be made.

Here are my top 5 exercises for runners which especially focus on strengthening the posterior chain, increasing activation of the gluteus muscles as well as the inner and outer thighs and improving mobility of the hips.

### Hip rolls and variations

Lie on your back with your arms resting long by your side, knees bent and feet flat on the floor hip distance apart, just beyond your sit bones. Initiate the movement by tipping the pelvis in towards the rib cage using the abdominal muscles, when you can roll in no further by just using the abdominals start to push through the feet to raise the hips high, reaching your tailbone towards the back of the knees. Take a deep breath in at the top of the bridge position and then slowly exhale whilst rolling back down to the start position. Repeat 5-10 times.

**Hip roll with feet together** or squeezing a cushion between your knees, this activates the inner thighs more. Repeat 5-10 times.

**Hip roll and hold the hips lifted, add leg floats.** Roll up and hold the hips

lifted, then shift the weight into your left foot and float the right leg up to a table top position (90 degrees bend at the hip and 90 degrees bend knee), then switch the legs over. Keep walking the legs like this whilst keeping the hips lifted and level. Repeat 5-10 times floating each leg up to the table top.



**Hip roll with pulses.** Roll up and hold the hips lifted then lower the hips halfway to the floor then raise them back up, pulse up and down 10-20 times.

### One leg circle

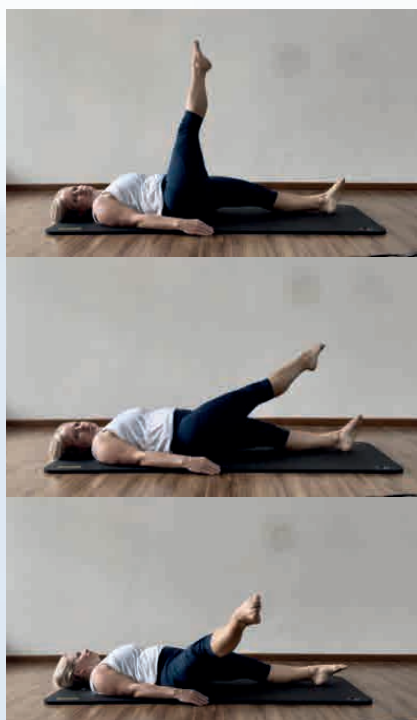
Lie on your back, arms long by your side, one leg long pressing down on the mat and the other leg raised straight as possible, toes pointing up at the ceiling. Imagine your big toe has been dipped in paint and you are trying to draw a circle on the ceiling circle the leg 5 times in one direction and then reverse drawing an imaginary circle in the other direction. Work on keeping the head, neck and shoulders relaxed while your abdominals stabilize the torso allowing this isolated movement of the thigh bone in the hip socket. Switch legs.



**PITSTOP** *for* **BALANCE**

**Variations:**

*If you cannot keep the legs straight you can bend the knees and draw an imaginary circle with the knee.*

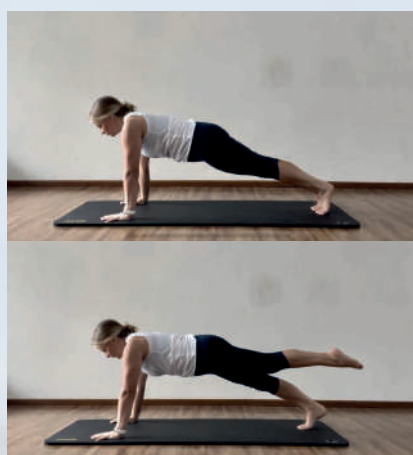
**Leg pull**

Plank position, press into the right foot and float the left leg up to hip height. Point the left toes to the end of the mat now shift your weight into the heel of the right foot feeling a stretch down the back of the calf. Shift your weight forward again and lower the left foot back to the mat.

Repeat 3 times to each leg.

**Variation:**

*In a four point kneeling position tuck your toes under and push into your feet to float the knees of the ground. Transfer the weight into one leg as you float the opposite foot of the mat, switch sides.*

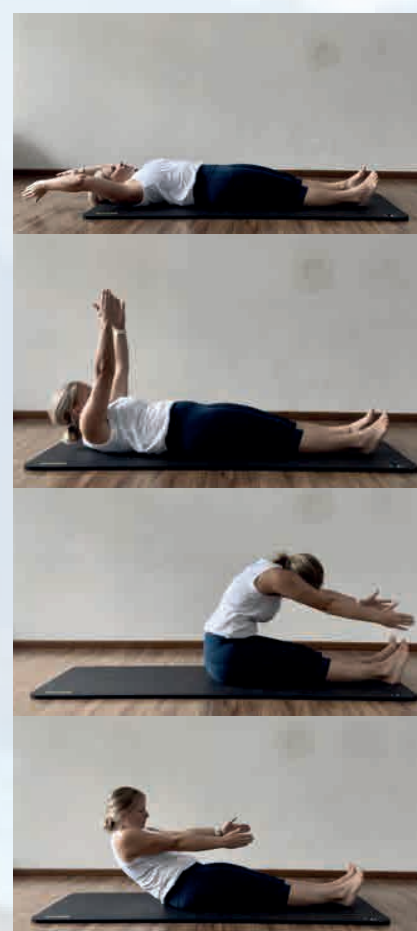


arms long overhead. Repeat 5 times.

**Variations:**

*Bend the knees, keeping feet flat on the mat.*

*Anchor the feet under the edge of the sofa or get someone to hold the feet.*

**Full back extension (locust pose)**

Lie face down on the mat, arms extended long by your sides, legs long. Press your pubic bone into the mat and imagine you have an ice cube under your belly button to help engage the abdominal muscles. Inhale, float the upper body up away from the mat raising the arms up behind you to the same height as the shoulders, at the same time float the legs up behind you reaching them as long as possible and pointing the toes away. Exhale lower back to the mat. Repeat 5-10 times.

**Roll up**

Lie on your back, legs pressed together and stretched long, and the arms extended overhead. Inhale, reach your arms towards the ceiling, tuck your chin towards your chest and start to peel the back of your head and shoulders away from the mat. Exhale, whilst continuing to roll up away from the mat and reach forwards towards your toes, pulling your belly button back towards your spine. Feel a stretch all along the back body. Inhale, start to roll back down onto the mat, start the movement from the back of the pelvis and slowly roll your back down, lastly reaching your

So, if you run and want to stay injury free or improve your performance try giving these exercises a go. Take a few minutes once or twice a week to add them into your routine and see if you start to feel the difference. Consistency is key to gaining good results!

**Enjoy,  
Karen x**



# MEMBERSHIP DEPARTMENT



*Ammy Aphinya*

Hello Members!

It's summer in Europe. Lots of you will be traveling in July, August and September for a nice long vacation. Some will be flying back home for the first time in two or three years, others off to the beach or other holiday destinations. From all of us at the British Club we wish you a safe trip, hope you have a wonderful time and look forward to welcoming you back to the club soon.

A big thank you to all our membership partners for supporting us for our big event, the Platinum Jubilee and Canada Day. We were very busy. Everyone had a great time and 15 new members joined the Club. I would like to introduce you to two new families.



▲ *Chong, Rachel and Tisha, Tayclus*

## Member Review:

We joined the club since December 2021.

I enjoyed having tennis as my new hobby and make it my weekdays evening routine. The lookout bar is a perfect spot to watch live sporting events on game night.

During weekend, my daughter particularly enjoyed activities arranged by Khun Diary from BC Bee's Kids club. The monthly wine tasting is also something to look forward as it provide good opportunity to engage with others while enjoying wine tasting(shopping)!

We are looking forward for more good moments with British Club, as well as meeting more new friends here!



▲ *James, Ivy and Rolin, Richie*

## Member Review:

The recently opened gym facilities are really what made this such a great place for our family to meet after school/work. It was such an easy decision to join and now the kids love learning squash and playing table tennis. The food in the different outlets is perfect for our family and it's great to let the kids be free and order what they want. For ourselves, it's also a great social meeting place to catch up with friends or to host work connections.

# MEMBERSHIP PARTNERS

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15 % Exclusive Discount Golf Packages for British Club Member.



20% off Best Accommodation Available Rate



Exclusive golf rate



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- 1 free tray of golf balls per visit, 4 times a month (regular price)
- 50% off golf club rental fee
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Special offer



Special offer



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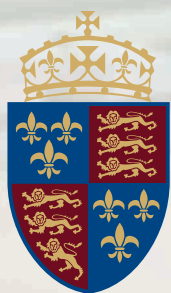


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