

AUGUST 2022



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BANGKOK

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

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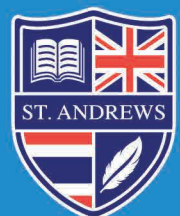
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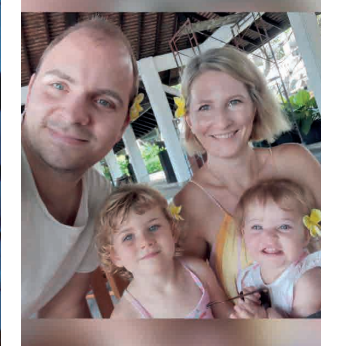
Each month we like to introduce some of the New Members who have recently joined the Culb. These are some of the Members who joined during the last few months



▲ Masahiro Hibino



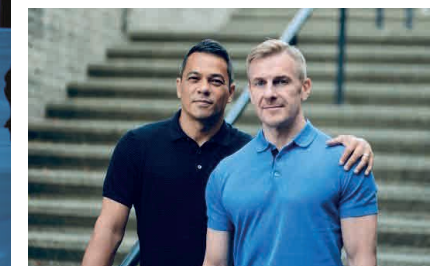
▲ Brendan and Noriko McMahon



▲ Stephen, Stephanie and Matilda, Eliza Tarr



▲ James, Ivy and Rolin, Richie Sayer



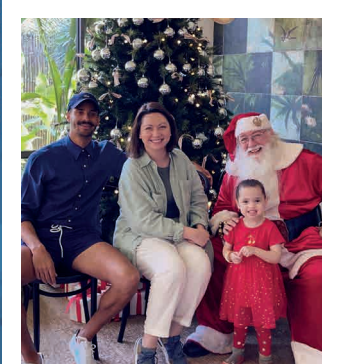
▲ Geff and Kevin



▲ Gilles Genevieve and Arthur, Alexis Suter



▲ Justin Tate and Ann Sirium



▲ Sarah, David and Zara Westwood



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OUTPOST

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chairman@britishclubbangkok.org

Vice Chairman

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Honorary Secretary

Paul Cheesman
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Honorary Treasurer

Simon Davies
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General Committee

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Graham Johnston, Robert Lockhart, Paul Williams
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BritishClub1903

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Front Cover

We are extremely excited to welcome back the Faulty Towers comedy dinner to the club, we have limited seats available for both nights and advise to book early. Members and non-members are welcome. Be ready for the most laughs you will have this year Friday 19th August and Saturday 20th August.

This Month

We welcome 15 new members, our Chairman looks ahead, past participle visits the year 1951, Paul & Jack travel to Switzerland to review reciprocal club, Club de Bâle, Basel, a look back at the intimate wine night, Faulty Towers touches down at the club again, we get set for Living in Bangkok 2022, Amnat talks sport, our sections have their say, and more membership partners are introduced.



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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"



Brian Brook

Chairman's Message

Faulty Towers

A hilarious dinner theatre if the last time they were at the Club, in 2019, is anything to go by. Sign up quickly for either Friday 19th or Saturday 20th August for more antics from Basil, Sybil and 'Man-well'. Here is a photo from 2019.



Living In Bangkok

A date for your diary, Saturday 10th September. The 22nd time the event has taken place, but only the third hosted by the Club. The last two years events had to be cancelled due to covid. It is an occasion where those relatively new to Bangkok, and those that have been here a long time already, can meet over 70 exhibitors providing products and services to expatriates, such as international schools and hospitals, financial advisors, purveyors of imported foods and expat social groups. There will also be stage performances from local bands, schools, and magicians, an international food court, themed bars and kids adventure play area with a mega bouncy castle.

22ND ANNUAL

LIVING

IN BANGKOK 2022

SATURDAY 10TH SEPTEMBER

4:00PM-9:00PM

Members kids 50฿
Member adult 100฿
Non-member kids 100฿
Non-member adult 150฿
INCLUDES A SOFT DRINK

*A community event for Bangkok's international residents.
Explore all the possibilities for a fun and healthy lifestyle*

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BOOKINGS

INFORMATION

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Membership limits

I mentioned in the June Outpost that there are limits to both the total number of Associate members and for each Associate nationality. Where this occurs, there is a waiting list. Currently, the quota is only full for one nationality, but it is possible that in future the quota for total Associate members could be full. The Constitution provides exceptions for members returning from absence, surviving spouses of a deceased member and divorced spouses. However, there is no such exception where a members' child reaches age 21 and wants to continue using the Club, they cannot join the Club until they reach the top of any relevant waiting list.

This situation seems harsh and unfair where the Members child has used the Club regularly with family and friends over many years and are not able to continue to do so. The General Committee has therefore agreed to place Members children approaching the age of 21 in a priority section at the top of the relevant waiting list in order of date of birth, subject to certain conditions.

Personal Data Protection Act (PDPA)

The PDPA finally came into force on 1st June 2022. The Club has over the last few years been preparing, by setting a Data Privacy Policy, which is on the Club Website, setting out the types of personal data that the Club collects, how it uses that data, and the circumstances in which it might share the data with a third party. The Club also has a Data Protection and Security Policy on how it should keep the data secure, and Data Security Procedures specifying restrictions on such as system and data access by job position, and confidentiality obligations on those with access.

What took us a little by surprise in the publicity surrounding the 1st June enforcement was a debate on the sharing of photographs in Club publications and on social media including the Club's website. We sought further advice which was that we can operate as we have been doing, provided we have taken steps to notify people attending that we take pictures and videos of activities and events and these materials will be appropriately chosen and posted as part of communication and marketing. For Member only events and activities this notification was included in my recent emailer on the PDPA.

Member Survey

There were 280 respondents to the survey which closed on 5th July, with a demographic breakdown mostly similar to the total membership demographics for membership classifications, length of membership and age bracket. At the time of writing, the results by

question are still being crunched, and will be reported in due course. Thank you to everyone who responded, congratulations to the lucky draw prize winners.

Sleeping Policemen

The Club has for many years had speed humps on the roadway in front of the Clubhouse to reduce the speed of vehicles travelling through the Clubhouse entrance portico. More recently, the gateway to the front lawn under the portico is normally closed and Members use additional exits from the front lawn almost adjacent to either end of the Clubhouse, which were not protected by the previous speed humps, therefore additional humps have been added.

Honorary Membership

Hunt Talmage III, a lawyer, keen social tennis player and wine connoisseur, and his wife Kathy, have been Club members for 25 years, and are retiring to USA. Hunt has given an enormous amount of valuable assistance to the Club over a number of years in various revisions of the Constitution and By-laws and other legal matters such as the PDPA legislation. In recognition, the General Committee have awarded Honorary membership of the Club, which is quite rare but well deserved. Hunt and his wife Kathy were presented with new Club (Honorary) Member cards at a surprise intervention by the Hon Secretary at a small farewell party organised by their weekend tennis group.



Holiday time

Now that world-wide restrictions related to covid have been lifted, I expect that many Members will be travelling abroad during August. Best wishes for safe travel and an enjoyable break, and look forward to seeing you back at the Club soon.

What do you know about ‘domicile’?

By Martin Wright, The Fry Group

HOW DO WE GET OUR DOMICILE?

A domicile of origin is acquired at birth and is generally that of the child’s father (where the parents were married), and of the child’s mother (where the parents were not). Then at the age of 16 in England and Wales a child can choose another domicile if they wish. For non-British nationals, it was not always that simple, for women born before 1 January 1974 they took their husband’s domicile, after that date they kept their own domicile.

DOMICILE

When it comes to working with British expatriates a major consideration is their domicile status, since it drives the extent of their UK Inheritance Tax (IHT) liabilities. Determining this and developing advice around this is hugely important. Many people are unsure if their estate will have UK inheritance. The key to understanding whether you are liable to IHT is the concept of domicile. If you are domiciled in England, Wales, Scotland or Northern Ireland, UK IHT applies to your global assets. It’s important to be aware that UK IHT charges can be as high as 40%. If you are domiciled elsewhere, UK IHT is only charged on assets held in the UK. It is important to note that long-term UK absence does not mean a domicile of choice has been acquired somewhere else, i.e. other than the UK. This is a common misconception as severing connections with the UK and making it clear you will never live in the UK again and have chosen another country or territory as your permanent home is actually what HMRC are looking to see in these cases. By example, we often meet individuals who

have lived and worked in numerous locations around the world, perhaps being outside of the UK for over 25 years, and who have now settled in Thailand.

The previous periods of non-UK residency may be broadly irrelevant. Although it could have been the case that during that time the individual had acquired a domicile of choice in another location, as perhaps it was their intention to remain there permanently at that point, as things do change of course. This is where understanding one’s domicile position is highly important, and subject to change. These confusing aspects can lead to HMRC taking a negative view of the position on death, possibly resulting in significant tax bills for Estate beneficiaries. To further expand on the example above; an individual has moved around different locations and finally settles in Thailand with the intention to remain permanently. This is the most important aspect (permanency). There is no distinct timeline of how long one must be in a location where they wish to remain

permanently, to determine whether a domicile of choice has been acquired or not. It is more how serious the intent is and what steps have been taken to show that intention is needed. This may, with the right steps, be a relatively short period of time. That is, if all the significant logical and viable steps have been taken.

Historically, it was possible to make an application to HMRC to change one’s domicile, but this is no longer the case. The way to understand one’s domicile position now is to have a professional review carried out by a sufficiently experienced individual. This will only provide an opinion and while it is not to be relied upon it may strengthen the case of an individual on death, when it most matters. With IHT on death charged at 40% over the current Nil Rate Band (£325,000) it is important to understand the position for the next generation as there could be an unpleasant tax bill on the Estate of the individual who passes away. For a British couple transferring assets between them on death there is no UK IHT. For a married couple with different domiciles (UK to a non-UK domiciled spouse) the amount is restricted to the normal £325,000 Nil Rate Band, plus a further £325,000 (a maximum of £650,000) that can currently be passed UK IHT free. It can be possible to overcome this with an election in lifetime or on the death of the UK domiciled spouse for the non-UK spouse to adopt a UK domicile. However, care is needed to understand if this will be most

effective in overall UK IHT planning as it does bring the non-British spouse into the UK IHT regime with the Estate value for a minimum period.

UK IHT REVIEWS – CHANGES?

Following requests from the previous Chancellor and Financial Secretary to HM Treasury, Phillip Hammond, the Office of Tax Simplification (OTS is an independent arm of the Treasury) carried out two reports in recent years on the UK’s IHT system, because they feel it may be too complex and outdated. The reviews were to “increase fairness, cut complexity and reduce avoidance”, according to the All-Party Parliamentary Group (APPG) for Inheritance & Intergenerational Fairness, led by Tory John Stevenson who represents Carlisle. The APPG compiled its last report in February 2020 although no proposals have made it to legislation just yet, but it may be a tax grab opportunity for HMRC to deal with the COVID-19 stimulus package costs perhaps? It remains sensible to seek professional advice and review your circumstances and plan-ahead as best you can as tax legislation, rates and allowances can change swiftly and sometimes retrospectively.



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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&

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Paul Cheesman

Tax

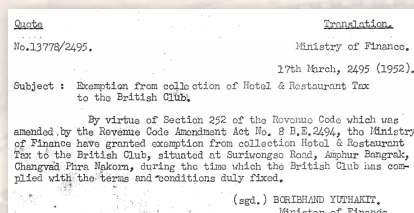
On 1st May, the Revenue Code Amendment Act (No. 8), B.E. 2494 came into effect imposing a Hotel & Restaurant Tax on all hotels, restaurants, and, unbeknown to anyone, members' clubs ... the Club thus did not register itself.

On 5th November, the Chief Officer at Amphur Bangrak (the 'Nai Amphur') informed the Club that it had not paid any Restaurant Tax under the new Revenue Code. A letter was sent apologising for any misunderstanding and suggested that as we were not a restaurant under the law and, in fact, had no restaurant facilities. However, just in case, an assessment of 20,000 Ticals in back tax was made ahead of a full audit by the Amphur and this was loaned to the Club by D. Couper-Johnston & Co.

On 6th December the Chairman, once again Charles Mabbatt, informed the General Committee that, following advice from the Nai Amphur, and with support from H.E. Geoffrey Wallinger CMG, the new British Ambassador, the Club had written to the Finance Minister, H.E. Phra Manuphand Vimolsastr, to apply for exemption to the Revenue Code on the grounds that we are not open to the public. On 17th March 1952, such an exemption was granted.

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

We continue the story of the British Club Bangkok ... 1951



▲ Tax Free

Routine Business

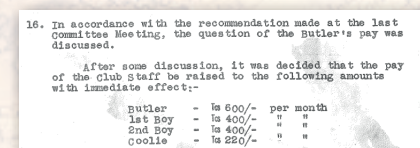
The Lodge St. John (No. 1072) had met at the club since 1947 (see *Past Participle*, April 2022) and had donated a Tennis Cup (see *Past Participle*, May 2022) so in June they requested to have exclusively a room at the Club so they can install permanent fixtures and furniture. After along debate the General Committee felt unable to meet the request.

After a number of Member complaints, the General Committee agreed to permanently open the back exit of the Club down "British Club Lane" (now called Soi 18) to allow Members to access through to Silom Road, and the tramway, at any time. A guard would be on duty at the gate at all times that the Club was due to be open.

The social calendar now included a Bridge Drive each second Tuesday, a Bowls tournament each month in the back lawn Bowling Alley and a "Stag Night" once a quarter plus the usual mixture of Dances and Movies (see *Past Participle*, July 2022). The minutes do not explain what the "Stag Night" was!

There had been discussion about salary increases for serving staff just ahead of the Annual General Meeting, but the matter was deferred. At the first meeting of the 'new' committee, the Butler's salary

was raised to 600 Ticals a month and the two waiters to 400 Ticals each – the exchange rate was 43.96 Ticals to the GB pound. A second round of salary increases came in July due to 'inflation'.



▲ Salary Rises

Move The Club!

The Annual General Meeting was on February 20th, and there was a small rule change was made to ensure that proposers and seconders for candidates for Membership had been an Ordinary or Country Member for at least a year.

At the same meeting, it was agreed that the General Committee should review selling the present premises and moving to somewhere "nearer to the centre of town". Six months later the General Committee noted, in the minutes, that such a review was not being "in the best interests of the Club".

The General Committee elected in the February, took until early May to be fully registered with the Thai Security Police.

Not all Fun!

As recorded last month one of the major complaints of 1950 was a leaky Clubhouse roof so in February 1951 the Club employed local contractor Tuim Lee to supply and fit 82 sheets of zinc. This may seem quite an ordinary transaction until one reads that the terms & conditions meant that the company was

not to be paid until June unless sufficient rain had fallen before then to show that the repairs had been satisfactory completed. It is not recorded when they actually got paid!

A second major concern for this year was the poor cutting and maintenance of our two lawns and the eight tennis courts. It is noted in the minutes that "there were three gardeners employed by the Club, none of whom appeared to have any interest at all in the work that they were doing". Further investigation found that three of the Club's six lawn mowers also did not work. One wonders why three staff needed six machines.

1951-52

CHAIRMAN: Charles S.I. Mabbatt
VICE-CHAIRMAN: (not appointed)
HONORARY SECRETARY: N. Carrington
HONORARY TREASURER: W.J.D. Pearce
MEMBERS:
William Brownsey
P.F. Hutton
Thomas N. Jackson
E.T.D. Lambert
Arthur H. Loomes
O.F.B. St. Martin

▲ General Committee 1951-52

Service

After the turmoil of 1950, 1951 was a quiet year in that no-one went absent, resigned, or was co-opted. After his 1950 'retirement' Charles Mabbatt was back as chairman and, as his want, he did not elect a Vice-Chairman.

Mr. P.F. Hutton, who did a short co-option as Honorary Secretary in 1950, returned as a committee member this and the following two years. Mr. O.F.B. St. Martin served three terms and Arthur H. Loomes served this year and two months of the next.

The 1951-52 year also saw the first term of one of the longest serving committee members, Mr. William Brownsey of the Borneo Company. Mr. Brownsey had only just joined the Club the previous October and went on serve 12 terms on the committee in all, being Honorary Secretary for eight of those terms, making him the Club's second longest serving Honorary Secretary. In

his "1950's write-up" in the Outpost of May 2002, past Chairman Nigel Overy CBE wrote that Mr. Brownsey "was the most popular member of the committee".

years, but the most popular member of the Committee was the jovial, florid-faced Honorary Secretary for most of the '50s, Bill Brownsey, who attended to aviation matters for the Borneo Company Limited.

▲ Nigel Overy on Bill Brownsey

Growth

Membership of the Club rose quite dramatically in this year and in 1951 we had a net gain of 33 members ending the year with 191 members the highest number to date.

The surge in active members led the Committee to undertake not only the repairs to the roof but re-decoration of most of the facilities. This caused our operating profit to drop to a small loss for 1951 however the 'better' facilities themselves, coupled with the new members, helped to nearly double the 1952 'surplus' to 47,000 Ticals with a fixed deposit of 80,000 Ticals as reserves.

The Annual Christmas Dance had a record 240 members and guests attending. As this had been predicted by early ticket sales, the Committee decided to ask the Trocadero Hotel in Suriwongse Road to cater it instead of doing it in house.

Our membership at the end of 1949 was 132, this includes of course up-country and absent members. At the end of 1950 it was 155, and today we have 191 – in fact 160 members in Bangkok, requiring 40 to 50m a quorum for this meeting.

▲ Membership High In Other News

In the February, Sir John Magowan KBE CMG was appointed His Britannic Majesty's Ambassador to Thailand but sadly died whilst on leave in Northern Ireland, before he could present his credentials. Thus Mr. Geoffrey Arnold Wallinger CMG was subsequently appointed His Britannic Majesty's Ambassador and joined the Club on 20th August. He would be knighted in 1953 ahead his posting to Austria. There he was responsible for the 'Treaty for the re-establishment of an independent and democratic Austria'.

Brigadier Arthur Ainslie Crook DSO moved from Commander, British Army, Cyprus District to the role of Military Attaché, Thailand, based at the British Embassy. He joined the Club on 25th August.

Revd. Walter Henry Fowke became the new Chaplain of Christ Church in Convent Road.

Victor Henry Jacques CBE, DSO, MC & Bar, the first post-WWII Chairman, became an Honorary Member of the Club in light of his invaluable and distinguished service (see *Past Participle*, March 2022). Mr. Jacques and his wife Dora, returned to the UK in 1955 where sadly Mr. Jacques passed away later that same year aged only 58. Dora lived until 2003 and passed away at the age of 95.



▲ Brigadier Arthur Ainslie Crook DSO

Next month ...

Ships Ahoy!

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'.



Club de Bâle, Basel, Switzerland

Visited in June 2022

Paul Doust and Prasit Jangkamol (a.k.a. Jack)



The Club de Bâle is right in the centre of Basel, next to the middle Rhine bridge, and on a recent trip to Switzerland we popped in to have lunch. Basel is close to the border of both France and Germany and has names in both languages, so whereas Basel is the German name for the city, the French name is Bâle which is where the club gets its name from. The club is a relatively new club, having been founded in 2014 by Daniela Spillmann. The Spillmann family is an old Basel family, with Daniela's aunt having had a well-known haut couture business in the same building which now houses the club. Unfortunately Daniela was not in the club during our visit, but nonetheless the staff made us feel welcome.



The club is open Monday to Friday, with the restaurant serving both lunch and dinner. The décor in the club gives it a very elegant and modern feel. The floor of the entrance foyer is a map of old Basel, and there's modern art on the walls of the staircases leading down to the other floors. In addition to an outside terrace, there's an indoor restaurant area, a smoking room with a large Davidoff humidifier, a bar and lounge area, and a meeting room which is available for hire. Unfortunately there are no sports facilities and there's no accommodation either.



Luckily we had booked in advance, because the club was quite popular for lunch with all the other tables occupied. We were told that there was no dress code, but nonetheless we dressed quite smart and if we hadn't done so we would have felt out of place. The only drawback was the cost. Although we had a lovely lunch on the outside terrace, with a wonderful view looking over the river, like so many things in Switzerland it was quite expensive.



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Bangkok Prep Metaverse Exploration

Collaboration with Perception Codes moves to the next level

Students in Years 7, 8 and 9 have been learning all about the metaverse during their ECA (Extra-Curricular Activities) time this term.

This began with the driving question: ***What is the metaverse and how can it help us?***

Club members Advika, Ira, Narasha, Peter, Jake, Kun-hee and Nine conducted research to build a SWOT analysis in an attempt to answer the following questions:

Strengths - What do you see as the biggest benefits to building a Metaverse?

Weaknesses - What are the biggest challenges humans will face if we choose to spend time in the Metaverse?

Opportunities – *What will the Metaverse allow humans to do that we can't do now?*

Threats - What do you think will be the biggest dangers or difficulties we face as we move towards a full Metaverse?

These questions were extremely helpful in directing us to consider what we want to use our own Bangkok Prep metaverse land for, and how it can be useful in educational endeavours. Students also had the opportunity to learn more about digital assets and how NFTs may shape our own metaverse space.

After establishing a sound understanding of how Web3.0 technology is changing the way we work and learn, students had the opportunity to work with Dr. Krisada Chaiyasarn, CTO & Co-Founder of Perception Codes, a deep-tech company accelerating efforts to ensure education is accessible in the metaverse, particularly their own - The Morpheus Metaverse. Dr. Kris was able to further elaborate on how Holo-Museum is successfully delving into the metaverse as a way to extend the interactivity of museum exhibits on display from several world-class museums around the world.

When asked how they envisioned the metaverse changing future learning experiences, the students gave some very insightful responses:

"When tech was introduced, it was a new thing for everyone. Now that it is evolving, everyone knows how to use it. The metaverse is a new level of tech which allows us to refresh how we use technology."

Advika, Y9 Student

"It can help students to be more creative because the metaverse can be anything."

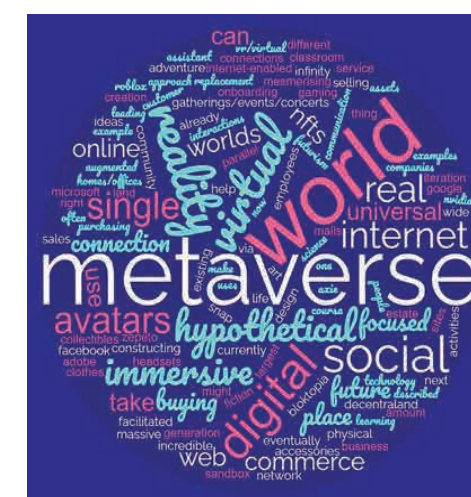
Peter, Y8 Student

"The metaverse can help us in Geography and History: Interactivity means we can go back in time and experience things in a more real way. In geography we can learn about climate change in a realistic way which is more fun and relevant."

Narasha, Y8 Student

Student ideas to take forward include building our first metaverse space and going inside it, testing other metaverses and exploring a VR version. This could include a trip to experience VR, investing in some VR technology, and further developing staff and students' skills in photogrammetry.

We are very excited to further explore our collaboration with Perception Codes and see where the metaverse will take us at Bangkok Prep in the future!



Mr. Hyman created this word cloud from students' research & ideas

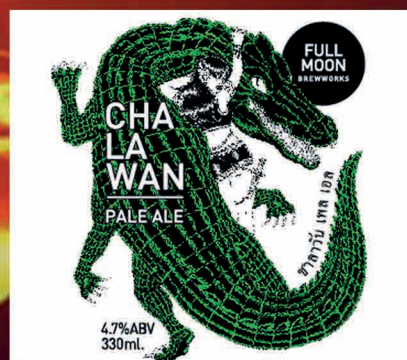
JULY & AUGUST

SUNDOWNERS WITH CHALAWAN

5:00pm till 7:00pm | Sat & Sun



Tower	999
Jug	399
Pint	199
Half pint	99



BOOKINGS



INFORMATION

Bookings Via: The British Club Application
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THE BRITISH CLUB
BANGKOK



An Intimate Wine Night

Exploring FRANCE

8 July 2022

Once again, a full house for our Intimate Wine Night, this time we featured the Mouton Cadet Selection from France, carefully paired with a range of tapas dishes from our Executive Chef Pat. Thank you to our hosts Khun Wie and Khun Minah the Brand Ambassador for the wine and all that attended. Don't miss the next one Friday 9th September.



**CELEBRATING
25 YEARS
WORLD WIDE**

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STARTLING BEST
BROADWAY BABY

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FAMILY TO ENJOY
SEE DO EAT

FAULTY TOWERS
Original
the Dining Experience

it Interactive Theatre

The British Club
Silom Soi 18, Bangrak, Bangkok 10500
Friday 19 - Saturday 20 August 2022
Doors open 7:00pm; show starts 7:30pm
Members 1,599 THB; Non-Members 1,899 THB,
incl. a welcome cocktail, 3-course meal and 2-hour interactive show

BOOKINGS

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THE BRITISH CLUB
BANGKOK

22ND ANNUAL
LIVING
 IN BANGKOK 2022
 SATURDAY 10TH SEPTEMBER
 4:00PM-9:00PM

A community event for Bangkok's
 international residents.
 Explore all the possibilities
 for a fun and healthy lifestyle



Members kids 50฿ Member adult 100฿
 Non-member kids 100฿ Non-member adult 150฿
 includes a soft drink



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THE BRITISH CLUB
 BANGKOK

TABLE TENNIS Tournament

June Winner



Well done to Manish for winning the Table Tennis Tournament final against Joe, and to everyone that made it a fantastic tournament. Make sure you are part of the next one Saturday 27th August for a chance to win one of the top four prizes and be awarded the title of Table Tennis Champion of August.





Amnat Saklepradu

Sport with Amnat

"When I'm not tied up from the kids in Summer Camp I will be giving you an update on my sports department each month"

The Club has received a fantastic response for the Table Tennis league and end of month tournaments. The league now has 5 divisions with 5 players in each all competing in the best of 3 games per match. The level ranges from beginners in division 5 right through to the advanced players in division 1. The league will restart after in August and you can register at the sport reception.

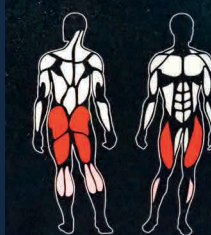
The end of month Table Tennis Tournament takes place on the last Saturday of each month, starting at 1pm with 16 players entering. It is a straight knockout format with a best of 3 for the early rounds followed by the best of 5 games in the semis and final. There are prizes for the top 4 players and of course the all-important bragging rights. Well done to Manish who won the June tournament.



Some members may not know that we have rebuilt our fitness centre gym on the 2nd floor of the poolside. The gym is now approximately 200 square meters and houses a full range of new Techno Gym equipment. I run a circuit training class every Wednesday from 6:00-6:45pm which takes members through their paces and gives all levels a full body workout, its tons of fun and nothing too serious so please come along and give it a try I would be happy to see you in my class.

Each month I will be introducing a new piece of equipment from our gym, this is to help all our members to understand how to get use it correctly and get the best results from it, even the regular users can learn a thing or two.

LEG PRESS



This month I'm featuring the Leg-Press, here are the top 5 points for use:

1. Select a weight you can safely lift for your desired number of reps. (You can always start light and increase the weight if it's too easy)
2. Sit with your back and head flat against the seat and your feet positioned shoulders-width apart in the middle of the platform
3. Keep your feet neutral – meaning your toes are directly above your heels

4. Keeping your core tight, glutes rooted in the seat, and your back straight against the seat, press through your feet evenly through your toes and heels to push the leg press platform away from you and straighten through your knees
5. When your legs are fully extended – but not locked out – pause. Then, slowly and with control, bend at the knees to return the platform to its starting position. Don't rush through the motion, and keep your feet firmly planted on the platform throughout

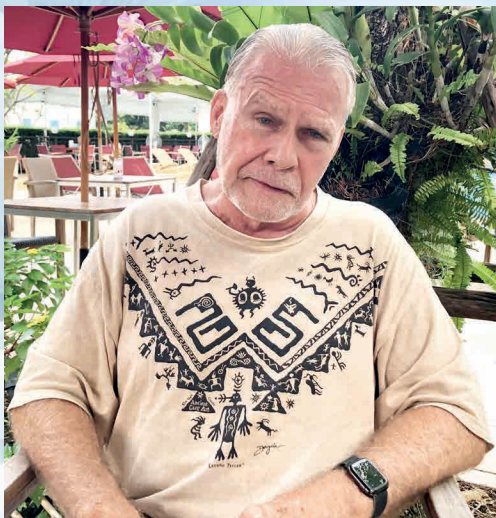
EXERCISE

SUMMER CAMP



Summer Camp has been amazing so far this year, split into two age groups with 5 different teachers the children are taken through an ever-changing selection of activities. They have enjoyed becoming Junior chefs, Artists, Athletes, and much more. Here are some of the special days enjoyed by the little ones.





▲ Collin at the Club this year

Obituary

Collin Reid Piprell

20 September 1946 - 29 June 2022

By Jack Dunford

Without warning, Collin Piprell died at his home in Bangkok, after a heart attack on 29th June. Even members who didn't know him might recognise his picture at the poolside. For 20 years he was a fixture, there or in any other quiet spot around the Club, sitting with a pot of tea, his laptop and a notebook, writing.

Writing was Collin's destiny. According to his only surviving brother Clarke, who came over from Canada for the funeral, Collin was a child prodigy with an insatiable



▲ With Mom and brothers Craig and Clarke

appetite for books. His Mom would catch him reading with a torch under the bedclothes after bedtime and he devoured the hundreds of books that lined her library from floor to ceiling. As a 12 year old he would read multi-volume, learned tomes on history and philosophy. The family joke was that if he couldn't find something new, they would give him a dictionary to read.

In those days talented students could skip grades, and Collin entered McGill University at the tender age of 15

to study political science. His wife Sara shared a brief autobiography he wrote 30 years ago, recalling what he described as his "checkered history". At McGill, he wrote, he devoted himself to "the study of Montreal, specialising in its nightlife" after which his parents decided "it would be better if I became independent and had a go at financing my own career as a wastrel".

Collin funded a freewheeling lifestyle with jobs in construction, mining and tunnelling before re-entering academia on a scholarship to Pembroke College at Oxford University in England. After four enjoyable years he quit, mainly because of financial pressure. But, he said, "I concluded I had been successful in academia largely because I could express myself well in writing and not because I had any real scholarly inclinations".

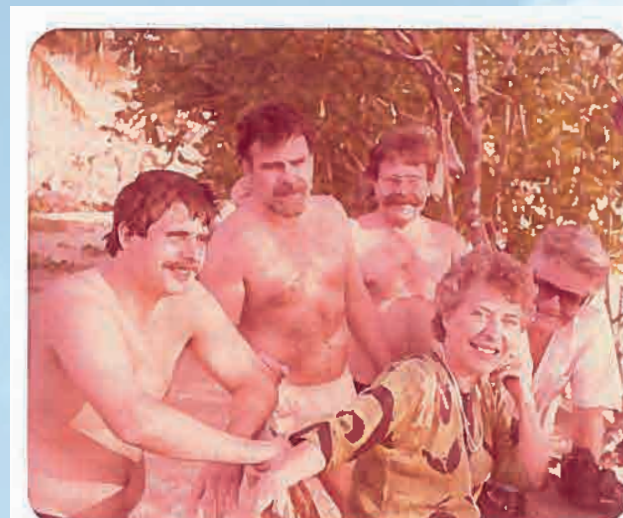


▲ In his mid 20s hiking in High Arctic

He became an English language tutor and, after a few years in Kuwait, ended up in Thailand in 1984, teaching at Thammasat University and freelancing as a writer and editor. Now in his element, he became a prolific writer of articles for magazines and wrote books ranging from raunchy thrillers and tales of the Bangkok bar scene, to exposes on diving, coral reefs and national parks. All surely enriched by his own life experiences.

Back in 1989 he wrote. "I have enough story and article ideas for local and foreign markets to keep me busy indefinitely, these continue to proliferate moreover, in a way that suggests I will never write them all." Sadly that certainly proved the case. His last novel was the second volume of a proposed science fiction trilogy called the "Magic Circle" and he left a mountain of notes on work in progress.

Collin met Sara in 1986 and was devoted to her. He played squash, enjoyed diving and exploring, and joined the British Club in 2002. He was a big, gentle guy, with a self-deprecating sense of humour. The staff all loved him.



▲ With family in Kuwait in his 30s

Collin was an intellectual and a thinker, concerned about the future of mankind, not the sort of guy to get involved in mundane matters like British Club politics. But he was a great friend and dutifully turned out for general meetings to support me when I was chair, even though his only real gripe with the Club was that it gave free cookies with coffee, but not with tea. He taught me how to make a tea bag last twice; failing to convince me though that using them three or even four times was just as good.

Collin had a large circle of friends. It has been a pleasure to have brother Clarke with us this week, very much a chip off the same old block, and we look forward to still having Sara around as a member. They provided the wonderful photos for this testimony. Our love goes to them.

We will miss you Collin. Rest in Peace.



▲ In his 50s with Sara diving in Indonesia

▲ With Mom, Eucharis Lansing and Dad, Clifford James W. Piprell



SPLASH BASH 2

A social swim meet for all levels and ages

August 21st starts 8:00am

Categories: Adult Men, Adult Women
/ kids 9-12 years., 12-16 years

Register at sports reception for distances



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or Information Via LINE ID @britishclubbkk



THE BRITISH CLUB
BANGKOK



Obituary

DAPHNE MARY COLWELL

The community in Bangkok lost a pillar and friend on Tuesday, 28 June 2022, when Miss Daphne Mary Colwell passed away peacefully at Bangkok's Bumrungrad Hospital from natural causes. She was 92. She was born in Symonds Yat in the West Midlands of England on 2 February 1930. At the time of her death, she was the oldest member of the Club.

She attended Penzance: West Cornwall School. Among the subjects she studied was French, her favourite. After finishing school, her first job was as a secretary in a London law office. Daphne's love of French, however, led her eventually to move to France "for three months" to improve her fluency. Because she had so carefully honed this skill, she was able to extend her stay by landing a job at UNESCO Headquarters in Paris. While working there, she learned Spanish as well. Owing to her language and administrative abilities, Daphne eventually was able to get a job at the United Nations Secretariat in New York in 1964.

In November 1975, Daphne was transferred to the Editorial Section of the United Nations Economic and Social Commission for Asia and the Pacific (ESCAP) in Bangkok. As the new 15-storey secretariat building was still under construction at the time of her arrival, she worked from an office located in the old United Nations Building known in Thai as Sala Santitham (Pavilion for Making Peace).

Sometime in late 1981, Daphne accepted a job offer in Geneva to head the Official Records Section, which involved a promotion. She was pining for Thailand and her many friends there. At the first opportunity she got about two and a half years later, she returned to Bangkok never leaving again except for holidays. In her UN career, she soon rose to the Chief of the Editorial Section in Bangkok.




Daphne loved everything about living in Thailand. She also wanted to learn more about music. In her fifties, she started taking piano lessons from the then Queen of Thailand's sister-in-law, Khunying (Lady) Arun Kitiyakara. In addition to teaching Daphne how to play the piano, this highly placed relative of the Royal Family also shared her deep knowledge about Thailand.

Daphne took a leading role in the Bangkok Music Society. She was president of the society for many years. On one occasion friends remember her giving an impromptu performance of "I Went to a Marvellous Party" during an "Evening of Noel Coward". She had a quirky sense of humour and often greeted friends with a Shakespearean quotation. Her language skills included knowledge of Thai and on one occasion sang a Thai version of "Moon River" in a hilarious fashion.

Daphne was admired and respected by UN officers and staff at every level. There is one story that reminds us of this. When United Nations Secretary-General Kofi Annan was briefing staff during a visit to Bangkok, he noticed Daphne in the audience. It is recalled that he immediately left the podium and strode through the rows of seats just to greet her in person.

During her long life, Daphne enriched the lives of all who knew her and loved her. Although Daphne is no longer with us, she will continue to live in the memory of all her many friends around the world. There will be a memorial service for her on Saturday, July 23 at 11:00 at Christ Church on Convent Road.

May she rest in peace.

	SUN	MON	TUE	WED	THU	FRI	SAT
		1 Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	2 Football 7.00pm - 9.00pm	3 Squash Mix-in 4.30pm - 8.15pm Balut 6.00pm - 8.00pm Tennis mixed-In 6.00pm - 10.00pm	4 Cricket team practice 6.30pm - 8.00pm	5 Junior Cricket 5.00pm - 6.00pm Senior Cricket 6.00pm - 7.00pm Tennis mixed-in 6.00pm - 10.00pm	6 Kids Activities 12.00pm - 4.00pm Squash Mixed-in 1.30pm - 6.45pm Cricket Team Praticce 2.30pm - 6.00pm
	7 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	8 Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	9 Football 7.00pm - 9.00pm Quiz Night 7.15pm - 9.00pm	10 Squash Mix-in 4.30pm - 8.15pm Balut 6.00pm - 8.00pm Tennis mixed-In 6.00pm - 10.00pm	11 Cricket team practice 6.30pm - 8.00pm	12 Junior Cricket 5.00pm - 6.00pm Senior Cricket 6.00pm - 7.00pm Tennis mixed-in 6.00pm - 10.00pm	13 Kids Activities 12.00pm - 4.00pm Squash Mixed-in 1.30pm - 6.45pm Cricket Team Praticce 2.30pm - 6.00pm
	14 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	15 Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	16 Football 7.00pm - 9.00pm	17 Squash Mix-in 4.30pm - 8.15pm Balut 6.00pm - 8.00pm Tennis mixed-In 6.00pm - 10.00pm	18 Cricket team practice 6.30pm - 8.00pm	19 Junior Cricket 5.00pm - 6.00pm Senior Cricket 6.00pm - 7.00pm Tennis mixed-in 6.00pm - 10.00pm Faulty Towers 7.00pm - 9.00pm	20 Kids Activities 12.00pm - 4.00pm Squash Mixed-in 1.30pm - 6.45pm Cricket Team Praticce 2.30pm - 6.00pm Faulty Towers 7.00pm - 9.00pm
	21 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	22 Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	23 Football 7.00pm - 9.00pm	24 Squash Mix-in 4.30pm - 8.15pm Balut 6.00pm - 8.00pm Tennis mixed-In 6.00pm - 10.00pm	25 Cricket team practice 6.30pm - 8.00pm	26 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	27 Kids Activities 12.00pm - 4.00pm Squash Mixed-in 1.30pm - 6.45pm Cricket Team Praticce 2.30pm - 6.00pm Wine Tasting 6.00pm - 10.00pm
	28 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	29 Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	30 Football 7.00pm - 9.00pm	31 Squash Mix-in 4.30pm - 8.15pm Balut 6.00pm - 8.00pm Tennis mixed-In 6.00pm - 10.00pm			

AUGUST 2022

TENNIS



Graham Johnston

Dear Chippers & Dippers

This month we congratulate the divisional winners of the 2022 Series 1 British Club Tennis Section League sponsored by **Head2Toe Salon**.

The Series ran from April 30th – June 12th and featured a record number of divisions (8) and players (45) and it especially pleasing to see a number of first-time participants and new members joining in.

Matches are played in a round-robin format and are best of 3 sets with the final set being the dreaded match tie-break (first to 10 by 2 clear points).

Our 8 worthy winners received a voucher to be spent at the club & and a 2nd voucher to be used at our long-time sponsor Head2Toe Salon who have just recently moved premises on Silom Road next to next to Silom Village and just a few minutes' walk from the club.



▲ Champs training together D3 Marcel Petit, D4 Cyrille Arlandis, D6 Philippe Ressigeac, D7 Veronica Favoroso



▲ New Joiners!



▲ Fred - Div 2 Champ and a romantic power interrupted match with Gary

Well done everyone for participating, thanks to Anjelica, Koji, and Enrique for organising and congratulations to our worthy winners:

D1: Andrei Ivanov

D2: Fred Bichet

D3: Marcel Petit

D4: Cyrille Arlandis

D5: Chris Avant

D6: Philippe Ressigeac

D7: Veronica Favoroso

D8: Henry Cumberlege

Series 2 of the 2022 British Club Tennis Section League season has just kicked off. If you are interested in playing in future series, please contact Koji at bcts.league.tennis@gmail.com

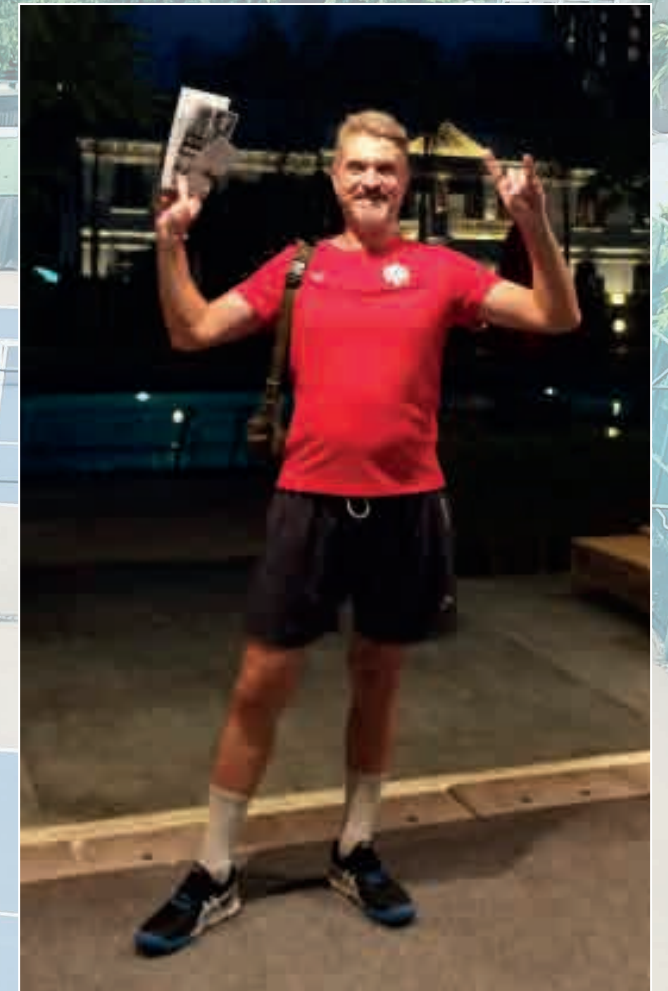
Next month we will bring you all the action from The 2022 Womble Cup!

Enjoy your games

Graham



▲ Div 5 Champ Chris with Vincent



▲ Andrei Div 1 Champ



▲ Henry - Div 8 Champ with Jerry



Ben Eastwell

HARD BALLS



▲ Tennis, squash and cricket KL 2018



▲ Denzyl with his victims KL 2018



▲ Chinese on Friday KL 2018



▲ Captains greet at Royal Selangor Club KL 2018



▲ Representing at RSC KL 2018



▲ V ECC Saigon 2019

The stormy weather in Bangkok of late has signalled the beginning of a quieter period amongst the section, and no fixtures have been played since the DP Cup clash reported last month. Nets are still ticking over whilst others have taken the opportunity to enjoy some unrestricted travel or get some training in for the Koh Chang beach cricket tournament in August.

By the time this copy has reached your fingertips the section will have completed their first international tour since Ho Chi Minh in 2019, as BC tourists gear up for a weekend in Malaysia at the end of July. Facing up against The Royal Selangor Club and Pangolin CC, a strong BC side will return to KL for the first time since 2018 which you can read about in next month's Outpost. Until then, here is a look back at the last time the British Club cricketers ventured overseas.



▲ Vietnam trophy 2019



▲ Saigon 2019



▲ Vietnam 2019



▲ Pre COVID touring Saigon 2019



Karen Dawber

PILATES AND WELL-BEING



▲ Tree pose (Vrksasana)

BALANCING ACT

How long can you balance whilst standing on one leg?

You may ask, does it matter? Well it turns out that your ability to balance unsupported on one leg for 10 seconds or more can be an indicator of good overall health. Good balance requires the coordination of several parts of the body: the central nervous system, inner ear, eyes, muscles, bones, and joints. Problems with any one of these can affect balance.

In June this year the British Journal of Sports Medicine published the results of a 12 year study looking at the relationship between people's ability to balance on one one leg and subsequent mortality rates: **"Successful 10-second one-legged stance performance predicts survival in middle-aged and older individuals"** Dr Claudio Gil Araaujo et al.

It was a relatively large study with 1702 men and women, aged between 51 and 75, assessed between 2008 and 2020. In a flamingo-like way, participants rested the front of their free foot on the back of the calf of their standing leg, with arms by their sides and whilst staring ahead with a fixed gaze they were asked to balance for 10 seconds. The study discovered that those who couldn't do it within 3 attempts, on either foot, had a higher rate of dying within the next 7-10 years. Even when the results were adjusted for factors such as age, weight, sex and ill health, they still showed that people who couldn't pass the balance test had nearly double the death rate, with an 84 per cent higher risk of dying, from any cause, during the study period.

In a discussion article about the study in the UK Times Newspaper, Professor Jamie McPhee, Head of sport and exercise sciences at Manchester Metropolitan University (in the UK), and a researcher into the effects of balance on wellbeing, says that a lack of balance is rarely a cause of ill health, but a strong marker for it. After the age of 50 balance quickly diminishes and whilst we can't completely avoid it we can delay the rate of deterioration. Mc Phee said "Just a few seconds of balance work everyday could bring dividends for your health". McPhee's own research work shows that it is our brain's control of movement that deteriorates, so even the most diligent gym goers still need to work specifically on including some balance training in their workout. The mind knowing where the body is in space without seeing it seems to be key in balancing.

Balance work links closely into Pilates and Yoga. Both

disciplines focus on controlled movements, training our minds to be aware of the position of our bodies in space, as we carefully execute precise exercises in Pilates or hold specific poses in yoga. This is part of the mind-body element of both disciplines which makes them both very valuable to help improve one's proprioception skills especially when balancing. In almost all my classes I include some specific balance work to offer the opportunity for clients to train this skill. However, you do not need to take a class to gain benefits, a few seconds every day is beneficial, so try these couple of suggestions:

- Stand on one leg whilst cleaning your teeth.
- Walk along an imaginary tightrope, use the edge of a floor rug as a guide whilst waiting for a kettle to boil. Walk heel to toe to increase the challenge!
- Try some dynamic balancing exercises using a step

or a platform to alter the way you need to shift your body mass as you step to balance. This is excellent training for walking on the uneven pavement surfaces found so often in Bangkok! Good balance is key to not falling over which is something we all want to avoid, especially the older we get.

- Once you have mastered standing on each leg for 20 seconds increase the challenge again by trying it with your eyes closed!

Attaching the balance challenge to something you already do makes it far more likely that you will regularly remember to challenge yourself. So start to incorporate some balancing into your daily routine and reap the benefits of a potentially longer life!

Enjoy,

Karen x



▲ Flamingo Stand



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- Applicable to rentals of 1-6 days only
- The British Club Bangkok Membership card must be shown at the rental counter
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Offer applicable to new bookings only.

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MEMBERSHIP DEPARTMENT



Ammy Aphinya

Hello Member ! After losing "Living in Bangkok" to Covid the last two years we are thrilled to be hosting it again in September. This will be the 22nd time it has been held

since the beginning, the third time at the British Club ... and the biggest ever.

There will be over 70 exhibitors from the education, fitness, automobile, cosmetics, retail, hospitality, food & beverage, property, healthcare and investment sectors, plus many more. All members are invited to join the biggest event held in the central business district and we will also welcome non-members, especially all other expats living in Bangkok. It's only held only once a year, so don't miss it. I look forward to seeing you all !

Also, I'm pleased to report that we are still getting lots of new members join us even during the quiet season. Almost 20 new members have joining us since the Jubilee event and Canada Day, most of them friends of Members who get a 5% reward as well. We appreciate everyone's support during this time and hopefully we will get lots more new members from "Living in Bangkok 2022"

These are two new families I would like to introduce this month.



▲ Nicky, Laura and William, Jessica Thomas

Member Review:

We have been members of the British Club for almost one month, and have thoroughly enjoyed our time here so far. Lots of friendly faces makes us feel like we've been members for years! William has got involved with the Youth Cricket Coaching on Fridays which gives us time to enjoy the delicious food and drink here at the same time. Jessica is looking forward to relaxing here with her friends when she joins us in the summer. Thank you Ammy for making sure we settle in just fine. We look forward to many more happy times here and making new friends.



▲ Leo, Rak and Jayna

Member Review:

I been to the British Club several times in my 6 years living in Bangkok and decided to join when our daughter turned 3. She loves to hang out at the pool and playground playing with the other multinational kids here. Friday movie nights with free popcorn is one of the highlights to end the long school week for her. We love the friendly staff and the selection of food and beers here and dine frequently since we joined.

MEMBERSHIP PARTNERS

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Sri panwa is pleased to offer an special discount



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- 20% discount food voucher for every purchase of Golf ball coupon packs



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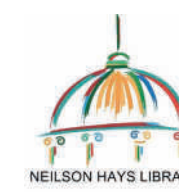
Stay&Play exclusive discount 15% on top of normal price

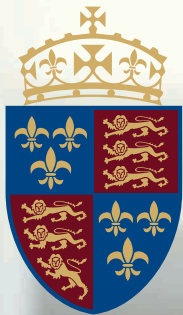


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