

SEPTEMBER 2022



1903  
THE BRITISH CLUB  
BANGKOK

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

# OUTPOST

[www.britishclubbangkok.org](http://www.britishclubbangkok.org)

22<sup>ND</sup> ANNUAL

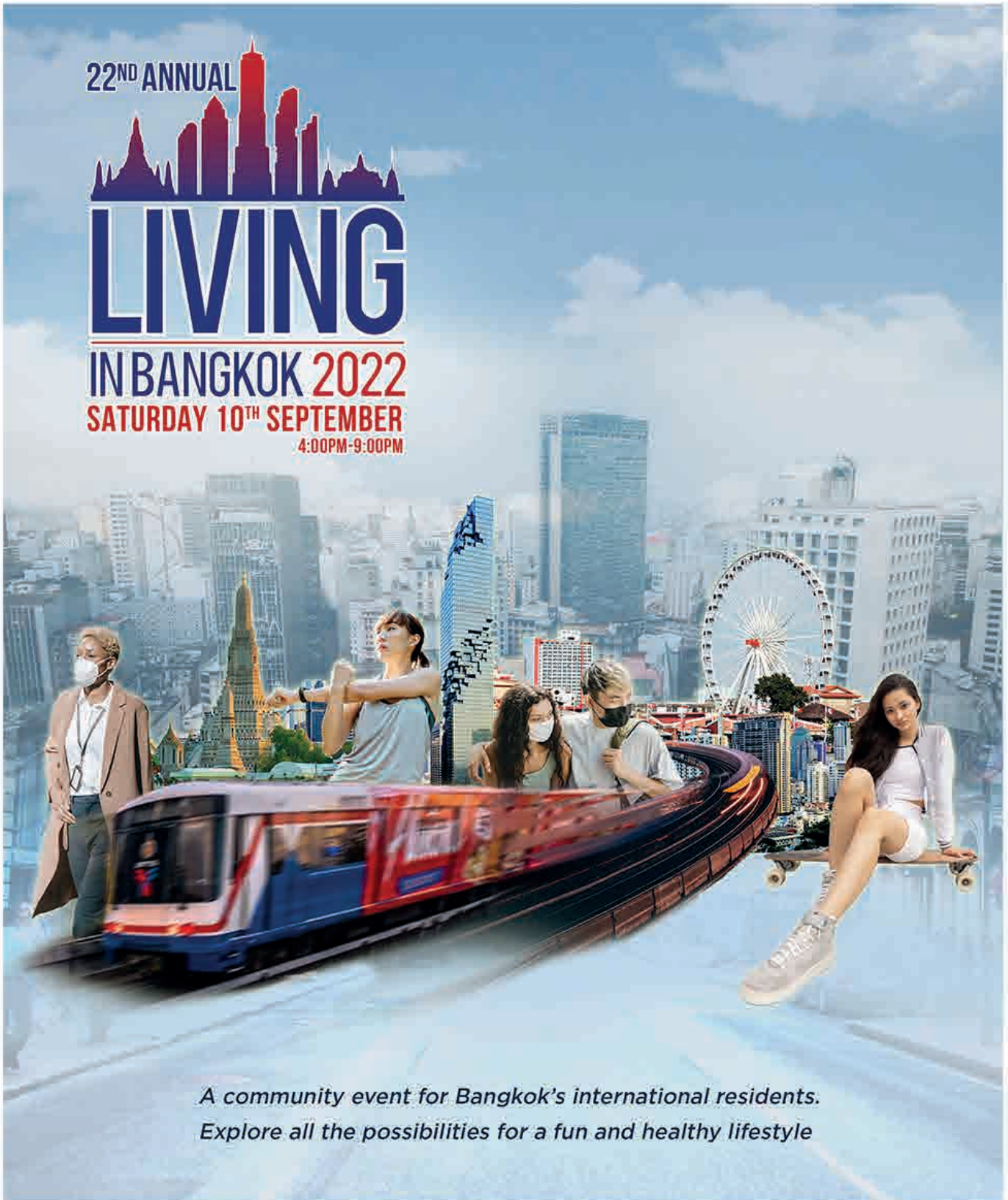


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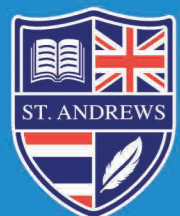


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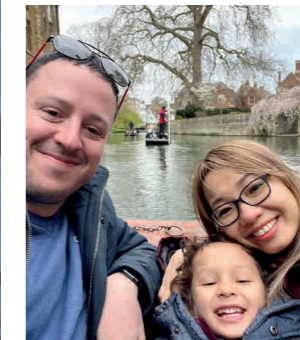
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## WELCOME NEW MEMBERS

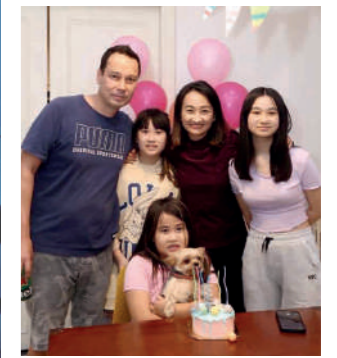
Each month we like to introduce some of the New Members who have recently joined the Culb. These are some of the Members who joined during the last few months



▲ Trevor and Laksana



▲ Adam, Kim and Dylan Brenan



▲ Leonard, Angsumalin, Alisalyne and Alisalyne Fordham



▲ Namchai, Voranisa and Maison



▲ Karina, Gary and Timothy Lam



▲ John 'JJ' Michael



▲ Tripti, Nikhil and Kaairav Manihar



▲ Greg, Gig, Amy and Achie White



▲ Jeff Wimmer



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## OUTPOST

GENERAL COMMITTEE 2022-23

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Brian Brook  
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**Vice Chairman**  
David Williamson  
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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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### SENIOR MANAGEMENT

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**Deputy General Manager (Operations)**  
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### Front Cover

The club biggest annual event Living in Bangkok is finally back on the 10th September make sure you don't miss it.

### This Month

Living in Bangkok returns, meet our new members, our chairman talks stats, survey results are in, the Fry Group talk about retirement planning, we revisit the year 1952, Paul and Jack review a Portugal reciprocal club, our executive Chef introduces his team, Amnat talks sport, our quiz winners are back, our sport 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 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

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

# Chairman's Message



Brian Brook

## Member Survey

There is a report on the responses received from the recent Membership survey on page 6 of this edition of Outpost. Much of the feedback is positive so we must be doing something right, but there are also some constructive criticisms and ideas to consider in the detail, which the GC and Management will address in the short term if possible or use in longer term discussions and planning.

Congratulations to the survey respondents receiving the lucky draw prizes:



▲ Stephane Barzai - 500 baht F & B voucher



▲ Johann Dutoit - Sunday brunch for two



▲ Bjorn Schoon - Bottle of Prosecco

## Electronic preference

One matter the survey recorded was the large number of respondents suggesting that the Outpost magazine should be available electronically instead of by being 'snail-mailed' to Members home or business address.

In fact:

- the Outpost magazine can already be read online or downloaded from the Club website and the Club in Focus weekly emailer, and
- Members can opt to not receive a hard copy of the Outpost magazine, by logging on to the Member only section of the Club website or by contacting the Membership office. The Profile options for mailing hard copy of Outpost are Home address, Business address or 'No thank you'.

Currently, only 104 members have selected the 'No thank you' option, these mainly because they do not have a Thai mailing address.

The same Member profile also has options for receiving monthly bills. The options are Home address, Business address, Overseas address or Email. This option seems more well known than the Outpost option as it has currently been selected by 526 Members (40%

of total membership) who receive monthly bills as an attachment to an email from the Club.

'Club Documents', such as Annual Accounts and Calling Notice for General Meetings are also currently sent electronically to Members who receive monthly bills electronically.

To update your preferences, go to the Member only Section of the Club website, where you can also see your bill in real time, select Profile and then Edit Profile. You will need to re-confirm acceptance of the Club's Data Privacy Policy before any changes are accepted.

## Arranging a private function

The survey shows a large number of respondents did not know how to arrange a private function at the Club.

To arrange a function, large or small, for your family and friends or business, please email directly to functions@britishclubbangkok.org, or send a message using the Club's LINE official account, with a few details of the type of function you would like and preferred venue; or ask Reception to connect you with one of the Management team. The Club can send various menu options for table service or finger buffet.



The following venues are available for hire with or without a F&B service:

- Front Lawn
- Back Lawn
- Multi-purpose Court
- Veranda
- Suriwongse Room
- Wordsworth Lounge
- Silom (meeting) Room
- Jubilee Bar
- Kids Stop

## Facility fees

There were a few comments posted on the survey that use of the Fitness facilities should not incur any charges in addition to the monthly subscription paid by all Members, something that has also been raised at previous AGM's.

Although there are no charges for using for example the swimming pool there are charges for use of tennis and squash courts, cricket nets, snooker table, lockers, and function rooms. Whilst also serving the purpose of a booking fee for some facilities to discourage 'no-shows' the fees contribute to the marginal costs of maintaining the specific facilities, such as electricity (air-con and lights), maintenance, and capital expenditure, for which such costs of fitness are quite high.

Some facility fees are monthly, others per usage. There may be an argument to review the fee structure as to whether it is equitable when comparing one facility with

another. However, to compensate for cancelling facility fees entirely, subscriptions to all members would need to be increased by approximately 8%. A large majority of members do not use the sports facilities and would probably be aggrieved to be asked to further fund the costs of facilities that they do not use.

## Staff party

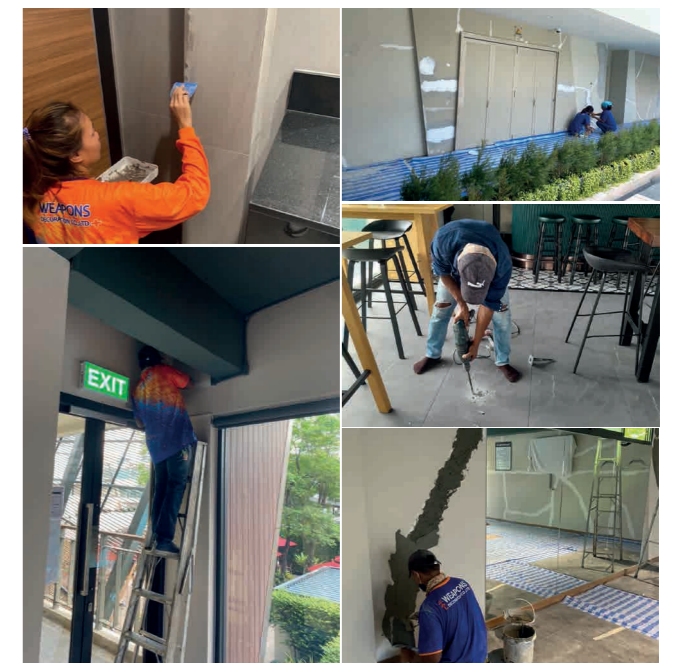
Traditionally, the Club has held an off-site party for all staff, to boost morale and thank them for their efforts over the previous year. Due to covid, there hasn't been a staff party since early 2019. In line with the gradual process of returning to 'normal', there will be a Staff Party on Monday 5th September. The Club will be fully closed to Members all day on 5th September, apologies for any inconvenience to Members.

## Future events – for your diary:

- Saturday 22nd October: Trafalgar Dinner
- Saturday 29th October: Halloween
- Saturday 5th November: Guy Fawkes
- Tuesday 8th November: Loy Krathong – float your krathongs in the swimming pool
- Sunday 13th November: Remembrance Service
- Saturday 10th December: Christmas party / ball
- Sunday 25th December: Christmas lunch / dinner

## Phase 2 defects

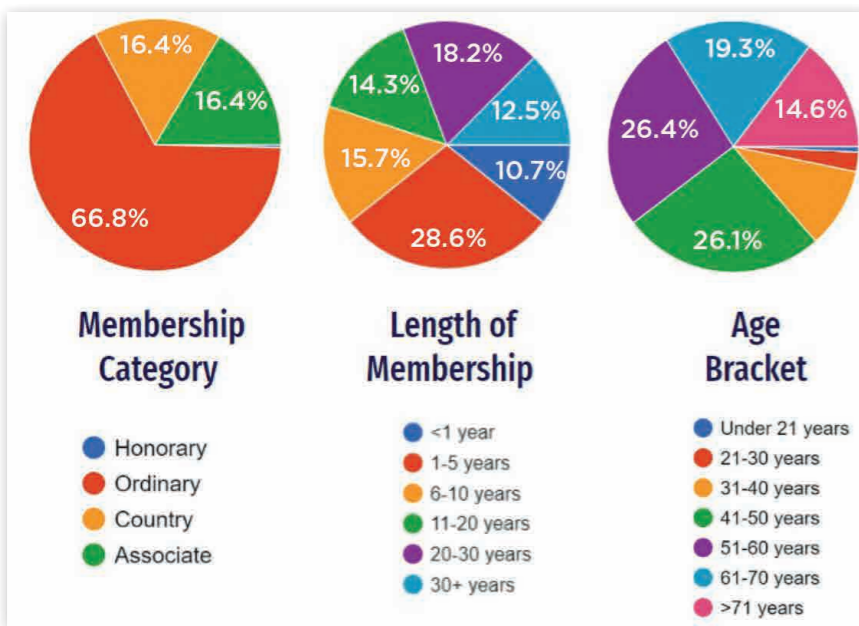
The Phase 2 construction contractor has been working on rectifying defects during August, and the work will likely spill over into September. Management have been trying to work with the contractor to minimise disruption to Members.



# June 2022 British Club Survey Results

The General Committee (GC) would like to thank the 280 members who filled in the Survey and for taking the time to share their opinions and ideas. The survey has yielded important feedback for both the GC and the British Club Management, and it will be used formatively to address important and significant issues that were raised, as well as to guide longer term discussions and planning. We are delighted to be able to present the key trends and preliminary findings in this issue of the Outpost.

## Respondent Categories



▲ Figure 1 Respondent categories

66.8% of the respondents were Ordinary members, which represents over 35% of the Club's total Ordinary memberships, whereas respondents represented only 15% of Country memberships and 9% of Associate memberships.

There was a wide range of length of memberships recorded.

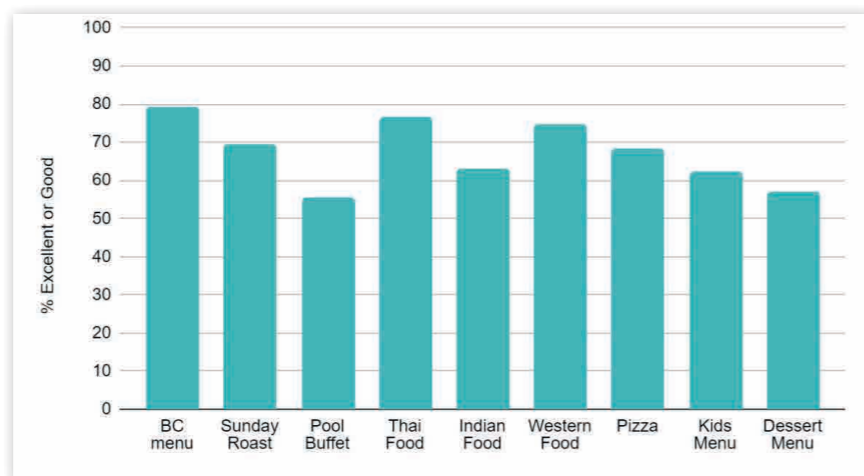
A full range of age groups answered the survey. Those in the under 30 age categories were less well represented, which is in line with the wider club membership.

80.7% of the respondents were male, 18.6% female and 0.7% preferred not to say.

## Food

We are delighted to report that 78% of respondents rated the British Club menu as excellent or good, with similarly high ratings for both Thai and Western food. The results were supported by numerous comments from respondents who positively praised the food offerings, portion size, prices, and the quality of the British Club chefs and staff service.

Based on the data, the Pool Buffet, Dessert menu and Kids Menu are areas for improvement. Further suggestions included the improvement of vegetarian food or the introduction of a plant-based menu,



▲ Figure 2 Food – Percentage of ratings of Excellent or Good

the introduction of weekly or monthly specials and more healthy food or 'grab and go' foods for members in a rush, on their way to play sport or afterwards. Whilst the food in the Veranda was praised, the introduction of an exclusive dining menu with specials was also suggested.

The findings shown in Figure 2 above together with the incredibly useful specific feedback from respondents will be discussed and considered widely over the coming months with improvements made where possible.

## Beverages

Soft Drinks	Fruit Juice	Smoothies	Wine Menu	Beers	Real Ale
79%	74%	74%	59%	70%	57%

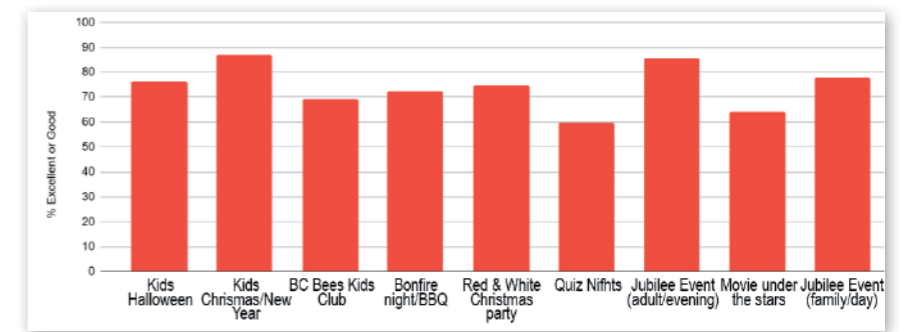
▲ Figure 3 Percentage of ratings of Excellent or Good

Respondents positively supported the beverage offerings with soft drinks and beers being most highly rated. 59% of respondents rated the wine menu as excellent or good, with conflicting comments about

the cost and quality of our menu. It is worth noting at this time that the club's wine venders are currently being reviewed and new wines are considered on an on-going basis. We thank respondents for their comments which will be considered carefully. Members raised some valid points about the Real Ale offering at the British Club. This is an ongoing challenge due to the availability of real ales in Bangkok; we thank respondents for their feedback and will endeavour to improve the offering when the opportunity arises.

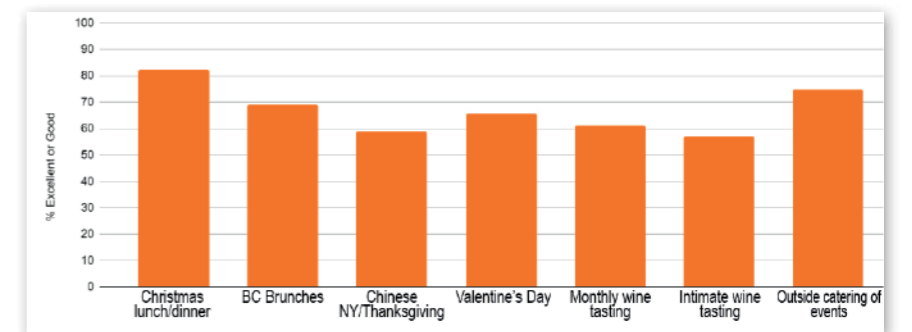
## Events

We were delighted to see that overall respondents strongly supported the events that they attended and are encouraged by the comments that this section received. Respondents commented positively about the organisation of the events and the variety on offer. Congratulations must go to the British Club Staff for their contributions to the conception, organisation, promotion and delivery of the events for our members.



▲ Figure 4 Enjoyment of Themed Events – % rated as excellent or good

The numbers of respondents for Figure 4 ranged between 31 and 59 making the data less robust but overall, proportionally representative of the size of the events. A number of respondents suggested the introduction of live music or dramatic events into the events calendar, and musical events were supported later on in the survey.

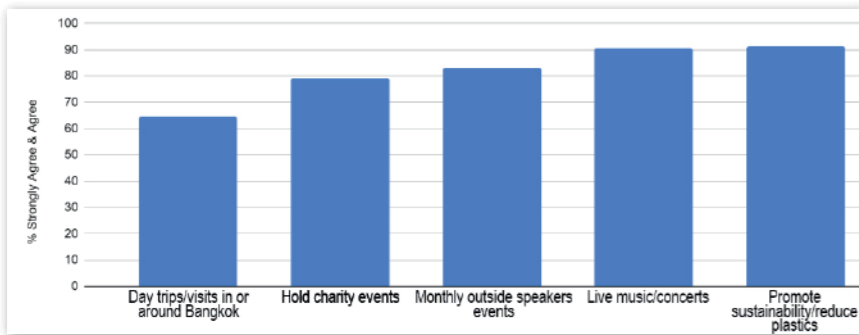


▲ Figure 5 Enjoyment of Food & Beverage Events – % rated as excellent or good

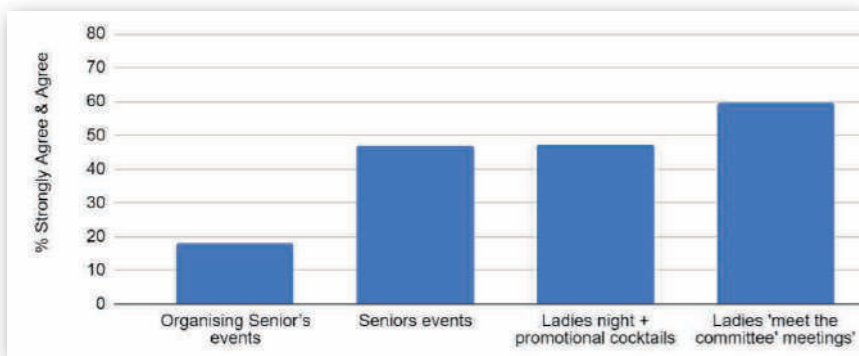
The numbers of respondents for Figure 5 ranged between 32 and 59

for all the events except for the Christmas lunch (113) and Monthly Wine Tasting (134). In particular, the Christmas lunch and/or dinner were highly rated, with all age groups reporting their enjoyment of the event. Outside catering of events and the British Club Brunches were also highly rated.

Club Developments



▲ Figure 6 Club Developments - % rated as strongly agree or agree



▲ Figure 7 Club Developments - % rated as strongly agree or agree

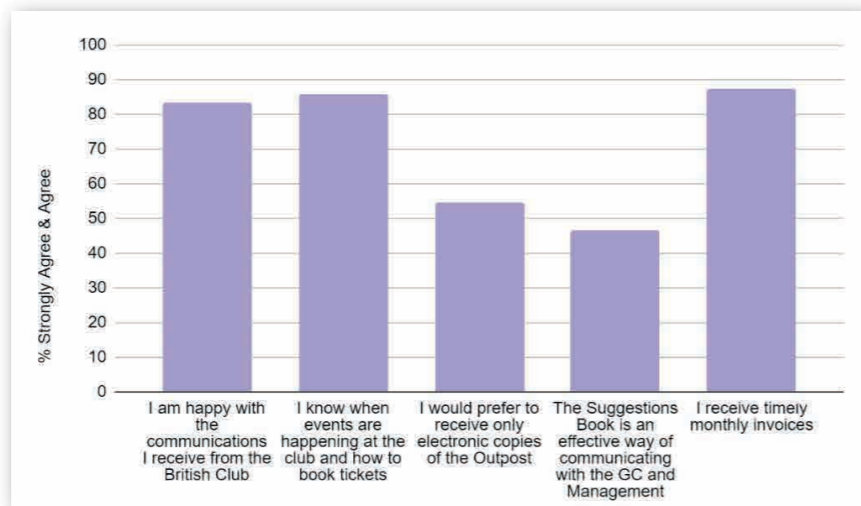
final section of the survey looked at club development with a range of suggestions mooted. There was overwhelming support for Live music or concerts (90%) and for the promotion of sustainable practices (91%). This provides a clear message for follow up. In addition, 79% and 83% of respondents supported the introduction of a Charity Events or a Monthly Speakers' Programme which provides useful feedback for consideration.

Although less highly rated, there were significant numbers supporting both Senior Events and specific events for ladies. 67 respondents strongly agreed or agreed that they would be keen to attend Seniors events and 22 respondents were interested in organising them. The ladies night question was a little ambiguous so yielded inaccurate data yet from 51 respondents were supportive of having events billed as Ladies nights with promotional

cocktails laid on. Although a smaller proportion of overall respondents, 50 felt that ladies should have the opportunity to meet the General Committee to be able to voice their opinions.

Communication

General communication and about events were rated highly as were the receiving of timely monthly invoices. Less significant results were received about the Outpost, with 55% preferring to receive only electronic copies. The means by which members offer suggestions for consideration by the GC and management will be considered and alternative electronic methods investigated.



▲ Figure 8 Communication - % rated as strongly agree or agree

Once again, we would like to thank the members for feeding back about the club and we hope that we will be able to use the Survey data to, in time, further improve the club and its offering for its members.

Kathryn Gavin

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# 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, 13 October 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 a presentation, hosted by Martin Wright, Senior Financial Planner at The Fry Group Singapore with guest speaker, Max White, Director at Schroders Wealth Management Asia.

**This event will focus on key topics including?**

- Domicile and UK Inheritance Tax overview
- Retirement Planning and Pension Income
- Investment market update

**What you can expect to learn from this presentation?**

- What is Domicile, its impact, and some UK inheritance tax mitigation techniques
- Considerations for an effective retirement and maximising pensions and other assets
- What is happening in the investment markets and the importance of a well-positioned portfolio.

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.



## Retirement Planning/UK Pension Income

By Martin Wright, The Fry Group

**Brits retiring overseas may have acquired UK pension rights (personal, company, UK State Pension). This can be complicated and confusing for those resident in Thailand.**

**THAILAND PROVIDENT FUNDS (FOR LOCAL EMPLOYEES)**

The Thailand Provident fund is an investment related long-term savings arrangement voluntarily established by employers and employees (normally consisting of contributions from both parties). For an employee there are local tax benefits for monthly contributions, and on retirement/termination of the arrangement particularly after 5 years of service.

**UK STATE PENSION**

The current full State Pension is £185.15 pw (£9,627.80 pa), the Basic State Pension for pre-April 2016 retirees is £141.85 pw (£7,376.20 pa). You pay UK Income Tax if your total taxable UK income exceeds the current UK Personal Allowance (£12,570). With no Social Security agreement between the UK and Thailand State Pensions remain payable at the level of initial payment without benefiting from annual increases.

**UK COMPANY PENSION SCHEMES AND PERSONAL PENSION PLANS**

UK pension income is normally liable to UK Income Tax and your actual tax liability will be based on self-assessment tax returns and UK tax rates and allowances.

Double Taxation Agreements

Double Taxation Agreements (DTAs) between the UK and other countries can mean gross pension income at source to be taxed locally instead. The UK/Thailand Double Taxation Treaty (DTT) only covers UK Government (Civil Service) Pensions, which can only be taxed in Thailand if the pensioner is a local "national" and resident.

UK Pensions paid for service outside the UK

There are special provisions for Defined Benefit Occupational Pensions which can exempt the pension from PAYE where the pension arises from employment carried out abroad (only for non-UK residents). The criteria is non-residence for a certain number of (complete) tax years as follows:

The last 10 years-service in respect of which the pension is paid was abroad, or the service carried out abroad amounted

to half of the total pension service and covered at least 10 of the last 20 years.

Although the pension may be outside the operation of PAYE it is important to note that the current UK/Thailand DTA could only exempt Civil Service Pensions this way, any other pensions will still be taxable in the UK via Self-Assessment.

**QUALIFYING RECOGNISED OVERSEAS PENSION SCHEMES (QROPS)**

Between April 2006 and April 2017 many Brits living overseas transferred their UK pensions to QROPS and Guernsey, and then Gibraltar were popular options because they offered favourable income tax treatment when compared to UK Tax rules. And frequently due to poor advice or a lack of adviser knowledge unfavourable pension locations were recommended often resulting in a higher level of tax deducted at source overseas than may have been the case if the pension had remained in the UK.

QROPS is not a viable option for Thailand residents now with the change in UK rules in April 2017, as an onerous UK tax charge of 25% would apply at the point of transfer from the UK scheme.

**CURRENCY POSITION**

For those long-term retirees in Thailand the effect of a weakening Pound against THB can be severe at times. The downward trend started as far back as 2005 and there were lows in exchange rates (in the 37's) in August 2019 and the current position (at the date of writing) is still stuck at 44.

UK pension arrangements are quite complicated, particularly for those retiring overseas. Therefore, it is essential you seek professional advice, especially from a company with international and UK knowledge and experience.



Martin Wright  
Senior Financial Planner



Paul Cheesman

# ~ ~ ~ PAST PARTICIPLE ~ ~ ~ Auspiciam Melioris Ævi

We continue the story of the British Club Bangkok ... 1952

## Ships Ahoy!

1952 was the year of the 'Five ships' in that we played host to five warships of the Royal Navy, whose crews enjoyed 'tiffin' at the Club at lunchtime, then played some form of sport in the afternoon.

The first four docked 15th and 16th January and the Club hosted 200 sailors from HMS Jaseur (J428) HMS Magicienne (J436), HMS Maened (J335) and HMS Michael (J444) all Minesweepers of the Algerine class serving with the Sixth Minesweeping Squadron. The fifth was a return of HMS Alert (K647), a Bay Class Frigate, on 21st and 22nd November when we entertained 60 crew.

Of course the major difference in the two visits was that in January they were 'His Majesty's Ships' and in November it was 'Her Majesty's Ship' – the Committee held a minutes silence upon the death of H.M. King George VI on 6th February 1952.



▲ HMS Maened (J335) from the Sixth Minesweeping Squadron

## More Naval Business

Also, during 1952, the British Naval Association in Bangkok was founded by a group of serving and former members of HM Naval Forces from the Commonwealth. Its purpose was to provide social activities and comradeship for naval personnel in Bangkok; support crews of visiting ships; and hold an annual Trafalgar Dinner for Bangkok based serving Naval officers of all nationalities. It was supported by the Naval Attaché at the British Embassy (see below) although, from 1953, its 'registered address' was that of the Club. It ceased around 2006.



▲ British Naval Association in Bangkok

## Visiting Member

In May, the Committee agreed to re-instate the Chiangmai Gymkhana Club with "visiting rights". The two Clubs had had a special relationship since before the first world war and it was felt that such reciprocity would benefit both sets of members. However, due to the differing natures of the Club (the Gymkhana being multinational, and, at this stage, the British Club was males of British descent) we gave 'Visiting Member' rights only to any British member of the Gymkhana Club. The 'Visiting Member rights' continued in the constitution until 16th February 1992 when they were replaced by 'temporary membership'.

*Chiangmai Club. Correspondence was read by the Chairman informing the Club that the Chiangmai Gymkhana Club had given reciprocal facilities for membership to British Club members visiting Chiangmai.*

*The Committee unanimously agreed to offer similar facilities to British members of the Chiangmai Gymkhana Club visiting Bangkok and this was carried. All such visitors are to be asked to sign the book provided in the main hall and receive 'for purchase' tokens etc.*

## ▲ Visiting Rights

## Master Plan!

The year 1952 was the herald of the first (of countless) 'Master Plans' for the redevelopment of the Club. This particular year's plan was very extensive and involved the lower floor of the clubhouse only: 'The Bar' (now the octagonal part of Veranda Restaurant) was to be refurbished in grey and a new longer bar created to allow for ten bar stools and the external wooden doors to the back lawn were to be removed and the external marble 'patio' as was (now the outer part of Veranda Restaurant) to be enclosed and made part of The Bar.

The 'Ladies Bar' (now the Membership & Duty Manager office and Snooker Room) would be turned into a 'Snack Bar' with luncheons being brought in from outside and other snacks made in the pantry (to the rear of The Bar, now the scullery). There was a side plan to move the Assistant Permanent Secretary's office from the ground floor (the doored off section of Veranda Restaurant) to upstairs. This was costed out at 77,580 Baht, which was virtually the whole balance of funds of the Club. However, the Extraordinary General Meeting called to approve this on 21st August decided not to do the whole job and only The Bar was refurbished.

This meeting did, however, pass two constitutional motions:

- To amend the Membership rules to replace "British Commonwealth subjects" with "citizens of the United Kingdom and such other persons, who are of British descent, as the committee may decide".
- To reduce the 'same guest' frequency from "twice in any calendar month." to "twice in any calendar month, but not more than six times in any calendar year".

## Service

In a totally unprecedented action, after the election of the 1952-53 General Committee, at the Annual General Meeting, three candidates tied for tenth place, so it was agreed to withdraw the tenth position and run with a GC of nine persons. During the year the number remained as two elected GC members went onto the Absent List, were replaced then one of the co-options went Absent and had to be replaced!

Charles Mabbatt was elected Chairman again (see Past Participle, April 2022) and chose no vice-chairman as usual. Mr. C. Black, of Thai Industries, was one of those co-opted and he also served the following year. Mr. Frank P.L. Fickling, of the Chartered Bank, was also co-opted but later went Absent and was replaced on the GC by Mr. A.A. Hamilton, also of the Chartered Bank and he served the following year as well.

**1952-53**

**CHAIRMAN:** Charles S.I. Mabbatt (not appointed)  
**VICE-CHAIRMAN:** William Brownsey  
**HONORARY SECRETARY:** William Brownsey  
**HONORARY TREASURER:** B.A. Kilpatrick

**MEMBERS:**  
 C. Black (co-opted 17.07.1952)  
 Frank P.L. Fickling (co-opted 10.04.1952, went Absent 15.10.1952)  
 A.A. Hamilton (co-opted 15.10.1952)  
 P.F. Hutton  
 Thomas N. Jackson  
 E.T.D. Lambert (went Absent 17.07.1952)  
 Joseph Edward Landray  
 Arthur H. Loomes (went Absent 10.04.1952)  
 O.F.B. St. Martin

## ▲ General Committee 1952-53

## Sport

Mr. John D.H. Hedley DSO, a former Major in the 4th Battalion Burma Rifles, donated two logs from Sandakan in the Crown Colony of North Borneo to the Club, from which eight bowls were made for the Bowling Alley. Mr. Hedley was working with the Bombay Burma Trading Corporation at the time, having originally joined the Corporation, and the Club, in 1930.

At the AGM, it was noted that The Horne Cup for men's singles tennis had been donated to the Club during the past year.

Mr. Robert Fothergill, Honorary Secretary in 1941, donated a cup for an inter-firm men's snooker competition. It played annual until 1969, then fell out of use until it was revived for six years in the eighties. The plaques remain on the Snooker Room wall.



▲ Fothergill Cup

## In Other News

Commander Cecil Hamilton Holmes RN OBE was appointed as British Naval Attaché replacing Commander George Adams Tilney RN, and he joined the Club on 2nd August.

Colonel Eric Ralph Colwill, who was the Military Attaché at Rome became the Military Attaché at Bangkok and joined the Club on the 11th November.

A full valuation of the Club undertaken by Siam Architects and valued 4,605,400 Ticals. The complete survey can be found in the Club archive.

The Club held its first (post-War) Children's Christmas Party which was deemed success with 45 children in attendance.

**SUMMARY**

LAND	Ticals	506000.00
Club Premises	"	116200.00
Gentlemen's Lavatory	"	12200.00
Gar Shelter	"	30000.00
Outhouses adjoining Gar Shelter	"	29200.00
Bowling Alley	"	55000.00
Storeroom	"	25000.00
Garretaker's Quarters	"	45000.00
	Ticals	4618400.00
Roadways	"	140000.00
Fencing	"	47000.00
<b>Total</b>	<b>Ticals</b>	<b>4655400.00</b>

## ▲ Club Valuation

## Next month ...

## A Queen is Crowned!

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 175 pages and can be found on the Website under 'The Club - History'.





## Oporto Cricket and Lawn Tennis Club, Portugal

Visited in June 2022

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

The **Oporto Cricket and Lawn Tennis Club**, which goes by the acronym OCLTC, is a splendid private member's club in Porto in Portugal that was formed in 1855. The club grounds are large, and it has its own private cricket pitch right next to the clubhouse. Apart from the fact that the British Club Bangkok doesn't have its own cricket pitch, the OCLTC is quite similar to the British Club because both clubs have tennis courts, open air swimming pools, a billiards room, bars and restaurants, both are open 7 days a week and both are quite family oriented. The OCLTC also has a relatively informal dress code, because although it doesn't allow flip-flops, shorts or sportswear in the clubhouse, tie and blazer are no longer necessary. The bar is open 7 days a week and serves snacks, but the main restaurant is only open Tuesday to Saturday inclusive.

We stopped for a couple of nights in Porto at the end of a recent trip to Portugal, so we booked dinner in the OCLTC clubhouse on the Saturday night. The club was slightly hard to find, because the entrance is a car driveway that's tucked away underneath an apartment block. We arrived late in the afternoon, towards the end of a social cricket game that the OCLTC team was playing against the Whalers Cricket Club from the UK. It was clear from the union jack flags above the club bar that the club has a strong British connection, and indeed, everyone we met was either English or spoke English. We got chatting to some of the club's members who made us feel very welcome, and after a couple of drinks, we were invited to join the dinner that the OCLTC was hosting that evening for the visiting cricket team. It was a very enjoyable evening, although it made for a slow start the following day because we didn't get to bed until gone 1am.

Accommodation is available at the OCLTC, but at weekends for about half the year the accommodation is often reserved for visiting cricket teams. Every year the OCLTC hosts around 20 cricket teams for social games at weekends, and is such a popular destination for touring teams that teams who want to visit need to book up around 3 years in advance. The OCLTC would of course welcome a touring team from the British Club Bangkok. However, as an alternative given the large distance between the OCLTC and the British Club, we were told that with advance notice the OCLTC would be able to let individual cricket players from British Club Bangkok participate in a weekend game should any be scheduled during their visit.

Porto is a great holiday destination in Portugal with a fascinating old town on the north bank of the river Douro, beaches on the coast nearby, and of course all the port wine houses in the Vila Nova de Gaia on the south side of the river. But without doubt, any British Club members visiting Porto should make the OCLTC their first port of call.



# Playgroup

**For Children 6 – 36 months\***  
**Mondays, Tuesdays, Thursdays, Fridays**  
**during term time**  
**9am – 11am**

- + **Strengthen parent-infant bonding**
- + **Ease transition into nursery**
- + **Enhance creativity**
- + **Learn how to share**
- + **Sensory activities**
- + **Dance & music exposure**
- + **Fun learning**
- + **Snacks provided**

**\* ONLY 1 CAREGIVER PER CHILD**

**Children must be accompanied by an adult at all times**

**Special offers**  
**50% off**

**for BAMBI members**  
**for Siblings**  
**for first timers**

**Only 450 Baht**  
**per Session**

**For enquiries or to make a booking**  
**please add our LINE Official**

**Primary school**  
**23 Sukhumvit 53, Vadhana, Bangkok**  
**Phone: 02-700-5858**



LINE @622zeadm



Supat Chinsangtip

## Into The Kitchens



▲ Khun Porn



▲ Khun Aey



▲ Khun Wat

\*Masks removed for taking pictures

After finishing the redevelopment of our poolside, we re-opened our second club kitchen. Known as the poolside kitchen, we cook and prepare both Thai and Western dishes for our members from 6:00am till 10:00pm. In the last two months we have been busy recruiting new chefs and are pleased to welcome the below chefs to our kitchen team.

Khun **Amporn Chinaboon** (nickname **Porn**) Commi chef, her passion is Thai food and speciality dishes are Tom Yum & Pappaya salad

Khun **Ponrawat Kumnungkit** (nickname **Aey**) Demi chef, his passion is international cuisine and speciality dishes are Pastas and Risottos.

It is always a pleasure to see a member of the team progress and grow, and as we have many long-term staff that have been with the club for many years we always try to train and develop from within the team. We are proud to have been able to recently promote Khun **Tawat Klattongpan** (nickname **Wat**) to Demi Chef in the Clubhouse main kitchen. He has been working with the club since 2011 in the cold kitchen and his speciality is salads and dressings.

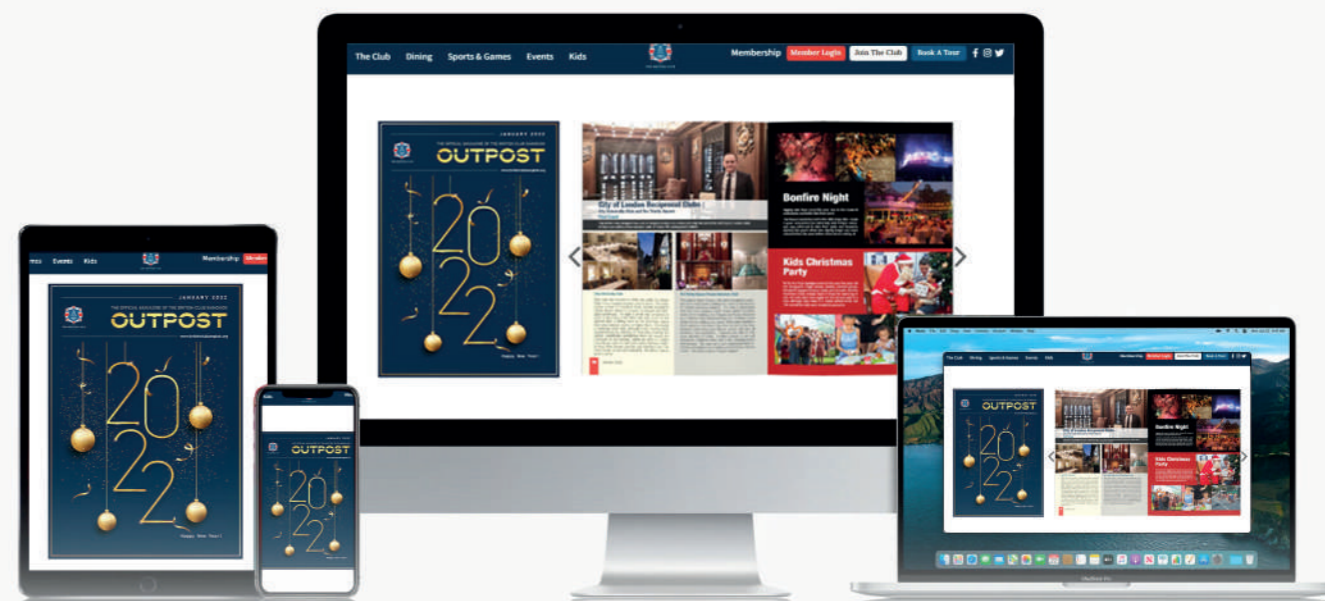
**Supat**  
Executive Chef



### Chefs Pick of the Week

I have recently added Greenlea Beef from New Zealand to our menus. When you get the chance to taste Greenlea 100% grass-fed beef, you'll discover why I have chosen to list them. In New Zealand, sustainability starts on the farm where their cattle are naturally raised on pasture without hormones or antibiotics the way Mother Nature intended. The beef features in our grills section in the club a la carte menu and is also featured at our well-known Sunday Brunch, make sure you give it a try.

# ADVERTISE IN OUTPOST AT YOUR FINGERTIPS



Let our members, their families and friends know about your business by advertising in the Outpost magazine.

- 1,500 monthly physical copies go to members, embassies and businesses.
- The digital edition is available on our website for the world to see!
- It is advertised weekly on our social media platforms.
- Rates starts from 13,000 Baht per page.

For a full rate card, please contact Khun Pin our Sales & Marketing Manager at [natthan@britishclubbangkok.org](mailto:natthan@britishclubbangkok.org)



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





Amnat Saklebpradu

## Sport with Amnat

“Time to burn those holiday calories”

**With** many members away we took the chance to make the needed repairs to the fitness centre, all are now complete, and the gym is back in action ready for you to burn those extra holiday calories. Squash court 1 has also been refurbished and now back in action. We are pleased to welcome our new squash sponsor Boots Retail Thailand to the club.

My circuit training classes have restarted each Wednesday night from 6:00pm till 6:45pm, all levels of fitness are welcome to join, the classes are free, and you can register via the booking app or by visiting our sports reception poolside.

Our spa massage rooms now offer a wide range of different massages from different specialists. You can

choose a traditional Thai massage from Khun Chanpen or Khun Saifon, or a deep sports massage from Khun Nanang to relieve tied & knotted muscles or indulge into one of our more relaxing pampering treatments such as aroma oil massage, hot oil massage and many more. Bookings are via our booking app or sports reception.



### Double-Pole Technique

1. Begin with your hands and feet shoulder-width apart and hands slightly above your head. Your arms should be bent.
2. Drive the handles downward by engaging your core abdominal muscles and bending your knees. Maintain the bend in your arms to keep the handles fairly close to your face.
3. Finish the drive with knees slightly bent, and arms extended down alongside your thighs.
4. Extend your arms upward and straighten your body to return to the start position.



### Classic Skiing Technique (Alternating Arms)

Begin with one arm raised and slightly bent. Pull down with the top arm, while gradually raising the lower arm. Continue to alternate arm pulls, keeping some bend in the pulling arm, as it is a stronger position.

CONCEPT SKIERG

# The Alpha Course



Scan to register

An opportunity to find out about **Jesus**

Alpha

### Have Questions?

If you have questions about life or Christianity, we invite you to join us as we journey through the Alpha course at Christ Church Bangkok.

### When?

Sunday 12:30pm – 2.30pm

Next course begins Sunday 25th September 2022 and continues every Sunday for 10 weeks until Sunday 27th November.

Each session will begin with lunch at 12.30pm, followed by the Alpha talk and then time for discussion. There is no cost for attending the Alpha Course.

### Where?

Christ Church Bangkok,  
11 Convent Road, Silom.  
Nearest BTS, Sala Daeng.  
Office tel. 02-234-3634

### Sign-up?

For further information, or to register please contact Matthew Fitter at [matthewfitter@hotmail.com](mailto:matthewfitter@hotmail.com)



Find us on [facebook](https://www.facebook.com/christchurchbkkeng) [www.facebook.com/christchurchbkkeng](https://www.facebook.com/christchurchbkkeng)

[www.christchurchbangkok.org](https://www.christchurchbangkok.org)



# An Intimate Wine Night

## Exploring CHILE

Friday 9<sup>th</sup> September | 7 - 9 pm  
Veranda Wine Corner  
Meet the Sommelier  
Taste, learn, and experience  
a special selection of wines

**LIMITED TO 13 SEATS ONLY**



BOOKINGS

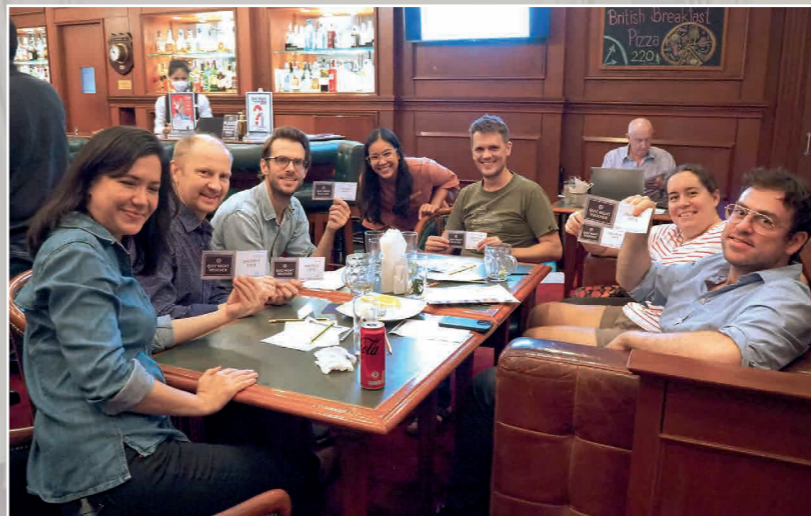


INFORMATION

*Pictures will be taken at this event, which may be used for in Club Publications and/or for Social Media.*



1903  
THE BRITISH CLUB  
BANGKOK



## Quiz Night

09/08/22

Well done to the Scumbag college winning the quiz on their return to Bangkok, with a close second from the spin doctors. Make sure your team is ready to battle in the September Quiz night.



22<sup>ND</sup> ANNUAL

# LIVING

IN BANGKOK 2022  
SATURDAY 10<sup>TH</sup> SEPTEMBER  
4:00PM-9:00PM

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



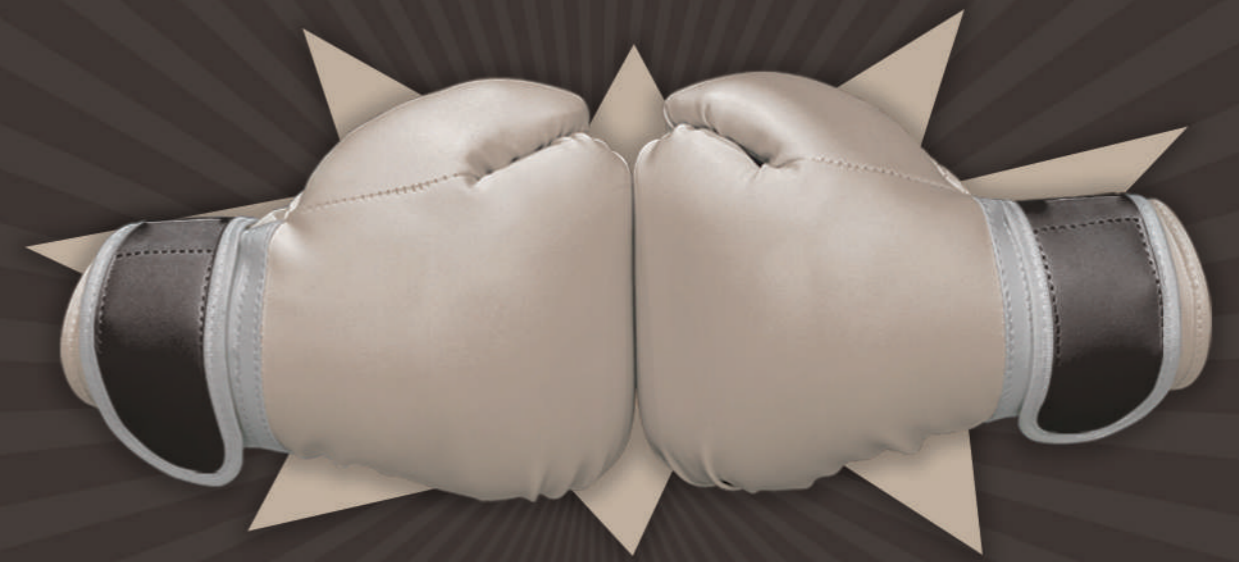
Members kids 50฿      Member adult 100฿  
Non-member kids 100฿      Non-member adult 150฿  
*includes a soft drink*



Bookings Via: The British Club Application  
or Information Via LINE ID @britishclubbkk



# STAY AND BOX



Try something new and unique like the legendary Thai Boxing. Utilize your entire body as a weapon; punches, kicks, elbows, and knees.

Energize yourself in a wonderful room and delicious breakfast. It's indeed an experience not to be missed!

### Package includes:

- 1 night stay with breakfast for 2 persons
- 1 hr and a half of Thai boxing class



For more information or reservations, please contact +66 2021 8888  
or email [amarabangkok@amarahotels.com](mailto:amarabangkok@amarahotels.com)



### Amara Bangkok

180/1 Surawong, Sipsaya,  
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Tel: +66 2 021 8888  
Fax: +66 2 021 88 91  
[www.amarahotels.com](http://www.amarahotels.com)

amarabangkok

### Terms & Conditions:

- Select your session either AM session (7.00 am - 9.00 am) or PM session (3.00 pm - 8.00 pm).
- Hand wraps and boxing gloves are available at the gym.
- Room rate does not include transportation to the gym.
- Cancellation must be made 3 days prior to the arrival date to avoid a one night charge, inclusive of tax.
- Requests for the amendment of stay dates or duration of stay may result in rate changes and penalty charges may apply.

# SEPTEMBER 2022

	SUN	MON	TUE	WED	THU	FRI	SAT
					1 Cricket team practice 6.30pm - 8.00pm	2 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	3 Kids Activities 12.00pm - 4.00pm Squash Mixed-in 1.30pm - 6.45pm Cricket Team Practice 2.30pm - 6.00pm
	4 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	5 Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	6 Football 7.00pm - 9.00pm Quiz Night 7.15pm - 9.30pm	7 Squash Mix-in 4.30pm - 8.15pm Balut 6.00pm - 8.00pm Circuit Training 6.00pm - 6.45pm Tennis mixed-In 6.00pm - 10.00pm	8 Cricket team practice 6.30pm - 8.00pm	9 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	10 Kids Activities 12.00pm - 4.00pm Squash Mixed-in 1.30pm - 6.45pm Cricket Team Practice 2.30pm - 6.00pm Living in Bangkok 4.00pm - 9.00pm
	11 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	12 Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	13 Football 7.00pm - 9.00pm	14 Squash Mix-in 4.30pm - 8.15pm Balut 6.00pm - 8.00pm Circuit Training 6.00pm - 6.45pm Tennis mixed-In 6.00pm - 10.00pm	15 Cricket team practice 6.30pm - 8.00pm	16 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	17 Kids Activities 12.00pm - 4.00pm Squash Mixed-in 1.30pm - 6.45pm Cricket Team Practice 2.30pm - 6.00pm
	18 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	19 Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	20 Football 7.00pm - 9.00pm	21 Squash Mix-in 4.30pm - 8.15pm Balut 6.00pm - 8.00pm Circuit Training 6.00pm - 6.45pm Tennis mixed-In 6.00pm - 10.00pm	22 Cricket team practice 6.30pm - 8.00pm	23 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	24 Kids Activities 12.00pm - 4.00pm Squash Mixed-in 1.30pm - 6.45pm Cricket Team Practice 2.30pm - 6.00pm Wine Tasting 6.00pm - 10.00pm
	25 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	26 Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	27 Football 7.00pm - 9.00pm	28 Squash Mix-in 4.30pm - 8.15pm Balut 6.00pm - 8.00pm Circuit Training 6.00pm - 6.45pm Tennis mixed-In 6.00pm - 10.00pm	29 Cricket team practice 6.30pm - 8.00pm	30 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	



# WILD

## WEDNESDAY

from 6:00PM @Jubilee Bar



**BUY ONE GET ONE**  
selected - wine - spirits -  
bottled beer - prosecco - shots

**GREAT MUSIC**

**WINGS WEDNESDAYS**  
toss your wings in sauce



Bookings Via: The British Club Application  
or Information Via LINE ID @britishclubbkk



# TABLE TENNIS

## Tournament

**September 24th | starts 1:00pm**

16 players to enter a straight knockout  
tournament top 4 winners receive prizes

**FREE** to enter



Bookings Via: The British Club Application  
or Information Via LINE ID @britishclubbkk





# BRITISH CLUB GOLF



## July Stableford – Green Valley

With the 'summer' holiday season upon us it was quite a small field of 12 players for the Stableford in July.

The result was a win for Peter Clark with 36 points off a handicap of 8. Well played Peter.

Second and third were Stefano (JR) Kim and Mark Adderley respectively.



**The July medal**, held at Subhapruek, was keenly contested by a strong field of twenty four golfers. Martin Finn won division two, Mark Jayasingh won division one, and Mark Adderley shot the best score of the day to win overall. Subhapruek Golf Club has hosted all our medal events in 2022, and once again we were well looked after, with a course that was well presented and excellent organisation. Whilst the weather was good, the greens were placed in difficult positions and proved tricky.

Stableford. The course was very well presented, the weather was scorchingly hot, and once again there were several very good scores returned. David Burton continued his good form to win division two, his handicap has fallen from 22.5 to 18.3 this year, and he will be in division one for our next event. Karen Holloway won division one, and Penny Booth shot the best score of the day to win overall.

**Jon Standen**

**British Club Golf Captain**

19 golfers returned to The Royal Golf and Country club, our formers monthly medal course, for the August





Karen Dawber

# PILATES AND WELL-BEING

## BREATH

### Are you a habitual mouth breather or a habitual nose breather?

I recently shared with my clients about a few of the books that I have found influenced me on my quest to live a healthier and fitter life. I also asked them to share with me any books they have read that influenced them. In return I received two recommendations, both from fellow British Club members, suggesting I read the book **Breath the new science of a lost art**, by James Nestor. So, I invested in it for a summer read. Wow, I was not disappointed with the recommendation, it was fascinating so I thought I would share a few of the key points with the wider British Club community so that we may all benefit.

Whether we breathe through our mouth or our nose you may think is of no real consequence, however the extensive research that Nestor has done looking at both the findings of modern science and of ancient practices, clearly points towards the extremely beneficial practice of becoming a habitual nose breather. Breathing through our nose has a profound effect on many systems within the body, some of which are quite surprising. Breathing through the nose filters, moistens, and warms the air we breathe for easier absorption, these are things we all mostly know.

However, there is a lot more to discover. Our nasal cavities are significant areas of tissue (about the size of a golf ball) that pulse to their own rhythm, opening and closing like a flower in response to our moods and mental states, orchestrating a multitude of functions for the body. Nasal breathing triggers a cascade of hormones and chemicals that lower your blood pressure, ease your digestion, and regulate your heart rate. Nasal breathing enhances the quality of our sleep, it responds to the stages of a woman's menstrual cycle and has an unexpected role in problems like erectile dysfunction (the nasal cavity also contains erectile tissue like that of our sexual organs). **Our noses are a use it or lose it organ**, the more we breathe through our noses the easier it is to do so, however if we habitually breathe through our mouths in turn it actually becomes harder to breathe through our noses. Nose breathing trains the tissues inside the nasal cavity and throat to flex and stay open.

In the book Nestor discusses an experiment where for 10 days he and another man Olsson have their nasal cavities blocked up forcing them to mouth breathe only, all day and all night, the results are profound. During the experiment Nestor's blood pressure spiked, his pulse and heart rate reflected a state of stress and his mental clarity hit rock bottom. Nestors' snoring increased 4,820% by the end of the 10 days and for

the first time in his life he started to experience obstructive sleep apnoea. Additionally a lack of enough deep sleep prevents the pituitary gland from optimally functioning, this triggered more night time thirst and toilet trips for Nestor.

The second phase of the experiment had Nestor and Olsson solely use their noses' to breathe all day and all night, for 10 days. The day they removed the plugs and tape from their noses their blood pressure dropped, carbon dioxide levels rose and heart rates normalised. At night Nestor used a postage stamp sized piece of medical tape (like a charlie chaplin moustache moved down an inch) to keep his mouth closed, again the benefits were almost immediate, by the third night Nestor went from snoring for 4 hours a night to 10 mins and as his snoring disappeared so did his sleep apnoea. Sleep and life became something Nestor and Olsson embraced again, feeling loads better their athletic performances also improved with nose breathing.

Nestor also discusses in **Breath** how we need to slow down our breathing. **"Breathing is like rowing a boat: taking a zillion short stilted strokes will get you where you are going, but they pale in comparison to the efficiency and speed of fewer, longer strokes"**. When we breathe fast, at a rate of approximately 20 breaths/min we only take into our blood 50% of the oxygen we breathe because so

much of it remains in the 'dead space' for gaseous exchange of the upper respiratory tract. Compare that to 12 breaths/min where we can utilize 70% of the air we breathe and at the optimal rate of approximately 6 breaths/min we utilize 85% of the air that we breathe as it has a chance to be drawn fully down into the lower lobes of the lung. Breathing slowly is so much more efficient for oxygen exchange, it lowers blood pressure, systems of the body work better, our circulation is more efficient (this is how some people can raise their body temperature through breathing, Tummo / Wim Hof methods), our diaphragm moves better which in turn encourages more lymph fluid movement promoting good health. Our body is more efficient and able to do more with less, something which goes against the modern society ethos of do more, do more, do more! Over

breathing is also linked to anxiety and asthma. It is a natural response to the triggering of our fight or flight response. However, it has been documented today that instead of this response being triggered by seeing a true imminent danger like a tiger we are eliciting our flight of flight response frequently when we read e-mails, or when we are over stimulated and stressed out with the multiple communication channels embedded in today's modern life. So the problem is many of us are habitually over breathing and habitually breathing through our mouths.

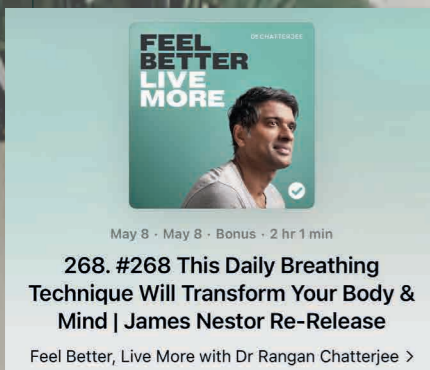
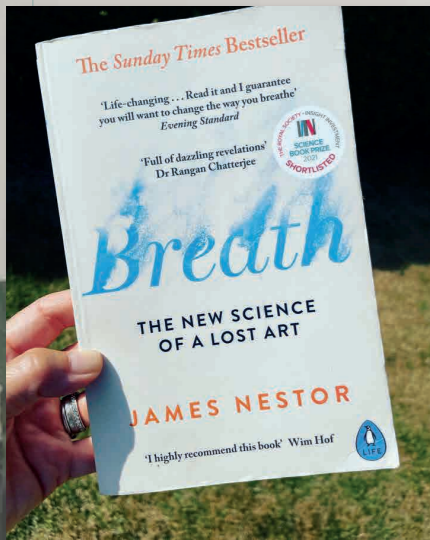
This can also have a huge impact on our gut health. How often are we sitting down in a rush for our meals, or grabbing food on the go, when our bodies are likely in a stressed state of over breathing through our mouths. Our body is simply not ready to receive the food we are providing it. There is a hypothesis that some food reactions may be mistaken as allergies or intolerances but could actually be more of a reaction to how we are breathing and how our bodies sub consciously perceive this breath pattern. Taking a transition period of even just 5 mins before we eat our lunch, a short walk or a few moments of slow nasal breathing can have a profound effect on our body's ability to digest and absorb the food we are providing it with. Indeed Nestor's hypotheses is that the reason we have developed the practice of saying grace before a meal in so many cultures or religions is actually based on this scientific benefit of slowing down, finding a moments gratitude and space to breathe slowly prepares our bodies to optimally receive the food we are about to eat.

Does Nestor say we have to exclusively breathe through our noses or our health will suffer? No, but the evidence is clear we need to form the habit of nose breathing to feel our best. The book contains so much more than I can capture here so if this has caught your interest I highly recommend reading the book or for a quicker but more thorough review try listening to the interview #268 with James Nestor on the podcast **Feel Better, Live More** with Dr Rangan Chatterjee.

**Lastly, I want to say a BIG thank you to everyone who has read my articles in the Outpost and say farewell and best wishes as I leave Bangkok to move to India. However, if you would like to still keep in contact please subscribe to my website [www.pitstopforbalance.com](http://www.pitstopforbalance.com).**

Enjoy,

Karen x



**PITSTOP for BALANCE**

# HARD BALLS



Ben Eastwell



Royal Selangor Cricket Club



Sir Nick asks the umpire at Epsom



BC V RSC

# KL Tour 2022

After a long break void of any international fixtures since 2019, British Club (BC) tourists blew the cobwebs off the tour cards, and the blazers made a welcomed return overseas to Malaysia for 2 matches in the last weekend of July. A return leg was announced by tour aficionado, Air BnB, shortly after the section hosted reciprocal members from the Royal Selangor Club (RSC) at the BC earlier this year.

The weekend began with the chairman almost missing the early morning flight on Friday after apparently setting his alarm 1 hour too late to join 9 of the other 11 players in for the trip. Fortunately, the seasoned line up included Jack's medical aid, Sir Nick who was flown in to look after him and to oversee the fines department all weekend.

On descent into Kuala Lumpur it was evident that the forecasted wet weather was accurate, shattering

Mossy's optimistic theory that the sunshine above the clouds would be representative of the match conditions over the 2 days to follow - the touring team were greeted with dark clouds and a moist runway, though a case of cold beers and the team bus equipped with it's very own enthusiastic tour guide awaited to lighten the mood.

There was time for a quick dip and poolside briefing before the team were welcomed at RSC's famous long bar on Friday evening, impressively founded even earlier than the BC and just as majestic amongst the backdrop of the city. The hospitality from RSC was enjoyed by all ahead of a wander down to the bustle of Changkat's nightlife, conveniently located a short walk down hill from the team hotel.

A leisurely 1pm start on Saturday was well received by most, and the rain quietly wished for by some, did

not appear to be a threat against the odds. Winning the toss and batting first, BC set to work on a pristine RSC wicket, located at their sports annex a little further out of town. The hosts got their breakthrough early when Chef was given the finger trapped in front without troubling the scorers and Denzyl decided 20 runs was enough as he dramatically hobbled off for a lay down with another fake injury. A struggle to find timing on a slow pitch and some experienced bowling from the home side resulted in a string of underwhelming double digit scores through the order, though it did mean that everyone had some time at the crease at such a fantastic ground. Flowers on loan from Phuket resurrected a nosedive, and shared a useful partnership with Mossy; only they and an undercooked Denzyl managed over 20 runs as BC limped over the line to post 145-9 after 25 overs.

There was no sign of rain as the team rested up with some cucumber sandwiches at the interval before the openers calmly got RSC off to the perfect start chasing a modest total, eventually both retiring on 30 without much to offer the tourists in the way of chances. It was Dale who got the breakthrough with a cracking caught-and-bowled to inject some energy into the field as the host's run rate dipped under 5 per over, but after Jon left his mark on the field with a harrowing drop catch and a couple more RSC batters retired back in the shed, BC's fate was sealed - suppressed only by Pramodh bagging 2 in 2 in the closing overs to alleviate the result to a 7 wicket loss.

All was quickly forgotten over a few sundowners at the ground ahead of a meeting with Sunday's opposition at their cricket themed pub close to the action at RSC. The Pangolin's who also regularly tour Bangkok had laid on a tasty Sri Lankan



Dale gets a breakthrough



Ilan gets his man V Pangolin



Drinks Cart



BC V Pangolin CC



Chefs walk was longer than his innings



▲ Tour bus was OK



▲ Pramodh gets a hat



▲ Dressed up for the Long Bar



▲ Sticky Wicket



▲ Welcomed at RSC Long Bar

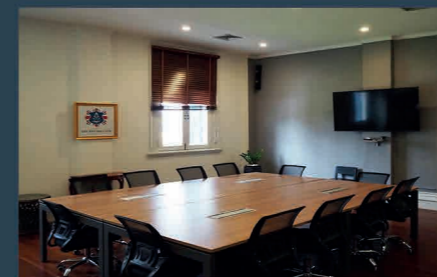
spread and wasted no time in plying the visitors with booze and striking terror with stories of a hazardous wicket awaiting the next morning. A district blackout called a halt to the Pangolin's plans to further inhibit BC's line up, as most escaped for an early night and a rain dance in anticipation of an early start on Sunday.

Epsom College played host for the second game of the weekend, and the minefield described the night before was unfortunately no exaggeration though it was a valiant effort from the hosts to get a game underway who were personally mowing the grass as BC arrived with a sprinkling of rain. Pramodh took the reins and chose to bowl first on the unpredictable wicket, as the Pangolin's watched the ball cautiously on their home ground. A half century underpinned a solid 135 in the first innings after 30 overs for the rivals, in which BC managed to take 9 wickets and Jon dropped another sitter, perhaps distracted by Jack who was wandering infield, having forgotten his camera had a zoom function.

In a normal situation, 135 from 180 balls would be a walk in the park. Unfortunately this was not any normal situation - and with the average age of the team approaching a half century on the second day of a tour weekend, Pangolin's sticky wicket did more than enough to secure their second successive home victory against BC - eventually bowling out the tourists with 20-odd left to get. Sir Nick was not short of material in delivering a classic fines session to round off the weekend before jumping on the plane back to Thailand. Many thanks to all those who made another unforgettable tour.



# SILOM MEETING ROOM



*The British Club Meeting room located in the main clubhouse is fitted to make every meeting a success. The meeting room can be booked for a maximum of 12 people and includes a 65" smart TV, airdrop, HDMI cable, WIFI, glass wall white board & markers, and air conditioner for only 1,000 THB per hour along with half and full day packages. Coffee break. Lunch and dinner options are available*

*Any inquiries please contact [natthanan@britishclubbangkok.org](mailto:natthanan@britishclubbangkok.org)*



BOOKINGS



INFORMATION

**Bookings Via: The British Club Application  
or Information Via LINE ID @britishclubbkk**



# BRITISH CLUB MERCHANDISE



Pin Badge - 60 B



Pen with box - 300 B



BC Mask - 100 B



Club Mug - 159 B



Shopping Bag - 30 B



Balut Set - 1,800 B



Polo Shirt - 590 B



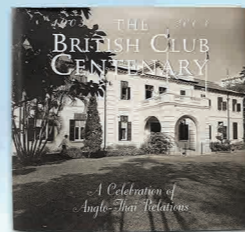
Umbrella - 500 B



Car Badge - 1,000 B



Telescopic Umbrella - 350 B



Centenary Book - 850 B



BC New Mask - 80 B



Card Holder - 200 B



Jubilee Coffee Mug - 159 B



Jubilee Cap - 250 B



Jubilee Mask - 80 B



Jubilee Sanitizer - 30 B



Jubilee Polo Shirt - 500 B



BOOKINGS



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THE BRITISH CLUB BANGKOK

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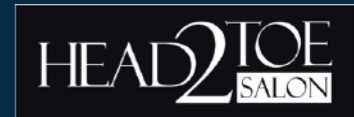
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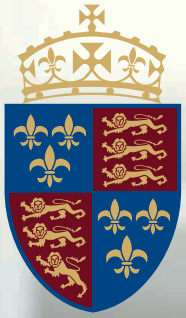
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